Combined Training Outline for Gardens

June 2016

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| **MODULE** | | **CONTENT** | **METHODOLOGY** | **TIME** | **MATERIALS, PLANNING** |
| **DAY 1 (TF, DPPS)** | | | | | |
| **Nutrition, food preparation** | -Nutrition gap analysis  (what we eat regularly, what we seldom eat, what we would like to eat but can not access, what we feed young children (1-5yrs), special diets for elderly and sick | | - Group work with list of desired crops to plant as an outcome | 2.5hrs |  |
| Go, grow, glow foods  -What’s on my plate  - Nutritional benefits of ALV  -Popular traditional foods and their nutritional benefits | | -Input from handouts  -Input and discussion for training manual | 45 min  1hr | - nutrition handouts  - colour plates  -recipes for traditional dishes (swopping recipes with participants) |
| -Preparation of vegetables | | -Demonstration of cooking ALVs  -Demonstration of drying ALVs and other vegetables | 1hr | -Food preparation handouts  - Drying rack and poster |
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| **DAY 2 (C&M)** | | | | | |
| **Introduction to natural soil fertility management** | - Introduction to soils  - Manures, different types, nutrient values and correct use  - Making compost | | - sausage and bottle tests, discussion  - Practical demo | 3hrs | -Soil handouts  -Soil and compost samples  - Natural methods for soil fertility handouts |
| **Natural methods for improving soil fertility** | - Garden layout and design; RWH windbreaks, multipurpose plants | | - Practical; plant windbreak, fruit trees, mulching | 2hrs | - Planting trees handouts |
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| **DAY 3 (C&M)** | | | | | |
| **Natural methods for improving soil fertility** | - bed design  - liquid manure  - legumes, green manures | | -Practical demos of; trench bed, eco-circles, double digging  - Pracitcal demo; making liquid manure form animal and plant sources (incl comfrey)  - practical demo planting green manures (lucerne..) | 5hrs | -Bed design handouts  - Liquid manure Handouts  -Green manure handouts  -seed samples and seedlings/ plants of green manures |
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| **DAY 4 (TF, C&M)** | | | | | |
| **Cultivation of traditional crops** | -Good practise in cultivating:  \* legumes (peanuts, cowpeas, bambara groundnuts, sugar beans)  \* grains (maize, millet, sorghum)  \* ALVs (Amaranthus, cleome, Ethiopian kale, Chorchorus, mustard spinach)  \*tubers (sweet potatoes incl orange fleshed varieties, amadumbe) | | - soil fertility practises  -soil preparation  - planting of demonstration plots (experimentation)  - care for crops and ridging  -basic pest and disease control  - demonstration and practicals of planting –setting up trials. | 2.5-3hrs | - handouts on cultivation of specific crops  - distribution of seed packets of all varieties to participants and making a list of their planting (at home/in garden) |
| **Natural soil fertility management** | - Conservation tillage for field crops. | | - practical demonstration | 1-2 hrs | - Conservation agriculture handouts |
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| **DAY 5-6 (C&M, TF, DPPS)** | | | | | |
| **Diversification** | - Mixed cropping  -  - Windbreaks and multipurpose plants (incl num-num, Kei Apple, granadilla, tree tomatoes,... and other fruit | | - Input, discussion and group exercise – then Practical of mixed planting  - Inputs, discussions, group work and practical demonstration of tree planting | 1.5hrs  2hrs | - Mixed cropping handouts and colour plates  - Planting trees handouts  -Seed and seedlings of herbs (coriander, parsley, fennel..), flowers (marigolds...)  And interesting or new vegetables for mixed planting |
| **Natural pest and disease control** | - Natural predators and garden sanitation  - Different methods of control; physical, chemical, timing etc | | - Pest predator exercise  -group work on common pest and disease problems and how they are managed.  - Practical demonstration of home made recipes and brews (chilli, garlic soap, onion and paraffin, fruit fly trap) | 2.5hrs | - colour plate- pest predators  - P&D control handouts |
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| **DAY 7 ( TF, DPPS)** | | | | | |
| **Seed saving** | - Pollination, seed production  -Harvesting and storage practises. | | - group work on seed kept, issues and concerns  - practical seed cleaning and identification exercise – demo of wet cleaning (tomato, granadilla...)  -discussion and practical on seed from fruit trees (e.g. avos, oranges, etc..) | 2.5hrs | -seed saving handouts  -colour plates on seed examples  - Seed samples and seed swop. |
| **Processing** | -Food processing basics and principles  - Examples of types of food processing that can be used  -Milling of grains and legumes(incl germination, fermentation) | | - practical demonstration of processing; e.g. making pickles and or jam...  -practical demo of grinding flour from grain and legume and how to store and use – cooking demonstration | 2.5hrs | -Food processing handout |
| **Storage** | - Storage of crops and seed  -Food storage | |  |  |  |
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