

Stepping Stones Classes 2018 - 2019

Always be Healthy & Happy: Farm to Plate Delicious Eating Friday, September 21, 2018 Kathi Saks was a personal chef, has a blog (*Always be Healthy & Happy*) and is an advocate of healthy eating to promote wellness and combat disease. Kathi will bring local, easily acquired Hawaiian vegetables and fruit recipes to share in the beautiful demonstration kitchen at Lyon Arboretum. Lunch includes local sourced green salad with a Green Goddess Dressing, Roasted Root Vegetable Soup, Watermelon Salad and Thai spiced Beef Salad, Fruit Galette Class size: 25
Class fee: \$20, \$15 lunch and recipes

Grow for It with Heidi Friday, October 19, 2018 Heidi Bornhorst is a Certified Arborist, Horticulturist and Landscape Designer. This multi-talented gardener will demonstrate pruning techniques guaranteed to bring out the best in your harvest, year after year. Heidi will also be sharing her love of Hawaiian natives by sharing the propagation of Molokai White Hibiscus, Gardenia Tiara Lii Lii and Chinese Grandma Gardenia. Everyone will take home the above mentioned plants. Please bring sharp, clean clippers. Class size: 15ppl Class fee \$20 Supply fee: \$10

Thanksgiving Centerpieces: Pineapple Turkeys Friday, November 9, 2018 Susan Beers and Bertie Lee are talented floral designers with years of experience. Susan and Bertie will demonstrate everything you need to know to make your very own Pineapple Turkey centerpiece. Under their tutelage, you'll create a charming, decorative table-topper to take home and enjoy throughout the holidays. Everything you need to make your centerpiece will be provided. Class size: 15ppl Class fee \$20 Supply fee \$20

Christmas Swags

Friday, December 7, 2018 Expert lei maker and botanical decor expert Anne Kadowoki will help you add holiday magic to your home by teaching you to craft a beautiful Christmas swag out of gorgeous botanicals collected from many different sources. Everyone will leave with a Christmas masterpiece and a trove of newfound tricks for creating your very own, original holiday decorations. A bonus swag of herbs will be made and makes for a perfect hostess gift. Class size: 15ppl Class fee \$20 Supply fee \$20

Beautiful, Bountiful Bromeliads Friday, January 18, 2019 Sue Girton, retired landscape designer and lifelong Bromeliad lover will demonstrate how to divide and nourish these beautiful plants. Sue will focus on Vriesea, Tillandsia and Neoregelia. Bring your own Bromeliads to divide and questions to be answered. We will also be showcasing Bromeliads and other backyard flowers in arrangements and displays. Class size 15ppl Class fee \$20

Share the Love with the Language of Flowers

Friday, February 8, 2019 Dotty Nitta and Jan Tucker Flowers have been used as symbols of love throughout recorded history. Experienced floral designers Dotty Nitta and Jan Tucker will explain the history behind the meaning of different flowers, focusing on love. You will make a Valentine Tussy Mussy that will have the perfect personal message for your beloved. Class size: 15ppl Class fee \$20 Supply fee \$20

Harvesting Health and Beauty: "Miracles" from the Garden Friday, March 22, 2019 Who needs overpriced, chemical-laden lotions and potions from the department store when you can find natural alternatives that work just as well in your very own backyard and kitchen? Botanical Alchemist and Founder of *Higher Ground Botanicals* Colleen Kudo unlocks the age-old health and beauty secrets of organic plants in this informative, hands-on workshop. You'll leave with great ideas and some products of your own to try and share. Class size: 15ppl Class fee \$20 Supply fee \$15

Feng Shui for Hawaii Gardens Friday, April 26, 2019 Clear Englebert, author of six books on feng shui, two specifically for Hawaii, will offer simple solutions in your landscaping to create positive energy surrounding your home. The class shows how Feng Shui principles can be applied to the tropical garden and the unique Hawaii landscape. In Feng Shui the garden is seen as the first chance to invite good energy (chi) and the best opportunity to deflect harsh energy. Topics include: the importance of balance in relation to the surrounding landform, pathways, and water features as well as ornaments and the relation of garden to home. The shape and color of leaves and flowers, as well as the growth habit of the plant are discussed. Specific plants are recommended for specific places. Books will be on sale, and private consultations can be arranged. Class size: 25ppl Class fee \$25