

**Unleash the Farmer Within**  
**BACKYARD FARMING SCHEDULE**  
**March 12, 2016 Saturday**  
**9:00-4:30 PM**

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| 9:00-10:30  |
| <ul style="list-style-type: none"> <li>• <b>INTRODUCTION TO BACKYARD FARMING</b></li> <li>• <b>PLANNING YOUR GARDEN</b></li> <li>• <b>DESIGNING A VEGETABLE BED</b></li> <li>• <b>PROTECTING CROPS FROM EXTREME WEATHER</b></li> <li>• <b>SIMPLE SUSTAINABLE STRUCTURES</b></li> <li>• <b>BUILDING YOUR SOIL</b> <ul style="list-style-type: none"> <li>○ Composting</li> <li>○ Mulching</li> </ul> </li> </ul> |
| 15 minute break   |
| 10:45-12:30   |
| <i>Practical:</i> <ul style="list-style-type: none"> <li>• <i>Starting a Compost Pile</i></li> <li>• <i>Managing Weeds</i></li> <li>• <i>Managing Moisture</i></li> <li>• <i>Mulching your Garden</i></li> <li>• <i>Composting with Earthworms, Worm Bins and Feeding Worms</i></li> </ul>  |
| 1:30-3:00   |
| <ul style="list-style-type: none"> <li>• <b>GROWING PLANTS: SOWING, NURSERY, TRANSPLANTING</b></li> <li>• <b>CROP ROTATION</b></li> <li>• <b>PEST MANAGEMENT</b></li> </ul>   |
| 15 minute break   |
| 3:15-4:30   |
| <i>Practical</i> <ul style="list-style-type: none"> <li>• <i>Building a Raised Bed</i></li> <li>• <i>How to Start Seeds</i></li> <li>• <i>How to Make Fertilizer Tea and Potting Soil</i></li> <li>• <i>DIY Pest and Fungicide Control Sprays</i></li> </ul>  |
| Q&A   |

**SOME TOPICS**

**Soil—The Foundation of Life**

The series will begin with an introduction to backyard farming using biodynamic and permaculture principles. We will then explore soil as the foundation for all your work in the garden or farm. We will also end with the preparation of a bed for planting.

**Compost**

We look at the theory of compost as the ideal recycler of all organic waste. Compost brings new life, improves any soil, and provides the highest fertility. We acquaint ourselves with Biodynamic preparations, used homeopathically in the compost pile, as medicine for your depleted soil. After the lunch break, we learn practical skills for small-scale operations.

### **Bed Preparation and Potting Mix**

We will cover soil preparation, providing you the practical skills you need so you can begin growing food in your own backyard or small plot.

### **Garden Layout**

We learn how to plan a garden or farm using permaculture design and biodynamic principles. For example, you will be shown ways of creating a water-wise garden and plant guilds.

### **Growing your Garden**

We learn methods for starting and continuing plants such as how to directly sow, do nursery work, layer, make divisions and prepare your plants and soil for optimum growth. We will also learn basic propagation. Lastly methods on cover crops and crop rotation will be discussed.

### **Ecological Weed Management**

We learn about weeds, how to identify them, and some strategies for managing weeds.

### **Pests and Insects**

Here you will learn how gardens and farms need insects, but when the natural balance is disturbed, pests of all sorts creep in. From managing insect and animal pests to controlling fungal disease and attracting beneficials, this looks at insect identification, biodynamic pest control, companion planting and other DIY methods you can use to control pests.

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