

GROW BIOINTENSIVESM
SUSTAINABLE MINI-FARMING
THREE -DAY WORKSHOP
April 8-10, 2010 Asheville, North Carolina

INFORMATION FOR APPLICANTS

We are pleased to learn of your interest in John Jeavons' independent-given 3-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 3-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 Preservation, Seed Propagation, and Income, as well as the perspective to tie all of these aspects of the method together. The workshop content covers introductory, intermediate and advanced material. Five-sixths of this workshop is in lecture and classroom work. One afternoon will be devoted to demonstrations; a few participants may be able to try their hand at double-digging, pricking out and/or transplanting. Just as GROW BIOINTENSIVE Mini-Farming functions as a whole system rather than isolated techniques, this workshop constitutes a whole, with each section building on previous sections; it is therefore important to attend the entire workshop. Transportation should be scheduled so that participants can remain through 5 p.m. on Saturday.

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-ninth 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 LOCATIONS:

Asheville, NC

8 AM- 5PM, Warren Wilson College, Location TBD

Thursday - Saturday March 8-10, 2010

Check www.johnjeavons.info for updates.

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

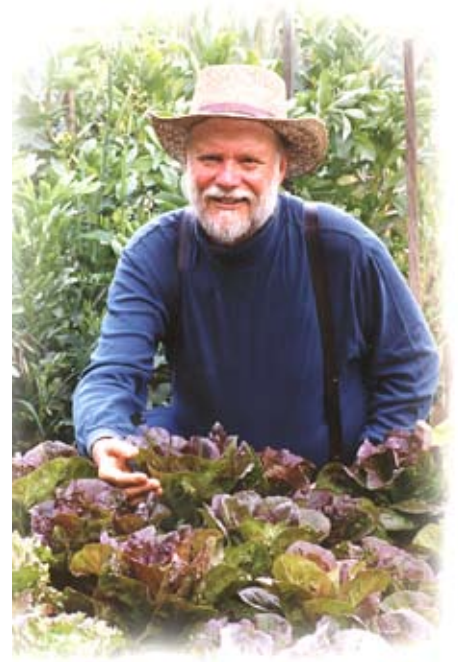
Nominations

- 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.
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- 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.





PRESENTER

STEVE MOORE, *Farmer for over 35 years and
Director of Harmony Essentials in North Carolina*

Harmony Essentials
209 Woodhaven Dr., Goldsboro, NC 27530
harmonyessentials@gmail.com

Steve Moore has farmed organically since 1973 and has used Biointensive techniques in market scale production for the last 15 years. He has periodically worked in academic institutions and is currently involved with the Center for Environmental Farming Systems at NC State University.

He was the past Director of the Center for Sustainable Living, Wilson College, founded the Robyn Van En Center for CSA resources and co-founder (with his wife Carol) of Harmony Essentials. He is an associate editor of the peer review *Renewable Agriculture and Food Systems*, a board member of Ecology Action and past member of the board of Directors of PASA (Pennsylvania Association of Sustainable Agriculture). Steve is a pioneer in high tunnel design and production and has traveled, written and lectured widely on high tunnels, energy use in agriculture and Biointensive production. His most contented and fulfilling times are spent growing in the soil producing food for his own family.

Professional Experience

- Farm Manager Small Farm Unit (SFU), Center for Environmental Farming Systems (CEFS), NC State University, Goldsboro, NC 2007

- Manage day to day operations including budget, facilities, farm data base, organic certification and staff
- Coordinate and support multi-university research activities
- Initiate, develop and implement extension outreach programming
- Personal research includes, Biointensive Agriculture, energy use in food systems and high tunnel/season extension production.
- CEFS Energy Unit Coordinator
- Grants; SARE PDP for Energy Training (\$97,000), Extension Education for Local Food System for Wayne County (\$10,000)
- National eXtension Board for Sustainable Ag Energy (COP, design and content)

- Research and Extension Associate, The Center for Environmental Farming Systems, NC A&T State University. 2005-2007

