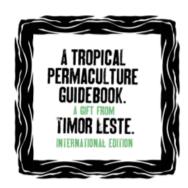
Table of Contents

-

Aim of the guidebook	6
How to use the guidebook	6
Some ideas for implementing techniques	8
D1 Ethics and principles of permaculture	19
 Care for the land – Kuidadu ba rai Care for the people – Kuidadu ba ema Care for the future – Kuidadu ba futuru 	21 22 23
Principles	24
Personal responsibility	24
Cooperation not competition	25
See solutions, not problems	26
Observation	27
Multifunction	28
Quality is economy	28
Energy efficient systems	29
Small scale systems	30
Small scale systems	30
Work smart not hard	30
No waste	30
Make the system work for you	31
Integrated systems	32
Diversity	32
Use of edges	33
Succession and evolution	34
Beauty	35
$\mathcal{D2}$ Natural patterns and methods of design	37
Natural patterns	38
Increased productivity with natural patterns	40
Methods of design	42
Approaches to design	43
1. Maps	43

Increased productivity with natural patterns
Methods of design
Approaches to design
1. Maps
2. Analysis of elements
3. Zones
4. Sectors
5. Observation and data collection

Houses and water supply



Building a house	66
Start with a plan	66
House designs	66
House building materials	68
Improvement ideas for houses	70
Ventilation	70
Insulation	70
Making your house last longer	71
Outside improvements	72
Pergola / shade structure	72
Trees and windbreaks	72
Gardens	73
Ponds	73
Kitchens Stoves and ovens Ventilation Lots of light Sanitation Food preparation area Food storage Floor Animals Washing area Washrooms Compost showers Washroom design	73 74 74 75 75 75 75 75 76 77 77 77
Compost toilets	78
Compost toilet pit	78
Compost toilet systems	79
Water supply and storage Collecting water Storing water Keeping water clean Cleaning water for drinking Reducing mosquito problems Community buildings and land	81 81 82 83 83 83 85 86

04 Healthy soil

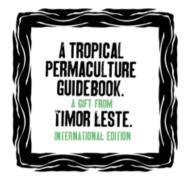
About healthy soil The importance of worms in healthy soils Benefits of a healthy living soil	90 91 91
Different types of soil – clay and sandy	94
To improve your soil structure	94
More ideas for improving sandy soils	94

Table of Contents

About soil PH – acid and alkaline	95
Identification of soil PH	95
PH balance solutions	95
Other solutions for acid soils	96
Other solutions for alkaline soils	96
Cycling of nutrients	97
Nutrient deficiencies	98
Organic soil improvement strategies	98
Natural nutrient sources	99
EM – effective micro-organisms	100
Liquid fertilizer	101
Compost	103
Compost baskets and trenches	105
Banana pit/ pit composting	106
Direct composting	106
Diluted urine	106
Worm farms	107
Mulch	108
What is mulch?	108
Why mulch?	108
How to mulch	109
Legumes	110
Techniques for using annual legumes	111
Techniques for using perennial legumes	112
Non-organic fertilizers	113
Living soils	114
05 Seed saving and nurseries	117
Pollination	118
Cross pollination	119
Introduction of new seeds and plants	120
Research about potential problems	120

Pollination Cross pollination	118 119
Introduction of new seeds and plants Research about potential problems	120 120
How to save seed	121
STEP 1: Healthy plants	121
STEP 2: Choose the best seed.	121
STEP 3: How to collect the seed	121
STEP 4: Cleaning the seed	122
STEP 5: Drying the seed	122
STEP 6: Storing the seed	123
Community seed saving group	125
1. Seed exchange	125
2. Seed and plant selection	125
3. Seed collecting and drying	126

4. Seed drying room



 5) Seed storage 6) Seed supply 7) Seed garden 8) Seed and planting material list 9) Seed testing 10) Exchanging and selling 11) Community nursery 	126 126 126 126 127 127 128 128
Plant nursery	129
Nursery location	129
Nursery design and construction	130
Seedling boxes and containers	132
Soil mixtures	133
Planting seeds	134
Collecting young seedlings	135
Propagation techniques	136
Nursery maintenance	138
Hardening plants before planting	140

