

**GROW BIOINTENSIVE<sup>SM</sup>**  
**SUSTAINABLE MINI-FARMING**  
**ONE -DAY WORKSHOP**  
**September 25, 2010 Olympia, Washington**

**INFORMATION FOR APPLICANTS**

**We are pleased to learn of your interest** in John Jeavons' independently-given 1-Day Workshop in GROW BIOINTENSIVE® Sustainable Mini-Farming. This course offers an excellent opportunity to acquire a wealth of information on the most efficient gardening method we know. The information has been gathered from over thirty years of research. GROW BIOINTENSIVE is currently in use in over 140 countries around the world.

**The 1-Day Workshop is an in-depth study** of GROW BIOINTENSIVE Mini-Farming appropriate to a more self-reliant lifestyle, and for work in developing countries. The program will consist of lecture, discussion and demonstration, and will include a full range of information on Sustainability and Efficient Resource Use, Crops and Diet, Fertilization, Compost and Compost Crops, Soil Preparation and Seed Propagation as well as the perspective to tie all of these aspects of the method together. The workshop content covers introductory, intermediate and some advanced material. About one-quarter of this workshop is in lecture and classroom work. A portion of the afternoon will be devoted to demonstrations; a few participants may be able to try their hand at double-digging, pricking out and/or transplanting. Transportation should be scheduled so that participants can remain through 5:30 p.m. on Friday.

**In order to ensure** that everyone leaves the workshop with the fullest range and depth of information possible, we must assume that all participants have read the publications listed under Required Reading in this brochure. You may purchase the ones you do not have, or you can purchase a full set from Bountiful Gardens.

Online at: <http://www.bountifulgardens.org>

**ECOLOGY ACTION** is a non-profit organization, working to rediscover the techniques and scientific principles involved in the resource-conserving, life-giving GROW BIOINTENSIVE method. These millennia-old practices are an important element in the solution to the problems of the planet. The first seven years of Ecology Action's research focused on the techniques and economic aspects of food raising, while the second seven years were devoted mainly to 'breaking the code' for a sustainable diet. Our current research focuses on growing one's food and income on a closed-system basis, with soil fertility maintained sustainably from within the garden. It is currently Ecology Action's thirty-seventh year of doing GROW BIOINTENSIVE work. Our classes and workshops encourage gardeners from many corners of the globe to find solutions appropriate to their own context. Our goal is to find a way to live lightly on the planet so that the planet's resources can be enjoyed by all.

**WORKSHOP LOCATION:**

**Olympia, Washington Location TBD**

**(maps and directions will be available on the 1-Day Workshop section of [www.johnjeavons.info](http://www.johnjeavons.info))**

# PRESENTER

## **JOHN C. JEAVONS, President and Executive Director, Ecology Action of the Mid-peninsula**

5798 Ridgewood Road, Willits, California 95490 USA

E-mail: johnjeavons@growbiointensive.org

### Professional Experience

- Ecology Action of the Midpeninsula, President and Executive Director of this non-profit education and research organization with centers in Willits and Palo Alto, California, 1971-Present
- Development and implementation of the Willits GROW BIOINTENSIVE Sustainable Mini-Farming Center for Research, Education and Development, 1982-Present
- Director of Ecology Action Publications, authored, co-authored, and edited numerous books, articles, pamphlets and research papers on sustainable agriculture, 1972-Present
- Development of the Ecology Action Research Mini-Farm at Syntex in Palo Alto, California, 1971-1980
- Stanford University Libraries System Business Services Chief, 1969-1970
- Kaiser Aerospace & Electronics Corporation Project Engineering Administration, 1967-1968
- Agency for International Development Special Staff Coordinator, 1966-1967

### Education

Yale University, New Haven, Connecticut, Bachelor of Arts, Political Science with additional focus in Geography

### Long-term Research Goal

Raising food using 12%-33% the water, 1%-6% the energy and 50% to no purchased nutrient in organic fertilizer form per pound of food produced in comparison with United States commercial agriculture, while maintaining sustainable soil fertility.

