

"Sometimes you encounter new ideas that dramatically change the way you see the world around you."

Our courses bring together people keen to explore new ideas, skills, foods and information in an environment of diversity, abundance and sharing; they are designed to be experiences rather than classes. For some people they are the beginning of a new direction in life and for others they are an opportunity to hone well practiced skills of designing, food growing and self reliance. Our aim is to give people skills needed to design sustainable ways of living for themselves and their families.

At **The Food Forest** a heritage-listed stone barn has been transformed into a well-equipped Learning Centre and many practical activities also take you out into the orchards, gardens and bushlands of the property. You can also enjoy our loo-with-a-view, a unique composting toilet and reedbed system which transforms human by-products into reeds for mulching, rich compost for fertiliser and bamboo for furniture and structural work. You will see environmentally designed buildings which demonstrate passive and active solar technologies: the 'Studio' and its curved garden wall, the "Eco-Gazebo", the drive-in coolroom, an extension to the over 160 year old homestead and a 'cellar door', all of which are built using strawbales. A photovoltaic system of thin film amorphous panels provides electricity to the house and grid; the sun also provides water heating for both the house and the on-farm processing facility.

The Food Forest today is the result of the vision of owners Graham & Annemarie Brookman and functions as a remarkable 15 hectare Permaculture farm and learning centre. From its buzzing biodiversity come over 150 organically grown varieties of fruit and nuts, wheat and vegetables, free range eggs, honey, carob beans, Australian native foods and timber. The Food Forest sells produce at the Adelaide Showground Farmers Market every fortnight.



The collections of tree crop varieties represent a unique genetic resource; willingly shared with others wishing to establish sustainable plantings.

When the property was purchased in 1983, it was not much more than a bare barley paddock. Only a few towering River Red Gums remained along the Gawler River from the time the Kurna Aboriginal people camped in their shade and gathered food from the land.

Today the place is more like a forest and endangered wildlife such as Brush Tailed Bettongs help the goose flock manage the forest floor. Together with thousands of species of insects, birds and other creatures they form the complex and bountiful ecosystem contained within a 1.5 km predator-proof fence.

The heritage-listed homestead was built within the first few years of white settlement of South Australia and much of the fascinating history of the farm can be traced through the stone troughs at which Clydesdale horses drank and implements that once made life easier for the farmers of the day.

The Tutors

Graham Brookman has experienced land use all over the world and his search for ecologically sustainable farming systems led to the Permaculture model devised by Bill Mollison and David Holmgren. Graham has put the model to the test and teaches his findings in an energetic, interactive and practical style. He is a qualified horticulturalist, teacher, permaculture designer and accredited trainer.

Annemarie Brookman teaches, runs an organic market garden, a stall at the Farmers Market and a busy office and family. She has observed societies, crafts and cuisines in many countries. Her passion for visually beautiful and wholesome food and her skills as a designer are expressed in a direct and practical manner. She is skilled in the integration of poultry and vegetable production and is an unashamed lover of chooks. Small scale marketing and fitting systems around the needs and development of children are themes which Annemarie enjoys raising. She is qualified in permaculture design and training, Art and Craft.

Guest Presenters are selected from many fields for their practical skills and passion for sustainable systems.

Tours

You are welcome to visit The Food Forest. Tours may be as short or long as you like but we have found that 2 hours is a minimum to give you the opportunity to see the property and deal with your particular interests. We particularly welcome small groups, agricultural bureaux, landcare groups, garden clubs, tertiary education classes and environmental groups. We can tailor a tour to concentrate on any of the areas mentioned in our course descriptions. Farm products are often available for sale at the conclusion of tours.

We are happy to design programs for **School Groups** from any year level and can make the visit relevant to subjects such as environmental studies, history, geography, social studies, agriculture and economics.

Please contact us for more details and bookings.

TOURS ARE BY APPOINTMENT ONLY.