06 Home and market gardens 143 Good nutrition 144 Step by step garden design 146 Garden preparation 149 Garden maintenance 154 Adding plant food 154 Water saving techniques 155 Weed control 156 Pest control 157 Planting methods and planting times 158 Seed and seedling planting ideas 158 Succession plantings 159 Use different plant growth lengths 160 Use different plant heights 160 Changing garden plot heights 161 Crop rotation 161 Integrating crops together 161 Vegetable combinations 162 Integration with animals 163 Vegetable plot and paddy integration 163 Storing, drying and preserving vegetables 164

07 Large scale agriculture

Environment, land and people	168
Improving the conditions	170
1. Windbreaks	170
2. Tree terraces, swales and water storage	172
3. Fences	173
4. Stop burning	173

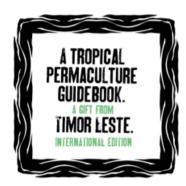
167

126

Table of Contents

5. Increase the number and types of trees	173
6. Natural patterns	173
 Improving the land 1. Natural fertilizers and mulch 2. Water storage and irrigation 3. Tree and grass terracing 4. Use buffalo ploughs 5. Reduce soil compaction 6. Intercropping vegetables, grains and small trees 7. Integration with other systems 8. Natural pest management 9. Weed maintenance 	174 174 176 177 177 178 179 180 180 181
System of rice intensification (SRI)	182
SRI techniques	182
Using SRI	183
 Working with the people 1. Community consultation 2. Community participation and understanding 3. Neighbours working together 4. Community cooperatives and farmers groups 	184 184 184 186 186
Working with nature	186
1. Planting times in the wet season	186
2. Using land for its BEST use	186
Post-harvest storage and use	187
Natural protection from insects	187
Storage containers	187
Using excess produce	188
Healthy large scale agriculture	189
Protect the surrounding environment	189
Prevent soil erosion from croplands	189
Beware of chemicals	189
Work together	189
08 Trees and bamboo	193
The importance of reafforestation and tree crops	194
Steps to a healthy sustainable forest system	195

Steps to a healthy sustainable forest system	195
Swale and tree terrace systems	198
Why use swales?	198
Swale sizes	198
How to make a swale system	199
Types of swales	201
Trench swales	201
Ploughed contour lines	203
Rock swales	203
Small swale planting ideas	204
Large swale planting ideas	205



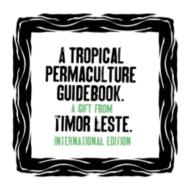
Agriculture / tree crop swale system Flat land tree crops Reafforestation Dry land strategies Microclimates Good areas to start reafforestation How to assist natural reafforestation Seed balls Protection from animals, fire, wind and erosion	205 208 210 212 212 212 213 213 213 214
Tree maintenance	218
Tree planting	218
Watering	219
Natural tree fertilizing	220
Tree mulching	221
Tree pruning	223
Bamboo	225
Bamboo propagation	225
Rhizome propagation	226
Culm (Pole) cutting propagation	226
How to grow high quality bamboo	227
Clump management	228
Bamboo plantations	229
 What makes high quality bamboo poles? 1. The right species 2. Age of bamboo poles 3. Harvest time 4. Curing and storage 5. Preservation of poles 	231 231 231 231 232 232
Using bamboo Building materials Furniture building materials Food Living fences Fencing materials Windbreaks Irrigation pipes Bamboo charcoal for cooking Musical instruments Cooking containers Storage containers Bamboo buckets Plant containers	234 234 234 235 235 235 236 236 236 236 236 236 236 236 237 237

Table of Contents

09 Integrated pest management (I.P.M.)	239
I.P.M. techniques	242
1. Importance of healthy, living soil	242
2. Encouraging natural pest predators	242
3. Healthy environment	243
4. Use non-hybrid, open pollinated seeds	243
5. Good crop management	244
6. Companion planting techniques	245
7. Preventative measures	245
8. Making and using baits and traps	247
9. Use of animals in pest control	248
10. Making and using natural pesticides	249
11. Biological control	255

