

# **Kitchen Permaculture Workshop**

## ***Resource CD Documents and Readings***

The readings in the workshop are “front-loaded”. That is, there is more reading in the early weeks than in the later weeks, because as the weeks progress, students will be occupied with working on their designs. Documents are numbered to facilitate in-workshop references.

### **Week 0: Before the workshop begins**

- ★ 00000 Usual disclaimers and notices
- ★ 00001 Read this first
- ★ 00101 Document numbering system.
- ★ 00201 What is your foodshed?
- ★ 00301 How to complete the food system inventory and why it is important.
- ★ 00401 How to make a base map, needs and benefits analysis, sector diagrams
- ★ 00501 Household food systems inventory
- ★ 00601 Jargon (definitions of terms used in the workshop)
- ★ 00701 Design a system to participate in the workshop.
- ★ 00801 Household food inventory spreadsheet
- ★ 00901 Week 0 assignments.
- ★ 01001 Week 0 Additional Resources.

### **Week 1: Orientation**

- ★ 10001 Welcome to the Kitchen Permaculture Online Workshop
- ★ 10101 Why this is necessary.
- ★ 10201 Accidental versus Intentional
- ★ 10301 The Kitchen Permaculture Learning Community
- ★ 10401 Why start with food?
- ★ 10501 Permaculture Ethics
- ★ 10601 Principles of Permaculture Design
- ★ 10701 Workshop structure
- ★ 10801 Design Report
- ★ 10901 Four horsemen that stalk the land: Peak Oil, Peak Food, Economic Irrationality, and Climate Instability
- ★ 11001 Introduction to the Design Process
- ★ 11101 Kitchen Permaculture Strategies and Techniques
- ★ 11201 Week 1 Assignments
- ★ 11301 Additional Resources

### **Week 2: Introduction to Design**

#### Readings

- ★ 20101 A Permaculture Fable
- ★ 20201 Casino Shopping in the Supermarket
- ★ 20301 18 Ways to Save While Shopping at the Supermarket
- ★ 20401 Bread

- ★ 20501 Menu planing
- ★ 20601 About state extension fact sheets.
- ★ 20701 Thermodynamics
- ★ 20801 Entropy
- ★ 20901 Diversity
- ★ 21001 Designing a baking station.
- ★ 21101 Zones in the Permacultured Kitchen
- ★ 21201 Type 1 errors
- ★ 21301 Week 2 Assignments
- ★ 21401 Additional Resources

### **Week 3: Frugality**

#### Readings:

- ★ 30101 Converting a home recipe to a quantity cooking recipe.
- ★ 30201 Designing for Economy
- ★ 30301 Survival Strategies for Low and Moderate Income People (BT Almanac)
- ★ 30401 Eight Fundamentals of Frugal Living (BT Almanac)
- ★ 30501 Meeting the Food Stamp Challenge with Local Foods
- ★ 30601 Seven Easy Steps to Kitchen Frugality and Tasty Foods (BT Almanac)
- ★ 30701 How to make your own beef, poultry, and vegetable stocks (BT Almanac)
- ★ 30801 Country Gravy (BT Almanac)
- ★ 30901 Designing your kitchen record-keeping system.
- ★ 31001 Food stamp challenge spreadsheet
- ★ 31101 List of additional resources.
- ★ 31201 Week 3 Assignments
- ★ 31301 Food cooperatives.

### **Week 4: Health and Nutrition**

- ★ 40101 Lactofermented Vegetables (Bannion)
- ★ 40201 Additional Resources
- ★ 40301 Design a fermentation station.
- ★ 40401 Week 4 Assignments
- ★ 40501 Nutrition readings (USDA and Weston Price Foundation)
- ★ Shopper's Guide to Pesticides, Environmental Working Group

### **Week 5: Resilience**

#### Readings:

- ★ 50101 Energy issues in the kitchen
- ★ 50201 New Ways, Old Ways
- ★ 50301 How to grow some of your own food
- ★ 50401 Printable Flyers
- ★ 50501 Design an alternative cooking system for your house.
- ★ 50601 Additional resources

- ★ 50701 Chest refrigerator
- ★ 50801 Hot water solution
- ★ 51001 Week 5 Assignments

#### Additional Resources Folder

Eating and keeping food safe during summer and winter storms  
 Oklahoma Garden Planning Guide  
 Oklahoma Fall Garden Guide  
 Beneficial Insects  
 Naturally Occurring Beneficial Nematodes  
 Biological Pest Controls  
 Botanical pest controls  
 Mechanical pest controls  
 Home vegetable garden insect pest control  
 Common diseases of tomatoes, part 1, fungi  
 Common diseases of tomatoes, part 2, bacteria, virus, nematodes  
 Common diseases of tomatoes, part 3, non-infectious diseases  
 Diseases of asparagus  
 Non-chemical methods for controlling diseases in home landscapes and gardens  
 Diseases of leafy crucifer vegetables  
 Growing tomatoes in the home garden  
 Summer care of the home vegetable garden  
 Asparagus culture in the home garden  
 Growing broccoli, cauliflower, and cabbage  
 Growing vegetable transplants  
 Growing sweet potatoes (although designed for commercial growers, home gardeners can glean good info from this fact sheet)  
 Vegetable varieties for the home garden  
 Raised bed gardening  
 Container Vegetable Garden

### **Week 6: Social and Distributive Justice**

#### Readings

- ★ 60101 How to grow a beautiful edible landscape in an urban area.
- ★ 60201 List of useful food processing equipment.
- ★ 60301 Food Justice
- ★ 60401 List of Extension fact sheets in additional resources folder.
- ★ 60501 Design a storage solution for your household food system.
- ★ 60601 Week 6 Assignments
- ★ 60701 Additional Resources

#### Additional resources folder:

Putting an edge on knives (OSU)  
 Home fruit tree production  
 Common diseases of stone fruit trees

Growing grapes in the home garden  
Training and pruning pecan trees  
Blue berry production for the home garden  
Kiwifruit production  
Growing elderberries  
Growing and producing pears  
Calendar for pecan growers  
Checklist of prairie, shrubland, and forest understory plants in Oklahoma  
Growing strawberries in the home garden  
Blackberry and raspberry production for the home garden  
Home fruit planting guide  
Pruning of fruit trees  
Pollination requirements for fruits and nuts  
Pecan diseases  
Pecan varieties  
Apple and peach varieties for Oklahoma  
Propagation of fruit and nuts by seed  
<http://osufacts.okstate.edu/docushare/dsweb/Get/Document-1029/HLA-6211.pdf>

## **Week 7: Community**

### Readings

- ★ 70101 First Things First: Staging the design
- ★ 70201 Compost: Because a rind is a terrible thing to waste.
- ★ 70301 Design a materials cycling process for your kitchen.
- ★ 70401 Invisible structures and local food systems.
- ★ 70501 Week 7 Assignments
- ★ 70601 Additional Resources
- ★ 70701 Portable Foods
- ★ Transition Town powerpoint presentation

## **Week 8: Education and Design Review**

### Readings

- ★ 80101 Cultural and familial transmission of food knowledge (RMW NEW)
- ★ 80201 Week 8 Assignments
- ★ 80301 Wk 8 Additional Resources
- ★ Student designs