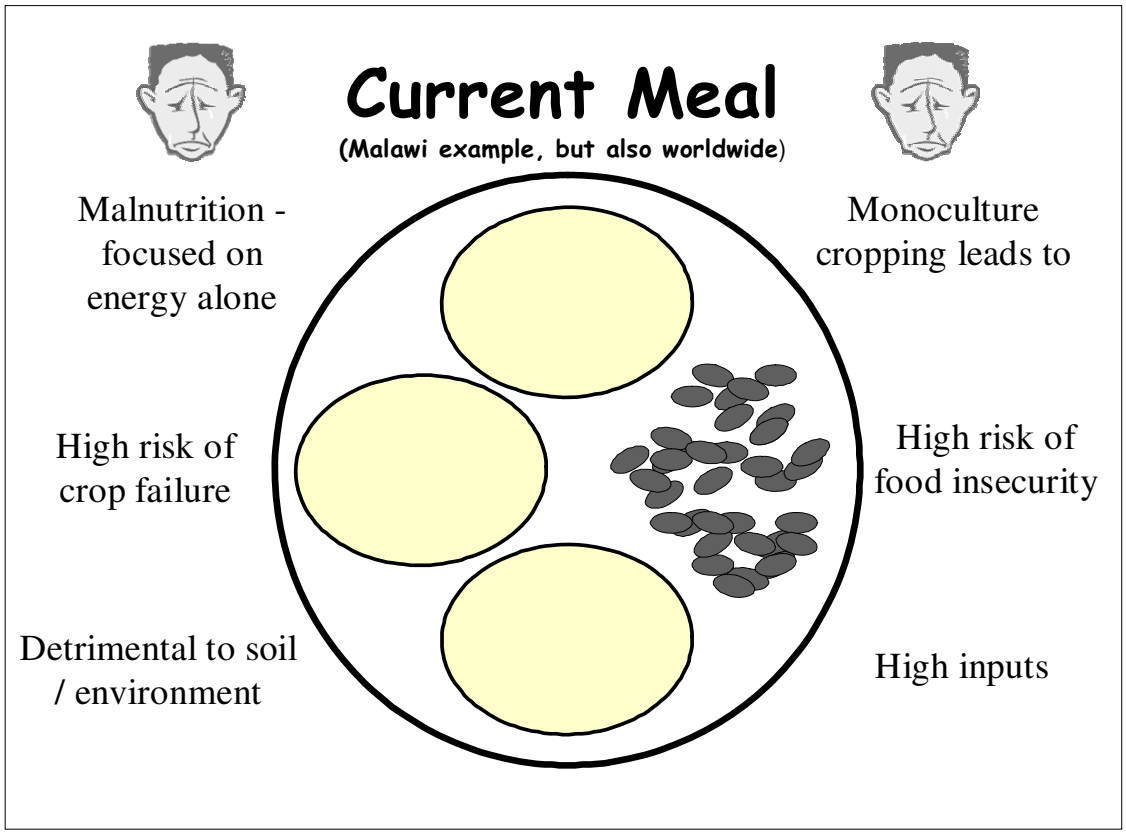
Appendix

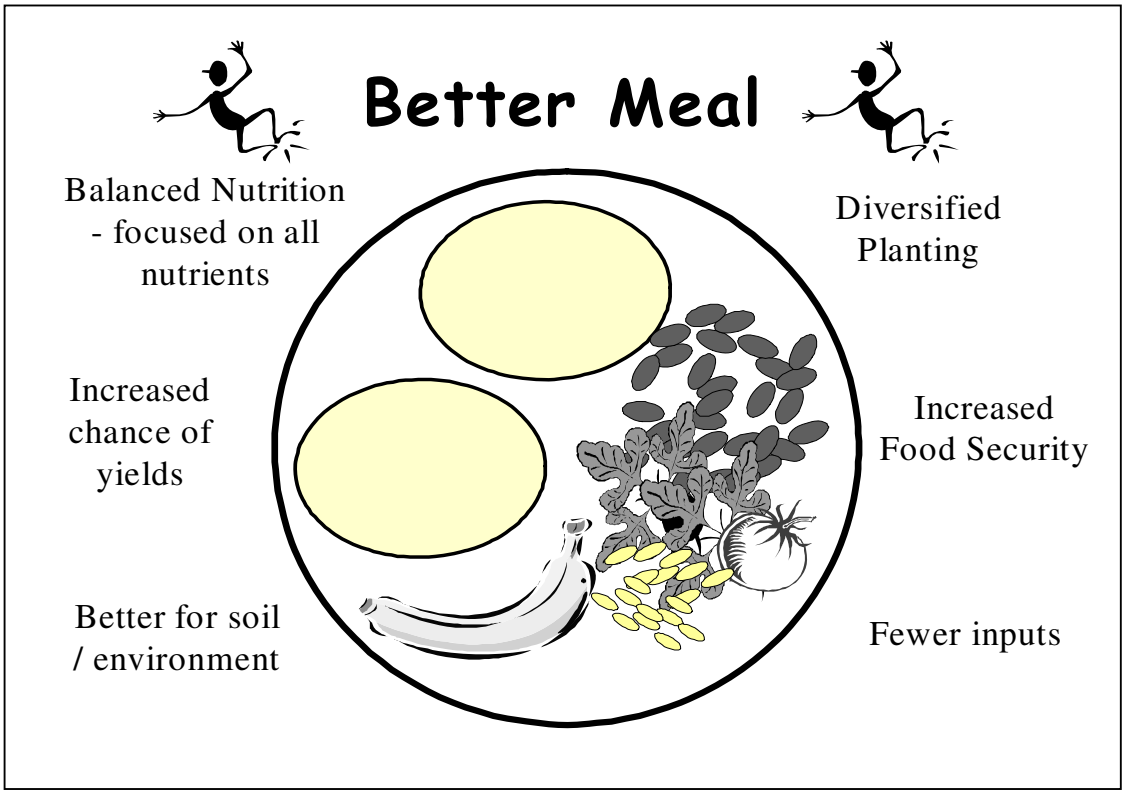
☑ Handouts and Posters

All the handouts and poster provided on the following pages are free to be used and adapted for non-profit purposes. Please give credit to this manual and/or the original authors and artists as appropriate.

The order of the handouts is roughly the order they were covered in the manual.

Current Meal vs. Better Meal Handout





Source: Permaculture Nutrition Manual 2004 edition, Stacia & Kristof Nordin, nordin@eomw.net

