



## Program Catalog 2021-22

### Nature's Art: Children's Project Series

Our Nature's Art workshops explore art, design, and engineering with natural resources. Workshops are designed for ages 8 yrs.+ and include supplies for a take-home project. Participants should wear work clothes as this is all hands-on fun!

**Stringing Spider Webs:** Spiders have a bad wrap! Learn to spin a beautiful web to catch the eyes of your beholder. Spinning activity includes a positive wrap on the role of spiders in our world.

**Stone Sundials:** Track time passing as students learn to connect the rotation of the earth and passing sun with a clock face engineered with stones. Students take home garden sundials and worksheets with time telling challenges.

**Natural Paint & Evergreen Brushes:** Go back in time and make natural paints and evergreen brushes to put a bit of artistic flare on your creations.

**Berry Ink & Quill Pens:** From choosing and sharpening feathers to creating bottled ink from berries, a stranded castaway can still enjoy writing about all their discoveries.

**SunPrint Letters:** Create a custom UV light imprinted initial on SunPrints' unique photo capturing paper. Workshop is only offered during sunny seasons and must have access to outdoor space during class. Added materials cost of \$25.

**Ben Franklin Kite Fliers:** Join us as we make a kite just like Ben used in his famous lightning and key electricity experiment. Workshop will include discussion of key points that make a kite aerodynamic enough to fly as we create our aeronautic wonder. Added materials cost of \$25.

**Tetrahedron Sun Catchers:** With just a few sticks, a bouquet of flowers, and some string, we will create a creative hanging 3-D sun catcher that will beam with beauty from natural light and color. Added materials cost of \$25.

**Nature's Notebooks:** Participants will hand sew their own pages and wrapped cover into a unique notebook complete with nature adorned page markers in a notebook worthy of being your new explorer's journal!

**Masks or Mandala Leaves:** Fall leaves show us the art in transformation! Using a canvas of leaves, kids transform into woodland creatures, adults into coloring book artisans. Class includes a choice of adult or children's patterns and time to create. Adults will learn to preserve their creations.

**Wet Felted Textiles:** Learn to use dyed wool and string to design your own textile fabric that can be used as wearable art, home decor, or sewn into a project of its own. Additional materials cost of \$50.

## Backyard Pollinator Support Series for children of mixed ages

Our Backyard Pollinators Support series is designed *expand upon our Traveling Urban Ag Program: B-Pollinators and Backyard Habitats*. Children learn to be a part of city-wide seasonal solutions that impact pollinators by creating elements that support pollinators on their own patios and in backyards.

**Winter: Feed the Birds:** Children make a bird feeder from recycled water bottles while learning about humming birds and how to attract them.

**Spring: Sprout for Bees:** Children learn what is most solitary and native bees need in a habitat for food, water, and shelter.

- **Summer: Puddles & Baths:** Birds aren't the only ones. Butterflies and beetles need sips of water too. Children make a mini puddle and how they can add a bird bath element to their own yard spaces.
- **Fall: Beetle Chalet:** Children create a picturesque home for beetles to over-winter, assuring that our first responders of pollinators are tucked in before the cold comes.

## Recycled Creations Series for Tweens and Teens

**Upcycled Book Houses:** Join as we upcycle your local libraries discontinued books into beautiful house creations that say something, literally! 1.5 Hr. class includes making 1 house with theme elements but not architectural elements like doors or windows. Theme options include: Spring Bird, Summer Fairy, Fall Haunted, and Winter Swedish Gingerbread Houses.

**Natural Book House Architecture:** Add layers permanent dimension or interchange features with Velcro adhered architectural elements. 1 Hr. class topics are as follows: Doors & Awnings, Windows, Trees & Nests, Lampposts & Mailboxes.

**Book Page Beads:** Craft your own jewelry from recycled paper beads. Learn to make a variety of shapes, color with natural dyes, and seal beads for longevity as artisan jewelry.

**Honeycomb Ornaments:** Learn to upcycle book pages into beautiful, Victorian inspired honeycomb ornaments you can give as gifts or just use to decorate your whole tree.

