**Urban Sustainability Skills**

**Syllabus for PGSS Leisure Course – Fall 2013**

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1 X 2 hours per week

Materials cost: $7 per person

Instructor cost: $50 per person

Week outline:

1. Intro – October 16th
   1. Why urban sustainability skills?
   2. What will we learn?
   3. What are the principles of sustainability?
   4. How are sustainability and urban skills linked?
   5. Activity: How being sustainable can save you money
2. Eating in season – October 23rd
   1. What’s in season?
   2. Why eat in season?
   3. Organic vs. conventional
   4. Activity: Applesauce
3. Too much bounty – October 30th
   1. What to do with too much of a good thing (freezing, canning, drying, pickling)
   2. Canning safety
   3. Recipes for unusual vegetables/fruits
   4. Activity: [Refrigerator Pickles](http://www.marthastewart.com/317530/refrigerator-pickles)
4. Food in the city – November 6th
   1. Eating cheaply (buying in bulk, vegetarian meals, making and freezing for later)
   2. Alternatives to the grocery store (CSAs, bulk stores, co-ops, community gardens)
   3. Beekeeping, urban chickens
   4. Activity: Sprouts
5. Urban gardening – November 13th
   1. Benefits/challenges of urban gardening
   2. How to get started
   3. Easy to grow vegetables
   4. Activity: start seeds
6. Keeping chemicals out – November 20th
   1. What’s in our beauty products?
   2. How can we avoid harsh chemicals?
   3. What to look for in commercial cleaners
   4. Activity: make your own shampoo and cleaning products
7. Animal ethics/Composting – November 27th
   1. How are animals raised?
   2. Ethical issues?
   3. Why compost?
   4. What can you compost?
   5. Where to compost?
   6. Activity: explanation of vermicompost bin
8. Economic and Social Sustainability – December 4th
   1. What does economic sustainability mean?
   2. Different economic models (co-ops, sharing, gift economy, nonprofits)
   3. How to become more economically sustainable
   4. What is social sustainability?
   5. Privilege, diversity, colonization, access issues, equity