L.E.T.S. Lebanon

Issue 52, April-June 2019

• Creativity • Collaboration • Continuity • Community

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FEATURE STORY

COLLÈGE PROTESTANT FRANÇAIS HOSTS SOILS FOR ITS GREEN WEEK

By the end of every school year, the **College Protestant Français** in Beirut organizes a whole week of ecological and nature related activities for its students: the **"Semaine Verte" (green week)**.

This year, the College Protestant Français approached **SOILS Permaculture Association Lebanon** to design and offer activities for students of the first, second, and third grade (CP, CE1 and CE2).

We put our heads together and conceived the activities to be in harmony with the school's official curriculum, so we focused on the following skills: oral understanding and expression, experimentation, drawing as a means of expression, adopting an ethical and responsible attitude towards nature, and understanding the living world's diversity and some of its characteristics .

The activities took place from **June 12 to 14, 2019**. Each day we worked with a total of **120 students** split into 4 to 5 groups, each group participating in a 50-min session.

CP's activity was designed by *Karim Hakim* (who supervised all activities) and *Amani Dagher* to deal with recognizing native **aromatic plants** through touch, smell, and observation. Students got to discover and describe lavender, rosemary, fennel, oregano, and sage with their senses. They then drew lavender flowers on upcycled pieces of fabric, filled them with dried lavender, and tied them into little bags which they took home to use as fresheners for their closet or drawers.

CE1's activity with *Wael Yammine* examined the role of **earthworms** in decomposing organic matter and feeding the soil. What began with initial cries of protest and feigned disgust quickly turned into a love story between the kids and the little soil creatures, thanks to direct hand contact with the worms. Some even wanted to bring some earthworms back home with them to show to their parents. At the end of each session, they had the chance to fill upcycled pots (made from used Tetra Pak containers we've been collecting for years!) with vermicast and sow sunflower or calendula seeds in it that they can look after until it grows.

As for the CE2 students, they were introduced to **beekeeping**, *Bassam Khawand* brought a specially made observation hive with glass panels on the side to allow students to see the bees inside. The hive is sealed for safety, allowing the bees to breathe but not to leave - rest assured, the bees were only placed inside for the day and were immediately returned to their original hive that evening. The students had the opportunity to see and manipulate the beekeepers tools (e.g. the hive tool, the smoker, and the frames), and understand their use. They also got to touch and smell some beehive products, like pollen, propolis, and beeswax. The activity ended with a tasting of orange blossom honey and the chance for students to closely observe the bees and try to identify the queen among them.

This was our second experience in a school context this year, and it was fun and engaging. It'll encourage us to develop more similar activities that help reconnect young people with nature.

Reported by the Editorial Team

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LET'S SHARE OUR NEWS

AN URBAN FOREST STARTS TO GROW IN BEIRUT!

From **May 24** to **May 29, 2019**, **theOtherDada** partnered with the social enterprise **Afforestt** to plant **1,200 trees** from 16 different native species in **Beirut**, as part of an **Urban Afforestation Workshop**. Both parties also partnered with **SUGi**, a mobile application that provides a platform to fund rewilding efforts and urban forests, which launched in tandem with the workshop.

This workshop was a part of theOtherDada's **Beirut RiverLESS** project, a series of initiatives to address the deterioration of the **Beirut River** and its negative impact on the surrounding communities and environment.

During the workshop, a group of **16 local students, artists, professors, community scouts, architects, and environmental activists** learned about the theory and application of creating an urban forest using the Miyawaki technique of plantation. The workshop began by teaching the participants how to identify native plant species during a forest survey with the assistance of a local botanist, followed by having them select and prepare the land to be afforested through a process of soil testing, land excavation, material procurement, biomass mixing, and mounds preparation. Finally, the participants learned how to prepare **compost tea**, a brew that aids saplings' growth, followed by planting the saplings and gaining the knowledge of maintaining the forest. The end result was a successful plantation of **800 saplings** in a plot of **200 m^2 in Sin el Fil**, followed by another **400 saplings** in a **100 m^2 plot in a cemetery site in Beirut**.

The **Miyawaki Technique** taught in this workshop is a unique Japanese method of afforestation developed by botanist *Dr. Akira Miyawaki*; it has proven to work worldwide and irrespective of soil and climatic conditions. It uses plantations up to 30 times denser than conventional ones and can host 50-100 different native species planted in the same area. By utilizing the innovative Miyawaki Technique the forests created would be 1**00% more biodiverse, 30 times denser, growing 10 times faster, and absorbing noise and pollution 30 times more efficiently than conventional man-made forests**. More than **3,000 forests** have been successfully created worldwide using this methodology.

