January 24, 2012

Garden Expert Nan Sterman Teaches San Diego How to Grow Edible Gardens from Seed

San Diego garden expert, author, teacher, and designer Nan Sterman is offering seven seed starting workshops at locations throughout San Diego County in February and March, 2012.

The hands-on workshops, entitled “Start Your Garden from Seed,” focus on seed starting basics. Participants end up with dirty fingernails, smiles on their faces, and take home an entire garden of tomatoes, eggplants, peppers, zucchini, cucumbers, basil, pumpkins and more, seeded and ready to sprout.

In this era of “grow it yourself,” more and more people are interested in starting their own edible plants from seed, but few know how or where to begin.

Nan Sterman’s workshops cover everything a hoping-for-green-thumb needs to know, including seed starting secrets Nan's developed from years of starting seeds for her own garden and testing seeds for Organic Gardening Magazine.

In each workshop, Nan starts with how to read seed packages and which seeds to start in which seasons. She talks about the best containers to use (participants work with the exclusive, reusable Rootrainer Growing System) and the best seed starting soils, too. Finally, everyone rolls up their sleeves and digs in, literally, as Nan guides them through planting their seeds.

These intimate, hands-on workshops are limited to 15 – 20 people. Advance registration is required. A summary of workshop dates, locations, and links to registration are found at www.PlantSoup.com and at the URLs below.

February 7, 2012, 7:00 PM to 9:00 PM, at The Cosmopolitan Hotel and Restaurant, Old Town, https://www.brownpapertickets.com/event/220235

March 4, 2012, 1 PM to 3 PM, at a private home in La Mesa, https://www.brownpapertickets.com/event/221449

March 10, 2012, 10:00 AM to 12:00 PM, at Southwest Boulder and Stone, Pacific Beach https://www.brownpapertickets.com/event/220209

March 11, 2012, 10:00 AM to 12:00 PM, at The Olive Branch Green Building Supply, North Park, https://www.brownpapertickets.com/event/220226
Start Your Garden From Seed

March 17th, 10 AM to noon, at a private home in Encinitas, 
https://www.brownpapertickets.com/event/221754

March 18, 2012, 1:00 PM to 3:00 PM, at The Cosmopolitan Hotel and Restaurant, Old Town 
https://www.brownpapertickets.com/event/221451

March 31, 2012, 2:00 PM to 4:00 PM at Southwestern College in Chula Vista, 
https://www.brownpapertickets.com/event/221388

About Nan Sterman:

California native Nan Sterman is dedicated to the transformation of planted landscapes from overly thirsty and resource intensive to climate appropriate and sustainable. Her efforts combine age-old techniques with modern technologies.

Nan has worked towards this goal since the 1970s when she was involved in the first wave of the sustainability movement. Her initial training was at the Integral Urban House, a demonstration retrofit Victorian home in Berkeley, California. She went on to earn a botany degree from Duke University, a Masters in biology from UC Santa Barbara, and a Masters in instructional design from San Diego State University.

Nan parlayed her early experiences in sustainability to address modern day issues. She is author of California Gardener’s Guide vol II, the only book about low water, Mediterranean climate gardens written specifically for California home gardeners. In 2010, she added Waterwise Plants for the Southwest to her publication list.

Nan has a monthly water-wise garden column in the San Diego Union Tribune and is the gardening expert for San Diego public radio’s Midday Edition talk show. She also writes for publications such as the Los Angeles Times, Sunset, Better Homes and Gardens, and Organic Gardening. She Nan co-produces, co-writes, and hosts A Growing Passion, a television show that takes viewers on tours of beautiful, inspiring home gardens.

Nan speaks, teaches, and writes about low water, sustainable and edible gardening, all of which she designs for client’s homes and school gardens. She seeks out plants, methods, and technologies that ensure client gardens are as water-efficient, low maintenance, and beautiful as possible.

Nan is a board member of the Garden Writer’s Association and a founding board member of the Association of Professional Landscape Designers, San Diego District.

Nan Sterman’s website is www.PlantSoup.com