

ECOLOGY ACTION  
COMMON GROUND MINI-FARM  
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**ECOLOGY ACTION INTERNSHIP**  
**And**  
**GOLDEN RULE COMMUNITY SPECIAL INTERNSHIP**  
**And**  
**GREEN BELT INTERNSHIP**

**SUMMER COURSE SCHEDULE AND READING LIST 2012**

**SCHEDULE OF TOPICS**

See Reading Schedule for what to read in preparation for each topic.

**Please bring your Workshop Manual, HTGMV and calculator to ALL classes,**  
**as well as other materials indicated.**

**APRIL**

4/15 Arrival [ Dan & Margo] ?

4/23 Mon. a.m. Summer Course Schedule and Reading Assignments (J)

Introductions and Personal Long-Term Goals (Everyone)

MESA Sponsorship (J)

Miscellaneous: passport and entrance form copies, medical insurance coverage (J)

Library: alarm, books, borrowing policy (J)

*EA Interns only:*

*“Settling In” in Apprentice/Intern Handbook, see also Priorities and Expectations  
Garden Procedures — Tool Shed; Tools; Data; Fertilizers; Garden Layout; Job List  
Garden Manual*

Course/Internship Overview: Learning - 3 types: Beginning, Intermediate, Advanced  
 (“Essential Points” in Workshop Manual); 3 ways: Reading, Classes, Garden Work.  
Responsibilities: Garden, Site; Expectations: Mini-Farm Design Project, Independent Study  
Project, etc. (J)

What is Ecology Action’s purpose?

Double-Digging and Watering Demonstrations—EA/GBLT and GR separately

Minister of Life Enhancement

4/24 Tues

Data Class- All day

4/30 Mon. a.m.

Bed Preparation (J)

p.m. Fertilization and Transplanting Demonstrations Compost,—EA/GBLT and GR separately  
Double Digging / GB

## May

Participants work on Mini-Farm Design Projects, as assigned.

5/7 Mon. a.m. Seed Propagation Demonstration—EA and GBLT separately (MH)

5/8 Tues. a.m. Seed Propagation Demonstration GR

5/9 Wed. EA Interns only: Fire Drill (MH)

5/14 Mon. a.m. Presentation of 21-Bed, 3-Bed and 1-Bed Units; Bed-Crops-Months; 72-Bed Unit (J)  
Materials needed: Booklets #14, #15, #25, #26, #28, #34

p.m. Introduction of Ecology Action Goals; World Situation; “Tour” (J)  
Video: “Circle of Plenty”; “Journey in Kenya”

5/19 Sat. *EA Garden Tour for the public*

5/21 Mon. a.m. Introduction of Mini-Farm Design Project (J)  
Materials needed: HTGMV Master Charts, *One Circle*, Booklets #14, #15, #25, #28, #31;  
Preliminary Worksheets (to be handed out in class); pencil  
• **Assign “Solving the Diet” (Form 2) and Forms 3 and 5. Due date: 5/29**

p.m. Diet (J) Materials needed: *One Circle*  
• **Assign Quick Diet Design Exercise. Due Date: 6/4**

5/29 Tues. a.m. Compost (J) Materials needed: Booklet #32  
• **Collect Forms 2, 3, 5.**

p.m. Seed Propagation (J)

## JUNE

6/2 Sat *EA Garden Tour for the public*

6/4 Mon a.m. One-Bed Unit Exercise. Introduce Form 6. (J)  
• **Collect Quick Diet Design Exercise.**  
• **Assign Form 6 to work on. Due date: 6/11**

6/11 Mon. a.m. Compost Crops (J) Materials needed: Booklets #14, #15, #25, #32  
Practical Watering Principles (J)  
• **Collect Form 6.**  
• **Organize days to eat diets.**

Participants work on Mini-Farm Design Projects

Preliminary Mini-Farm Design Project Presentations (and report on one day’s diet as eaten) to be scheduled