Cycle of Dependency Handout

1.) New Crop, Maize: Farmers are encouraged to abandon traditional food sources for higher yielding hybrids such as maize.

2.) Change in diet: Maize takes over as the crop of choice. Early yields, as promised, are extremely high.

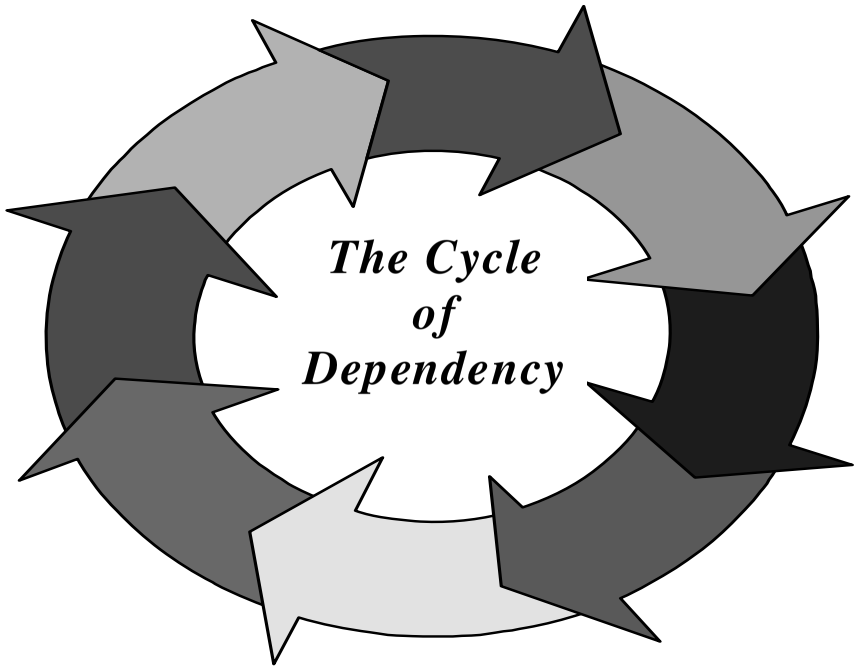
3.) Money Required: The higher yields, however, carry a price. Hybrid seeds are not self-replicating and therefore need to be repurchased each year. Maximum growth is encouraged through the use of expensive chemical fertilizers.

