

Day one

Outdoor Activity

HANDOUT— “Find your own cycle”

Everybody spends some time observing nature and then filling in the two circles with things that relate to each other.

Chris’ idea--Everybody brings one unique thing from nature, set all items in a circle, discuss how they relate to each other. (Start discussion with soil and end with soil— segue to Soil day)

Food web (**FABLE ACTIVITY**—If time allows, if not, save for afternoon)

- a. Plants are fed on by “primary consumers” (herbivores)
- b. These are fed on by “secondary consumers” (carnivores)
- c. Decomposers act on all levels of the food web
- d. Energy is lost in each step
- e. Essential to conserve energy and make most of early stages

Day two

Outdoor Activity

I. Compost demonstration

A. *Indore* method

1. 2-3 meters wide and about two meters high
2. First layer—course branches, vines, etc...for aeration (12 inches)
3. Second layer—six inches of green matter (weeds, crop waste, kitchen scraps, leaves, etc...)
4. Third layer—thin covering of animal manure (if available)
5. Fourth layer—thin covering of wood ash (Don’t overdo)
6. Fifth layer—covering of soil or finished compost
7. Repeat layers two through five until high enough
8. Poke two aeration holes in middle (variation: built w/ two poles)
9. Water if it’s dry season
10. Turn after 4-6 weeks and again after 10-12 weeks

II. Variations

- A. Pits (too much work)
- B. Bins or containers (only necessary if needs to be contained)

III. What to add

- A. Anything natural
- B. Variety, just as in our nutrition, is key to getting all the nutrients
- C. Plants high in NPK (handout)
- D. (Hint—Smaller pieces decay faster)

- E. (Hint #2—Since nutrients leach, build the pile somewhere that you may eventually want to use for growing something)
- IV. Hand out **KITCHEN GARDEN BOOK**
 - A. Use book as a “guide”
 - B. Contains good Permaculture ideas
 - C. PP. 13-14 Discussion of “Mulch and Compost”

Day three Outdoor Activity

Walk-Around Observation

- Questions:
1. What effects of runoff can we see?
 2. What causes of runoff can we see?
 3. Are there signs of good land use? Poor land use?
 4. Can we see areas that could be improved to stop runoff?
 5. Are there areas where water is not being used to its fullest potential?

Using Waste Water—How can we use it better? Permaculture

1. Use all sources—rain, kitchen, bath, toilet, etc...
2. Use more than once—rain → wash → water plants → etc...
3. Conserve
 - a. Watering—fewer but deeper, rather than frequent and shallow--encourages deeper root growth & stronger plants (softer watering doesn't compact soil as much)
 - b. Sunken irrigation (i.e. pots, cans, bamboo, etc...)

Possible activities: Planting at the end of a bore hole
Planting near a shower house (bafa)
Planting near kitchen drainage

Soil Erosion Demonstration

- A. Three boxes
 1. First box
 - a. No ground cover (mulch)
 - b. No root systems
 - c. No swales or contouring
 2. Second box
 - a. Contains swales
 - b. No ground cover (mulch)
 - c. No root systems
 3. Third Box
 - a. Contains swales

- b. Contains ground cover (mulch)
- c. Contains root systems

Sanitary Hand-Washing System Demo

Need: Plastic bottle, stick (pencil), string

Solar Drying Demo & Briquettes?

Day four **Outdoor Activity**

Discussion of **BEFORE & AFTER PICTURES**

Identification of a natural guild?

Permaculture Scavenger Hunt:

Arrange participants in 4-5 teams depending on number of people.

Give each team a Scavenger Hunt **HANDOUT**

Each team has Forty-five minutes to assemble as many of the items on the list as possible.

The team with the most items is the winner.

(Bring Prizes “Guild Starter Packs”)

Day Five **Outdoor activity**

“Zoning” Activity

- Four groups are assigned a “roped off” section of ground
- Each group must designate where their “house” should be located and then come up with appropriate zones and guilds to fill in their “plot” (Taking into consideration all that we have talked about up to that point i.e. soil, water, plants, animals, etc...)
- All additions should be laid out using sticks, stones, leaves, etc...

“Contract With Myself” Session