In our case, the **1,200 native** trees and shrubs planted belong to 16 different native species: mainly **Palestine Oak** (*Quercus calliprinos*), **Bayleaf** (*Laurus nobilis*), **Turkish pine** (*Pinus brutia*), **Strawberry tree** (*Arbutus andrachne*), and **Syrian Maple** (*Acer syriacum*), among several other native species. The ecological value of these species ranges from providing food and shelter for migratory and local birds to having medicinal and edible properties which humans can benefit from once the forest is well established in a few years.

However, out of the 25 initially identified and selected species, only 16 were available in native nurseries in Lebanon. Therefore, under the guidance of Afforestt, the team had to adjust the initially calculated percentages of each species according to its availability and importance. This certainly impressed upon us the urgency of prompting native nurseries in Lebanon to propagate the entire list of native species in the future for an even more diverse selection of shrubs and trees to be planted in such forests.

Before plantation, the condition of the 200 m^2 plot was extremely degraded. It was also planted with non-native eucalyptus trees, which had to be pruned as the toxic leaves would potentially damage the ecology of the forest floor as it grows. During the excavation process, a lot of construction debris and plastics were found and removed; these foreign materials came from the destructive process of constructing the concrete river walls, where the plots surrounding the walls were used as dump sites for construction debris, metals, plastics, and large rocks.

In order to better understand the condition of the existing soil before land preparation, physical and chemical soil tests were performed. The soil was tested for organic matter content, electric conductivity, and other chemical components. It was then found to be good enough to host plant growth after the addition of soil amendments. So, after clearing the soil from all construction debris and waste, the team proceeded to mix it with biomass such as organic compost, mushroom compost, barley husk, and straw. The addition of the biomass aerated the heavy soil and enriched it with organic matter, which is crucial for the saplings' growth.

To further assist the plants' growth and help them establish faster in the foreign soil, the participants prepared a **compost tea** liquid to inoculate this soil with beneficial microbial life by brewing a mix of local carob molasses and crushed ripe seasonal fruit. Although it was recommended that only organic fruits would be used for the compost tea brew (as pesticides can hinder microbial growth), it was very difficult to procure large quantities of organic fruit in Lebanon; the team therefore had to rely on a mix of organic and non-organic fruit. The mix was successful nevertheless and proved to be effective as the plants became lush only a few days after being irrigated with the brew, and started showing new growth after only 1 week.

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Despite the fact that the plantation was done in May and not in autumn as it is usually done in Lebanon, the rule of thumb was that as long as proper maintenance and constant irrigation is provided, it is possible to plant a Miyawaki forest any time of the year outside the rainy season. The planted saplings have already started showing proper growth and will likely become well-established before the rains.

Overall, theOtherDada has established a successful collaborative partnership with Afforestt, and there is constant follow-up from the latter on the status of the planted plots in Beirut to ensure that the total 300 m^2 of forested land grows successfully. We are now devising a strategy in order to afforest as many leftover plots in Beirut as possible in the future, and we are raising funds through the SUGi mobile app to immediately afforest the remaining 2,000 m^2 of the Sin el Fil plot near Beirut River.

With as little as $5 through the SUGI Project, anyone can help rewild Beirut, one patch at a time.

Shared by Dana Harake

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WE'RE THE ASSOCIATION FOR BIRD CONSERVATION IN LEBANON – NICE TO MEET YOU

Our story started on **April 6, 2014**, when *Julie Lebnan* opened a Whatsapp group with friends and activists who had been condemning the continuous illegal killing of thousands of birds over the country for quite some time. Soon members started adding friends to the group that grew bigger and more diverse. We had responsible hunters, bird photographers, ornithologists, ecologists, zoologists, activists, etc. These members came from different backgrounds and often held different opinions on hunting and various conservation-related topics, but they were all fighting for the same cause; to prevent the illegal killing and capturing of birds in Lebanon and to promote bird conservation.

Early in 2019, we finally registered the **Association for Bird Conservation in Lebanon (ABCL)** as an official organization to pursue and promote our efforts. Even before that, our members were monitoring, recording, and reporting illegal killings and sales of live and dead birds across the country. We were holding educational outreach sessions in communities located along migration hotspots to switch the young population from a culture of illegal hunting to a culture of conservation.

