



• Creativity • Collaboration • Continuity • Community

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FEATURE STORY

PERMACULTURE DESIGN CERTIFICATE FOR THE FIRST TIME IN LEBANON

SOILS Permaculture Association Lebanon is proud to organize the first ever **Permaculture Design Certificate (PDC)** course in Lebanon:

PDC LEBANON - MAY 18-31, 2014, SAIDOUN (JEZZINE)

The 72-hour intensive course will take place over 2 weeks **from May 18 to 31, 2014**, in our rural demonstration site in **Saidoun (Jezzine caza)**.

If this is the first time you hear about the Permaculture Design Certificate, you need to know it offers an ideal opportunity to explore an exciting and meaningful career path that will allow you to introduce positive change and make a difference in the world around you.

The PDC is an internationally recognized course that teaches the principles of sustainable design in agriculture, building, waste management, community building and energy conservation.

The course fosters foundational habits to establish strong nature connection, observation, community building and ecological design skills. Participants will gain a clear understanding of how to use the practices of **Permaculture Design** to develop a mutually enhancing interaction with land and community. It is a pre-requisite to further training in permaculture design (diploma programs, teacher training courses and other advanced trainings). All PDC courses worldwide have the same format to ensure the integrity of the certification process.

The course will be led by **Klaudia van Gool**, a teacher, trainer and environmental consultant who has taught over 18 permaculture design courses worldwide, as well as introductory and specialist courses. The course will be co-taught with **Betty Khoury**, an outdoor environmental educator and permaculturist with a background in populations and ecosystems biology, and co-founder of the Dayma social enterprise.

See registration details on [Page 2](#)



تراب SOILS
للجمعية البيئية لبنان
PERMACULTURE ASSOCIATION LEBANON

PERMACULTURE DESIGN CERTIFICATE
دورة في تصميم البيروماكلتشر

EARN AN INTERNATIONALLY ACCREDITED CERTIFICATION IN SUSTAINABLE AGRICULTURE & DEVELOPMENT
احصل على شهادة معتمدة دوليا في مجال الزراعة والتنمية المستدامة

EARTH CARE . PEOPLE CARE . FAIR SHARE

May 18-31, 2014, Saidoun - Jezzine - جزین - صیدون - ٢٠١٤، أيار ١٨-٣١

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www.facebook.com/SOILS.PermacultureAssociationLebanon
www.twitter.com/SOILSLebanon
www.soils-permaculture-lebanon.com

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REGISTRATION AND FEES:

The deadline for registration is April 30, 2014.

Local participants (Lebanese nationals, non-Lebanese residents):

\$600 per person (\$200 pre-registration by April 30, 2014 + \$400 on the first day of the PDC)

*Partial and full scholarships negotiable for farmers and students with special financial cases

International participants: \$1,300 per person

The cost includes participation fees, accommodation and all meals (breakfast, lunch, dinner) during the entire course

Early bird discount (10%) for full payment by April 16, 2014

We held a first info-session to answer questions about the PDC on March 29, 2014 at the Onomatopoeia Music Hub in Ashrafiyah, Sioufi. A **second info-session** will take place on **Saturday April 12, 2014** at the **Nasawiya Café**, followed by a **Seedball Workshop** (See *Upcoming Events*).

Shared by the Editorial team



Find more details about the Permaculture Design Certificate and download the Registration Form on our website:

<http://www.soils-permaculture-lebanon.com/permaculture-design-certificate.html>

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LET'S SHARE OUR NEWS

"WHOLE EARTH SUMMIT" TOOLKIT FOR SHARING FROM SOILS ASSOCIATION

On the evening of **March 11, 2014**, I was listening to the first sessions of the 3-day **Whole Earth Summit** web event (<http://wholeearthsummit.org/event/#.Uz1a-PmSxIE>) which gathered more than 40 speakers worldwide. It was organized by the Asheville Institute and produced by Janelle Kapoor and Stacey Murphey. Earlier that evening, Asheville had announced that they'd be giving away gifts each day to 3 people selected among those who liked their post on Facebook. I was only one among 600 people who liked that post so I wasn't really expecting anything. Then, around 1:00 a.m. they were about to announce the first winner; that's when I heard Janell say my name and mention I'm from a permaculture group in Lebanon (**SOILS Permaculture Association Lebanon**)! I couldn't believe it! I won a **toolkit worth \$97** containing free recordings of the whole event, discounts on courses, free e-books, online consultation and much more.

I was asked to share these offers with my community and friends, so check out the \$97 toolkit here <http://wholeearthsummit.org/toolkit/> and email me if you are interested in anything: contact.soilslebanon@gmail.com

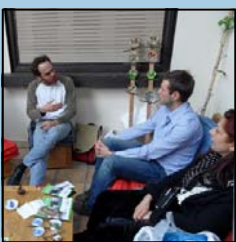
Shared by Rita Khawand



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UPCOMING EVENTS

PERMACULTURE DESIGN CERTIFICATE SECOND INFO-SESSION + SEEDBALL WORKSHOP



APRIL 12, 2014
3:00 p.m. - 5:30 p.m.

