

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

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!

[Secrets of Korean Natural Farming](#)

[JADAM Lecture Part 4. Four Core Technologies of Organic Farming.](#)

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

LAB, feta cheese, mozzarella, yogurt

LAB, rosemary, aloe, seed sprouts

JADAM wetting agent -emulsification and mayo

Regrowing food scraps: onions, sweet potato, pineapple,

Self Care