



NSAS Youth Program Schedule 2017:

Ramada Columbus Hotel & River's Edge Convention Center, Columbus, NE.

January 27, 2017, Friday

8:30 a.m. Youth Program Starts

Free-time/Unstructured/Art activity or play

Session One: 10:30 - 12:00 with Big Garden Educators: Mary Hanten, Kay Wilwerding, Matt Cronin and Cait Caughey

“Herbs for Kids” We will make easy herbal remedies for all-ages. Children will get to take home an herbal first-aid kit.

12:00 Lunch - All kids will go into the main room to eat with their parents

Session Two: 1:30 p.m. – 2:30 p.m. Sam Wortman, Assistant professor, Environmental Horticulturist, UNL.

“Lettuce, and Peppers, and Peas, Oh My! How to Start an Organic Vegetable Garden” Growing your own vegetables is fun and healthy, but getting started can be intimidating. In this interactive session, we’ll discuss various strategies for preparing soil, planting, fertilizing, weeding, managing, and harvesting your first organic vegetable garden.

Session Three: 3:00 p.m. – 4:00 p.m. Ellen Duysen, UNMC College of Public Health

“Sun Safety the Four “W”s” The sun makes ultraviolet (UV) rays. These UV rays are what cause your skin to become sunburned or tan. Whether we are helping on the farm or just playing outside, we are at risk for sun exposure that can harm us. Learn how to protect yourself and your family from these rays.

January 28, 2017, Saturday

Session Four: 9:30 a.m. o 10:30 a.m. Gus von Roenn of Von Roenn Permaculture Solutions

“Permaculture Earth Repair for Kids” Gus will lead a number of activities and exercises that demonstrate the principles of permaculture. Our future permaculturists are tasked to continue the work of earth repair as we pass on a world with more uncertainty and more adversity. Please consider attending this great workshop that exposes our kids to practical perspectives so they can be effective future stewards of the earth.”

Session Five: 11:00 a.m. – 12:00 noon JoAnn Garvey, Chef

“Art of Making Pasta” Kids will roll out dough, shape pasta and serve it with a simple delicious sauce.

12:00 Lunch - All kids will go into the main room to eat with their parents

Session Six: 1:30 p.m. - 2:30 p.m. Big Garden Educators: Mary Hanten, Kay Wilwerding, Matt Cronin and Cait Caughey

“Building Healthy Soils & Composting” We will learn all about healthy soils, compost, play games to learn about what our soils need and make vermicomposting bins to take home.

Session Seven: 3:00 p.m. - 4:00 p.m. Big Garden Educators: Mary Hanten, Kay Wilwerding, Matt Cronin and Cait Caughey

“Preserving from the Garden” Learn about different ways to preserve the harvest, food safety, and try various preserved foods from local produces. We will also make jam and salsa to take home!