6/24 Sunday *EA Garden Tour for the public*

6/18 Mon. a.m. Income (J) Materials needed: *Backyard Homestead*  
• **Assign Form 4 to work on. Due date: 6/25**

6/25 Mon. a.m. Sustainability and Preview of Human Waste Recycling (J)

p.m. Advantages of Biointensive (J)  
• **Collect Form 7.**

## JULY

7/2 Mon. a.m. Planning (J) Materials needed: pencil  
• **Collect Form 4. Assign Form 7 to work on. Due date: 7/2**

p.m. Philosophy/History (J)  
Video: "Gardensong"  
• **Assign Form 8 to work on. Due date: 7/30**

7/9 Mon. a.m. Seed Collection/Saving (J) Materials needed: Booklet #13

p.m. Insects and Diseases (J)

Participants work on Mini-Farm Design Project, Special Crop Studies and/or Independent Study Projects

7/11 Wed am Crafts: Lavender Wands (C?)

### **Teacher Workshop 7/16-20**

7/25 Wed. a.m. (*all interns*) **New Class Day!** Introduction to International and National Issues  
—Consist also of any 6-month interns giving their story if they feel led

p.m. —Open discussion of challenges;  
—Small group exercise: How would you change the food system?  
—Organizational Development

Night Big Community Dinner! (Could be a dinner where interns make a small dish that represents their culture)

7/30 Mon. a.m. Fertilizers / Fertility (J) Materials needed: Booklet #12

p.m. Reading Soil Test Results  
Human Waste Recycling (J) Materials needed: *Future Fertility*  
• **Collect Form 8. Assign Form 9, pp. 1-2, to work on. Due date: 8/6**

*Mini-Farm Design Scheduling and 10-year Goals Presentation*

## AUGUST

Participants continue with Mini-Farm Design Projects, Special Crop Studies and Independent Study Projects

8/4 Sat. *EA Garden Tour for the public*

## SEPTEMBER

9/10 Mon. a.m. Water Use/Arid Farming Techniques (J)

p.m. Plant Soil Testing (J)  
• **Form 9 to be assigned and turned in as appropriate.**  
**Page 3 & 4 due: 8/13**

9/17 Mon. a.m. Trees (J) Video: “The Man Who Planted Trees”

9/ 19-20 Wed. Thurs Making a Solar Box Cooker (C?)

9/24 Mon Final Mini-Farm Design and 10-year goals Presentations

Participants continue with Special Crop Studies and/or Independent Study Projects  
Compost crop planting

Compost crop planting continues

### **October**

10/8 Mon. Schedule Presentations of Special Crop and/or Independent Study Projects

## PUBLICATIONS LIST FOR INTERNS AND SPECIAL INTERNS

### **ECOLOGY ACTION PUBLICATIONS:**

*How to Grow More Vegetables*, 7th ed. [SP]

*The Sustainable Vegetable Garden*

*The Backyard Homestead, Mini-Farm & Garden Log Book*

*One Circle*

*Future Fertility*

### **Self-Teaching Mini-Series Booklets:**

#0 — *Biointensive Mini-Farming: A Rational Use of Natural Resources* [SP]

#1 — *Cucumber Bonanza* [SP]

#11 — *Examining the Tropics* [SP]

#12 — *Growing and Gathering Your Own Fertilizer*

#13 — *Growing to Seed* [SP]

#14 — *The Complete 21-Bed Biointensive Mini-Farm* [SP] /

#15 — *One Basic Mexican Diet* [SP]

#17 — *Garden Research for Food and Flavor* [SP]

#18 — *Dried, Cut and Edible Flowers for Pleasure, Food and Income*

#19 — *Biointensive Micro-farming: A Seventeen Year Perspective* [SP]

#21 — *Micro-Farming as a Key to the Revitalization of the World's Agriculture*

#24 — *Comprehensive Definition of Sustainability* [SP]

