

# Forest Garden Immersion Course

*With Dina Falconi, Ethan Roland, Alisha Mai Frank, Dyami Nason  
Regan, Benneth Phelps, Connor Stedman, and Jennifer Risley*

## Handbook 2009

April 23-26  
Epworth Camp and Retreat Center  
High Falls, NY

Sponsors:



## Welcome Forest Gardeners!

We are totally excited to host you all at Camp Epworth this month – This handbook provides lots of updates about the course and all the information you will need to complete your payments, make your travel arrangements, connect with other forest gardeners, and arrive at Camp Epworth to get your hands in the soil! Here are some highlights:

### • Complete your payment!

Please complete your full payment for the course by **April 13<sup>th</sup>, 2009** – 2 Weeks from now!!! Visit [http://www.livingmandala.com/Living\\_Mandala/Forest\\_Garden\\_April\\_09.html](http://www.livingmandala.com/Living_Mandala/Forest_Garden_April_09.html) and click on the “[1<sup>st</sup> time](#)” or “[2<sup>nd</sup> time](#)” attendee button to complete your payment. You can also send a check (made out to Living Mandala) to: Living Mandala (Attn: Forest Garden) P.O. Box 704 Sebastopol, CA 95473.

### • Work & plant-trade available!

We have 8 openings for work trade at the FGIC, 4 positions in the kitchen and 4 positions with the implementation crew. Additionally, we are offering 3 novel ways for folks to pay for the course: Limited plant-trade, an affiliate marketing program, and an [exchange system](#) for course participants and organizers. More on all of these inside!

### • Connect with other forest gardeners!

Join the FGIC social network at <http://livingmandalas.ning.com>! Meet other course participants, organize rideshares, and join the new exchange system. Live updates are also posted on our blog at [www.forestgardenimmersion.blogspot.com](http://www.forestgardenimmersion.blogspot.com), including forest gardening articles, useful permaculture resources, and last-minute course news.

## In the rest of this handbook, you will find:

- FGIC Web Ecology
- Budget, Fees & Exchange: FGIC Financial Ecosystem
- Course Schedule
- Contact Information
  
- Packing List
- Directions to Epworth
- Housing Description
- Payment Information

## FGIC Web Ecology

The main elements of the Forest Garden Immersion Course web ecology (the dynamic, evolving, interconnected system of FGIC-related content on the internet) are as follows:



- Course Website – Basic course information, registration, and payment.  
[http://www.livingmandala.com/Living\\_Mandala/Forest\\_Garden\\_April\\_09.html](http://www.livingmandala.com/Living_Mandala/Forest_Garden_April_09.html)



- Social Network – Connect and build community before and after the course. Ride share, exchange for course fees, profiles, discussion forum, and more!  
<http://livingmandalas.ning.com/group/forestgardenimmersioncourseapril09>

- Official Course Blog – Live updates, forest gardening articles, useful resources.  
[www.forestgardenimmersion.blogspot.com](http://www.forestgardenimmersion.blogspot.com)

- FGIC Flickr Group – A collaborative space where we can all upload photos of the course. Join the group at:  
<http://www.flickr.com/groups/fgdc2009/>



- Apios Institute – Although not officially connected to the FGIC, the Apios Institute is a not-for-profit organization that researches regenerative perennial agriculture and will soon release an 'Edible Forest Garden Wiki' for global community research, documentation and discussion on edible forest gardens.  
[www.apiosinstitute.org](http://www.apiosinstitute.org)

- AppleSeed Permaculture – Primary course convener & investor. Regenerative design & development consulting, research, and education.  
[www.appleseedpermaculture.com](http://www.appleseedpermaculture.com)

## Budgets, Fees & Exchange: FGIC Financial Ecosystem

One of our goals in creating this Forest Garden Immersion Course is to spread the practices of regenerative design and edible forest gardening as far and as fast as possible. We would like everyone who wants to come to this course to be able to attend, and to carry their learnings and passion back to their local communities. Many excited potential participants have contacted us asking for reduced fees, and so we offer this transparent explanation of our economic approach to the course. In the following sections we outline our open-book accounting, our process for choosing the sliding scale course fee, and our various approaches to making the course economically available to everyone who wants to come.

### Open Books Accounting

Want to take a look at our books? Go for it! In the interest of complete transparency and increasing financial permaculture literacy, we've made our budget available to anyone who would like to understand the costs and considerations for putting on a course like the FGIC. The budget is included in this handbook, and is also viewable on googledocs here:  
<http://spreadsheets.google.com/cc?key=peq1ObMrzxqXQQP4QJrROCg&hl=en>  
(You'll need a free google account to access.)