Nasawiya Café, Mar Mikhael

1-on-1 Q&A session followed by a Seedball Workshop

https://www.facebook.com/events/1469021933312205/1479470282267370/?notif t=plan_mall_activity

BASKIL BICYCLE FESTIVAL STREET FAIR, BIKING, EXHIBITION, CONFERENCE



APRIL 23-27, 2014
Different timings

Medawar area, Beirut

Street festival, talks, cycling, bike workshops, food, entertainment and much more

<https://www.facebook.com/baskilbeirut>

UPCYCLING SMART ART EXHIBITION, COMPETITION, ENTERTAINMENT



APRIL 25-27
4:00 p.m. - 10:00 p.m.

Public Garden "Wagon Park", Jbeil

3-day artistic and cultural event to promote upcycling.

<https://www.ihjoz.com/events/285-upcycling-smart-art>

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LET'S SHARE OUR NEWS

CURING WITH MEDICINAL HERBS, WORKSHOP

Anabel from **Flower Power Herbalism** hosted **14 participants** for an introductory workshop to **Medicinal Herbs** in her home on **March 9, 2014**.

What began as a gray, rainy afternoon turned into a cozy gathering of new friends. Anabel began with purifying the atmosphere by burning dry sage leaves and passing them around in a "tribal" circle as everyone introduced themselves.

Anabel then proceeded to introduce us to different herbs and their benefits: **sage** (*salvia officinalis*: soothes nerves, stomach pains, nausea, depression), **rosemary** (*rosmarinus officinalis*: stimulates liver, digestion, concentration), **turmeric** (*curcuma longa*: strong anti-inflammatory and antioxidant, heals wounds), **rhubarb** (*rheum palpatum*: fights infections, cholesterol, slow digestion), **rose** (*rosa gallica*: soothes inflammations), and many more.

She explained that the best time to harvest herbs is in hot, dry weather. The best plants are those that are free of moisture, dust, pesticides or other contaminants. The herbs shouldn't be compressed while they are being carried, and any insects or other weeds should be separated from them. Drying is easy: the herbs should ideally be hung in a dry, aerated room away from direct sunlight. Once dried, they should be kept in airtight containers, still away from sunlight.



There are 3 main ways to use herbs. **Infusions** consist of pouring hot water over herbs in a covered recipient. This is mainly used for mint, tea, chamomile, verbena and linden. **Decoctions** involve boiling roots or barks, stems and fruits in water (or wine). Cinnamon, chicory and birch are among the commonly used ingredients in decoctions. Finally, **maceration** is when plants are immersed in a liquid (oil, wine, alcohol, vinegar). Unlike infusions and decoctions which are usually ingested orally, macerations are more generally applied externally.

Equipped with this basic knowledge, Anabel encouraged everyone to make their own mixes from her stock of herbs in a personalized infusion during the break. She then proceeded to show us her rooftop garden when she'd been experimenting with growing chamomile, basil, calendula, fenugreek, milk thistle and other herbs. Since she was going on a 3-month trip, she offered participants the chance to adopt some of those plants and gave them a few tips for how to take care of them.



Anabel loves plants so much, it is hard for her to pick a favorite one, whether for its look or its benefits. She is a certified herbalist and the founder of Flower Power Herbalism, a brand of natural medicinal and herbal teas, natural incense, body creams, massage oils, lipbalms and more. One of the main aspects of medicinal herbs that draws her strongly is their use in women's health; she is nostalgic for a time when herbal medicine was only the domain of a few women who guarded herbs' secrets jealously (though some of those same women were called witches and unfairly persecuted). Anabel hopes to further her knowledge and training to specialize as a true midwife - a profession that has all but disappeared in most large cities but is set to regain popularity.

The workshop was co-organized by **SOILS Permaculture Association Lebanon** and it laid the groundwork for future collaboration with the beautiful people at Flower Power Herbalism. To find out more, go to: <https://www.facebook.com/flower.power.medicinals>

Shared by the Editorial team

GREEN RESOURCES

GUERRILLA GARDENING - WEBSITE



Tips, tactics and inspirations for "greening" urban spaces.

