Course Prefix and Number: HRT 239  
Credits: 3

Course Title: Complete Diet Farming

Course Description: Considers sustainable farming methods by which food can be grown for personal or family consumption, emphasizing high nutritional yield in relatively small areas. Focuses on the development of a garden plan that includes vegetable and root crops and grains used for food and composting. Prerequisite: HRT 130 or permission of instructor. Lecture 3 hours per week.

General Course Purpose: Introduce students to the idea of small space-high nutritional yield, and the methods to achieve it.

Course Prerequisites and Co-requisites: 
Prerequisite: HRT 130 - Introduction to Biointensive Mini-Farming or permission of instructor

Student Learning Outcomes: 
Upon completing the course, the student will be able to 
a. Evaluate unfamiliar crops for taste, crop yield, and nutritional value;  
b. Maintain established biointensive beds;  
c. Communicate with confidence to clients and co-workers regarding nutritional aspects of food; and  
d. Perform hands-on gardening procedures consistent with biointensive concepts.

Major Topics to Be Included: 
a. Vegetable production by means of biointensive cultivation practices, including spacing and equipment  
b. The value of grains and roots in crop rotation and in the diet  
c. Crop production methods including double digging, planting, crop testing, and utilization of composting

Date of Created/Updated (Month, Day, Year): June 10, 2019