



The Coon Rapids Sustainability Commission presents the following free workshops designed to promote sustainable living right here in our community!

Coon Rapids Civic Center 11155 Robinson Dr., Coon Rapids  
For more information check the City's website or call 763-767-6485

Monday, September 29 6:30-8:00 pm

How to Turn your Yard into a Food Producing Paradise presented by Marcia Baudino

Spending less money on food while feeding your family healthfully can be challenging for most families. Many want to grow food at home or use more local food in their diets. A local resident, Marcia Baudino has an average Coon Rapids sized lot and has transformed her yard into a food producing paradise! She has permanent raised beds to grow annual vegetables, permaculture (permanent agriculture) landscape producing food and 115 fruit bushes. Using food she grows and some purchased at the local farmers markets; Marcia fills four freezers with meals each season that sustain her family year round. She will share her story, present photos and send you home with resources to help you get started.

Tuesday, October 7 6:30-8:00 pm

Local Food for Dinner 365 Days a Year presented by Marcia Baudino

Have you been wondering how to find and use more local food? How to use the abundance from the summer farmers markets year round? Or trying to choose a CSA? The please join us as we discuss these topics. Money and time saving tips will be shared for finding local food, making it into meals that can be frozen and enjoyed year round.

Monday, October 13 6:30-8:00 pm

Permanent Raised Beds the Permaculture Way presented by Marcia Baudino

Enjoy huge yields, almost no weeding and never till again! (No lumber or hammers needed.) Learn how to build, mulch, plant and maintain raised beds using Permaculture Principles. Companion and succession planting and crop rotation will be discussed. Plan to enjoy abundant yields of annual vegetables with minimal labor.

Monday, October 20 6:30-8:00 pm

Understanding and Reducing Home Energy Use

Save money with simple changes to reduce your energy use through the winter months. Coon Rapids Sustainability Commission member Bob Krahn will present tips for winterizing homes. Also hear from a professional with the Minnesota Center for Energy and Environment about actions you can take today to make a difference and learn about resources available for larger energy saving projects in your home.

Monday, October 27 6:30-8:00 pm

Sustainability Roundtable Kick Off Meeting

Meet with like minded residents to exchange ideas and information on how to live sustainably in the suburbs. If you are unable to attend this first gathering, please call 763-767-6485 for future meeting information.