

THE ZERO MILE DIET

12-Steps to Sustainable Home Grown Food Production

As gardeners, we can take the load off the planet by growing more food – and it's easier than you might think. In this inspiring course, well known organic gardener **Carolyn Herriot** shares tips and techniques for creating edible landscapes which provide organic vegetables, fruits and herbs year-round. This course will help you play a part in the expanding "Grow Your Own Food" movement.

Regional food production creates food security with sustainable local food systems. Healthy soil grows nutritious food, which nurtures healthy communities. Safeguarding food seeds is integral to local food production & greater food security.

The Garden Path offers the perfect venue and resources to discover ways to eat healthy, be naturewise, and enjoy the best food possible - that which you have grown yourself.

Participants are encouraged to grow fruits and vegetables at home while benefiting from their hands-on experience at The Garden Path growing food and saving seeds.

"Simply the best gift I could have given to myself and my family. An amazing course with ongoing support through all the seasons and stages of planning, growing and harvesting the medicine we call food. I would love to see all families have the opportunity to learn with Carolyn".

Lisa Lundy (2008 student)

Classes begin March 14th 2009
until October 17th 2009

Saturdays 1:00pm-4:00pm

Fee \$650 (plus GST)
Includes textbook and handouts

**This course includes field trips,
greenhouse sessions and outdoor
classes.**

**Individual Sessions
may be attended for \$50
(Space allowing)**

Classes in the Forest House at:

**THE GARDEN PATH CENTRE
395 Conway Road
Victoria, BC
V9E 2B9**

<http://www.earthfuture.com/gardenpath>

Free Parking

Register

by Email: thegardenpath@shaw.ca

Or by calling: 250-881-1555

THE ZERO~MILE DIET

12 STEPS TO SUSTAINABLE HOME GROWN FOOD PRODUCTION

**AN ORGANIC
APPROACH TO
GREATER FOOD
SELF SUFFICIENCY**

Presented by
Carolyn Herriot



Course Outline (On Saturdays from 1 to 4pm)

1. From the Ground Up

Class March 14th

Explore the foundation of productive healthy organic food gardens – the soil food web of life. Understand the importance of feeding and building the soil, companion planting, crop rotations and the vital role of wildlife.

Composting Systems

Outdoor Class March 28th

Learn how to make the best 'black gold' ever and build a 3-bin composting system using free recycled materials. Bring your hammer!

2. Cool Weather Crops

Class /Greenhouse April 4th

Productive gardens require forethought and planning. In this class we will decide what to grow and learn what we need to know to grow it. We will plan the spring/summer garden for harvests we want to enjoy early.

The Spring/Summer Food Garden

Outdoors Class April 25th

After choosing which plants to grow, we will transplant them into a lasagna garden built from free organic waste materials. Find out how to make a lasagna garden with no tilling, digging, feeding or weeding.

3. Grow Your Best Tomatoes Ever!

Class May 2nd

Get all Carolyn's secrets for growing really great tomatoes! Then meet her favourite heritage tomato varieties and you'll know how to grow your best tomatoes ever.

4. The Summer/Fall Garden

Class/ Greenhouse May 16th

In today's uncertain climate heat loving food plants require special attention. In this class we will first discuss and then seed the summer/fall garden for 'heat lovers' such as amaranth, basil, beans, squash and corn.

5. Backyard Fruits & Berries

Class /Outdoors June 14th

Establishing a small fruit tree orchard and growing a diversity of small fruits and berries requires a little knowledge. Learn how to fill your freezer and pantry with organic fruits from your garden for winter.

6. Backyard Chickens

Class June 27th (Field Trip tbc)

A flock of laying hens keeps you stocked with fresh free-range eggs for relatively little effort. Our 'girls' do more than just produce eggs. Discover the benefits of a backyard brood from pest control to soil building and get to cuddle up to a chicken!

7. Organic Pest & Disease Control

Class July 11th (Bring samples)

Organic solutions to pesky problems are explored in this class. From slugs to tomato blight, discover organic methods to keep your garden healthy and productive throughout the year.

8. The Winter Food Garden

Class /Outdoors July 25th

In this region we can grow 50 varieties of cold hardy vegetables (without protection) to harvest throughout winter. Meet some of the characters before going outdoors to seed some in preparation for transplanting.

9. Preserving The Harvest

Class August 15th

Year round food production means preserving the fruits of our labours. Drying, bottling, canning and preserving extend the harvest into winter and beyond. Bring your apron and favourite chopping knife and board for this one!

10. Saving Your Own Seeds

Class Sept 5th

With its unique microclimate, there's no better start for a garden than the seeds saved from that garden. With impending climate instability, bio-regionally adapted seeds offer greater reassurance for a productive harvest. Create greater food security by saving seeds, preserve plant genetic diversity and save a fortune at the same time!

11. Planting Great Garlic

Class October 3rd

Garlic is a health-giving sustainable crop, which reproduces readily and is relatively easy to grow. October is the month to plant garlic so after learning about it, we will plant some outdoors in the garden.

12. Sprouting Seeds

Class October 17th (Bring recipes)

No food has greater vitality than sprouted seeds, and nothing is simpler to prepare than seed-based dishes. Learn how to sprout a variety of seeds easily and economically, and to prepare delicious meals using quinoa, couscous, bulghar wheat and other healthy grains.