

# Growing food in our cities

## National Urban Farming Workshop

7 - 8 August 2018 | Adelaide, South Australia



Join internationally acclaimed urban farming expert Michael Ableman and experienced Australian urban farmers for a two-day workshop on developing urban food and farming initiatives in your town or city. This workshop will cover the practical strategies needed to grow and provide access to more local, fresh food in and around our cities.

The workshop will include community engagement strategies, working with local governments, the nuts and bolts of creating successful urban farms and market gardens and establishing and improving community gardens.

### Workshop overview

A rich program of lectures, demonstrations, discussion and inspections will provide practical examples and strategies to show how urban agriculture can work successfully from both policy and practical perspectives. This will include how to:

- design and plan long-term, financially viable enterprises
- re-create urban nutrient cycling
- build soil fertility, food production and food security in urban environments
- create meaningful employment opportunities
- grow, chemical-free, in diverse urban contexts
- contribute to the greening and cooling of cities
- build community cohesion, skills and revitalisation
- effectively engage and educate markets (investors, growers, distributors, buyers)
- gain mentors and advocates for urban farming, from across your region.

### Workshop facilitators



Michael Ableman is a Canadian author, organic farmer, educator, and advocate for regenerative agriculture. Michael has been farming organically since the early 1970s and is considered one of the pioneers of the organic farming and urban agriculture movements. He is a frequent lecturer to audiences all over the world and the winner of numerous awards for his work. Ableman is the author of four trade published books, most recently [Street Farm; Growing Food, Jobs, and Hope on the Urban Frontier](#). He is the founder of the [Center for Urban Agriculture at Fairview Gardens in Goleta, California](#) where he farmed for 20 years; co-founder and director of [Sole Food Street Farms](#) and the charity Cultivate Canada in Vancouver, British Columbia; and founder and director of the [Center for Arts, Ecology and Agriculture](#) based at his family home and farm on Salt Spring Island.



Annemarie Brookman is co-owner of [The Food Forest](#) and runs its organic market garden and a busy office. She organises The Food Forest's stall at the Adelaide Farmers Market and coordinates staff & volunteers at the property. She is expert in the integration of poultry and vegetable production and is a keen observer & photographer of insect ecosystems. Time management, small scale marketing, engaging children in gardening, mentoring to empower people to get involved with the future of their food and sustainable home-building are some of her passions.



Nat Wiseman is co-manager of a small-scale (1 acre) bio-intensive market garden in the Aldinga Arts Eco Village called [Village Greens of Willunga Creek](#). The farm specialises in salad greens, colourful heirloom produce and grows over 40 different types of vegetables. Nat is passionate about all aspects of local food and sharing his knowledge to help others grow their own. He developed and co-teaches a successful "Growing great veggies" course, kick-started a young farmers' network and offers a soil testing advisory service.



## Who is this workshop for?

This workshop is primarily for farmers, market gardeners and “change makers” with an interest in urban and peri-urban food projects, including: aspiring and existing farmers, policy makers, permaculture designers and activators, public servants (especially local government), fair food workers, community advocates, business advisors and social impact investors. It’s a unique chance to hear from experts with many years’ experience in making city growing projects work.

While every urban food project is different, all have similar needs. In addition to soil, water, plants and ‘a farmer’, a flourishing enterprise requires detailed planning, design skills and a talent for community engagement. Considering this, the workshop facilitators will address the particular needs of attendees to analyse project design and maintenance to ensure continued success.

## Venue

The Food Forest certified organic permaculture farm and learning centre is situated within Greater Adelaide on the flood flat of the Gawler River between the CBD and the Barossa Valley. It has been designed according to classic permaculture design principles. In addition to tours that attract visitors, school and university students and industry groups from around the world, The Food Forest runs a range of educational programs from one-day specialist topics to a 10-day Permaculture Design Certificate course and collaborates with CQUniversity in the presentation of graduate programs. The property operates as a holistic teaching area. [www.foodforest.com.au](http://www.foodforest.com.au)

## Food

Meals are included in the registration and include vegetarian & vegan options. Delicious, healthy, local and in season is important to us. A lot of the food served at the course will be harvested from The Food Forest and bought from local growers & stalls at Farmers Markets. We do our best to cater for different needs but please note that for *very specialised* dietary requirements you may need to bring some of your own supplies.

## Accommodation

Should you need to book accommodation for Tuesday night and breakfast Wednesday morning, limited accommodation is available at the Food Forest in a share, bunk-style facility (BYO sleeping bags and linen) at a cost of \$30. Alternatively you can bring your own van or tent (BYO everything, cost \$18). You can book private accommodation not too far from The Food Forest or commute. The Town of Gawler ([www.gawler.sa.gov.au/discover/accommodation](http://www.gawler.sa.gov.au/discover/accommodation)) lists accommodation options. [Airbnb](https://www.airbnb.com) has many local hosts with some just walking distance from The Food Forest. For the camping option, if you are not familiar with the weather during August in SA, have a look at the [www.bom.gov.au](http://www.bom.gov.au) website.

Costs      Early bird, before 6 July      \$355 + booking fees + accommodation if required  
Standard, after 6 July      \$455 + booking fees + accommodation if required

Register      [www.urbanfarming2018.eventbrite.com.au](http://www.urbanfarming2018.eventbrite.com.au)

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