### Professional Memberships

- Member, Academia Mexicana de Investigacionen Demografia Media, A.C.
- Member, Board of Directors, Alan Chadwick Society

- Advisory Board Member of the American Wine and Food Institute
- Advisory Board Member of the Smith & Hawken Tool Company
- Advisory Board Member of the Mother Earth News Farm Magazine
- Advisory Board Member of Volunteers in International Service and Awareness (VIISA)
- Advisory Board Member of Fresh Start Farms Awards
- Boise Peace Quilt Award, 1988
- Santa Fe Living Treasure Award, 1989
- The Giraffe Award, 1989
- Steward of Sustainable Agriculture, 2000

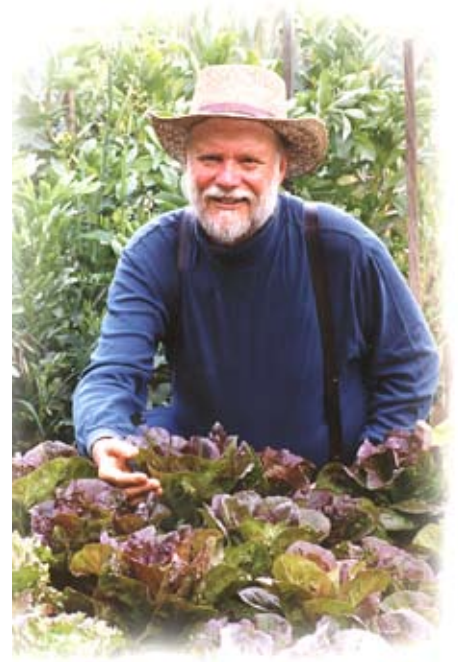
### Nominations

- Noetic Sciences Altruism Award, 1992
- World Food Prize, 1993 and 1995
- Pew Scholars Program in Conservation and the Environment, 1995

### Conferences and Regional Workshops Presented by Ecology Action/John Jeavons

**Soil, Food and People  
Conference: A Biointensive  
Model for the New Century**  
March 27-29, 2000, at the University  
of California-Davis—235  
participants from 16 countries  
and 24 states.

**6-day Biointensive Latin  
American Workshop**  
2006 in Costa Rica in conjunction  
with the International Institute  
for Cooperation in Agriculture  
(IICA)—130 participants  
from 19 countries.



*John Jeavons at the Ecology Action  
Research Center in northern California.*

### Publications: Author, Co-author and/or Editor

- 1972 Preliminary Research Report, Ecology Action, 1973.
- 1972-75 Research Report Summary, Ecology Action, 1976.
- Appropriate Agriculture, Intermediate Technology, 1977.
- Cucumber Bonanza, Ecology Action, 1979. (English and Spanish)
- One Crop Test Booklet: Soybeans, Ecology Action, 1980.
- A Perspective, Ecology Action, 1981.
- Grow Your Own Compost Materials At Home, Ecology Action, 1981. (English and Spanish)
- Comment Faire Pousser Plus De Legumes Que Vous Ne L'auriez Cru Possible Sur Moins De Terrain Que Vous Ne Puisse L'imaginer, Ecology Action, 1982 (second edition).
- Examining the Tropics: A Small Scale Approach to Sustainable Agriculture, Ecology Action, 1982. (English and Spanish)
- The Backyard Homestead, Mini-Farm and Garden Log Book, Ten-Speed Press, 1983.