Awards & ABC TV

2011 Adelaide Showground Farmers Market, Chef Inspiration Award
2009 Australia Day Corporate Citizen Award, Town of Gawler
2007 Winner SA Premier's Food Awards: Environmental Sustainability
2006 Finalist National Banksia Environmental Awards, Education category
2005 Winner Nature Foundation SA, Good Business Environment Award for Environmental Responsibility and Leadership
Category finalist National Banksia Environmental Awards in Business Environmental Responsibility and Leadership
2004 Winner Premier's Food Awards Leadership in Sustainable Industry
Finalist Year of the Built Environment, Exemplars Program
2003 Winner Organic Federation of Australia National Award Best Organic Producer. Runner up for the Best Organic Education Project
2005, 2001 State finalist National Landcare Awards

The Food Forest featured on 'Landline' on April 6th 2008. To view this 10 minute segment visit: www.abc.net.au/landline and on Gardening Australia on June 2, 2012. See the 7 minute segment: www.abc.net.au/gardening



Autumn/Winter 2013

Open Day: Sun April 14

Strawbale Building Info Session: 10am - 1pm

Permaculture Walk & Talk: 2pm - 5pm

Permaculture Design Certificate

April 24-28, May 10-12 & 25-26

Workshops

Building with Strawbales: June 22 & 23

Fruit and Nut Growing: July 6

Organic Vegetables & Poultry: July 7

Sustainable House Design: July 21

*Download electronic course brochures and registration forms from our website (www.foodforest.com.au)
Please email us (foodforest@bigpond.com)
if you would like to receive info on future events.*

*The Food Forest is a Multi Award Winning
Certified Organic Permaculture Property*

Open Day: Sunday April 14

Morning: Strawbale Building Info

10am sharp – 1pm. No need to book.

Inspect: • The passive-solar strawbale studio: 3 rooms & curved strawbale garden walls • Eco-gazebo • Strawbale coldroom • Homestead extension, 80sq metre, passive-solar strawbale-stone-galv construction and photovoltaic system • ‘Cellar door’ with rock-art oxide decoration • Indoor/outdoor living area • Eco shelter for historical machinery.

See: Displays and slides of strawbale construction.

Talk to: Lance Kairl - builder, Bohdan Dorniak- architect and Gerald Wittmann - engineer, SA's most experienced professionals in strawbale building.

Cost: \$15 adults, children under 16 free. Why not BYO lunch and stay on for the whole property walk in the afternoon which starts at 2pm.

Whole day ticket \$20. No pets. Tea, coffee available.

Please arrive at 10am as there is a sequential program.

Afternoon:

Permaculture Walk & Talk

2pm sharp - 5pm. No need to book.

Our property tour will start with a brief introduction to Permaculture, the design system for sustainability. We will then take you on a walk inspecting revegetation work along the Gawler River, vegetable gardens and poultry. We will have a look at the passive solar, energy efficient buildings, solar hot water and photovoltaic systems, rainwater catchment, composting toilet and reedbed systems. We then move on to the sanctuary where native vegetation adds to the diversity amongst the production orchards.

We will explain the growing of many of our fruit and nut species such as figs, apples, pears, carobs, pistachios, and grapes.

Cost: \$10 adults, children free. Why not attend both events and BYO lunch? *Whole day ticket \$20. No pets. Tea, coffee available.*

Tastings and sales of organic produce will also be available.

If attending only the afternoon session please arrive at 2pm as this is a sequential tour.

Permaculture Design Certificate

April 24-28, May 10-12 & 25-26 (see website for costs)

Humans are rushing the Planet toward a catastrophic environmental tipping point. Permaculture is a system which enables us to take control of our future and live sustainably.

This 10-day internationally accredited Permaculture Design Certificate course involves a spectrum of Australia's top tutors, including the co-ordinator of the Permaculture concept, David Holmgren. This course is recognised as relevant prior learning towards the completion of requirements for the nationally accredited Certificate IV in Permaculture.

Please contact us for a detailed brochure.

Workshops

Building with Strawbales

Weekend June 22 & 23 (see website for costs)

Strawbale houses, studios and barns are easy to construct, environmentally responsible and cheap to run. They are beautiful and organic in form, strong and stable, fire tolerant and council approvable. In this weekend workshop we introduce you to the theory and design of strawbale building as well as actually building a structure. We'll discuss load-bearing versus pole frame, various wall shapes, costs, foundations, plastering options and floors - earthen, concrete and wood.

Principal tutor is Lance Kairl, SA's most experienced strawbale builder.