4.) Soil Destroyed Successive maize crops on the same soil combined with the "slash and burn" method of preparing for each year's planting begins to take its toll. As less organic matter is added back into the nature cycle, more chemical fertilizer is needed to maintain the yields.

5.) More fertilizer, less money: Local farmers are forced to sell off more and more of their yields in order to cover the costs of the increased demand for artificial fertilizer and new seed. Less food ends up being saved each year as more ends up being sold.

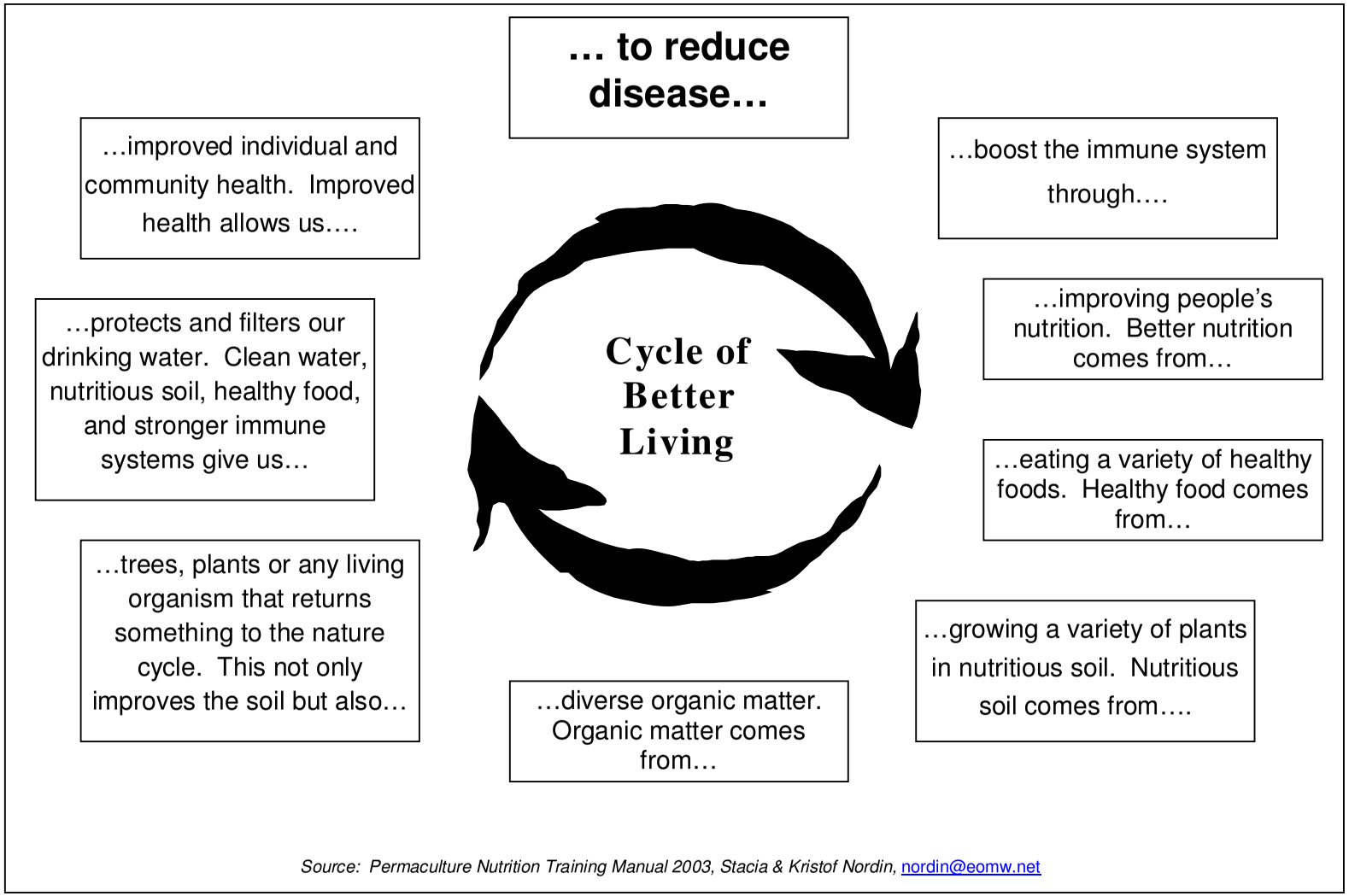
6.) Dependent on Inputs Farmers end up caught in a "cycle of dependency" where each year they are dependent on buying seed and chemical fertilizer to ensure a harvest. Many find that they can barely afford to produce enough maize to meet both their food needs and their expenses.

