

John Jeavons Presents:
An Introduction to GROW BIOINTENSIVESM Sustainable Mini-Farming
ONE -DAY WORKSHOP

A Benefit for the Waldorf School of Mendocino County

May 11, 2013 Golden Rule Ranch, Willits, CA

INFORMATION FOR APPLICANTS

We are pleased to learn of your interest in John Jeavons' independently-given 1-Day Workshop in GROW BIOINTENSIVE® Sustainable Mini-Farming. This course offers an excellent opportunity to acquire a wealth of information on the most efficient gardening method we know. The information has been gathered from over thirty years of research. GROW BIOINTENSIVE is currently in use in over 140 countries around the world. And while you are learning how to grow more vegetables, you will be helping the Waldorf School of Mendocino County to provide quality education for the children in our community!

The 1-Day Workshop is an in-depth study of GROW BIOINTENSIVE Mini-Farming appropriate to a more self-reliant lifestyle, and for work in developing countries. The program will consist of lecture, discussion and demonstration, and will include a full range of information on Sustainability and Efficient Resource Use, Crops and Diet, Fertilization, Compost and Compost Crops, Soil Preparation and Seed Propagation as well as the perspective to tie all of these aspects of the method together. The workshop content covers introductory, intermediate and some advanced material. About one-quarter of this workshop is in lecture and classroom work. A portion of the afternoon will be devoted to demonstrations; a few participants may be able to try their hand at double-digging, pricking out and/or transplanting. Transportation should be scheduled so that participants can remain through 5:00 p.m. on Saturday.

In order to ensure that everyone leaves the workshop with the fullest range and depth of information possible, we must assume that all participants have read the publications listed under Required Reading in this brochure. You may purchase the ones you do not have, or you can purchase a full set from Bountiful Gardens.

Online at: <http://www.bountifulgardens.org>

JOHN JEAVONS IS THE DIRECTOR OF ECOLOGY ACTION. Ecology Action is a non-profit organization, working to rediscover the techniques and scientific principles involved in the resource-conserving, life-giving GROW BIOINTENSIVE method. These millennia-old practices are an important element in the solution to the problems of the planet. The first seven years of Ecology Action's research focused on the techniques and economic aspects of food raising, while the second seven years were devoted mainly to 'breaking the code' for a sustainable diet. Our current research focuses on growing one's food and income on a closed-system basis, with soil fertility maintained sustainably from within the garden. It is currently Ecology Action's forty-first year of doing GROW BIOINTENSIVE work. GROW BIOINTENSIVE classes and workshops encourage gardeners from many corners of the globe to find solutions appropriate to their own context. Our goal is to find a way to live lightly on the planet so that the planet's resources can be enjoyed by all. We look forward to working with you in this workshop!

WORKSHOP LOCATION:

**Golden Rule Ranch, Willits, CA
Saturday, May 11, 2013**

(maps and directions will be available on the 1-Day Workshop section of www.johnjeavons.info)

PRESENTER

JOHN C. JEAUVONS, President and Executive Director, *Ecology Action of the Mid-peninsula*

5798 Ridgewood Road, Willits, California 95490 USA

E-mail: johnjeavons@growbiointensive.org

Professional Experience

- Ecology Action of the Midpeninsula, President and Executive Director of this non-profit education and research organization with centers in Willits and Palo Alto, California, 1971-Present
- Development and implementation of the Willits GROW BIOINTENSIVE Sustainable Mini-Farming Center for Research, Education and Development, 1982-Present
- Director of Ecology Action Publications, authored, co-authored, and edited numerous books, articles, pamphlets and research papers on sustainable agriculture, 1972-Present
- Development of the Ecology Action Research Mini-Farm at Syntex in Palo Alto, California, 1971-1980
- Stanford University Libraries System Business Services Chief, 1969-1970
- Kaiser Aerospace & Electronics Corporation Project Engineering Administration, 1967-1968
- Agency for International Development Special Staff Coordinator, 1966-1967

Education

Yale University, New Haven, Connecticut, Bachelor of Arts, Political Science with additional focus in Geography

Long-term Research Goal

Raising food using 12%-33% the water, 1%-6% the energy and 50% to no purchased nutrient in organic fertilizer form per pound of food produced in comparison with United States commercial agriculture, while maintaining sustainable soil fertility.

