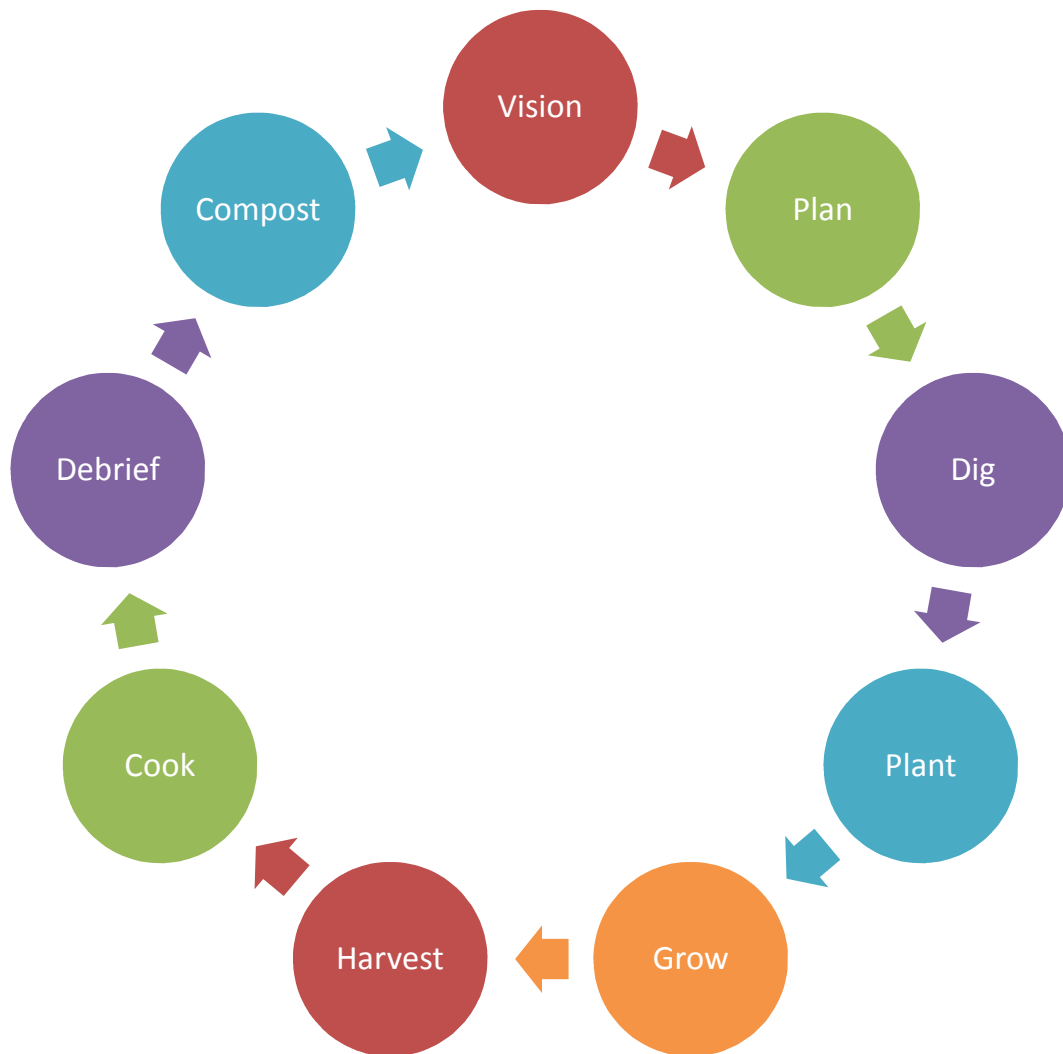


# Food Gardening For Beginners

*A Winning System to Improve Your Food Garden and Your Planet*



## ***Workshop and e-Class Prospectus***



***“Learn how to **setup and manage** an abundant organic food garden in your own backyard.”***

For most people, starting a food garden from scratch can be intimidating. There seems to be so much you need to know and plan for. Not to mention improving the results from an existing garden.

This learning program, based on the highly acclaimed Go Food Gardening system, offers you the know-how and guidance you need to experience the thrill and satisfaction of successfully producing edible crops in your own back yard.

Developed by the SA Herb Academy, this intensive learning program is a proven fast-track to setting up and managing a productive and sustainable organic food garden in harmony with nature. Your food garden can be as small as a door, as large as a soccer field, or any size in between.

Completely revised and updated this learning program is aimed at novice and intermediate (those with less than 5 years’ experience) food gardeners.

## **Outcomes**

With this radical food gardening system you’ll learn how to apply natural laws, sound horticultural practices and the nine food gardening activity cycles to:

- Delight your family and friends with your home-grown green cuisine.
- Grow good un-poisoned herbs and veggies that simply burst with flavour and nutrition.
- Grow enough crops to satisfy the needs of your family.
- Make the best of your available growing space, irrespective of its size, your climate and your level of experience.
- Harvest two, three, or more crops from the same area, every growing season.
- Start with easy-to-grow, high value crops and slowly progress to more difficult crops as your experience and knowledge builds.
- Grow a healthy, flourishing soil that supports high quality organic crops.
- Create a little Eden in your own back yard.

