Urban Agriculture, Permaculture and Local Food Systems, 2013

Summer Course 7.5 hp

At the Centre for Environment and Development Studies (CEMUS)
Who are Mark & Chris?
What is Cemus?

- A forum for students, researchers and university teachers focusing on sustainability, environment & development issues.
- Student driven education
- Cemus Research Forum (CEFO)
- Cemus Forum
Cemus History

- 1992 first undergraduate course
- 1995 Cemus officially founded
- 2007 Cemus became part of the larger entity 'Centre for Sustainable Development Uppsala' (CSD).
- 2011 – 18 courses
- 2012 – FC Cemus founded
- 2013 – FC Cemus on sabbatical
Cemus Courses Fall Semester 2013

- Hållbar utveckling A, 30 hp
- Människan och naturen, 7.5 hp
- Global miljöhistoria, 7.5 hp
- Klimatet, energin och det moderna samhället (campus- och distanskurs), 7.5 hp
- Global Challenges & Sustainable Futures, 7.5 hp
- Critical Perspectives on Sustainable Development in Sweden, 7.5 hp
- The Global Economy – Environment, Development and Globalization, 15 hp
- Sustainable Development - Project Management and Communication, 15 hp
- Global Environmental History, 7.5 hp (distance course)
- Actors and Strategies for Change - Towards Global Sustainability, 7.5 hp (distance course)
- Global Sustainability Science Course Package, 30 hp
Course webpage

- Important information
- Schedule Changes
- Student Information Pack
- Seminars, Presentations, Academic articles
- Please check it regularly!

http://cemusstudent.se/uag/
Contact Information

- Our office is Dk151
- Office hours - 16.00 and 18.00 on Tuesdays.
- Phone: 018 – 471 72 58 (16.00 and 18.00 on Tuesdays)
- Course email: uag@csduppsala.uu.se
- Chris: christopher.wegweiser@csduppsala.uu.se
- Mark: mark.wilson@csduppsala.uu.se
Course Overview

• Course Origins
• Current agricultural structure on a global scale
• Food security and local food systems
• Systems Thinking as a foundational concept
• Permaculture and its implementation through design
• To what extent is urban agriculture necessary and possible
Syllabus - Learning Outcomes

- Account for key concepts and theories concerning sustainable urban agriculture, permaculture and local food systems;
- Critically review and relate to different examples of urban agriculture in a global context;
- Apply relevant theories and examples concerning sustainable urban agriculture in a local context.
Our personal aims for the course

- You feel inspired to design and create your own permaculture space/local food initiative
- Encourage interaction in your local community
- Learn practical skills which may be useful now or in the future
- To have fun and enjoy your summer!
Course Elements

- Theoretical Background - Early June
- Practical Skills, approaches to design, and gardening tips – Late June
- Reflective, putting Urban Agriculture and Permaculture in a broader perspective - August
- Case Studies – urban agriculture, local food systems, throughout the course
Course Structure

- Lectures
- Seminars
- Workshops/Field-trips
- Documentaries
- Discussions
# Schedule

**Urban Agriculture - Permaculture and Local Food Systems - Schedule 2013 - V3**

## June

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Lecture</th>
<th>Speaker/Host</th>
<th>Organisation</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mon</td>
<td>10</td>
<td>10:00</td>
<td>Course Introduction</td>
<td>Christopher Wegweiser and Mark Wilson</td>
<td>Cenus</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>Sustainable Development - Challenges and Opportunities</td>
<td>Daniel Bergquist, PhD</td>
<td>Uppsala University</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td>Tues</td>
<td>11</td>
<td>10:00</td>
<td>Local Food Systems: Producer/Consumer Relations</td>
<td>Rebecka Milestad, PhD</td>
<td>SLU</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>Global Food Systems</td>
<td>Mark Wilson</td>
<td>Cenus</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td>Wed</td>
<td>12</td>
<td>10:00</td>
<td>Systems Thinking and Urban Agriculture</td>
<td>Daniel Bergquist, PhD</td>
<td>Uppsala University</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>Field Trip Flogsta + picnic (seminar 1)</td>
<td>Christopher Wegweiser and Mark Wilson</td>
<td>Flogsta Food</td>
<td>Flogsta Food</td>
</tr>
</tbody>
</table>

## Week 2

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Lecture</th>
<th>Speaker/Host</th>
<th>Organisation</th>
<th>Venue</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td>17</td>
<td>10:00</td>
<td>Introduction to Permaculture 1</td>
<td>Christopher Wegweiser and Martin Gustafsson</td>
<td>Cenus/Stjärnsund</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14:00</td>
<td>Practical Workshop - Välegården</td>
<td>Christopher Wegweiser, Mark Wilson, Martin Rydberg Hedén and Martin Gustafsson</td>
<td></td>
<td>Välegården, Alsikegatan 6</td>
</tr>
<tr>
<td>Tues</td>
<td>18</td>
<td>10:00</td>
<td>Introduction to Permaculture 2</td>
<td>Christopher Wegweiser and Martin Gustafsson</td>
<td>Cenus/Stjärnsund</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14:00</td>
<td>From Seed to Seed - Gardening Tips</td>
<td>Martin Rydberg Hedén</td>
<td>Environmental Consultant</td>
<td>Blåsenhus, Sal 12:128</td>
</tr>
<tr>
<td>Wed</td>
<td>19</td>
<td>10:00</td>
<td>Transition Towns Movement: Experiences from Different Countries</td>
<td>Claudia French</td>
<td>Transition Uppsala</td>
<td>4H Granby</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>Practical Workshop - 4H Granby</td>
<td>Samuel Westin, Susanne Lundstrom, Claudia French</td>
<td>4H Granby</td>
<td>4H Granby</td>
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</table>
## Schedule (continued...)