**Newspaper Origami:** Use the comic page to make envelopes, social pages to make a flower, or the sports page to make boats to race in summer ponds. Origami: the ultimate recycler's skill allowing students to spectaculars create from just a bit of paper. Crafts will vary depending upon season.

**Newspaper Weaving-** Use rolled newspaper to create a woven coaster or the very center of your own baskets. Students will be shown weaving techniques and given supplies to begin weaving a project that can grow and grow into a full basket (participants' choice).

**Needle Felted Patches:** Upcycled new life in your clothes or patch a tiny hole by needle felting directly onto your clothes. Class will felt a simple shape onto sample jersey knit as we learn beginning techniques to create artistic patches. Additional materials cost of \$25.

**Water Bottle Window Farms:** Why not farm in your windowsill! Learn to build a hanging structure that will grow small plants indoors. Class will make water bottle containers to take home for planting.

**Milk Jug Butterflies:** Students will cut and design their own butterflies for the garden or room from plastic milk. We will discuss the anatomical traits of butterflies and their winged beauty as we replicate a California native specimen for this art project.

**Aluminum Can Candle Holders-** learn how useful aluminum cans can be. Candle holder craft will include basic techniques for cutting and curling aluminum as well as examples of soda can jewelry. *Site will need to provide 30+ recycled cans.* Participants must be 11 yrs. +.

## Beautiful You Mixology Project Series for Teens and Adults- Now Available for Summer School 2020

Have you ever wanted to make your own all-natural beauty solutions? Well this is your chance to learn some of the time-honored techniques for creating herbal remedies that will show off a healthier, beautiful you! Workshops are designed for ages 13+ and include supplies for a take-home project.

**Exotic Lip Balm & Nutrition:** Learn to mix your oils to create the perfect lip balm texture using Frankincense and Shea Butter. Class reviews the nutritional elements needed to nurture from the inside out.

**Pink Vanilla Lip Gloss & Infusions:** Participants discover how to beautifully shine as we discuss ingredients that both make a natural lip gloss and the techniques used to infuse oils with color and flavor properties.

**Hand Scrubs & Massage:** Looking for a bit of pampering? Join us as we make soothing lavender hand scrubs and learn effective techniques for self-massage of the hands, arms, and shoulders. It will be a delightful experience you won't want to miss.

**Bath Sachets & Aromatherapy:** Take relaxing baths to the next level. Learn to create soothing scents by combining fresh or dried herbs and flowers into beautiful bath sachets.

**Floral Hydrosols & Astringents:** Participants will learn and watch how a hydrosol is made from fresh or dried flowers then prepare a take home sample of a pore clarifying, natural facial astringent. *This class is not available for schools.*

**Floral Scents & Moisturizing Oils:** Expose your nose to the key notes of scent profiles used to make perfume! Use your newfound knowledge to design a luxurious, moisturizing scented oil you can enjoy a part of your natural pampering routine.

## Artisan Deeds Series for Teens and Adults

**Plentiful Herbs:** No better plants hath been grown than traditional culinary herbs! Impress family and friends with preserves, art, and crafts made from your plentiful herb harvest. We will discuss simple preservation methods and recipes for edible treats before creating salt & sugar blends and beautiful book presses for pressed herbal notes and cards. It's not only clever, but also frugal!

**Herbal Honeys & Syrups:** Learn to create blends of honey, herbs, and fruit that are delicious as juices or teas, on ice cream, pancakes or as dessert toppers. Join us for a delicious chia demonstration that will include fruit and herb pairings with recipe cards. *Flavor selections will be seasonal.*

**Potpourri & Fragrant Sachets:** Use a fragrant selection of home-grown flowers, leaves, and fruit to create 3 fragrant blends that can be used as potpourri or in sachets. Learn to make floral rinds and dry flowers to use as potpourri decorations in your sample fragrance blend.

**Feather Fascinators:** Use bird feathers to create delicate hair fascinators reminiscent of the 1800's. Class will include demonstration and examples of artisan designs as well as supplies to create bobby pin fascinators to take home. Additional materials cost of \$50.