7.) Forgotten alternatives Over reliance on a single crop causes susceptibility to drought, pestilence, crop disease, and a poor diet—which in turn increases vulnerability to malnutrition and human diseases. As this dependency grows, alternatives disappear. The knowledge of indigenous plants that had once been used or grown as food crops slowly fades out of memory, and people become locked even deeper into this detrimental cycle.



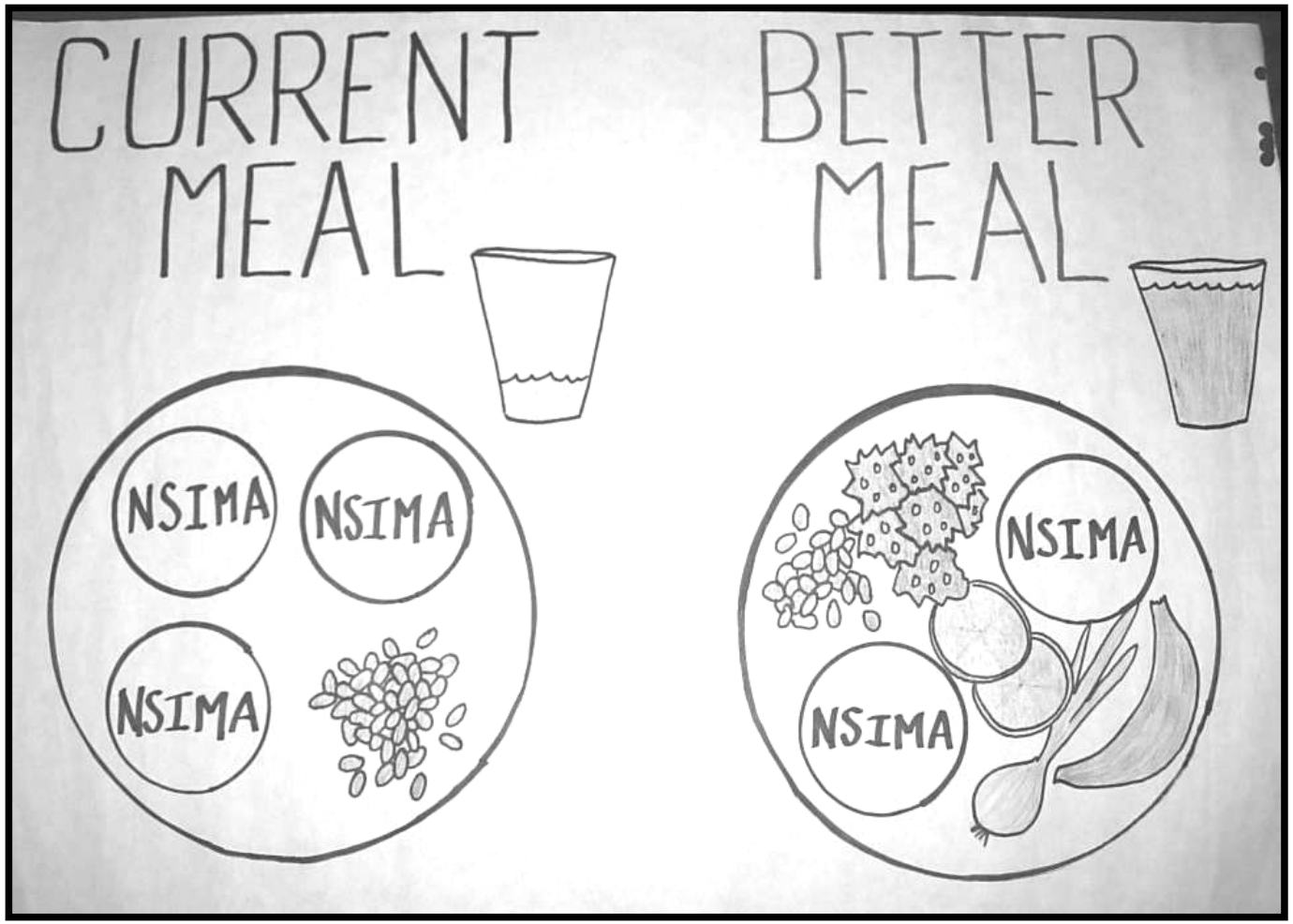
Source: Permaculture Nutrition training manual, draft 2003, Stacia & Kristof Nordin, nordin@eomw.net