### Week 3

<table>
<thead>
<tr>
<th>Mon</th>
<th>July 20</th>
<th>10:00</th>
<th>13:00</th>
<th>Permaculture Design</th>
<th>Joel Holmøhl</th>
<th>Rikkenstorp Farm</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>14:00</td>
<td>17:00</td>
<td>Field Trip - Wild Design Workshop - Gottsunda Matsparken</td>
<td>Joel Holmøhl</td>
<td>Rikkenstorp Farm</td>
</tr>
<tr>
<td>Tues</td>
<td>25</td>
<td>10:00</td>
<td>11:30</td>
<td>Urban Agriculture</td>
<td>Andreas de Neergaard, PhD</td>
<td>Copenhagen University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>11:30</td>
<td>13:00</td>
<td>Urban Waste Recycling</td>
<td>Jakob Magid, PhD</td>
<td>Copenhagen University</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14:00</td>
<td>16:30</td>
<td>Seminar 2 - Discussion</td>
<td>Christopher Wegweiser and Mark Wilson</td>
<td></td>
</tr>
<tr>
<td>Wed</td>
<td>26</td>
<td>08:00</td>
<td>20:00</td>
<td>Field Trip to Stockholm</td>
<td>Kalltorps Trädgård, Nacka</td>
<td>Kalltorps Trädgård, Nacka</td>
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<tr>
<td></td>
<td></td>
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<td></td>
<td>Food and drinks at a student nation</td>
<td>Kärra skilledman, forest garden, Huddinge</td>
<td>Tillväxt and Stockholm Univ.</td>
</tr>
</tbody>
</table>

### Week 4

<table>
<thead>
<tr>
<th>Aug</th>
<th>5</th>
<th>10:00</th>
<th>13:00</th>
<th>Project Supervision at an urban permaculture garden</th>
<th>Christopher Wegweiser and Mark Wilson</th>
<th>TBA</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon</td>
<td></td>
<td>14:30</td>
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<td></td>
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</tr>
<tr>
<td>Tues</td>
<td>6</td>
<td>10:00</td>
<td>12:00</td>
<td>Food Preservation Workshop</td>
<td>Martin Rydberg Hedén</td>
<td>Västgården, Alstegatan 6</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>17:00</td>
<td>Field Trip - Permatil - Västgården</td>
<td>Martin Rydberg Hedén, Christopher Wegweiser and Mark Wilson</td>
<td>Västgården, Alstegatan 6</td>
</tr>
<tr>
<td>Wed</td>
<td>7</td>
<td>10:00</td>
<td>12:00</td>
<td>How Permaculture Fits Into Wider Sustainability Initiatives</td>
<td>Patrick Whitefield</td>
<td>Permaculture Designer</td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:00</td>
<td>15:30</td>
<td>Documentary Showings and Discussion</td>
<td>How Cuba Survived Peak Oil and Farming With Nature</td>
<td></td>
</tr>
<tr>
<td>Sat</td>
<td>10</td>
<td>TBA</td>
<td></td>
<td>Field Trip - Kjell &amp; Yiwa Sjelin's Farm in Vattholma</td>
<td>Kjell Sjelin</td>
<td>Chairman of Upland's Organic Farmers Assoc.</td>
</tr>
<tr>
<td>Sun</td>
<td>11</td>
<td>20:00</td>
<td></td>
<td>Deadline - Submission Assignment Part B</td>
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</table>

### Week 5

<table>
<thead>
<tr>
<th>Mon</th>
<th>12</th>
<th>14:00</th>
<th>16:00</th>
<th>Documentary Showings and Discussion</th>
<th>Urban Roots</th>
<th>TBA</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>16:00</td>
<td>18:00</td>
<td>Urban permaculture, Bioregionalism and visions of a new economy</td>
<td>Andrew Faust</td>
<td>Permaculture Designer</td>
</tr>
<tr>
<td>Wed</td>
<td>14</td>
<td>10:00</td>
<td>12:30</td>
<td>Project Presentations (Seminar 3)</td>
<td>Christopher Wegweiser and Mark Wilson</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>13:15</td>
<td>15:30</td>
<td>Project Presentations (Seminar 3)</td>
<td>Christopher Wegweiser and Mark Wilson</td>
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Course Requirements

- attendance: a minimum of 75% of the lectures. Attendance list every day.

