

Prairie Rose Permaculture

Lifestyle Design for the 21st Century that meets the challenges of peak oil, peak food, climate instability, and economic irrationality.

Presents. . .

Kitchen Permaculture Online Workshop

How to use permaculture design to create ecological, economical, resilient, and socially just household food systems.

Permaculture is the art and science of designing human habitations and systems that care for the earth, care for people, and incorporate voluntary limits and boundaries so that there is justice in the distribution of the surplus.

How the workshop works.

The online workshop uses a moderated private listserv and a resource CD and continues for eight weeks of participation, with a two week Easter break in the middle, for a total of ten calendar weeks. There are two weeks of post-course follow-up, one to continue peer reviews of submitted designs, and one for discussion of instructor reviews of student designs. Depending on the number of instructor reviews, the two design review weeks may not be consecutive. Upon the request of a majority of the students, a review week may be inserted between Week 7 and 8 during which any topic brought up thus far in the workshop may be discussed. Also at the option of the students, we could add a “Final Feast” as a capstone event, depending on the geographic distribution of the workshop participants.

Each week of the workshop (which corresponds to a calendar week) has topics for discussion in five categories: Design Issues, Foods, Food Preparation, Food Techniques, and Food Sources (except for Week 8 during which design reports are submitted). Assignments, reports, questions, and comments are posted to the workshop listserv, The student will write a design document describing their present household food system, the goals of their household regarding its food systems, the specific steps they will accomplish to get from “here” to “there”, and how they will stage their work. Since permaculture is a holistic design system, we also consider how the household's food systems fit into the rest of the household's activities.

The workshop uses readings, assignments, activities, and reports as learning experiences to advance your knowledge and experience in design as well as a selection of practical kitchen skills. Readings for which I own the copyright or have permission to reproduce or are in the public domain are on the workshop CD, others are linked to on-line copies. The workshop resource CD also includes a complete copy of the permaculture design for my central Oklahoma City home.

While in general the workshop will stick to the schedule of topics, at the discretion of the instructor, topics which generate “extra” discussion and interest may be carried over to the next week.

My goal in presenting this workshop is to help students learn the basics of permaculture design and to apply those principles and strategies to their household food systems. The workshop is not a typical academic class, but rather an experiential/existential learning community

incorporating an ortho-praxis (“right-action”) of observation, evaluation, design, staging, and implementation. It incorporates art, beauty, wisdom, intuition, science, and rationality.

The workshop begins February 28, 2010.

There are three ways to participate in the workshop:

Participating Student, with Instructor Design Review (Level 1)

Students receive the workshop CD, participate in the workshop listserv, complete and post their assignments, write a design which is reviewed in detail by the instructor, with a written report for the student. The design may also be reviewed by the other workshop students. Members of the immediate household of Level 1 students may monitor the workshop and use the student’s CD at no extra charge.

Participating Student, Peer Review only (Level 2)

Students receive the workshop CD, participate in the workshop listserv, complete and post the assignments, and write a design. They may post the design for peer review by other students, but do not receive a detailed written review of their design by the instructor. Members of the immediate household of Level 2 students may monitor the workshop and use the student’s CD at no extra charge.

Monitor

Monitors receive the workshop CD and all of the messages from the workshop listserv, but they do not post messages or assignments.

There are different tuition prices for these levels of participation. The tuition schedule is at the end of this document.

NB: All students agree to complete the readings and the assignments and participate in the workshop discussion and design work, to stay on topic each week, follow workshop format requirements when submitting work, and to respect any copyrights of workshop materials. We must receive the signed student agreement for enrollment to be final and the student admitted to participation. Monitors agree to respect any copyrights of workshop materials. Your enrollment as a student or monitor constitutes your agreement to these requirements. (In other words, if you don't want to participate in the discussion, you should enroll as a monitor.)

Workshop Topic Outline

Before the course:

- Read the free Permaculture Design Pamphlets
- Complete the household food systems design inventory
- Draw a base map of the kitchen.

Week 1: Orientation – *Do what you can, with what you have, where you are.*

- Why this is necessary.
- The Learning Community
- Why start with food?
- Permaculture Ethics

- Principles of Permaculture Design
- Workshop structure
- Household food systems inventory
- Four horsemen that stalk the land: Peak Oil, Peak Food, Economic Irrationality, and Climate Instability
- Integration and Writing the Design

Week 2: Introduction to Design – *If you always do what you always do, you will always get what you always get.*

- Design: Design Strategies for the Permacultured Kitchen
- Foods: Grains, flours
- Preparation: Breads
- Techniques: Menu Planning
- Sources: Supermarkets

Week 3: Frugality – *A small leak will sink a large ship.*

- Design: Design for Economy
- Foods: Meats, poultry, fish, meat substitutes
- Preparation: Stocks, Soups, Stews, Gravies
- Techniques: Quantity Cooking
- Sources: Food Coop

Week 4: Health and Nutrition – *An apple a day keeps the doctor away.*

- Design: Design for Health
- Foods: Vegetables
- Preparation: Pickled and Fermented foods
- Techniques: Food preservation – Food safety
- Sources: Farmers Market

Week 5: Resilience – *The time to build a cellar is before the tornado hits.*

- Design: Design for Catastrophe
- Foods: Condiments, spices, herbs, non-food items
- Preparation: Casseroles
- Techniques: Food Storage
- Sources: Gardening
- Special: Energy issues in the permacultured kitchen

Week 6: Social and Distributive Justice – *If you want peace, work for justice and care for Creation.*

- Design: Design for Justice
- Foods: Dairy and Eggs
- Preparation: Desserts` Snacks, Fun Foods, Jams/Jellies/Butters
- Techniques: Equipment
- Sources: Edible Landscaping

Week 7: Community – *The future depends on what you do in the present.*

- Design: Invisible Structures
- Staging the Implementation
- Foods: Fruits and nuts

- Preparation: Portable Foods
- Techniques: Materials cycling/compost/nutrient systems
- Sources: Foraging

Week 8: Education and Design Review – *It takes a village to raise a child.*

- Design: Design for Education
- Foods: Oils and fats
- Preparation: Using left-overs
- Sources: Other home food systems: aquaculture, aquaponics, greenhouse, season extension
- Special topic: Design report submissions

Post Course Follow-up:

- Discussion of student designs can continue for another week following the end of the workshop. Instructor reviews will be returned on a schedule that will be posted after the course begins and we know how many instructor reviews are required. There will be an optional week of discussion of the instructor reviews after the reviews are completed.