- Minimize your gardening time and effort.
- Lower your food bills.
- Minimize your food miles.
- Pay it forward by sharing excess crops and helping others set up and manage their own food gardens.

## **Key Benefits**

The results of using the Go Food Gardening System are phenomenal. No two gardens or gardeners are alike but compared to conventional food gardens you can expect the following:

- Building your soil 60 times faster and increasing soil fertility by up to 100%.
- Reducing water consumption by up to 70%.
- Reducing fertilizer purchased by up to 50%. This can be as high as 100%.
- Increasing caloric production per unit area by 200% - 400%.



## Features

**A Whole Interrelated Sustainable Food Gardening System** – What makes one a successful food gardener is using a proven system and executing all the activities in that system consistently well. The Go Food Gardening System features a sustainable collage of nine interrelated gardening activity cycles which all contribute to the success and sustainability of your food garden.

**A Scalable System** – We don't believe in one-shoe-fits-all food gardening systems. The Go Food Gardening System allows you to start with what you have (and know). Putting it another way – it shows you which are the essential activities that you need to start with and which ones you can add along the way. It also shows you which crops are the easiest to start with and which can be added as your experience grows.

**Pragmatic Approach** – The system features hands-on step-by-step explanations wherever applicable and it includes a sound horticultural underpinning for each activity. This enables you to immediately include the activity in your gardening or to adapt it to suit your own garden and personality. Following this system you'll gain a realistic rather than a romantic understanding of what it means to live with and from nature.

**Good Return on Investment** – We're sure you've heard stories about people who've started a food garden and ended up paying hundreds of rands for a diseased lettuce and a few sad looking carrots. Those stories are real. You'll be happy to hear that we don't believe that your food garden should oil the wheels of commerce, and therefore our system allows you to setup and manage your garden for a fraction of the cost of supermarket produce.

**Small Class Sizes** - To ensure you get the attention you deserve, class sizes (both 1-Day

Workshop and e-Class) are limited to a handful of participants at any given time. This means that classes often have a waiting list.

**Grant System** – Even though the workshops and e-classes are extremely affordable we recognize that they may not be within the financial means of everyone. If you'd like to apply for a grant visit the grant application page on [www.herbclass.com/grants.html](http://www.herbclass.com/grants.html)

## 1-Day Workshop Curriculum

Held in rural Pretoria (just 10 minutes from the N1 Zambezi tollgate) these workshops offer participants the opportunity to break away from the hustle and bustle of the city and get first-hand experience in a working organic food garden. One of the strengths of the 1-Day Workshop is the combination of pre-class and post-class homework, classroom instruction, demonstrations and practical work.

- Pre-class Homework: Going beyond organic, site analysis, taking soil samples.
- Session 1: Food garden vision.
- Session 2: Planning and organizing your food garden. This includes the position and layout of the beds; and what, when and where to plant the crops.
- Session 3: Soil analysis and assessment, bed preparation, and soil amendments.
- Session 4: Planting and sowing different crops.
- Session 5: Starting your own compost system.
- Post-class Homework: Managing your food garden. Growing and harvesting crops.

## E-Class Curriculum

Based on the 1-Day Workshop the E-Class is aimed at those who cannot attend a workshop in person. Because it is in electronic format you can do it from anywhere in the world. There are no fixed starting dates, you can start whenever it suits you.

To emphasize the pragmatic approach of the Go Food Gardening system we do not present the material in one big course workbook. We present it in seven mini-workbooks.

- Session 1: Going beyond organic.
- Session 2: Starting your own composting system.
- Session 3: Formulating your own food gardening vision.
- Session 4: Planning and organizing your food garden. This includes the position and layout of the beds; and what, when and where to plant the crops.
- Session 5: Soil analysis, bed preparation, and soil amendments.
- Session 6: Planting/sowing the beds.
- Session 7: Managing your food garden. Growing and harvesting crops.

## Time Needed and Delivery Format

To get the most value from this e-class plan to spend more time outdoors gardening than sitting on the couch reading. Depending on the size of your garden you'll need between 30 minutes and about 2 hours to complete each session.

Your mini-workbooks and all supporting course materials are in Adobe Portable Document Format (.pdf).

## E-Class Support

One of the advantages of the Food Gardening for Beginners E-Class is that you get an experienced food gardener - a real person

with a real working food garden - to guide you through the course material should you experience any problems. In Food Gardening for Beginners you get **support for 28 days**.

## How To Join the Workshops and E-Classes

To see if any spots are available in the 1-Day Workshops and e-Classes please visit [www.herbclass.com/foodgardeningbookings.html](http://www.herbclass.com/foodgardeningbookings.html)

If a spot is not currently available, please put your name on the waiting list and we'll notify you the moment we can accommodate you. Just follow the instructions on the above web page and we'll alert you 24 hours ahead of the general public when the next spots become available.

If you have any questions please call Di-Di on 082 416 7145 or send an email to [saha.admin@gmail.com](mailto:saha.admin@gmail.com).

