Urban Conversion

Episode Guide

Season One

Episode 101: Backyard Farmer
Beginning a journey to reduce his family's carbon footprint, Rodman Schley explores the world of backyard farming with urban agriculture guru Sundari Kraft. He finds himself out of his element milking goats, taking care of chickens and learning how to use natural fertilizer to sustain a backyard ecosystem.

Episode 102: The Burbs and the Bees
Gina's desire to get her own backyard bee hive sends Rodman seeking advice from Holistic bee keeper, Corwin Bell. Corwin teaches Rodman the importance of bees in agriculture and why backyard beekeeping is not only doable, but how bee stewardship is important to our global future.

Episode 103: My Alternative Fuel Future
Could an alternatively fueled car be in Rodman's future? Rodman learns what's down the road for Hydrogen fuels, gets his hands dirty collecting bio diesel, and is shocked to learn about a mechanical shop that converts classic cars to electric.

Episode 104: Green yoU
Rodman goes back to school to learn how one campus is leading the way towards sustainability in higher education. He will be living, learning and putting one up for the home team as a "non-traditional" student.

Episode 105: Detroit Urban Farming
Rodman sees first-hand the positive effects of urban farming as it shapes a new identity for the Detroit community. Leading the way is Taja Seville and Urban Farming, who

takes him into the city to see where hope is springing up from vacant lots and community run programs.

Episode 106: Rodman Needs a Hobby/Home Brewing
Gina, forever hopeful that Rodman will embrace a sustainable lifestyle encourages Rodman to find a hobby**.** Rodman discovers the hands on fun, art, process and warmth found in the home brewing community.

Episode 107: Farm to Table
Date night at a farm to table restaurant sends Rodman and Gina on a mission to follow their food back to its roots, volunteering at a local organic market farm. While putting their hands to the dirt, they go beyond the buzzwords to see what goes into local, bio diverse, organic growing. The reward? A farm dinner that reminds them food is about community. Featuring special guest, Musician and sustainability advocate, Jack Johnson.

Episode 108: Urban Gardening, The White House and Monticello (1x60 special)
Gina's community garden inspires a family trip to the historic gardens of Thomas Jefferson at Monticello followed by a visit to the First Lady's kitchen garden guided by White House chef, Sam Kass.

Season Two

Episode 201: Back to Nature
Topic: Healing Qualities of Nature and Mental Health
Rodman is consumed by work and obligations in a fast paced technology filled lifestyle. A therapy session with Reuvain Bacal leads him to the realization he is suffering from Nature Deficit Disorder. Following doctor's orders, he finds himself hiking Colorado's rocky mountains, horseback riding in the wilderness and taking part in a fire ritual. Going beyond a topic, Rodman learns to connect with nature in a way that may change his whole outlook on life.

Episode 202: Freegan Awesome!
Topic: Food Waste, Foraging, Gleaning, Dumpster Diving (Freeganing)
In the U.S. alone, 133 billion pounds of food are wasted each year. It's no surprise that gleaning, foraging and freegan ideology are becoming a popular trend in the face of that number. Rodman and Gina join Freegan vlogger and co-creator of FallenFruit.org, Ethan Welte for a hands on demonstration of the good that can be done through gleaning local farmers markets for food banks, urban foraging for wild growing fruit and, in a segment that will test Rodman's (and the viewers) limits, Ethan takes Rodman dumpster diving to get an up close look at the U.S. food waste problem.

Episode 203: Upcycled Art and Fashion
Topic: Upcycled Art and Fashion
Rodman and Gina expand their artistic horizons at PalletFest, a festival dedicated to putting upcycled art and fashion on display. In the process, Rodman works with an upcycled fashion designer who makes clothing out of discarded bike tubes, squares off with Gina in a team based competition to turn shipping pallets into large sculptures and visits with eclectic artists turning trash to treasure.

Episode 204: Zero Waste: Home and Office
Topic: Waste Reduction in the Office and Home
Gina begins working at the office with Rodman and is troubled by the lack of a green policy, recycling and composting. She asks her friend, corporate green consultant Stacey Lambright to come by and audit the office…much to Rodman's surprise. He is put on the spot as Stacey shows him where he can improve and gives him his green grade. To turn the tables he asks Stacey a favor. Gina is then surprised with a knock at the door and green audit of her own. Finger pointing ensues as Rodman and Gina debate who did better before Stacey puts an end to it with a trip to an actual landfill to see the where trash actually goes if it's not diverted.

Episode 205: Building Small
Topic: The movement to living simpler by reducing a spaces carbon footprint (and mortgage payment).
Rodman and Gina are looking towards the future and what their next home may look like. Their liaison to alternative- environmentally friendly building practices, Brian Fuentes, sets them up on a tour of three examples of living simply and small. Rodman and Gina weigh in on a tiny home, a (literally) handmade cordwood home, container home and even get a laugh out of a tree house.