## **Sliding Scale**

To choose the sliding-scale fee for this course, we worked with the budget to find a balance between possible fee ranges, potential number of participants, estimated income, and estimated expenses. Tallying up our estimated expenses and dividing that amount between potential numbers of participants gave us a range of per-participant costs for the course – anywhere from \$350 to \$850. We decided to aim for a relatively low cost per participant (\$100-125 per day = \$400-500 for the course), which means that we need a good-sized group of folks (43 or more!) to achieve enough income to meet our expenses. Take a look at the enrollment scenarios on the budget to get a sense of these figures for your self.

This figure then becomes the low end of our sliding scale. We need a minimum of \$400 or \$500 from 43 or more participants to break even, and we are totally confident that we can do so! Now is the time for our society to re-discover local food-security and abundant, delicious forests of fruit!

Participants who have relatively greater access to financial resources are encouraged to pay on the higher end of the sliding scale, or to engage in exchanges with other participants without access to US dollar resources. Following are the various options we've put together to help make the FGIC available to everyone who wants to come. Enjoy, and we'll see you later this month!

## **Affiliate Program**

For each person who attends the FGIC and sites you as having referred them, you get \$25. Go out and get your friends, family, neighbors, and community to attend the FGIC – the more the merrier.

## **Plant Trade**

This is the second year we are offering this innovative program. To reduce your course fees and support the genetic diversity of forest gardens at Camp Epworth, simply bring along divisions of multifunctional perennials to plant in the herbaceous understory! Each plant you bring reduces your course fee by \$1, to a maximum of \$50 off. A list of desired & accepted plant species can be found on the blog and social network.

## **Work Trade**

We have a total 8 openings for work trade at the FGIC, 4 positions in the kitchen and 4 positions with the implementation crew. Each participant holding a work trade position will work for 4 hours per day under the joyful direction of our head chef Zena or our project managers Benneth & Dyami. Work trade time is valued at \$10 per hour, so 4 hours per day for 4 days yields a total course fee reduction of \$160. We are now offering work trade positions on a first-come first-serve basis.

## **Exchange System: Community Financial Support**

To encourage creative economic interaction and valuing of non-US dollar resources and services, we are facilitating a brand-new exchange system for course participants AND the Hudson-valley local permaculture community. Here's how it works:

*I want to come to the forest garden immersion course, but I'm traveling from several states away and can only afford \$250 of the course fee. However, I have some basic carpentry skills and I also produce artists charcoal from my home coppice plot. I head on over to the FGIC Social Network, and make a post about my money needs (just 150 bucks!) and my particular skill & product offers. Other people on the network (including both FGIC participants and permaculture/forest gardening folks from the local community) see my offers. Several people contact me to buy some artists charcoal, and one family asks if I could stay a day after the course to fix up a tool shed in their forest garden. I make \$200 from exchanging my products and services, happily attend the FGIC, and make some great connections with the local community.*

Any questions? Head on over to the [social network](#) to discuss!

Get creative with your offers! Many folks are happy to find some friendly help with manual outdoors or cleaning work indoors. Maybe some folks would like to set up another hands-on forest garden implementation just after the course, and need some FGIC-trained implementers or designers! What skills or products do you have to offer?

# Forest Garden Immersion Course: April 2009

## Epworth Permaculture Demonstration and Retreat Center

April 23-26, 2009

High Falls, NY

Day	1	2	3	4
Date	Thurs Apr 23	Fri Apr 24	Sat Apr 25	Sun Apr 26
SESSION KEY	REGISTRATION	BREAKFAST	BREAKFAST	BREAKFAST
9:00		Meet a Plant	Meet a Plant	Meet a Plant
Open/Close	Welcome Course Introduction	Field Trip: Dina and Tim's Gardens	Polyculture Design	Medicine Making
10:30				
11:00	Introduction to Forest Gardenng	Introduce FG Design Forest Garden Implementation	Polyculture Planting	Forest Garden Implementation
12:30				
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH (Potluck for visitors)
2:00	Orientation & Succession Walk	Forest Garden Implementation	Ancestral Agroforestry Walk	Forest Garden Implementation
3:30				
4:00	Botany Basics	Forest Garden Pattern Language	Edible Preparations	Next Steps - Action Planning Closing Celebration
5:30				
Feedback	3x5's	3x5's	3x5's	
6:00	DINNER	DINNER	DINNER	Depart
Flexible Evenings	Social Time	Garden Sharing (Open Space?)	Edible Preparations Continued	

