

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HRT 239

Credits: 3

Course Title: Complete Diet Farming

Course Description: Considers sustainable farming methods by which food can be grown for personal or family consumption, emphasizing high nutritional yield in relatively small areas. Focuses on the development of a garden plan that includes vegetable and root crops and grains used for food and composting. Prerequisite: HRT 130 or permission of instructor. Lecture 3 hours per week.

General Course Purpose: Introduce students to the idea of small space-high nutritional yield, and the methods to achieve it.

Course Prerequisites and Co-requisites:

Prerequisite: HRT 130 - Introduction to Biointensive Mini-Farming or permission of instructor

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Evaluate unfamiliar crops for taste, crop yield, and nutritional value;
- b. Maintain established biointensive beds;
- c. Communicate with confidence to clients and co-workers regarding nutritional aspects of food; and
- d. Perform hands-on gardening procedures consistent with biointensive concepts.

Major Topics to Be Included:

- a. Vegetable production by means of biointensive cultivation practices, including spacing and equipment
- b. The value of grains and roots in crop rotation and in the diet
- c. Crop production methods including double digging, planting, crop testing, and utilization of composting

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