## Resume for John Jeavons, Continued (publications)...

- Growing and Gathering Your Own Fertilizers, Ecology Action, 1984. (English and Russian)
- Mehr Gemuse Im Eignen Garten als sie jemals für möglich heilten, auf weniger Land als sie sich vorstellen können, Ecology Action, 1985. (1974 edition)
- One Circle: How to Grow a Complete Diet in Less Than 1000 Square Feet, David Duhon and Cindy Gebhard, Ecology Action, 1985.
- Biointensive Mini-Farming - A Rational Use of Natural Resources, Ecology Action, 1986. (English, Spanish, French, German, Russian, Chinese, Portuguese and Hungarian)
- Growing to Seed, Ecology Action, 1986 and 1999. (English and Spanish)
- 1972 Preliminary Research Report, Ecology Action, 1973.
- 1972-75 Research Report Summary, Ecology Action, 1976.
- Appropriate Agriculture, Intermediate Technology, 1977.
- Cucumber Bonanza, Ecology Action, 1979. (English and Spanish)
- One Crop Test Booklet: Soybeans, Ecology Action, 1980.
- A Perspective, Ecology Action, 1981.
- Grow Your Own Compost Materials At Home, Ecology Action, 1981. (English and Spanish)
- Comment Faire Pousser Plus De Legumes Que Vous Ne L'auriez Cru Possible Sur Moins De Terrain Que Vous Ne Puisse L'imaginer, Ecology Action, 1982 (second edition).
- Examining the Tropics: A Small Scale Approach to Sustainable Agriculture, Ecology Action, 1982. (English and Spanish)
- The Backyard Homestead, Mini-Farm and Garden Log Book, Ten-Speed Press, 1983.
- Growing and Gathering Your Own Fertilizers, Ecology Action, 1984. (English and Russian)
- Mehr Gemuse Im Eignen Garten als sie jemals für möglich heilten, auf weniger Land als sie sich vorstellen können, Ecology Action, 1985. (1974 edition)
- One Circle: How to Grow a Complete Diet in Less Than 1000 Square Feet, David Duhon and Cindy Gebhard, Ecology Action, 1985.
- Biointensive Mini-Farming - A Rational Use of Natural Resources, Ecology Action, 1986. (English, Spanish, French, German, Russian, Chinese, Portuguese and Hungarian)
- Growing to Seed, Ecology Action, 1986 and 1999. (English and Spanish)
- Biointensive Micro-Farming— A Seventeen Year Perspective, Ecology Action, 1988. (English and Spanish)
- Foliar Feeding, Ecology Action, 1988. (English and Spanish)
- Green Manure Crops, Ecology Action, 1989. (English and Spanish)
- Micro-Farming as a Key to the Revitalization of the World's Agriculture and Environment, Ecology Action, 1989.
- GROW BIOINTENSIVE Composting and Growing Compost Materials, Ecology Action, 2004.
- Dried, Cut, and Edible Flowers for Pleasure, Food and Income, Ecology Action, 1990.
- Ecology Action's Comprehensive Definition of Sustainability, Ecology Action, 2005.
- Another Way to Wealth, Ecology Action, 1991.
- Cultivo Biointensivo de Alimentos, Ecology Action, 2004 (sixth edition).
  - Learning to Grow All Your Own Food: One-Bed Model for Compost, Diet and Income Crops, Ecology Action, 1991.
- One Basic Kenyan Diet: With Diet, Income and Compost Crop Designs in a Three-Growing-Bed Learning Model, Ecology Action, 1991.
- Kak vyraschivat' bol'she ovoschei, Ecology Action, 1999. (fifth edition)
  - The Sustainable Vegetable Garden, Ten Speed Press, 1999.
- Future Fertility - Transforming Human Waste into Human Wealth, John Beeby, Ecology Action, 1995.
- The Smallest Possible Area to Grow Food and Feed, Emmanuel Chiwo Omondi, Ecology Action, 1997.
- Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes, Ecology Action, 1995.
- How to Grow More Vegetables and Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine. Ten Speed Press, 2006. (seventh edition) Spanish (sixth edition), German (first edition), Hindi (first edition), Arabic (fifth edition), French (second edition), and Russian (fifth edition). Over 550,000 copies in print (all editions) and in use in over 130 countries.
- Dig It! video, John Jeavons, 1997.
- Test Your Soil with Plants, John Beeby, Ecology Action, 1997.
- Biointensive Apprenticeship Possibilities, Ecology Action, 2005.
- Solar Water Heater, Jeff Smith and John Warner, Ecology Action, 2000.
- "Biointensive Sustainable Mini-Farming", Journal of Sustainable Agriculture, Vol. 19, No. 2, 2001, pp. 49-106.
- GROW BIOINTENSIVE SM Sustainable Mini-Farming Teacher Certification Program, Ecology Action Staff, Ecology Action, 2005.
- Designing a GROW BIOINTENSIVE Sustainable Mini-Farm—A Working Paper, Ecology Action Staff, Ecology Action, 2003.