Architect Bohdan Dorniak and engineer Gerald Wittmann, both highly experienced in strawbale building, also present information sessions.

Please contact us for a detailed brochure. Bookings essential.

Fruit and Nut Growing

Sat July 6 (8.45am - 5pm) \$95 pp or \$85 pp for group booking

Growing your own fresh fruit and nuts has to be one of the most satisfying things you can do in your own backyard or property! What's more, South Australia's Mediterranean climate enables us to grow the most intensely flavoured and nutritious tree crops in the world. This workshop will explore different varieties of stone fruit, citrus, olives, pecan nuts, figs, apples, pistachios and as many other crops as you desire. We will also discuss preserving techniques to stock your pantry for supply through the seasons.

The course will develop skills required to plan, establish and manage fruit and nut trees in a garden or plantation.

Using demonstrations, practicals, walks and talks, we'll examine the selection of varieties, pollination requirements, planting material (grafting and other propagation techniques), orchard establishment, tree shaping, irrigation, soil fertility and pest management.

Organic Vegetable Growing

& Free Range Poultry

Sun July 7 (8.45am - 5pm) \$95 pp or \$85 pp for group booking

Growing high quality organic vegetables is not difficult once you understand the ecology of the garden, especially if you use free range poultry.

The course will show you techniques for managing a self-sufficient backyard or small scale commercial garden and the basics of free range poultry husbandry. You will also see our mobile 'chicken tractor' in action.

We will consider the selection of vegetable species through the seasons, garden design, bio-diversity, irrigation, pest and disease management, mulching, composting and soil fertility, meeting quality and organic standards and small scale marketing.

The Chook is the world's original recycler and pest controller. We will look at its housing, breed characteristics, supplementary feeding, keeping hens out of the lettuces and foxes out of the hens, managing pests and diseases in free-range flocks, rearing your own replacements, as well as chickens and geese in orchard management.

Sustainable House Design

Sun July 21 (8.45am - 5pm) \$95 pp or \$85 pp for group booking

The average Australian causes the production of more greenhouse gas than a person of any other nationality on Earth. Become one of the trail blazers in creating a home which is functional, beautiful, comfortable and environmentally responsible! We'll discuss the details of passive-solar design, solar hot water and electricity production, how to stay warm in winter and cool in summer. We'll consider site assessment, the qualities of different building materials, and how to gain council approval. We'll learn how to design compost toilet and grey-water systems which save you money every day, satisfy council requirements, are safe and hygienic, can produce rich compost, don't smell, save thousands of litres of water per year, produce reeds for mulching and nutrient-rich water for irrigation of fruit trees. You'll have a chance to see how an old home has been retrofitted for solar efficiency, including photovoltaic electricity generation, solar hot water production and translucent sheeting in verandahs. Compost toilet and septic tank+reedbed systems and a number of straw-bale structures will also be inspected.

Other Workshops

Other courses run at The Food Forest at different times of the year include: Introduction to Permaculture, Planning Your Property, Becoming a Certified Organic Producer, Preparation and Preservation of Healthy Food, Australian Bush Food, Composting and Water for Home and Gardens. If your group is interested in any of the topics listed in our course descriptions, we are happy to present special workshops.

Farmers Market

The Food Forest sells its produce at the Adelaide Showground Farmers Market every fortnight. For more information visit: www.asfm.org.au

YouTube~ Food Forest TV Channel

The Food Forest has launched over 29 micro movies on **Food Forest TV**. Graham has been joined by experienced cinematographer/video editor Sam Collins to create the series of 'how to' videos, ranging from practical straw bale building techniques to controlling codling moth. See the films at <http://www.youtube.com/user/TheFoodForest>. Click on "Uploads" on the Food Forest TV page to view all segments.

DVD and Virtual Tour

The movie 'Design for Life' introduces the concept of permaculture through the story of The Food Forest, David Holmgren and others. The documentary is supplemented by a 25min virtual tour of The Food Forest which explains how each enterprise works from poultry to orchard and market garden to sustainable house. See: www.foodforest.com.au

Contact Details

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Workshops & Tours: 80 Clifford Rd, Hillier (Adelaide UBD)

By train from Adelaide: Gawler line, exit Tambelin station (20 min walk, 10 min cycle, see www.adelaidemetro.com.au)

