



From the Ground Up!

National Training

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Growing Power in conjunction with the USDA's Risk Management Agency and the Sustainable Agriculture Research and Education Program present:

Growing Your Community Food System "From the Ground Up" Workshops

From the Ground Up! Workshops are intensive, hands-on trainings offering diverse groups the opportunity to learn, plan, develop, operate, and sustain community food projects. Project participants leave the workshop with improved skills that they can take back into their communities and pass on to others. These workshops are for both rural and urban projects.

WORKSHOP DATES:

Participants can take one of the following breakout sessions: Compost & Vermicompost, Aquaponics, and Year-round Greenhouse Production.

2010 WORKSHOP DATES:

- January 9-10, 2010
- February 20-21, 2010
- March 20-21, 2010
- April 24-25, 2010
- May 15-16, 2010
- June 12-13, 2010

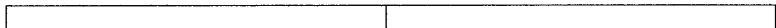
Register Online now!

SPECIAL FRIDAY WORKSHOPS:

Friday's in April and May are special training days for Multicultural Alliance Building through Dismantling Racism. If you are interested in learning more, please check out the [Growing Food and Justice for All Initiative](#). There is an additional fee for this training.

WORKSHOPS BREAK-OUT SESSIONS:

NEW starting February 2010 : Mushroom Workshop by Rafter Sass (Introduction to Mushroom Cultivation)





LIVING BIOLOGICAL WORM SYSTEMS & COMPOST

Learn this innovative approach to sustainable crop production. Develop a comprehensive and sustainable growing system that can grow food year-round without heat! During this workshop, participants will learn hands-on how to construct and maintain a worm bin. Turn your worm castings into cash by creating a value-added product for your farm. The training also includes building indoor, small scale compost system and how to maintain outdoor, small and large scale systems.



AQUACULTURE

Learn how to build indoor fish and plant systems for food production. Participants will set up a small scale aquaponics system and learn how to maintain and monitor tilapia and perch fish production in a closed loop, natural system.

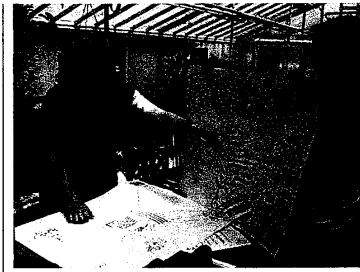


BEE KEEPING

Learn the ABC's of urban or rural beekeeping without the use of chemicals. Participants will leave with a solid understanding of the materials, suppliers and environment to keep these amazing ladies content and productive.

COMMUNITY PROJECT DESIGN

Participants will learn how a well-designed planning process will create a successful food systems project. There will be discussions and facilitation of how to develop a vision, goals, and program activities. Hand- on



project mapping and identification of community assets and strategies to identify and establish innovative partnerships will be explored. Participants will create a vision map and outline a plan of action for their return. This workshop is ideal for project leaders who are beginning new projects or programs or for existing projects seeking to begin strategic planning or expansion. *Please bring photos, site plans, business plans, and brochures of your program for this workshop.*



YEAR-ROUND GREENHOUSE PRODUCTION

Learn the basics of seed starting, propagation, and how to grow year round greens of all types, including herbs and micro-greens. This is a great way to round out your farm operation and bring in profit and food security all year-round.



HOOP HOUSE CONSTRUCTION

Learn how to build a hoop greenhouse using innovative and cheap construction methods.

PLEASE CALL TO FIND OUT WHEN OTHER SPECIALTY WORKSHOPS WILL BE OFFERED.

Other workshops may include: ethnic crop marketing, record keeping and accounting, mushroom growing, soap and artisan cheese making.

We encourage you to bring several members of your group or operation to the workshop if you are interested in multiple topics; this is especially helpful if you are a member of a training or outreach

organization. Our workshops put organizations, projects, and food producers in touch with each other to help build collaborations and long-term, sustainable partnerships.

WORKSHOP LOCATION:

Growing Power Community Food Center
5500 West Silver Spring Drive
Milwaukee, Wisconsin 53218
Tel: 414.527.1546 Fax: 414.527.1908
Email: staff@growingpower.org

REGISTRATION:

To attend a workshop, please register online.

COST:

\$350.00 per person. Cost includes five meals for the Saturday and Sunday workshop.

The cost for Friday's Multicultural Alliance Building through Dismantling Racism workshop offered in April and May is an additional \$100.00.

MEALS:

Meals are a very important aspect of the workshop. It is the place where we come together to share the bounty. The food served is produced by sustainable, small family farmers and all of the greens are grown on-site. Vegetarian, vegan, or special dietary needs can be accommodated. Please let us know if you have special dietary requirements.

WALK LIKE A FARMER:

Please come prepared to get your hands dirty! Leave your dress shoes at home and wear your farmer duds – this is not a dressy training event. Bring work shoes and warm layers of clothing – the greenhouses are very warm and it can be very cold outside, especially during the winter months. Workshops often take place in both settings.

HOTEL INFORMATION:

Growing Power workshop participants receive a discount at the LaQuinta Inn, which is located just 10 minutes away from the Growing Power Community Food Center. The cost is \$60 plus tax per night. Please mention that you are attending the workshop and you should receive the Growing Power rate.

LaQuinta Inn
5442 North Lover's Lane Road
Milwaukee, WI
Phone: 414.535.1300