As an organization we are not anti-hunting, provided it is done in a way that is in full accordance with the law. We see a difference between illegal shooters and poachers who are slaughtering all kind of species all year long on one hand and responsible hunters who hunt strictly during the hunting season while respecting all aspects of the law. Responsible hunters can be advocates for conservation, as some of our members have proven.

We are realistic; there are many long-standing and pressing social, economic, and political priorities for Lebanon and its citizens. We know that for these and other reasons environmental matters - and bird conservation especially - are seen as low priorities.

However, the problems caused by illegal hunting are significant and felt across the world. Illegal hunting in Lebanon is without doubt contributing to endangering several species that without leadership and urgent decisive action will disappear forever. Furthermore, it saddens us that photos and videos of illegal hunting in Lebanon spread around the world via social media (just run a quick Google image search of "birds Lebanon" to get an idea).

We feel we must quickly capitalize on the fact that ***President Michel Aoun*** made a commitment to our cause, not forgetting the support we received from *Claudine Aoun-Roukoz*, and numerous local and international NGOs. At this time, we need definitive actions beyond words.

Building on the foundations already laid we feel the time is right to push bird conservation higher up on the national agenda. Controlling this problem offers an opportunity for Lebanese politicians and Lebanon itself to show leadership. Enforcing the hunting law will boost national revenues and crucially, there are opportunities to improve society both inside and outside Lebanon. We see a future where tourists visit Lebanon to watch birds and birds generate jobs and revenue. However, unless hunting is brought under control, that can't happen.

We've are still a young NGO and we all work on a volunteer basis, so we can use all the help we can get. Join our **Facebook** page to stay up to date with our news or contact us to volunteer: (**Association for Bird Conservation in Lebanon جمعية حماية الطيور في لبنان**).

We especially encourage you to help us report illegal hunting practices (glue snares, nets, hunting endangered species, etc.) so we can help enforce the Hunting Law.

Shared by Fouad Itani

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LET'S SHARE OUR NEWS

THE FAMILY BEHIND "FERYAL" - THE MOUNEH BOUTIQUE

We would like to introduce you to **Feryal**, our family-run boutique selling ***mouneh*** products from the Lebanese pantry. Feryal is a concept store that opened its doors in the beginning of 2019 in the Sodeco area of Beirut. We select the best *mouneh* from all over Lebanon and bring it to Beirut: ***makdous*** from Central Bekaa, olive oil from Zgharta, ***zaatar*** from Kfar Remmen, and ***keshek serdeleh*** from Aley are only a sample of what we offer.

The idea behind Feryal stemmed from pure passion. The name Feryal is an homage to our family's mom who takes a big credit for our appreciation of honest food. For the past 30 years, our family has been filling its pantry only with good products, prepared by master artisans that our friends introduced us to. It was obvious to us that this is how everyone should eat. But what about people who don't have the time to fetch their products from remote villages? What if they don't know which producers offer the best *mouneh*? And, let's face it, not everyone is an expert on how to judge good olive oil, honey, or other products. All these questions highlighted a serious need for such a boutique in Beirut.

As it turned out, we had been preparing for the *mouneh* business without realizing it, and it was only a matter of time before we took a concrete step and planned on opening Feryal. This is the store that our family and many others had always looked for and wished it existed. Our founder *Kamel*, who was pursuing a busy career in management consulting, decided to settle back in Lebanon and take a leap of faith to bring this dream family boutique to life. Over the following year, the family toured across Lebanese villages, searching for high quality *mouneh* producers. Our criteria were simple: **tasty** products, **handmade** by passionate producers, **sourced in-season**, and **100% Lebanese** and **local to the village**. Our quest led us to discover more than **100 villages**, meet **140 small producers**, and try **800 products** (this should give you an idea of how our family kitchen looks like now). We have selected around 75 of these products to offer to you in our boutique.

Beside the obvious business aspect, our boutique is also built on **social and cultural motivations**. Social because we only work with smaller producers, and in some cases village cooperatives. As our business grows, hopefully, our aim is to see our partners grow with us. We want to empower small-scale producers, and open for them new channels to distribute their fantastic products. *Em Wissam* from **Kfardebiane**, for example, could eventually ask her relatives and neighbors for help to prepare larger quantities of apple products, thus giving more people an economic incentive to remain in rural regions. As for our cultural motivation, we ultimately hope to maintain (and in some cases, create) enough demand for local *mouneh* products to preserve and promote the local artisans and knowhow behind them. Few things can unite a people and their land as well as their culinary heritage.

