

## **Coombs Farmers' Institute**

### **CFI -Here We Grow 2019      April Classes - Course Content**

#### **Class 1. Basics of Food Production, Garden Structure and Soils**

**Tuesday, April 2nd or Saturday, April 6th - 1:00 to 4:00 P.M.**

##### **Classroom: 2 Hours**

1. List of common food varieties easily grown on Vancouver Island
  - \*What vegetables to grow, their space and light requirements
2. Strategies of organic food production:
  - \*A plant's basic requirements (air, water, light, healthy soil)
  - \*Preparation of soil for seeding
    - Hands-on: Germination testing of seeds.
  - \*Seeding techniques
  - \*Common Garden Pests
3. How to determine your soil type
  - \*Mulching and Composting
4. How to design and best position a garden
  - Hands-on: Using graph paper, plan your garden space(s)



##### **In the Garden: 1 Hour**

5. Prepare beds for direct seeding and transplants. Practice direct seeding and setting out of bedding plants. Provide cloche, hoop, mulch or other protection.

#### **Class 2. Basics of In Ground Gardening, Direct Seeding and Soil Preparation**

**Tuesday, April 9th or Saturday, April 13th - 1:00 to 4:00 P.M.**

##### **Classroom: 2 Hours**

1. Cool Season and Warm Season Crops
  - \*Hardy, Semi Hardy and Tender Vegetables
2. Open Pollinated and Hybrid Crops
  - \*Using Seed Catalogues to your Advantage
3. Bedding Plants, Soil Mixes and Transplanting
4. How to Build and Feed your Soil
  - \*Brown and Green Carbons
  - \*More on the Importance of Composting and Mulching
5. How to Maximize Production in a Growing Space
  - \*Succession Cropping and 'Doubling up'
  - \*Seasonal and Year Round Growing
6. Crops for Winter Storage



##### **In the Garden: 1 Hour**

7. Continue bed preparation, direct seeding and bedding out, and general plant management. Start flats of warm season crops.

#### **Workshops Beginning in May — Dates and Times TBA:**

- \*Cold Frames and Hoop Houses
- \*Composting and Mulching
- \*Pruning Fruit Trees and Soft Fruits
- \*Planting Winter Gardens and Crop Storage
- \*Apple Pressing and Farmers Feed Families Event - October 5th and 6th