



# Sustainable Food Production

## Course Overview

**\$300**

This course is designed to provide students with the knowledge, experience, skills, and confidence to grow their own food. What constitutes good soil? Why do we want to grow our own food? Where should we plant the seedlings?

Using an experiential learning design, students will get their hands dirty germinating seeds, planting seedlings, and making compost. Through the lens of horticulture and framed by the principles of permaculture, students will be introduced to what sustainable local food production looks like and be given the tools to become a participant in our local food system. By forming a foundation in the Indigenous science of Permaculture design, students will be introduced to the concept of 'food forests' and rediscover the benefits of using 'slow and small solutions', 'observe and interact', and 'integrate rather than segregate'.

Course materials are provided.

Approximately one week before the course starts you will receive a confirmation email that provides additional course details.

## Ready to Register?

Request for Registration Online Form; and/or  
Sponsor an Employee Form

## FOR MORE INFORMATION:

P 250 561 5846  
E [continuinged@cnc.bc.ca](mailto:continuinged@cnc.bc.ca)  
[cnc.bc.ca/ce](http://cnc.bc.ca/ce)

## 8 hours In-person

**1** 2024I CEGR 112 - 103  
**July 18 - August 8, 2024**  
Thursdays | 5:00pm - 7:00pm  
Registration recommended by  
July 10, 2024

**2** 2024I CEGR 112 - 104  
**August 15 - September 5, 2024**  
Thursdays | 5:00pm - 7:00pm  
Registration recommended by  
August 7, 2024

Please register before the recommended date as courses under-enrolled as of this date may be cancelled. Registrations after this date will be accepted if space is available.



School of Access  
& Continuing Education