#25 — *One Basic Kenyan Diet*

#26 — *Learning How to Grow All Your Own Food A Supplement for Booklet 14*

#27 — *Growing Medicinal Herbs in as Little as Fifty Square Feet — Uses and Recipes*

#28 — *The Smallest Possible Area to Grow Food and Feed*

#29 — *Test Your Soil with Plants*

#30 — *GROW BIOINTENSIVE<sup>SM</sup> Sustainable Mini-Farming Teacher-Training & Certification Prog.*

#31 — *Designing a GROW BIOINTENSIVE<sup>®</sup> Sustainable Mini-Farm*

#32 — *GROW BIOINTENSIVE<sup>®</sup> Composting and Growing Compost Materials*

#33 — *Grow Your Own Grains*

#34 — *Food for the Future, Now*

#35 *Low-Natural Rainfall Growing*

#36 *An Experimental Complete 33 Bed GROW BIOINTENSIVE<sup>®</sup> Mini-Farm: Fertility, Nutrition, & Income*

# 37 *Learning How to Grow All Your Own Food —*

PB #1 — *Another Way to Wealth*

*GROW BIOINTENSIVE Apprenticeship Possibilities* (booklet)

*Composting for the Tropics* (booklet)

DVD- *GROWBIOINTENSIVE A Beginner's Guide in 8 Easy Sessions*

### **OTHER PUBLICATIONS:**

*Seed to Seed*, 2nd ed., Suzanne Ashworth, 2002.

*Saving Seeds*, Marc Rogers, 1990

## READING SCHEDULE

(Reading and other preparations may be done during any free time.)  
(INTRODUCTION) = Found in Introduction section of the EA Workshop Manual  
φ = Item is in Supplementary Manual. A copy is on reserve in the E.A. Library.  
SP = Available in Spanish.

### Reading for INTRODUCTION (to be done as soon as possible):

- π "Dear Workshop Participant" (INTRODUCTION)
- π φ "In Defense of Old-Fashioned Training" (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- π *One Circle*, pp. viii-xiii; 145-149
- π *Christian Science Monitor* article (SUPP. MANUAL—E. A. BACKGROUND)
- π "Cultivating Our Garden", *In Context* (ECOLOGY ACTION BACKGROUND) [SP]
- π φ "The Call to Dig", *Horticulture*, March 1985 (SUPP. MANUAL—E. A. BACKGROUND)
- π *How to Grow More Vegetables*, "Building Soil, Building the Future", pp. xi-xiv
- ρ First section of Garden Manual (for E.A. Interns)

### Reading for BED PREPARATION (to be done by 4/30):

- π *How to Grow More Vegetables*, Bed Preparation Chapter, pp. 2-17 [SP]
- π "Double-digging vs. Rototilling" (BED PREPARATION) [SP]
- π φ "Soil Physical Environment" (SUPP. MANUAL—BED PREPARATION)
- π "Texture-by-Feel Procedure" (BED PREPARATION)
- π "Living Quarters for Plant Roots" (BED PREPARATION) [SP]

### Reading for DIET (to be done by 5/21):

- π *One Circle*, Contents, Foreword, Introduction, pp. 1-72, 139-144, 150-197
- π Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Diet Crop Section, pp. 16-23 [SP]
- π Booklet #26: *Learning How To Grow All Your Own Food*
- π Booklet #15: *One Basic Mexican Diet* [SP]
- π Booklet #25: *One Basic Kenyan Diet*, Diet Crop Section, pp. 4-10
- π Booklet #28: The Smallest Possible Area To Grow Food and Feed

Optional Reading: *One Circle*, pp. 73-128

Additional Resources: *Diet for a Small Planet (10th Anniversary Edition)*, *Victory Garden Cookbook*, *Tassajara Bread Book*, *Laurel's Kitchen Cookbook*, *Moosewood Cookbook*, *Nutrición Efectiva = A Comida Vegetariana*

