

## 18. Planning Session

**P**lans should be drawn up before any effort is wasted. Think through your traffic routes and flow of materials. Integrate your resource recovery plan in this process. Set your goals and lay down the steps that you think are needed as you see it now. Write it down; it will be a flexible starting point. Even the best laid plans can fail, but remember, you are gathering data from your experience and can progress even when you make a mistake or are broadsided by unforeseen circumstances.

The following is our step-by-step guide to getting started with Natural Farming, including an EM Usage Plan. Each step should be streamlined before you add another. You should be able to master the

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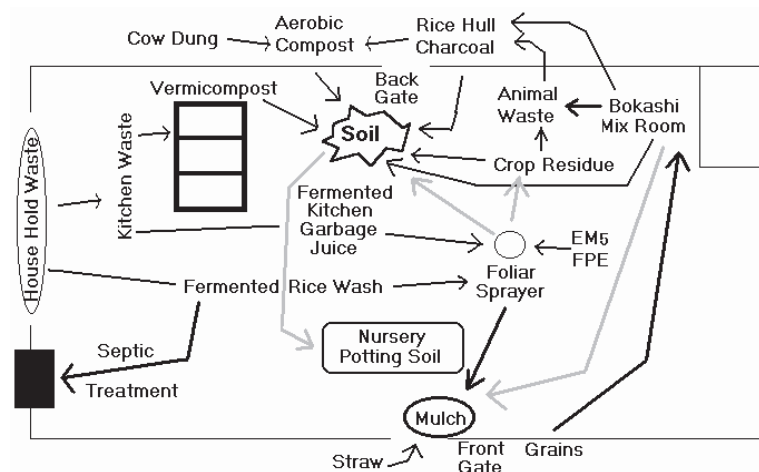
basics first, and then go on to the more complex. You are building a foundation; make sure it is on solid rock, not shifting sand. From number 4 the order is not important. Just make sure you are on top of it each step of the way.

**Farm Layout and Flow of Materials**



Sample Farm Layout-Aloha House, Mitra Rd., Santa Monica, Puerto Princesa City, Palawan, PHILIPPINES.

**Flow of Materials**



1. Identify Resources – Plan with low cost inputs and efficient processing to keep your start up and operation costs low.

- Finalize Resource Recovery system
- Make a Farm Layout
- Plan Materials Route
- Centralize Composting Area
- Identify Wastes for fertilizers. Bakery = Eggs, Oil Factory = Copra meal, Rice or wheat Mill = Bran, Farm = Straw, Rice Wash and household waste, restaurant waste, municipal waste, neighborhood grass cuttings...

2. List all the plants you want to produce. It's helpful to know how you will plant everything you want. We recommend mastering 2 new plants at a time. Once you succeed in meeting their needs, add 2 more. It is wise to grow what you are already buying; this is the most economical way to "sell" your product. You are replacing your store - bought, low-quality, retail produce at below wholesale prices. It's way fresher and more nutritious! That's the best return you will ever get. Then grow a surplus for sale at market prices.

3. Utilize EME, Bokashi, vermicasts, bat guano, lime, and make potting soil from samples kit in seminar.

4. Buy your own EM1 and extend EM1 to save money.

5. Make Fermented Rice Wash – 5ml EM1: 5ml. Molasses: 1 liter rice wash. It makes a good soil spray and compost activator. It also can treat plants at 1:1:500.

6. Make Bokashi- use your EME to ferment wheat bran or rice bran [Magaspang (grade D3) from the mill.]

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7. Make Fermented Kitchen Garbage – Garbage is a good fertilizer if properly inoculated. The EM is in your bokashi; this will ferment the kitchen/food waste.

8. Make EM5 spray instead of EME. Now you are an advanced EM user and your farm will be progressing for years to come.

9. Make FPE – Fermented Plant Extracts are explained in Appendix 5. These capture nutrients from weeds and multiply microbes.



10. Make ACT (Aerated Compost Tea) from high quality vermicasts or aerobic compost. Spray the bacteria and fungi regularly. Run an aquarium pump for 12-36 hours with close monitoring. Vermicasts make some of the best tea known to modern science. The longer the brew the higher the fungal count, but the bacterial growth starts to diminish over time. Brew high numbers of fungi for perennials; high bacterial counts are best for annuals like market vegetables and rice.



Foliar sprays will not harm your pollinators and helps herbs like mint, basil and Indian coriander.



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**Interns get to learn through doing. They also see the complete crop cycle - from planting to harvest. We require a four-month minimum.**