

Weekly Sustainable Farming Classes at Kulaniapia Farms

How to Grow a Complete Diet

with Permaculture Principles:
Tropical Subsistence Gardening
25 Class Series with Wade Bauer



Malama Aina Permaculture

Saturdays 1:00-4:00pm Attend any or every class **7-20-19 to 2-1-2020**

177 Kulaniapia Dr, Hilo, HI 96721 (in the green barn)

\$15-\$25 online \$17-\$25 door sliding scale. With student ID or EBT card \$12.

Course Description: Learn how to grow your own food at home in Hawaii to provide a fresh organic balanced diet. From yard to table all the crops necessary will be covered including how to grow, harvest, preserve, and use. Permaculture and agroforestry techniques provide easy and practical ways to create food abundance. In every class gain valuable skills to make your home-growing dreams come true! Classes consist of a photo rich slideshow, informative handout, guided site tours and/or hands on demonstrations, weather permitting. Please bring a writing utensil, water bottle, hat, gloves, umbrella etc.

Teacher: Wade Bauer has taught Permaculture in Hawaii for 10+ years. Wade has a degree in Enviro. Bio. and provides home consultations and more through his company “Malama Aina Permaculture: Edible Landscape Design, Education & Nursery”

Class Titles & Dates:

1. Introduction to Permaculture 7/20/2019
2. Growing a Complete Diet Primer 7/27
3. Guilds, Companion Planting & Polycultures 8/3
4. Mulch & Nitrogen Fixers (building soil health part 1) 8/10
5. Compost, Vermicomposting & Compost Teas (building soil health part 2) 8/17
6. Organic Soil Amendments & Fertilizers for Hawaii (building soil health pt. 3) 8/24
7. Home Orchard & Site Design 8/31
8. Plant Propagation & the Home Nursery 9/7
9. Organic Pest & Disease Management 9/14
10. Kitchen & Root Crop Gardens 9/21
11. Perennial Greens & Perennial Vegetables 9/28
12. Locally Adapted Annual Vegetables 10/5
13. Staple Root Crops (carbs) 10/12
14. Planting Fruit Trees 10/19
15. Pruning Fruit Trees 10/26
16. Bananas & Plantains (Staple Tree Crops, carbs,1) 11/2
17. Ulu/Breadfruit (Staple Tree Crops, carbs, part 2) 11/9
18. Peach Palm, Breadnut, Jackfruit (Staple Tree Crops: carb/protein mix) 11/16
19. Protein Crops (Legumes, Nuts, Seeds & Greens.) 11/23
20. Avocado, Mac Nut & Pili Nut (Oil Crops part 1) 12/7
21. Coconut (Oil Crops part 2) 12/14
22. Key Sweet Tropical Fruits 1/4/2020
23. Perennial Spices 1/11/2020
24. Perennial Culinary Herbs 1/18/2020
25. Cooking With Locally Grown Food 2/1/2020



More Info: Hawaii-Permaculture-Institute.weebly.com/classes

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