

John Jeavons Presents:
An Introduction to GROW BIOINTENSIVESM Sustainable Mini-Farming
ONE -DAY WORKSHOP
Sunday, February 10, 2019 Olympia, WA
8:30 AM-5:30 PM

INFORMATION FOR APPLICANTS

We are pleased to learn of your interest in John Jeavons' independently-given 1-Day Workshop in Closed-Loop GROW BIOINTENSIVE[®] Sustainable Mini-Farming. This course offers an excellent opportunity to acquire a wealth of information on the most efficient gardening method we know. The information has been gathered from over 47 years of research. GROW BIOINTENSIVE is currently in use in over 150 countries around the world—in virtually all climates and soils where food is grown.

The 1-Day Workshop is a thorough introduction to GROW BIOINTENSIVE Mini-Farming, appropriate to a more self-reliant lifestyle, and for work in developing countries. The program will consist of lectures and question periods and will include a full range of information on Sustainability and Efficient Resource Use, Crops and Diet, Fertilization, Compost and Compost Crops, Soil Preparation and Seed Propagation as well as the perspective to tie all of these aspects of the method together. The workshop content covers introductory, and some intermediate and advanced material. About half of this workshop is in lecture and classroom work. Transportation should be scheduled so that participants can remain through 5:30 p.m. on Sunday.

To ensure that everyone leaves the workshop with the fullest range and depth of information possible, we must assume that all participants have read the publications listed under Required Reading in this brochure. For purchase options, see *Reading*, below.

John Jeavons is the Director of Ecology Action. Ecology Action is a non-profit organization, working to rediscover the techniques and scientific principles involved in the resource-conserving, life-giving regenerative and sustainable GROW BIOINTENSIVE method. These millennia-old practices are an important element in the solution to the problems of the planet. The first phase of Ecology Action's research focused on the techniques and economic aspects of **income crop growing**, while the second phase was devoted mainly to 'breaking the code' for sustainable crops for a **complete balanced diet**. It is Ecology Action's forty-eighth year of GROW BIOINTENSIVE work; our current focus is on refining the process of **growing food and income on a closed-loop basis, meaning that soil fertility is developed and maintained sustainably from within the growing area**. GROW BIOINTENSIVE classes and workshops encourage gardeners from many corners of this country (and around the globe) to find food and farming solutions appropriate to their own situation. Our goal is to teach people to find a way to live lightly on the planet, so that the planet's resources can be enjoyed by all, now and into the future. We look forward to working with you in this workshop!

Workshop Location:

Olympia, WA - Evergreen College.

Sunday, February 10, 2019 8:30AM-5:30PM

Check johnjeavons.org/workshops for updates.

Presenter

JOHN C. JEAUVONS, *President and Executive Director, Ecology Action of the Mid-peninsula*

5798 Ridgewood Road, Willits, California 95490 USA

E-mail: johnjeavons@growbiointensive.org

Professional Experience

- Ecology Action of the Midpeninsula, President and Executive Director of this non-profit education and research organization with centers in Willits and Palo Alto, California, 1971-Present
- Development and implementation of the Willits GROW BIOINTENSIVE Sustainable Mini-Farming Center for Research, Education and Development, 1982-Present
- Director of Ecology Action Publications, authored, co-authored, and edited numerous books, articles, pamphlets and research papers on sustainable agriculture, 1972-Present
- Development of the Ecology Action Research Mini-Farm at Syntex in Palo Alto, California, 1971-1980
- Stanford University Libraries System Business Services Chief, 1969-1970
- Kaiser Aerospace & Electronics Corporation Project Engineering Administration, 1967-1968
- Agency for International Development Special Staff Coordinator, 1966-1967

Education

Yale University, New Haven, CT, Bachelor of Arts, Political Science with additional focus in Geography

Long-term Research Goal

Raising food using 12%-33% the water, 1%-6% the energy and 0%-50% purchased nutrient in organic fertilizer form per pound of food produced in comparison with United States commercial agriculture, while maintaining sustainable soil fertility.