# Forest Garden Immersion Course

*Epworth Camp & Retreat Center*

[www.forestgardenimmersion.blogspot.com](http://www.forestgardenimmersion.blogspot.com)

April 23-26, 2009

High Falls, NY

[www.appleseedpermaculture.com](http://www.appleseedpermaculture.com)

## **Organizers, Instructors & Contact Information**

### **Primary Course Convener**

AppleSeed Permaculture

Ethan C. Roland, principal

Email: [ethan@appleseedpermaculture.com](mailto:ethan@appleseedpermaculture.com)

Website: [www.appleseedpermaculture.com](http://www.appleseedpermaculture.com)

### **Teaching Team:**

Alisha Mai Frank – Lead Instructor

Dina Falconi – Lead Instructor

Ethan Roland – Lead Instructor

Benneth Phelps – Project Manager

Dyami Nason-Regan – Project Manager

Connor Stedman – Registration & Travel – [connor.stedman@gmail.com](mailto:connor.stedman@gmail.com)

Jennifer Risley – Teaching Assistant, Web Guru, Documentation

### **Course Hosts:**

Epworth Camp and Retreat Center

8 Epworth Lane, High Falls, NY 12440

Office: (845) 687-0215

Email: [info@epworthcenter.com](mailto:info@epworthcenter.com)

### **Telephone:**

The telephone in the office kitchen will be available for emergency, outgoing calls. Cell service is spotty on site, and depends partly on the age of your cell phone. Emergency incoming calls can go to the Epworth office phone above.

### **Internet:**

Internet access will not be available on-site during the course. Morning Brew Coffee House, a 10-minute bike ride down the road, has wireless internet from 7:00am-4:00pm most days.

## **Packing List**

Due to the immersive nature of our forest gardening work together, we will be outside and inside over the course of the weekend. Please come prepared for every kind of weather, as it can rain, sleet, freeze, or be 60° and sunny in the Hudson Valley at this time of year.

### **Tools & Items for Course**

- Notebook, clip board
- Writing implements
- A sketchbook or sketch paper & clipboard.
- A daypack for field trips.

## **Bedding, Clothes, Personal**

- Bring work clothes! Comfortable, durable outdoor clothing for our numerous hands-on sessions.
- Work gloves and hats – wide brimmed Mexican or cowboy hats preferred.
- Sunblock!
- Rain gear! Warm waterproof work/rain/mud boots, warm waterproof jacket. Rain is great weather for planting.
- Long socks for tucking pants in, particularly if you have concern about ticks. (We will be walking through grasses and ticks will likely be present. Our staff will support you in staying safe and tick free. Prevention is key!)
- Warm clothes (that stay warm if wet – wool and synthetics – NOT cotton). The buildings can be chilly, so bring comfortable layers.
- NO LINENS OR PILLOWS ARE PROVIDED. Bring towels, sheets, blankets, sleeping bag, and pillow for a twin sized mattress.
- You may want slippers inside as the spaces are shoeless and floors will likely be cold.
- Flashlight (plus extra batteries).
- Toilet articles (shared bathroom!).
- Watch and/or travel alarm.
- Water bottle and personal mug.
- Mat, props, clothes, etc. for yoga or other practices.

## **Housing Description**

There are two housing options for you at Camp Epworth: dormitory-style and camping. Both are equally priced and already covered in your course fee.

**Dormitory** housing is twin-sized bunk beds in rooms shared with 4-9 other same-sex individuals. Each room has a single shared bathroom and shower. Our dormitory, Rosebush, will have both men's and women's rooms.

**Camping** is abundant – Epworth has 160+ acres of open field and mixed woodlands, and you can camp pretty much anywhere you like. Shared bathrooms with showers are available in Rosebush; without showers in the Dining Hall.

Off-site accommodations are available, and qualify you for the Commuter's or returning participant's sliding scale fee of \$400-800. Two of our course sponsors, [The Inn at Stone Ridge](#) and [Mohonk Mountain House](#), offer beautiful accommodations 5-10 minutes from Camp Epworth. Other local options include: Captain Schoonmaker Bed & Breakfast (845-687-7946), Sparrow Hawk Bed & Breakfast (845-687-4492), and The Paymaster's House (845-687-7204).



## Directions to Camp Epworth

Please arrive by 8:00 AM on Thursday, April 23<sup>rd</sup>, 2009 at Camp Epworth in High Falls, NY (registration runs until 9:00 AM). If you will need a pick-up from the airport, bus, or train station, please let us know exactly when you expect to arrive, and if you have a cell phone, what the number is. Please make arrangements in advance with Connor Stedman ([connor.stedman@gmail.com](mailto:connor.stedman@gmail.com)) to ensure we can accommodate your travel needs.

