FOODSTEADING COURSE SYLLABUS

This course is meant to be taken at your own pace. Each module has a video, a pdf and resources for you to explore further.

This course focuses on urban FoodSteading but the principles in this course work in rural, urban and suburban areas. There will be small variations in methods depending on space and climate, but the basic principles will guide you to your own variations.

Module 1: Overview

Growing food in harmony with the natural system

1. Why the natural system works
2. Insects and their place in the system
3. Mycorrhizal network
4. Other garden friends
5. Interplanting
6. Companion planting
7. observe, repeat.

Module 2: Planning: Natural resources

1. Sun
2. Wise water use
3. Infrastructure

Module 3: Soil, the foundation

1. Overview of soil and soil building
2. Understanding the soil web: it provides, communicates, adjust
3. Feeding your system

Module 4: Top layer: Fruit and nut trees

1. Selecting varieties
2. Maximizing harvests and variety
3. Tree care and maintenance

Module 5: Second layer- bushes and perennials

1. Why bushes and perennials?
2. Choosing the berry bushes

Module 6: Vertical planting

1. Why plant vertically
2. Vines and structures
3. More vertical ideas

Module 7: Seasonal foods

1. Annual gardening
2. Companion planting
3. Cover cropping
4. Seed saving

Module 8: Storing and preserving

1. Basic fermenting
2. Freeze drying, dehydrating and canning

Module 9: Eat drink and be merry

1. Using every part of the harvest
2. Simple maintenance routines
3. Keep it all together