

# “Europe à Table (EAT)”

Key Action 1 Erasmus+: Mobility of Youth Workers  
8-16/06/2022 Serre-Chevalier, France



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GROW YOUR  
OWN FOOD

A GUIDE ABOUT PERMACULTURE

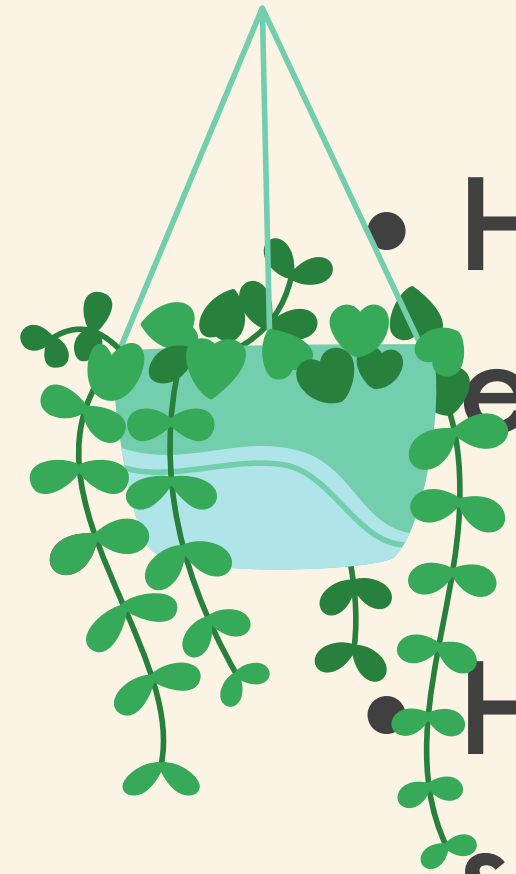
How easy it is to

# **GROW YOUR OWN FOOD**

and be more self-sufficient?



- What is permaculture



- How buying food affects the environment and your wallet



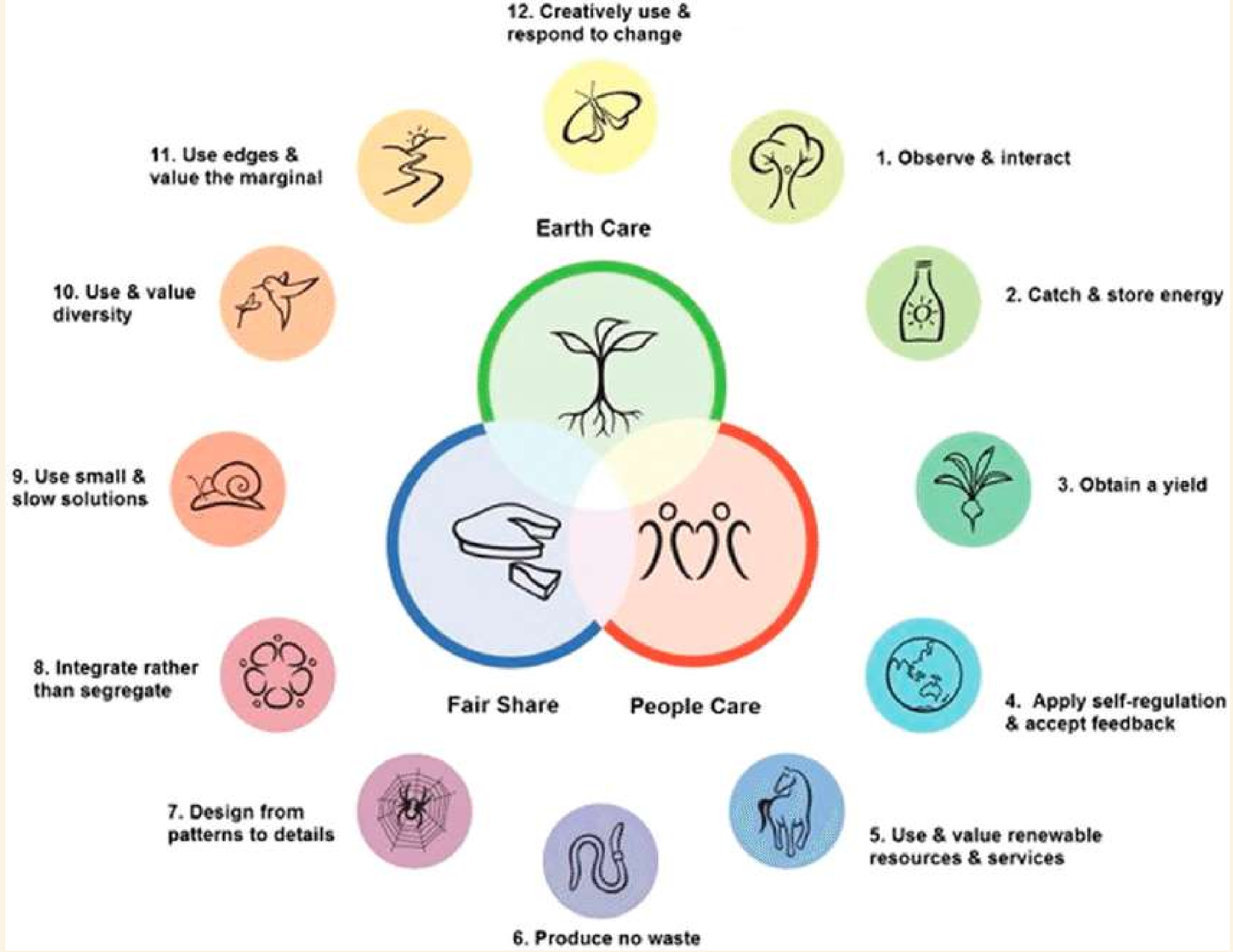
- How you can play a huge role in saving our planet from global warming



