

# Nature and Gardening Programs

## A Dose of Nature - Youth Nature Workshops (ages 5-9)

Let your child discover the unexpected pleasure of exploring nature thru observation time, crafts, experiments and games. Conveniently scheduled on days when school have days off! Learn from our talented & terrific Nature Staff. Participants must bring a lunch.

Instructor: Ms. Sue and/or Ms Jen

Location: Oak View

Min/Max: 8/12

Class#	Day	Dates	Time	Res/NR
#7630-1	Mon	1/16	9am – 3 pm	\$25/\$29
#7630-2	Mon	2/21	9am – 3 pm	\$25/\$29
#7630-3	Mon	3/5	9am – 3 pm	\$25/\$29

## Naturally Curious - PreSchool Nature Workshops

(ages 3-5) (must be potty-trained)

Let your preschooler explore nature in these playful and educational workshops! They will learn about nature thru story telling, observation time, crafts, experiments and games. Offered on the third Friday of the month, these workshops are guaranteed to open your little one's eyes to the beauty of nature and inspire them to become nature explorers by introducing them to a new nature theme each workshop! Participants may go on a nature walk so please dress for the weather! Please bring a lunch.

Instructor: Ms. Sue

Location: Oak View

Min/Max: 5/10

Class#	Day	Dates	Time	Res/NR
#7631-1	Fri	1/20	11:30am* – 2pm	\$15/\$19
#7631-2	Fri	2/17	11:30am* – 2pm	\$15/\$19
#7631-3	Fri	3/16	11:30am* – 2pm	\$15/\$19
#7631-4	Fri	4/20	11:30am* – 2pm	\$15/\$19
#7631-5	Fri	5/18	11:30am* – 2pm	\$15/\$19

\*Lunch at 11:30

## Spring Break Nature Camp (ages 4-8)

This exciting new educational hands-on camp will open your child's eyes to the beauty of nature and inspire them to become nature explorers by learning about nature thru story time, observation time, crafts, experiments and games. Participants may go on a nature walk, so dress for the weather! Participants must bring a lunch.

Instructor: Ms. Sue and/or Ms Jen

Location: Oak View

Min/Max: 5/10

Class#	Day	Dates	Time	Res/NR
#7632-1	M-F	3/19 - 3/23	9am-12pm	\$90/\$99
#7632-2	M-F	4/9 - 4/13	9am-12pm	\$90/\$99

## Mother Nature's Groupies (ages 6-10)

It's time to put down the video games and explore the beauty of Mother Nature. Participants will become nature explorers as we introduce them to new nature themes each workshop. Conveniently located at the captivating Wolfe Wildlife Park. Dress for the weather!

Instructor: Ms. Sue and/or Ms Jen

Location: Wolfe Wildlife Park 109th & Laramie (Cold/Rain Site - Oak View)

Min/Max: 5/10

Class#	Day	Dates	Time	Res/NR
# 7633-1	Wed	4/18	3:50pm - 5pm	\$9/\$15
# 7633-2	Wed	4/25	3:50pm - 5pm	\$9/\$15
# 7633-3	Wed	5/2	3:50pm - 5pm	\$9/\$15
# 7633-4	Wed	5/9	3:50pm - 5pm	\$9/\$15
# 7633-5	Wed	5/16	3:50pm - 5pm	\$9/\$15
# 7633-6	Wed	5/23	3:50pm - 5pm	\$9/\$15

## Gardening Without Pesticides

In this informative lecture you will learn how to outsmart the baddies while creating a healthy eco system in your garden. Healthy plants and soil are the key to a garden with less destructive bugs and disease. By creating a healthy garden without chemicals you will save money and your risk of chemical exposure. Homemade sprays and the benefits of compost as soil conditioner will be covered. As always, bring your questions about garden problems and I will try to answer as many as possible. Instructor: Dolly Foster OLPD Horticulturist

Class#	Day	Dates	Time	Res/NR
#4415	Mon	3/19	6:30-8:30pm	\$5

## Advanced Perennial Plant Maintenance

This lecture could be called "Perennial Gardening III". Thank goodness there is more to do than weed my garden! Once a garden is fully established what else is there to do? Often times an established flowerbed will begin to look crowded and over grown. That is the time to learn more about your plants and how to get the highest performance out of them. In this lecture you will learn how to prune, divide and manipulate your garden perennials to avoid staking, prolong bloom and rejuvenate. Instructor: Dolly Foster OLPD Horticulturist

Class#	Day	Dates	Time	Res/NR
#4402	Mon	4/2	6:30-8:30pm	\$5

## Bringing New Life to Old Gardens

Mature gardens can need a little help, learn how to renovate your existing landscape! Design elements will be discussed. You will want to learn which plants are best to hang onto and which ones to take out and how to choose the best plants for your landscape. There are many options for problematic areas, how about adding a rain garden or xeric garden? What about choosing a new color scheme for your landscape? Updating your landscape with multi season interest plants can create beautiful scenery. Instructor: Dolly Foster OLPD Horticulturist

Class#	Day	Dates	Time	Res/NR
4416	Mon	4/19	6:30-8:30pm	\$5

## Sausage, Potato, and Kale Soup

From The Pioneer Woman

Prep Time 5 Minutes

Cook Time 45 Minutes

### Ingredients

2 bunches Kale, Picked Over, Cleaned, And Torn Into Bite Sized Pieces

12 whole Red Potatos, Sliced Thin

1 whole Onion, Chopped

1-½ pound Italian Sausage

½ teaspoons Red Pepper Flakes (more To Taste)

2 cups Low Sodium Chicken Broth

2 cups Whole Milk

4 cups Half-and-half

Splash Of Heavy Cream

Fresh Or Dried Oregano

Black Pepper To Taste

### Preparation Instructions

Prepare the kale and set it aside.

In a medium pot. boil sliced potatoes until tender. Drain and set aside.

In a large pot, crumble and brown the Italian sausage. Drain as much as the fat as you can. Stir in the red pepper flakes, chicken broth, milk, and half-and-half. Simmer for 30 minutes.

Give it a taste and adjust seasonings as needed. Add the potatoe, a splash of heavy cream for richness, then stir in the kale. Simmer an additional 10-15 minutes, then serve.