

GROW BIOINTENSIVE® SUSTAINABLE MINI-FARMING

Three-Saturdays Introductory Workshop: An Online, Zoom-Based Event

November 6, 13, and 20, 2021

Ecology Action is excited to announce our annual Fall 3-Day Introductory Workshop will be held this year over three consecutive Saturdays, November 6, 13 and 20, 2021, via Zoom.

We usually hold our in-person workshops over a single weekend, which requires more of a time commitment from our participants, plus travel time and accommodations. This year, everyone can experience the same wonderful and informative workshop *online* from the comfort of their own homes and gardens! This course offers an excellent opportunity to use the most productive, efficient, and Earth-friendly gardening method we know, and is rooted in almost 50 years of research and practical application. GROW BIOINTENSIVE is currently in use in over 150 countries around the world.

The 3-Saturdays Online Introductory Workshop provides a strong introduction to the GROW BIOINTENSIVE (GB) method of small-scale sustainable gardening and farming, which is perfect for a more self-reliant and community-friendly lifestyle. GB uses less water and less space than conventional farming and results in higher yields and better nutritional value. Topics covered include: Sustainability and Efficient Resource Use, Crops and Diet, Soil Fertility and 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. Most of the workshop consists of lectures, discussions, and classroom work. Demonstrations of techniques such as double-digging, pricking out and transplanting will be provided using detailed demonstration videos, with a question and answer period held after we watch together as a group. Just as GROW BIOINTENSIVE Mini-Farming functions as a whole system rather than isolated techniques, this workshop constitutes a whole, with each section - and each Saturday - building on previous sections; it is therefore important to attend the entire workshop.

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.

To better understand what takes place at the workshops, see the list of presenters and the workshop schedule of activities and topics on the following pages. 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 register and purchase a full set online at growbiointensive.org/workshop.html.

WORKSHOP PRESENTERS

John Jeavons (JJ)

John has been the Executive Director Ecology Action since 1972, and is the author of How to Grow More Vegetables... the “how to” manual on GROW BIOINTENSIVE Sustainable Mini-Farming, which is currently in use in over 150 countries in virtually all climates and soils where food is grown. Versions are available in English, Spanish, German, French, Hindi, Russian, Arabic, and Kiswahili, with an Italian translation in the works. He is author, co-author and/or editor of over 40 Ecology Action publications. His major responsibilities include directing field and library research and education in GROW BIOINTENSIVE food-raising. He advises GROW BIOINTENSIVE projects in countries including Mexico, Kenya, Russia and India, as well as all corners of the US. John holds a BA in Political Science from Yale University. Before coming to Ecology Action in 1972, 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!

Matt Drewno (MD)

Matt is the Victory Gardens for Peace Mini-Farm Manager and is certified in permaculture, restoration of oak-savanna ecologies and Biointensive food production. After a Bachelors of Architecture from Iowa State University, he founded Rhythmic Water Ecological Design, a permaculture and flow-form design business which served mid-western states. He has been working with Ecology Action since 2010 training individuals and communities in the principles of biologically intensive food production and is an Advanced-Level Certified Teacher. His experience includes organic farm-scale food production, design and implementation of food forests, residential-scale food production and community gardens. In 2014, he started the Victory Gardens for Peace Mini-Farm and Seed Bank in the town of Mendocino, CA. He serves on the board of Ecology Action and manages Victory Gardens for Peace, a research, education and demonstration Mini-Farm in Mendocino, California.

TOPICS and SCHEDULE

NOTE: An electronic Workshop Manual of lecture notes and key articles is included with registration, and will be emailed to workshop participants. NOTE: The manual is read-only and cannot be printed out or transferred to other devices.

Saturday November 6, 2021: 8AM -5 PM Pacific Standard Time	
8:00 -9:00	Announcements, logistics, evaluations and workshop manual with John Jeavons (JJ). Introductions.
9:00 –10:00	Sustainability Reflection (15 minutes) (JJ) Sustainability (45 minutes) (JJ).
10:00-10:20	Break
10:20-11.50	World Situation (20 minutes) and Food Production, Diet Choices and their Consequences (20 minutes) & GROW BIOINTENSIVE: How it Relates to Sustainability and the World Situation (20 minutes) (JJ). Victory Gardens for Peace (20 Minutes)(MD)
11:50 – 12:45	8 Components (20 minutes) (MD) (20 minutes) History, Philosophy (MD)(15 minutes) Advantages (MD)
12:45 -1:45	Meal/Rest
1:45 – 2:30	Sustainable Diet Related to the 60/30/10 Design (JJ)
2:30 – 3:45	Demonstration: Pricking Out (JJ). GB Video Utilized in part
3:45 – 5:00	Demonstration: Compost Building (JJ) GB Video Utilized in part