- Extension outreach (high tunnels, marketing, cover crops, season extension, youth ag literacy, community gardens, ag energy and nutrition)
- Grants awarded and programs funded: USDA RMA Reducing Farmers Energy

- Risks 2006, IPM and Small and Part Time Farmers grants, Discover Ag Spring 2007

- Research; high tunnel (microclimate monitoring and crop production), cover crop (biculture covers for spring and summer vegetable production) and Biointensive production (compost and diet crops)
- Annual "Report of Work" available upon request

- Farmer/Educator/Marketing, Sonnewald Natural Foods, Spring Grove PA, 1999-2005

- Organic production of vegetables, fruits, grains, medicinal and culinary herbs, flowers and mushrooms
- Sustainable agricultural research, teaching and policy work
- Increased produce sales over 300% in five years

- Director, Center for Sustainable Living (CSL), Wilson College, Chambersburg, PA 1995-1999

- Work included budget, fund raising (including endowment), curriculum development, teaching (adjunct faculty), public relations, policy work and research
- Grants written and awarded: 1996 EPA Sustainable Development, 1996 SARE,

- 1998 SARE, Heinz Foundation, Humane Society of the US

- Developed and implemented a strategic plan for the CSL
- Developed, funded and managed an institutional "Sustainable Food Initiative Program" for Wilson College's dining facilities
- Developed and operated models for sustainable agriculture, including a 135 member Community Supported Agriculture (CSA) program
- Assisted in development work to initiate and build a \$1,125,000 endowment for the CSL

- Sustainable Agriculture Educator, Harmony Essentials (HE), Spring Grove, PA 1997-present

- Co-founded with wife, Carol
- HE is "Dedicated to the vision and practices of a sustaining food system"
- Teaching, research and policy work

- Agriculture Resource Center, Robyn Van En Center, Chambersburg, PA 1998-present

- Founded this non-profit as a resource for community supported agriculture

- Adjunct Professor, Gettysburg College, Physics Department, Gettysburg, PA, 1992-1994

Professional Experience (continued)

- Organic/Sustainable Farmer, New Land Farm, Fairfield, PA, 1982-1995
 - Animal husbandry; sheep, goats, milk and meat cattle, work horses, poultry, bees, and hogs
 - Horticulture; intensive vegetable, large and small fruit production, field crop production, greenhouse production and specialty crops
- Farmer/Educator, National Park Service (NPS) Gettysburg, PA, 1973-1981
 - Researched, developed and managed a 19th century living history farm
 - Taught at satellite parks and at Mather Training Center (NPS)
- Environmental Instructor, National Park Service, Gettysburg PA, 1973
 - Director of the Environmental Education program for the Youth Conservation Corps

Research

- Beneficial insect research in collaboration with PSU and USDA, 1992-1999 (three consecutive SARE Grants)
- Passive solar greenhouse microclimate, monitoring and production research, 1997-present, Heinz Foundation (PERC)
- Greenhouse production grant, Mid-Atlantic Vegetable Growers and PA Dept. of Agriculture, 2001-2002
- Energy use in agricultural production
- Biointensive sustainable agriculture
- Permaculture

Consultations (selected)

Airlee Center, Warrington VA; Westtown School, Westtown PA; Urban Oaks, New Britain CT; Rodale Institute, Emmaus PA; U.N. Sustainable Development Commission, NY NY, Chesapeake Bay Foundation MD, Chesapeake Foods, MD. Maharishi University of Management, Fairfield, IA,

Teaching and Seminar Presentations

- Certified Intermediate Grow BiointensiveSM Teacher of sustainable agriculture
- Presentations and workshops in sustainable agriculture (i.e. Biointensive agriculture, greenhouse, energy, CSA) to more than ~100 groups of all ages.
- Taught a six-day workshop at the Agricultural Methods College, Novo-Sinkovo, Russia (also taught in St. Petersburg and Novgrad, Russia)
- Certified Permaculture Design Instructor

Education

- BA Gettysburg College 1969-1973, Biology (with honors)
- Currently working on a MS Agriculture Education at NC A&T State University
- Environmental Education Short Course, University of Illinois at Carbondale-Urbana Environmental Center, 1973
- Biointensive sustainable agriculture training, Willits, CA, 1995, 1997, 1999

Publications/Articles (selected)

- Coauthor; High Tunnel Manual, UVM Center for Sustainable Agriculture 2007
- Associate Editor; Journal of Renewable Agriculture and Food Systems (RAFS). (Formerly; The Journal of Alternative Agriculture)
- Articles (selected): New Farm, Growing for Market, Home Power, Ecology Action Newsletter, Community Farm, Edible Chesapeake.