# REGISTRATION

## **Registration:**

Registration and payment should be completed by August 25, 2010 for the Olympia, Washington workshop. However, participants are encouraged to apply as early as possible, as these workshops can fill well in advance. Registration should be completed online, and will include a brief history of the applicant, a description of how he/she intends to use the information learned, and a paragraph or more on how he/she intends to be living and using the techniques 10 years from now (see Registration/Fees under the 1-Day Workshop section online at [www.johnjeavons.info](http://www.johnjeavons.info)).

For more information, or if you have difficulty using the online form, please contact us: (707) 459-5958.

In case of oversubscription, the staff will select later applicants on the basis of the impact their work is likely to have in the future; priority will be given to those with a goal of using GROW BIOINTENSIVE Mini-Farming practices in outreach and public service projects. Workshop fees will be returned to those not selected.

## **Cost:**

If paid before August 25, 2010 the cost of the program is \$100 per person plus \$15 for the Mini-Manual of lecture notes and articles, which you pay for when you complete the online registration form. (In addition, please see the list of required reading, which you should purchase from Bountiful Gardens if you do not already own them.) If complete registration is received between August 26 and September 9, 2010, the cost of the program is \$125 per person. The last day applications may be received is September 9, 2010. (The deadline is necessary so that we can prepare materials for the workshop.) The Workshop has very limited funds for scholarships. Applicants interested in scholarships should contact garden clubs, youth groups, churches, Rotary or Kiwanis clubs, etc., for sponsorship. Participants are responsible for providing all meals and lodging for this workshop. For food and lodging options, go to: <http://www.johnjeavons.info/workshop-main3.html>, click on the One Day Workshop tab and then click the Location/Food/Lodging/Transportation/Recreation topic.

## **Cancellation Policy:**

- 1) If a person cancels his/her workshop registration at least two weeks prior to the first day of the workshop, \$75 of the workshop fee (\$100 minus \$25 processing fee) will be refunded or applied to another John Jeavons workshop during the year that follows.
- 2) Cancellations that occur less than two weeks before the start of a workshop will result in the loss of \$50 the registration fee, or \$75 of the fee may be applied to another equivalent workshop during the following year.

## **General Information:**

Your understanding of the workshop will be enhanced if you already know the following about your area: elevation, first and last frost dates, rainfall by month, temperature—monthly highs and lows. (See forms for these in *The Sustainable Vegetable Garden*. Your County Agricultural Agent should be able to help you find this information.) You are welcome to bring along photos of the project you are involved in, if you wish.

If you have any special food allergies, we recommend you bring your own food. Please bring your own mug for hot liquids, a calculator and 2 pencils. The weather can be unpredictable and you should consider dressing in layers for maximum comfort. Waterproof boots with good tread are highly desirable! Generally, tape recorders and video cameras are not permitted at the workshop.

Participants may bring a sheet of information on and/or photos of their garden/project, to be shared; please limit it to one 8.5"x11" sheet and include your name and location.

Feel free to write us about any particular or personal concerns or questions, and we'll do our best to get back to you in a timely manner!

# READING

## **Workshop Mini-Manual (purchase at registration and receive at the workshop)**

The workshop mini-manual is \$15, purchased when you register online, and handed out at the workshop. Please note that the mini-manual is only available via the registration form at [johnjeavons.info](http://johnjeavons.info), and cannot be purchased from Bountiful Gardens.

