



feeding the self

Permaculture

What is it?

The term *permaculture* is a mix of two words: Permanent + Agriculture. The idea is to create using the techniques of double digging and companion planting as well as making your own mulch and compost for use in the food 'garden'. This will, over time, develop a low cost and low maintenance (i.e. sustainable) way of producing sufficient food within and for the home and community.

What can it achieve in short term?

In the short term, in Durban, within 3 – 4 months of the garden being planted and maintained – which is a low investment activity, as you mostly watch plants grow – you will harvest your first 'crop'. Certain of these plants will then continuously produce food (e.g. tomato, peas, beans and brinjal plants) until death.

What can it achieve in the medium term?

The medium term, in Durban, within 6 months – a year of the garden being planted – equally low investment, but you will need to add compost and mulch to the beds – you will harvest 3 – 4 crops of greens. And in a year the first harvest of some fruit trees (if we planted them at the beginning) will also occur.

What can happen in the long term?

In the long-term from a year+, within Durban – whilst helping the garden grow – you could harvest continually and perennially most the vegetables and fruits you need for a healthy diet. All you need to do is act creatively and plan your activities.

