FOOD LITERACY

DIGITAL COOKBOOK

FOOD
FOR
GOOD
club

GROW → PREPARE → SHARE

GROW

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EASY WAYS TO LEARN ABOUT
SUSTAINABLE FOOD
PROCESS!

ACKNOWLEDGMENTS

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GROW

"All the world's problems can be solved in a garden."
Geoff Lawton

WELCOME TO THE WORLD OF URBAN PERMACULTURE GARDENING

URBAN PERMACULTURE GARDENING

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WELCOME TO

WHAT IS PERMACULTURE?
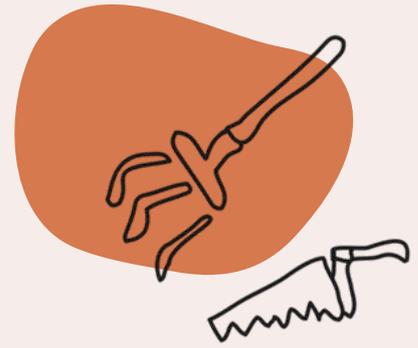
HISTORY

Way back in the 1970s, two Aussie legends, Bill Mollison and David Holmgren, were super worried about how we were treating the planet. They looked at all the damage modern farming was doing and thought, "There has to be a better way to live and grow food!"

So, they got creative and came up with something amazing: **Permaculture**! It's a way of living that's all about working with nature, being sustainable, and designing things in smart, eco-friendly ways.

They were inspired by **indigenous wisdom**, **nature's own systems**, and **sustainable farming**. Even the name is a mash-up: **"Permanent" + "Agriculture" = Permaculture!** It's all about creating systems that last a long time and give back to the Earth.

Thanks to Bill and David's awesome work, people all around the globe are getting into Permaculture. And it's not just about growing food—it's about **healing the planet**, **creating happy ecosystems**, and **living in harmony with nature**!

"Permaculture offers a radical approach to food production and urban renewal, water, energy, and pollution. It integrates ecology, landscape, organic gardening, architecture, and agroforestry in creating a rich and sustainable way of living."
David Holmgren

URBAN PERMACULTURE GARDENING IS IMPORTANT!

STEVEN, GARDENING TRAINER

URBAN PERMACULTURE GARDENING

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IMPORTANCE OF

THREE CORE ETHICS OF PERMACULTURE

Check it out, here's the lowdown on the three big rules of Permaculture:

EARTH CARE: This one's all about showing love to our planet. Mother Earth takes care of all of us—from tiny bugs to humans—so we've gotta keep her healthy and happy. Taking care of the Earth means protecting it and making sure it stays awesome for everyone.
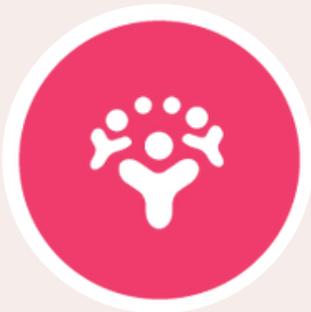
PEOPLE CARE: This one's about looking out for each other. Everyone deserves kindness, respect, and the basics to live well—like food, a safe place to stay, and love. Think of it like making the world one big, caring family.

FAIR SHARE: Last but not least, sharing is caring! Everyone should have enough of life's essentials, like clean water and fresh air. But we've got to be smart about it—use what we need and save some for the next generations to enjoy too.

WHEN YOU PUT THESE THREE ETHICS TOGETHER, YOU'VE GOT THE BLUEPRINT FOR A WORLD THAT'S SUSTAINABLE, FAIR, AND FULL OF LOVE. LET'S MAKE IT HAPPEN!

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PERMACULTURE PRINCIPLES

1. OBSERVE & INTERACT

12. CREATIVELY USE AND RESPOND TO CHANGE

2. CATCH & STORE ENERGY

11. USE EDGES AND VALUE THE MARGINAL

EARTH CARE

3. OBTAIN A YIELD

10. USE & VALUE DIVERSITY

4. APPLY SELF-REGULATION AND ACCEPT FEEDBACK

PEOPLE CARE

FARE SHARE

9. USE SMALL & SLOW SOLUTIONS

5. USE AND VALUE RENEWABLE RESOURCES & SERVICES

8. INTEGRATE RATHER THAN SEGREGATE

7. DESIGN FROM PATTERNS TO DETAILS

6. PRODUCE NO WASTE
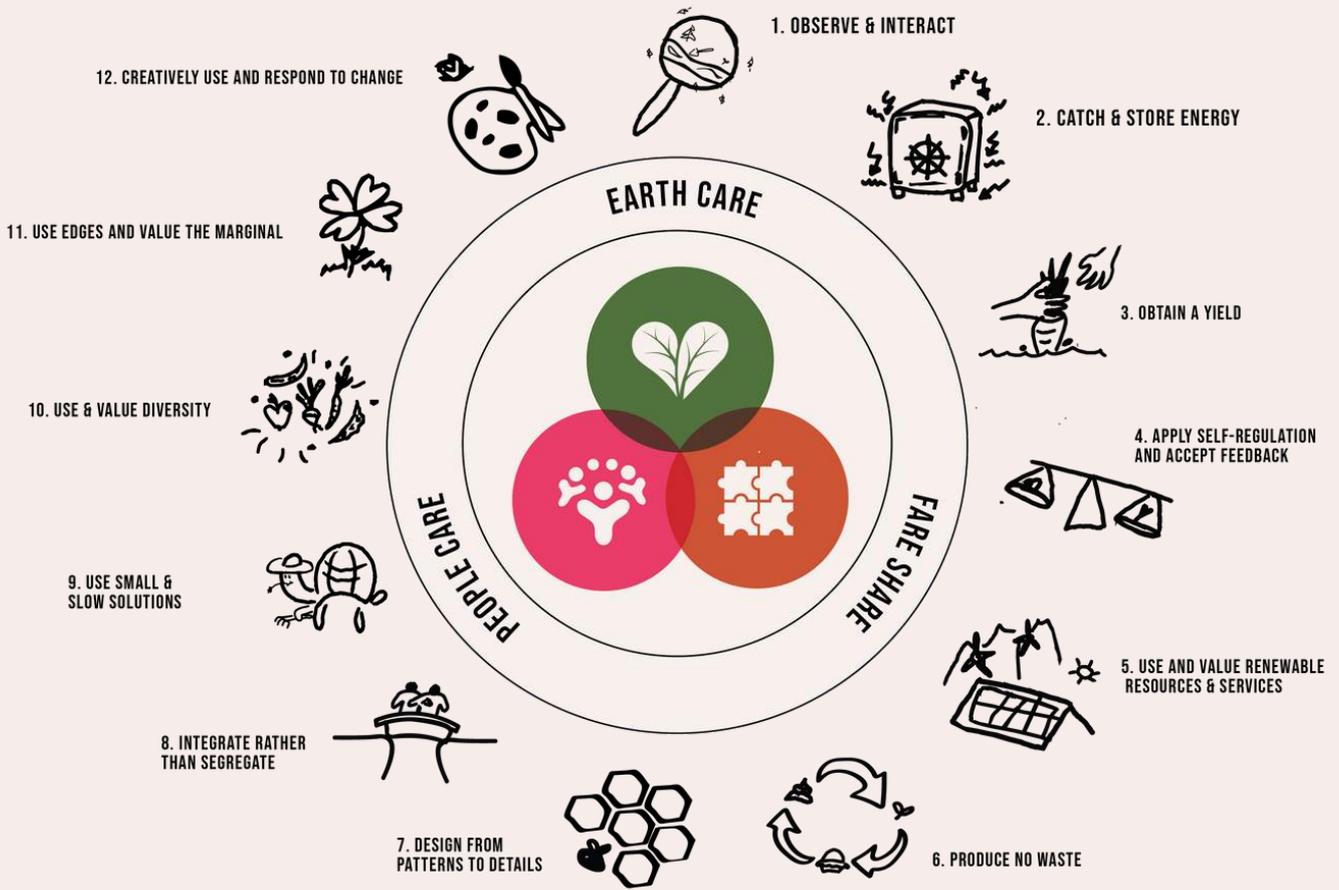
12 PERMACULTURE PRINCIPLES

1. Observe and Interact: Watch closely and get involved! Before making changes, check out how things work in nature. By understanding what's going on, we can make smart choices that fit right in with the environment.

2. Catch and Store Energy: Save up some energy for a rainy day! Use things like sunlight, wind, and water wisely, and stash them away for later. That way, we can keep things running smoothly without using up all our resources.

3. Obtain a Yield: Make stuff happen and get results! Design systems that give back, like growing food or making energy. This helps keep nature happy and gives us what we need to thrive.
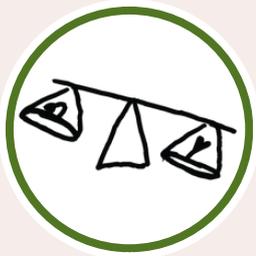
4. Apply Self-Regulation and Accept Feedback: Keep things balanced and listen to what nature tells us. By building systems that can take care of themselves and learning from our mistakes, we can keep things on track without always jumping in.

5. Use and Value Renewable Resources and Services: Be besties with nature! Use things like sunshine and wind power instead of stuff that runs out. By working with nature, we can keep things going strong for the long haul.

6. Produce No Waste: Be a recycling superhero! Create systems where everything gets used, nothing gets wasted. By reusing stuff and cutting down on trash, we can keep the planet clean and green.

12 PERMACULTURE PRINCIPLES

7. Design from Patterns to Details: Look at the big picture first! See how nature does things and then work out the details. By following nature's lead, we can make designs that fit right in.

8. Integrate Rather than Segregate: Mix it up and make friends with different elements! By bringing things together, like plants and animals, we can make systems that work together like a dream team.
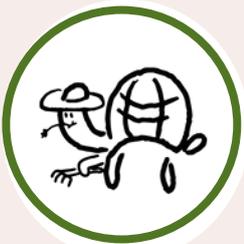
9. Use Small and Slow Solutions: Take it easy and start small! Instead of big, fast changes, go for small steps that let us learn as we go. Slow and steady wins the race!

10. Use and Value Diversity: Celebrate differences and make room for everyone! By welcoming all kinds of plants, animals, and people, we can make systems that are strong and adaptable.

11. Use Edges and Value the Marginal: Explore the edges and find hidden gems! Look where different things meet, like land and water, for cool surprises and new opportunities.

12. Creatively Use and Respond to Change: Roll with the punches and get creative! Change is a part of life, so let's adapt and make the most of it. By staying flexible, we can keep things awesome no matter what comes our way!

OUR MOTIVATION FOR GARDENING

MOTIVATION

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

WHAT IS OUR

7 REASONS WHY TO DO URBAN PERMACULTURE

Thinking about starting your own urban permaculture garden? Awesome choice! Here are seven cool reasons why you should totally go for it:

1. Brings the Community Together: Imagine turning a dull patch of land into a vibrant community space! With an urban garden, you can gather your neighbors, get your hands dirty, and bond over growing plants. It's like creating a mini paradise in the city!

2. Boosts Your Mental Health: Did you know that playing with soil and plants can actually make you feel happier and less stressed? Yup! Building your own green oasis in the city can be like therapy for your mind.

3. Reduces Your Carbon Footprint: Be an eco-hero with permaculture! Turn food scraps into awesome compost to grow healthy plants. And don't forget thrift stores—they're packed with cool, affordable stuff for your garden that's kind to the planet!

4. Supports Local Insects: Bees and other local bugs are crucial for a healthy ecosystem. By planting native flowers, you're basically rolling out a red carpet for them! And hey, those buzzing visitors will make your garden pop with color!

5. Saves You Money: No more crazy high AC bills! Trees and plants can cool down your neighborhood, saving you money on energy. It's like having free air conditioning, all thanks to Mother Nature!

6. Improves Indoor Air Quality: Adding a little nature inside isn't just for decoration. Indoor plants can clean the air, getting rid of all the bad stuff floating around. So, take a deep breath and enjoy the fresh, clean air!

7. Keeps Mosquitoes Away: No one wants annoying mosquitoes ruining outdoor fun. But don't worry! Planting mosquito-repelling plants like lemongrass can keep those pests away, so you can chill in your garden without any bites.

SO, WHAT ARE YOU WAITING FOR? GET YOUR GREEN THUMBS READY AND DIVE INTO THE WORLD OF URBAN PERMACULTURE! YOUR CITY, YOUR COMMUNITY, AND YOUR MENTAL HEALTH WILL THANK YOU FOR IT!

BEFORE YOU START

STARTING AN URBAN PERMACULTURE GARDEN MIGHT BE TRICKY, BUT IT'S TOTALLY WORTH IT! WITH THESE TIPS, YOU'LL BE READY TO HANDLE CHALLENGES AND ENJOY THE PROCESS OF BUILDING A SUSTAINABLE, ECO-FRIENDLY GARDEN THAT GIVES YOU FRESH, ORGANIC FOOD.

SPACE LIMITATION: Vertical gardens and hanging planters are perfect for small spaces. You can even grow plants indoors! Yep, your apartment just became a green paradise.

RULES & REGULATIONS: Before you start planting, check out what your city says about it. Some places have rules about what you can grow and where. Your neighbors might need a bit of introduction into your new project too. Better safe than sorry, right?

MICROCLIMATES & CONTAMINATION: Soil and water quality can be dodgy in cities. So, get testing before you plant anything. And don't forget about the weather! Urban areas can have funky climates. Pick plants that can handle the heat (or wind or whatever your city throws at them). Learn more about this in the "recipe" *2. Find your spot and get to know it.*

LIMITED TIME: Time's precious, so make sure you plan your gardening around your schedule. It takes time to plant and harvest, so choose plants that fit your lifestyle and give them the care they need.

UNEXPECTED VISITORS. In the city, critters like pets, neighbors, pigeons, and even rats might want to join your garden party. Don't worry though! You can keep them at bay with pet-friendly garden designs, talking to your neighbors, and using clever tricks to shoo them away. As for bugs, some are annoying, but others are actually good for your plants! Learn who's who in your garden and how to handle them. For more tips, check out the "recipe" *8. Reduce Pests: Natural Pest Control.*

BE AWARE OF POTENTIAL CHALLENGES

LIMITED RESOURCES: Money matters, too. Starting a garden can be pricey. But fear not! You can save some cash by getting crafty. Use old stuff for containers, compost your food scraps, and collect rainwater. Boom, budget-friendly gardening!

REFINE YOUR MINDSET

BE READY FOR SETBACKS: Gardening has its ups and downs. If your plants aren't doing well or something goes wrong, don't stress! Use it as a chance to learn and get better.

BE PATIENT: Gardening ain't no sprint; it's more like a leisurely stroll. So, chill out and give your plants the time they need to do their thing.

BE FLEXIBLE: Flexibility is your superpower. Plans change, stuff happens - roll with it! Don't be afraid to switch things up and trying new ideas.

BE MINDFUL OF YOUR ENVIRONMENT: Be respectful of your neighbors and their space. A little kindness and thoughtfulness can help create a strong, friendly community.

START SMALL: Start small, dream big. Don't overwhelm yourself with a massive project from the get-go. Start small, get the hang of things, then expand when you're feeling confident.

STAY ORGANIZED: Keep tabs on your plants and gear with a gardening journal or app. It'll help you stay on track and avoid chaos.

TAKE CARE OF YOURSELF: Gardening's hard work, so don't forget to take care of yourself, too. Stay hydrated, slap on some sunscreen, and take breaks when you need them.

BE CURIOUS AND ASK FOR SUPPORT: Gardening is an adventure, and it's way more fun with friends! Don't hesitate to ask for help or chat with other plant lovers. There's so much gardening wisdom out there just waiting for you to discover! Check out "recipes" like *1. Connect with Your Local Green Champions*, *3. Get Savvy*, and *13. Get Help & Enjoy the Company* for more tips!

LET'S GEAR UP WITH SOME ESSENTIAL HAND TOOLS THAT WILL MAKE YOUR BALCONY OR SMALL GARDEN THRIVE WITHOUT NEEDING BIG MACHINERY.

SMALL TOOLS

1. Hand Trowel: Perfect for digging small holes to plant seedlings or bulbs. Also great for transplanting and weeding.

2. Hand Fork: This handy tool loosens soil, breaks up clumps, and pulls out weeds. It's awesome for tight spaces and raised beds.

3. Hand Pruners: Trim and shape your plants with ease. Choose between bypass for live plants and anvil for thicker branches.

4. Hand Saw: For those tougher branches that pruners can't handle. Ideal for shaping trees, shrubs, and compost material.

5. Hand Hoe: Use this for weeding, cultivating, and loosening soil in tight spots. Its curved blade makes it super efficient.

6. Hand Rake: Break up soil, level seed beds, and remove debris with this multitasking tool. Perfect for small planting areas.

7. Hand Cultivator: Loosen soil, aerate, and remove weeds in larger planting areas and raised beds.

8. Hand Dibber: Make perfect holes for planting seeds or seedlings without disturbing their roots.

9. Hand Sickle: Cut grass, weeds, and herbs close to the ground with precision.

10. Hand Edger: Keep your garden edges clean and defined for a neat look.

11. Hand Weeder: Get rid of those stubborn weeds with deep roots like dandelions.
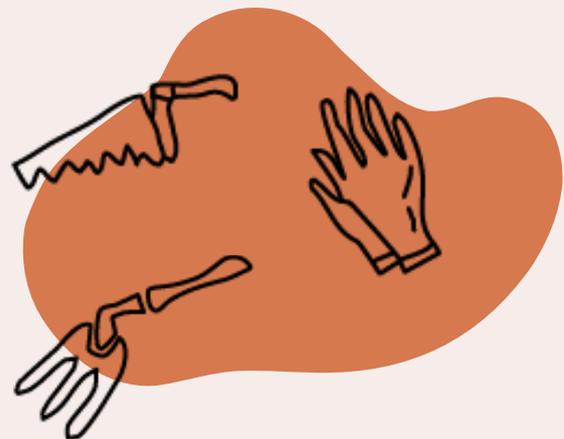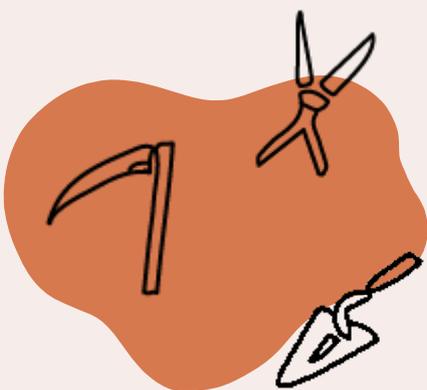
LARGER TOOLS FOR BIGGER PLOTS

1. Broadfork: Deeply cultivate and aerate soil without messing up its structure. Great for improving drainage.

2. Shovel: Perfect for digging, moving soil, compost, or mulch, and clearing debris.

3. Mattock: Dig trenches, break hard soil, and remove rocks and roots easily.

4. Garden Fork: Loosen soil, mix amendments, and lift out rocks and debris for larger planting areas.

5. Scuffle Hoe: Keep your paths and rows weed-free with this handy hoe.

6. Wheel Hoe: Cultivate, weed, and shape beds effortlessly with minimal effort.

7. Sod Cutter: Create new planting beds or reshape your landscape by removing sod or turf.
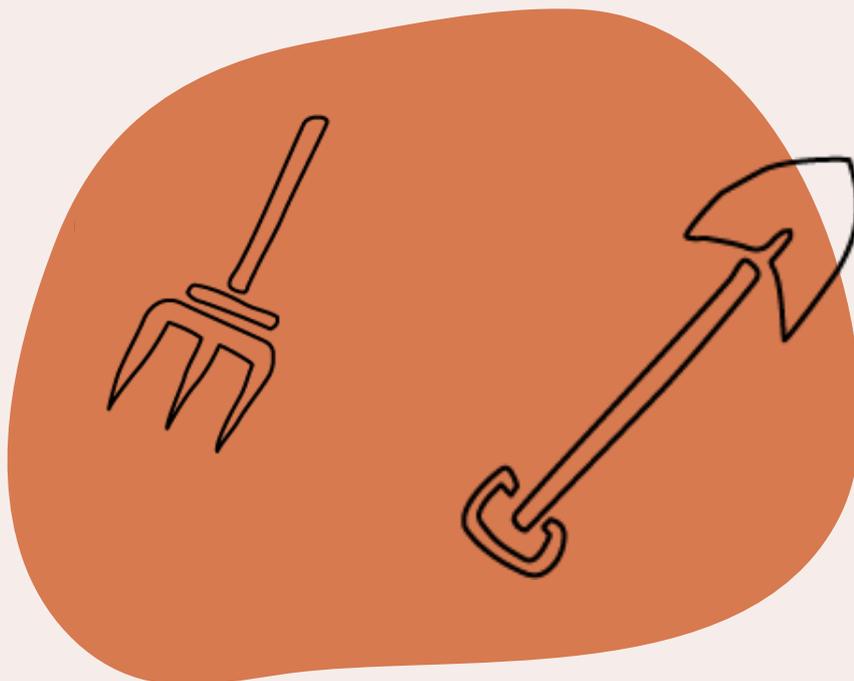
TOOLS FOR PREPARING THE SOIL, TRANSPORTING MATERIALS & MANAGING WATER

1. Wheelbarrow: Carry heavy loads of soil, compost, plants, or materials across your garden easily.

2. Pick Axe: Break up hard soil, dig trenches, and remove roots and debris.

3. Soil Sifter: Get your soil ready for planting by removing rocks and clumps.

4. Watering Can: Gently water your plants with precision, minimizing water waste.

5. Garden Hose: Deliver water to different areas of your garden easily, whether it's from a tap or rain barrel.
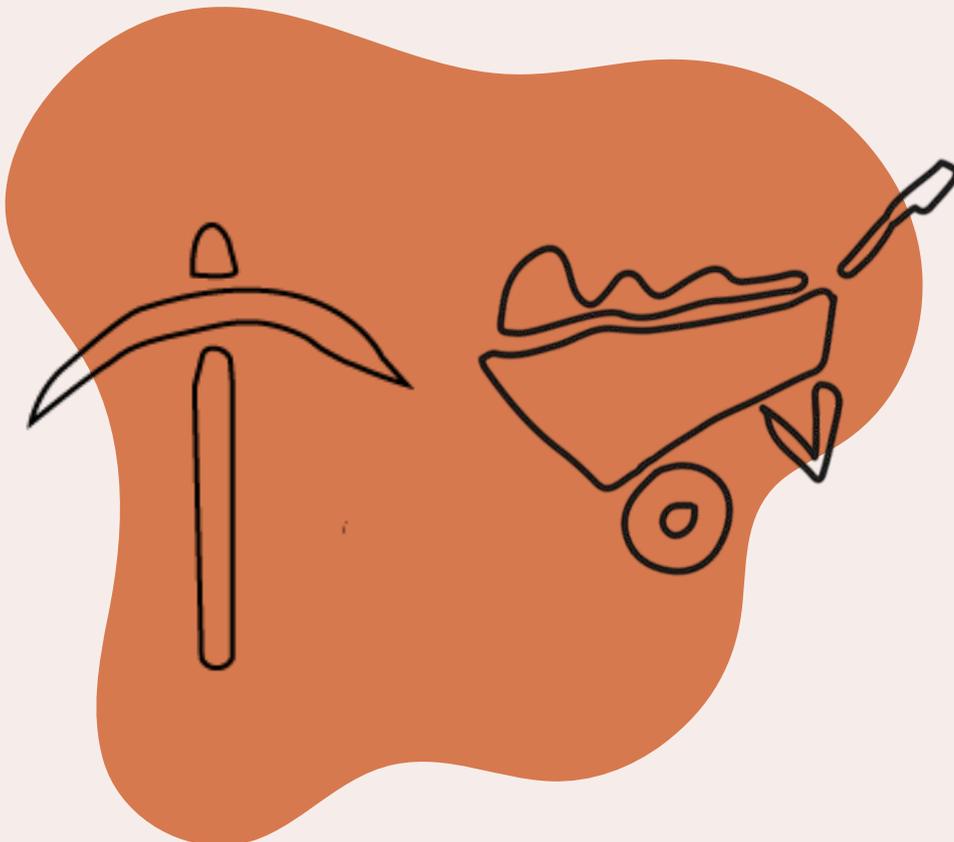
NOW THAT YOU'RE ALL SET WITH YOUR TOOLS, LET'S GET STARTED ON THIS AWESOME PERMACULTURE JOURNEY! WE HOPE YOU ENJOY THIS BEAUTIFUL PERMACULTURE JOURNEY!