Episode 206: Alternative Building
Topics: Large scale eco building
After coming to terms with the fact that a family of four probably needs a bit of space, Rodman and Gina continue to explore what other types of alternative builds could be in their future. They are introduced to a family built rammed earth construction home, the benefits of retrofitting an existing build and learning about the environmental benefits of straw bale housing.

Episode 207: Clean Energy 101
Topic: Wind Power, Solar Power, Climate Change
Rodman, a global warming skeptic, puts his views to the test as he visits with climate change expert Casper Ammann. Casper lays out the stakes, leading Rodman to get his knowledge of clean alternative energy solutions up to snuff. First, he visits NREL where he learns the basics of wind energy from expert Fort Felker. Fort then directs him to a

backyard where a smaller turbine helps power a single home. Next, he is put to work by Namaste solar, where he learns about the theory behind installing solar panels to contribute to the grid. Still wondering how he will bring this into his own life, he is introduced to the growing phenomenon of solar farms.

Season Three

Episode 301: We Bought a Farm (Home/Master Planning)
The Schley's find the remaining 2.7-acres of an original wheat farm in Arvada, that allows them to remodel an old estate to meet modern day high performance building standards, and try their hand at small-scale lavender and cut flower farming. In this episode, viewers follow Rodman and Gina as they work with their architect to design a USGBC LEED Certified Home as well as learn about the history of the property, and develop plans to honor the past while designing for the future.

Episode 302: Let It Rot! (Earth, Compost, Soil)
The Schley's get grounded as they explore the composition of soil, starting with hunting for wild mushrooms with experts from the Denver Botanic Gardens. They learn how mushrooms are the fertilizers of the forest, and take these lessons back to their farm where they try to use Mother Nature to prep their new fields for planting. Whether they are getting dirty while building a compost pile, learning about tractors from retired farmers, or dredging through pits of mud at the Snowmass Tough Mudder--this episode is downright dirty.

Episode 303: Whose Water is It, Anyways? (Water/Plumbing)
After experiencing the heat and dryness of the desert sun, the Schley's have a whole new appreciation for water, and with help from the City of Arvada, they explore the question of where exactly their water comes from. From the continental divide to their faucets and fields, they follow the Colorado watershed and learn that water is something to be deeply thankful for, and should be used wisely in their new endeavors.

Episode 304: Harvesting the Sun (Sun/Windows, Roof/Solar)
The Schley's consider all the ways the sun affects their home, farm and life. From orienting the house to capture the most sunlight, to the size and placement of windows, roof, and even flower fields. They learn that paying more attention to the sun could have everlasting benefits. Rodman and Gina learn about window efficiencies, roofing options, and work through home solar option versus community solar options.

Episode 305: Across the Desert Sand (Sand/Warmth/Insulation)
The Schley's take a road trip and immerse themselves in the heat of the sun by visiting the Colorado Sand Dunes. They discover the natural properties of sand, and learn how it

is a critical component of the insulation that is used to keep the heat inside of homes in the winter, or outside of home in the summer. Rodman and Gina dive into energy usage in the home building process and design creative solutions for their modern farmhouse renovation

Episode #306: Rocky Mountain Air (Air/Fresh Air/Radiant Heat)
The Schley's explore the importance of clean air and how their living habits contribute to the quality of air in their lives--from cleaning up their old fireplace to starting a local farm--air is something that is everywhere, and they hope everyone can see it a little clearer. In this episode the Schley's attend the Telluride Hot Air Balloon Festival as a family, explore radiant floor heating and fresh air ventilation for their home, take a ride on Denver's new light rail system, and exhale their first season of locally grown flowers.

Episode 307: Seeing the Forest through the Trees (Wood, Floors/Cabinets)
The Schley's go into the forest in this episode of Urban Conversion to examine the relationship between man and trees--from eating their fruit, using them as shelter, and burning them for warmth and light--they gain a better appreciation for sustainably harvesting trees that they use in their home and on their farm. Rodman and Gina explore ways to reuse trees that were taken down on the property, specifically as they design their new kitchen, as well as planting trees in their community and on their property.

Episode 308: It Takes a Village (People/Community/Ext. Finishes)
The Schley's wrap up the season with a new appreciation for the many essential community relationships they've built through the project and the importance of building a local sense of place. From selling their locally grown flowers to cultivate more beauty in their community, to supporting other local businesses in the construction process, to throwing community gatherings back at the farm--they are putting the "culture" back into agriculture every step of the way.