Summary of Workshop Topics

Orientation:

- Why this is necessary,
- The Learning Community
- Why start with food?
- Workshop structure
- Household food systems design inventory
- Peak Oil, Peak Food, Economic Irrationality, Climate Instability

Design:

- Permaculture Ethics
- Permaculture Design Principles
- Design Strategies for the Permacultured Kitchen
- Design for Economy
- Design for Health
- Design for Catastrophe
- Design for Justice
- Invisible Structures
- Staging the Implementation
- Design for Education
- Integration and Writing the Design

Foods:

- Grains, flours
- Meats, fish, poultry, meat substitutes
- Vegetables
- Condiments, spices, herbs, and non-food items
- Dairy and Eggs
- Fruits and nuts

- Oils and fats

Preparation:

- Breads
- Stocks, Soups, Stews, Gravies
- Pickled and Fermented foods
- Casseroles
- Desserts, Snacks, Fun Foods, Jams/Jellies/Butters
- Portable Foods
- Using left-overs

Techniques:

- Equipment
- Quantity Cooking
- Food preservation
- Food Storage
- Menu Planning
- Materials cycling/compost/nutrient systems
- Energy issues in the kitchen

Food Sources:

- Supermarkets
- Food Coop
- Farmers Market
- Gardening
- Edible Landscaping
- Urban foraging
- Other home food systems: aquaculture, aquaponics, greenhouse, season extension

Standing Weekly Assignments:

These begin with Week 2. Unless otherwise specified, assignments are due on Sunday or Monday of the week.

- ★ Show and Tell relating to one of the week's topics
- ★ Virtual potluck, every Friday post a recipe for something you would bring to a potluck. "Bring" something new each week.
- ★ Recipe: Besides the virtual potluck, post a recipe relating to the food topics of the week.

Reports and FAQs:

The following reports are to be prepared by each student and submitted to the workshop listserv for discussion. Unless otherwise specified, reports and FAQs are due on Sunday or Monday of the week in which they are presented.

- ★ Introduction and a description of his or her design site. (Due: first week)
- ★ A report about something relating to kitchen permaculture for which they have passion and knowledge. Students should propose the report during their workshop introduction and the week of its presentation (scheduling subject to instructor approval)..
- ★ Two short cookbook reviews, about one page each.

- ★ Three FAQs about kitchen permaculture. Each FAQ (frequently asked question) must pertain to one of the topics of discussion for the week in which the FAQ is presented. The FAQs will be discussed by the class with the goal of answering it. If a FAQ has already been presented, it cannot be sent again for discussion. FAQs are presented one at a time (I.e, don't send 3 FAQs in one email.

FORMAT

The required format for emails and reports is detailed in a document on the workshop resource CD.

TUITION

- Participating student, Level 1 \$145
- Participating Student, Level 2 \$80
- Monitor \$40
- Monitor – special price for high school or college students \$20

For the special discount for high school or college students, send a copy of your student ID or other proof of student status to 1524 NW 21, OKC 73106, or scan the document and email it to bwaldrop@cox.net , The student discount is not available on the coop order.

The immediate family of any participating student may monitor the workshop for no additional charge. No additional workshop CD will be provided but “immediate family of student” monitors may use the student's workshop CD.

Tuition may be paid by check, money order, coop order, or by PayPal.

- ★ Checks or money orders, made payable to Bob Waldrop, should be mailed to 1524 NW 21, Oklahoma City, OK 73106.
- ★ For PayPal, send money to bwaldrop@cox.net and note in the comments the type of tuition you are paying. Or use the payment button above.

Scholarships

The deadline to apply for a scholarship is January 31st. The number of scholarships available will be based on the number of early registrants. Criteria for scholarship applicants: (1) Income at or below the level to qualify the household or the food stamp program, (2) willingness to do ten hours (if an instructor review of the design is requested) or five hours (with peer review of design only) of volunteer work relating to food security either with Prairie Rose Permaculture or some other organization. Scholarship requests should be sent by email to bwaldrop@cox.net

ABOUT THE INSTRUCTOR

Bob Waldrop is a native, fourth generation Oklahoman. He is the president of the Oklahoma Food Coop (<http://www.oklahomafood.coop>) , which only sells food and non-food items grown/made in Oklahoma, the founder of the Oscar Romero Catholic Worker House community, which works in food security, and the director of music at Epiphany Church in Oklahoma City. He holds a certificate in Permaculture Design from Dan Hemenway of Barking Frogs Permaculture in Florida, and has been a discussion leader with the BFPC Online Permaculture Design Course for 3 years. Previously he served as a member of the Oklahoma Food Policy Council, the board of directors of the Oklahoma Sustainability Network, and the

Migrants and Refugees Advisory Council of Catholic Charities, Oklahoma City. More information about his urban permaculture site, including a video of a documentary filmed by OETA about his house, is online at <http://www.energyconservationinfo.org/gatewood.htm> .

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