



**“THE SUSTENANCE OF SUSTAINABILITY”**  
**Urbanneering WORKSHOPS from the MASTERS**  
**@ FRUIT LOOP ACRES**

# URBAN-EERING

Cultivating Sustainability with Sensibility & Sustenance

## HANDS-ON WORKSHOPS WITH THE MASTERS

### LOCATION:



A Perma-Cultured Fruit Farm—2.1 carbon miles, E, of Circle Center

Facebook.com/Fruit Loop Acres

*We encourage you to car pool or bike. FLA is located right off bike lanes (in between New York & Michigan and there is chain link fencing to lock them up. Parking is very limited. \$5 off if you bike.*

### ABOUT:

Mapped in the late 1800's as the "swamp" it bears a rich, black soil floodplain. To this day, our Hamilton Avenue neighborhood still bears that nickname, though now it refers more to the low life not the low land. Our urban acreage is the lowest point of the Near Eastside. It is a natural watershed for our community harboring a ¾ acre forest farm and certified wildlife habitat ( & biosphere as some call it) in the form of diverse, mature hardwood and meadow-like landscapes showcasing many varieties of fruits, nuts, assorted wacky wild edibles, native plants and installation art. The seasonal changes are wondrous too. U-pick, by appointment only, are offered when our Black Raspberries & Tart Cherries are in season.

These 5 contiguous city lots which date back to a 1912 Victorian cottage (built by a wooden barrel maker named Philip Dorn) have been cultivated & preserved, utilizing only the best chemical free processes the whole way. Kay has worked the land the last 17 years transforming it from growing gardens of heirloom vegetables to a beyond organic, permaculture fruit acreage . Sue is our beekeeper. The bees play a vital role in the production of our fruit & native plantings. DNR has told us our habitat can support 5 hives. That's our goal. Each hive produces approx 100 lbs of honey, imbued with golden hues of our fruit juices.

We are not only growers of antique fruits but foragers that comb the neighborhoods for fruits & wild edibles that date back to the 19<sup>th</sup> century. The acreage that surrounds us pre-date the hybridization age & are rich with diverse, old time fruits.

We welcome your visits to the 'Hood'. Fruit Loop Acres

Kay Grimm, Grower 317.408.0325

Sue Spicer, Beekeeper

317.341.0474

Permaculture is an approach to designing human settlements and agricultural systems that mimic the relationships found in natural ecological **PRINCIPLES OF OUR LAND:** Permaculture is sustainable land use design. This is based on ecological and biological principles, often using patterns that occur in nature to maximize effect and minimize work. Permaculture aims to create stable, productive systems that provide for human needs, harmoniously integrating the land with its inhabitants. The ecological processes of plants, animals, their nutrient cycles, climatic factors and weather cycles are all part of the picture. Inhabitants' needs are provided for using proven technologies for food, energy, shelter and infrastructure. Elements in a system are viewed in relationship to other elements, where the outputs of one element become the inputs of another. Within a Permaculture system, work is minimized, "wastes" become resources, productivity and yields increase, and environments are restored. Permaculture principles can be applied to any environment, at any scale from dense urban settlements to individual homes, from farms to entire regions.

### Ecosystems Agroecology

This approach is based in the hypotheses that the natural systems, with its stability and resilience, provide the best model to mimic if sustainability is the goal. Ecosystems Agroecology is based on the belief that large-scale agriculture is inappropriate.

**An Urbaneer:** a pioneer that cultivates self-reliance in a city environment.

# “URBAN-EE R-ing” WORKSHOPS WITH THE MASTERS.

## Cultivating Sustainability with Sensibility & Sustenance

The facilitators of these workshops are amazing people, armed with wise knowledge, that they want to pass on. Join us, in an old-fashioned hands-on way as we share our passion & wisdom to cultivate city pioneers in the spirit of building self-reliance & sensibility in these necessary times.