**Prismatic Dragon Eggs-** Learn to paint glittering wondrous dragon eggs using blown goose eggs using a multi-layered technique. While drying eggs will be placed in take home clamshell for future placement in its very own nest. Additional materials cost of \$100. Annual supplies are limited. **All annual classes must be reserved no later than March 30 to assure egg orders can be made.**

**Swedish Decorated Blown Eggs:** Beautifully decorated blown eggs can be a spring decoration that gets used year after year. Class will learn to blow eggs from a demonstration, then get to work designing their own Swedish inspired dot art on cleaned and prepared brown eggs.

**Flowers of Leaves & Husks:** Learn to make fall decorations from fallen leaves and corn husks. We will practice techniques for creating a variety of flowers that can be bouquets, garlands, and centerpieces.

**Woven Coasters & Baskets:** Using seasonal supplies like pine needles, grasses, woody herbs or vines, adults will learn beginning basket weaving by making a simple coaster sampler made in the Native American tradition. Materials and demonstration supplies will also be discussed prior to hands-on activity. Additional supply cost of \$50.

**Stick to Initials:** Construct an ABC initial as home decor using sticks and silk flower posies. This is a fun, underused way to create beautiful wall art for your home.

**Emotive Pebble Art:** Learn techniques to create emotive art by using the delicate placement of pebbles to convey body language. Class will create and take home their art for display.

### The Art of Designing Teas Tasting Series

Join New Mettle Farms as we learn the art of designing your own artisan tea blends by tasting ingredients, discussing spice blends, healthful tea blends, and how to develop layers of flavor for a designer blend of one's own.

**Intro-** Discover the taste 3 caffeinated and 3 non-caffeinated teas that we use as the foundations of designing your own tea blends.

**Iced Teas & Infusions (spring-fall):** Learn the art of designing your own artisan iced tea blends by tasting, discussing, and developing ideas for making a designer iced tea blend of your own.

**Spiced Tea Blends (fall-winter):** Elevate your teas by learning and sampling top notes that act as catalytic flavors, adding that unique mysterious element only your custom blends will have. Discussion will cover chai blends, spices, and floral notes.

**Herbal Remedy Teas (fall-spring):** Learn about simple teas used as healthy herbal remedies for cold prevention, coughs, upset stomach, and energy. We will discuss herbal sources, properties, preparation, and storage.

### Almanac Gardener- Timely ideas and advice for small space gardens in the Central Valley.

**Growing Structures (summer, fall):** Add snappy elements of functional fun to your garden landscape by learning how to grow plant structures and create vertical layers in just about any space. Class will include hands-on stations for engineering an adjustable garden wall and trellises. *Available for mixed ages.*

**Growing Vertically:** Whether you want to grow up or hang out, growing successful vertical gardens offers a creative solution to many small spaces. Workshop includes the opportunity to create a mini- hanging pot and discussion of proper soil, water conservation, and creative rope tying techniques. *Available for mixed ages.*

**Planting a Tea Garden:** Mingling our popular Art of Designing Teas workshop with gardening is a natural progression for those who love creating artisan teas. Join us as we discuss tea garden designs with plant preferences in mind.

**Creating a Garden for the Senses:** Gardens can be so much more than beautiful. Class will discuss how to create a garden space with healing and memory stimulating features for both adult and to engage children.

**Aromatic Garden Design (fall):** Whether you want fragrances for hydrosols, potpourris, culinary projects, or just for sensory stimulation, join as we discuss plants, their pairings, and growing needs for annual and perennial use.

**Recycled Beds & Borders:** Who says the answer is to buy new? Recycled materials are abundant and are a fantastic option for use in a garden, especially if you're on a budget. Class demonstration will include how to use recycled materials to make beds and boards as virtually free structural elements that enhance your garden spaces.

**Wizards of Water (spring, summer):** Water conservation does not have to mean zero green spaces. Learn how recreating natural ecological systems in urban settings allow you to magically create water wise green spaces.