# PERMACULTURE...

- ...allows you to consciously design landscapes that mimic natural ecosystems, while replenishing the soil, and producing abundant food, fiber, and energy to provide for our local needs.
- It's a system that creates communities that are self-sustaining and productive for generations.



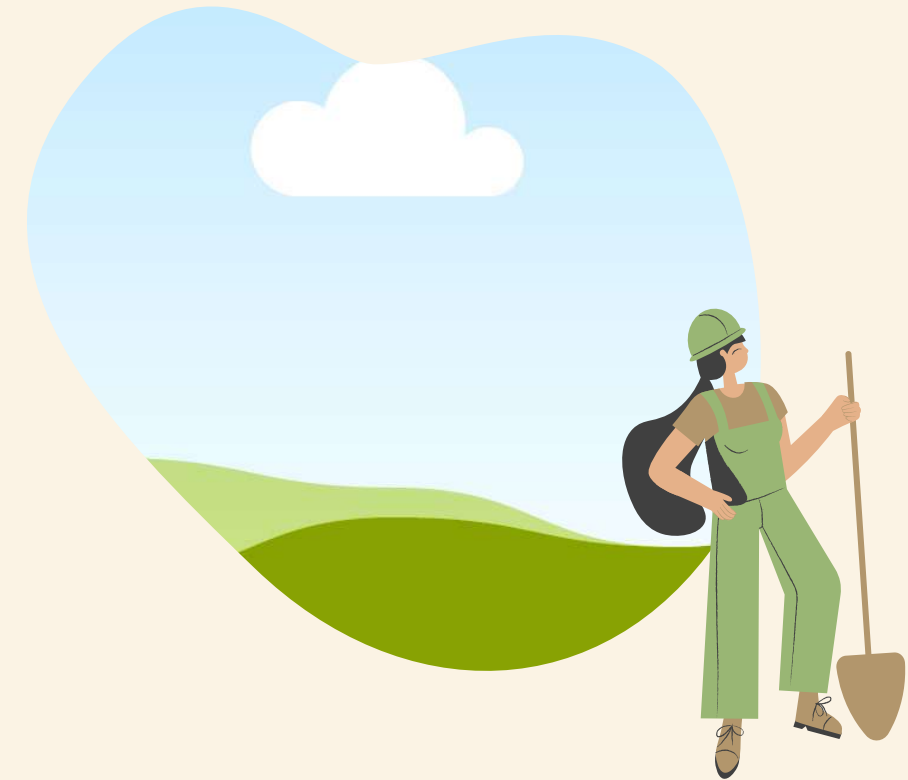


# SIMPLE STEPS TO START...



## MAKE MULCH & SLUR

- Chop and drop weeds where you found them. They will disintegrate to form mulch. They are already adapted to your soil and know best how to enrich it.
- Leave the weeds in a bucket for 15-20 days and stir them daily. Mix the slur with ten portions of water to fertilize your plants.



