

Haliburton Farm presents the

EcoFarm School

Farming • Nutrition • Biodiversity

Program Overview

Haliburton Community Organic Farm offers an extraordinary combination of expertise, in [certified organic farming methods](#), [ecosystem restoration & biodiversity](#), and [holistic nutrition](#). This year we are launching an **EcoFarm School**, featuring a curriculum tailored to adult students wishing to learn organic farming within a place-based, ecological context. Coursework includes a unique mix of classroom instruction and hands-on farming, including farm business considerations; ecosystem and food handling practices. Special emphasis will be placed on Indigenous food systems and the role of native species in a certified organic farming environment.

The School runs three days a week (Monday, Friday & Saturday), 9am to 4pm, for 19 weeks starting March 24 and ending July 29 2017. **Tuition** is \$2500 for 2017 with a 10% discount if you register before Feb 28, 2017.

Students will receive **400 hours** of classroom and field instruction from our organic farming, biodiversity and nutrition lead instructors, guest experts, and Haliburton farmers, and field trips. About 20 hours of the time will be 1:1 time with one of the instructors/farmers for a final project of your choice. There will be some assigned reading and students will keep a daily journal, in addition to regular activities for hands-on practice. Although the curriculum is nearly finalized, we plan to ensure that specific student interests are considered. Students will have a growing space to practice farming techniques on the Farm and practical time working with the various farm businesses at Haliburton Farm.

Instructors

We have three wonderful, highly-qualified instructors that will provide hands-on training in the field and forest and classroom learning, supported by guest experts, and local field trips. The program integrates small-scale certified organic agriculture, holistic nutrition, and ecosystem enhancement/restoration.

Elmarie Roberts is lead EcoFarm School instructor for small-scale certified organic agriculture. Elmarie has been farming with Haliburton Farm since 2005 and ran the Haliburton Farm internship program that the current program expands upon. Elmarie has an extensive background in teaching and currently is the lead instructor for the Growing Food course at Haliburton Farm and runs her own certified organic farm business.

Rhona McAdam is lead EcoFarm School instructor for holistic nutrition. Rhona has a Masters in Food Culture and Communication from the Slow Food University of Gastronomic Science in Italy, has a Permaculture Design Certificate, and is a Registered Holistic Nutritionist. Rhona has written 10 books including *Digging the City: An Urban Agriculture Manifesto*, and runs a nutrition counselling and training business, Go Local Nutrition. She is Senior Educational Advisor at the Canadian School of Natural Nutrition in Nanaimo, where she teaches Eco-Nutrition. A longtime volunteer at Hali, she manages the farm's Community Supported Agriculture program.

Kristen Miskelly is lead EcoFarm School instructor for ecosystem restoration/enhancement. She is a biologist who specializes in the restoration and botany of southeastern Vancouver Island ecosystems. Kristen operates Saanich Native Plants, a native plant nursery at Haliburton Farm and is also one of the creative forces behind the Haliburton Biodiversity project, leading volunteers in the extensive restoration (rescue!) of a transient wetland and the re-creation of a Garry Oak meadow on Haliburton farmlands. Kristen regularly teaches courses in botany, ecological restoration, and naturoscaping.

Check for program updates at <http://haliburtonfarm.org/education/haliburton-ecofarm-school/>

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Example EcoFarm School Program Content

The 2017 program may vary from what is below, but this is indicative of the program that will be offered. Guest speakers listed are confirmed.

Week	Theme - Dates	Program Content	Hands-on Activities, Field Trips, Guest Experts
1	Welcome & Introductions March 24, 25	<ul style="list-style-type: none"> • Welcome; introduction to program and instructors • Place-based learning: Cordova Bay area and Haliburton's farming history • Roles of incubator and community farms • Ecological context of farming • Nutritional aspects of agriculture 	Haliburton Farm tour Meet the Haliburton farmers Site preparation: Your growing space on Haliburton Farm Introduction to methods for biodiversity
2	Agriculture Systems & Health I March 27, 31, April 1	<ul style="list-style-type: none"> • Organic farming systems: Principles, challenges; Benefits of organic certification • History of agriculture globally: Effects on ecology, biodiversity, human and soil health • Intro to biodiversity and restoration 	Choose your program project, such as a crop(s) to grow and the related topic to explore (e.g., its ecological significance, nutritional value, or cultural role). Instructors have more project ideas to consider & will provide you with active help. Guest Expert: Elizabeth Vibert - Haliburton's sister farm in Africa
3	Water is Life April 3, 7, 8	<ul style="list-style-type: none"> • Nutritional aspects of water: Human health, plants and soil • Significance of wetlands and watersheds (amphibians & reptiles at Haliburton Farm) • Farm irrigation: Considerations & systems • Introduction to native plants 	Guest Expert: Dr. Purnima Govindarajulu - wetlands and watersheds walk Examine types of irrigation equipment on the farm Guest Expert: Irrigation supplier demonstrating options and systems Hands-on restoration practice
4	Agriculture Systems & Health II April 10 (& Easter break)	<ul style="list-style-type: none"> • Introduction to Indigenous Food Systems • Coast Salish food systems 	Guest Expert: In the field with Jared Williams, Cowichan Tribes
5	Earth Week - Year 'Round	<ul style="list-style-type: none"> • Organic farm equipment and infrastructure 	Build a hoop house

