

Intro

NFS: Food sovereignty

how to grow traditional foods

how to cook/prepare traditional foods

and why we should keep our food traditions alive

NFS traditional foods presentation:

[Canva](#)

Intro to KNF/Jadam/natural farming

-this is actually cooking and preserving just taught differently

[Embracing the Earth: An Introduction to Korean Natural Farming](#)

[JADAM Organic Farm Tour in Korea with Youngsang Cho](#)

KNF free PDF 110 pages

<https://ilcasia.wordpress.com/wp-content/uploads/2012/02/chos-global-natural-farming-sarra.pdf>

Hawaiian KNF 9 page pdf

<https://www.ctahr.hawaii.edu/oc/freepubs/pdf/SA-19.pdf>

Let's make cheese!

- LAB Literacy: how to use milk as fertilizer/medicine
- Advanced LAB solutions for performance

Break time

Let's design a garden together!

NFS urban gardening guidebook 2025

[Canva](#)

Seeding -seed starting, selection, timing.

Weeding -proper ground cover is essential for soil health *microbiology requires moisture to live

Feeding -compost and solutions (How much water and solutions do you need for the season?)

Work schedule for the season

Quarterly-heavy amending

Monthly-topdressing, seed starting

Bi-weekly-pruning, trellising

Weekly-Pest management foliar sprays, mowing/weeding

Twice a week-harvesting & processing

Daily: watering on a timer

Data logging

Data collection/processing with spreadsheets

Networking

Knowing how to grow food is only half of the skills needed to be a successful farmer.

Peer Learning Clusters and co-designing are key for community organizing

https://www.canva.com/design/DAF6g5mlraM/ZHQr5nnevzUO9lawTzs0mQ/view?utm_content=DAF6g5mlraM&utm_campaign=designshare&utm_medium=link2&utm_source=uniquelinks&utlld=hd244bf1585