

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

Course Prefix and Number: HRT 134

Credits: 3

Course Title: Four Season Food Production

Course Description: Familiarizes students with organic small-scale food production through lecture and demonstration. Includes seed saving, cover crops, and gardening planning. Lecture 3 hours per week.

General Course Purpose: Introduce students to various practices that allow for greater harvests and nutrition over the entire year.

Course Prerequisites and Co-requisites:

None

Student Learning Outcomes:

Upon completing the course, the student will be able to

- a. Demonstrate knowledge of seed-saving techniques and planning a fall garden for year-round production;
- b. Demonstrate knowledge of the value of grains in crop rotation and in the diet;
- c. Evaluate cover crops for use as a soil amendment in diverse circumstances; and
- d. Design a season extension structure for use in the garden.

Major Topics to Be Included:

- a. Seed saving
- b. Season extension procedures and structures
- c. Producing grains on a small scale
- d. Cover crops and winter preparation in the garden
- e. Nutritional value of the harvest

Date Created/Updated (Month, Day, and Year): January 5, 2019