CONNECT WITH YOUR LOCAL GREEN CHAMPIONS

INGREDIENTS

- Curiosity and passion about urban permaculture gardening
- Contacts of local green initiatives

INTRODUCTION

Urban permaculture is all about creating a squad of green heroes who want to make our cities healthier and happier! Picture transforming those dull concrete areas into vibrant green spaces.

So, how do you join this awesome movement? Easy! Start by connecting with local people, groups, and organizations focused on and interested in building a sustainable future. They're like your green family, ready to share tips, give support and make your gardening journey exciting. Together, you'll dig, laugh, and watch your gardens bloom!

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DIRECTIONS

Ever heard of Community Supported Agriculture (CSA)? It is a treasure chest full of fresh, tasty produce grown right in your neighborhood. By teaming up with local farmers who care about the planet, you're not just enjoying delicious veggies – you're also supporting a more sustainable and eco-friendly way of farming.

But wait, there's more! In the world of urban permaculture, we love spreading the love with seed swaps and plant exchanges. Imagine trading seeds with other gardeners who are just as passionate about growing as you are. It's not just about plants – it's about sharing stories, wisdom, and our love for Mother Earth.

Come together at planet-friendly market fairs and celebrate your bond with nature!

To learn more check out the "recipe" *15. Organize your Seeds.*

PERMACULTURE PRINCIPLES

Observe and Interact: Just like how you'd learn about your friends, getting to know your neighbors is key in permaculture. By understanding your local community and the people around you, you can design your surroundings more effectively.

Catch and Store Energy: Think of building relationships with your neighbors as collecting social energy. When you collaborate with others in your community, you're pooling resources and offering mutual support, which can come in handy when you need it most.

Integrate Rather Than Segregate: Instead of keeping to yourself, connecting with your neighbors helps blend everyone together. This integration leads to joint projects, shared spaces, and a stronger, more united neighborhood. Together, we're stronger!

FIND YOUR SPOT AND GET TO KNOW IT

INGREDIENTS

- Thermometer
- Creativity and open eyes
- Patience

INTRODUCTION

So, you're eager to start gardening but don't have a big backyard? No worries! There are plenty of cool spots you might not have considered yet, like your balcony, rooftop, or even an empty lot nearby. You can totally turn those spaces into awesome gardens!

Balconies and rooftops might seem small, but they're actually perfect for setting up some vertical gardens. That means using stuff like hanging pots or shelves to make the most of the space. And hey, empty lots? They're like blank canvases waiting for you to work your magic and turn them into buzzing community gardens.

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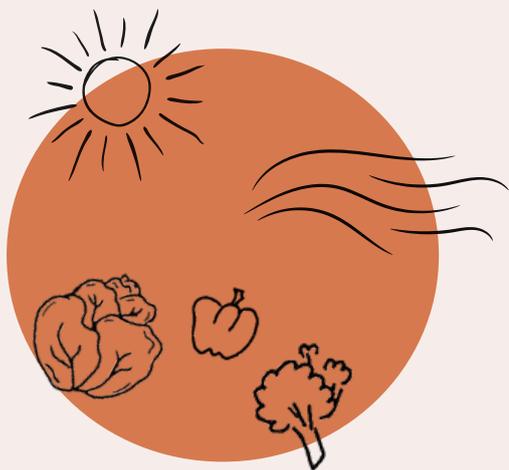
PLANT NEEDS

Sunlight

Air
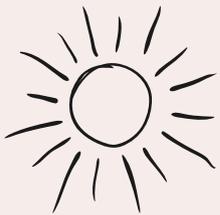
Water
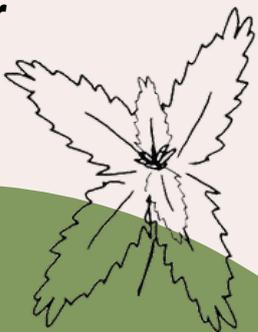
Soil

Now, once you've found your spot, it's time to pay attention to something called the microclimate. Sounds fancy, right? Basically, it's all about understanding the little quirks of your garden's environment – like how much sun it gets, how windy it is, and even how the temperature changes in different spots. Keep an eye out for sheltered corners or nearby buildings because they can create tiny climates that affect how your plants grow.

Oh, and speaking of timing, there's something super important you should know: the last frost date. This is like the official signal that winter's finally over and spring is here to stay. Knowing this date helps you figure out when it's safe to start planting your seeds and moving your delicate little seedlings outside without worrying about them getting frosty.

FOR YOUR PLANT

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

THE RIGHT SPOT

FOOD FOR GOOD

TEMPERATURE NEEDS FOR VEGETABLES

WARM

Tomato

Pepper

Cucumber

Eggplant

COLD

Lettuce

Spinach

Carrot

Broccoli

TEMPERATURE NEEDS OF COMMON VEGETABLE PLANTS

Warm-Season Veggies

These veggies like it warm, like a cozy blanket for plants! They need soil that's at least 15°C to get growing properly. Here are some examples:

- **Tomatoes:** They dig temperatures around 21°C to 29°C during the day and above 15°C at night.
- **Peppers:** They're happy campers between 21°C and 32°C.
- **Cucumbers:** They thrive between 21°C and 35°C with plenty of sunlight and water.
- **Eggplants:** They like it between 21°C and 29°C, but they need some wind protection.

Chillin' Out: Cool-Season Veggies

These veggies prefer things a bit cooler, like a refreshing breeze on a warm day! They can handle temperatures between 10°C and 21°C:

- **Lettuce:** It's cool with temperatures between 7°C and 18°C but doesn't like it too hot or it gets bitter.
- **Spinach:** It's in its element between 10°C and 21°C.
- **Broccoli:** It's happiest between 7°C and 24°C.
- **Carrots:** They're cool with temperatures between 10°C and 24°C.

TEMPERATURE TIPS

- **Check the Soil:** Make sure the soil's warm enough before planting. Use a thermometer to be sure.

- **Give Them Sun:** Veggies need sunlight! Find a sunny spot for them to soak up those rays. Plants need at least 6 to 8 hours of direct sunlight per day for optimal growth and fruit production.

- **Mulch and Water:** Mulch helps keep the soil comfy, it regulates the temperature, retains moisture and suppresses weeds, and watering keeps the plants hydrated. Check out the "recipe" *9. Create Sustainable Shields* and *10.Take care of Watering*.

- **Extend the Season:** If you're growing cool-season veggies, use things like covers to keep them warm when it gets chilly.

- **Mix It Up:** Change where you plant things each year to keep the soil healthy and avoid pests. Rotate warm-season and cool-season crops to different areas of the garden each year to optimize growing conditions and minimize stress on the soil.

SUNLIGHT

Sunlight is as the fuel for your plants' growth – they need it like we need food! Here's what you need to know:

Full Sun vs. Partial Shade: Most veggies love soaking up the sun, ideally getting around 6 to 8 hours of direct sunlight every day. That's like their daily dose of vitamins! But some veggies, like lettuce and spinach, might prefer a bit of shade, especially in hot weather.

Sun Timing: Just like us, plants have their favorite times for sunlight. Morning sun is like a gentle wake-up call for them, perfect for delicate plants or those prone to sunburn. Afternoon sun, though, can be a bit intense, like the heat of the day. It's important to protect your plants from getting too much of this strong sunlight, which can stress them out and make them thirsty.

Which Way is Up?: Think about where your garden is and what's around it. Are there big buildings or trees casting shadows? You might need to do a bit of rearranging to make sure all your plants get their fair share of sunlight. You can also use things like trellises or shade cloth to help out.

LOWER SUNLIGHT

- Swiss Chard
- Cos Lettuce
- Lettuce
- Parsley
- Arugula
- Asian Greens
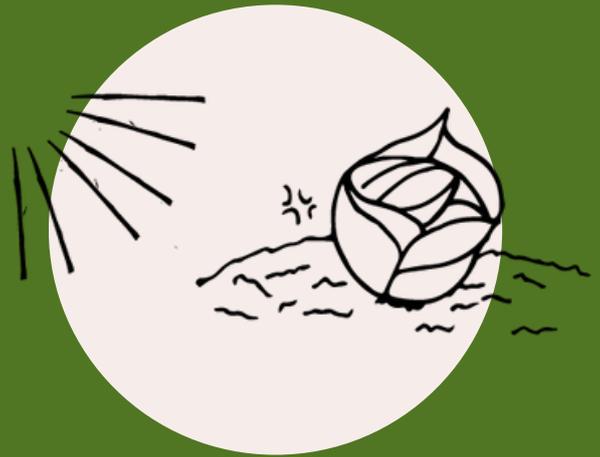
MEDIUM SUNLIGHT

- Beet Root
- Carrot
- Potato
- Broccoli
- Radish
- Turnip

HIGH SUNLIGHT

- Pepper
- Tomato
- Watermelon
- Okra
- Eggplant
- Strawberry
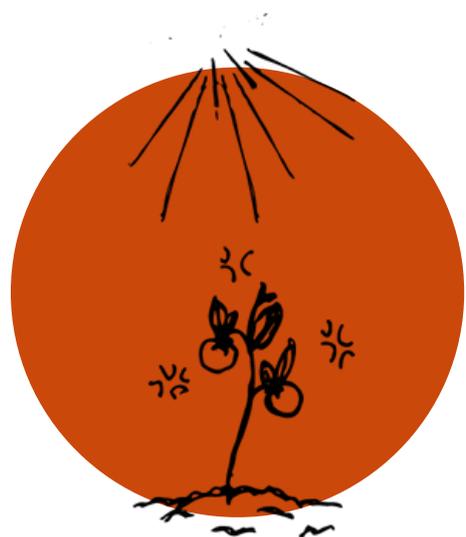
PERMACULTURE PRINCIPLES

Observe and Interact: Look around and really pay attention to your surroundings. Take note of things like how much sunlight there is, what the soil is like, and even little details like whether it's windy or not. This helps you figure out the best spot for your urban permaculture project.

Catch and Store Energy: Once you've found the perfect spot, make sure it gets enough sunshine! Sunlight is like energy for plants, so picking a sunny spot helps them grow big and strong.

Apply Self-Regulation and Accept Feedback: Keep an eye on how things are going in your chosen spot. Is your garden thriving or struggling? By paying attention and making changes as needed, like watering more or less, you can help your plants thrive. It's all about working with nature!

GET SAVVY

INGREDIENTS

- Learning sources (you can find them at the end of this book)
- Curiosity

INTRODUCTION

Ready to dive into the amazing world of urban permaculture? It's like starting a fun adventure! From planting seeds to harvesting fresh fruits, let your curiosity guide you. The more you explore, the more exciting your gardening journey becomes.

There are tons of ways to learn! Check out our resource list to find what suits you, or join a permaculture farm or plant nursery to turn the land into your classroom. You'll pick up valuable skills while helping plants thrive.

Best of all, these adventures connect you with a community of plant lovers just like you—learning and growing together!
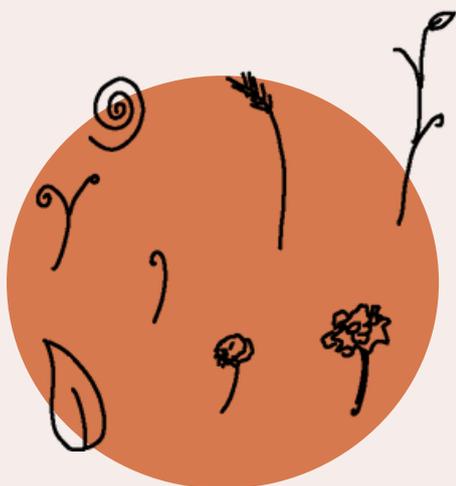
PERMACULTURE PRINCIPLES

Observe and Interact: By approaching urban permaculture as a journey of experimental learning, you are encouraged to actively observe the dynamics of your garden—how plants grow, respond to their environment, and interact with each other. Volunteering on farms or nurseries also allows you to observe real-world applications of permaculture, turning each interaction with the land into an opportunity for insight.

Integrate rather than segregate: This principle emphasizes collaboration and synergy—between plants, people, and processes. Integrate yourself into a thriving permaculture community. Working with others, sharing knowledge, and contributing to collective efforts mimic the natural interdependence found in ecosystems. Learning and growth flourish when individuals work together rather than in isolation.

Use and value natural resources: Volunteering on a permaculture farm allows you to experience the value of renewable resources firsthand, such as composting organic waste or utilizing natural cycles to grow food. The act of working with the soil, a renewable resource that nurtures life, reinforces the principle of valuing what nature provides. Through direct engagement with nature you learn to respect the renewable systems that sustain permaculture.

FIND YOUR TASTE

INGREDIENTS

- Your food preferences
- Dietary restrictions
- Localization

INTRODUCTION

When it comes to planting in your urban permaculture garden, it's all about finding the perfect mix between what you love to eat and what grows best in your area. It's like putting together a tasty puzzle!

Make sure to plant what you actually enjoy eating – that's the secret to a happy garden. But also remember, it's important to think about what will grow well where you live.

You already learned about this in the "recipe" *2. Find your spot and get to know it.*

DIRECTIONS

Think about how long your growing season is, how much sun your spot gets, and how hot or cold it gets throughout the year. Also, keep your schedule and seed availability in mind.

Choosing what to plant is like a tasty dance between your cravings and what your garden can handle.

Check out this calendar: WHAT TO PLANT WHEN. It will give you a hand in figuring out what to plant and how to pair different plants together for a thriving garden!
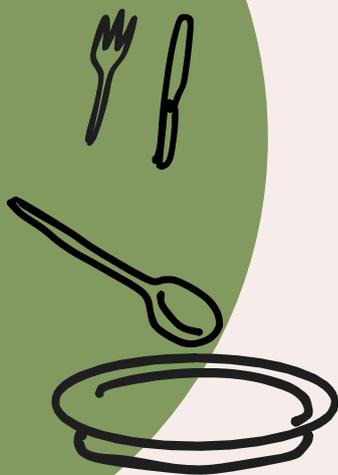
PERMACULTURE PRINCIPLES

Obtain a Yield: Grow what you love to eat! When you plant stuff you enjoy, you'll get a tasty reward for all your hard work. This principle is all about getting real, tangible benefits from your permaculture project.

Use and Value Diversity: Mix things up! Planting a variety of crops that you love to eat creates a more diverse and healthy garden – and a fun, tasty diet. Growing different kinds of plants is key to keeping your garden strong and happy. Plus, it makes your meals way more exciting!

Design from Patterns to Details: Think big before diving into the specifics. Before you pick out the exact plants for your garden, take a step back and think about your overall dietary patterns and preferences. This principle encourages you to start with the big picture and then zoom in on the details.

FIND YOUR IDEAL CONTAINER

INGREDIENTS

- Bought containers
- Recycled containers such as old pots, barrels...

INTRODUCTION

Choosing the perfect container for your urban Permaculture garden is like picking out the right outfit—there are so many options, each with its own perks and quirks! Let's take a look at some popular container choices and weigh their pros and cons.
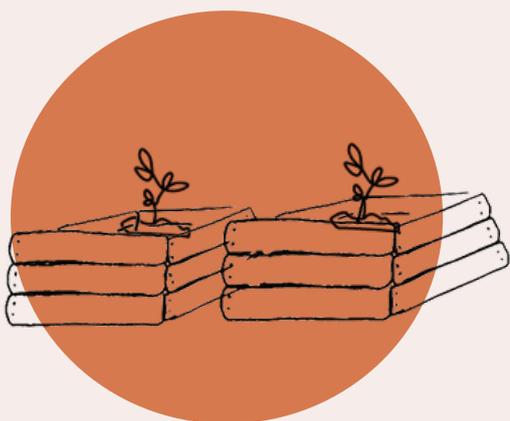
FULL SOIL

Pros: Mimics natural growing conditions, provides ample space for deep-rooted plants, supports diverse soil life, holds moisture well, can offer excellent drainage, promotes healthy growth.

Cons: needs sufficient ground space or access to open soil, may require more effort in preparation, may need soil amendments for optimal fertility, susceptible to weed growth, limited mobility for garden layout changes, potential for soil compaction over time without proper management.

PLANT POTS

Pros: Portable, versatile, come in various sizes, materials and styles; suitable for small spaces such as patios or windowsills, can be arranged creatively, easy to move around for optimal sunlight.

Cons: Limited root space for plants, can dry out quickly, may require more frequent watering, limited plant variety due to space constraints.

GROW BAGS

Pros: Lightweight, portable, good for limited spaces such as balconies or rooftops, breathable fabric promotes air pruning of roots, can be used on various surfaces, affordable, easy to store, flexible arrangement for optimizing sunlight exposure, flexible design, easy storage after the growing season ends.

Cons: Limited lifespan compared to other containers, may deteriorate over time, may require additional support to prevent tipping over.
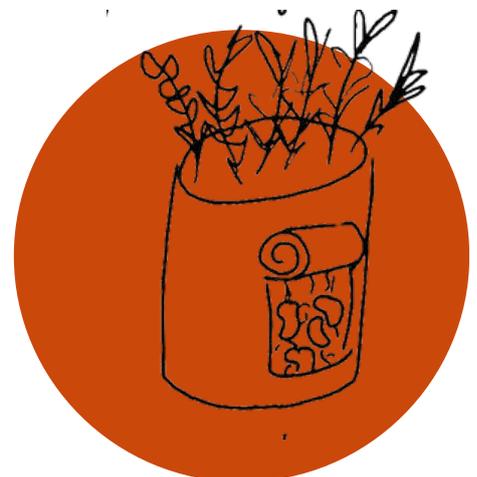
RAISED BEDS

Pros: Lightweight, portable, good for limited spaces such as balconies or rooftops, breathable fabric promotes air pruning of roots, can be used on various surfaces, affordable, easy to store, flexible arrangement for optimizing sunlight exposure, flexible design, easy storage after the growing season ends.

Cons: Limited lifespan compared to other containers, may deteriorate over time, may require additional support to prevent tipping over.

WOODEN BOXES

Pros: Portable, versatile, come in various sizes, materials and styles, suitable for small spaces such as patios or windowsills, can be arranged creatively, easy to move around for optimal sunlight.

Cons: Limited root space for plants, can dry out quickly, may require more frequent watering, limited plant variety due to space constraints.
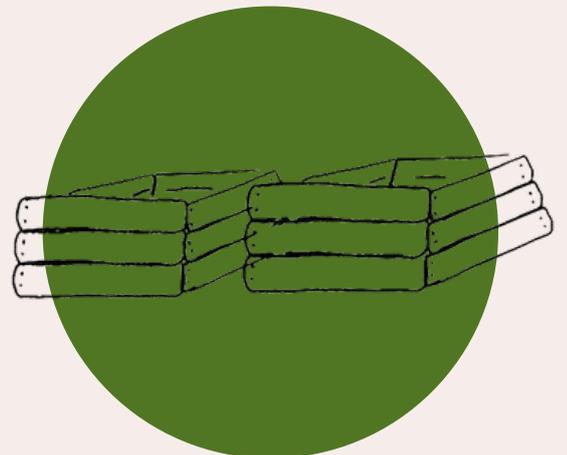
VERTICAL STRUCTURE

Pros: Works well in limited horizontal space, maximizes growing space, suitable for vining plants like tomatoes and cucumbers, efficient use of space in small gardens, can provide shade for other plants.

Cons: Requires sturdy support, may limit access to sunlight for lower plants, may require regular pruning and maintenance, may need additional watering due to faster evaporation.

HANGING BASKETS

Pros: Ideal for trailing plants and flowers, decorative, saves ground space, can be placed in sunny spots like balconies and windowsills.

Cons: Limited soil volume, requires frequent watering, may dry out quickly in hot weather, limited plant variety due to space constraints.
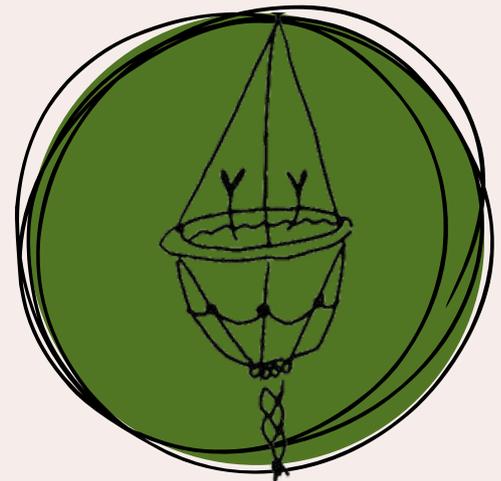
BARRELS/DRUMS

Pros: Lightweight, portable, good for limited spaces such as balconies or rooftops, breathable fabric promotes air pruning of roots, can be used on various surfaces, affordable, easy to store, flexible arrangement for optimizing sunlight exposure, flexible design, easy storage after the growing season ends.

Cons: Limited lifespan compared to other containers, may deteriorate over time, may require additional support to prevent tipping over.

RIGHT CONTAINER

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

FOOD FOR GOOD

CHOOSING THE

"Permaculture gives us a toolkit for moving from a culture of fear and scarcity to one of love and abundance."
Toby Hemenway

PERMACULTURE PRINCIPLES

Use Small and Slow Solutions: Start with a container size that's manageable, especially if you're new to gardening or tight on space.

Use and Value Diversity: Different containers suit different plants, adding variety to your garden.

Design from Patterns to Details: Choose containers that fit your overall garden design, ensuring everything works together smoothly.

FIND YOUR PERFECT POTTING SOIL MIX & PLANT

INGREDIENTS

- Compost
- Manure
- Coconut husk
- Vermiculite
- Perlite

INTRODUCTION

Choosing the right soil for your urban garden is super important! You want your plants to be happy and healthy, right? Well, the soil they grow in plays a huge role in that.

Store-bought soil might seem like the easy option, but it's not always the best for your plants. One issue is that it can lose nutrients quickly, which means your plants might not grow as well over time. Plus, many store-bought soils contain peat, which isn't great for the environment.

Peat is dug up from special natural areas, and this can harm animal habitats and damage the environment. But don't worry, there's a better way!

DIRECTIONS

You can make your own soil mix that's better for both your plants and the planet! Start with some compost – it's like superfood for your plants, giving them all the nutrients they need to grow strong. Then, mix in some organic stuff like manure (yep, animal poop!) to help the soil hold water and stay nice and fluffy.

Instead of peat, try using coconut husks or vermiculite. These alternatives help your soil drain well and keep the right amount of moisture, plus they're way better for the environment!

If you want to give your plants an extra boost, add some perlite. It's like tiny bits of volcanic rock that help the soil stay loose and hold water better. Your plants will love it!

