

Specialized Permaculture Course

Permaculture Gardening – a practical course of food growing in a permaculture perspective

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www.permakulturhaven.dk

Course format: 3 weekend course in April, June & August.

This course outline is intended to be a helpful guideline for setting up and designing similar gardening courses with focus on self-reliance and regenerative food production. The course content is taught through a mix of practical exercises on-site, classroom exercises and theoretical presentations by the course facilitators.

Pros: Good to follow the seasonal changes. Possible to practice at home between course weekends.

Cons: Limited time to cover the subject. Long time between weekends.

1st Course Weekend – Day 1

Time	Session	Learning outcome	Practical
10.00-11.00	Introduction to course content, participants, and venue.	What experience do people have?	Line-up of experience, garden size/area. Each person talks about why they're here -
	PC history and ethics	To understand the background of PC	
11.00-11.15	Break		
11.15-12.30	Principles in action	What's smart about PC!	Chicken tractor, integration, input output, house design, multiple functions – Powerpoint presentation.
	<i>Energizer</i>		Close your eyes... go to your garden, how does it look, look in the corners, imagining how you would like it to be. Pair up – talk about how the garden should be..
12.30-13.00	Permaculture in organic farming and biodynamic practice. Clarification and comparison of growing practices.	To answer questions about permaculture – Stress that it is about regeneration of our resources. Beyond sustainable -	
13.00-14.00	Lunch		
14.00-14.45	Zone, sector and energy flow in design process	Introduction to design concepts	Hand-out (design process)
14.45-16.00	Client interview	Tour to practice garden (client)	
16.00-16.15	Break		

16.15-17.00	Design in class	Zoning & sector on paper (group exercise on map)	Hand-out (map of client's garden)
17.00-17.45	Presentations of group design		
17.45-19.00	Free time	Accommodation and settling in	
19.00-20.00	Dinner		
20.00-22.00	Film	Farm for a Future w/introduction specific to food production and world's status	
	SAUNA		

1st Course Weekend – Day 2

Time	Session	Learning outcome	Practical
07.30-09.00	Breakfast		
09.00-09.15	Check-in	How are people doing?	Weather (internal sunshine?)
09.15-10.30	Permaculture cup of tea	Review of ethics	
	Input/output analysis	Connections in PC	Hand-out
10.30-11.00	Web of life		Images & string
11.00-11.15	Break		
11.15-13.00	Sowing & harvest calendar + planning for the gardening year	Practical info on growing season	Hand-out (list of sowing calendar)
13.00-14.00	Lunch		
14.00-15.00	Tour to permaculture example garden	Design, planning in reality	
15.00-16.30	Starting seeds in pots	How to start seeds	Seeds, soil, pots, name tags.
16.30-17.00	Cake & homework description for next time	Homework for next course week: Design of participant's garden and progress report. MAX 5 min. presentation. <i>Each participant to bring jam jar soil sample from own garden.</i>	
	Further reading (books/web)		
	Discussion of next course weekend in June		

2nd Course Weekend – Day 1

Time	Session	Learning outcome	Practical
10.00-10.30	Updates – what do people remember from last time? and welcome back!	Circle & icebreaker (Dialogue picture cards) “Which card represents your	In class

		relationship with your garden?" Name round with ball	
	Each participant gets to know 2 perennial vegetables	Task: to find out natural habitat, shade/light, growth form, height.	In class
10.30-11.15	Presentations by five+ participants	5 min each + talk (rest of class presents after dinner)	In class
11.15-11.30	Break		
11.30-13.00	Soil theory, soil building techniques	Bring out soil samples, put on table –wait until Sunday to see layers forming.	In class
13.00-14.00	Lunch		
14.00-15.00	Talk about garden bed preparation	<i>Handout before we leave the class room</i>	Showing bed types in permaculture example garden.
15.00-15.45	Building beds: Herb spiral & Sheet mulching	How to prepare beds with permaculture methods.	Client's garden. Materials: cardboard, mulch, stones, etc.
15.45-16.00	Break – bring coffee, tea and cake/fruit to client's garden.		
16.00-17.30	Building beds: Herb spiral & Sheet mulching	Cont'd	Client's garden
	Groups explain process to each other		
17.30-18.30	Tour to other example garden		
18.30-19.30	Dinner		
19.30-20.30	Presentations by participants (all the rest)	5 min each + talk	In class
20.30-	Movie: Forest Garden Year, Martin Crawford		

2nd Course Weekend – Day 2

Time	Session	Learning outcome	Practical
07.30-09.00	Breakfast		
09.00-09.30	Check-in	How are people doing? Inner weather condition? What do you remember from yesterday?	In class
09.30-09.50	Soil tests	Go through soil types and pH of participant's jar soil samples.	In class
09.50-10.20	Presentation of plants	Split people into two groups. Students present their 2 perennial vegetables to each other.	
10.20-10.30	Break		
10.30-11.30	Polyculture theory	To learn to combine plants in polycultures.	In class

11.30-12.45	Polyculture examples and introduction to perennial plants	Hugel bed, forest garden (mature), root crop, and perennial root crop bed	Established PC garden.
13.00-14.00	Lunch		
14.00-15.00	Ianto Evans annual polyculture. Introduction to perennial plants. Group design	Review of plants to be planted.	Client's garden
15.00-16.30	Putting plants in herb spiral and mulched beds	Groups explain why they chose what they did.	
16 -	Cake time!		
16.30-17.00	Where to from here? Plant sale		In class

3rd Course Weekend – Day 1

Time	Session	Learning outcome	Practical
10.00-10.30	Welcome back, name round	Icebreaker in circle	
10.30-11.45	Update presentations	To hear progression of participant's projects	
	Forest garden game	Different elements of forest gardens.	
11.45-12.00	Break		
12.00-13.00	Successive planting, fall crops & cover crops	Powerpoint presentation	
13.00-14.00	Lunch		
14.00-15.00	Tour-talk in example PC garden, looking at successive crops and prep for winter		Example garden
	Snack		
15.00-16.00	Broad scale PC food systems	Examples of regenerative farming systems	Class room
16.00-17.00	International PC networks, further reading, courses		
17.00-18.00	Free time		
18.00-19.00	Dinner		
20.00-	Film: optional		

3rd Course Weekend – Day 2

Time	Session	Learning outcome	Practical
07.30-09.00	Breakfast		
09.00-09.30	Morning intro	How are people doing? Stretch game, morning	

		exercise. Remember from yesterday?	
09.30-10.00	Growing and planning for winter. Eating habits?		
10.00-10.30	Winter preservation (cellaring, canning, fermenting, drying)		
10.30-10.45	Break		
10.45-12.00	Fermentation exercise – sauerkraut	To show practical fermentation.	Fresh leaves, vegetables, knives, cutting board, etc.
12.00-13.00	Lunch		
13.00-15.30	Seed saving – why save own seeds (diversity, adaptation, genes, etc.)		Handout, example permaculture garden
15.30-16.00	Evaluation	Evaluation sheet – hand out	
16.00-17.00	Where to? Wrapping up, future projects		