Professional Memberships

- Member, Academia Mexicana de Investigacionen Demografia Media, A.C.
- Member, Board of Directors, Alan Chadwick Society

- Advisory Board Member of the American Wine and Food Institute
- Advisory Board Member of the Smith & Hawken Tool Company
- Advisory Board Member of the Mother Earth News Farm Magazine
- Advisory Board Member of Volunteers in International Service and Awareness (VIISA)
- Advisory Board Member of Fresh Start Farms Awards
- Boise Peace Quilt Award, 1988
- Santa Fe Living Treasure Award, 1989
- The Giraffe Award, 1989
- Steward of Sustainable Agriculture, 2000

Nominations

- Noetic Sciences Altruism Award, 1992
- World Food Prize, 1993 and 1995
- Pew Scholars Program in Conservation and the Environment, 1995

Conferences and Regional Workshops Presented by Ecology Action/John Jeavons

**Soil, Food and People
Conference: A Biointensive
Model for the New Century**
March 27-29, 2000, at the University
of California-Davis—235
participants from 16 countries
and 24 states.

**6-day Biointensive Latin
American Workshop**
2006 in Costa Rica in conjunction
with the International Institute
for Cooperation in Agriculture
(IICA)—130 participants
from 19 countries.



*John Jeavons at the Ecology Action
Research Center in northern California.*

Publications: Author, Co-author and/or Editor

- 1972 Preliminary Research Report, Ecology Action, 1973.
- 1972-75 Research Report Summary, Ecology Action, 1976.
- Appropriate Agriculture, Intermediate Technology, 1977.
- Cucumber Bonanza, Ecology Action, 1979. (English and Spanish)
- One Crop Test Booklet: Soybeans, Ecology Action, 1980.
- A Perspective, Ecology Action, 1981.
- Grow Your Own Compost Materials At Home, Ecology Action, 1981. (English and Spanish)
- Comment Faire Pousser Plus De Legumes Que Vous Ne L'auriez Cru Possible Sur Moins De Terrain Que Vous Ne Puisse L'imaginer, Ecology Action, 1982 (second edition).
- Examining the Tropics: A Small Scale Approach to Sustainable Agriculture, Ecology Action, 1982. (English and Spanish)
- The Backyard Homestead, Mini-Farm and Garden Log Book, Ten-Speed Press, 1983.

Resume for John Jeavons, Continued (publications)...