Cycle of Better Living Handout



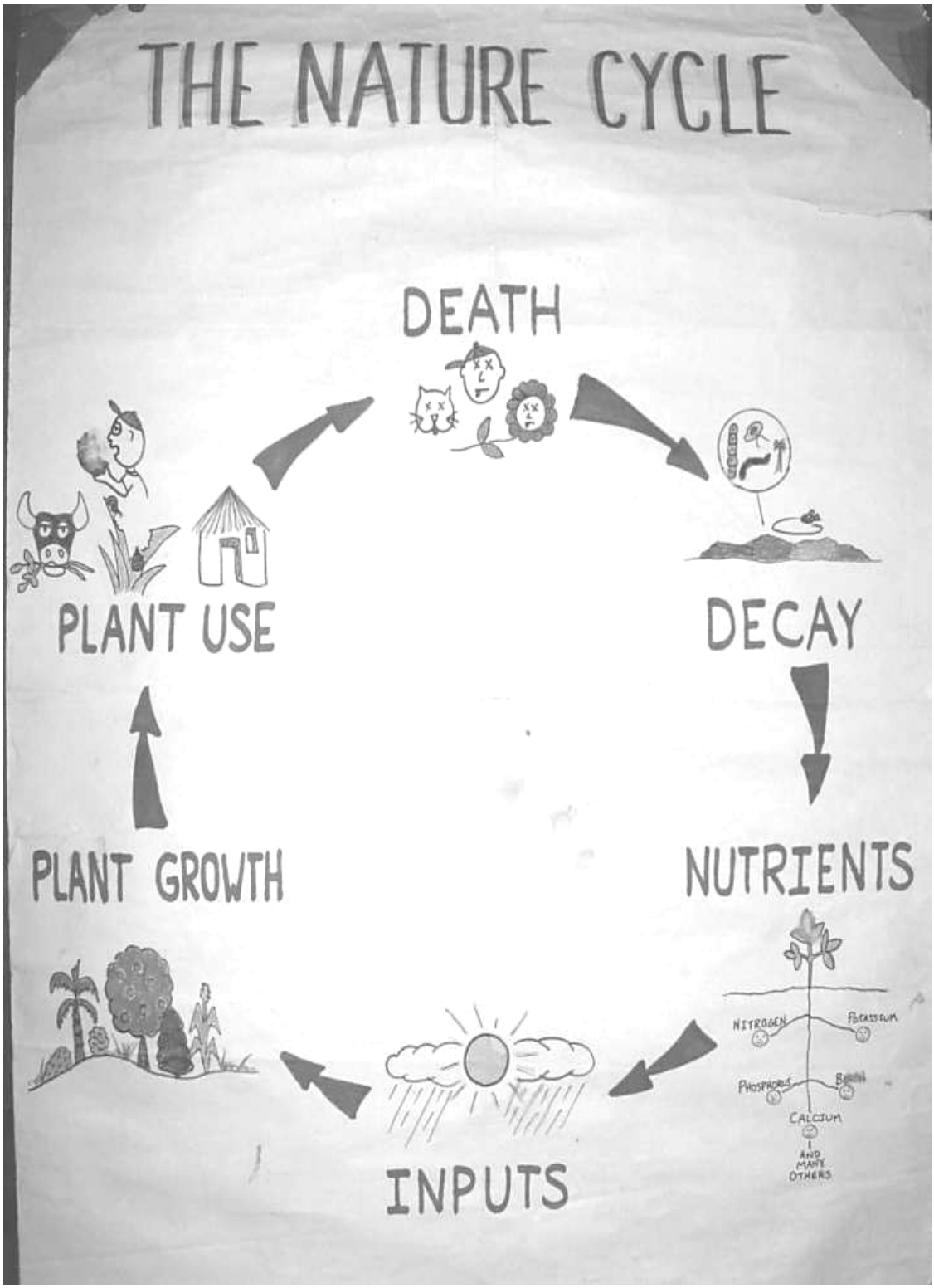
Source: Permaculture Nutrition Training Manual 2003, Stacia & Kristof Nordin, nordin@eomw.net

