



GET UP! FALL 2022 COURSE OUTLINE

Please note that due to the ongoing COVID19 situation and wildfire smoke risk, sessions are subject to change.

- Session 1**
Saturday 9/10
WELCOME TO GET UP! / TOOL CARE + COMPOST INTRODUCTION
Garden for the Environment Director Maggie Marks, Get Up! facilitator Trina Lopez, and Program Manager Chris Krupa will welcome you and get you acquainted with the garden. After a morning course overview and garden tour, you'll get acquainted with GFE's compost system and learn about basic tools and their care in the afternoon.
- Session 2**
Saturday 9/17
GARDEN DESIGN / RIGHT PLANT RIGHT PLACE
GFE's philosophy of organic gardening really comes down to this one basic principle: **Right Plant, Right Place**. Former GFE staff, longtime garden mentor, and environmental enthusiast Hilary Gordon will explain how this influences all aspects of a garden including plant choice selection, design, and what the concept of microclimates has to do with these. In the afternoon, we'll continue to get to know the garden with hands-on activities.
- Session 3**
Saturday 9/24
SOIL HEALTH
Learn about the basics of soil, the foundation of a healthy garden. Aspiring Black gardener, farmer, community organizer and Get Up! 2019 graduate Thomas Abbott will cover various aspects of soil, including different types of soil texture (and why that matters), soil nutrients, and what we mean when we say "soil solution."
- Session 4**
Thursday 9/29
CLIMATE CHANGE / WHY WE GARDEN
In our first Thursday evening class, Get Up! 2015 graduate and environmental advocate [Charlotte Canner](#) will discuss why we garden and what this has to do with the bigger issues of weather patterns, climate change, and regenerative environmental practices. We will have Zoom breakout sessions to discuss these critical topics and our feelings about the changes we are witnessing relating to them.
- Session 5**
Saturday 10/1
WATER AND IRRIGATION
Water is vital to plant health, but it's more complicated than just giving plants water. Professional gardener and certified arborist [Ellyn Shea](#) will explain how to determine how much water your plants need, review the concepts of hydrozones and soil basics, and much more. You will also get hands-on experience with assembling parts of a drip irrigation system. In the afternoon, you'll review and amend some irrigation situations and also learn some planting basics.
- Session 6**
Thursday 10/6
SAN FRANCISCO LAND: ITS MANIPULATION AND RESTORATION
What is the history of the lands on which we live here in the Bay Area? What does it mean to understand the human and ecological background of where we live -- its beauty, violence, and manipulation? Panelists from Bay Area organizations [Association of Ramaytush Ohlone](#) and [Sutro Stewards](#) will discuss our Bay Area land lineage and how we can honor its native peoples, flora, fauna, and land, and be wise environmental stewards to help our beautiful, suffering area thrive.
- Session 7**
Saturday, 10/8
COMPOSTING EXTRAVAGANZA! URBAN COMPOSTING BASICS + WORM COMPOSTING
In the morning, Spring 2021 Get Up! graduate, Urban Composting instructor, and hospitality industry sustainability advocate Sharon Litzky will take you on a detailed journey into the amazing world of compost. It's a little bit recipe, a little bit magic, and a whole lot of goodness for gardens and the planet! After lunch, you'll learn about the wonderful world of worm composting! It's a great way to compost in small urban spaces because you don't need a yard to do it! Our favorite Bay Area worm enthusiast (and President of the Pacific Beach Coalition) [Lynn Adams](#) will show you how to establish, maintain, and harvest from a worm bin.