## CHOOSE SEEDS WISELY

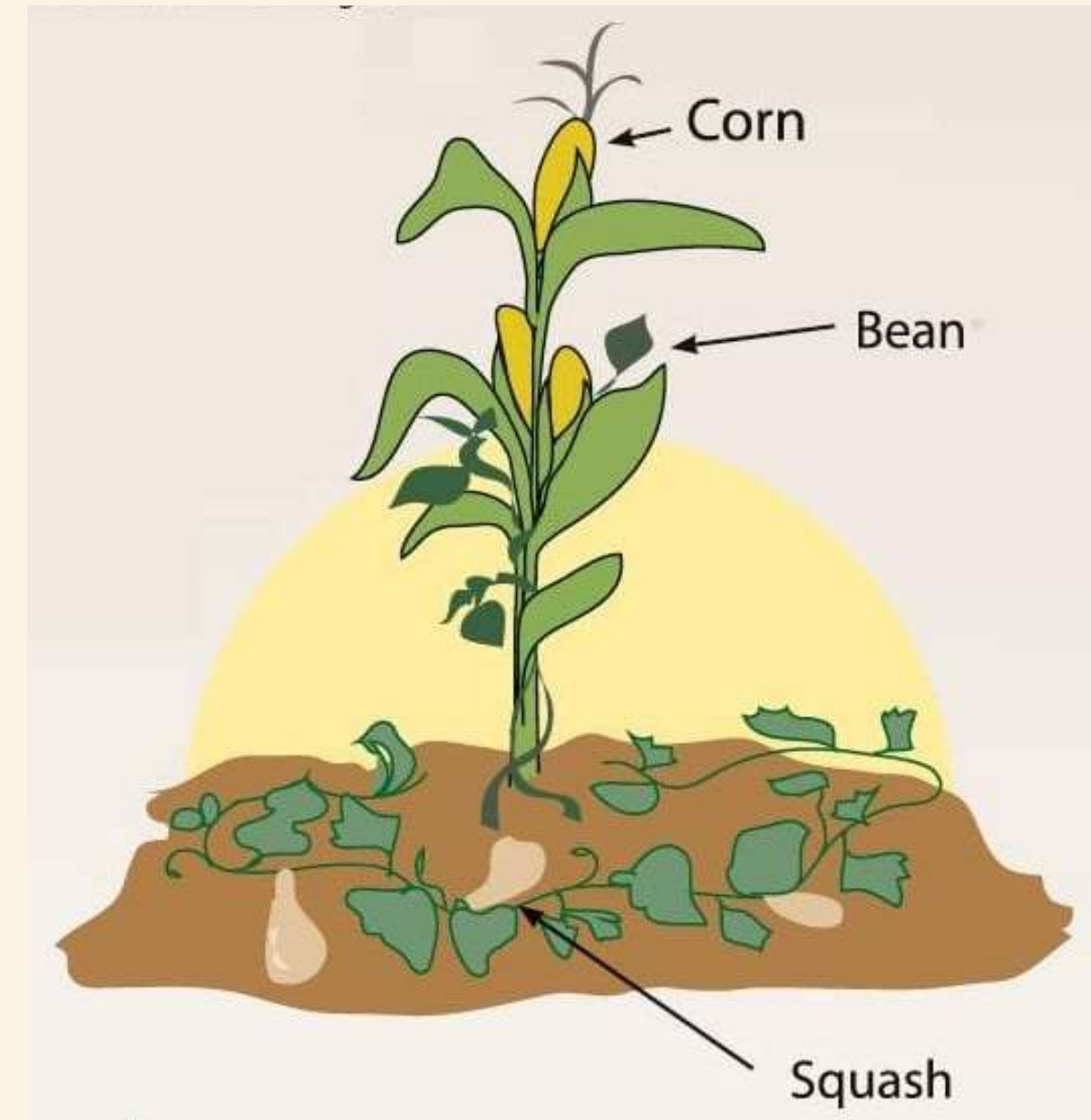
- Use seeds of crop varieties accustomed to your soil and climate. You can buy them from your local farmer or market.
- Even better, collect seeds from the best fruits/vegetables that you eat!