What we cherish most about our business is undoubtedly the direct relationship we have with the local producers and artisans we work with. In our case, they are not only our business partners, they are our friends. We firmly believe that only happy artisans equal great products, so we also always make sure that our partners are fairly compensated and that they are happy to trust us with their products. Tightening local artisans' compensations for higher margins only leads to product mediocrity.

To render food consumption more sustainable in Lebanon, we are working towards better informing our customer about their food traceability - something that is beautifully done in countries like France and Italy. For example, we found that the best ***ma' zaher*** (orange blossom water) comes from Maghdouche or Qalamoun, ***makdous*** (preserved stuffed aubergines) from the Bekaa region, ***freekeh*** (roasted green durum wheat) and ***zaatar*** (ground oregano mix) from South Lebanon, etc. Such specialization carries stories passed from one generation to the other, and lends better quality to the product.

We also advocate that eating local is eating best. Why consume maple syrup imported from Canada when we have fantastic apple molasses produced in **Kfardebiane**? Why buy imported Italian olive oil when areas in **Zgharta**, **Koura**, **Hasbayya**, or **Deir Mimas** produce some of the world's finest olive oil? And why eat imported rice (or soy, or quinoa), when the **Bekaa** and **South Lebanon** produce cereals like ***bourghol*** or ***freekeh*** that are loaded with flavor and health benefits? Lebanese consumers (and consumers in general) are better off learning about the sources of their food products. In our case, you can trace back each of Feryal's products to its village of origin in Lebanon. This way, you can also be sure that you are supporting a local economy - a vulnerable one most of the time.

We want Feryal to be a collective space celebrating the Lebanese terroir and food heritage. When you visit, you will notice the product "museum," the modern ***namlieh*** (pantry closet), the traditional wooden chairs around the main table, our favorite Lebanese cookbooks, the pot of freshly brewed coffee, and a family that is excited to share the stories of the artisans we know and products on display.

Check us out on **Instagram** (Feryal.Boutique) or **Facebook** (Feryal – the mouneh boutique). Or better yet, drop by and meet the family: *Kamel* (the food-knowledgeable one), *Faleh* (the world's nicest shopkeeper), or *Feryal* (the woman herself). We are waiting for you with a large tasting board and infinite food stories. *Tfaddalo!*

Shared by Kamel and Hani Taha

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THE GOOD HARVEST: BREEDING SEEDS FOR A CHANGING WORLD

It had been several years since our friend *Fadi Rihane* left Lebanon seeking opportunities to put his passion and skills for growing to really productive use – far too long. In addition to being a great friend, Fadi was a valued collaborator of **SOILS Permaculture Association Lebanon**, sharing his knowledge with us to help us design our early projects. So we were doubly excited when we learned he was coming back for a short trip this year.

Since he left Lebanon, Fadi has been working with the Swiss company **Sativa** (Sativa Rheinau sa). Sativa is a small company owned by its workers and customers. Sativa was launched with the aim to preserve old **crop varieties** for **organic growers**. The founders then realized that organic farming needs its own selected varieties, which is when they started their breeding programs for **organic vegetables**. Currently the company produces **more than 500 organic and bio-dynamic varieties**. Check out the Sativa website https://www.sativa-semencesbio.fr/

Fadi's work involves breeding and selecting seeds for plants with desired characteristics (fruit size, shape, or taste, adaption to soil and climatic conditions, resistance to disease, draught tolerance, etc.) from a stock of organic seeds (or hybrid seeds sometimes), under carefully monitored conditions. Organic (non-treated) seeds allow varieties to grow stronger and also allow for greater genetic diversity and adaptability. This type of work is quasi-inexistent in Lebanon so together we arranged a small workshop on **May 18, 2019**.

Of course, there was no better place for us to hold this workshop than the beautiful **Samen Eco Gardens**. Our dear friend Andrea Samen welcomed us along with **15 participants** and gave us a tour of the gardens, relating the story of how it all started some 40 years ago when her brother Nadim planted his first tree (a gift he asked for after passing his official exams) to this day when the garden grew into a full sub-tropical haven rich in productive biodiversity. First-time visitors had the chance to discover the green roofs, orchid greenhouse, and vermicompost bins, among the many treasures that Samen Eco Gardens has to offer.