Professional Organizations

- Former Board of Directors, Pennsylvania Association for Sustainable Agriculture (PASA)
- PA Secretary of Agriculture appointee, Pennsylvania Sustainable Agriculture Advisory Board
- Board of Directors, Ecology Action, Willits CA
- Board of Advisors, Wayne Community College NC (Sustainable Agriculture)



REGISTRATION

Registration:

Registration and payment should be completed by March 8, 2010 for the Asheville, NC 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 Asheville 3-Day Workshop section online at www.johnjeavons.info). For more information, or if you have difficulty using the online form, please email us at: marielaureroperch@gmail.com

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 March 8 the cost of the program is \$350 per person, \$45 for the workshop manual, plus publications, if you do not already own them. If complete registration is received between March 9 and April 7, 2010, the cost of the program is \$400 per person. The last day applications may be received is April 7, 2010. **Participants are responsible for providing all meals and lodging for this workshop, except for the Networking Dinner, which is included with registration.** If you wish to bring a guest to the networking dinner, the cost for the dinner will be \$20 per person. The Workshop has very limited funds for scholarships. Applicants interested in scholarships are encouraged to contact garden clubs, youth groups, churches, Rotary or Kiwanis clubs, etc., for sponsorship. For food and lodging options, go to: <http://www.johnjeavons.info/workshop-main3.html>, click the Three Day Workshop tab, then click Location/Food/Lodging/Transportation/Recreation for the Asheville workshop. If you have food allergies, we recommend you bring your own food.

Cancellation Policy:

- 1) If you cancel your workshop registration at least two weeks prior to the first day of the workshop, \$300 of the workshop fee (\$350 minus \$50 processing fee) will be refunded or applied to another John Jeavons workshop during the year that follows.
- 2) If you cancel your registration less than two weeks before the start of a workshop it will result in the loss of the registration fee, or \$300 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.)

Please bring your own mug for hot liquids, a calculator and 2 pencils. The weather is unpredictable in late September. Come prepared for cold, rain, or warmth at mid-day. 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. We will try to be accommodating, if it does not interfere with our work here. Our staff is prepared to stay in touch with participants after the workshop is over. Notice of further training opportunities, such as Teacher Certification workshops, will be given in the Ecology Action Newsletter.

READING

Workshop Manual (purchase at registration and receive at the workshop)

The Workshop Manual is \$45, purchased when you register online, and handed out at the workshop. Please note that the manual is only available via the registration form at johnjeavons.info, and cannot be purchased from Bountiful Gardens.

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

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

TOPICS

The Workshop Manual of lecture notes and key articles will be handed out at the beginning of the workshop.

SATURDAY: Sustainability

The closed-system concept
World Situation
Top soil destruction; species loss
Food production, diet choices and their consequences
Philosophy
Growing crops, soil, people; individual responsibility
History
Chinese, Greek and South American traditional agriculture
French market gardeners, Bio-Dynamics, Alan Chadwick
Sustainable systems
Bed Preparation: Soil air, water, organic matter, nutrients, structure
Double-digging: principles, tools, techniques; surface cultivation
Seed Propagation
Transplanting vs. direct sowing
Seedlings
Diet: Calories
Sustainable diet and 60/30/10 design
Simultaneous sessions: Income OR Crops and Seeds

SUNDAY: Compost: Principles and techniques

Compost Crops: Carbon plus calories
Fertility and Fertilization
Living soil; feed the soil, not the plants
Organic fertilizers, manure, compost
40-Bed, 21-Bed, and One-Bed Units
Demonstrations:
Double-digging, fertilizing, pricking out, transplanting