- 3 mandatory seminars, + associated preparation/reflection tasks

- missed seminars – ‘make-up’ tasks

- 2 written assignments
Examination

- Course is pass/fail.
- Pass  = C in the international ECTS system
- transcript records will show that this is the highest grade possible.
- Plagiarism - Urkund System
- Referencing – Harvard System
  http://libweb.anglia.ac.uk/referencing/harvard.htm
Examination

- Please submit both assignments to this email address: uag.uu@analys.urkund.se

- **Assignment Part A - Due July 2**
  - It is an individual, written assignment of 1500 words.

- **Assignment 2 - Due August 11**
  - Individually or in a group of two.
  - The project is 2000 words, plus diagrams and photos if relevant.
Course Literature

Books:

- Paul Roberts - *The End of Food*
- Patrick Whitefield – *Earth Care Manual*
- David Holmgren - *Permaculture, Principles and Pathways Beyond Sustainability*
- Tamzin Pinkerton and Rob Hopkins - *Local Food - How to Make it Happen in Your Community.*
- John Jeavons - *How to Grow More Vegetables: And Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible on Less Land Than You Can Imagine*
- Elisabeth Svalin Gunnarsson - *I trädgårdsmästarens spår: Kunskap för en hållbar trädgård*

- 2 Copies of each in Cemus Library
Course Literature

Academic Articles:

- 8 in total
- Posted on the course homepage
- Please read before the relevant lectures
- Course Literature Reference List
### Suggested listening and viewing list

<table>
<thead>
<tr>
<th>Week</th>
<th>Podcasts</th>
<th>Videos</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Carbon Farming with Connor Stedman&lt;br&gt;<a href="http://www.thepermaculturepodcast.com/2012/carbon-farming-">Link</a>&lt;br&gt;Carolyn Steel: How food shapes our cities&lt;br&gt;<a href="http://www.ted.com/talks/carolyn_steel_how_food_shapes_our_cities.html">Link</a>&lt;br&gt;Andrew Faust at Occupy Wall Street NYC - Consumer to Producer Cultures&lt;br&gt;<a href="http://www.youtube.com/watch?v=vaT5BSxs8is">Link</a></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Whole Systems Design and the Resilient Farm with Ben Falk&lt;br&gt;<a href="http://www.thepermaculturepodcast.com/2013/ben-falk/">Link</a>&lt;br&gt;Allan Savory: How to fight desertification and reverse climate change&lt;br&gt;<a href="http://www.ted.com/talks/allan_savory_how_to_green_the_world_s_deserts_and_reverse_climate_change.html">Link</a>&lt;br&gt;Andrew Faust - Permaculture Education / A Tour of the Center For Bioregional Living in Ellenville, NY&lt;br&gt;<a href="http://www.youtube.com/watch?v=OytBjUwoTc">Link</a></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Agroforestry with Steve Gabriel&lt;br&gt;<a href="http://www.thepermaculturepodcast.com/2013/agroforestry/">Link</a>&lt;br&gt;Ron Finley: A guerilla gardener in South Central LA&lt;br&gt;<a href="http://www.ted.com/talks/ron_finley_a_guerilla_gardener_in_south_central_la.html">Link</a>&lt;br&gt;A permaculture garden setup on the Univ of Massachusetts campus-&lt;br&gt;Part 1 <a href="http://www.youtube.com/watch?v=XWHSzGDTiBA">Link</a>&lt;br&gt;Part 2 <a href="http://www.youtube.com/watch?v=crrOm7jiSPQ&amp;feature=relmfu">Link</a>&lt;br&gt;Part 3 <a href="http://www.youtube.com/watch?v=_FJPJ5DyM4">Link</a></td>
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<tr>
<td>4-5</td>
<td>Radical Possibilities with Ethan Hughes&lt;br&gt;<a href="http://www.thepermaculturepodcast.com/2012/ethanHughes/">Link</a>&lt;br&gt;Pam Warhurst: How we can eat our landscapes&lt;br&gt;<a href="http://www.ted.com/talks/pam_warhurst_how_we_can_eat_our_landscapes.html">Link</a>&lt;br&gt;Greening the Desert with Geoff Lawton&lt;br&gt;<a href="http://www.youtube.com/watch?v=sol6vnWZmk">Link</a>&lt;br&gt;Lessons of the Loess Plateau, China&lt;br&gt;<a href="http://www.youtube.com/watch?v=sK8JNXHcBMA">Link</a></td>
<td></td>
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</tbody>
</table>
Course Management

- Course co-ordinators - Mark & Chris
- Supervisory Work Group - responsible for overseeing the course to ensure its content, literature and examinations meet Uppsala University/SLU academic standards
  - Daniel Bergquist, PhD
  - Daniel Mossberg
  - Isak Stoddard
  - Martin Rydberg Hedén
- Examiner - Daniel Bergquist
Important Places

- Blåsenhus
- Cemus
Cemus Library

- meet people, study and hang out.
- course literature
- other relevant literature - environment and sustainable development studies.
- Library Opening Times weekdays 9:00-15.30
- Key cards – Trykeriet at Geocentrum
- Newsletter - sign up at: http://www.csduppsala.uu.se/cemus/newsletter/
Flogsta Food
Good luck with your studies!

Questions?