- Growing and Gathering Your Own Fertilizers, Ecology Action, 1984. (English and Russian)
- Mehr Gemuse Im Eignen Garten als sie jemals für möglich heilten, auf weniger Land als sie sich vorstellen können, Ecology Action, 1985. (1974 edition)
- One Circle: How to Grow a Complete Diet in Less Than 1000 Square Feet, David Duhon and Cindy Gebhard, Ecology Action, 1985.
- Biointensive Mini-Farming - A Rational Use of Natural Resources, Ecology Action, 1986. (English, Spanish, French, German, Russian, Chinese, Portuguese and Hungarian)
- Growing to Seed, Ecology Action, 1986 and 1999. (English and Spanish)
- 1972 Preliminary Research Report, Ecology Action, 1973.
- 1972-75 Research Report Summary, Ecology Action, 1976.
- Appropriate Agriculture, Intermediate Technology, 1977.
- Cucumber Bonanza, Ecology Action, 1979. (English and Spanish)
- One Crop Test Booklet: Soybeans, Ecology Action, 1980.
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- The Backyard Homestead, Mini-Farm and Garden Log Book, Ten-Speed Press, 1983.
- Growing and Gathering Your Own Fertilizers, Ecology Action, 1984. (English and Russian)
- Mehr Gemuse Im Eignen Garten als sie jemals für möglich heilten, auf weniger Land als sie sich vorstellen können, Ecology Action, 1985. (1974 edition)
- One Circle: How to Grow a Complete Diet in Less Than 1000 Square Feet, David Duhon and Cindy Gebhard, Ecology Action, 1985.
- Biointensive Mini-Farming - A Rational Use of Natural Resources, Ecology Action, 1986. (English, Spanish, French, German, Russian, Chinese, Portuguese and Hungarian)
- Growing to Seed, Ecology Action, 1986 and 1999. (English and Spanish)
- Biointensive Micro-Farming— A Seventeen Year Perspective, Ecology Action, 1988. (English and Spanish)
- Foliar Feeding, Ecology Action, 1988. (English and Spanish)
- Green Manure Crops, Ecology Action, 1989. (English and Spanish)
- Micro-Farming as a Key to the Revitalization of the World's Agriculture and Environment, Ecology Action, 1989.
- GROW BIOINTENSIVE Composting and Growing Compost Materials, Ecology Action, 2004.
- Dried, Cut, and Edible Flowers for Pleasure, Food and Income, Ecology Action, 1990.
- Ecology Action's Comprehensive Definition of Sustainability, Ecology Action, 2005.
- Another Way to Wealth, Ecology Action, 1991.
- Cultivo Biointensivo de Alimentos, Ecology Action, 2004 (sixth edition).
 - Learning to Grow All Your Own Food: One-Bed Model for Compost, Diet and Income Crops, Ecology Action, 1991.
- One Basic Kenyan Diet: With Diet, Income and Compost Crop Designs in a Three-Growing-Bed Learning Model, Ecology Action, 1991.
- Kak vyraschivat' bol'she ovoschei, Ecology Action, 1999. (fifth edition)
 - The Sustainable Vegetable Garden, Ten Speed Press, 1999.
- Future Fertility - Transforming Human Waste into Human Wealth, John Beeby, Ecology Action, 1995.
- The Smallest Possible Area to Grow Food and Feed, Emmanuel Chiwo Omondi, Ecology Action, 1997.
- Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes, Ecology Action, 1995.
- How to Grow More Vegetables and Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible On Less Land Than You Can Imagine. Ten Speed Press, 2006. (seventh edition) Spanish (sixth edition), German (first edition), Hindi (first edition), Arabic (fifth edition), French (second edition), and Russian (fifth edition). Over 550,000 copies in print (all editions) and in use in over 130 countries.
- Dig It! video, John Jeavons, 1997.
- Test Your Soil with Plants, John Beeby, Ecology Action, 1997.
- Biointensive Apprenticeship Possibilities, Ecology Action, 2005.
- Solar Water Heater, Jeff Smith and John Warner, Ecology Action, 2000.
- "Biointensive Sustainable Mini-Farming", Journal of Sustainable Agriculture, Vol. 19, No. 2, 2001, pp. 49-106.
- GROW BIOINTENSIVE SM Sustainable Mini-Farming Teacher Certification Program, Ecology Action Staff, Ecology Action, 2005.
- Designing a GROW BIOINTENSIVE Sustainable Mini-Farm—A Working Paper, Ecology Action Staff, Ecology Action, 2003.



REGISTRATION

Registration:

Registration and payment should be completed by April 3, 2013 for the Willits, CA workshop. However, participants are encouraged to apply as early as possible, as these workshops can fill well in advance. Registration should be completed online, and will include a brief history of the applicant, a description of how he/she intends to use the information learned, and a paragraph or more on how he/she intends to be living and using the techniques 10 years from now (see Registration/Fees under the 1-Day Workshop section online at www.johnjeavons.info). For more information, or if you have difficulty using the online form, please email us at: contact@johnjeavons.info

In case of oversubscription, the staff will select later applicants on the basis of the impact their work is likely to have in the future; priority will be given to those with a goal of using GROW BIOINTENSIVE Mini-Farming practices in outreach and public service projects. Workshop fees will be returned to those not selected.