Professional Memberships

- Member, Academia Mexicana de Investigación en Demografía Media A.C.
- Member, Board of Directors, Alan Chadwick Society

- Advisory Board Member of the American Wine and Food Institute
- Advisory Board Member of the Smith & Hawken Tool Company
- Advisory Board Member of the Mother Earth News Farm Magazine
- Advisory Board Member of Volunteers in International Service and Awareness (VIISA)
- Advisory Board Member of Fresh Start Farms Awards

Awards

- Boise Peace Quilt Award, 1988
- Santa Fe Living Treasure Award, 1989
- The Giraffe Award, 1989
- Steward of Sustainable Agriculture, 2000

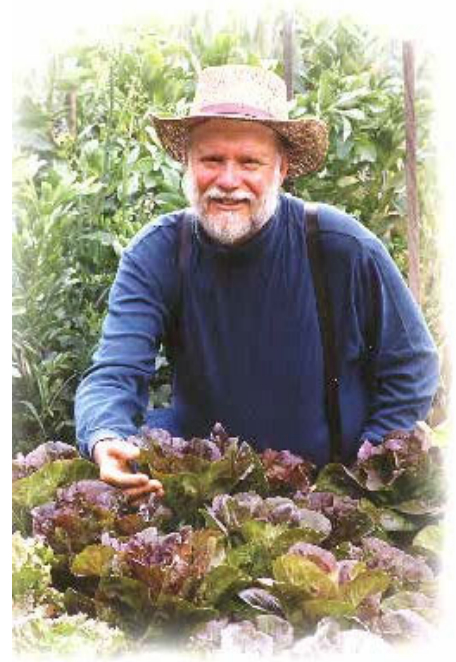
Nominations

- Noetic Sciences Altruism Award, 1992
- World Food Prize, 1993 and 1995
- Pew Scholars Program in Conservation and the Environment, 1995

Conferences and Regional Workshops Presented by Ecology Action/John Jeavons

**Soil, Food and People
Conference: A Biointensive
Model for the New Century**
March 27-29, 2000, at the University
of California-Davis—235
participants from 16 countries
and 24 states.

**6-day Biointensive Latin
American Workshop**
2006 in Costa Rica in conjunction
with the International Institute
for Cooperation in Agriculture
(IICA)—130 participants
from 19 countries.



John Jeavons at the Jeavons Center in northern California.

Publications: Author, Co-author and/or Editor

- 1972 Preliminary Research Report, Ecology Action, 1973.
- 1972-75 Research Report Summary, Ecology Action, 1976.
- Appropriate Agriculture, Intermediate Technology, 1977.
- Cucumber Bonanza, Ecology Action, 1979. (English and Spanish)
- One Crop Test Booklet: Soybeans, Ecology Action, 1980.
- A Perspective, Ecology Action, 1981.
- Grow Your Own Compost Materials at Home, Ecology Action, 1981. (English and Spanish)
- Comment Faire Pousser Plus De Legumes Que Vous Ne L'aurez Cru Possible Sur Moins De Terrain Que Vous Ne Puisse L'imaginer, Ecology Action, 1982 (second edition).
- Examining the Tropics: A Small-Scale Approach to Sustainable Agriculture, Ecology Action, 1982. (English and Spanish)
- The Backyard Homestead, Mini-Farm and Garden Log Book, Ten-Speed Press, 1983.

Resume for John Jeavons, Continued (publications)...

- Growing and Gathering Your Own Fertilizers, Ecology Action, 1984. (English and Russian)
- Mehr Gemuse Im Eignen Garten als sie jemals für möglich heilten, auf weniger Land als sie sich vorstellen können, Ecology Action, 1985. (1974 edition)
- One Circle: How to Grow a Complete Diet in Less Than 1000 Square Feet, David Duhon and Cindy Gebhard, Ecology Action, 1985.
- Biointensive Mini-Farming - A Rational Use of Natural Resources, Ecology Action, 1986. (English, Spanish, French, German, Russian, Chinese, Portuguese and Hungarian)
- Growing to Seed, Ecology Action, 1986 and 1999. (English and Spanish)
- Biointensive Micro-Farming— A Seventeen Year Perspective, Ecology Action, 1988. (English and Spanish)
- Foliar Feeding, Ecology Action, 1988. (English and Spanish)
- Green Manure Crops, Ecology Action, 1989. (English and Spanish)
- Micro-Farming as a Key to the Revitalization of the World's Agriculture and Environment, Ecology Action, 1989.
- GROW BIOINTENSIVE Composting and Growing Compost Materials, Ecology Action, 2004.
- Dried, Cut, and Edible Flowers for Pleasure, Food and Income, Ecology Action, 1990.
- Ecology Action's Comprehensive Definition of Sustainability, Ecology Action, 2005.
- Another Way to Wealth, Ecology Action, 1991.
- Cultivo Biointensivo de Alimentos, Ecology Action, 2004 (sixth edition).
 - Learning to Grow All Your Own Food: One-Bed Model for Compost, Diet and Income Crops, Ecology Action, 1991.
- One Basic Kenyan Diet: With Diet, Income and Compost Crop Designs in a Three-Growing-Bed Learning Model, Ecology Action, 1991.
- Kak vyraschivat' bol'she ovoschei, Ecology Action, 1999. (fifth edition)
 - The Sustainable Vegetable Garden, Ten Speed Press, 1999.
- Future Fertility -Transforming Human Waste into Human Wealth, John Beeby, Ecology Action, 1995.
- The Smallest Possible Area to Grow Food and Feed, Emmanuel Chiwo Omondi, Ecology Action, 1997.
- Growing Medicinal Herbs in as Little as Fifty Square Feet - Uses and Recipes, Ecology Action, 1995.
- How to Grow More Vegetables and Fruits, Nuts, Berries, Grains, and Other Crops Than You Ever Thought Possible on Less Land Than You Can Imagine. Ten Speed Press, 2006. (seventh edition) Spanish (sixth edition), German (first edition), Hindi (first edition), Arabic (fifth edition), French (second edition), and Russian (fifth edition). Over 550,000 copies in print (all editions) and in use in over 130 countries.
- Dig It! video, John Jeavons, 1997.
- Test Your Soil with Plants, John Beeby, Ecology Action, 1997.
- Biointensive Apprenticeship Possibilities, Ecology Action, 2005.
- Solar Water Heater, Jeff Smith and John Warner, Ecology Action, 2000.
- "Biointensive Sustainable Mini-Farming", Journal of Sustainable Agriculture, Vol. 19, No. 2, 2001, pp. 49-106.
- GROW BIOINTENSIVE SM Sustainable Mini-Farming Teacher Certification Program, Ecology Action Staff, Ecology Action, 2005.
- Designing a GROW BIOINTENSIVE Sustainable Mini-Farm—A Working Paper, Ecology Action Staff, Ecology Action, 2003.