## DESIGN INTENTIONALLY

- **Solanaceae** (tomatoes, potatoes, aubergines) is best grown with **Alliaceae** (onions, garlic, leak). **Fabaceae** (beans, peas, lentils) have the capacity to store nitrogen.

\*Soil rich in nitrogen (leaves, stems, etc.) and carbon (branches, twigs, etc.) produces good crop



E.g. three sisters method,  
North and Central America

Source: Wisdom Of Three Sisters,  
[thegardener.co.za](http://thegardener.co.za)

# Example of a Lasagna Garden

(Add more layers than shown!)

A lasagna garden sits above the ground. But, instead of filling it with fresh soil, you stack compostable materials like newspaper, cardboard, leaves, and grass clippings. Over time, worms and microorganisms decompose the material and "cook down" a rich, nutrient-dense soil of its own.



Top Soil If Needed



Composted Food Scraps



Dried Leaves, Twigs, or Pine Needles



Grass Clippings



Newspaper or Cardboard Base



# What to compost?

The best compost is produced from a green (source of nitrogen) and brown (source of carbon) waste. Apply to your compost bin or heap in layers with a sprinkle of Garotta on each layer.

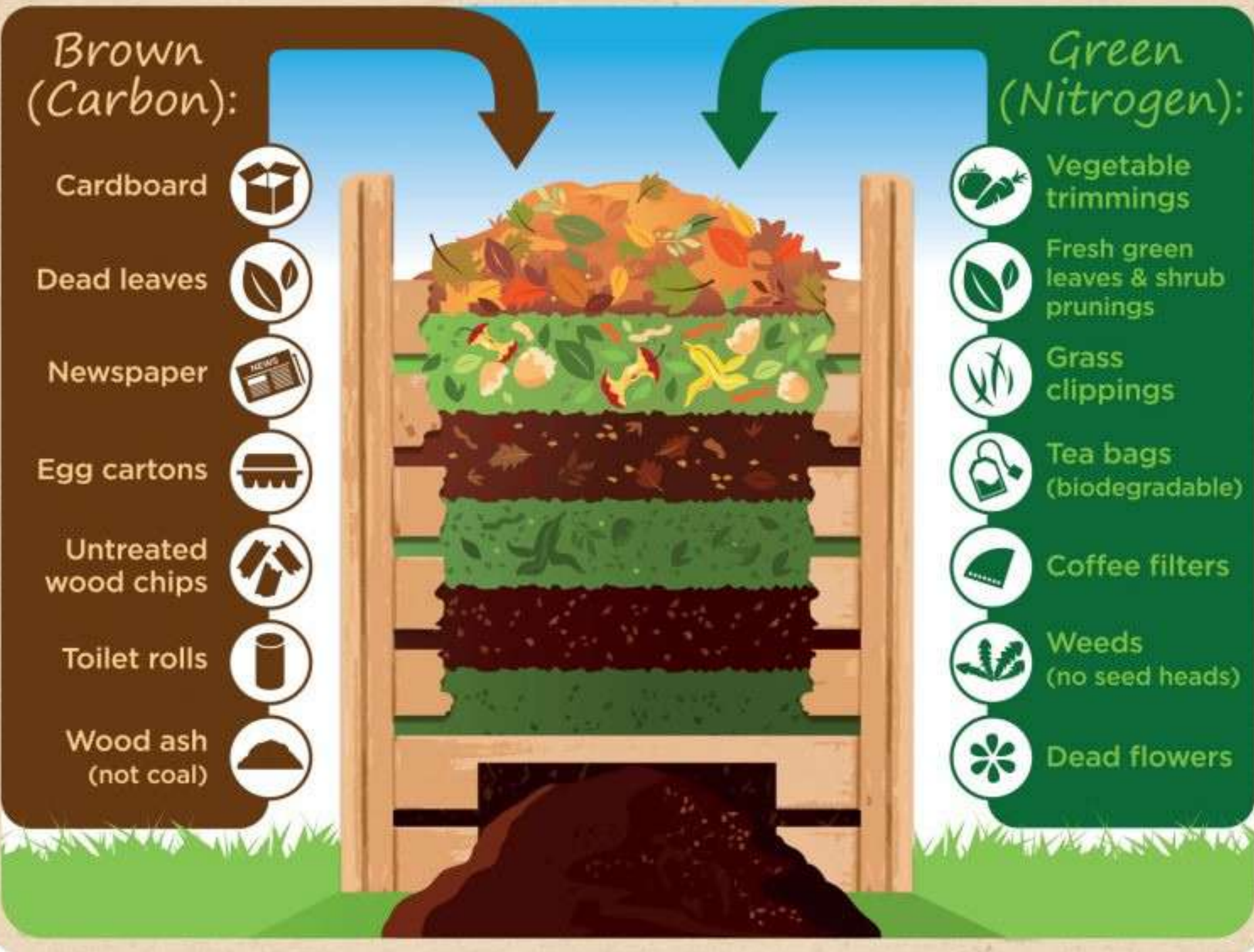


Image credit: [www.gardenhealth.com](http://www.gardenhealth.com)