The course ends by 5:30 PM on Sunday, April 26<sup>th</sup>. If your travel plans involve leaving on Monday, April 27<sup>th</sup>, let Connor know so we can work this out with Epworth -- Extra nights will cost more.

As mentioned above, we encourage you to coordinate ride sharing and carpooling arrangements with other course participants through the FGIC Social Network <http://livingmandalas.ning.com>

### By Plane

Closest airports include: Stewart Airport in Newburgh, NY (1.5 hours drive) and Albany Airport in Albany, NY (2 hours drive), but there are no easy public transport connections to the High Falls area from these two airports. From New York City airports, you can take a Trailways Bus from the NYC Port Authority bus terminal to Rosendale, NY, about 15 minutes away. Please contact Connor if you plan to arrive at Rosendale so we can plan to pick you up.

### By Bus or Train

Trailways Bus Lines has a station at the Park and Ride lot in Rosendale, NY about 15 minutes from Camp Epworth. You should be able to bus to there from almost anywhere. Trains from NYC arrive in Poughkeepsie, NY, about 45 minutes from Epworth. There is a shuttle from the train station to the Rosendale bus station. Please contact Connor if you plan to arrive at Rosendale so we can plan to pick you up.

### By Car

*From the South* – Note: if you follow the mapquest or google directions, you *may* get lost up on the ridge. If you want a little less adventure, you can do the following: Take the NY Thruway/ Rt 87 north to Exit 18-New Paltz. At the end of the toll area, you will reach Rt. 299. Turn left/west on 299 toward New Paltz. Go down the hill into town and look for Rt 32 North. Turn right onto 32N. [It will turn right again at the end of a little road right after you get on.] Follow 32N about 7 miles, crossing over 2 metal bridges. After the second bridge, on which there is now construction, you will turn left at the traffic light, onto Rt. 213 West. There is a Stewart's on that corner. Proceed on 213W through the town of Rosendale then on to High Falls. At High Falls, you will cross another metal bridge. After that bridge you will come to a traffic light, with the High Falls Food Coop on the corner. Turn left at that corner onto Lucas Tpke/ Ulster County Rt.1. Go about 2 ½ miles down that road and you will see a big green sign on your left [which is lit at night], that says Epworth Camp and Retreat Center. Turn left into the sign and follow the directions below.

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*From the North* – Take the NY Thruway/Rt 87 south to Exit19-Kingston. After you exit, you will come to a traffic circle, but you do not enter the circle. You will see a sign to the right saying Rt. 28 West toward Pine Hill. I think it also says toward Rt.209. Turn onto 28W toward Pine Hill and immediately look for signs for Rt. 209. Take Rt. 209 South toward Ellenville. You will travel about 5 miles or more and will reach the town[s] of Marbletown and Stone Ridge. After you go through Stone Ridge, you will pass a little shopping mall on your left called Stone Ridge Towne Center. Soon after that you will reach a traffic light. Turn left at that light onto Rt. 213 East. Proceed on 213 E about a mile down a hill and you will reach a light, with High Falls Food Coop on the corner. Turn right at that light onto Lucas Tpke/Ulster County Rt. 1. Go about 2 ½ miles and you will see a big green sign on your left, which is lit at night, and says Epworth Camp and Retreat Center. Turn in there and follow the directions below.

*Directions Once at the Camp:* We will be staying at Rosebush Lodge, and having our classes in the dining hall. After you arrive at Camp Epworth and turn into the driveway [Epworth Lane], turn left at the welcome sign. You will pass a big white house on your right, Manor House. Continue on and you will see the little red Office building on your left, and further on the barn will pass on your left. Ahead of you is the dining hall parking lot. Jog around to your left and continue on the road by the dining hall. Across from the dining hall is Rosebush. You can park near Rosebush. Please do not park in the entrance area as we may need to unload things there.

## **Payment Information**

Please complete your full payment for the course by **April 13<sup>th</sup>, 2009** - 2 Weeks from now!!! Visit [http://www.livingmandala.com/Living\\_Mandala/Forest\\_Garden\\_April\\_09.html](http://www.livingmandala.com/Living_Mandala/Forest_Garden_April_09.html) and click on the “[1<sup>st</sup> time](#)” or “[2<sup>nd</sup> time](#)” attendee button to complete your payment.

