

Two-Day Intro to Permaculture Outline

Day One

8:30am-10:00am

Introductions and logistics/schedule

- I. Sustainability (15 minutes)
 - A. Sustainability is...(activity w/group discussion)
- II. Hungry Season Factors
- III. Current situation in Malawi
 - A. Cycle of Dependency (25 min)
 - a. historical perspective
 - b. current food/nutrition insecurity situation
 - B. Cycle of Better Living (25 min)
 - a. solutions for breaking cycle of dependency
 - b. tapping into Malawi's potential
 - C. Current Meal Vs. Better Meal (25 minutes)
 - a. nutritional differences
 - b. six food groups vs. three

10:00am-10:30am Natural Tea Break

10:30am-Noon

- I. Importance of using local resources (25 minutes)
 - A. tie-in to sustainability exercise
 - B. low-to-no input
 - C. adaptability, resistance, food/nutrition security, and yields
- II. Barriers to use of local resources (25 minutes)
 - A. Stigma on local foods
 - B. Loss of indigenous knowledge
 - C. Mixed messages from leaders, NGOs, donors, etc.
 - a. maize aid vs. food aid
 - b. subsidies and starter packs
 - c. hybrids and GMOs
- III. Local Food Display (40 minutes)
 - A. Local food resources
 - B. Six food groups
 - C. Income generating ideas
 - D. Preservation/Storage
 - E. Seed Collection

12:00-1:30pm Lunch

1:30pm-3:00pm

- I. Introduction to Permaculture (30 min)
 - A. What is it?
 - B. Where did it come from?
 - C. How can it help Malawi?
- II. Nature cycle (30 min)
 - A. What comprises the nature cycle?
 - B. What's happening here?
- III. Nature Cycle Activities (30 min)
 - A. Cycles of nature activity sheet

- B. Circle of Life activity

3:00pm-3:30pm Natural Tea Break

3:30-4:30 Nature walk (one hour)

Day Two

8:30am-10:00am

- I. Introduction to nutrition (30 min)
 - A. Why we eat the way we do
 - a. knowledge of healthy eating
 - b. nutrition myths – double bananas, lemons dry blood, sobo builds blood, etc
 - c. agriculture / environment
 - d. culture – father first & best, children last & worst
 - e. diseases – cycle of malnutrition, especially with HIV
 - B. Nutrient Village
 - C. Protecting & improving nutrient value
- II. Planning Ahead (30 min)
 - A. Year-round availability activity

10:00am-10:30am Natural Tea Break

10:30am-Noon

- I. Introduction to Guilds (45 min)
 - a. What are they? (food, groundcover, nitrogen fixers, climbers/supporters, protectors, diggers/miners)
 - b. What are their benefits?
 - c. How are they implemented?
 - d. Guild activity
- II. Guild Activity (45 min)

12:00-1:30pm Lunch

1:30pm-3:00pm

- I. Soil (45min)
 - A. What is it?
 - B. How can we protect and care for it?
 - C. Composting and mulching
- II. Water (45 min)
 - A. The four “S’s”
 - B. Harvesting and managing
- III. Guild Observations and Discussion

3:00pm-3:30pm Natural Tea Break

3:30pm-4:30pm

- I. Communication Activity
- II. Taking it Home
 - A. Learning local resources
 - B. Be a role model
 - C. Be willing to teach
 - D. Cross-sector collaboration
 - E. Creative cooking demonstrations
 - F. Teaching techniques
 - G. Other