

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

Course Prefix and Number: HRT 239

Credits: 3

Course Title: Complete Diet Mini-Farming

Course Description (including lecture hours, lab hours, total contacts)

Considers biointensive 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 composing. Prerequisite: HRT 130 or permission of instructor. Lecture 3 hours per week.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*)

HRT 130 (Introduction to Biointensive Mini-Farming) or permission of instructor.

Course Objectives (Each item should complete the following sentence.)

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.
- 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 compost

Effective Date of Course Content Summary (Month, Date Year): 2/12/09