When preparing the soil, be sure to remove any grassroots. This not only provides additional soil for use, but also allows for later use of the removed grassroots to cover the seeds.

If there are small or dead grass straws present in the soil, they can be left as they do not consume energy or space within the soil.

Similarly, small soil balls can also be left intact to enhance soil aeration.

MAKING YOUR OWN POTTING SOIL

2 PARTS OF COMPOST (SIEVED) →

1/2 OF VERMICULITE (GRADE 3 SIZE) →

← 1 PART OF COCONUT COIR

← 1/2 - 1 CUP WORM CASTINGS

← 1/2 OF PERLITE

APPROACH

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

THE NO DIG

FOOD FOR GOOD

PLANT

FIND MORE OPTIONS IN
OUR DIGITAL COOKBOOK

HOW TO

"Permaculture is about designing your own life, your own environment and creating your own destiny."
Rosemary Morrow

PLANT
PART.2

FIND MORE OPTIONS IN
OUR DIGITAL COOKBOOK

HOW TO

PERMACULTURE PRINCIPLES

Observe and Interact: Pay attention to what your plants need and how the different stuff in your dirt mix helps them grow.

Use and Value Renewable Resources and Services: Use things like compost and natural materials that won't run out and won't hurt the planet.

Apply Self-Regulation and Accept Feedback: If something's not working, try changing up your dirt mix based on how your plants are doing. Nature's all about learning from mistakes!

Use Edges and Value the Marginal: Don't be afraid to try new things in your dirt mix. Sometimes the stuff that seems less important can make a big difference.

SUPPORT POLLINATORS AND NURTURE A BIODIVERSE URBAN HABITAT

INGREDIENTS

- Flower seeds
- Your own taste

INTRODUCTION

Did you know your garden isn't just about pretty flowers? It's like a whole mini-ecosystem, and one super important part of that is pollinators. These are cool insects like bees and butterflies that help plants make babies! But they need yummy flowers to munch on, and that's where you come in.

So, instead of just planting any old flowers, you can be smart about it and plant ones that bloom at different times. This means there's always something tasty for the pollinators to snack on, no matter the season. Plus, it makes your garden look awesome all year round!

HERE'S A LIST OF 10 FLOWERS THAT NOT ONLY LOOK GREAT BUT ALSO MAKE POLLINATORS HAPPY

LAVENDER
Lavandula angustifolia

Bees, butterflies, and hoverflies love this one. It blooms in summer to early autumn and likes lots of sun.

BORAGE
Borago officinalis

Bees and butterflies dig borage! It flowers from late spring to early autumn and grows fast.
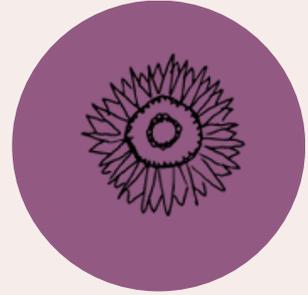
SUNFLOWER
Helianthus annuus

These giants attract bees, butterflies, and even birds! They love full sun and grow super tall.

PURPLE CONEFLOWER
Echinacea purpurea

Bees, butterflies, and beetles are fans of this one. It blooms in summer to early autumn and can handle different soils.
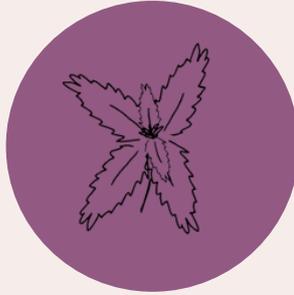
LEMON BALM
Melissa officinalis

Bees and butterflies enjoy lemon balm, which flowers from late spring to early summer. It likes moist soil and can grow low.

YARROW
Achillea millefolium

Bees, butterflies, and hoverflies are into yarrow. It blooms from late spring to summer and thrives in sunny spots.

MARIGOLD

Calendula officinalis

Bees and butterflies are attracted to marigolds. They bloom in summer to early autumn and like sunny spots.

THYME

Thymus vulgaris

Bees and butterflies love thyme. It flowers from late spring to summer and stays low to the ground.

ECHINOPS

Echinops ritro

Bees and butterflies flock to echinops. It blooms in summer to early autumn and likes sunny spots.

CATMINT

Nepeta cataria

Bees, butterflies, and hoverflies adore catmint. It blooms from late spring to early summer and can handle some shade.

POLLINATORS

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

SUPPORT

FOOD FOR GOOD

PERMACULTURE PRINCIPLES

Use and Value Renewable Resources and Services: Let's give a big high-five to our buzzing buddies like bees and butterflies! They're like the superheroes of nature, helping plants grow by spreading pollen. By looking after them, we're saying "thank you" to Mother Nature for her awesome renewable resources.

Design from Patterns to Details: When we create a cool spot for our pollinator pals, we're not just thinking about the flowers they like. We're zooming out to see the whole picture of nature. That's like starting with the big pieces of a puzzle before focusing on the tiny ones.

Integrate Rather Than Segregate: Imagine if you had to sit all alone at lunch every day. Boring, right? Well, plants feel the same! Mixing pollinator-friendly plants into our gardens is like inviting everyone to the lunch table. It's all about teamwork in nature!

Use and Value Diversity: Just like how we love different flavors of ice cream, pollinators have their favorite plants too! By planting lots of different flowers, we're throwing a big party for all our pollinator pals. More diversity means more fun for everyone!

REDUCE PESTS: NATURAL PEST CONTROL

INGREDIENTS

- Companion plants
- Nets
- Garlic
- Hot pepper spray

INTRODUCTION

When we talk about keeping our gardens healthy without using harmful chemicals, it's like being superheroes for the environment! Permaculture gardening is all about teaming up with nature to keep pests in check. Instead of using chemical sprays, we've got some cool tricks up our sleeves:

Companion Planting: It's like having plant buddies! Some plants work together to keep pests away or help each other grow better. It's like a plant party where everyone helps out!

Beneficial Insects:
Meet the tiny heroes of your garden! Ladybugs, lacewings, and other good bugs act like pest police. They munch on the bad bugs and keep your plants safe.

Trap Crops:
It's like setting a sneaky trap for pests! We plant some extra crops to distract the pests from our main ones. It's like giving them their own buffet!

Physical Barriers:
Imagine putting a shield around your plants! We use stuff like nets and covers to keep pests away. It's like making a cozy fort for our veggies.

Biological Controls:
We've got some special agents in the garden! These are good bugs that go after the bad bugs. It's like having our own bug army!

Cultural Practices:
Sometimes, it's all about how we do things! Things like changing where we plant stuff or keeping things tidy can make pests go "uh-oh" and leave our plants alone.

Organic Sprays:
We've got some natural bug repellents! Stuff like garlic or hot pepper spray makes pests go "eww" without hurting our plant pals.

Companion Planting: Tomato Guild

Imagine your tomato plant having its own squad of plant friends! Basil, onions, nasturtiums, and marigolds are like the Avengers of the garden. They work together to keep pests away and help your tomatoes grow big and strong. It's like having a green dream team right in your backyard!

PERMACULTURE PRINCIPLES

Use and Value Renewable Resources and Services: When we plant certain things together, like how some plants help keep pests away, we're using nature's own renewable resources. It's like having little helpers in the garden that come back again and again.

Design from Patterns to Details: Before we pick which plants go where, we step back and look at how everything fits together, like solving a big puzzle. We think about how different plants can work together in cool patterns before we dive into the details.

Integrate Rather Than Segregate: Instead of keeping plants all separate, we mix them up like a big garden party! By doing this, we help them grow better and keep pests away naturally. It's like making friends in the garden!

Use and Value Diversity: Just like having lots of different friends makes life more interesting, having lots of different plants in the garden is awesome! They help each other out and make the whole place more vibrant and healthy.

CREATE SUSTAINABLE SHIELDS

INGREDIENTS

- Nets
- Mulches
- Cover crops plants

INTRODUCTION

Cover Crops

Think of cover crops like nature's cozy blanket for your garden! They're plants we grow not to eat, but to help our soil and other plants. These superhero plants fight off weeds, stop soil from washing away, and even make the soil healthier! For example, clover makes the soil rich in nutrients and attracts helpful bees, while radishes break up tough soil so plants can grow better.

We plant cover crops between our main crops, like tomatoes, to keep the soil healthy and protected when there's nothing growing.

Then, when it's time to plant something new, we can chop up the cover crops and use them as natural fertilizer or let them grow into flowers that bees love!

Protective Nets

Just like how we put on sunscreen to protect our skin from the sun, we use protective nets to shield our plants from pesky bugs and other critters. These nets act like a force field, keeping bugs away so our plants can grow big and strong without getting eaten up! It's like having a superhero cape for our veggies!

Mulches

Water is super important for our plants, especially in the city where it's often hard to find. By covering the soil with organic mulches such as straw, shredded leaves, grass clippings, compost, aged manure, wood chips, vermicompost, or inorganic ones such as gravel or larger stones, you create a protective layer that acts as a protective blanket.

Mulching can be done at any time, before or after planting, but keep in mind that a lot of seeds will struggle to grow through a deep mulch layer. You may want to wait for seeds to grow after seeding before adding a deep mulch layer, or pre-seed and wait for plants to grow before introducing them in a mulched bed.

Some examples of cover crops

Clover: Fixes nitrogen, adds organic matter, attracts pollinators.

Buckwheat: Quick-growing, suppresses weeds, attracts beneficial insects.

Rye: Builds soil structure, suppresses weeds, scavenges excess nutrients.

Vetch: Fixes nitrogen, adds biomass, improves soil fertility.

Radish: Breaks up compacted soil, suppresses nematodes, increases soil aeration.

Fava beans: Fixes nitrogen, adds organic matter, improves soil structure.

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

EXAMPLE: TOMATO PLANT

LIVING MULCH

Mulches benefits

Organic mulches:

- minimize water evaporation
- create an environment where rainwater is retained for longer periods ensuring the soil retains moisture for longer duration and a smaller need of watering frequency
- combat water and wind erosion
- suppress weed growth
- regulate soil temperature by protecting it from overheating
- add nutrients to the soil as it breaks down offering source of carbon, which in turn will help the soil store more water.

Inorganic mulches:

- do not break down in the soil but will therefor stay on the surface for a longer time, reducing the need to add more.

PERMACULTURE PRINCIPLES

Use and Value Renewable Resources and Services: Think of cover crops and mulches like using nature's recycling system. Instead of throwing things away, we use stuff like old leaves and plants to make our soil better. This helps our garden stay healthy and saves water, like using a refillable water bottle instead of buying new ones all the time.

Obtain a yield: By using cover crops, nets, and mulches, we get awesome rewards! Our soil becomes supercharged with nutrients, we don't need to water as much, and our plants grow bigger and tastier. It's like getting a gold star for taking care of our garden!

Use Small and Slow Solutions: We don't need to rush things in our garden. By slowly adding cover crops, nets, and mulches, we make our garden stronger over time. It's like building a LEGO set one piece at a time. We're making our garden awesome, bit by bit, and it gets better and better as we go along!

TAKE CARE OF WATERING

INGREDIENTS

- Barrels and/or cisterns
- Soaker hose and/or hose wands
- Materials for mulching
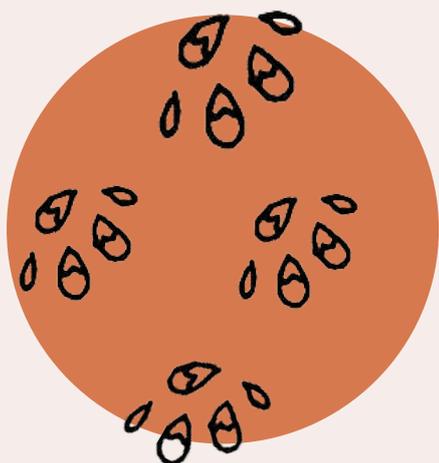
INTRODUCTION

Let's talk about water and how it's super important for helping plants grow big and strong. Water isn't just something plants drink up; it's like their energy drink, helping them grab nutrients and grow their cells.

But here's the deal: we gotta be smart about how we water our plants, especially if we wanna keep our gardens healthy while also being kind to the environment. So, here are some cool watering tips.

Keep it Consistent: Water your veggies regularly, especially when it's hot and dry outside. They get thirsty too, you know!

Don't Drown Them: Sure, plants need water, but too much can actually hurt them. So, keep the soil moist but not soaked.

Check Before You Water: Stick your finger in the soil or use a cool gadget called a moisture meter to see if your plants need a drink. It's like checking if your phone needs charging!

Deep Watering FTW: Instead of giving your plants little sips often, give them a big gulp every now and then. It helps their roots grow strong and deep.

Early Birds Get the Water: Water your plants in the morning. It's like breakfast for them, and it helps them stay hydrated all day long.
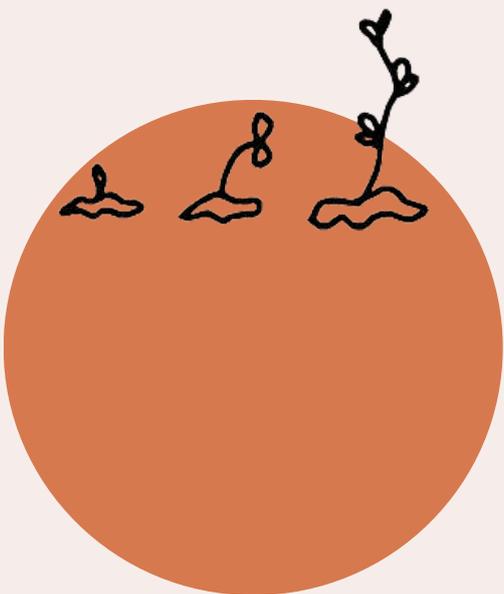
Say No to Sunbathing: Don't water when the sun's blazing hot. It's like putting sunscreen on, water droplets can act like tiny magnifying glasses and hurt your plant's leaves.

Go Low, Not High: Instead of spraying water from above, try watering at the soil level. It's more efficient and helps avoid plant diseases.

Now, let's talk about rainwater—it's like nature's own special drink for plants! Here's how you can make the most of it:

Catch That Rain: Set up stuff like rain barrels to collect rainwater from your roof. It's free and pure, without any weird chemicals!

Water Wisely: Use collected rainwater to water your plants. It's like giving them a special treat straight from the sky!

Mulch Magic: Spread mulch around your plants. It's like giving them a cozy blanket that helps keep the soil moist for longer. See "recipe" *9. Create Sustainable Shields.*

And hey, let's spread the word about saving water together! Tell your friends and neighbors about these cool tricks. We can all work together to make our community greener and happier.

HOW OFTEN SHOULD YOU WATER YOUR GARDEN?

TIME

ALL STAGES

EARLY STAGES

FREQUENTLY

Zucchini, Cucumber, Lettuce, Basil, Kale, Tomato

REGULARLY

Peas

Carrots

CONSISTENTLY

Bell peppers, Corn

Onions, Potatoes
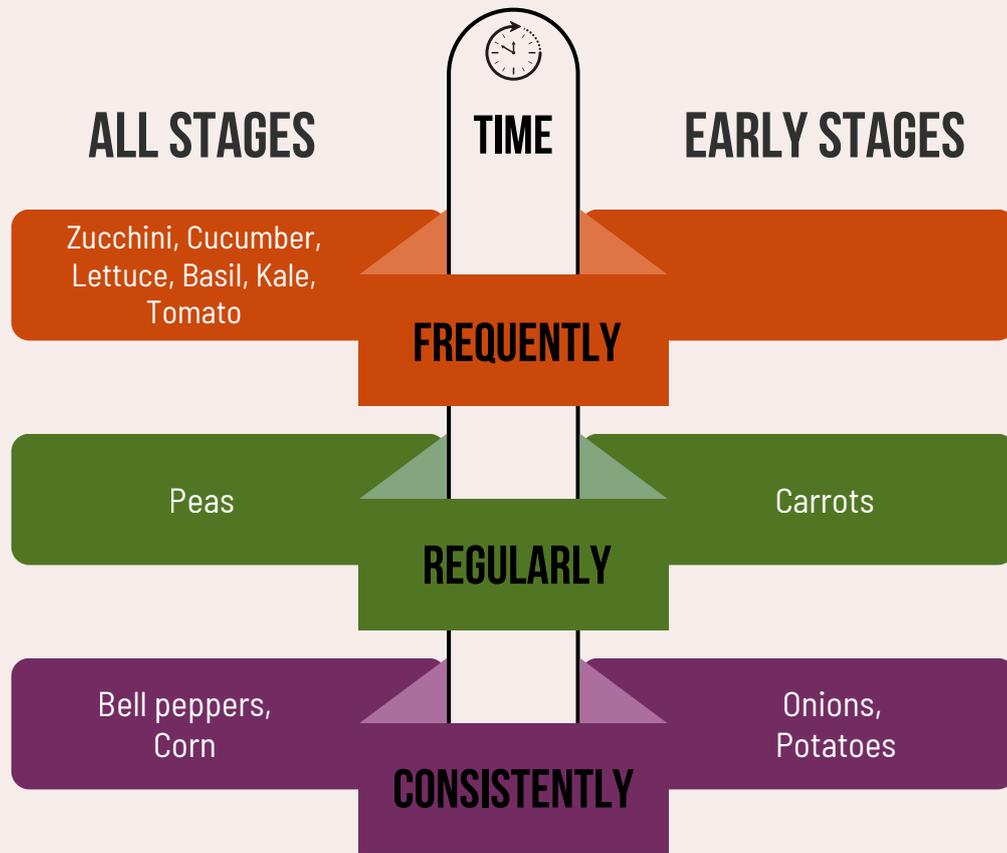
PERMACULTURE PRINCIPLES

Use and Value Renewable Resources and Services: Prioritizing water-saving practices reflects the Permaculture principle of using and valuing renewable resources, as water is a finite and vital resource.

Design from Patterns to Details: Designing with water-saving strategies involves understanding broader patterns of water availability in the landscape and finding strategies to divide and transport the available water before focusing on specific details.

Use Small and Slow Solutions: Gradual, small-scale adjustments, such as installing water-saving features, contribute to sustainable water use and align with the principle of small and slow solutions.

IMPROVE SOIL HEALTH

INGREDIENTS

- Barrels and/or cisterns
- Soaker hose and/or hose wands
- Materials for mulching

INTRODUCTION

Soil isn't just plain dirt—it's like a busy city full of tiny creatures all working together to help plants grow strong. Think of it as a fun underground party where little microbes, fungi, and bacteria are hanging out and doing important jobs! These tiny helpers are super important for plants. They make nutrients easier for plants to use, keep the soil healthy, and even fight off harmful germs. Some bacteria are like superheroes—they can take nitrogen from the air and give it to plants as a special power-up!

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DIRECTIONS

So, how do we keep this underground party going strong? Well, here are some tricks:

Feed the Soil: Just like we eat food to stay healthy, soil needs its own special snacks too! Adding stuff like compost to the soil gives these little critters the nutrients they need to keep the party hopping.

Start with a Bang: Sometimes, if the soil's feeling a bit down, we can give it a big boost with stuff like sheet mulches. It's like throwing a big party to get everyone excited again! For more about mulching and cover crops see "recipe" *9. Create Sustainable Shields.*

Keep the Party Going: Once we've got the soil all pumped up, we can keep it happy with a yearly dose of compost. It's like giving the soil a high-five to say, "You're doing great!" Oh, and did you know we can even use stuff like cardboard, straw, and leaves to help the soil? It's like giving it a cozy blanket to snuggle up with!
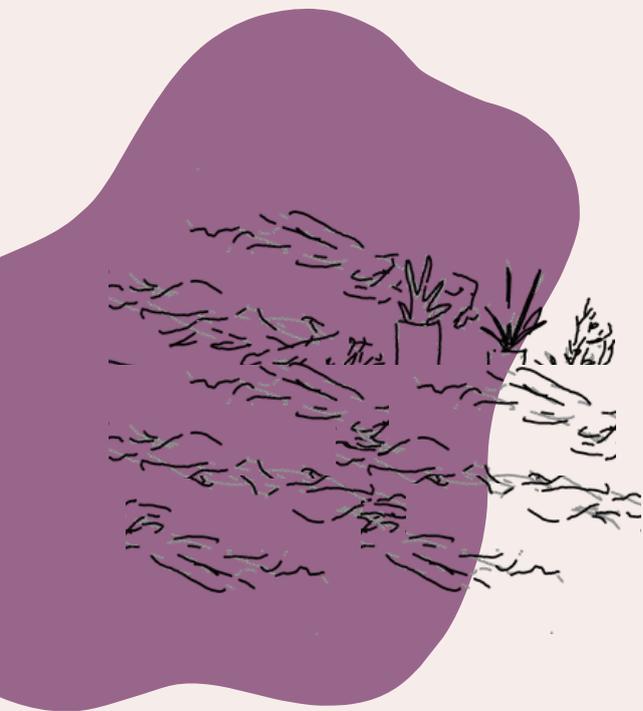
PERMACULTURE PRINCIPLES

Observe and Interact: Take a good look at your soil. See what it's like—how wet or dry it is, if it's got lots of bugs or not. Understanding our soil helps us figure out how to make it even better for our plants!

Apply Self-Regulation and Accept Feedback: Sometimes, we need to let the soil do its thing. It's like giving it space to breathe and grow. But hey, if it tells us it needs something different, like more food or less water, we gotta be ready to change our plans!

Use Small and Slow Solutions: Making our soil awesome doesn't happen overnight. We gotta take it easy, like adding a little compost here and there or planting some cover crops. It's like helping our garden grow up strong, one step at a time!

COMPOST ORGANIC WASTE

INGREDIENTS

- container
- kitchen scraps
- yard waste
- water
- patience

INTRODUCTION

Nature is the ultimate recycler—it wastes nothing! Those banana peels and apple cores you toss can turn into something amazing: compost! This "black gold" is packed with nutrients and helps plants grow strong.

Composting is also great for the environment. It saves landfill space, keeps neighborhoods cleaner, and helps soil hold water better. Here's a fun idea: start a compost bin with friends or neighbors. Everyone can pitch in to make your city cleaner, greener, and healthier. It's like giving nature a high-five right in your backyard!

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DIRECTIONS

Pick a Spot: Find a shady spot outside for your compost bin or pile. It should be easy to reach but out of the way.

Layer It Up: Start with a layer of dry stuff like leaves or straw. Then add a layer of kitchen scraps. Keep layering—think of it like building a compost lasagna!

Keep It Moist: Compost likes to stay damp, like a wrung-out sponge. If it's dry, sprinkle some water.

Mix It Up: Every week or two, give the compost a stir with a stick or shovel to mix it up. This helps everything break down faster.

Wait for the Magic: In a few months, you'll see rich, dark soil at the bottom of the pile. That's your "black gold," ready to feed your plants!

PERMACULTURE PRINCIPLES

Use and Value Renewable Resources and Services: So, composting is like nature's recycling program. Instead of throwing away food scraps and stuff, we turn them into superfood for plants. It's like magic dirt that makes everything grow big and strong!

Design from Patterns to Details: Think big picture! Before we start composting, we look at how much waste we make and how plants use nutrients. Then we figure out the best way to turn that trash into treasure.

Integrate Rather Than Segregate: This one's all about teamwork. When we put compost in our garden, it's like inviting all the good stuff from our leftovers back into the party. It's like making a circle where everything helps each other out.

GET HELP AND ENJOY THE COMPANY

INGREDIENTS

- Good vibes
- People

INTRODUCTION

Permaculture isn't just about gardening—it's about building friendships, sharing, and creating great memories together. It's like a fun club where everyone pitches in!