Cost:

If paid before April 3, 2013 the cost of the program is as follows (includes lunch and the Micro-Manual of lecture notes and articles): General Admission \$110; Current Waldorf parents and students 12 and older, \$75 each; Waldorf scholarship family members and students 12 and older, \$25 each. New Waldorf School Parents and Students 12 and older, admission is free.

If complete registration is received between April 4, 2013 and May 3, 2013, the cost of the program is: General Admission \$120; Current Waldorf parents and students 12 and older, \$80 each; Waldorf scholarship family members and students 12 and older, \$30 each. New Waldorf School Parents and Students 12 and older, admission is free. The last day online applications will be received is May 3, 2013.

(NOTE: You must be the parent/legal guardian of a new Waldorf student registered by May 3 for the 2013-2014 school year to qualify for free workshop admission. Up to 5 family members of the new student can attend free. Your student does not need to be present for you to attend the workshop.)

In addition to registration fees, please see the list of required reading, which you should purchase from Bountiful Gardens if you do not already own them.

Cancellation Policy:

If a person cancels his/her workshop registration at least two weeks prior to the first day of the workshop, they can receive a refund of all but \$25 of the workshop fees. After April 27, 2013, no refunds will be given.

General Information:

Your understanding of the workshop will be enhanced if you know the following about your area: elevation, first and last frost dates, rainfall by month, monthly high and low temperatures. (See forms in The Sustainable Vegetable Garden. The County Ag Agent should be able to help you find this information.)

If you have any special food allergies, we recommend you bring your own food. Please bring your own mug for liquids, a calculator and 2 pencils. The weather is unpredictable in May, so be prepared for cold, rain, or warmth at mid-day. Waterproof boots with good tread are desirable! Tape recorders and video cameras are not permitted at the workshop. Participants may bring a sheet of information on and/or photos of their garden/project, to be shared; please limit it to one 8.5"x11" sheet and include your name and location.

Feel free to write us about any particular or personal concerns or questions, and we'll do our best to get back to you in a timely manner!

READING

The list below contains required reading (and a list of optional but useful reading) for the 1-Day Workshop, which you should do before you come to the workshop, as well as other materials that you should bring with you.

NOTE: In addition to the reading below, there is a *Workshop Micro-Manual* of key information (included as a part of your workshop registration), which will be handed out at the beginning of the workshop.

If you need to order any of the following publications, please contact Bountiful Gardens:
18001 Shafer Ranch Road, Willits CA 95490 • (707) 459-6410 • www.bountifulgardens.org

Required Reading (read before the Workshop, and bring with you):

The Sustainable Vegetable Garden

- OR -

How to Grow More Vegetables, 8th ed., 2012

Other Possible Reading (optional):

Practical Perspectives:

- ◆ The Backyard Homestead, Mini-Farm and Garden Log Book

Diet / Income:

- ◆ One Circle (especially pp. i-vi, 1-72, 125-128)
- ◆ EA Booklet #14: The Complete 21-Bed Biointensive Mini-Farm
- ◆ EA Booklet #15: One Basic Mexican Diet
- ◆ EA Booklet #25: One Basic Kenyan Diet
- ◆ EA Booklet #26: Learning How to Grow All Your Own Food
- ◆ EA Booklet #28: The Smallest Possible Area to Grow Food and Feed
- ◆ EA Booklet #36: An Experimental 33-Bed GROW BIOINTENSIVE Mini-Farm: Growing Complete Fertility, Nutrition and Income

Composting:

- ◆ EA Booklet #32: GROW BIOINTENSIVE Composting and Growing Compost Materials

Research Perspective:

- ◆ EA Booklet #1: Cucumber Bonanza

Saving Seeds:

- ◆ EA Booklet #13: Growing to Seed (rev. ed. 1999)

Flowers and Herbs:

- ◆ EA Booklet #18: Cut, Dried and Edible Flowers for Income, Pleasure and Taste
- ◆ EA Booklet #27: Growing Medicinal Herbs in as Little as Fifty Square Feet—Uses and Recipes

Human Waste:

- ◆ Future Fertility —The Transformation of Human Waste into Human Wealth

Fertility:

- ◆ EA Booklet #29: Test Your Soil with Plants!

Questions To Ask When Beginning To Farm:

- ◆ EA Personal Booklet #1: Another Way to Wealth

Teacher Training:

- ◆ EA Booklet #30: GROW BIOINTENSIVE Sustainable Mini-Farming Teacher-Training and Certification Program

JOHN JEAVONS PRESENTS:

An Introduction to GROW BIOINTENSIVE® Sustainable Mini-Farming One-Day Workshop

Willits, California- May 11, 2013

The following schedule is designed for a single teacher and a single group of people. However, if a large number of people participate, the workshop may occur in the form of three concurrent sessions taught by skilled teachers who will rotate among the groups. This is to ensure that everyone is able to experience the GROW BIOINTENSIVE Sustainable Mini-Farming topics and skills demonstrations in smaller groups, which provides a better learning experience. If this is the case, a special schedule appropriate for the three session format will be handed out at the Workshop.

TIME	TOPIC
9:00 – 9:20	Welcome/Introduction to the Bios and Schedule/Name Tags/Micro-Manual/Evaluations
9:20 – 9:40	Perspective for Food-Raising For the Future Now: Power Point Presentation
9:40 –10:10	The History of GROW BIOINTENSIVE Sustainable Mini-Farming and Its 8 Elements including the 60/30/10 Planning Model
10:10 - 10:30	<i>First Element: Soil Preparation and Double-Digging and the AWOMB Concept*</i>
<i>10:30 - 11:00</i>	<i>Break</i>
11:00 - 11:30	<i>Second Element: Compost and the All Compost is Not Equal Concept with Handout*</i>
11:30 - 11:50	<i>Third Element: Close Spacing and Seed Propagation*</i>
11:50 - 12:05	<i>Fourth Element: Companion Planting*</i>
12:05-12:30	<i>Fifth Element: Carbon and Calorie (60%) Crops and the All “Calories” are Not Equal Concept with Handout*</i>
<i>12:30 - 1:30</i>	<i>Picnic Lunch Outdoors (weather permitting)</i>
1:30 - 2:00	<i>Sixth Element: Special High-Calorie Root (30%) Crops and Vitamin and Mineral (10%) Crops plus Income Crops*</i>
2:00 - 2:15	<i>Seventh Element: Open-Pollinated Seeds*</i>
2:15 - 2:25	<i>Eighth Element: A Whole System</i>
2:25 - 3:20	One Bed Unit Design: 60 Sq Ft, 30 Sq Ft and 10 Sq Ft of Crops YoU Intuitively Design from the Heart with Design Handout
3:20 - 3:40	Questions and Answers
<i>3:40 - 4:00</i>	<i>Travel to Demonstration Site</i>
4:00 - 4:25	Double-Digging Demonstration*
4:25-4:50	Fertilization, Transplanting and Prick-Out Demonstration*
4:50-5:00	Closing with Certificates

The Workshop Micro-Manual will be handed out at the beginning of the workshop.

SCHEDULE

Saturday: 9-12:30—Lecture; 12:30-1:30—Lunch; 1:30-5:00—Lecture/Demonstration

NOTE: The schedule is subject to change, depending on the weather. This will be a non-smoking classroom.

** Possible Concurrent Sessions*