REGISTRATION

Registration/payment must be completed no later than **February 7, 2019** for the February 10 workshop in Olympia, WA.

Participants are encouraged to apply as early as possible, as these workshops can fill well in advance.

Registration is completed online at johnjeavons.org/workshops

If you have difficulty using the online form, please email us at: contact@johnjeavons.org

Standard Single Registration Rates:

\$150 per person if received by January 10, 2019

\$175 if received January 11 – February 7, 2019 (Registration will not be accepted after February 7)

*Registration includes the Workshop Mini-Manual and training on how to use the information it contains to grow your own food and soil, as well as 2 tea/coffee breaks during the program. **Participants are responsible for their own meals and lodging for this workshop.***

Friends and Family Registration Rates (2 people registered and paid for at the same time):

We love to encourage family & friends to take this workshop together! Over the years, we have found that when our participants share this workshop experience and return home, they have an instant support network, and encourage each other to be involved in an enjoyable way. To help make this possible, we are offering a special “friends & family” discount for up to 2 people. When you sign up **TOGETHER**, the first registration is regular price, and the second registration is discounted (see below), with two participants sharing one workshop manual.

If payment is received by January 10, 2019, **Participant #1 pays \$150 and Participant #2 pays \$100, for a total of \$250 (\$50 less than two single registrations).**

If payment is received January 11 – February 7, 2019, **Participant #1 pays \$175 and Participant #2 pays \$125, for a total of \$300 (\$50 less than two single registrations).**

*2-person registration includes 1 copy of the Workshop Mini-Manual to be shared by the people who register together and extensive training on how to use the information it contains to grow your own food and soil; it also includes 2 tea and coffee breaks for each participant. **Participants are responsible for their own meals and lodging for this workshop.***

There is required reading for this workshop.

Please see *Reading* on the following page for a list of books and resources.

Cancellation Policy:

If a person cancels his/her workshop registration at least two weeks prior to the first day of the workshop, they will receive a refund of all but \$50 of the workshop fees. **After January 31, 2019 no refunds will be given.**

General Information:

Your understanding of the workshop will be enhanced if you know the following about your area: elevation, first and last frost dates, rainfall by month, monthly high and low temperatures. (See forms in *The Sustainable Vegetable Garden*. The County Ag Agent should be able to help you find this information.).

For information about similar workshops hosted by Ecology Action, see growbiointensive.org/events_main.html

Please bring your own lunch and a mug for hot liquids, a calculator and 2 pencils. The weather may be unpredictable, so check the weather reports before coming, and be prepared for cool weather in the morning, possible rain, or warmth at mid-day. Waterproof boots with good tread are desirable! *Tape recorders and video cameras are not permitted at the workshop.* Participants may bring a sheet of information on and/or photos of their garden/project, to be shared; please limit it to one 8.5”x11” sheet and include your name and location.