### Reading for COMPOST (to be done by 5/29):

- π *How to Grow More Vegetables*, Compost Chapter, pp. 32-46 [SP]
- π Booklet #32: *GROW BIOINTENSIVE® Composting and Growing Compost Materials*

- π φ "Dung Ho" (SUPP. MANUAL—COMPOST)
- π φ "The Rapid Compost Method" (SUPP. MANUAL—COMPOST)
- π φ "Eighteen Tons of Compost with the Fourteen-Day Method" (SUPP. MANUAL—COMPOST)
- π "Roots in the Soil" (COMPOST)
- π "Mulching, Living Mulch and Double-Digging" Information Sheet (COMPOST) [SP]
- π φ "Humus" Information Sheet (SUPP. MANUAL—COMPOST)
- π "Composting for the Tropics" (booklet)

**Reading for SEED PROPAGATION (to be done by 5/29):**

- π *How to Grow More Vegetables*, Seed Propagation Chapter, pp. 58-78;
- π Air and Soil Temperature Tables, pp. 79-80 [SP]
- π φ Germination Temperatures from Knott's (SUPP. MANUAL—SEED PROPAGATION/COLL.)
- π Open-Pollinated vs. Hybrid Seeds (SEED PROPAGATION/COLLECTION)

**Reading for COMPOST CROPS (to be done by 6/11):**

- π Booklet #26: *Learning How To Grow All Your Own Food*
- π Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Comp. Crops Sec., pp. 4-15 [SP]
- π Booklet #15: *One Basic Mexican Diet*, Supplement: Compost Crops Section [SP]
- π Booklet #25: *One Basic Kenyan Diet*, Compost Crops Section, pp. 14-22
- ρ Booklet #28: *The Smallest Possible Area to Grow Food and Feed*
- ρ Booklet #32: *GB Composting and Growing Compost Materials*
- ρ Compost Crop Alternatives (COMPOST CROPS)
- ρ Carbon in Compost and Green Manure (COMPOST CROPS)

**Reading for PRACTICAL WATERING PRINCIPLES (to be done by 6/18):**

- π *How to Grow More Vegetables*, Watering, pp. 71-74 [SP]
- π "Intensive Gardening -- Less Water and Higher Yields" (WATERING)
- π 1972-75 Research Report Summary: Water Section (WATERING)

**Reading for INCOME (to be done by 6/25):**

- π Booklet #14: *The Complete 21-Bed Biointensive Mini-Farm*, Income Crop Sec., pp. 24-31 [SP]
- π Booklet #26: *Learning How To Grow All Your Own Food*
- π Booklet #18: *Dried, Cut and Edible Flowers for Pleasure, Food and Income*
- π *Backyard Homestead*, pp. 16-45
- π Booklet #1: *Cucumber Bonanza* [SP]
- π Booklet #25: *One Kenyan Diet*, Income Crops Section, pp. 11-13
- π Personal Booklet 1: *Another Way to Wealth*
- π Kona Kai Farm materials (INCOME)
- π Table 8 from 1972 Preliminary Report Research (INCOME)
- π Income Calculations (INCOME)

**Reading for PLANNING (to be done by 6/25):**

- π *How to Grow More Vegetables*, Master Charts and Planning Chapter, pp. 81-126;
- π *Backyard Homestead*, Chapter 3, Stages One and Two, pp. 46-66
- π *The Sustainable Vegetable Garden*, Chapter 7, pp. 47-71
- π 38-Bed Unit Information Sheet (PLANNING) [SP]

**Reading for PHILOSOPHY / HISTORY (to be done by 6/25):**

- π *How to Grow More Vegetables*, History and Philosophy section, pp. xiv-xviii [SP]
- π "The Lesson of a Garden" (PHILOSOPHY/HISTORY)
- π φ "The World's Cupboard is Bare" (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- π φ *Earthwatch* article (SUPP. MANUAL—PHILOSOPHY/HISTORY)
- π Schumacher's Poverty (PHILOSOPHY/HISTORY)
- π "Learning Time" (PHILOSOPHY/HISTORY)

