

# DAY 1

# DAY 2

## M O R N I N G

### THEORY SESSIONS

#### Session 1

- Introductions
- Permaculture (PC) theory: What is PC? Why a need for PC in Bcn.
- Discussion of permaculture ethics and principles, and how permaculture principles can assist the creation and maintenance of community and home gardens.

#### Session 2

- Permaculture design
- Zones and sectors
- Site analysis (Site Analysis – soils, water, plants, users, microclimates, structures) and risk factors.

### HANDS ON – PLANTING AND Q&AS

#### Session 5

- Soil improvement – worm farms, compost, green manures, animal manures

#### Session 6

- How to plant – clumping vs. lines
- Plant variety – so crucial!
- Guilds and companion planting – the importance of flowers and herbs
- Succession planting
- Insects – they are our friends!
- Watering
- Maintenance

## LUNCH

## A F T E R N O O N

### HANDS ON – PLANTING AND Q&AS

#### Session 3

- Where to start?!
- How to adapt PC principles when planning your garden
- Building soil fertility – organic matter
- How to prepare your “no-dig” garden bed

#### Session 4

- Mulch mulch mulch
- Hands on: sheet-mulching of garden beds
- **Q&As**

#### Session 7

- Planting up the garden beds

#### Session 8

- Urban permaculture – using free space on your roof / balcony / terrace
- Composting, Vermicomposting, and Worm Towers
- Final questions

*\*Participants should bring gloves, casual clothes, and solid shoes*