# VERMICOMPOSTING

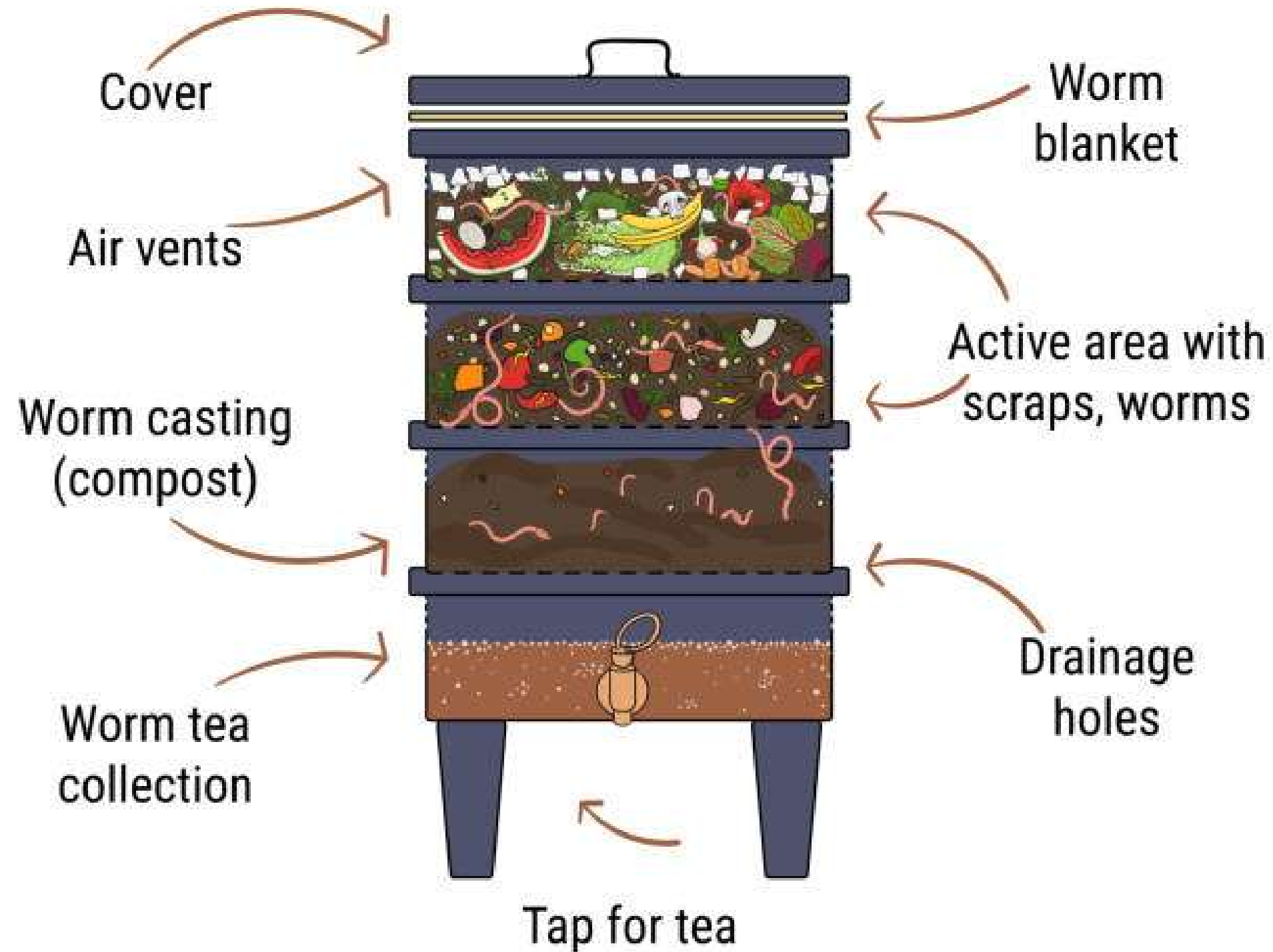


Image credit: [www.istockphoto.com](http://www.istockphoto.com)