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- Session 8**
Saturday 10/15
GROWING YOUR OWN FOOD, PART 1
San Francisco professional gardener, food-growing enthusiast, and longtime GFE instructor [Carey Craddock](#) will share her experience and expertise with growing food in San Francisco's distinctive microclimates, and how fruit and vegetable cultivation in urban spaces can be a means of strengthening neighborhoods and community. In the afternoon, you'll participate in hands-on activities related to GFE's food-growing efforts.
- Session 9**
Thursday 10/13
GROWING YOUR OWN FOOD, PART 2
Tonight, you'll get to learn more about growing your own food and the connection with this and social justice issues from two experienced gardeners. Join [urban homesteader](#) and supporter of SF's Sisterhood Gardens [Jamie Chan](#) and former GFE employee and southern California farmer [Sharlene Aquiler](#). Bring your questions from last Saturday's session to have them answered by these experienced gardeners and community builders.
- Session 10**
Saturday 10/22
INTEGRATED PEST MANAGEMENT -- WHAT'S THAT?
If you've never heard of Integrated Pest Management (IPM), don't worry! You'll learn what it is and will likely find it more interesting than the name implies. Landscaper and community IPM educator [Suzanne Bontempo](#) will teach you this ecologically-minded approach to controlling garden pests and diseases and how to put its principles into practice.
- Session 11**
Thursday 10/27
PROJECT PLANNING: YOUR SPRING 2023 PROJECT
You'll learn about the different possible sites for your spring garden service project from local environmental non-profit representatives through mini-presentations, and begin to think about where you want to complete your 40 garden community service hours in Spring 2023.
- Session 12**
Saturday 10/29
PRUNING PERENNIAL PLANTS
Pruning is vital for plant health. Jamie Chan returns (this time in-person!) to teach you how to make basic pruning cuts and share the principles and techniques that inform wise pruning decisions. You'll then apply what you've learned to beautify some of GFE's shrubs and trees in the afternoon.
- Session 13**
Saturday 11/5
PLANTS WANT TO REPRODUCE! TYPES OF PLANT PROPAGATION
You may have planted seeds, but are you aware of all the different ways plants can reproduce? From corms, cuttings, and divisions to stolons and layering, Angel Garcia of Bramble and Vine Landscaping and a founding member of SF's [Tunnel Top Park](#) will unlock the wonder of how you can get your plants to multiply in ways you never imagined! You'll have plenty of hands-on time to investigate various examples and take some home with you, too!
- Session 14**
Thursday 11/10
RECOLOGY SF: AIMING FOR A ZERO-WASTE CITY -- REDUCE, REUSE, RECYCLE!
Now that you've learned the basics of composting, Ailsa Harju of [Recology SF](#) will explain what happens to your trash, recycling, and compost after it goes into your bins, and what you can do to ensure a well-functioning waste disposal system that gets us closer to zero waste every day. She'll provide a virtual tour of the SF Recology Transfer Station, tell you about the Artist-in-Residence Program, and answer all your questions so you can educate your community about how to be master waste sorters!
- Session 15**
Saturday 11/12
FIELD TRIP DAY 1: ALEMANY FARM + TBA
In the first of two field trip days, we'll visit and get acquainted with two local and inspiring San Francisco environmental nonprofits – [Alemany Farm](#) (San Francisco's largest urban farm, restarted by two Get Up! students in 2005) and another SF location (TBA). You'll learn from leaders of these organizations about their work to support the community, and participate in hands-on activities that will help them achieve their goals and get you practicing your gardening skills!



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Session 16

Thursday 11/17

TEACHING YOUR COMPOSTING WORKSHOP: PART I

Tonight we'll learn about basic teaching approaches and ways of learning with a concentration on outdoor education with former GFE staff member and longtime environmental educator Hannah Shulman. Her engaging, interactive presentation will help prepare you for co-teaching your Urban Composting workshop at GFE in 2023.

Session 17

Saturday 11/19

FIELD TRIP DAY 2: CALIBIRD POLLINATOR SANCTUARY + CLIMATE ACTION NOW! (CAN!)

On our second field trip day, we'll visit Calibird Pollinator Sanctuary in the Bayview neighborhood, revitalized by [Dragonspunk GRO](#), and in the second half of the day, we will be somewhere in San Francisco (location TBA) helping [Climate Action Now!](#) (CAN!) plant trees and shrubs to bolster our green spaces. Both organizations were born of their founders' deep love of our planet, and your efforts at both will help continue to make our city a more beautiful and healthier place to live.

Session 18

Thursday 12/1

FINAL EXAM / COURSE REVIEW

By now, you will have taken your final online, and we will spend this session reviewing it together and the concepts we've learned together this fall. You'll be astounded by how much you've all learned!

Session 19

Saturday 12/3

TEACHING YOUR COMPOSTING WORKSHOP: PART 2 / GRADUATION (TBA)!

Trina will help you put your newly learned teaching skills into action at our composting systems! Then, you will break into groups and give five-minute presentations to your colleagues, receiving valuable feedback that will prepare you for co-teaching a Spring 2023 GFE composting class. If the COVID19 situation does not allow for us to meet on Thursday, 12/8 for an in-person graduation, we'll have your graduation this afternoon in the garden!

Session 20

Thursday 12/8

TBA -- GET UP! GRADUATION! OR POST-GRADUATION CASUAL GATHERING

We hope to be able to gather in-person at a location TBA to celebrate your amazing accomplishments as graduates of the 26th year of the Get Up! program! Depending on the COVID19 situation, this may be your formal graduation or a casual, outdoor gathering.