With permaculture, work feels like play, and sharing seeds or meals spreads happiness. When a community embraces it, amazing things happen—like saving water or making compost—turning us into superheroes working for a healthier world.

PERMACULTURE PRINCIPLES

Use Small and Slow Solutions: Sometimes, the best changes start small. Like, building a cool community might not happen overnight, but if we take it slow and steady, it can have a big impact on our environment. Think of it like planting seeds - they start small but grow into something amazing!

Integrate Rather Than Segregate: Let's mix things up! Instead of keeping gardening separate from everything else, let's get everyone involved. When we all work together on the garden, it's like we're connecting all the dots in our community. We're stronger when we're together!

Use and Value Diversity: Just like how a garden is better with lots of different plants, our community is awesome because we're all different. We've all got our own skills and talents, and when we appreciate each other's uniqueness, it makes our community even stronger. It's like a big, colorful garden of people!

HARVEST

INGREDIENTS

- Hand tools

INTRODUCTION

Harvesting isn't just about picking food—it's about connecting with your garden! From feeling the soil to tasting fresh veggies, it's a full-on celebration of nature.

Carrots hide in the soil until they're plump and ready to say, "Pick me!" Tomatoes are like little summer treasures, changing color and smelling like sunshine when they're perfectly ripe. And peppers? They each have their own bold personality—just waiting for you to taste their full flavor.

Enjoy the adventure! Harvesting is more than food—it's about nature, flavors, and all the joy your garden has to offer.

PERMACULTURE PRINCIPLES

Observe and Interact: When you pick veggies from your city garden, watching and chatting with your plants is key. Keep an eye on how they grow, when they're ready to pick, and if any bugs are causing trouble. By paying attention, you'll know exactly when to harvest for the tastiest, healthiest veggies. And if the weather changes or bugs start bugging, you can adjust your plans to keep your harvest thriving.

Obtain a Yield: Harvesting from your city garden is like reaping the rewards of your hard work. Every tomato or cucumber you pick is a yummy result of your gardening efforts. By planning smartly and planting lots of different stuff, you can keep the harvest coming all season long. You'll have plenty to munch on and maybe even some extra to share with friends or save for later.

Integrate rather than Segregate: Harvesting from your city garden is all about teamwork. When you grow different plants close together, they help each other out, making your garden super productive. Mixing up what you grow and how you grow it saves space and keeps things running smoothly. Plus, when you're done picking, you can turn any leftovers into food for your next batch of plants. It's like a big, green circle of life!

ORGANIZE YOUR SEEDS

INGREDIENTS

Labels
- Container
- Labels and markers
- Strainer
- Towel

INTRODUCTION

Get Seeds: First grab some seeds from your awesome plants in the garden. Pick ones from the plants that rocked it with good traits like being strong, giving lots of goodies, tasting yummy, or fighting off bugs. Wait until the seeds are totally ripe and dry on the plant before you pick them.

Tag Seeds: Give each bunch of seeds a cool label with important stuff like what plant they are, when you got them, and any neat things about them. Use markers that won't fade or labels that stick so your info stays put. You can also add stuff like where you got the seeds or any special needs they have.

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Clean Seeds: Time to tidy up those seeds! Get rid of any gunk or junk left from the plants. Use a strainer to sift out big bits. If your seeds are all gooey, like tomatoes or squash, soak them in water and rub them gently to get rid of the goo before you rinse and dry them.

Dry Seeds: Lay out your clean seeds in a single layer on something dry like paper towels or a screen. Let them air dry somewhere with good air flow but not in the sun or near water. Give them a stir now and then to make sure they dry out evenly and don't get gross.

Keep Seeds Safe: Once your seeds are dry, put them in tight containers like jars, bags, or envelopes. Make sure the containers are clean and dry to keep your seeds happy and healthy. You can also toss in some silica gel to suck up any extra moisture. Store your seeds in a cool, dark, and dry spot like a cupboard or fridge to keep them in top shape.

Sort Seeds: Keep your seeds organized by putting them into groups based on what kind of plants they are or when you should plant them. Use labels or boxes to keep things neat and easy to find. You could even make a list of all your seeds with details like how many you have and where they are so you can plan out your garden.

Check Seeds: Keep an eye on your stored seeds to make sure they stay dry and bug-free. Check your containers to make sure they're sealed up tight and not getting damp inside. Swap out any silica gel packets if they get full. And remember to use up your older seeds first and get fresh ones each year to make sure your garden is full of happy, healthy plants! Follow these steps, and you'll be a seed organizing pro, ready to grow an amazing garden in your city!

PERMACULTURE PRINCIPLES

Observe and Interact: When you spend time checking out your garden and chatting with your plants, you get to know them better. You'll see how they grow, how they make seeds, and how they attract bees and butterflies. This helps you pick the strongest plants to save seeds from, ones that will thrive in your garden.

Use and Value Renewable Resources and Services: Saving seeds is like being a green superhero! Instead of always buying new seeds, you can make the most of what your garden gives you. It's like recycling but for plants. This way, you rely less on buying stuff and become more of a pro at growing your own food.

WE HOPE THIS CHAPTER BROUGHT YOU AS MUCH FUN AND JOY AS WE HAD CREATING IT!

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

BLOOPERS

FOOD FOR GOOD

WE WISH YOU LOADS OF FUN IN THE NEXT CHAPTER!

RESROURCES

Online sources of information on urban permaculture and permaculture in general, CSA gardens, gardening collectives, horizontal organizational structures, community collectives, and related topics:

- **Permies** https://permies.com/
- **Urban Permaculture Institute** https://www.urbanpermacultureinstitute.com/
- **Permaculture Research Institute** https://www.permaculturenews.org/
- **Urban Homestead** https://urbanhomestead.org/
- **Urban Farming Guys** https://theurbanfarmingguys.com/
- **Permaculture Magazine** https://www.permaculture.co.uk/
- **Permaculture Global** https://permacultureglobal.org/
- **Regenerative Agriculture Alliance** https://regenerativeagriculturealliance.org/
- **Permaculture Principles** https://permacultureprinciples.com/
- **Geoff Lawton** https://www.geofflawtononline.com/
- **Permaculture Association** https://www.permaculture.org.uk/
- **Richsoil** https://www.richsoil.com/
- **Food Not Lawns** https://www.foodnotlawns.com/
- **The Permaculture Podcast** https://www.thepermaculturepodcast.com/
- **Permaculture Institute** https://permaculture.org/
- **Local Harvest** https://www.localharvest.org/
- **Community Supported Agriculture Network** https://www.csanetwork.co.uk/
- **The Land Workers' Alliance** https://landworkersalliance.org.uk/
- **Cooperative Grocer Network** https://www.grocer.coop/
- **Transition Network** https://transitionnetwork.org/
- **Charles Eisenstein's Website** https://charleseisenstein.org/
- **Shareable** https://www.shareable.net/
- **Urban Farming Guys** https://www.youtube.com/user/UrbanFarmingGuys
- **Food Tank** https://foodtank.com/
- **Federation of City Farms and Community Gardens** - https://www.farmgarden.org.uk/
- **Growing Power** https://www.growingpower.org/
- **Center for Ecoliteracy** https://www.ecoliteracy.org/

Books on urban permaculture, permaculture in general, CSA gardens, gardening collectives, horizontal organizational structures, community collectives, and related topics:

- Creating a Forest Garden: Working with Nature to Grow Edible Crops by Martin Crawford
- Edible Forest Gardens: Ecological Vision and Theory for Temperate Climate Permaculture by Dave Jacke and Eric Toensmeier
- Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community by Heather Flores
- Gaia's Garden: A Guide to Home-Scale Permaculture by Toby Hemenway
- Introduction to Permaculture by Bill Mollison and Reny Mia Slay
- Lasagna Gardening: A New Layering System for Bountiful Gardens: No Digging, No Tilling, No Weeding, No Kidding! by Patricia Lanza
- Organic Gardening for Dummies by Ann Whitman, Suzanne DeJohn, and The National Gardening Association
- Perennial Vegetables: From Artichokes to Zuiki Taro, A Gardener's Guide to Over 100 Delicious, Easy-to-Grow Edibles by Eric Toensmeier
- Permaculture for the Rest of Us: Abundant Living on Less than an Acre by Jenni Blackmore
- Permaculture in Pots: How to Grow Food in Small Urban Spaces by Juliet Kemp
- Permaculture: A Designers' Manual by Bill Mollison
- Permaculture: Principles and Pathways Beyond Sustainability by David Holmgren
- Rodale's Ultimate Encyclopedia of Organic Gardening: The Indispensable Green Resource for Every Gardener by Fern Marshall Bradley, Barbara W. Ellis, and Ellen Phillips
- Sepp Holzer's Permaculture: A Practical Guide to Small-Scale, Integrative Farming and Gardening by Sepp Holzer
- Square Foot Gardening: A New Way to Garden in Less Space with Less Work by Mel Bartholomew

- The Bio-Integrated Farm: A Revolutionary Permaculture-Based System Using Greenhouses, Ponds, Compost Piles, Aquaponics, Chickens, and More by Shawn Jadrnicek and Stephanie Jadrnicek
- The Community-Scale Permaculture Farm: The D Acres Model for Creating and Managing an Ecologically Designed Educational Center by Josh Trought
- The Earth Care Manual: A Permaculture Handbook for Britain & Other Temperate Climates by Patrick Whitefield
- The Farm as Ecosystem: Tapping Nature's Reservoir - Biology, Geology, Diversity by Jerry Brunetti
- The Holistic Orchard: Tree Fruits and Berries the Biological Way by Michael Phillips
- The Humanure Handbook: A Guide to Composting Human Manure by Joseph Jenkins
- The Lean Farm: How to Minimize Waste, Increase Efficiency, and Maximize Value and Profits with Less Work by Ben Hartman
- The Market Gardener: A Successful Grower's Handbook for Small-Scale Organic Farming by Jean-Martin Fortier
- The New Organic Grower: A Master's Manual of Tools and Techniques for the Home and Market Gardener by Eliot Coleman
- The No Dig Organic Home & Garden: Grow, Cook, Use, and Store Your Harvest by Charles Dowding and Stephanie Hafferty
- The One-Straw Revolution: An Introduction to Natural Farming by Masanobu Fukuoka
- The Organic Farmer's Business Handbook: A Complete Guide to Managing Finances, Crops, and Staff - and Making a Profit by Richard Wiswall
- The Organic Gardener's Handbook of Natural Pest and Disease Control: A Complete Guide to Maintaining a Healthy Garden and Yard the Earth-Friendly Way by Fern Marshall Bradley, Barbara W. Ellis, and Deborah L. Martin
- The Permaculture City: Regenerative Design for Urban, Suburban, and Town Resilience by Toby Hemenway
- The Permaculture Handbook: Garden Farming for Town and Country by Peter Bane
- The Permaculture Market Garden: A Visual Guide to a Profitable Whole-systems Farm Business by Zach Loeks
- The Permaculture Way: Practical Steps to Create a Self-Sustaining World by Graham Bell
- The Resilient Farm and Homestead: An Innovative Permaculture and Whole Systems Design Approach by Ben Falk
- The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City by Kelly Coyne and Erik Knutzen
- The Vegetable Gardener's Bible by Edward C. Smith

Press Articles:

- "Growing a Revolution: The Importance of Soil Health in Urban Permaculture" - Permaculture Research Institute
- "Urban Permaculture: Designing for Sustainable Living" - The Guardian
- "Re-imagining the Urban Landscape: A Permaculture Approach" - Resilience
- "Permaculture in the City: A Growing Movement" - Sustainable America
- "The Rise of Urban Permaculture" - Earth Island Journal
- "Urban Permaculture: Designing for Sustainable Living" - Mother Earth News

Apps

- 7 Smartphone Apps That'll Make You A Better Permaculture Farmer and Designer - Permaculture Apprentice

Movies

- Permaculture Documentaries | Happen Films

Academic Works:

- "Urban Permaculture in Theory and Practice: An Introduction" - Journal of Sustainable Agriculture
- "The Role of Permaculture in Urban Sustainability" - International Journal of Environmental Science and Development
- "Design Principles for Productive and Sustainable Urban Permaculture Systems" - Sustainability
- "Exploring the Application of Permaculture Principles in Urban Agriculture" - International Journal of Agricultural Sustainability
- "Urban Permaculture: A Strategy for Urban Resilience" - Procedia Environmental Sciences
- "Permaculture in Urban Areas: A Review of Social, Economic, and Environmental Benefits" - Sustainability
- overview-of-community-supported-agriculture-in-europe-f.pdf (accesstoland.eu)

CHAPTER 2

PREPARE

"Reducing food waste is one of the simplest ways we can save money and help the environment."
Dana Gunders

WELCOME TO THE WORLD OF SIMPLE, HEALTHY, AND ECO-FRIENDLY RECIPES!

INTRO TO THE

CHAPTER 2

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

EAT SMART, LIVE BETTER: THE PLANET-FRIENDLY WAY TO STAY HEALTHY!

When we think about **food**, so many different ingredients come to mind, what we eat often depends on where we're from and our family traditions. But food isn't just about taste and sharing meals with loved ones, it's also our main source of energy. What we put into our bodies affects how we feel, how we grow, and even how we age!

But how can we be sure that what we eat is good for both us and the planet? That's where the **Planetary Health Diet** comes in! This diet focuses on eating mostly plant-based foods like veggies, fruits, whole grains, nuts, and beans. Meat and dairy are still included, but in much smaller amounts.

According to **eatforum.org**, switching from unhealthy diets to the Planetary Health Diet could help prevent 11 million early deaths per year and create a food system that's both healthy and sustainable by 2050. Sounds like a win-win for us and the planet!
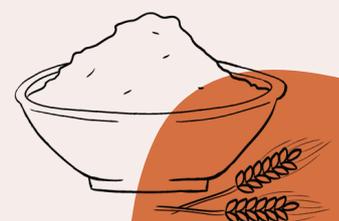
RETHINK WHAT YOU EAT: HOW TO WASTE LESS & EAT SMARTER

Over the past few decades, the way we buy and eat food has changed a lot. One big reason? Advertising and media constantly make us want more than we actually need, including food!

On top of that, our busy lives leave little to no time for cooking. So, we go for the fastest, easiest option, often something less healthy. This leads to impulse buying, stocking up on too much food, and, sadly, a lot of it going bad before we can even eat it. Wasting food isn't just bad for our wallets, it also wastes energy and harms the planet.

Food is also a huge part of our culture, passed down from our parents, grandparents, and communities. But have you ever thought about whether our food traditions are always the best for our health and the environment? Sometimes, small tweaks to recipes can make them healthier and more sustainable.

By exploring different cultures and ideas like **permaculture**, we can discover tons of creative, eco-friendly recipes using a variety of ingredients—helping us eat better while reducing waste. Up next, we'll dive into how to cut down on food waste and what permaculture principles that we introduced in the first chapter of this cookbook can play a key role in creating a more sustainable kitchen.

HOW TO PREVENT FOOD WASTE

Shop Less, Save More!: Going shopping every day? Exhausting. It takes up time, costs extra gas if you drive, and makes it easy to buy things you don't actually need. Instead, try shopping every other day or just once a week! This helps you save money, waste less food, and get creative with leftovers. Plus, you'll have more free time to cook and enjoy tasty meals at home!
PERMACULTURE PRINCIPLES: Produce no waste

Plan Your Meals for the Week and Make a Shopping List: Spend a few minutes planning your meals for the next few days or even the whole week. Then, make a shopping list based on what you need. Not sure what to cook? No problem, this cookbook or even AI can help you find recipes in seconds! Also, it's easy to forget what's already in your fridge or pantry, so keep a notepad in the kitchen to jot down anything you run out of. That way, you won't accidentally buy things you already have!
PERMACULTURE PRINCIPLES: Produce no waste / Use and value diversity

Buy Only What You Need: Just because something is on sale doesn't mean you should stock up, unless you know you'll actually eat it! Buying in bulk can seem like a good idea, but eating the same thing over and over gets boring, and food might go bad before you finish it. Buy smaller amounts and make sure to use what you have.
PERMACULTURE PRINCIPLES: Creatively use and respond to change/ Use small and slow solution

Unpack and Store Smart: After shopping, don't just throw everything in the fridge! Take fruits and veggies out of plastic packaging and store them in paper bags or non-airtight containers. This helps prevent condensation, which can make food spoil faster.

PERMACULTURE PRINCIPLES: Observe and interact/ Use small and slow solution

Use Clear Containers: Store leftovers in clear jars or plastic containers so you can easily see what's inside. No more forgotten meals hiding in the back of the fridge! If you don't have clear containers, label them with big, easy-to-read letters.

PERMACULTURE PRINCIPLES: Obtain a yield/ Design from patterns to details

Keep your Fridge and Pantry Clean and Organized: A messy fridge or pantry makes it easy to forget what you have, leading to wasted food. Keep everything clean and organized so food stays fresh longer, and you can quickly grab what you need.

PERMACULTURE PRINCIPLES: Catch and store energy/ Design from patterns to details

Serve What You'll Eat: Instead of piling your plate with food, serve yourself smaller portions and go back for seconds if you're still hungry. This way, you don't waste food, and any clean leftovers can be saved for the next day.

PERMACULTURE PRINCIPLES: Design from patterns to details/ Obtain a yield

Rotate Your Food: When putting away groceries, place older items in the front and newer ones in the back. This helps you use up food before it expires and prevents having too many open packages at once.

PERMACULTURE PRINCIPLES: Use and value renewable resources and services/ Produce no waste

Trust Your Senses: Food labeled "best before" doesn't always mean "bad after"! While foods like fish and ground meat should be eaten by the date on the package, many items are still good beyond their best-before date. Use your eyes, nose, and common sense before throwing anything away.

PERMACULTURE PRINCIPLES: Observe and interact/ Obtain a yield/ Produce no waste

Freeze Your Food: Did you know you can freeze sliced bread, fresh veggies, and even fruits to keep them fresh for longer? No more rushing to finish food before it goes bad! Just pop them in the freezer and grab what you need when you're ready to use it. Super easy and a total waste-saver!

PERMACULTURE PRINCIPLES: Use and value renewable resources and services/ Catch and store energy

Don't Toss Stale Bread: Got dry bread? Don't throw it out! Sprinkle a little water on it, then bake it or toast it for a crispy, delicious upgrade. You can even turn old bread into croutons or breadcrumbs for soups and pasta dishes. A simple trick to save food and still enjoy tasty bites!

PERMACULTURE PRINCIPLES: Creatively use and respond to change/ Produce no waste

Get Creative with Leftovers: Leftovers don't have to be boring! Mix things up by adding new ingredients and turning them into something exciting. Got leftover risotto? Turn it into crispy Arancini rice balls! Have veggie scraps? Use them to make a delicious homemade veggie stock. The possibilities are endless! Cooking is all about experimenting, so have fun and get creative in the kitchen, you might just come up with some awesome new recipes!

PERMACULTURE PRINCIPLES: Produce no waste/ Observe and interact/ Creatively use and respond to change/ Use and value diversity

Use Up Whole Packages: Ever notice how much food gets wasted because we don't finish the packaging? Choose jars or cans instead of bottles or tubes, they're easier to empty completely. For sauces, add a bit of water and shake it up to get every last drop. No more wasted food or money!

PERMACULTURE PRINCIPLES: Obtain a yield/ Use edges and value the marginal

Give Back to Nature: Don't toss those food scraps, turn them into compost! Leftover peels, cores, and other food waste can help nourish plants instead of ending up in the trash. If you have backyard animals like chickens, they'll love some extra food scraps too!

PERMACULTURE PRINCIPLES: Use and value renewable resources/ Use edges and value the marginal
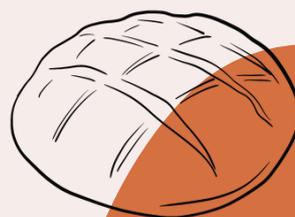
HOW TO SHOP AND EAT MINDFULLY

Shop Local: Buy fresh fruits and veggies from local markets when you can! Not only does it support your community, but the food is fresher and often tastier. Plus, you'll learn which foods are in season, making your meals even better!
PERMACULTURE PRINCIPLES: Observe and interact

Batch Cook: Save time and energy by cooking multiple meals at once. If you're using the oven, roast veggies, bake a dish, and prep meals for the next few days all at the same time. You can store the cooked meals in the freezer. Less effort, less energy used, and more food ready to go!
PERMACULTURE PRINCIPLES: Catch and store energy/ Integrate rather than segregate

Portion and Enjoy: Serve yourself just the right amount of food and eat slowly, this helps you truly enjoy your meal and recognize when you're full, preventing overeating. Try putting away your phone or turning off the TV while eating to focus on your food!
PERMACULTURE PRINCIPLES: Apply self regulation and accept feedback/ Obtain a yield

By following these simple habits, you'll reduce food waste, save money, and enjoy your meals even more!

BEFORE YOU BEGIN, HERE ARE SOME USEFUL TIPS!

HOW TO USE A KNIFE

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

SYMBOLS

Serving for one

Serving for two

Various servings

Easy recipe

A bit harder

Cheap

Moderate spending

Not so cheap

ALLERGENS

Eggs

Peanut

Gluten

Tree nuts

Soy

Milk

Celery

Sesame

BANCAKES (BANANA PANCAKES)

INGREDIENTS

- 2 ripe bananas
- 1 egg
- 60 g spelt flour (or rice flour, spelt flour, whole grains...)
- 1 table spoon brown sugar, coconut sugar, maple syrup or any other sweetener of your choosing
- chocolate chips (around 30gr) / cinnamon
- coconut oil
- fresh berries, raisins or coconut flakes

EGGS

2 servings

10-15 minutes

easy

cheap

INSTRUCTIONS

- Mash the ripe bananas with a fork in a bowl.
- Add the egg, flour, and sugar, and mix it all together with a whisk. If you want, you can add chocolate chips or a little cinnamon.
- Heat a pan on medium and put some coconut oil in it.
- Pour the pancake batter into the pan. When bubbles appear on top, flip the pancake and cook for 2 more minutes.
- Serve them on a plate and add maple syrup, fresh berries or coconut flakes if you like!

