

Sustainable Land Stewardship Program: Start Your Own Home Garden

A 3-Day Beginner's Guide to Regenerative & Eco-Friendly Gardening

Program Curriculum

Day 1: The Foundations of a Thriving Garden

- Understanding **soil health & regeneration**
- **Composting 101** – Turning waste into nutrient-rich soil
- Choosing the **best plants for your space & climate**
- Hands-on: **Building your first garden bed or container garden**

Day 2: Sustainable Gardening Techniques

- **Water conservation strategies** – Rainwater collection & drip irrigation
- **Companion planting** – Maximizing plant health naturally
- **Natural pest control** – Using beneficial insects & homemade remedies
- Hands-on: **Planting your first crops!**

Day 3: Maintaining Your Garden & Expanding Your Skills

- **Organic fertilizers & soil enrichment** techniques
- Seasonal gardening – **Planning for year-round food production**
- **Harvesting, storing, and using your homegrown produce**
- Hands-on: **Harvesting & tasting fresh produce from the garden**

 **Bonus:** Participants will leave with a **starter kit** including seeds, composting materials, and a beginner's gardening guide!