Current Meal Better Meal Poster



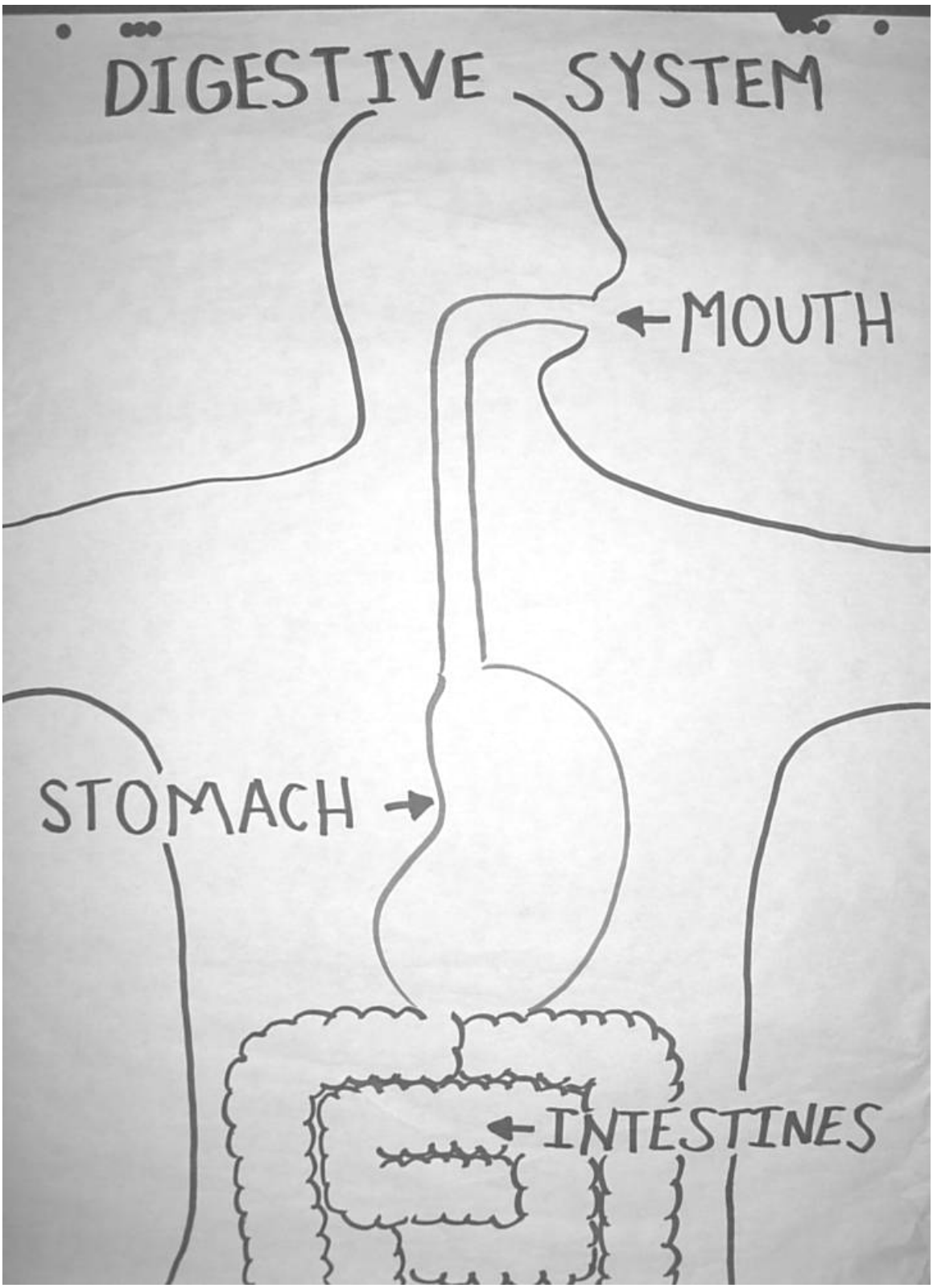
Source: Permaculture Nutrition Training Material 1999. Kristof & Stacia Nordin, nordin@eomw.net

The Nature Cycle Poster



Source: Permaculture Nutrition Training Material 1999. Kristof & Stacia Nordin, nordin@eomw.net

Digestive System Poster



Source: Permaculture Nutrition Training Material 1999. Kristof & Stacia Nordin, nordin@eomw.net