
SUSTAINABLE AGRICULTURE

If you are interested in **organic vegetable gardening**, you may want to consider one of our courses. These classes were developed for the Virginia Community College System to produce nutritious food for healthy people and sustainable communities



The instructor, **Cindy Conner**, is certified as an Ecology Action GROW BIOINTENSIVE Sustainable Mini-Farming Teacher. A former market gardener, she has experience selling through a CSA, to local restaurants, and at Farmers' Markets. She has served as Adjunct Professor of Horticulture at JSRCC since 1999. She holds a B.S. degree in Home Economics Education (now Human Ecology) from Ohio State University and a certificate in Permaculture Design.

SPRING SEMESTER

HRT 130 3 credits **Introduction to Biointensive Mini-Farming**

Description: Learn the basics of composting and organic vegetable gardening using biointensive methods. Learn how to get more food from less space and when to expect the harvest as you develop your garden plan. Biointensive methods include close spacing, wide beds, and growing crops that sustain both you and the garden. Permaculture, a design system that makes the best use of resources for a property, is studied. Students will develop their own permaculture plan.

HRT 239 3 credits **Complete Diet Mini-Farming**

Lecture and laboratory. Prerequisite: HRT 130 or permission of instructor. 3-credits

Description: Is it possible to eat your entire diet from your garden? Explore how to do that sustainably. Includes grains which produce carbon for the garden with their stalks and food for you. This class takes a serious look at the nutrition your body needs and what is supplied by the crops. The emphasis is how to grow your diet in the smallest space while at the same time growing the right amount of compost crops to feed the garden. Learn to grow and prepare important crops you are unfamiliar with. Students will maintain the GROW BIOINTENSIVE garden on campus.



FALL SEMESTER

HRT 134 3 credits **Four Season Food Production**

Description: Plan your garden with cover crops to feed soil and learn to grow for a four season harvest with season extension techniques. This class examines the local food supply and includes seed saving, researching new vegetables, and nutrition.

HRT 238 3 credits **Growing for Market Mini-Farming**

Lecture and Laboratory. Prerequisite: HRT 130 or permission of instructor. 3 credits

Description: Explore growing produce for direct marketing to restaurants, at farmers markets, or through a CSA. Students will develop a marketing plan of their own. Includes maintenance of GROW BIOINTENSIVE garden on campus.



SUMMER SESSION

ORGANIC GARDENING RESOURCES
3-credit class, 10-week session. Writings and works of organic vegetable growers will be explored. Those growers include Eliot Coleman, Gene Logsdon, J.I. Rodale, and Ruth Stout, among others. Includes harvesting/planting in the GROW BIOINTENSIVE garden on campus.

Emphasis in the Sustainable Agriculture Program at JSRCC is on small-scale biointensive techniques that build the soil and do not require large investments in machinery and equipment. However, the knowledge and skills gained in these classes also apply to farming on a much larger scale.

For more information contact Cindy Conner at (804) 798-8456 or email sunfieldva@aol.com

THE COLLEGE

J. Sargeant Reynolds Community College is devoted to serving the educational community and is fully accredited by the Southern Association of Colleges and Schools.

The college is a multi-campus institution with campuses located on Parham Road (Henrico County), Seventh & Jackson Streets (Richmond), and Routes 6 and 632 (Goochland Courthouse). The campuses offer a common core of occupational-technical preparation.

ADMISSION REQUIREMENTS

Any person who has a high school diploma, its equivalent, or is 18 years of age and is able to benefit from a program of instruction at J. Sargeant Reynolds Community College may be admitted to the college as either a curricular or non-curricular student. Contact the local campus of the Admissions and Records office for an application and necessary information.

PROGRAM NOTES

Students are strongly encouraged to meet with the program head either before registering for the first semester or early in their first semester of study.

Students who have any physical or medical condition that requires special assistance in order to take advantage of the services at the college should contact the Dean of Student Services on the campus that they are attending.



INFORMATION

For more information or class schedule, please contact:

Horticulture Program
J. Sargeant Reynolds Community College
Western Campus
P.O. Box 85622
Richmond, VA 23285-5622

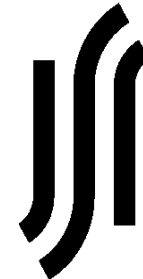
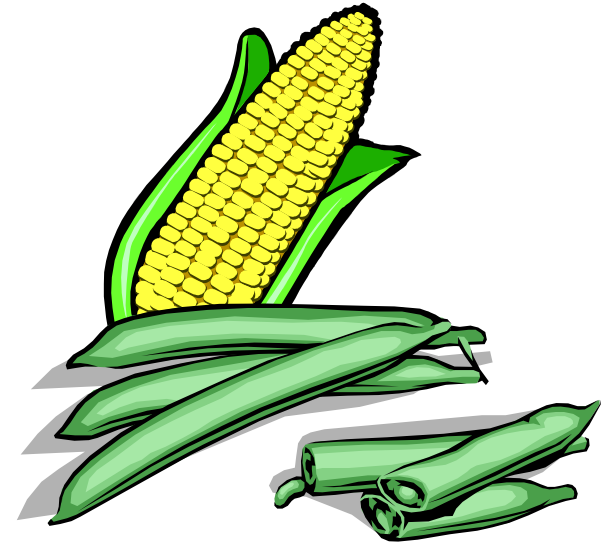
Or Call:

(804) 523-5946

Or Visit:

1851 Dickinson Road
Goochland, VA 23063

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Community College**