10 Animal systems

Anima systems	200
Chickens	261
Chicken needs	262
Chicken products	265
Chicken systems	266
Ducks	267
Ducks needs	267
Duck products	268
Duck systems	268
Pigs	270
Simple needs	270
Pig products	271
Goats	272
Goat products	274
Cows	275
Cow needs	275
Cow products	277
Cow systems	278
Buffalo	279
Buffalo needs	279
Buffalo products	280
Buffalo systems	281
Leather	282
How to cure leather	282
Pigeons	283
Bees	283
Timorese ponies	284
Timorese deer – bibi rusa	284
Dogs	284
	Chickens Chicken needs Chicken systems Ducks Ducks needs Duck products Duck systems Pigs Simple needs Pig products Goats Goats Goat products Cows Cow needs Cow products Cow systems Buffalo Buffalo needs Buffalo needs Buffalo products Buffalo systems Leather How to cure leather Pigeons Bees Timorese ponies Timorese deer – bibi rusa



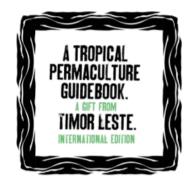
Working together with communities Health Community animal breeding Community land animal feeding Community animal yards and houses Stopping animal damage to crops and trees Land, river and spring protection	285 285 285 286 286 286 286 287
Marketing	288
Drying and storing meats	288
Animal rights	289

11 Aquaculture

Why is aquaculture important?	292
Step by step aquaculture systems Location Sun Size Depth Shape Construction Water for the fishponds	294 294 295 295 295 295 296 297
Fish production STEP 1: Prepare the fishponds STEP 2: Provide shade if needed STEP 3: Add water plants and animals STEP 4: Provide homes for the fish STEP 5: Plants around the pond edge STEP 6: Add the fish!! Different types of fish together Types of fish Breeding fish Water plant production	298 299 300 300 300 301 301 303 305 305
Pond management Fish food Fish diseases and pests Oxygen Cleaning the ponds Potential problems Other fishpond benefits	306 308 309 309 310 310
Wet season fishponds	311
Salt water fishponds Construction and maintenance	311 311
Fish integration with other systems chicken and fish system	312 312

Table of Contents

Pigs and fish system	313
Rice paddy and fish systems	314
Ducks and fish systems	315
Dry season vegetable growing	315
Integration with water catchments	315
Drying and storing fish	317
12 Appropriate technology	321
Ovens and stoves	322
Clay stoves	323
Clay ovens	323
Charcoal brick cooking fuel	324
Bamboo charcoal	325
Drum oven	325
Cement / sawdust stoves	325
Tin metal stoves	327
Gas stoves	327
Solar cookers	327
Solar driers	328
Plastic solar drier	328
Wood and glass solar drier	329
Natural cold food storage	329
The coolgardie safe	329
Clay pots	330
Electricity	330
Hydro-electric systems	331
Biogas system	331
Solar system	332
Wind system	333
Car fuels	333
Coconut oil for diesel cars and diesel engines	333
Water pumps	334
Ram pump	334
Foot pumps and treadle pumps	335
Solar power water pump	335
Windmills	335
Elevated water storage	335
Pedal – powered grinders	336
Oil extraction	336
Using the internet	336



13 Community groups and cooperatives	339
Why form a co-op or community group?	341
How to set up and manage	343
Produce ideas – the seed	344
Resource and products analysis – the seed grows	346
Management structure – the tree trunk	347
Women's groups / cooperatives	349
Local needs / systems	349
Local currency, local goods and local trading systems	350
Direct and non-direct trading	351
How does L.E.T.S. work?	351
Direct trade	352
Part money – part trade	353
Local currency	353
Micro-finance	353
Case studies	355

For trainers – A trainers guide	357
Women and permaculture training	358
Barriers to learning	358
Problems and solutions	359
Permaculture course plan	360
Pre-training preparation	360
Training	363
You – the trainer	365
Post-training follow up	366

Glossary of terms	369
References	373

eterences	373
Internet sites	374
Books	379