

Cold Frame Building Workshop

Construct a modular & stackable Cold Frame
to take home that day

Get your garden off to an early spring start for 2011

Be ready to keep your garden growing next fall and right through the winter into the next spring – without electricity or a greenhouse!

Learn from Toronto's ColdFrames and Season Extension Techniques leader! Join Kyla Dixon-Muir, an experienced four-seasons gardener, who successfully grows foods at Riverdale Meadow Community Garden all year round (*yes – including right through the winter, outdoors, without electricity or a greenhouse*) in ColdFrames. Her lectures, workshops, and books on the subject are popular all across southwestern Ontario.

She starts new seeds outdoors each fall, and extends the growing and harvesting season for many other crops from the summer season, so that Kyla and her husband dine all winter every year on greens and herbs grown outdoors, without electricity, in their garden and get the earliest possible head-starts for the next spring.

Kyla's book *Growing To Eat – through all four seasons (Cloches, ColdFrames, Hot Beds, Raised Rows, and more...)* is now in its third Canadian edition.

Workshop Cost \$ 125- per person. Pre-registration required.

All plans, materials, hardware, and tools will be provided.
If you can handle a screwdriver, staple gun, and drill you can do it!

Saturday, 9 April 2011 10am – 1pm

To be held at: *a downtown Toronto location, with parking and TTC access nearby*

Enquiries and registration:

Kyla Dixon-Muir **coldframes @ gmail . com** **416 / 469-9507 (ext 2)**

See www.riverdalemeadow.ca for examples of Kyla's easy systems of ColdFraming;
and see www.mudpies.ca for reviews, photos, and descriptions of previous Workshops

Seeds, garden blankets (floating row covers), soil thermometers, and Kyla's books organic gardening using ColdFrames – and more – are for sale at each workshop.

Join Kyla's *Hundred Footstep Diet* – both local and organic – grow your favourite greens early & easily!

Build Your Own ColdFrame

Workshop description

Classes are small to ensure both individual attention and safety.



We begin each event with Class Introduction games; then move into Power Tool Uses including Safety Strategies. Clarifying your Building Plans and Structural Strategies follow. Once everyone is comfortable with each other, with all the tools provided, and with the process for assembling these custom-cut materials, we engage in the hands-on aspects.



During the assembly of these modular, stackable units, each instructor works with all participants. By providing both male and female instructors, participants are aided with varied approaches to construction, enabling them to develop their own skill sets from the varied sources of experience demonstrated. By applying ergonomic strategies to building the ColdFrames, participants learn about their own physical dynamics as well as construction methods, advancing each individual's abilities for independent creation. These Workshops enhance confidence and capacity in construction skills in myriad manners.

As the units are completed at each participants' pace, value-added components are available to continue engaging those first to complete their ColdFrames. This Workshop is not a race: these extras are simply a means of keeping everyone fully engaged until all frames are completed to high standards for both long-wearing use and effective growing applications.



Once all participants have completed the Building Component of this Workshop, a Presentation on the varied seasonal uses of your new ColdFrame occurs. In an easy exchange that is a balance between sharing Kyla's years of food growing experiences with ColdFraming and Season Extension Techniques, and answering questions about each participant's unique applications of this modular, stackable unit, gardening aspects are explored. This Gardening Component caters to the varied levels of each gardener's experience and each person's intended activities.



At the end of the Workshop everyone leaves not only with a completed frame, but also with enhanced construction skill sets, superior gardening knowledge, and a deeper sense of their local greening community.