**Reading for SUSTAINABILITY and FERTILIZERS / FERTILITY (to be done by 7/30):**

- π *How to Grow More Vegetables*, Fert. Chap., pp. 47-57; Sustainability Chap., pp. 18-30 [SP]
- π "Several Ascending Stages of Sustainable Soil Fertility Organic Farming" (SUST./FERT.) [SP]
- π "GBMF: Sustainable Application of Composted Vegetable Matter ..." (SUST./FERT.)
- π Booklet #12: *Growing and Gathering Your Own Fertilizer*
- π Timberleaf Soil Test Service Information Kit (SUST./FERT.) [SP]
- π Booklet #24: *Comprehensive Definition of Sustainability* [SP]

**Reading for HUMAN WASTE RECYCLING (to be done by 7/30):**

- π *Future Fertility*

**Reading for WATER USE / ARID FARMING (to be done by 8/6):**

- π *How to Grow More Vegetables*, Key Water Factors, pp. 76-77 [SP]
- π φ "Trenching Compost for Arid Regions" (SUPP. MANUAL—WATER/ARID/TROPICS)
- π φ "Pitcher Irrigation" (SUPP. MANUAL—WATER/ARID/TROPICS)

**Reading for PLANT SOIL TESTING (to be done by 8/6):**

- π Booklet #29: *Test Your Soil with Plants*

**Reading for SEED COLLECTION/SAVING (to be done by 9/5):**

- π *The Sustainable Vegetable Garden*, pp. 93-101
- π Booklet #13: *Growing to Seed* [SP]
- π *Saving Seed*, by Marc Rogers
- π *Seed to Seed*, by Suzanne Ashworth
- π Additional Resource: *The Garden Seed Inventory* (Sixth Edition), by Kent Whealy

**Reading for INSECTS AND DISEASES (to be done by 9/5)**

- π *How to Grow More Vegetables*, A Balanced Backyard Ecosystem and Its Insect Life, pp. 170-178 [SP]
- π Pests and Diseases Information Sheet (COMPANION PLANTING) [SP]



Additional Resource: Rodale's *Encyclopedia of Natural Insect and Disease Control*

**Reading for COMPANION PLANTING (to be done by 9/16):**

π *How to Grow More Vegetables, Companion Planting*, pp. 152-169

**Reading after Course:**

Booklet #27: *Growing Medicinal Herbs in as Little as Fifty Square Feet — Uses and Recipes. World Vegetables*, 2nd ed., by Vincent Rubatzky and Mas Yamaguchi. Chapman and Hall, 1997.  
*Cereal Crops* by Warren H. Leonard and John H. Martin. Macmillan, 1963.  
*East African Crops* by J. D. Acland. Longman, 1971.

All Ecology Action publications, Biointensive garden supplies and untreated heirloom seeds are available through Ecology Action's mail order service. Write for a free catalog (\$2.00 if outside the U.S.) to **BOUNTIFUL GARDENS CATALOG**, 18001 Shafer Ranch Road, Willits, CA 95490 or see [www.bountifulgardens.org](http://www.bountifulgardens.org).

You are also invited to visit Ecology Action's Educational Center and Organic Gardening Supplies Store in Palo Alto, California. Classes, library, and advice are available Tuesday through Saturday, from 10 a.m. to 5:30 p.m. and Sunday, from 10 a.m. to 5 p.m. at **COMMON GROUND GARDENING STORE**, 559 College Ave. (on the west side of El Camino Real, 2 blocks north of California St.), Palo Alto CA 94306. [www.commongroundinpaloalto.org](http://www.commongroundinpaloalto.org)