Then Fadi gave an overview of the origins of organic seed breeding. When the organic farming movement started, farmers still used conventional seeds (hybrids) available commercially. The "organic" label was based on the use of natural fertilizers and pesticides instead of chemical ones. Of course that meant they still had to deal with the same problems of seed monopolies. The basis of our modern diet is governed by 4 hybrid-producing companies that are profit-oriented; this often comes at the expense of nutritional value or at a high cost for growers (almost all hybrids are sterile, so growers have to keep buying seeds from the same supplier year after year). Not to mention these conventional seeds require specific climate and soil conditions. The relatively new concept of organic seed breeding brought much-needed change and improvement to organic growing.

Here it was necessary to explain some key concepts in seed breeding for the participants. Although they are very important in their cultural context, seeds from **heirloom** varieties are not necessarily bred to adapt to rapidly changing climates and other conditions. Seeds from **organic** farming are simply seeds from vegetables grown without chemicals but they are equally not champions of adaptation. Almost all commercially produced **hybrid** seeds are mostly sterile, and therefore cannot be re-sown in the first place. There is a fourth type of seeds ideally suited for adaptation: seeds from **biodynamic** farming. This approach considers seeds' composition and needs, and changes different variables to influence these factors and induce evolution or mutation in seeds and their subsequent generations. Mutation is the basis of evolution in all life, and it is crucial for seed breeders' work. If left to its own devices, mutation in most plants produces unfavorable traits (in shape, taste, etc.), hence the need for selection and breeding.

Sativa applies the principles of biodynamic farming (established by *Rudolf Steiner*) and relies in its breeding program on both old and modern varieties as genetic resources in order to develop crops that are resilient and efficient, have stable production, have a good taste and high nutritional value. "Modern" refers to non-sterile hybrid seeds (as most of the existing vegetable varieties today are hybrids). Sativa works with hybrid seeds by following a process of **dehybridization**: that involves: a) collecting seeds of all the available diversity of one species, b) planting these seeds together, c) harvesting the seeds and making a segregated selection based on certain traits (appearance, taste, resistance, etc.), d) regrowing selected seeds with segregation and re-harvesting. Based on the species, this process usually requires 8-14 generation cycles (usually a cycle is one growing season or year).

However, seed breeders have to face the reality of climate change and reduce the time required to produce any required seeds. That is why Sativa sometimes grows 2 cycles of a crop per year instead of only 1 e.g. it plants a cycle in Spring in Switzerland, harvests its seeds, and regrows them the same year in winter in Chile (where it is still spring, being in the Southern hemisphere).

Fadi demonstrated this by sorting mixed **corn** seeds we had brought from **Saidoun** (Jezzine caza) and explained that the farmer had probably obtained them by replanting a single hybrid variety. This means dehybridization is possible for farmers and gardeners in Lebanon.

Sativa is open to collaborations with people in Lebanon wanting to launch organic seed breeding programs, and businesses supporting the local organic farming sector, as well as hosting internships.

Shared by the Editorial Team

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THE MAKING OF FUTURE TRAINERS IN AGROECOLOGY

In **March 2019**, I had the opportunity to attend the first part of a Training of Trainers (ToT) in Agroecology for the period of two weeks along with 2 other members from **SOILS Permaculture Association Lebanon:** *Ghassan Salman* **and** *Salim Kattar*.

The training was organized by the French association **Terre et Humanisme** in collaboration with SOILS and other Arab member associations of the **Local Solidarity Based Partnerships for Agroecology (LSPA) MedNet**. It was funded by **Fondation de France**, **Fondation Itancia**, and **Fonds de Dotation Pierre Rabhi**. The **Buzuruna Juzuruna** farm in **Saadnayel** (Bekaa) hosted the training and 15 participants from 7 Arab countries: **Algeria, Egypt, Lebanon, Morroco, Palestine, Syria, and Tunisia**.

The objectives of this ToT were to: strengthen the technical and pedagogical capacities of rural actors for the dissemination of agroecology in their countries; support the structures and trainers in their training activities with farmers; and promote exchanges between Mediterranean stakeholders.

We practically lived together for the whole period of the training, which was a great opportunity to learn more about the different participants' projects in their country and their experience in agroecology. We had the pleasure of meeting the trainers: *Hélène Hollard* (France), who shared with us her long experience and methods as a facilitator and trainer in different countries; and *Saad Dagher* (Palestine) who is an expert and a pioneer in agroecology in Palestine and the Arab countries. We were very lucky that Saad managed to be with us after a long visa procedure and last-minute acceptance so he could share with us his beautiful and successful experience in agroecology in Palestine. I also enjoyed getting to know *Emmanuelle Patestos* and *Tanguy Cagnin*, the coordinators from Terre et Humanisme, who managed to actively participate in the discussions despite the language barrier.