HOW TO DO

A PERFECT FLIP

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

HOMEMADE GRANOLA

INGREDIENTS

- 250 g oat flakes
- 90 g oat flour (or any flour, e.g. spelt, rice, whole wheat...)
- 20 ml water
- 40 ml peanut oil (or rapeseed, sunflower...)
- 40 ml honey
- 50 ml maple syrup
- pinch of salt
- grated coconut / chocolate chips/ dried fruits / ground cinnamon /nuts
- yogurt
- fresh fruit

TREE NUTS   GLUTEN   PEANUT

2 servings

35-40 minutes

easy

moderate spending

- Add all the ingredients to a bowl and mix them together until everything is combined. Spread the mixture out on a baking sheet (don't press it down too much).
- Bake in a preheated oven at 175°C (350°F) for 25 minutes. Once it's done, let the baking sheet cool completely, then crumble the granola into chunks.
- If you like, add chocolate chips, grated coconut, dried fruit or nuts. Enjoy your granola with some yogurt and fresh fruit!
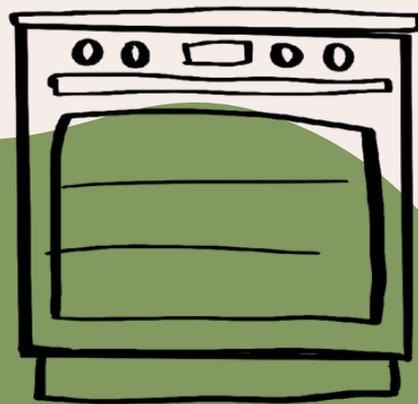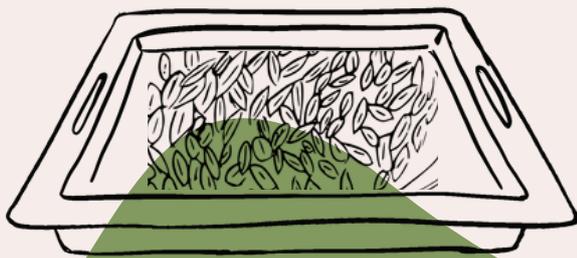
PORRIDGE

INGREDIENTS

- 160 g oat flakes
- 320 ml soy milk (or almond, rice, oat...)
- 320 ml water
- almonds or any nuts to taste
- 10 blueberries (or raspberries, sliced apple or pear, any fresh fruit!)
- 2 spoons peanut butter
- 1 spoon honey / maple syrup
- 1 teaspoon poppy seeds (or chia seeds, sunflower...)
- pinch of salt
- 1 banana

GLUTEN   SOYA   PEANUT   TREE NUTS

2 servings

10-15 minutes

easy

cheap

OVERNIGHT OATS TIP

If you're in a rush, make it the night before! Just mix the oats, water, milk, salt, and honey, then let it sit in the fridge overnight. In the morning, the oats will be soft, and you just need to warm it up for a quick breakfast!

INSTRUCTIONS

- Add the oat flakes, milk, water, salt, and honey to a pot and stir everything together. Bring it to a boil, then lower the heat and let it simmer for about 5 minutes, stirring now and then.
- Once the oats are soft, turn off the heat and serve in a bowl.
- Top it with poppy seeds, nuts a sliced banana, and fresh fruit.
- Finish with some peanut butter and enjoy!

GREEK SALAD WITH FETA CHEESE

INGREDIENTS

- 1 medium red onion
- 4 medium juicy tomatoes
- 1 cucumber
- 1 green bell pepper
- 2 handfuls Kalamata olives (or any other olives)
- 1 block feta cheese
- 3 tablespoons extra-virgin olive oil
- Salt and dried oregano to taste

2 servings

10-15 minutes

easy

cheap

INSTRUCTIONS

- Start by halving and thinly slicing a red onion into half moons. If you want to tone down the strong flavor, fill a small bowl with ice water, add about 1 teaspoon of red wine vinegar, and toss the onion slices in. Let them soak for about 10 minutes while you get the other veggies ready.
- Slice your tomatoes into bite-sized pieces, peel the cucumber in stripes, then slice it into half moons.
- Cut the green bell pepper into rings. Put all the veggies into a serving dish, and add some olives. After 10 minutes, drain the onions from the water and add them to the dish.
- Sprinkle on a teaspoon of dried oregano, a pinch of salt, and drizzle some olive oil over everything.
- Gently toss it all together, then add pieces of feta on top. Enjoy your fresh salad!

HOW TO PREPARE **GREEK SALAD**

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

Tips

If you have any leftover feta, don't simply toss it back into the fridge otherwise it will get sour in less than a couple of days. A great way to store feta is in an airtight glass jar, covering it in oil and adding spices such as thyme or chilly to make it even more tasty! Feta will now last at least a month in the fridge.

ROASTED PUMPKIN WITH GOAT CHEESE & WALNUTS

INGREDIENTS

- 500 g hokkaido or butternut pumpkin
- 1 onion
- 5 g sage leaves
- 2-3 spoons extra-virgin olive oil
- 100 g goat's cheese
- 1 handful of walnuts
- Salt and pepper to taste

MILK   TREE NUTS

2 servings

40-50 minutes

easy

cheap
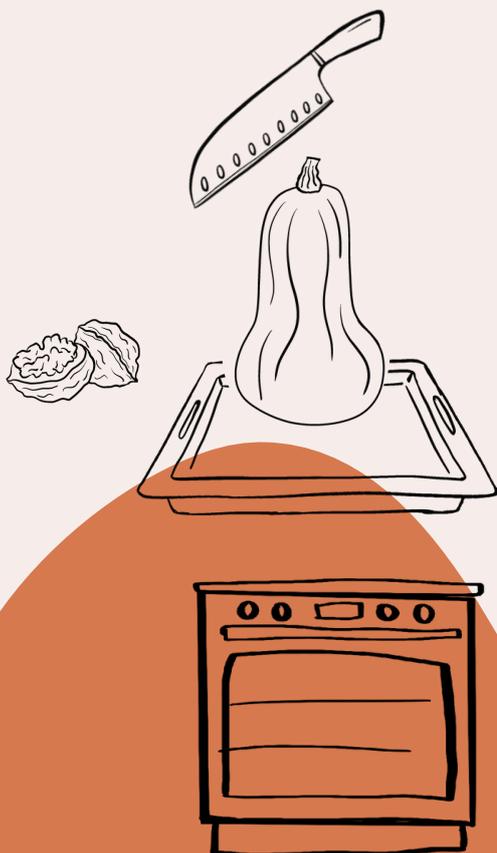
INSTRUCTIONS

- Preheat your oven to 230°C (or 200°C if you're using a fan-forced oven).
- Cut the pumpkin into 2.5cm-thick wedges.
- In a large bowl, toss the pumpkin with 2-3 tablespoons of oil, and season with salt and pepper.
- Spread the pumpkin on a baking tray and cook for 20 minutes, turning it occasionally.
- While that's cooking, slice the onion and toss it in a bowl with sage leaves and 1 tablespoon of oil.
- After the 20 minutes, add the onion mixture to the baking tray with the pumpkin and cook for another 15-20 minutes, or until both the pumpkin and onion are tender and caramelized.
- Once done, transfer everything to a platter, add some dollops of goat cheese, sprinkle on some walnuts, and drizzle with a little oil. Enjoy!

CHICKPEAS CURRY WITH COCONUT MILK

INGREDIENTS

- 1 leek (or onion)
- 1 garlic glove
- 1 tablespoon of ground curry, 1 of ground turmeric, 1 of sweet ground paprika and a pinch of ground cinnamon
- Pinch of salt to taste
- 250 g canned chickpeas
- 250 ml coconut milk
- a handful of baby spinach
- 3 tablespoons extra-virgin olive oil
- 150 g basmati rice

SOYA

2 servings

20-25 minutes

easy

moderate spending

INSTRUCTIONS

- Start by cutting off the green part of the leek and removing the outer layers (1 or 2, depending on the size). Then, slice the leek and mince garlic.
- Heat some olive oil in a large saucepan over medium-high heat.
- Add the leek and minced garlic to the pan and cook, stirring for about 5 minutes, until the leek softens.
- Add all the spices to the pan and continue stirring for another minute.
- Next, toss in the chickpeas and cook for another minute before adding the coconut milk.
- Lower the heat and let it cook slowly for about 10 minutes until it becomes creamy.
- Once it's ready, stir in the baby spinach and remove from the heat.
- Serve it with basmati rice and enjoy!

HOW TO PREPARE A CURRY

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

LEEKS AND POTATO SOUP WITH BREAD CROUTONS

INGREDIENTS

- 300 g leeks
- 150 g potatoes
- 250 ml vegetable stock
- 30 ml extra-virgin olive oil
- Ground pepper to taste
- Fresh thyme to taste
- Pinch of salt
- 80 g day old bread
- 40 ml extra-virgin olive oil
- Dried oregano, rosemary, thyme, sweet paprika, salt and pepper to taste

CELERY

GLUTEN

2 servings

45-50 minutes
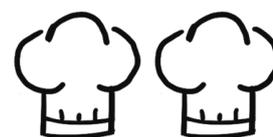
a bit more hardwork

cheap
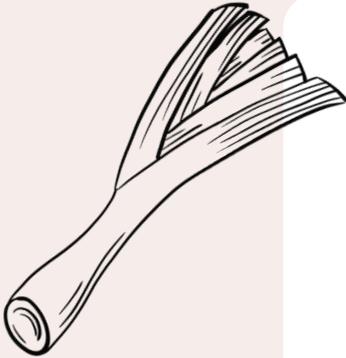
- Start by making your vegetable stock using any leftover veggies you have—carrots, zucchini, potatoes, onions, leeks, whatever you've got!
- Wash them well, toss them in a pot, cover with water, and bring it all to a boil.
- Let it cook for at least 30 minutes.
- Once it's ready, strain out the veggies (don't throw them away—you can eat them with a little olive oil and salt).
- While the stock is cooking, prep your leeks and potatoes. Cut off the green parts of the leeks, peel away the first one or two outer layers, and then slice them up. Peel the potatoes and chop them into thick slices, then into small cubes.
- Now, heat some olive oil in a large pan over medium-high heat. Add the leeks and stir them around for about 5 minutes until they soften. Then, throw in the potatoes and cook them for another 5 minutes while stirring.
- Pour in your homemade vegetable stock, season with salt, pepper, and a bit of thyme, and bring everything to a boil. Lower the heat to medium and let it cook for about 30 minutes.

- Once the potatoes are soft, blend everything into a smooth soup. If you don't have a blender, you can mash it with a fork or a potato masher—it'll take longer, but it works! Keep the soup warm while you make your croutons.
- For the croutons, finely chop your favorite spices and mix them together. Cut up some old bread into small cubes, toss them in a bowl with the spice mix and some olive oil, and give them a good stir. Cook them in a pan over medium-high heat, stirring often, until they turn golden and crispy.
- Serve your soup with the crunchy croutons on top. If you have leftover vegetable stock, pour it into an ice cube tray and freeze it—you can use it later for other dishes. And if you're short on time, you can totally use store-bought vegetable stock, whether it's liquid or in granules.
- Enjoy your soup!

LEFTOVER STOCK

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

HOW TO PREPARE POTATO SOUP

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

LENTILS SOUP WITH BARLEY

INGREDIENTS

-
- 100 g regular brown lentils (any lentils will do!)
- 250 g canned tomato
- 140 g barley or any other grain
- "Soffritto" (sauteed vegetables) to taste (1/2 carrot, 1/2 onion, a chunk of celery, all minced together)
- 1 tbs ground sweet paprika
- Salt to taste
-

CELERY

2 servings

50-60 minutes

easy

cheap

INSTRUCTIONS

- Start by rinsing the lentils and setting them aside.
- Heat some olive oil in a large pan over medium-high heat, then add your chopped veggies for the soffritto. Stir them around for about 5 minutes until they soften and turn golden.
- Now, add the lentils and stir for another minute. Pour in a cup of warm water (or vegetable stock if you have it) and let everything simmer on medium-low heat. Keep an eye on it and add more warm water whenever it starts to dry out.
- After 20 minutes, mix in the canned tomatoes, a pinch of salt, and some ground sweet paprika. Let it all simmer for another 20 minutes until the lentils are soft, adding water as needed to keep the soup nice and brothy.
- While that's cooking, prepare your barley (or any grain you like), but cook it for a couple of minutes less than usual so it stays slightly firm. Once it's ready, add it to your lentil soup and let everything cook together on low heat for 5 more minutes.
- Serve your warm, comforting soup with a drizzle of olive oil on top. Enjoy!

BEETROOTS RISOTTO AND BLUE CHEESE

INGREDIENTS

- 200 g risotto rice (e.g. Carnaroli)
- 100 g cooked beets
- 30 ml white wine
- 100 g blue cheese (or Greek yogurt, or crème fraiche, or another soft cheese of preference).
- 700 ml vegetable stock
- 1 shallot
- 30 ml extra-virgin olive oil
- 30 g butter
- 30 g grated Parmesan cheese
- salt and pepper to taste
- lemon juice

MILK

2 servings

45-60 minutes
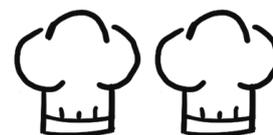
a bit more hardwork

not so cheap

INSTRUCTIONS

- First, make your vegetable stock using whatever veggies you have—carrots, zucchini, potatoes, onions, leeks, anything works. Wash them well, throw them in a big pot, cover with water, and bring it all to a boil. Let it cook for at least 30 minutes, then just keep it warm.
- Now, grab your cooked beets, cut them into small pieces, and blend them with a bit of the vegetable stock until smooth.
- Next, take a shallot, mince it, and toss it into a preheated pan with some olive oil. Stir it around for about 5 minutes on medium heat until it softens. Then, add the rice and let it toast for 3 minutes before pouring in some white wine. Let the wine evaporate completely.
- From here, start cooking your risotto by adding a cup of vegetable stock at a time, stirring constantly so the rice absorbs all that goodness. After 10 minutes, mix in your beet puree, season with salt and pepper, and cook for another 5 minutes.
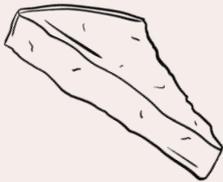
- When the rice is perfectly cooked, turn off the heat and stir in some butter and grated Parmesan. Keep stirring for a couple more minutes, adding a little extra broth if needed to get that creamy risotto texture. Add some lemon juice at the end.
- Now, it's time to serve! Scoop it onto a plate and top with dollops of blue cheese, Greek yogurt, crème fraîche, or any soft cheese you like. Enjoy!
- Don't throw away your leftover risotto! Store it in the fridge and the day after make Arancini out of it.

HOW TO PREPARE **RISOTTO**

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

ARANCINI

INGREDIENTS

- leftover risotto
- 1 egg
- 3 tablespoons breadcrumbs
- 3 tablespoons flour
- 500 ml vegetable oil
- salt to taste

EGGS

GLUTEN

2 servings

20-25 minutes

easy

cheap

INSTRUCTIONS
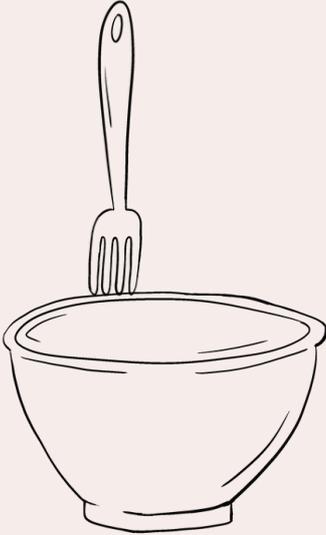
- Crack an egg into a shallow bowl and whisk it well.
- Spread some breadcrumbs on a large flat plate and pour some flour into another shallow bowl.
- Take your leftover risotto and roll it into small balls. Coat each ball in flour, shaking off any extra, then dip it into the egg before rolling it in breadcrumbs until fully covered.
- Heat some olive oil or any cooking oil in a big pan over high heat. Fry the risotto balls in small batches for about 2-3 minutes until they turn golden brown.
- Sprinkle with a little salt and enjoy!

HOW TO PREPARE — ARANCINI

POTATOES ROSTI

INGREDIENTS

- 400 g medium sized potatoes
- 40 g butter
- Salt and pepper to taste
- Crème fraiche

MILK

2 servings

30-40 minutes

easy

cheap

- In a medium saucepan or small pot, cover the potatoes with cold water, season generously with salt, and bring to a simmer. Let them cook until you can just pierce them with a knife, which takes about 20 minutes.
- Drain the potatoes, let them cool to room temperature, then cover and refrigerate until fully chilled. Once they are cold, peel them.
- Using the large holes of a box grater, grate the potatoes into a mixing bowl. Season with salt and pepper to taste, then stir to combine.
- In a flat nonstick pan (about 22cm wide), melt half of the butter over medium-high heat until it starts foaming. Add the grated potatoes and, using a flexible spatula, shape them into an even disc about 2cm thick.
- Let them cook for around 10 minutes until the bottom is deep golden brown and crisp, lowering the heat if needed to prevent burning.

- Carefully slide the rosti onto a large plate, place a second plate on top, and flip to invert it. Slide it back into the pan, add the remaining butter, and cook for another 10 minutes until the second side is golden brown and crisp.
- Serve hot with a spoonful of crème fraîche, a fried egg, sautéed mushrooms, or any topping you like!
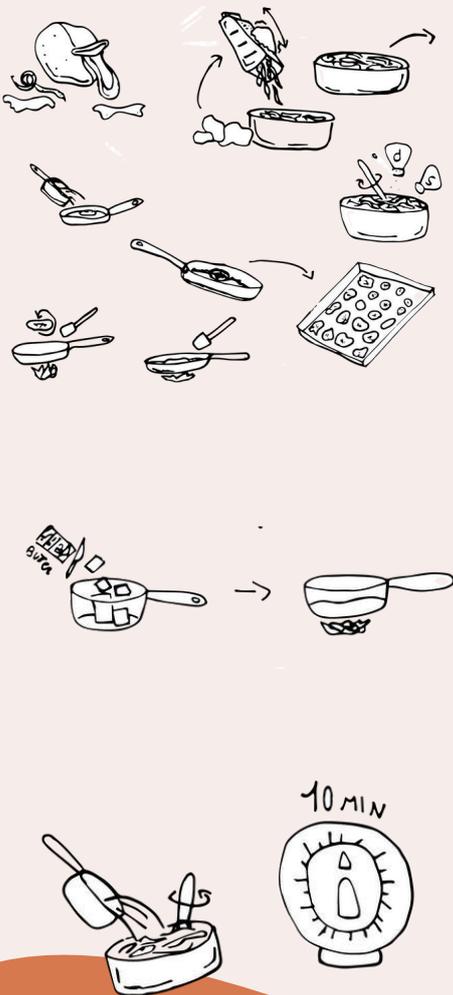
FRIED RICE WITH VEGETABLES & PEAS

INGREDIENTS

- 140 g basmati rice
- 6 tablespoons vegetable oil
- 2 spring onions
- 1 garlic clove
- 15 g giner
- 1 chili pepper
- 1 carrot
- 1 red bell pepper
- 50 g peas
- 2 eggs
- 20 g peanuts
- 50 ml soy sauce
- 20 ml rice vinegar
- Salt to taste

PEANUT   SOYA   EGGS

2 servings

25-35 minutes

easy

moderate spending

- Cook the rice according to the instructions on the box, then drain and set it aside. Dice the bell pepper and carrot, slice the spring onions, and finely mince the garlic, ginger, and chili pepper.
- Heat some oil in a wok over low-medium heat. Add the minced garlic, ginger, and chili pepper, and sauté for about 5 minutes until golden and fragrant.
- Turn the heat up to high, then add the diced vegetables and peas. Stir-fry for another 5 minutes, stirring often to prevent burning. The vegetables should be roasted but still crispy.
- Season with a pinch of salt, a drizzle of soy sauce, and a splash of rice vinegar. Transfer them to a plate and set aside.
- In the same wok, heat a little more oil and add the cooked rice. Toast it on high heat for about 5 minutes, stirring occasionally.
- Add the cooked vegetables back to the pan and mix well.
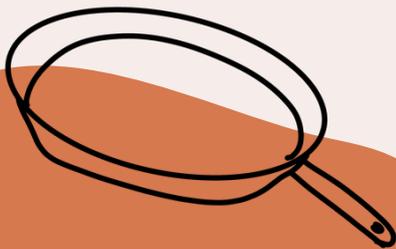
- Push the rice and vegetables to one side of the pan, creating space to fry the eggs. Crack the eggs into the empty side and scramble them into small pieces as they cook. Once fully cooked, mix them into the rice and vegetables.
- Finish by adding the green part of the spring onions, roughly chopped peanuts, and a little more soy sauce.
- Stir everything together and serve hot!

HOMEMADE KIMCHI

INGREDIENTS

Ingredients for a 1lt jar:
- 1 chinese cabbage
- 30 g salt
- 1 daikon (medium size)
- 5 spring onions
- 2 carrots
- 10 g chives or chinese garlic
- Korean chili (chili flakes) quantity to taste
- 25 g rice flour
- 30 g cane sugar
- 250 ml water
- 1 pear
- 2 garlic cloves
- 50 g ginger

various servings

60-90 minutes

a bit more hardwork

not so cheap

- To make kimchi, start by preparing the Chinese cabbage. Wash it thoroughly, then cut it into quarters and chop it into chunks. Spread the cabbage on a tray, sprinkle it with salt, and mix well. Let it sit for about 30 minutes, stir again, and let it rest for another 30 minutes.

- Meanwhile, prepare the rice sauce. In a saucepan, combine water, rice flour, and brown sugar. Whisk everything together and cook over low heat until it thickens into a gel-like mixture. Transfer the rice sauce to a bowl and let it cool to room temperature.

- Next, prepare the vegetables. Peel the daikon and carrots, slice them into rounds, and then cut them into thin sticks.

- Slice the spring onions into half-centimeter pieces and chop the Chinese garlic or chives into 1 cm sections.

- For the ginger paste, peel the pear and blend it in a mixer along with peeled ginger and garlic cloves until smooth.

- Once the paste is ready, mix it with the rice sauce, dried chili, daikon, and carrots.

- Now, rinse the salted cabbage under running water and drain it well.

- Place it in a bowl, add the spicy vegetable mixture, and mix everything thoroughly with your hands.
- Transfer the kimchi into a jar and seal it with a lid.
- Let it ferment for at least one week in a cool, dark place or store it in the fridge for at least two weeks.
- Once fermented, your homemade kimchi will be ready to enjoy as a flavorful side dish with rice, meat, or fish!

WHAT IS KIMCHI?

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

FLATBREAD

INGREDIENTS

Ingredients for 4 flatbreads:

- 150 g plain flour
- 1/2 tsp salt
- 25 g butter
- 90 ml milk

GLUTEN   MILK

2 servings

30-40 minutes

easy

cheap

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- Start by combining the butter and milk in a bowl, then heat them together until the butter is just melted.
- Add this mixture to a separate bowl along with the flour and salt.
- Begin kneading the dough. Once it starts coming together, transfer it to a floured work surface and knead for a few more minutes.
- If the dough feels too sticky, sprinkle in a little more flour as needed.
- Wrap the dough in cling wrap and let it rest at room temperature for about 30 minutes. Once rested, cut the dough into 4 equal pieces. Roll each piece into a ball and then flatten each ball into a 20 cm round, about 2-3 mm thick.
- Heat a non-stick pan over high heat (no oil needed). Place one of the flatbreads in the pan and cook for 1 to 1 1/2 minutes, until it puffs up and has golden patches on the bottom.
- Flip the flatbread and cook the other side for another 45 seconds to 1 minute until it also has golden spots and puffs up again.
- Stack the cooked flatbreads and wrap them in a towel to keep them warm while you cook the rest.
- Serve them with hummus or use them as wraps for your favorite fillings!
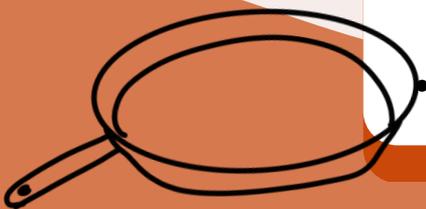
MEDITERRANEAN HUMUS WITH VEGETABLE CRUDITÉS

INGREDIENTS

- 250 g canned chickpeas
- 40 g dry tomatoes
- 50 ml lemon juice (1 large lemon)
- 60 g tahini
- 1 small garlic clove
- 30 ml (around 2 tablespoons) extra-virgin olive oil, plus more for serving
- Salt to taste
- 45 ml water (around 2/3 tablespoons)
- Ground paprika for serving

SESAME

various servings

10-15 minutes

easy

cheap

INSTRUCTIONS

- Start by combining tahini and lemon juice in a food processor or blender. Process for about 1 minute. Then add olive oil, garlic, and salt, and process for another 30 seconds.
- Next, add the dried tomatoes and half of the chickpeas, and process for 1 minute. Scrape the sides and bottom of the bowl, then add the remaining chickpeas. Process everything until it's thick and relatively smooth, about 1 to 2 minutes.
- To adjust the consistency, add 2 to 3 tablespoons of water until you get the perfect texture. Taste your hummus and adjust the seasoning as needed. You can add a drizzle of olive oil and a sprinkle of paprika for extra flavor.
- Serve your hummus with flatbread and fresh-cut vegetables like carrots, peppers, and cucumber.