	April 21 & 22 (& Easter break)	<ul style="list-style-type: none"> • Season extension • Agricultural food safety - Antibiotic resistance, food-related illnesses • Native plant propagation • Forest ecology 	<p>Guest Expert: Shawn Dirksen, Northstar Organics, greenhouses & hoop houses</p> <p>Guest Expert: Forest walk with Andy MacKinnon</p>
6	<p>Farm Business & Marketing</p> <p>April 24, 28, 29</p>	<ul style="list-style-type: none"> • Farm business: planning for the year, marketing • Fundamentals of nutrition - soil to plant to plate 	<p>Brand and marketing strategy for your farm</p> <p>Guest Expert: Eve Hughes - Food Safe workshop (you will complete certification)</p> <p>Field trip: Farmers' markets</p>
7	<p>Food Ecosystems</p> <p>May 1,5,6</p>	<ul style="list-style-type: none"> • Native plant identification workshop • Aquatic insects of Haliburton Farm • Vegetable & fruit propagation techniques 	<p>Hands-on: Seeding, planting, soil-blocking, transplanting, succession planting, pollinator-friendly gardens</p> <p>Field Trips: Spring Ridge Commons; Mason Street Farm</p>
8	<p>The Magic of Soil</p> <p>May 8, 12, 13</p>	<ul style="list-style-type: none"> • Soil testing • Composting methods, green manures • Native plant propagation & seed identification 	<p>Build 3 different compost systems</p> <p>How to link food plot maintenance with stacking systems</p> <p>Field trip: Fruit trees, transition to organic farming</p>
9	<p>Ecosystems Above & Below</p> <p>May 15, 19, 20</p>	<ul style="list-style-type: none"> • Soil food web • Intro to ethnobotany • Integrated Pest Management 	<p>Field trip: Cowichan Garry Oak Preserve and Mt. Tzouhalem Ecological Reserve</p> <p>Building raised beds, mulching</p> <p>Build a bee watering station to take home</p> <p>Guest Experts: Ethnobotany with John Williams and Earl Claxton Jr., Tsawout Nation</p> <p>Christina Nicolic: The Organic Pantry</p>
10	<p>EcoFarms in Action</p> <p>May 26, 27 (May long weekend)</p>	<ul style="list-style-type: none"> • Planting a native hedgerow • Organic farm/nursery business examples • Butterflies and moths of Haliburton Farm 	<p>Planting hedgerows</p> <p>Design and build habitat for pollinator vegetable gardens</p> <p>Field trip: Growing bigger - A Haliburton farmer success story</p>
11	<p>Big Rewards from Small Spaces</p> <p>May 29, June 2, 3</p>	<ul style="list-style-type: none"> • Ecological restoration techniques & examples • Containers and vertical gardens • Birds of Haliburton Farm 	<p>Haliburton Biodiversity Workparty</p> <p>Planting and managing container gardens</p> <p>Meadowscaping Workshop</p>
12	<p>Communities Everywhere</p> <p>June 5, 9, 10</p>	<ul style="list-style-type: none"> • Community supported agriculture • Native pollinators • Native food plants • Mammals of Haliburton Farm 	<p>Field trip: Community Supported Agriculture</p> <p>Preparing Native Foods Workshop</p> <p>Guest Expert: Habitat Acquisition Trust</p>
13	<p>Design for the Triple Bottom Line (people, planet & profit)</p> <p>June 12, 15, 16</p>	<ul style="list-style-type: none"> • Permaculture • Designing for biodiversity 	<p>Field trip: Permaculture & sustainable farming examples</p> <p>Guest Expert: Permaculture with Hannah Roessler</p> <p>Guest Expert: Design for Biodiversity with Dr. Lora Morandin</p>

14	Harvest to Table June 19, 23, 24	<ul style="list-style-type: none"> • Harvest and post-harvest • Entomology for farmers • Invasive species management 	Field trip: Selling at Moss Street Farmers' Market with Haliburton farmers Farmers' Feast
15	Maintenance & Management with the Future in Mind June 26, 30 (Canada Day stat)	<ul style="list-style-type: none"> • Growing without water • Pruning • Native plant and seed harvesting • Designing an ecological vegetable & fruit garden 	Fruit tree pruning practice Guest Expert: The Potato Project & Climate with Dr. Richard Hebda Harvest vegetable and fruit seeds
16	Food Choices & Needs July 3, 7, 8	<ul style="list-style-type: none"> • Growing for alternative diets • Health, nutrition and alternative diets 	Field trip: Ecovillage (TBC) Workshop: Foods for special diets Genetically-modified food debate
17	Food Preservation July 10, 14, 15	<ul style="list-style-type: none"> • Ethnobotany & traditional foods • Food storage, processing & preservation 	Build a food storage bin Food workshops: Canning & preserving; Native plant preserves; Fermentation Guest Expert: Leigh Joseph, Squamish Nation
18	Seeds, Glorious Seeds July 17, 21, 22	<ul style="list-style-type: none"> • Seed biology, harvesting, packaging, sharing • Seed libraries - Introducing the Victoria Seed Library 	Food workshop: Cooking with seeds & beans Field trip: Horticulture Centre of the Pacific Design your own seed package
19	Wrap-Up & Celebration July 24, 28, 29	<ul style="list-style-type: none"> • Organic certification • Preparing for winter crops and soil rest 	Guest Expert: Island Organic Producers Association Student Final Project presentations Year End Feast