MONDAY: Simultaneous sessions

1. Water Use & Farming Techniques for Low-Rainfall Regions OR Crop Rotations
2. Human Waste and Fertility OR Companion Planting
Planning: Making Best Use of the Master Charts
Group Activity: Planning Your Own One-Bed Unit
Concluding Perspective

DAILY SCHEDULE

Thursday: 8:00-12:30—Lecture; 12:30-1:45—Lunch; 1:45-5:30—Lecture
Friday: 8:00-12:30—Lecture; 12:30-1:30—Lunch; 1:30-5:00—Demos; 6:30—Networking Supper
Saturday: 8:00-12:30—Lecture; 12:30-1:45—Lunch; 1:45-5:00—Group Activity

N.B. The schedule is subject to change, depending on the weather.
This will be a non-smoking classroom.

**JOHN JEAVONS
GROW BIOINTENSIVISM
SUSTAINABLE MINI-FARMING
THREE-DAY WORKSHOP**

Warren Wilson College, Asheville, NC April 8-10, 2010

SCHEDULE*

THURSDAY:

8:00 – 9:00 Welcome / Introductions / Nametags / Workshop Manual / BG Order / Evaluations

9:00 – 10:00 Introduction / Sustainability (Sustainability Chart) [60] (J=John Jeavons)

10:00 – 10:30 Break

10:30 – 11:30 World Situation [30] / Food Production, Diet Choices and Their Consequences [30] (J)

11:30 – 12:30 GROW BIOINTENSIVE: How it relates to Sustainability and World Situation.

8 Components / History / Philosophy / Advantages [60] (J)

12:30 – 1:45 Lunch / Group Photo

1:45 – 2:15 **Small Group Discussion:** What would you have to do to produce all your food within 5 years? [30]

2:15 – 2:45 60/30/10 Design Related to Sustainable Diet [30] (J)

2:45 – 3:15 Bed Preparation [30] (J)

3:15 – 3:45 Break

3:45 – 4:15 Seed Propagation [30] (SM=Steve Moore)

4:15 – 5:00 **Simultaneous Sessions:** Income (SM) OR Crops and Seeds (J) [45]

5:00 – 5:30+ Ecology Action Slides

FRIDAY:

8:00 – 8:05 Announcements / Logistics

8:05 – 10:30 Compost [~90] / Compost Crops [~60] (J)

10:30 – 11:00 Break

11:00 – 11:45 Fertilization (Fertilizer Types) [45] (J)

11:45 – 12:30 40-Bed, 21-Bed, and 1-Bed Units / Upper Knoll Design [45]

12:30 – 1:30 Lunch

1:30 – 5:00 **Demonstrations:** 1:30 Double-digging Demonstration (J)

2:00 – DD Guided Practice (J) / Pricking Out (SM)

3:30 – Compost Demonstration (SM), 4:15 Fertilizing (J), Transplanting (J)

6:30 – 8:00 Networking Supper and Sharing of Photos

8:00 – 8:30 Special Presentation: Energy Use in Food-Raising (SM)

SATURDAY:

8:00 – 8:05 Announcements / Logistics

8:05 – 10:00 **Simultaneous Sessions:**

8–9 Water Use / Low-Rainfall Farming (J) OR Insect Life in Greenhouses (SM) [~60]

9–10 Human Waste and Fertility (J) OR Crop Rotations (SM) [~60]

10:00 – 10:30 Break

10:30 – 12:30 Making Best Use of the Master Charts [120] (C) (Needed: HTG, pencil, calculator)

12:30 – 1:45 Lunch

1:45 – 4:45 **Small Group Activity:** Planning Your Own One-Bed Unit

1:45 – 2:15 Introduction; 2:15–4:00 Work in groups; 4:00–4:45 Reporting

4:45 – 5:00 Evaluations / Membership / Newsletter / Teacher Training

/ Nametags / Concluding Perspective

This will be a non-smoking classroom. *Subject to change, depending on weather