Tips

If you don't have a food processor or blender, you can also make hummus using a potato masher or a fork. It will still give you a similar result, just a little chunkier!

HOMEMADE TAHINI

INGREDIENTS

- 100 g sesame seeds
- 30 ml (2 to 4 tablespoons) sesame oil or any other seed or vegetable oil
- Warm water
- Pinch of salt

SESAME

various servings

10-15 minutes

easy

cheap

- Start by adding the sesame seeds to a wide, dry saucepan over medium-low heat. Toast them, stirring constantly, for 3 to 5 minutes until they become fragrant and turn a light golden color.
- Once toasted, transfer the sesame seeds to the bowl of a food processor. Process for about 1 minute, then slowly add the oil, salt, and a bit of water.
- Continue processing until the mixture becomes smooth and pourable.
- Your tahini is now ready to use!

PEIXINHOS DA HORTA

INGREDIENTS

- 300 g green beans
- 100 g all purpose flour
- 3 eggs
- 1 yellow onion
- pepper, parsley and salt to taste
- 500 ml vegetable oil for frying

GLUTEN

EGGS

2 servings

25-30 minutes

easy

cheap

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INSTRUCTIONS

- Wash the green beans, trim the ends, and remove the strings.
- Place them in a saucepan with salted water and a peeled onion. Bring to a boil over high heat, then reduce to low and cook for about 10 to 15 minutes until tender.
- Once cooked, drain them well and set aside.
- In a bowl, mix the flour, eggs, pepper, chopped parsley, and a little salt with a fork until you get a smooth, creamy batter.
- Dip the green beans into the mixture, three at a time, until they are fully coated.
- Heat oil in a skillet over medium-high heat. Once hot, add the coated green beans and fry them on both sides until golden brown.
- Transfer to a plate lined with absorbent paper to remove excess oil.
- Sprinkle with a little salt and enjoy!

HOW TO PREPARE PEIXINHOS DA HORTA

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

APPLE CRUMBLE

INGREDIENTS

Ingredients for a 20cm baking tray for the filling:

- 400 g Golden delicious or Granny smiths apples
- 35 g cane or brown sugar
- juice of half a lemon
- ½ tsp ground cinnamon
- 60 g cold butter
- 70 g flour
- 80 g cane or brown sugar
- ½ tsp ground cinnamon
- pinch of salt
- ice cream

GLUTEN   MILK

various servings

45-50 minutes

easy

cheap
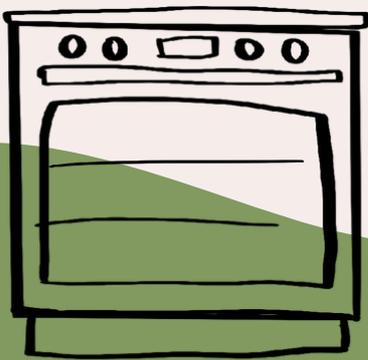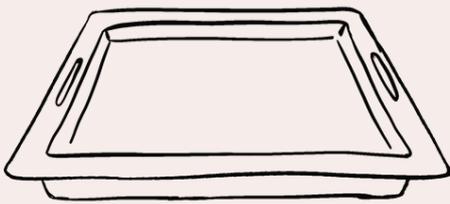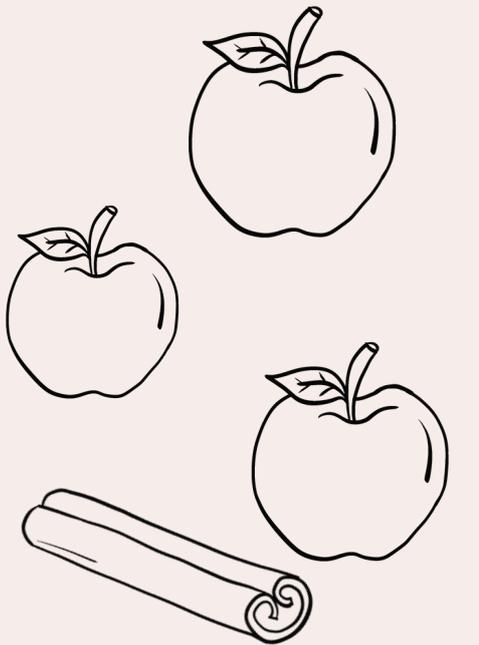
INSTRUCTIONS

- First, set your oven to 180°C so it can heat up while you prepare everything.
- Take your apples and cut them into four pieces. Remove the seeds and peel off the skin, then chop each slice into small cubes. Put the apple pieces into a small saucepan with some lemon juice, sugar, and cinnamon.
- Cook everything over low-medium heat, stirring for about five minutes until the apples start to soften.
- Now, let's make the crumble! In a bowl, mix together some flour, sugar, cold butter, cinnamon, and a pinch of salt. Use your fingers to rub everything together until the mixture looks like breadcrumbs.
- Take a 20cm baking tray and spread a little butter over it to stop the crumble from sticking. Spoon the cooked apples into the tray, then sprinkle the crumble mixture evenly over the top.
- Pop it into the oven and bake for 35 to 40 minutes, until the top is golden brown and crispy.
- Serve it warm with a scoop of vanilla ice cream for the perfect treat!

DAY OLD BREAD FRENCH TOAST WITH FRUIT COMPOTE

INGREDIENTS

- 2 eggs
- 50 ml whole milk (or a plant based milk)
- 40 g butter
- 1 tablespoon sugar
- 4 slices day old bread (any kind, but preferably soft bread)
- 100-150 g mix of berries (or any other fruit!)
- ground cinnamon to taste
- powdered sugar to serve (or honey, or maple syrup, or any preferred sweetener)

MILK   EGGS

2 servings

10-15 minutes

easy

cheap

INSTRUCTIONS

- Start by making your berry compote. Grab a small saucepan and add some sugar, a tablespoon of cold water, and half of your berries. Stir everything together over low heat until the sugar completely dissolves.
- Then, turn up the heat to high and let it boil for about 3 minutes, or until the mixture thickens just a bit.
- Take it off the heat and mix in the rest of your berries. Set it aside while you make the toast.
- In a bowl, whisk together eggs, cinnamon, and milk until everything is well combined.
- Now, heat up a large non-stick frying pan over medium heat and melt some butter in it. While the butter melts, dip each slice of bread into the egg mixture, making sure both sides are soaked.
- Place the bread in the pan and cook for about 2 minutes on each side, or until it turns a beautiful golden brown.
- When it's ready, serve your French toast with powdered sugar and a big spoonful of your homemade berry compote. If you want, you can also add some yogurt or a drizzle of heavy cream for extra deliciousness. Enjoy!

HOW TO PREPARE   FRENCH TOAST

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK
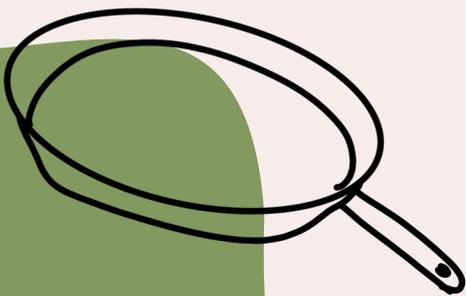
WE HOPE YOU HAD A LOT OF FUN COOKING AND ENJOYING YOUR MEALS!

OUTRO

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

CHAPTER 3

SHARE

"The miracle is this: The more we share, the more we have."
Leonard Nimoy

WELCOME TO THE CHAPTER SHARE!

This chapter of the **Food for Good Club Cookbook** is a step-by-step guide for organising and facilitating a **HACKATHON** - a highly participatory event focused on creating sustainable solutions to food related problems in our communities. Think of this chapter as your complete guide to **planting seeds of innovation, cultivating ideas, and growing impactful projects** that nourish both communities and the planet.

Here, you'll find a collection of "recipes" that take you through the full process, from setting up your local hackathon to guiding participants through idea generation, project design, and building real-world solutions. These recipes are designed to help address community needs and create initiatives around sustainable food systems, whether it's a community garden, food-sharing network, waste reduction project, potluck dinners, or any other idea that brings people together around food and helps our communities to be more healthy and sustainable.

Each "recipe" outlines the essential "ingredients" and "steps" needed to build social entrepreneurship skills and advocate for sustainable food systems, promoting healthier, more equitable communities. Think of each "recipe" as an invitation to roll up your sleeves and build a better community.

WHAT WILL YOU LEARN IN THIS CHAPTER?

THROUGH FUN RECIPES AND ACTIVITIES IN THIS CHAPTER, YOU'LL PICK UP AWESOME SKILLS THAT HELP YOU:

Run Problem-Solving Events (Hackathons) learning how to bring people together to tackle food and sustainability challenges in creative and exciting ways.

Create Real-World Solutions discovering how to develop ideas that make a difference in how communities grow, share, and manage food.

Dig Deep into Challenges gaining tools to research, understand, and tackle key issues in your community.

Brainstorm & Test Ideas exploring creative thinking, testing your ideas, and refining them to make sure they actually work.

Build & Try Out Prototypes turning your ideas into real projects, testing them out, and getting feedback to improve them.

Work with Mentors & Teams boosting your communication and teamwork skills while collaborating with others.

Make Your Ideas Sustainable learning how to build food-related projects that are not only helpful but also financially sustainable.

Pitch Like a Pro developing the confidence to share your ideas and inspire others to join your mission!

WHO IS A PART OF THE HACKATHON TEAM?

Thoughtful preparation is essential for each event or activity. Just as you would gather ingredients for a recipe, you'll need to gather your team to make this hackathon a success. This includes **Participants**, **Facilitators**, and **Mentors** who bring their unique flavors and perspectives to the process.

PARTICIPANTS (CO-GROWERS AND CO-CHEFS)

Any young person or community member with a passion for food, sustainability, or community improvement who brings ideas, energy, and creativity and is eager to build new skills can join. No specific skills are required, as the hackathon is designed to be accessible to all.

FACILITATOR (HEAD CHEF)

The Facilitator is the head head chef of the event, guiding participants through every step of the hackathon process. This person will organise and manage event flow, and encourage participants to think big and dig deep. They keep the event on track, support participants as they brainstorm and develop their projects, and serve as the main contact for mentors and participants.
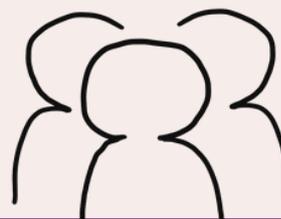
COOKING TIPS FOR FACILITATORS

- For online events, designate a technical helper to handle virtual platform needs.
- Consider splitting the role and doing it together with more people so each person can focus on specific parts of the event, such as mentoring, troubleshooting, or managing sessions.
- To help you prepare for the facilitation, we created a **Presentation Sample**. It provides a clear structure and flow to guide participants through each stage. Adjust the presentation to match your experience, style, and the needs of your participants, making it interactive and engaging for them.

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MENTORS (GARDENERS OF IDEAS)

Mentors provide the nutrients that enrich every team's ideas. They are an experienced entrepreneur or leader in sustainable projects who provides guidance, insight, and support to each team through idea development phases which ultimately helps them build their projects. They support participants through brainstorming, problem-solving, and implementation stages, helping them grow their ideas into sustainable projects. Mentors should ideally bring knowledge of both sustainable practices and community-focused projects.

MENTOR'S PROFILE

A great mentor is more than just knowledgeable, they're empathetic, able to provide constructive feedback, and skilled at motivating participants.
Here's what to look for in a mentor:

- Experience in sustainable food, business building, or project design
- Strong communication skills, including active listening and encouragement
- Ability to support problem-solving and creative thinking

HOW TO FIND AND ENGAGE MENTORS?

- Identify Your Mentors: Look for experienced people within your network who are enthusiastic about sustainable food systems or community development.
- Invite Them to Join: Share with them the event's purpose and its role in supporting young people as they create solutions for food-related challenges.

WHAT IS A MENTOR GOING TO BE DOING?

- Attending Mentor Preparation Workshop run by a facilitator (30 minutes)
- Provide 2 Mentoring Sessions with one team (20 to 30 minutes each session)
- Attend the final Pitch Presentations to provide feedback and celebrate participants' growth and achievements (30 minutes)

FROM SEED TO SOLUTION!

This chapter doesn't just guide you through setting up a hackathon; it takes you through each stage of generating ideas, creating projects, and building solutions:

1. **The Problem:** We need to know everything about the problem we are solving to develop the right solution! Participants will explore challenges and opportunities in their communities.
2. **Idea Generation and Prototyping:** Participants take their best ideas and develop prototypes, experimenting with concepts to see what works and what doesn't.
3. **Building Solutions:** Teams will develop project ideas, whether it's a community garden, food-sharing platform, or waste-reduction initiative. This phase includes creating sustainable business models that make projects potentially fit and ready for long-term sharing.
4. **Presenting:** Participants will present their final ideas in a pitch format, showcasing their ability to communicate and inspire others with their vision.

Each recipe in this cookbook will guide you through these steps, giving you everything you need to facilitate innovation.

LET'S START COOKING (AND SHARING)!

WITH YOUR TEAM READY AND THESE STEPS IN HAND, YOU'RE SET TO COOK UP A HACKATHON THAT BRINGS PEOPLE TOGETHER AND CREATES NEW IDEAS AND PROJECTS. THIS CHAPTER IS YOUR TOOLKIT FOR BUILDING A BETTER FUTURE, ONE FOOD-CENTERED PROJECT AT A TIME.
SO GRAB YOUR APRON, START SHARING, AND LET'S TURN THESE RECIPES INTO A REAL-WORLD CHANGE!

HACKATHON PREPARATION

INGREDIENTS

- Preparation Time (Time to set everything up before your hackathon event begins)
- Cooking Time (Time to run the whole hackathon event)

Purpose/Goal

To prepare all the ingredients that you need for your local hackathon event.

Desired Outcomes

A successful hackathon event.

serving size:
one group of 20 to 30 people

preparation time:
up to 6 hours

cooking time:
8 – 12 hours

STEP 1: CHOOSE YOUR CHALLENGE

When organizing a hackathon, decide whether participants will tackle **one broad challenge** or **multiple specific challenges** within a theme.

A BROAD CHALLENGE allows for a wide range of innovative solutions while keeping participants aligned with a central theme. It also encourages creativity, interdisciplinary collaboration, and potential industry partnerships.

Example: Building Sustainable Food Systems
Participants can explore various aspects of food sustainability, from production to consumption, identifying unique problems and crafting tailored solutions.

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SPECIFIC CHALLENGE

If you prefer a more focused hackathon, breaking the theme into specific, well-defined challenges can help teams address pressing issues with targeted solutions. You can use multiple specific challenges in one hackathon.

Examples:
- Fighting Food Waste
- Rethinking Junk Food
- Improving Farming for the Future
- Boosting Local Food Production
- Growing Local Food Markets (e.g. through Community-Based Agriculture)
- Making Nutritious Food Available for Everyone

Make sure that you create a clear challenge statement. Whether you decide to go for a broad or specific challenge, provide a brief description that clarifies the challenge. Share this challenge as you promote your hackathon event to build excitement and attract participants.

STEP 2: PREPARE YOUR EVENT STRUCTURE

Food for Good Club Hackathon is an intensive event with hands-on learning, team collaboration, and mentorship. Over 8-10 hours, participants will go through facilitated workshops, team work, mentoring sessions, and a final pitch presentation, all designed around a "learning by doing" approach. Each workshop or mentoring session gives teams time to apply insights in their project work. Rotating between workshops, mentoring, and teamwork serves to build skills.

Choose a date for your event! Will it be on one day or multiple days? If it's multiple days, will they be in a row or have breaks in between?

Example of an event structure:
- Mentor Preparation Workshop (60-90 minutes)
- Setting the Scene (60 minutes)
- Workshop: Idea Generation (20-25 minutes)
- Workshop: Research & Problem Definition (60 minutes & 30+ minutes optional time for teamwork)
- Workshop: Customer Persona and Value Proposition (40 minutes & 30+ minutes optional time for teamwork)
- Mentoring Session (20 - 30 minutes per team)
- Workshop: Prototyping (60 minutes & 30+ minutes optional time for teamwork)
- Workshop: Business Models & Finances (60 minutes)
- Mentoring Session (20 - 30 minutes per team)
- Workshop: Pitching (160+ minutes)
- Workshop: Next Steps (SMART Goals) (50 minutes)
- Workshop: Advocacy for Hackathon Impact (60 minutes)

TEAM WORK

Throughout the hackathon, it's important to give participants dedicated time for teamwork. This allows them to reflect, discuss ideas more deeply, and apply what they've learned. Depending on the structure and available time, these teamwork sessions can last anywhere from 15 minutes to an hour and can be used for various activities.

Teams can take this time to conduct field research, such as surveys or interviews, to better understand their target audience and validate their problem. They can explore the market landscape, assess how many people in the local community are affected by the issue, and refine their value proposition. Teamworks is also a great opportunity to work on pitch preparation, budget planning, or other crucial aspects of their project.

If possible, allow teams to come earlier or stay after hours at an in-person event to collaborate further. For online hackathons, it's essential to establish team communication channels from the beginning so they can stay connected outside of the main working sessions. If the hackathon takes place over multiple weeks, encourage and remind teams to schedule regular meetups to work on specific assignments and strengthen their project.

The more time teams spend together, the stronger their collaboration will be, leading to better ideas and a deeper understanding of their project.
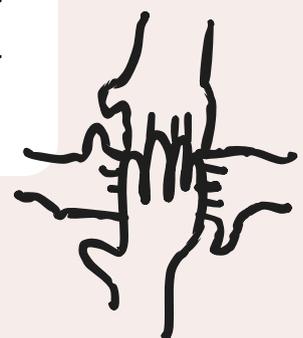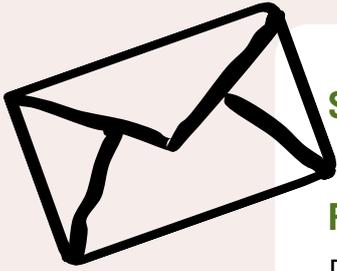
STEP 3: RECRUIT PARTICIPANTS

Recruit Locally or Online

Reach out to young people in your area, or extend your reach online to include a diverse group. Include your challenge and time and place of the event in the invitation.

Create an Application Form

Keep it simple but informative. Here's a sample form to get started:

- Name & Surname
- Email Address
- Team Name (if the person has already connected with other individuals and formed a team)
- Team Members' Names & Email Addresses
- Challenge Selection (if you decided to go for multiple specific challenges) ask what specific challenge in their community would they like to solve?
- Pitch the Idea: If they already have an idea for a solution to a challenge they should describe it in a few sentences.
- Don't forget the security of participants' data! Ask for consent for Photos/Videos: "By participating in this event, I agree to be photographed for promotional purposes."

Tips for Participant Selection

- Accept both individual and group applications. Some may already have ideas for a solution, while others are just beginning. Forming diverse teams encourages fresh ideas.
- Teams of 2–5 participants work best, keeping collaboration lively but manageable.
- Aiming for around 20 participants creates an ideal setting for teamwork and personalised support, but adjust as needed.

STEP 4: PREPARE THE PROCESS SHEETS

A process sheet serves as an event roadmap, guiding teams through each step of the hackathon. While not mandatory, it can be highly beneficial for both organizers and participants as it shows step by step all the topics and assignments. Tailor the process sheet to fit your hackathon's focus and desired outcomes.

Consider including

- Key milestones and deadlines
- Judging criteria
- Team collaboration guidelines
- Available resources and support channels
- Ways to create & display the process sheet

Choose a format that best suits your event and audience

- Physical Display: Flipcharts, collage paper, or posters placed in the room
- Digital Tools: Excel sheets, PowerPoint presentations, or online whiteboards
- Interactive Options: Platforms like Padlet or shared collaborative documents

TIPS!

- Let participants have fun! Add team-building challenges to your process sheet like "Create a crazy team photo!" or "Design a team ritual."
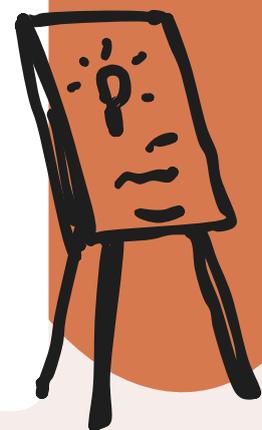
STEP 5: SET UP THE SPACE (IN-PERSON & ONLINE)

In-Person Setup
- Arrange tables and materials (paper, markers) for each team.
- Create a quiet workspace for mentoring sessions and pitch practice.
- Start and end with networking sessions for team building.
- Aim for a zero-waste setup by using reusable materials and organizing recycling/compost stations.

Online Setup
- Use a video platform with breakout room tools.
- Establish a messaging channel for real-time communication.
- Do a technical check and introduce the tools at the start.

TIPS!
- Start early with logistics, including mentor confirmations and participant invitations.
- Make sure each team has a clear understanding of their tasks.
- Consider adding fun breaks or short activities to keep energy levels up.

More Cooking Tips for a Successful Hackathon
- Build relationships by starting with introductions and team-building activities.
- Encourage sustainability by going paperless, using compost stations, and educating participants on zero-waste practices.
- Use breakout rooms and mentors to help teams stay focused and supported.
- Follow up and check with participants and mentors if any additional help is needed.

MENTOR PREPARATION

INGREDIENTS

- Presentation (Slides 2 - 14)
- Video platform link (if online)
- Mentoring Tips Handout (optional, for extra flavor)
- Mentoring sheet for tracking progress

Purpose/Goal

To prepare mentors and give them advice on how to work with young people

Desired Outcomes

Understanding the value and concept of mentoring

serving size:
one group of 20 to 30 people

preparation time:
60 minutes

cooking time:
30 minutes

INSTRUCTIONS

STEP 1: WARM WELCOME & INTRODUCTION (5 MIN)

- Welcome mentors to the workshop
- Provide an overview of the hackathon's purpose, the specific problem participants will tackle, and the role of mentors in this journey.
- Briefly describe the event structure and the age group of the hackathon participants (mentees), talk about the collaborative, hands-on approach.
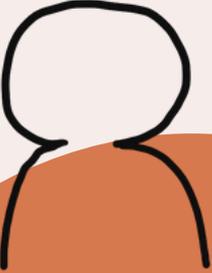
STEP 2: EXPLORING THE ROLE OF A MENTOR (10 MIN)

- Begin with a few key questions to engage mentors:
    - What does it mean to be a mentor?
    - What are the core qualities of a good mentor?
    - How does mentoring differ from leading a workshop?
- Use these questions to highlight the importance of active listening, guidance over instruction, and providing encouragement rather than direct solutions.

