



COURSE SYLLABUS

Course Title:	Permaculture & Sustainable Growing
Contact Email:	info@ravenhillherbfarm.ca
Required Text(s):	Handouts will be provided where applicable
Recommended Text(s):	Books will be discussed in class
Course Objective(s):	To introduce to students a variety of sustainable and permaculture growing and farming methods, seed types, plants (vegetables and herbs), and plants uses. This is a practical-based course that will include seeding, making garden beds, harvesting fall crops, exploring the forest food and flora uses, making medicinal and culinary items that students can take home, observing the life-cycle of chickens, farm animal care, and more.

Class	Topic
1	Introduction to Permaculture Theory & Sustainable Farming. Practical Learning: Tour of Ravenhill Herb Farm. Collect and choose eggs for hatching. Begin hatching process.
2	Forest Plant Walk. Practical Learning: Forest Plant Walk through Lau Wel New (Mount Newton). Identify different plant and tree species native to the West Coast of Vancouver Island, their properties and share stories about them.
3	Permaculture Design Principles #1 & #2 (Observe & Interact, Catch & Store Energy). Practical Learning: Seed winter greens (in greenhouse and garden bed), work with compost. Learn about seed varieties.
4	Farm food foraging. Practical Learning: Collect food from farm and cook with it (yummy and fun creations TBA).
5	Permaculture Design Principles #3 & #4 (Obtain a Yield, Apply Self-regulation and Accept Feedback). Practical Learning: Bed-building (sheet mulching method, dig & turn method). Check on chick growth using "candling".
6	An introduction to herbalism including a brief history, a discussion about the connection between flavours and the medicinal actions of herbs, and methods and mediums used in herbal constituent extraction. Practical Learning: Identifying herbs, their medicinal and culinary uses, and growing and harvesting techniques.
7	Permaculture Design Principles #5 & #6 (Use and Value Renewable Resources and Services, Produce No Waste). Practical Learning: Prepare area for hatching chicks. Study and work with chickens. Understand the life-cycle of chickens.
8	Permaculture Design Principles #7 & #8 (Design from Patterns to Details, Integrate rather Segregate). Practical Learning: Eggs expected to hatch (observe and move chicks to their new "home". Study and working with goats.
9	Practical Learning: Preparing beds for winter and to be planted (weeding, turning over soil, adding manure/compost if needed).
10	Permaculture Design Principles #9 & #10 (Use Small and Slow Solutions, and Use and Value Diversity). Practical Learning: Flora and fauna observation.
11	Food Preservation. Practical Learning: Fermenting foods for long-term preservation. Making a lacto-fermented jar of vegetables to take home. Discussion about nutrition, digestive health, and seasonal eating.
12	Herbal Product Creation. Practical Learning: Infusing oils with herbs and making a medicinal salve or lip balm. Making a tincture with a fresh herb of their choosing harvested from the farm.
13	Practical Learning: Putting beds to sleep for the winter (mulching with manure and compost).
14	Practical Learning: Working in fall garden beds, plant garlic bulbs.
15	Permaculture Design Principles #11 & #12 (Use Edges and Value the Marginal, and Creatively Use and Respond to Change). Practical Learning: Learn to make fire from scratch!