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If you need to order any of the following publications, please contact Bountiful Gardens:  
18001 Shafer Ranch Road, Willits CA 95490 • (707) 459-6410 • [www.bountifulgardens.org](http://www.bountifulgardens.org)

## **Required Reading (read before the Workshop, and bring with you):**

- ◆ How to Grow More Vegetables, 7th ed., 2006
- ◆ The Sustainable Vegetable Garden
- ◆ EA Booklet #14: The Complete 21-Bed Biointensive Mini-Farm
- ◆ EA Booklet #26: Learning How to Grow All Your Own Food

## **Recommended Reading:**

- ◆ One Circle (especially pp. i-vi, 1-72, 125-128)
- ◆ EA Booklet #32: GROW BIOINTENSIVE Composting and Growing Compost Materials

## **Other Possible Reading:**

### **Practical Perspectives:**

- ◆ The Backyard Homestead, Mini-Farm and Garden Log Book

### **Diet / Compost / Income:**

- ◆ EA Booklet #15: One Basic Mexican Diet
- ◆ EA Booklet #25: One Basic Kenyan Diet
- ◆ EA Booklet #28: The Smallest Possible Area to Grow Food and Feed

### **Compost Materials / Carbon:**

- ◆ EA Booklet #12: Growing and Gathering Your Own Fertilizer

### **Research Perspective:**

- ◆ EA Booklet #1: Cucumber Bonanza

### **Saving Seeds:**

- ◆ EA Booklet #13: Growing to Seed (rev. ed. 1999)
- ◆ Saving Seeds, Marc Rogers (Storey, 1990)

### **Flowers:**

- ◆ EA Booklet #18: Cut, Dried and Edible Flowers for Income, Pleasure and Taste

### **Transforming Human Waste:**

- ◆ Future Fertility

### **Fertility:**

- ◆ EA Booklet #29: Test Your Soil with Plants!

### **Questions To Ask When Beginning To Farm:**

- ◆ EA Personal Booklet #1: Another Way to Wealth

### **Teacher Training:**

- ◆ EA Booklet #30: GROW BIOINTENSIVE Sustainable Mini-Farming Teacher-Training and Certification Program

An Introduction to GROW BIOINTENSIVE<sup>SM</sup> Sustainable Mini-Farming  
 One-Day Workshop Schedule and Topics:

-Subject to Change-

*Saturday, September 25, 2010*

TIME	TOPIC
8:30 - 9:00	Welcome/Introductions/Schedule/Nametags/Handouts/Evaluations
9:00 - 9:30	Perspective for Food-Raising For the Future Now: Power Point Presentation
9:30 - 10:00	The History of GROW BIOINTENSIVE Sustainable Mini-Farming and Its 8 Elements including the 60/30/10 Planning Model
10:00 - 10:30	Soil Preparation
10:30 - 11:00	Break
11:00 - 11:30	Compost
11:30 - 12:00	Seed Propagation and Companion Planting
12:00 - 12:30	Carbon and Calorie Crops
12:30 - 1:30	Lunch
1:30 - 2:00	Special Calorie Crops and Vitamin and Mineral Crops plus Income Crops
2:00 - 2:15	Open-Pollinated Seeds and the Whole System
2:15 - 3:00	One Bed Unit Design, Intuitive Designing from the Heart and Questions and Answers
3:00 - 3:20	Travel to Demonstration Site
3:20 - 4:20	Double-Digging Demonstration
4:20 - 5:20	Fertilization, Transplanting and Prick-Out Demonstration
5:20 - 5:30	Closing

The Workshop Mini-Manual of lecture notes and key articles (purchased when you register for \$15.00) will be handed out at the beginning of the workshop.

SCHEDULE

Saturday: 8:30-12:30—Lecture; 12:30-1:30—Lunch; 1:30-5:30—Lecture/Demonstration

*NOTE: The schedule is subject to change, depending on the weather.*

*This will be a non-smoking classroom.*