STEP 3: MENTORING ESSENTIALS & GUIDELINES (5 MIN)

Present the core principles of mentoring:

- **Know Your Audience**
    - Recognise skill levels and experience within teams.
    - Be challenging but always build participants up.
    - Be optimistic.
- **Active Listening & Inquiry**
    - Talk less, ask questions, and listen actively.
    - Guide without controlling - allow participants to take ownership.
    - Inspire by offering prompts and ideas.
    - Help participants distinguish opinions from facts.
- **Provide Space for Growth**
    - Resist the urge to over-direct and let participants reach out for help.
    - Use open-ended questions to enable reflection and independence.
- **Keep Teams on Track**
    - If a team feels stuck, gently guide them toward solutions, encouraging focus on real-world applications or "customers."
    - Remind them that time is a limited resource, so it's important to use it wisely.

STEP 4: MENTORING LOGISTICS & COMMUNICATION   (5 MIN)

- Describe how mentoring will function during the event (e.g., online breakout rooms, video calls, communication tools like Padlet, or a shared mentoring sheet).
- Outline the schedule, including structured mentoring sessions and any flexible times.
- Explain the mentoring sheet which mentors can use to track progress and guide discussions during each session.

STEP 5: Q&A AND EXPERIENCE SHARING (5 MIN)

- Open the floor for questions and invite mentors to share any experiences or concerns they might have.

TIPS & TRICKS

- Organise this mentor brief workshop just before the event begins or a few days in advance, allowing mentors to prepare.
- Each mentor should ideally work with up to 3 teams, dedicating about 20-30 minutes per session to each team. Over the event, mentors should plan for a maximum of 3 hours of mentoring.
- Consider having a short mentor debrief after each session to gather insights and adjust support.
- While mentors and teams have scheduled sessions, they can arrange additional time if both sides agree.

MENTORING SHEET EXAMPLE

Team Name	
Mentor Name	
Date	
Time	
Team is motivated and dedicated to solving the problems.	
Team is productive and organized.	
Team is working well with the mentor, actively listens and is open to suggestions and advice.	
Team is keeping up with the work and understands the assignments.	
Other comments	
Team understands the problem and can define it.	
Solution/ Solutions is innovative and has the potential to solve the problem.	
Team has a clear vision of the solution and how it works.	
Team has a clear vision of the sustainable model behind the idea.	
What has been done since the last meeting?	
What is the plan to get to the next key point?	
What does the team need to get to the next point?	

SETTING THE SCENE

INGREDIENTS

- Presentation (Slides 15 – 26)
- Video platform link (if online)
- Paper, markers

Purpose/Goal

To welcome everyone, set the scene, introduce the schedule and ways of working, and encourage participants to share the unique "ingredients" they're bringing to the event.

Desired Outcomes

Participants gain a clear understanding of the event process, milestones, and guidelines and get to know each other.

serving size:
one group of 20 to 30 people

preparation time:
10 minutes

cooking time:
50 minutes

THE SCENE

SETTING

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

INSTRUCTIONS

STEP 1: WARM WELCOME & INTRODUCTIONS   **(5 – 10 MIN)**

- Begin with a warm welcome to all participants, setting a positive, collaborative tone for the Food for Good Hackathon.
- Introduce yourself, the organizing team, and the mentors, sharing the purpose of the hackathon and the journey you'll be taking together.

STEP 2: "WHAT INGREDIENTS ARE YOU BRINGING TO THE TABLE?" - CREATING A PERSONAL MAP (15 MIN)

Introduce the concept of each participant being a unique ingredient in the hackathon "recipe."
Ask participants to create a quick "Personal Map" to highlight what they're bringing to the table.

Prompt them to think about their:
- Skills (e.g., communication, creativity, tech skills)
- Knowledge (e.g., sustainability, local food systems, business insights)
- Values (e.g., community, environmental stewardship)
- Experience (e.g., previous projects, volunteer work, studies)
- Motivation (e.g., what they hope to achieve, why they joined)

In-Person: Give participants paper and markers to create their maps.
Online: Use a collaborative tool like a Presentation template or Padlet, where each person can add their "ingredients." This activity can be done before the start of the event as an intro to the hackathon.
After mapping, invite a few participants to share their maps with the group.
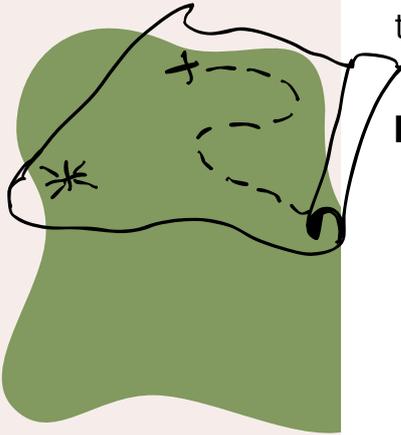
STEP 3: PRESENTING THE EVENT DETAILS (5 MIN)

Use the PowerPoint presentation to walk through the event structure:
- Schedule: Highlight each day's key activities, including workshops, mentoring sessions, and self-paced teamwork.
- Ways of Working: Talk about the importance of teamwork and open-minded collaboration.
- Tools and Materials: Introduce the Process Sheet and other essential tools participants will use throughout the hackathon.

STEP 4: TECHNICAL CHECK & TOOL TRY-OUT   (5 MIN, IF ONLINE)

For online events, allow participants a few minutes to test out the tech tools, and explore the video platform and any additional tools. This step helps ensure everyone is comfortable with the setup before diving into the main activities.

STEP 5: COLLABORATIVE GUIDELINES ACTIVITY   (10 MIN)

Invite participants to contribute to a Guidelines for Working Together activity:
- Ask everyone to share one value or guideline they think is essential for working as a team
- This quick exercise builds a foundation of mutual respect and trust among participants.

STEP 6: Q&A (10 MIN)

- Open the floor for questions about the event structure or tools.
- Encourage participants to feel comfortable reaching out if they need help at any point during the hackathon.

TIPS & TRICKS

- Keep it **brief but interactive**, as this sets the first impression for participants.
- If online, use breakout rooms for smaller groups to share maps, allowing more people to speak.

IDEA GENERATION

INGREDIENTS

- Presentation (Slides 27- 40)
- Pen and Paper
- Flip chart
- Video communications platform link (if online)

Purpose/Goal

To get everyone thinking creatively and generating ideas.

Desired Outcomes

Participants develop problem solving and creative thinking skills.

serving size:

groups of 2-5 participants

preparation time:

5 minutes

cooking time:

20 minutes

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GAME

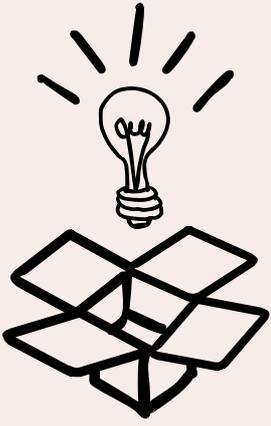FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK

IDEA GENERATION

INSTRUCTIONS

STEP 1: DIVIDE INTO GROUPS AND PICK YOUR ADJECTIVE (2 MIN)

Divide participants into groups of 3-5 people. Ask each group to come up with one adjective that they feel represents their group (e.g., "bold," "bright," "green"). Group should note down their chosen adjective.

STEP 2: SELECT A GROUP MEMBER AND CHOOSE A NOUN (3 MIN)

Have each group select one member to come up with a noun that starts with the first letter of their own name. For example, if the group member's name is Sam, they might choose "sunflower." Groups write down this noun to pair with their adjective.

STEP 3: SHARE GROUP WORDS (2 MIN)

Groups shout out their chosen adjective and noun combination. The facilitator records these words on the flip chart or annotates them on the Flip Chart/ PowerPoint for everyone to see. Each group's two words now represent their "group identity" for this activity.

STEP 4: INTRODUCE THE CHALLENGE WITH A VISUAL (2 MIN)

Show a video or photo that highlights a challenge or an issue that you have selected for this hackathon (e.g., a photo of food waste, junk food, lack of gardening plots…,). Invite participants to describe what they see and share any immediate thoughts about the problem shown.
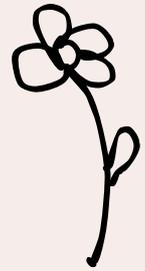
STEP 5: GENERATE CREATIVE SOLUTIONS USING GROUP WORDS (5 MIN)

Challenge each group to think about one random idea, one superpower idea,and one crazy idea using their two chosen words as inspiration.

Example: If a group selected the adjective "green" and the noun "flower," they could imagine:

- A brand of eco-friendly products called "Green Flower"
- A project that transforms landfills into "green flower parks"
- A podcast series named "Green Flower" focused on climate change awareness

Give groups 5 minutes to brainstorm and develop one solid idea.

STEP 6: PRESENT CREATIVE SOLUTIONS (3-5 MIN)

Each group has 1 minute to choose only one idea and present their idea/solution to the group.

TIPS & TRICKS

- Remind participants to think outside the box- crazy and unconventional solutions are welcome.
- Maintain energy by giving groups just a few minutes to come up with their ideas. This quick pace encourages spontaneous, creative thinking.
- Encourage groups to share quirky, imaginative ideas. This approach can lead to surprisingly innovative solutions.

RESEARCH & PROBLEM DEFINITION

INGREDIENTS

- Presentation (Slides 41- 53)
- Problem Tree Template
- Process Sheet
- Video platform link (if online)

Purpose/Goal

To guide participants through researching and defining a problem

Desired Outcomes

Participants develop a clear understanding of primary and secondary research and apply these methods to define their problem in detail.

serving size:

teams of 2-5 participants

preparation time:

10 minutes

cooking time:

50 min workshop & 30 min

teamwork (optional)

INSTRUCTIONS

STEP 1: FORMING TEAMS & SETTING IDEAS (5 MIN)

Before starting teamwork, participants need to form teams and choose an idea based on the challenges in the hackathon invitation. Participants will stay in the same groups from now until the end of the hackathon. Some may already have a team and project idea, while others might join alone, either with an idea or just looking to be part of a team.

Here's how teams can be formed:

- Idea Pitches: Participants can share their ideas, and others can join the ones they like.
- Skill-Based Matching: Group people based on their skills and interests.
- Random Teams: Mix participants randomly to encourage diverse collaboration.

By this stage, everyone should be in a team (or working solo) and have a clear idea of what they'll develop. It doesn't have to be perfect—just enough to move forward!

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STEP 2: INTRODUCTION TO RESEARCH IN ENTREPRENEURSHIP (5 MIN)

Begin by explaining the importance of research in entrepreneurship. Research is a key part of being a successful entrepreneur. Before starting a business or project, you need to understand the problem you're solving. The better you define the problem, the better your solutions will be!

When you take time to research, you learn more about your customers, the market, and what makes a great product or service. This helps you come up with better and more creative ideas, avoid common mistakes, and make smarter decisions.

So, if you want to improve your project and make it stand out, start by asking questions, gathering information, and thinking deeply about the problem you want to solve. Research makes everything easier and helps you turn your ideas into something real and successful!

Introduce types of research:
- Desk Research: Gathering existing information from sources like the internet, books, or media.
- Field Research: Collecting new information directly, usually by asking questions through interviews or surveys.

STEP 3: PROBLEM TREE ANALYSIS - MAPPING THE PROBLEM (15 MIN)

Introduce the Problem Tree Template:

- Trunk: Basic information about the problem (e.g., scope, who is affected, and the extent of its impact).
- Roots: Causes of the problem (underlying factors or contributing issues).
- Branches: Consequences of the problem (effects and who suffers from them).

Ask participants to start with desk research by browsing online resources. They should find facts, figures, and relevant data, filling in the Problem Tree template.
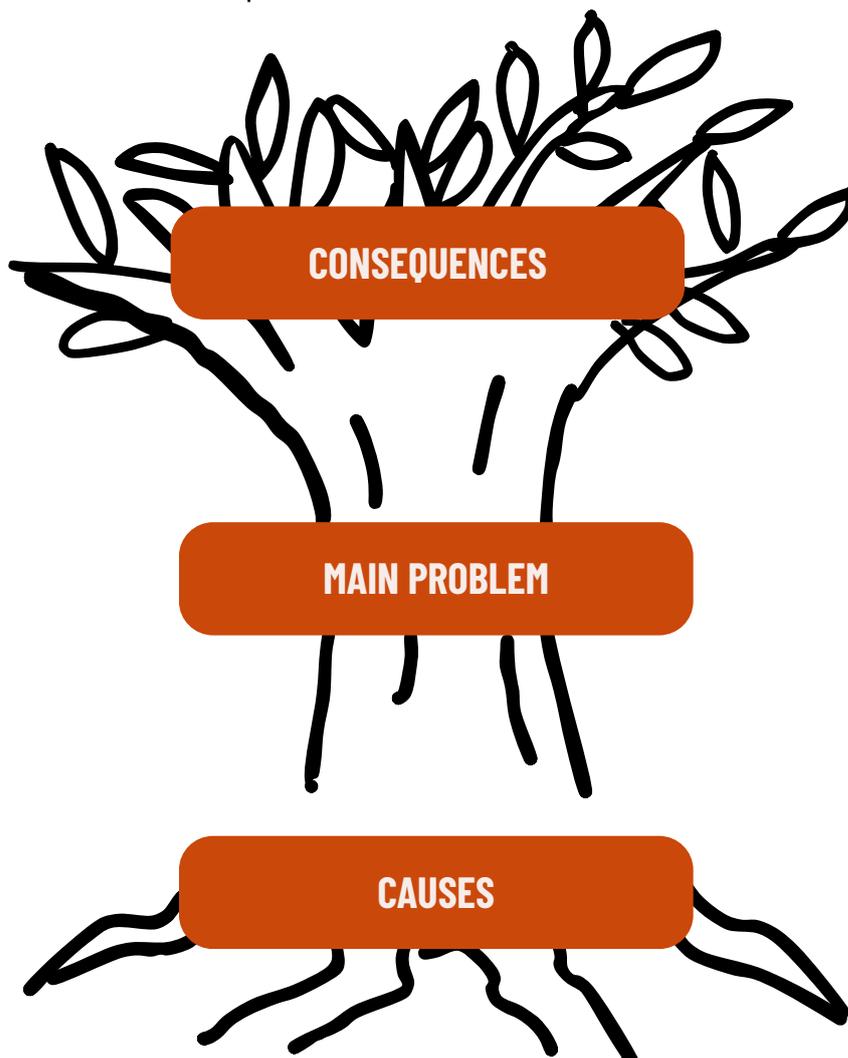
STEP 4: FIELD RESEARCH (5 MIN)

Ask participants to create 4 questions that they could use for the field research and invite them to continue their research after the session by interviewing people in their local community or creating a social media survey to gather firsthand insights. They can add this new information to the Problem Tree Template.

STEP 5: PROBLEM STATEMENT CREATION (10 MIN)

Once participants have mapped out the problem and explored possible solutions, ask them to create a one-sentence problem statement that clearly defines the issue based on their research.

Template: (User/user characteristics) NEEDS (User Need) SO THAT (User deeper desire)

Example: People who care about sustainable food need a shop where they can buy locally sourced, eco-friendly food products, so they can support the planet while nourishing themselves and their families.

STEP 6: THINKING ABOUT THE SOLUTIONS (10 MIN)

After mapping out the problem, it's time to focus on possible solutions. Most teams already came with the idea or have an idea in mind, but through research and discussion, that idea may evolve. Some teams might refine their original concept, while others might pivot entirely after realizing their initial idea won't work. It's important to encourage flexibility, allowing teams to adjust and improve their solutions as they gather more insights into the problem.

For teams that are struggling to define their idea or have realized their initial idea isn't viable, you can guide them by encouraging inspiration. One way to do this is by exploring existing solutions within the same industry or related fields. Looking at how similar problems have been tackled can provide valuable insights and spark new ideas. They can do desk research on existing solutions, finding out who else has addressed this problem, how their solutions work, and how effective these solutions have been.

Teams should also understand that their solution doesn't need to solve 100% of the problem. Instead, they can focus on a specific aspect, whether that's addressing a cause, a consequence, or a particular part of the issue. The key is to stay open to change and let the idea develop naturally based on research, feedback, and real-world constraints.

STEP 7: TEAMWORK (30+ MIN)

If time, conditions and structure of your event allow, give your participants time for teamwork to continue working on the field research. For example participants can work on field research and refine their problem statement based on real-world insights.

Suggested Activities
- Create Research Questions: Teams brainstorm key questions to better understand the problem and user needs.
- Talk to People: Conduct interviews with community members, professionals, or potential users. If in-person isn't possible, use phone or video calls.
- Run a Survey: Design a simple online or paper-based survey to collect broader feedback.
- Check Assumptions: Compare initial ideas with research findings to confirm or adjust them.
- Refine the Problem Statement: Update the problem statement based on insights gathered.

This process helps teams build stronger, user-focused solutions based on real data.
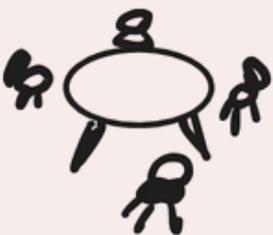
CUSTOMER PERSONA & VALUE PROPOSITION

INGREDIENTS

- Presentation (Slides 54- 65)
- Process Sheet
- Customer Persona Sheet
- Video platform link (if online)

Purpose/Goal
To help participants define the unique value of their solution, and identify their ideal customer.

Desired Outcomes
Participants create a clear value proposition statement, and develop a detailed customer persona.

serving size:
previous teams of 2-5 participants

preparation time:
10 minutes

cooking time:
30 min workshop & 30 min teamwork (optional)

As facilitators, your job is to help participants move from identifying problems and possible solutions to developing a solid, meaningful idea that can realistically be implemented in their local communities.

Some teams might already have an idea they're set on, while others may have adjusted their ideas along the way. There will also be those who, after exploring the problem in depth, have just come up with something completely new.

Now that they clearly understand the problem, it's time to focus on shaping their idea to make sure it truly addresses the issue. Remind them that **the problem comes first,** even the most creative idea won't work if it doesn't solve the right problem.

Encourage them to ask themselves:
- Does my idea really solve the problem we identified?
- How does it help the people affected by this issue?
- Has our research confirmed that this solution is actually needed?
- Is it truly feasible to implement my idea realistically?

Ideas should solve problems and create impact, this is their chance to refine, adjust, or even rethink their idea based on what they've learned. Now, let's hear their solutions and guide them toward the next step!

INSTRUCTIONS

STEP 1: 30 SECOND PITCH EXERCISE (5 MIN)

Have each team do a quick 30-second pitch of their idea by answering:
- What is your idea?
- Why should customers choose your product/service over others?

STEP 2: INTRODUCTION TO VALUE PROPOSITION (5 MIN)

Introduce the concept of a Value Proposition. Explain that a value proposition clearly states how their product or service solves a customer problem and why they should buy their product/service and not someone else's. A strong value proposition is short, clear, and memorable, explaining **what, how, and why.** Share examples of value propositions and discuss why they work.

STEP 3: CRAFTING THE VALUE PROPOSITION STATEMENT (5 MIN)

Ask each team to create a value proposition statement that answers:
- What problem does your idea solve?
- How does it improve the customer's situation?
- Why is it unique?

Participants should write this statement down and practice and test it to ensure it's simple and memorable.

STEP 4: CUSTOMER PERSONA CREATION (10 MIN)

Explain that knowing the **ideal customer** helps teams create and communicate value in a better way. Present the Customer Persona Sheet.

Instruct teams to fill in the Customer Persona Sheet with detailed information about their ideal customer:

- Basic Details: Name, age, gender, occupation, marital status, education, and location.
- Lifestyle & Hobbies: What do they do in their free time? Where do they shop? Whatbrands do they prefer?
- Beliefs & Desires: What are their values and goals? What fears or challenges are theytrying to overcome?
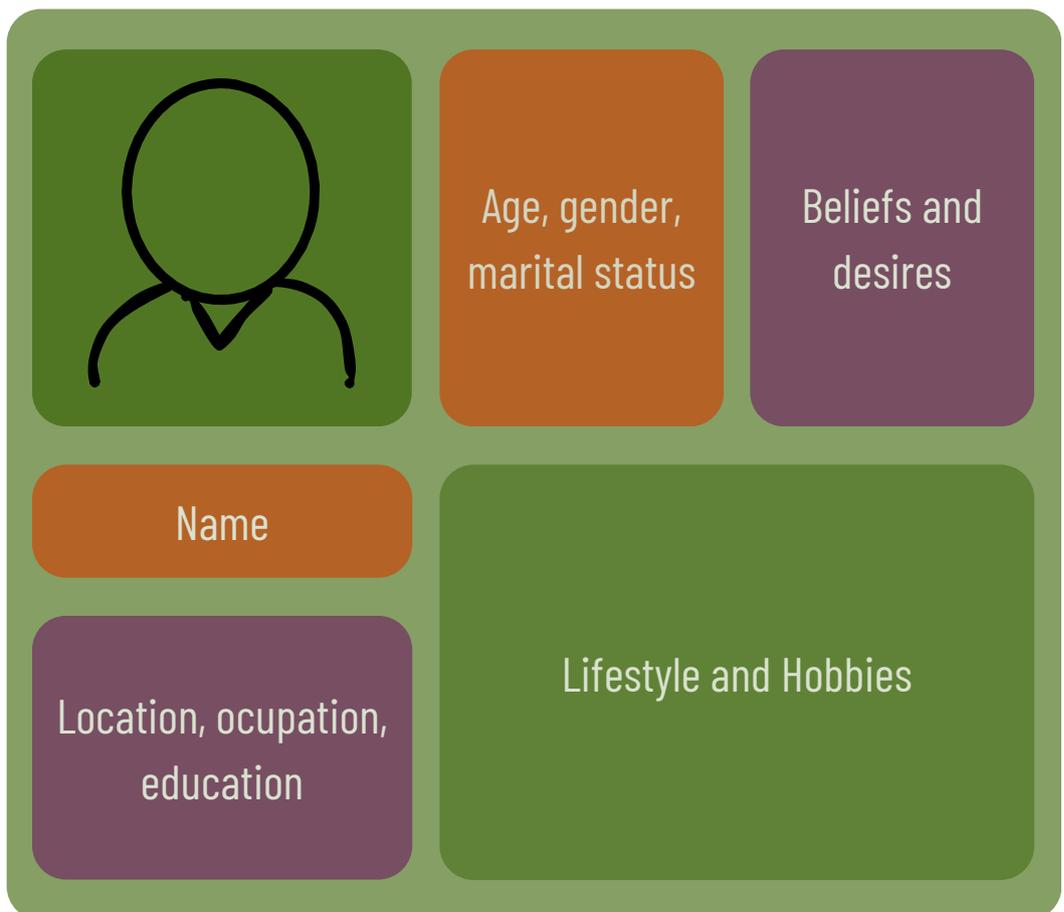
	Age, gender, marital status	Beliefs and desires
Name	Lifestyle and Hobbies	
Location, ocupation, education		

STEP 5: TEST & REFINE (5 MIN)

Teams present their value proposition statement and customer persona to other participants for feedback. Based on this feedback, they can adjust their value proposition or customer persona details.

STEP 6: TEAMWORK (30+ MIN)

If time and space allow, encourage participants to seek out and engage with people who match their ideal customer persona. By conducting quick interviews, they can test their assumptions, gather real feedback, and refine their understanding of their target audience. Based on these insights, they can adjust and redefine their customer personas and value proposition statement to better reflect the real needs and behaviors of their users.

TIPS & TRICKS

- A well-defined customer persona is important - each persona adds focus and clarity to their value proposition.
- Let participants know they can have more than one customer segment, each with a unique persona.
- **MENTORING SESSION:** This is a great time to conduct the mentoring session. Following the workshop you can conduct a mentoring session where teams receive valuable feedback from their mentors on their idea, value proposition statement, and customer persona.