Saturday, November 13, 2021: 8 AM -6:35 PM Pacific Standard Time	
8:00 –8:05	Announcements and Logistics (JJ).
8:05 –8:40	Bed Preparation (JJ).GB Video Utilized in part
8:40–9:10	Seed Propagation (JJ). GB Video Utilized in Part
9:10 –9:50	40-Bed, 21-Bed, and 1-Bed Units and Upper Knoll Design (JJ).
9:50 –10:15	Demonstrations: Double-Digging Demo (JJ). GB Video utilized in Part
10:15-10:45	Harvesting (MD) GB Video Utilized in Part
10:45-11:15	Choosing Your Crops/Harvesting (MD) GB Video Utilized in Part
11:15-11:45	Maintaining Your Garden Harvesting (MD) GB Video Utilized in Part
11:45 -1:30	Meal/Rest
1:30 -2:00	Small Group Discussion: What would you have to do to grow all your food within 5 years? (JJ)
2:00 –3:30	Compost! (80 minutes) (MD) 5 Ways to More Compost Power (10 minutes) (JJ).
3:30 –3:45	Break
3:45 –4:45	Compost Crops (MD)
4:45 –5:15	Growing Grain (JJ)
5:15 – 5:45	Crops and Seeds (JJ)
5:45 – 6:15	Non-Pesticide Management (MD)
6:15 – 6:35	Presentation by Dmitry Phillipenko on Biointensive in Russia
Saturday, November 20, 2021: 8 AM – 5:15 PM Pacific Standard Time	
8:00 –8:05	Announcements and Logistics (JJ).
8:05 –10:00	Making the Best Use of the Master Charts (JJ) (Supplies needed: How to Grow More Vegetables, pencil, paper, and a calculator)
10:00 –10:30	Break
10:30 –11:30	Talk/Demonstration: Fertilization, Fertilizer Types, and Fertility (JJ) GB Video Utilized
11:30 –12:30	Talk/Demonstration: Transplanting (MD) GB Video Utilized
12:30 – 1:30	Meal/Rest
1:30 – 2:00	Water Use and Low-Rainfall Farming (JJ)
2:00 – 2:30	Starting-up a Mini-Farm: Questions and Experiences (MD)
2:30 – 3:00	Crop Rotations (JJ)
3:00 – 5:00	Small Group Activity: Planning Your Own One-Bed Unit (Farmer Team). (3:00-3:20 Introduction; 3:20–4:30 Work in Groups) (4:30–5:00 Reporting & Observations (JJ).
5:00 –5:15	Evaluations & Concluding Perspective (Membership, Teacher Training, Newsletter and Nametags)

DAILY SCHEDULE	
Saturday 1	8:00-12:45 - Workshop; 12:45-1:45—Meal/Rest; 1:45-5:00—Workshop
Saturday 2	8:00-11:45—Workshop; 11:45-1:30—Meal/Rest; 1:30-6:35—Workshop
Saturday 3	8:00-12:30—Workshop; 12:30-1:30—Lunch; 1:30-5:15—Workshop

N.B. the above is an estimate; schedule is subject to change.

REGISTRATION

Registration and payment must be completed online by October 20, 2021. However, we encourage you to register and order your publications as early as possible to allow time to receive and complete the required reading.

NOTE: This is an online, Zoom-based workshop, and requires participants to have a computer and access to high-speed internet for the entire event. For those new to the program, Zoom is about as simple to use as YouTube, and allows a group of people to meet virtually. You will receive a link to access the workshop after you register and your payment is processed.

1. **Complete the Online Registration Form** for the Fall 2021 Three-Saturdays Introductory Workshop: at growbiointensive.org/workshop.html
2. **Pay for workshop fees.** When you submit your workshop registration, you will automatically be redirected to our online payment page, hosted by PayPal. Make sure to complete payment or your registration will not be processed.
Cost to attend is \$285 per person and includes an electronic workshop manual. Please note: The Workshop Manual is read-only and cannot be printed or transferred to other devices.
3. **Participants must also have access to required reading publications** (purchased separately at a cost of approximately \$40-70 if you do not already own them). Look over the Required Reading (following page), and if you need any of the books or papers, order them.
4. **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.) 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.

Cancellation Policy:

1. If a person cancels their workshop registration at least two weeks prior to the first day of the workshop, \$260 of the workshop fee (\$285 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 \$260 of the fee may be applied to another Ecology Action workshop during the following year.

If you need more information, please contact us at: (707) 459-0150, M-F between 10AM-3PM PST or email contact@growbiointensive.org

READING

Workshop Manual

An electronic Workshop Manual of lecture notes and key articles is included with registration, and will be emailed to workshop participants. NOTE: The manual is read-only and cannot be printed out or transferred to other devices.

Required Reading (purchase and read before the workshop, and have with you):

- ◆ How to Grow More Vegetables, 9th ed., 2017
- ◆ 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

Order print and electronic publications at growbiointensive.org/workshop.html

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