

# **GROW BIOINTENSIVE® SUSTAINABLE MINI-FARMING**

## **T H R E E - D A Y W O R K S H O P**

**Willits, California**

**MARCH 2-4, 2012 • NOVEMBER 2-4, 2012**

## **INFORMATION FOR APPLICANTS**

We are pleased that you are interested in Ecology Action's 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 130 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 these 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 in the Common Ground Research Garden/Mini-Farm; 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 Sunday.

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 on the attached sheet. If you do not already own them, you may purchase a full set. If you need just some of the publications, please order them from Bountiful Gardens.

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. 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.

Our registration instructions, online at [www.growbiointensive.org/workshop.html](http://www.growbiointensive.org/workshop.html) provide step-by-step guidelines and details about our cancellation procedure, deadlines, reading lists, and the secure online registration form.

To better understand what takes place at the workshops, see the list of presenters and the workshop schedule of activities and topics.

## **THREE-DAY WORKSHOP PRESENTER**

**JOHN JEAVONS** has been the Director of the Mini-Farming program for Ecology Action since 1972 and is the author of *How to Grow More Vegetables, Fruits, Nuts, Berries, Grains, and Other Crops...* on GROW BIOINTENSIVE Sustainable Mini-Farming, which is currently in use in over 140 countries in English, Spanish, German, French, Hindi and Russian. He is author, co-author and/or editor of over 30 Ecology Action publications. His major responsibilities include directing field and library research and education in Biointensive food-raising. He advises GROW BIOINTENSIVE projects in Mexico, Kenya, Russia and Argentina, as well as all corners of the U.S. John holds a B.A. in Political Science from Yale University. Before coming to Ecology Action in 1971, he worked as a systems analyst in business, government and university settings. He has received the Boise Peace Quilt, Santa Fe Living Treasure, Giraffe and Steward of Sustainable Agriculture awards for his public service. John's dream is to be a GROW BIOINTENSIVE mini-farmer.

## **SUGGESTIONS FOR FOOD AND LODGING**

Catered lunches and the networking dinner will be provided, and are included in the cost of the workshop. However, lodging and other meals are not included in the workshop cost and are to be provided by each participant.

Willits, the gateway to the redwoods, has many restaurants, shops, hotels, campgrounds, and recreational activities for you to enjoy during your stay here. Here are some suggestions for websites to explore for food and lodging options.

- For information on food, lodging, recreation and cultural events in Willits, try the Willits Chamber of Commerce website: <http://www.willits.org/index.htm>.
- For an interesting idea for a road trip through the area, including restaurant reviews, activities and lodging information, take a look at this article from the Arts Council of Mendocino County website: <http://www.artsmendocino.org/html/articles087TriRoadTrip.htm>
- For a list of grocery stores in Willits, go to <http://maps.google.com/> and search for “food stores near Willits”
- For a list of campgrounds near Willits, go to <http://maps.google.com/> and search for Willits, CA campgrounds
- For a map of Willits, go to <http://maps.google.com/> and search for Willits, CA

# TOPICS

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

**FRIDAY: 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

**Diet**

Calories

Sustainable diet and 60/30/10 design

**SATURDAY: Compost: Principles and techniques**

**Compost Crops: Carbon plus calories**

**Bed Preparation**

Soil air, water, organic matter, nutrients, structure

Double-digging: principles, tools, techniques; surface cultivation

**Seed Propagation**

Transplanting vs. direct sowing

Seedlings

**Simultaneous sessions:**

Income OR Crops and Seeds

**40-Bed, 21-Bed, and One-Bed Units**

**Demonstrations**

Double-digging, fertilizing, pricking out, transplanting

**SUNDAY: Simultaneous sessions**

1. Water Use & Farming Techniques for Low-Rainfall Regions

OR Crop Rotations

2. Human Waste and Fertility OR Companion Planting

**Fertility and Fertilization**

Living soil; feed the soil, not the plants

Organic fertilizers, manure, compost

**Planning: Making Best Use of the Master Charts**

**Demonstrations:** At the Golden Rule Garden

**Group Activity: Planning Your Own One-Bed Unit**

**Concluding Perspective**

## DAILY SCHEDULE

Friday: 8:00-12:30—Lecture; 12:30-1:45—Lunch; 1:45-5:30—Lecture

Saturday: 8:00-12:30—Lecture; 12:30-1:30—Lunch; 1:30-5:00—Demos; 6:30—Networking Supper

Sunday: 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.

# REGISTRATION

## Registration:

Registration and payment should be completed at least one month in advance, and participants are encouraged to apply as early as possible, as these workshops can fill quickly. A higher fee is charged for registrations received less than one month in advance, and registration closes two weeks before the workshop. 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 [www.growbiointensive.org/workshop.html](http://www.growbiointensive.org/workshop.html)).

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 at least one month in advance, the cost of the program is \$375 per person, plus \$45 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 you complete registration is received less than one month in advance, the cost of the program is \$425 per person. Registration closes two weeks before the workshop. Catered lunches and the networking dinner will be provided. Lodging and other food are not included in the fee and are to be provided by each participant. 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.

## Cancellation Policy:

- 1) If a person cancels his/her workshop registration at least two weeks prior to the first day of the workshop, \$350 of the workshop fee (\$375 minus \$25 processing fee) will be refunded or applied to another Ecology Action 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 the registration fee, or \$300 of the fee may be applied to another Ecology Action 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.

Workshop lunches/networking dinner will be vegetarian. Please indicate on the registration form if you prefer vegan meals. If you have any special food allergies, such as nuts or wheat, we recommend you bring your own food. If you wish to bring a guest to the Networking Dinner on Saturday, you should indicate and pay for your guest at the time you register online.

Please bring your own mug for hot liquids, a calculator and 2 pencils. Our weather is unpredictable. Come prepared for cold, rain, snow or heat at mid-day. Waterproof boots with good tread are highly desirable! Generally, tape recorders and video cameras are not permitted at the workshop.

There will be an opportunity to submit an order to Bountiful Gardens on Saturday and receive your order on Sunday at the workshop, to save you shipping costs.

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 mini-manual is only available via the registration form at [growbiointensive.org](http://growbiointensive.org), 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