Feel free to write us at contact@johnjeavons.org about any concerns or questions, and we’ll do our best to get back to you in a timely manner!

READING

The list below contains required reading (and a list of optional but useful reading) for the 1-Day Workshop, which you should do before you come to the workshop, as well as other materials that you should bring with you. NOTE: In addition to the reading below, there is a *Workshop Mini-Manual* of key information (included as a part of your workshop registration), which will be handed out at the beginning of the workshop.

To order any of the following publications, please go to johnjeavons.org/workshops and follow the links under *Required Reading / Ordering Publications*

Required Reading (read before the Workshop, and bring with you):

The Sustainable Vegetable Garden - OR - How to Grow More Vegetables, 9th ed., 2017

Other Possible Reading (optional):

Practical Perspectives:

- ◆ The Backyard Homestead, Mini-Farm and Garden Log Book

Diet / Income:

- ◆ One Circle (especially pp. i-vi, 1-72, 125-128)
- ◆ EA Booklet #14: The Complete 21-Bed Biointensive Mini-Farm
- ◆ EA Booklet #15: One Basic Mexican Diet
- ◆ EA Booklet #25: One Basic Kenyan Diet
- ◆ EA Booklet #26: Learning How to Grow All Your Own Food
- ◆ EA Booklet #28: The Smallest Possible Area to Grow Food and Feed
- ◆ EA Booklet #36: An Experimental 33-Bed GROW BIOINTENSIVE Mini-Farm: Growing Complete Fertility, Nutrition and Income

Composting:

- ◆ EA Booklet #32: GROW BIOINTENSIVE Composting and Growing Compost Materials

Research Perspective:

- ◆ EA Booklet #1: Cucumber Bonanza

Saving Seeds:

- ◆ EA Booklet #13: Growing to Seed (rev. ed. 1999)

Flowers and Herbs:

- ◆ EA Booklet #18: Cut, Dried and Edible Flowers for Income, Pleasure and Taste
- ◆ EA Booklet #27: Growing Medicinal Herbs in as Little as Fifty Square Feet—Uses and Recipes

Human Waste:

- ◆ Future Fertility —The Transformation of Human Waste into Human Wealth

Fertility:

- ◆ EA Booklet #29: Test Your Soil with Plants!

Questions To Ask When Beginning To Farm:

- ◆ EA Personal Booklet #1: Another Way to Wealth

Teacher Training:

- ◆ EA Booklet #30: GROW BIOINTENSIVE Sustainable Mini-Farming Teacher-Training and Certification Program

SCHEDULE

JOHN JEAUVONS PRESENTS: An Introduction to GROW BIOINTENSIVE® Sustainable Mini-Farming
One-Day Workshop – Olympia, WA – February 10, 2019

TIME	TOPIC
8:30—9:00	Welcome/Introduction to the Bios and Schedule/Name Tags/Micro-Manual/Evaluations
9:00—9:30	Perspective for Food-Raising “For the Future: Now” Power Point Presentation
9:30-10:15	History of GROW BIOINTENSIVE Sustainable Mini-Farming; 8 Elements and the 60/30/10 Planning Model
10:15-10:45	First Element: Soil Preparation and Double-Digging and the AWOMB Concept
10:45-11:05	<i>Break</i>
11:05-11:35	Second Element: Compost and the All Compost is Not Equal Concept with Handout
11:35-11:55	Third Element: Close Spacing and Seed Propagation
11:55-12:15	Fourth Element: Companion Planting
12:15-12:35	Fifth Element: Carbon and Calorie (60%) Crops and the “All Carbon and Calorie Crops are Not Equal” Concept with Handout
12:35-12:55	Sixth Element: Special High-Calorie Root (30%) Crops and Vitamin and Mineral (10%) Crops plus Income Crops
12:55-2:05	<i>Lunch</i>
2:05-2:25	Seventh Element: Open-Pollinated Seeds
2:25-2:45	Eighth Element: A Whole System
2:45-2:55	Walk to <i>Demonstrations</i>
2:55-3:25	<i>Double-Digging</i>
3:25-3:40	<i>Pricking Out Seedlings</i>
3:40-4:00	<i>Fertilization</i>
4:00-4:20	<i>Transplanting</i>
4:20-4:50	<i>Composting</i>
	<u>Still at the Demonstration Site:</u>
4:50-5:10	One Bed Unit Design: 60 Sq. Ft, 30 Sq. Ft and 10 Sq. Ft of Crops You Intuitively Design from the Heart with Design <i>Take-Home Handout</i>
5:10—5:30	Closing and Certificates

NOTE: The schedule is subject to change, depending on the weather. This will be a non-smoking classroom.