# How buying food affects the environment and your wallet



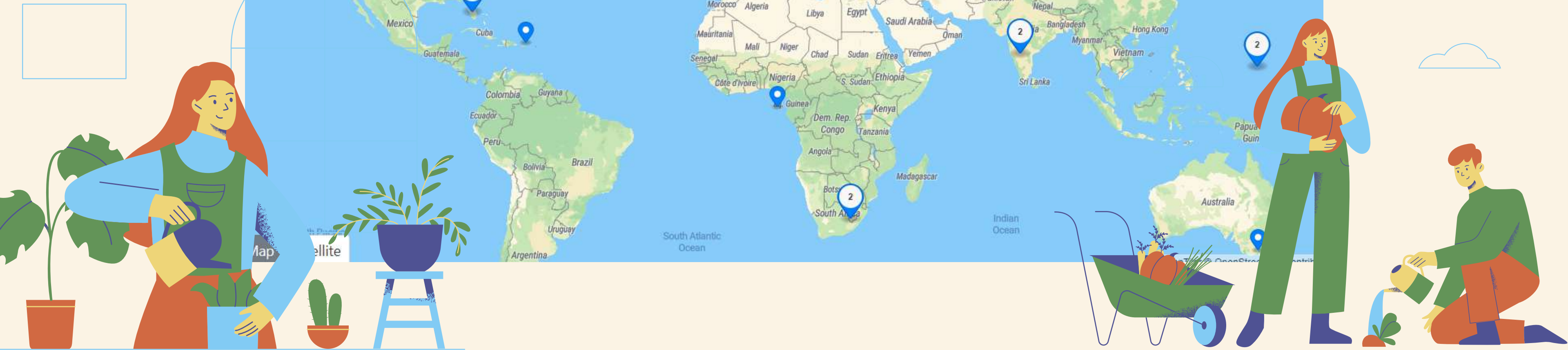
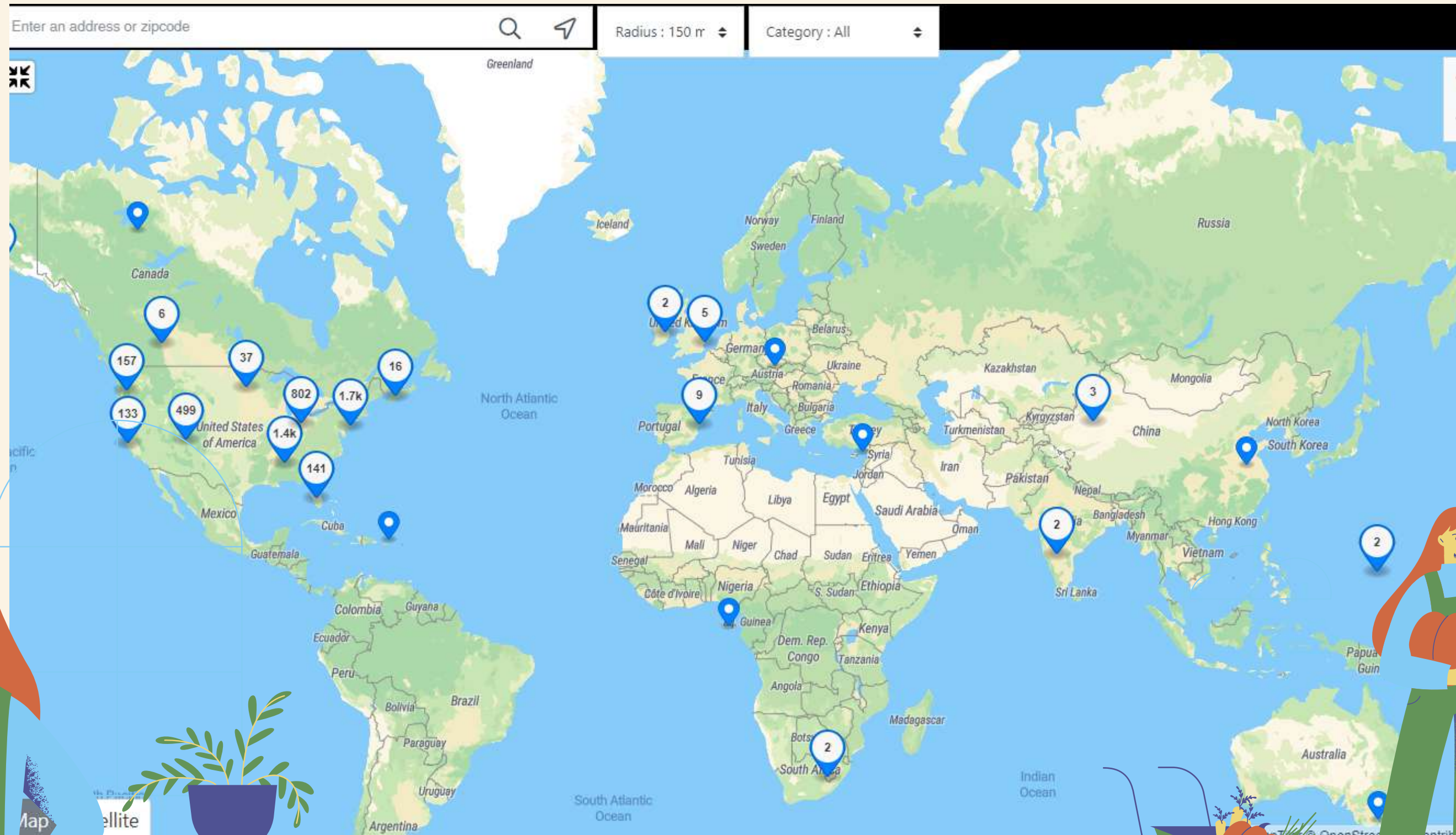
Image credit: Rodger Shagam/Getty Images



Image credit: Jessica Pettway/The Guardian

# Community gardens

<https://www.communitygarden.org/garden>



# Thank you!

Dziękujemy!

ευχαριστώ!

Dev borem korum!

Merci!



# Photo sources:

Photo 1 (Lasagna garden) from: [www.menards.com](http://www.menards.com)

Photo 2 (Compost) from: [www.gardenhealth.com](http://www.gardenhealth.com)

Photo 3 (vermicompost) from: [www.istockphoto.com](http://www.istockphoto.com)

Photo 4 (farmers market) from: Rodger Shagam/Getty Images

Photo 5 (Plastic packaging) from: Jessica Pettway/The Guardian

