Urban Farming

NHB 102
Extend the Abundance: Fall Gardening Basics  NEW!  $30
Tue 5:30-7:30pm
Sept 25 & Oct 2
This course is grounded in a food justice framework to uplift strategies to create regenerative food systems in our communities. We will cover fall gardening skills such as seed keeping, preserving the harvest, and season extension for fall gardens as tools for increasing food access in our neighborhoods.
Materials fee: $25

NHB 103
Plants + Immune System Protection  NEW!  $80
Wed 5:30-8:30pm
Sept 12-Oct 3
Healing plants can help ground us and support our immune system as we move through the seasons. We will learn about plants we can harvest locally during the fall and make nourishing herbal medicine with plants harvested right from KCC farm!
Materials fee: $25

NHB 104
The Soul of Food: Tracing the Origins of Southern Crops  NEW!  $115
Tue 5:30-9pm
Oct 16-Nov 13
In this hands-on cooking class students will examine the history of crops which define Southern American cuisine. Through discussion of the botanical, agricultural, and culinary histories of several crops (e.g. collards, yams, etc.) students will develop a deeper understanding of their relationship to food and the culinary legacy of the African diaspora. Students will also learn how to prepare a selection of Southern dishes through the use of traditional cooking techniques.
Materials fee $25

All course titles with a (T) require a textbook.