



MARCH
-
APRIL
2024

REGENERATIVE AGRICULTURE

A New Micro-Credential in
FOOD SOVEREIGNTY

Interested in building food sovereignty in your community?

Check out this new TRU Micro-credential in Food Sovereignty March 25–April 14, 2024

Micro-credential Consists of Two Parts:

- **Theory—RGEN 20280** (to register email gwatt@tru.ca) App Fee \$32.27, Tuition Fee \$820 —3 week, 3 credit food sovereignty course, delivered remotely through zoom and moodle learning platform (seminar dates March 26 (optional field trip to Kanaka Bar), April 2, 9).
- **Practicum** delivered through TRU Continuing Studies (tuition fee \$1,000) —10 day practicum with Fred Fortier, or applied learning plan which you can complete remotely. (To be completed by Sept 30, 2024) See page 2 for practicum schedule and activities.

Are you interested in learning skills to improve access to locally grown food and develop a food Sovereignty work plan for your community?

- This course will give you the skills to build a Food Sovereignty program using the community development approach. You will learn about hosting a learning circle, explore the various successful food action projects, develop a proposal, work plan, secure funding while understanding the importance of partnerships and communications.
- In addition to all the community planning, students will develop practical skills in vegetable and greenhouse production using regenerative agriculture principles.
- This course will make you marketable as there is a rising demand for Food Sovereignty workers across B.C.

Many of us have lost our traditional ways around food. Food Sovereignty and our ability to take control over our food, is so important to make sure our children do not lose the traditions of the past. We are hoping this course will build capacity in our communities because we have always known that Food is Medicine.

—Elder



For more information or help with registration contact **Gillian Watt, Program Coordinator** gwatt@tru.ca or call **250 319 2367**



Practicum or Applied Learning Plan



All Days will take place at Fred Fortier’s Market Garden and Greenhouses, 8192 Dunn Lake Road (Simpco) 9 am-4 pm each day

	# Days	Activities
15-Apr	0.5	Start at noon: Welcome and presentation on gardening
		Garden planning
16-Apr	1	Presentation on hothouse management and integrated pest management
		Transplanting indoors
		Seeding broccoli family outdoors
17-Apr	1	Presentation on composting—different kinds
		Set up composting systems
		Prepare onion and potato beds
18-Apr	1	Presentation on Secwépemc traditional plants and medicines
		Kombucha making
		Planting fruit trees
		Evening with local drummers
19-Apr	1	Presentation on berry management
		Prune raspberries and berry crop maintenance
27-Aug	1	Harvesting
28-Aug	1	Solar and electric drying, freeze drying,
29-Aug	1	Processing, freezing, canning and pickling
25-Sep	1	Root cellar construction and storage
26-Sep	1	Seed saving, fall maintenance, cover cropping, water shutoff etc.
27-Sep	0.5	Reflection, questions, student presentations on garden plan
TOTAL	10	

Accommodations:

6 person Wall Tent available on-site (reserve your spot early) as well as RV hookup.

Hotel and Motels 20 minutes away in Barriere.

Food:

Each student is responsible for their own breakfast each day. Lunch and dinner will be made and enjoyed together on site and planning for these meals will be part of a group project during the theory course.

Applied Learning Plan (Instead of Practicum):

This is meant for students who have experience in running a garden and/or are not able to attend the practicum in person. They will work with the instructors to develop and implement a plan for a food sovereignty project for their community, based on their initial needs assessment. Students will develop the plan with milestones and timelines and once approved, they will meet with the instructors via video conference biweekly to report on their milestones and for mentorship in overcoming obstacles. These students will present their Project Report to the instructors and online guests, by Sept 30, 2024.



REGISTRATION LINK...

tru.ca/trades/continuing-studies/course-registration

Please type in **"Food"** in the Find your course box for the course to drop down for registration.