

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

**Course Prefix and Number:** HRT 239

**Credits:** 3

**Course Title:** Complete Diet Mini-Farming

**Course Description:** 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 composting. Prerequisite: HRT 130 or permission of instructor. Lecture 3 hours per week.

**Course Prerequisites and Co-requisites:**

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

**Course Objectives:**

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

**Effective Date of Course Content Summary:** February 12, 2009