<p><b>Sat 12 March</b>  <b>1:30—4ish pm</b>          What to bring:          pruners and loppers if          you have them! Dress          for the weather.          &gt; Cost: \$30</p>	<p><b>Pruning old and overgrown fruits with Glen Grabow of Grabow Orchards &amp; Sam Dodd of the Indiana Nut growers Association</b></p> <p>&gt; Join us on this Saturday as we learn how to recuperate and improve the health and fruiting from old and wild fruit trees. Our “subjects” will include Apples, Apricots, Cherry, Plums, Pear, Peaches, Persimmon as well as Heartnuts and Cane fruits to include Black Raspberries. There will be demonstrations with hands-on components and practical skills learned to renew or start anew.</p> <p>Glen and Sam are old-timers in the business of growing fruit and nuts. Come and share their wisdom of growing fruits with little to no spray techniques as well as the timing and principles of pruning from newly established to overbearing and overgrown.</p>
<p><b>Tues 24 MAY</b>  <b>4:30-7:30pm</b>           Cost: \$30</p>	<p><b>Biodynamic Applications with Mark Trela &amp; Permaculture Touring with Kay Grimm.</b></p> <p>Mark has studied &amp; applied the Rudolf Steiner approach, for some 25 years, in melding the ethereal &amp; physical realms of growing “beyond organic”. Mark will be discussing the basis of the Steiner technique &amp; the practical approaches of how it benefits composting &amp; enhances the quality of the fruit &amp; food we produce. On this day we will be applying 501, the 2nd in a series of biodynamic sprays at Fruit Loop Acres. Kay will lead tours around the fruit farm, showcasing &amp; talking about “working smarter, not harder” towards a sustainable urban space.</p> <p style="text-align: center;"><b>There will be biodynamic preps available for purchase</b></p>
<p><b>Sat 11 JUNE</b>  <b>1:30—4ish pm</b>  <b>Cost: \$30</b></p>	<p><b>Grafting Fruit &amp; Nut Tree Stock with Sam Dodd of the Indiana Nut Growers Association</b></p> <p>The moon will be in Cancer which is an ideal time for grafting scion wood onto fruits.</p> <p>Sam Dodd is very wise &amp; knows a lot about a lot of anything to do with fruits, nuts &amp; bees. Currently one of his special volunteer projects is mentoring the beekeepers at the School for the Blind here in Indy.</p> <p>&gt; We will discuss what is scion wood &amp; learn how to do grafting &amp; multi grafts from the master on the different fruit trees at Fruit Loop Acres. He will also show how to resurrect old fruit trees by a bud graft technique. The uses of</p> <ul style="list-style-type: none"> <li>&gt; standards, dwarf, semi-dwarf and super dwarf fruit trees as well as</li> <li>&gt; reliable sources for fruits, nuts &amp; berry plants will be discussed and how best they will suit urban spaces.</li> </ul> <p style="text-align: center;"><b>U-Pick Fruits at Fruit Loop Acres by appointment, this month.</b></p>
<p><b>Sat 30 JULY</b>  <b>1:30-4ish pm</b>   <b>Cost: \$30</b></p>	<p><b>Building blocks to creating great compost &amp; exploring the Concept of Compostable Privies— Richard Cartwright &amp; Mary Meyers</b></p> <p>In this session we will learn the principles of anaerobic activity through a hands-on building of an outdoor facility that will benefit community spaces</p> <p>Richard and wife Mary have designed and built the straw bale house where they have resided since 1996. Their house is completely off-the-grid, powered by natural systems. Their goal is increasing self-sufficiency. They currently have photo voltaic DC and AC electricity, heat with wood and cook with wood and solar oven, and use a solar hot water heater and a solar food dryer. Water is delivered with a combination of solar and gravity. Greywater is processed internally in their greenhouse for that purpose. Toilet wastes are composted ala the “humanure” method developed by Joe Jenkins, and the compost applied to the many trees and shrubs around their home which supply food, fuel and other products including maple syrup.</p> <p style="text-align: center;"><b>Garden &amp; pruning tools will be available for purchase.</b></p>
<p><b>Friday Evening</b>  <b>\$10 donation</b>  <b>&amp; Saturday Day</b>  <b>FREE</b>  <b>AUGUST 12 &amp; 13</b></p>	<p style="text-align: center;"><b>UrbanStead Festival</b></p> <p style="text-align: center;"><b>Friday night headliner: <u>The Troubadors of Bliss, Louisville KY</u></b></p> <p style="text-align: center;"><b>Saturday: Local Foods pitch-in, Microbrews, live Music, yoga in nature, mingle with farmers &amp; a big-ass opportunity to browse &amp; purchase the “tools” you need to become more self-sufficient</b></p>

	<p><b>Late Summer &amp; Fall Workshops TBA</b> <b>Tailoring &amp; Building Cold Frames for Winter Growing</b> <b>Seed Saving</b> <b>Beekeeping</b> <b>Resurrecting Vacant Lots</b> <b>Spawning Mushrooms in City-Felled Logs</b> <b>Root Cellaring</b></p>
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“To Urbaner—the process of cultivating city pioneers in leading the way of building sustainability and resilience in these necessary times.