You can also send a check (made out to Living Mandala) to:

Living Mandala  
Attn: Forest Garden  
P.O. Box 704  
Sebastopol, CA

# AppleSeed Permaculture

Regenerative Design & Development

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## Forest Garden Course Budget Template - 4 day Intensive

Developed from a template by Dave Jacke, Dynamics Ecological Design

[Change the numbers in the purple cells for different budget scenarios] Some cells are protected... Read more below.

**Breakeven Scenarios** (this isn't)

Number of Days	4	\$ 2,982.00	Current NET		
Number of Participants Total	50			Actual Avg Paid	
Number of Roomers	30	\$ 500	cost per roomer	\$ 1,000	1° staff
Number of Commuters	20	\$ 400	cost per commuter	\$ 500	2° staff
Number of Children	0	\$ -	cost per child		
<b>Income</b>		<i>Projected</i>		<i>Actual</i>	
		<b>Per Day</b>	<b>Total</b>	<b>Per Day</b>	<b>Total</b>
Student Fees		\$ 5,750	\$ 23,000		
Scholarship grants		\$ -	\$ -		
Sponsorship Fees		\$ -	\$ -		
	<b>Total Income</b>	<b>\$ 5,750.00</b>	<b>\$ 23,000.00</b>	<b>\$ -</b>	<b>\$ -</b>
<b>Expenses</b>		<i>Projected</i>		<i>Actual</i>	
		<b>Per Day</b>	<b>Total</b>	<b>Per Day</b>	<b>Total</b>
Facility fees		\$ 725	\$ 2,900		
Food Costs	\$ 10 / person / day	\$ 580	\$ 2,320		
Advertising/Marketing	10% of Total Income	\$ -	\$ 2,300		\$ 500
Insurance	\$ 5 / person	\$ -	\$ 250		
<b>Teaching Materials</b>					
Easel pads	2 @ \$30	\$ 15	\$ 60		
Office supplies		\$ 25	\$ 100		
Copies: handouts	\$ 5 / set + CDs	\$ 63	\$ 250		
<b>Implementation Materials</b>					
Plants	1/2 acre		\$ 1,500		
Tools			\$ -		
Mulch	\$ 30 10	\$ 75	\$ 300		
Compost	\$ 50 5	\$ 63	\$ 250		
	/ yard				
<b>Staff</b>					
Mai	Overall - N	\$ 250	\$ 1,000		
Ethan	Overall - W	\$ 250	\$ 1,000		
Connor	Overall - E	\$ 125	\$ 500		
Riz	Overall - S	\$ -	\$ -		
-	Overall - SE	\$ -	\$ -		
Dina	Overall - SW	\$ 250	\$ 1,000		
Connor	Overall - NW	\$ -	\$ -		
Mai	Overall - NE	\$ -	\$ -		
Benneth	Implementation - N	\$ 250	\$ 1,000		
Dyami	Implementation - support	\$ 250	\$ 1,000		
Worktrade Implementation Support	4	\$ 160	\$ 640		
4hrs/day @ \$10/hr	16.00 \$ 10	\$ -	\$ -		
Zena	Kitchen - N	\$ 375	\$ 1,500		
?	Kitchen - support	\$ 150	\$ 600		
Worktrade Kitchen Support	4	\$ 160	\$ 640		
4hrs/day @ \$10/hr	16.00 \$ 10	\$ -	\$ -		
		\$ -	\$ -		
Staff Travel	100 miles @ \$ 0.51 per mile	\$ -	\$ -		
	8 staff	\$ -	\$ 408.00		
<b>Miscellaneous</b>	\$ 10 per student	\$ -	\$ 500.00		
	<b>Total Expenses</b>	<b>\$ 5,004.50</b>	<b>\$ 20,018.00</b>	<b>\$ -</b>	<b>\$ 500</b>
	<b>Net Income</b>	<b>\$ 745.50</b>	<b>\$ 2,982.00</b>		
		<i>Projected</i>		<i>Actual</i>	
		<b>Per Day</b>	<b>Total</b>	<b>Per Day</b>	<b>Total</b>
<b>Total expenses per student</b>		\$ 100.09	\$ 400.36		
<b>Net income per student</b>		\$ 14.91	\$ 59.64		

Enrollment			
High	Mid	Low	
50	40	30	Total Stu
30	25	20	Roomers
20	15	10	Commut

Total Income		
High	Mid	Low
23000	18500	14000
15000	12500	10000
8000	6000	4000

Total Expense			
High	Mid	Low	
20018	18968	17918	Total
400	474	0	per stude

Net Income			
High	Mid	Low	
2982	-468	-3918	Total
60	-12	-131	per stude