

**EcoFarm Fall Fundamentals** Fri 20 Oct to Tues 24 Oct 2017



**Ecofarm Fall Fundamentals - Farming for people, planet, and profit** A special hands-on experience. Learn the benefits of certified organic agriculture, how to restore and enhance on-farm biodiversity, and key connections with human health.

The Fall 5-day course includes fundamental skills for growing crops - plant propagation, issues in the field, crop planning, harvest, storage and food preservation. Plus, local ecology and techniques for farm ecosystem enhancement that improve crop yield and

After the 5 days of the Fall EcoFarm course, students will be able to:

- Grow good food using certified organic methods
- Build and maintain healthy soils
- Balance ecosystem health with food production
- Describe links between food growing methods and nutrition
- Identify and propagate edible native plant species
- Approach 'pests and weeds' with sustainable control methods
- Explain how preservation methods affect food nutrient value
- Create a crop management plan for the year
- Harvest, store, and preserve healthy food
- Describe certified organic food market opportunities

Complimentary, short internships at Haliburton Farm may be available upon course completion.

EcoFarm Fall Fundamentals is now open for registration at:  
<https://secure.royalroads.ca/cscourses/ecofarm-fall-fundamentals>

Free information session on the Farm at 741 Haliburton Rd,  
Saanich, Sunday 10 September, 2017 from 11am to 1pm

# EcoFarm: Fall Fundamentals - Syllabus



## Day 1: What *is* EcoFarming?

**Welcome and Introduction to the EcoFarm School at Haliburton Farm:**

- Sustainable Small-scale Farming Practices**
- Ecosystem Restoration and Enhancement at Haliburton Farm**
- Links Between Food Quality and Human Health**
- Ecological context and History of Organic Agriculture on Southern Vancouver Island**



## Day 2: EcoFarm Communities Above & Below

**In the Field: History of Soil at Haliburton Farm**  
**Hands-on Soil Building and Management**  
**Connections: Nutrition, Food Systems, and Biodiversity**  
**Introduction to Edible Native Plants and their Propagation**



## Day 3: Food for Everyone & Everything

**Ecosystem Restoration and Enhancement Techniques**  
**Making a Wildflower Meadow**  
**Introduction to Indigenous Food Systems**  
**Hands-on Planting Seeds/Transplanting Starts**  
***The Big Picture: Planning for Business Success* - Michael Nyberg, New Mountain Farm**  
**Hands-on: Fall Crop Planning and Rotation**



## Day 4: Harmony

***Plants, Foods, and Medicines of the Saanich Peninsula* with John-Bradley Williams (WSÁNEĆ and Ahousat Nation)**  
**Hand Tools + Techniques for All-Season Certified Organic Agriculture**  
**Hands-on: Thoughtful Control of 'Weeds' and 'Pests'**



## Day 5: Business of EcoFarming

**Tour and Demonstration: The Harvest**  
**Markets and Marketing for Certified Organic Food**  
**Hands-on Processing: Canning and Other Preservation Methods**  
***Packaging Innovation* - Toni Desrosiers, Founder, Abeego**