PROTOTYPING

INGREDIENTS

- Presentation (Slides 66- 81)
- Process Sheet
- Prototyping materials
- Video platform link (if online)

Purpose/Goal

To introduce participants to prototyping, helping them shift from idea generation to hands-on creation.

Desired Outcomes

Participants develop a prototype of their solution, gaining new perspectives on their idea and potential improvements.

serving size:
teams of 2-5 participants

preparation time:
10 minutes

cooking time:
50+ min workshop & 30+min teamwork (optional)

INSTRUCTIONS

STEP 1: INTRODUCTION TO PROTOTYPING (5 MIN)

Begin by explaining the concept of a prototype. **A prototype is a quick, basic version of an idea**, meant to showcase how it might work or look. Prototyping helps shift from thinking to creating, it's a way to see the idea from different angles and refine details. Show photos or videos of prototypes for both products and services to inspire participants and provide visual examples.

STEP 2: BUILDING THE PROTOTYPE (30+ MIN)

Ask participants to start building a prototype of their **project idea**. If it's a product, they should focus on creating detailed aspects of the item (e.g., buttons, switches, moving parts) that show its **functionality**. If it's a service, they can create or draw the environment where the service would be delivered (a shop, a website layout, or customer interactions) and how the customer interacts with the service (Customer Journey).

Encourage participants to use recycled or simple materials creatively, letting them visualize and build different aspects of their idea. Remind them that they don't have to make it perfect, just functional enough to convey the main ideas.

As facilitators, you can help participants structure their prototyping process by breaking it down into small, manageable steps rather than overwhelming them with too many tasks at once.

Instead of asking them to consider all aspects of their project simultaneously, introduce short, focused assignments throughout the prototyping session.

For example, after participants have spent time developing their core idea, add a five-minute task asking them to think about key partners: Who could support their project, collaborate with them, or provide necessary resources? By tackling this one element at a time, they will be able to develop a more structured and thoughtful prototype.

Once they have considered key partners, introduce another short assignment focused on **resources**. Encourage them to reflect on what they actually need to bring their project to life:

How many people will be involved? What equipment or materials will they require? What additional support might they need?

Next, guide them to think about the impact of their project:

- How many people in the local community will benefit from this idea?
- What specific change will it bring?
- How will it improve the problem they identified?

Finally, introduce a task that encourages them to consider financial sustainability. How could they cover expenses? Could they develop a business model? What potential revenue streams exist? Is there a product, service, or funding opportunity that could support their initiative?

This layered approach to prototyping ensures that participants build their idea step by step, first focusing on the core concept and gradually expanding their thinking to include crucial aspects like resources, impact, and sustainability.

By the end of this process, they won't just have an idea. They will have a well-rounded, realistic prototype ready to develop further in the next phase, where they dive deeper into business models and long-term viability.

STEP 3: PRESENTING THE PROTOTYPE (15 MINUTES)

After constructing their prototypes, each team explains in **maximum 3 minutes** the functionalities and benefits of their product or service. They should describe how the solution works, what features it has, and how it benefits potential users.

STEP 4: TEAMWORK (30 MINUTES)

You can set up an exhibition of prototypes around the room, giving participants 30 minutes to walk around, explore different projects, and engage with other teams. This is a great opportunity for them to ask questions, exchange ideas, and give feedback on each other's prototypes. Creating this interactive space encourages collaboration, inspiration, and valuable discussions.

TIPS & TRICKS

- Prototyping is a hands-on activity that tends to energize participants, making the room lively and loud.
- Take the workshop outside or use recycled materials to make this activity eco-friendly and align with sustainable practices.
- Remind participants that a prototype is a rough draft, so they should feel free to test ideas and make quick adjustments.

BUSINESS MODELS & FINANCES

INGREDIENTS

- Presentation (Slides 82- 88)
- Financial Sheet Template
- Process Sheet
- Video platform link (if online)

Purpose/Goal

To help participants understand business models, create a basic budget, and develop a financial plan for project implementation.

Desired Outcomes

Participants develop a potential business model, create a simple budget, and gain a clear understanding of costs.

serving size:
teams of 2-5 participants

preparation time:
10 minutes

cooking time:
50 minutes

INSTRUCTIONS

STEP 1: DEFINE A BUSINESS MODEL (5 MINUTES)

Begin by explaining that a business model outlines how a business makes money by addressing key questions: What are you selling? How are you selling it? To whom are you selling it? What are your project costs?

Provide examples of various business models to showcase different models:

- Subscription Model: Cooking classes offered online as a monthly subscription.
- Product Sales Model: Selling homemade spice mixes or meal kits.

- Workshop Model: Hands-on cooking workshops that charge participants a fee.
- Multi-Stream Model: Generating revenue through in-person workshops, online classes, recipe books, and branded merchandise.
- Sharing Platform Model: Cars shared through an app for short-term use by multiple users.
- Resource Recovery Model: Old clothing collected and turned into new textiles for production.
- Circular Supply Chain Model: Packaging made entirely from compostable or recycled materials.
- Product Life Extension Model: Electronics repaired and resold to extend usability.
- Modular Design Model: Smartphones designed with replaceable parts for easy upgrades.
- Circular Economy model: A food delivery service that uses compostable packaging and repurposes food waste into new meals.

STEP 2: EXAMPLE - COOKING WORKSHOP BUSINESS MODEL (5 MIN)

Walk participants through a Cooking Workshop Business Model to show how to outline costs and revenue:

- Revenue Sources: Selling tickets for cooking workshops, offering virtual classes, selling recipe ebooks, and renting equipment for events.
- Expenses: Ingredients, venue rental, utilities, marketing, and chef/staff salaries.

As you discuss each part, fill in a sample Financial Sheet with the relevant details to model the process.

LIST OF EXPENSES What are you spending the money on? Create a list of items and costs for your business idea.	EUR	REVENUE STREAMS How are you earning money to cover costs? Explain your business model.
- Ingredients - Venue rental - Utilities - Marketing - Chef/staff salaries		- Selling tickets for cooking workshops - Offering virtual classes - Selling recipe ebooks - Renting equipment for events

STEP 3: BUILDING A FINANCIAL PLAN: FINANCIAL SHEET EXERCISE (20 MIN)

Ask each team to fill in the Financial Sheet for their own project.

List of Expenses: Ingredients, venue rental, staff fees, utilities, equipment, and marketing costs.

Revenue Streams: Different ways they plan to generate income with their product or service (workshop tickets, online classes, or branded recipe books, donations).

Teams should also estimate the price of their workshop, class, or product and calculate approximate revenue based on expected attendance or sales.

LIST OF EXPENSES	EUR	REVENUE STREAMS
What are you spending the money on? Create a list of items and costs for your business idea.		How are you earning money to cover costs? Explain your business model.

STEP 4: PRESENTING AND REFINING THE BUSINESS MODEL: SHARE AND DISCUSS (20 MIN)

Invite each team to briefly present their business model and budget to the group.

Encourage participants to provide feedback, ask questions, and consider alternative revenue streams or cost-saving options. Share details about different sources of financing like fundraising, investment, sales, donation.

TIPS & TRICKS

- Examples like the Cooking Workshop make it easier for participants to understand financial concepts.
- Thinking about sustainability and sustainable business models is important for the future of the business.
- Creating an open space for feedback allows participants to refine and strengthen their ideas.
- Use eco-friendly business model strategies, such as using local ingredients.
- MENTORING SESSION: This is a great time to conduct the mentoring session. Following the workshop you can conduct a mentoring session where teams receive valuable feedback from their mentors on their idea, value proposition statement, and customer persona.
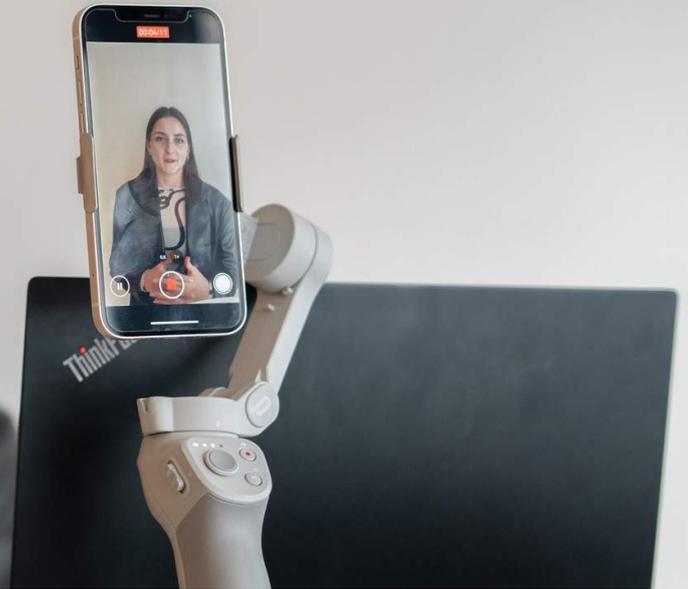
PITCHING

INGREDIENTS

- Presentation (Slides 89- 100)
- Process Sheet
- Video examples: <u>Food Rescue</u> and <u>Bicycle-Chef Cooks Food On a Bike</u>
- Video platform link (if online)

Purpose/Goal

To help participants learn how to pitch their ideas and present with confidence.

Desired Outcomes

Participants create a structured, 3-minute pitch presentation that clearly communicates their idea and impact.

serving size:
teams of 2-5 participants

preparation time:
10 minutes

cooking time:
150+ minutes

INSTRUCTIONS

STEP 1: INTRODUCTION TO PITCHING (5 MIN)

Begin by explaining that a pitch presentation is a concise, clear way to share a business idea or project.
Both content and delivery are important:
- Tailoring the pitch to resonate with the audience is needed.
- Non-verbal communication is important: body language, eye contact, and confidence matter.
- Practice is everything

Show a video example of a business pitch (example video you can find in the list of ingredients) and ask participants to share their observations.

STEP 2: STRUCTURE OF A 3-MINUTE PITCH (5 MIN)

Walk participants through the structure of a 3-minute pitch. Explain each key section:
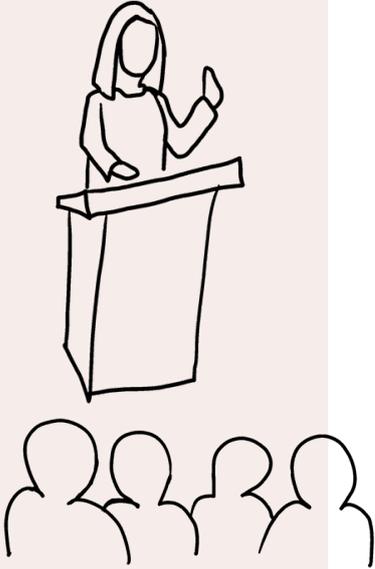
- **Introduction:** Briefly introduce yourself and your team.
- **Problem:** Describe the problem you want to solve with facts and figures.
- **Solution:** Share your solution.
- **How:** Explain how the solution works in a simple way.
- **Target Group?** What value are you bringing to whom?
- **Unique Value:** Why is your idea different? What value does it bring?
- **Impact:** What is the potential outcome? How many people will benefit? How will the community change?
- **The Ask:** What have you done until now to make this happen and what are your needs?
- If you need **funding**, state how much you need and what it will be used for.
- **Why Us?:** Highlight why your team is capable of executing this project and share the passion behind it.
- **Recap**

STEP 3: CREATING THE PITCH (30+ MIN)

Give each team time to draft their 3-minute pitch using the provided structure. Encourage participants to focus on clarity and storytelling.

STEP 4: PITCH PRESENTATION AND FEEDBACK (20 MIN)

Have each team present their 3-minute pitch to the group. Encourage constructive feedback from peers. Focus on clarity, impact, and delivery style. Allow each team to make quick adjustments based on feedback, explaining the value of testing and refining their presentation.

STEP 5: TEAMWORK (60+ MIN)

Make sure teams have plenty of time to prepare for their final pitch: at least 1.5 to 2 hours to practice, refine their presentation, and relax before going on stage. There's no need to add extra pressure. This should be a moment of confidence and celebration, not stress. Giving them this space allows them to feel prepared and present their ideas in the best way possible.

STEP 6: THE FINAL PITCH EVENT - A CELEBRATION OF IDEAS (30 MIN)

After all the hard work, it's time to celebrate. The pitching event is a moment to recognize the effort, creativity, and teamwork that went into the hackathon. This is a chance for participants to share their journey, showcase what they've built, and feel proud of how far they've come.

Make the event fun and engaging, keeping the atmosphere light and supportive. Whether they came in with a clear vision or developed something entirely new along the way, every team has something valuable to present.

You can invite community members, mentors, or industry experts to listen to it and offer feedback. If possible, make it even more exciting by offering prizes: funding, mentorship, or resources to help the best ideas move forward. But keep in mind, the real win is the experience, connections, and lessons learned.

To kick things off, start with a short introduction to set the tone and celebrate the journey so far. Then, each team gets three minutes to pitch their idea. If you want, allow a few quick questions from the audience or judges, but keep it relaxed! The focus should be on support, encouragement, and fun rather than pressure.

Whether in person or online, make sure the event stays positive and uplifting. You can add music, interactive moments, or even small team awards to keep the energy high. The goal is for participants to walk away feeling empowered, excited, inspired and ready to take their ideas further or apply what they've learned in future projects.

TIPS & TRICKS

- While the pitch structure provides a framework, participants can adapt it to fit their idea and style.
- Discuss the importance of body language, eye contact, and vocal clarity in delivery.
- The goal is for everyone, including those unfamiliar with the project, to understand the idea and its impact.

NEXT STEPS (SMART GOALS)

INGREDIENTS

- Presentation (Slides 101- 110)
- Porcess Sheet
- video platform link (if online)

Purpose/Goal

To introduce participants to the SMART goal-setting framework and help them outline the next steps for their project.

Desired Outcomes

Participants create a specific, actionable SMART goal, identify key next steps, and plan to achieve it.

serving size:
teams of 2-5 participants

preparation time:
10 minutes

cooking time:
40 minutes

INSTRUCTIONS

STEP 1: INTRODUCE THE SMART GOAL FRAMEWORK   (5 MIN)

Explain that SMART Goals are a way to set specific, achievable, and time-bound goals.

Break down the acronym:

- **Specific**: Define exactly what you want to accomplish.
- **Measurable**: Determine how you will track progress.
- **Achievable**: Ensure the goal is realistic and attainable.
- **Relevant**: Confirm that it aligns with your overall objectives.
- **Time-Bound**: Set a clear deadline.

Provide a simple example: "We will gain 100 new followers on our social media page within 3 months by posting engaging content twice a week."

STEP 2: BRAINSTORM THE BIG GOAL (5 MIN)

Ask each team to reflect on their overall vision or big-picture goal:

- What is the long-term impact you aim to achieve?
- Who will benefit, and in what way?
- What does success look like for you?

STEP 3: SETTING A SMART GOAL (10 MIN)

Guide teams to set a SMART goal for the next 3 months. They will be a step closer to their big vision.

- **Specific**: What specific outcome are you working toward?
- **Measurable**: How will you track their progress?
- **Achievable**: What resources and support do you need?
- **Relevant**: Why is this goal important to your project?
- **Time-Bound**: What is the deadline for achieving this goal?

STEP 4: PLANNING THE NEXT STEPS (10 MIN)

Once teams have their SMART goal, ask them to outline actionable steps they will take in the next 3 months to achieve it:

- What are the actions you need to take to get started?
- Who is responsible for each task?
- What resources or support do you need?
- What milestones can you set to check progress along the way?

Encourage teams to break down their goal into weekly or biweekly actions, so they have a clear, manageable plan forward.

STEP 5: SHARE, REFINE, AND COMMIT (10 MIN)

Teams share SMART goals and the next steps share with their peers. Ask teams to commit to their first action step, sharing what they will do as soon as the workshop is over.

TIPS & TRICKS

- Each step should be actionable and achievable within a set timeframe.
- Assigning responsibilities within the team helps ensure that everyone is clear on their role.
- While the goal is 3 months out, having initial steps helps teams gain momentum and stay motivated.

ADVOCACY FOR HACKATHON IMPACT

INGREDIENTS

- Process Sheet for outlining advocacy strategies
- Flipchart paper, markers, A3 paper
- video platform link (if online)

Purpose/Goal

To teach participants how to advocate for the solutions developed during the Hackathon, ensuring their ideas are implemented and create meaningful impact in the local community.

Desired Outcomes

Participants articulate the value of their solutions, develop advocacy strategies, and outline next steps to promote their ideas and create change.

serving size:
teams of 2-5 participants

preparation time:
10 minutes

cooking time:
50 minutes

STEP 1: SETTING THE ADVOCACY SCENE (5 MIN)

Begin by explaining the importance of advocacy in bringing Hackathon solutions to life:

- Solutions developed during the Hackathon have the potential to solve local challenges.
- Advocacy ensures these ideas gain support, funding, and recognition, making real impact possible.
- Share inspiring examples of advocacy in action, such as community gardens, zero-waste initiatives, or food-sharing programs that began as small ideas and grew with local support.

STEP 2: MAPPING THE SOLUTION'S IMPACT (10 MIN)

Ask teams to revisit their Hackathon solutions and discuss:

- What problem does this solution address in the local community?
- What impact will it have? (e.g., reduce food waste, improve access to fresh food, promote sustainable farming)
- Who will benefit? (local families, youth, farmers, small businesses)

On flipchart paper, teams create an Impact Map that includes:

- The Problem
- The Solution
- Short-Term Impact: Immediate benefits of implementation.
- Long-Term Impact: Sustainable changes the solution could create over time.

STEP 3: DEVELOPING AN ADVOCACY STRATEGY (15 MIN)

Introduce participants to key advocacy tools they can use to promote their ideas:

- Share real stories or visuals about the community problem and the impact of their solution.
- Identify who needs to hear about the solution—local leaders, schools, policymakers, or businesses.
- How can local residents support and participate in the solution?
- Identify potential partners who can provide resources, funding, or expertise.
- Teams outline their Advocacy Strategy on A3 sheets:
- What is the core message they want to communicate?
- Who needs to hear it? (e.g., government officials, local media, businesses)
- What steps will they take to promote their solution? (e.g., presentations, social media campaigns, community events)
- When will they act?

STEP 4: PITCHING THE ADVOCACY PLAN (10 MIN)

Each team delivers a 2-minute advocacy pitch to the group. The pitch should include:

- A brief description of their solution.
- Who the solution will help and the impact it will create.
- Their key message and the actions they will take to gain support.

Encourage participants to focus on clear, passionate communication and consider their audience when presenting.

STEP 5: FEEDBACK AND REFINEMENT (10 MIN)

After each pitch, other teams provide feedback on clarity, creativity, and feasibility of the advocacy plan:

- What worked well?
- What could make the message stronger?
- Are there additional stakeholders or actions to consider?

Teams refine their strategies based on feedback.

TIPS & TRICKS

- Advocacy plans should focus on clear, actionable steps that can be implemented in the local community.
- Encourage teams to use real-life stories or relatable examples to make their message compelling.
- Highlight the importance of building partnerships and engaging local stakeholders.
- Remind participants to emphasize the short- and long-term benefits of their solution.

ADDING SECRET INGREDIENTS AND FLEXIBILITY TO YOUR HACKATHON RECIPES

AS A RECIPE

HACKATHON

FIND MORE OPTIONS IN
OUR DIGITAL COOKBOOK

SECRET INGREDIENTS

SECRET INGREDIENT #1: ENERGIZERS

Energizers are great spices that add flavor and freshness, re-energizing participants and helping them stay engaged. Add to Taste!

- Physical Energizers: Quick stretches, desk yoga, or "Shake It Out" sessions work great for both in-person and online formats.
- Creative Icebreakers: Activities like "Two Truths and a Wish" or "What Ingredients Are You Bringing to the Table?" help participants connect.
- Mini-Challenges: Quick, engaging activities that can be customised to the theme, such as rapid brainstorming or timed creativity challenges.

Add these energizers where they're most needed: before a workshop, after a break, or to wrap up the day. They're easy to adapt to both in-person and online settings.

SECRET INGREDIENT #2: FLEXIBLE TRAINING METHODS

Every audience is unique, and different training methods allow you to communicate the content in ways that resonate with everyone. Here are some techniques that you can mix up based on your participants' needs and energy:

- Hands-On Activities: Prototyping, drawing, or crafting works well both in-person and virtually (using digital whiteboards like Miro). If in person, give your participants freedom to pick the place where they want to work from.
- Case Studies and Examples: Bring in real-world stories using visuals, case studies, or short videos.

- Role-playing is great for practicing pitches and customer personas. In virtual settings, use breakout rooms for small group work.
- Allow participants to talk through what they've learned and share insights. Use chat boxes, polls, or group discussions online, or create small groups offline.

SECRET INGREDIENT #3: THE CHEF'S OWN STYLE AND DELIVERY

Your unique touch, the "chef's flavor" gives the hackathon its signature style. Add your own personality to the event and adapt as needed to suit your group and format:

Share your journey or experiences related to entrepreneurship, creativity, or sustainability. Personal stories make the content relatable and memorable.

With hackathons, "cooking time" is flexible. The core content spans about 8-12 hours, but you can choose the best format:
- Intensive: run it in 2 days
- Spread the content over one or several weeks
- Hybrid: combine in-person and virtual sessions

Adjust the timing, delivery style, and activities to best suit your audience's schedule and energy levels.

Offline, online or hybrid, each format has its strengths, and with flexible ingredients and timing, you can create an amazing event.

PRINCIPLES

- Just like rotating food in your fridge, prioritize existing ideas and resources before starting from scratch. Build on past successes, refine what already works, and focus on solutions that deliver real impact.

- Sometimes the "best-before" ideas seem overlooked or untested. Don't dismiss concepts too quickly—use your creativity and instincts to reshape or refine them. Trust collaboration, feedback, and experimentation to bring out their full potential.

- Store ideas, insights, and feedback like frozen food—ready to be thawed and used when needed. Capture energy and creativity during brainstorming and mentoring, so you always have a "stockpile" of solutions to pull from later.

- Diverse ingredients create the best dishes, and diverse perspectives create the best solutions. Mix ideas, skills, and approaches within your team to discover unique combinations and innovations. Collaboration is the secret ingredient.

- Just as you sample food while cooking, test your ideas early and often. Gather feedback from mentors, peers, or potential "customers" to ensure your solution is on the right track. Adjust the "recipe" as needed.

- Focus on designing solutions that meet real needs, just like growing food for nourishment. Understand your community, identify its challenges, and ensure your projects deliver meaningful value and positive change.

- Ideas are best shared when they're clear and engaging. Present your solution like a beautifully plated dish—simple, impactful, and ready to inspire others to take action.

- Advocate for sustainable food systems by recommending practical strategies that address food waste, food equity, and local production. Promote policies and actions that strengthen food sustainability and empower communities to take ownership of their food choices.

- Solutions are most effective when they leave a lasting impact. Create projects that inspire others to take action, support local food systems, and contribute to sustainable strategies. Focus on building relationships, encouraging partnerships, and amplifying your voice through recommendations.

- Sustainable food systems begin with action and advocacy. Use your ideas and projects to raise awareness, provide recommendations, and encourage policy changes that benefit people, the planet, and the future of food.

THANK YOU FOR BEING PART OF OUR COMMUNITY! YOUR VOICE AND SOLUTIONS MATTER. LET'S TURN IDEAS INTO ACTION FOR POSITIVE IMPACT.

OUTRO

FIND MORE OPTIONS IN OUR DIGITAL COOKBOOK