The sessions were very participatory, which allowed us to practice directly what we've learned through activities provided by the trainers.

The first part of the training was about **capacity building for trainers in agroecology** over 4 days. Hélène shared with us the methods and tools that a trainer or facilitator can use to deliver agroecology teachings whether in one session or a full training. She insisted on the participatory approach which she found to be very effective, with special attention to choosing the right training tools for the target public. On day 3, we worked in teams to prepare a list of training tools and topics in agroecology. We then designed a training session on one of the topics and presented it for the whole group. Personally, I found this exercise very useful, and I learned a lot since I had the chance to see the way every participant applied the tools according to the topic and imagined audience.

The second part of the training dealt with **developing technical skills in several topics related to agroecology principles and practices** over 7 days. Saad discussed important topics like soil fertility and regeneration, water management, plants and their environment, crop rotation and association, plant health, and seeds collection and conservation.

Other trainers also contributed and shared their experiences on specific topics. For the first **soil session**, *Wael Yammine*, also a member of SOILS, revealed the importance of soil life and shared with us his wide knowledge about the role and function of some of the organisms (both micro and macro) that live in soil and the interrelations happening there. *Ferdinand* Beau from Buzuruna Juzuruna conducted a compost session with Saad, and as a practical activity, we turned 2 previously-prepared compost piles in the farm. Another Buzuruna Juzuruna member, *Walid Al Youssef* conducted a seeds session with an intervention by Saad. During this session, we visited the seed house **"Beit el Buzur"** that Buzuruna Juzuruna built in the **Taanayel convent** from natural material (mud bricks and wooden frames) for sto ing seeds.

We also visited 3 farms to witness good agroecology practices.

1. Varouj Vermicompost farm in Anjar. For some years now, *Varouj* has been producing **vermicompost** from manure and organic waste provided from the area. He showed us his production unit and explained to us his system of vermicompost, which is a big and closed structure where he can control climatic conditions, allowing his worms to produce vermicast all year long. We also visited another location where he is installing 5 greenhouses to increase his production.

2. Field to Fork farm in Qob Elias. *Hussein* is a young producer and distributor of organic fruits and vegetables. He has a big and very diversified land where he grows fruit and vegetables. He grows **green manure** (such as fava beans and vetch) and uses compost to fertilize his soil. He also produces his vegetable seeds from **heirloom** varieties.

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3. Bassatin Baanoub farm: *Yasmina* and *Jean-Pierre* decided 7 years ago to start a new life project located on a preserved hill between Saida and Jezzine called Baanoub. Their project involves reviving the old farm mainly planted with olive trees and preserving the incredible biodiversity of the forest, which is a part of the farm. Yasmina showed us a small part of the 20 ha land, leaving us amazed by the biodiversity among wild and cultivated trees and plants, especially the area that was not ploughed. The farm produces high quality organic products such as olives, olive oil, honey, oregano, soap, etc.

This training was really important for me as it gave me the chance to develop my capacities and provided me with ideas for future projects. I was lucky to meet such beautiful people and it was a great opportunity to build an Arab network of trainers in agroecology for future collaboration. I'm looking forward for the second phase of the training which will take place in **Algeria** in **November 2019.**

Finally, I would like to thank the friends behind the scenes who helped make this training a success: *Serge* for translation throughout the training, *Zoe* for arranging logistics, *Fodda* and the Buzuruna Juzuruna family for the great food, *Jomaa*, *Walid*, and *Salem* for their logistic support on the farm.

Shared by Amani Dagher

Photos taken by participants in the Training

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L.E.T.S. Lebanon is published by
SOILS Permaculture Association Lebanon

www.soils-permaculture-lebanon.com

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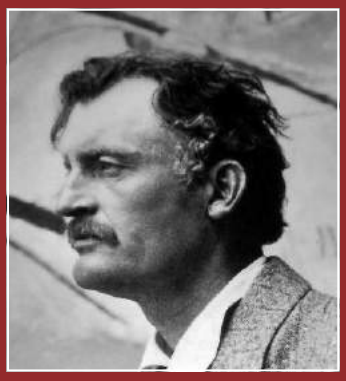
A THOUGHT TO SHARE ...

"Nature is not only all that is visible to the eye... it also includes the inner pictures of the soul."



–Edvard Munch (1863-1944)

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