<http://www.guerrillagardening.org/index.html>

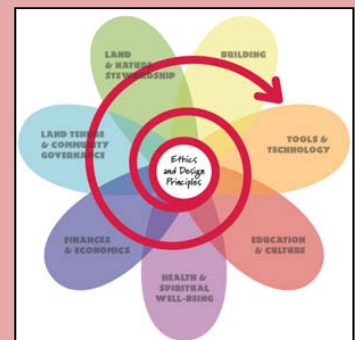
SAMEN ECO GARDENS



Botanical gardens, organic farm, eco-friendly lodging - open for visits and purchases

<https://www.facebook.com/pages/Samen-Eco-Gardens/407657362614228>

PERMACULTUREPRINCIPLES.COM - WEBSITE



Free downloads and resources from David Holmgren, co-originator of permaculture.

<http://permacultureprinciples.com/>

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LET'S SHARE OUR NEWS

NATURAL PEANUT BUTTER MADE IN LEBANON, WITH A HEART

*Peanut butter tastes good and has important health benefits - if it is done well and with natural ingredients. Don't take our word for it, ask **Siroun Shamigian**, a biology and nutrition teacher for 23 years and certified sports nutrition consultant. Siroun makes a local brand of peanut butter in her home using only one ingredient: lightly salted peanuts.*

3 Jars: Lebanese-made healthy peanut butter

I totally love peanut butter and eat it regularly, but I can't remember the last time I bought a jar from a commercial brand. As a nutritionist, I pay extra attention to the labels on the foods I buy. The problem with commercially available peanut butters is the amount of chemical additives, sugar and salt they contain - or worse things. Even with butters labeled "organic" or "healthy" I couldn't be too sure - or I couldn't afford those.

When a friend told me I could make peanut butter at home, my eating habits took a radical turn for the better. I invested in a small industrial food processor and experimented with peanuts, pistachios, walnuts, almonds and cashews. After a while, I was not only able to make my own peanut butter, but it tasted much better than the store-bought ones.

Over the next couple of years, friends and colleagues who tasted and liked my peanut butter kept encouraging me to start selling it. I was never interested in turning my hobby to a business, and I am still hesitant when it comes to this, although the smiles of my new customers made it more bearable.

Recently, it hit me how I could reconcile myself with the idea of selling peanut butter. I decided to dedicate a third of my small profits from every sale to a social or charitable organization. Every 3 months, I will ask my customers and friends to recommend an organization and I will donate that portion of my earnings to it.

Since I started this venture on March 21, 2014, I have been focusing on peanut butter only, but once school is out, I plan to diversify and feature a new nut butter every month.

Nutrition and storage tips: Peanut butter is nutrient-dense and high in proteins and nutrients, mainly potassium, magnesium, and Vitamin E. It contains healthy unsaturated oils that satisfy hunger and are also good for the skin, eyes and brain. It also contains a good amount of fiber which, along with the protein and healthy fats, keeps us fuller for a longer period of time.

However, that doesn't mean you should eat a lot of it, since it is high in calories. How much you can eat really depends on your lifestyle and amount of physical activity. 1 or 2 spoons a day is a safe limit but if you're unsure, I recommend you ask your doctor.

Natural peanut butter will keep in the refrigerator for 1 month.



To find out more about 3 Jars or order your peanut butter, go to:

<https://www.facebook.com/3jars>

Shared by Siroun Shamigian

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ZOUKAK THEATER COMPANY SORTS WASTE FOR PEOPLE WITH LIMITED MOBILITY

Since February 2014, the **Zoukak Theater Company** has been sorting metal, plastic, paper and electronics at its studio with **L'Écoute Association** to help it finance transportation solutions for people with limited mobility.

We have also been collecting plastic bottle caps for the **Arc en ciel** NGO which sells them to recycling plants and uses the profits to finance their wheelchair factory.

We are happy to have added this chapter of civic and environmental involvement to our personal convictions and social action activism. Since 2006, we have constantly sought to reflect our politics in our theater work and social interventions, both on and off stage.

Our studio in Furn el-Chebbak hosts local and international artists for rehearsals, performances and residencies, and we sincerely hope this new initiative will encourage them to do the same too and influence others around them.

Shared by Zoukak Theater Company (Danya, Hashem, Junaid, Lamyia, Maya, Omar)
<http://zoukak.org/>, Facebook: <https://www.facebook.com/zoukak.beirut?fref=ts>



To find out more about recycling initiatives:
Arcenciel: <http://www.arcenciel-en.org/search/label/home>
L'Écoute Liban: <http://lecouste-ls.org/index.html>

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LET'S SHARE OUR NEWS

ADOBE BRICK WORKSHOP IN TAANAYEL

13 friends and permaculturists from our network in Lebanon took part in an **Adobe Brick Workshop** in **Taanayel - Bekaa**, co-organized with the **Arcenciel** non-governmental organization, on **March 26, 2014**.

Adobe bricks are made of cob, is a mixture of clay, sand and straw that can be molded into bricks or directly layered and pressed over a stone or solid earth foundation (cobbing) to create a more organic feel with curved walls, arches and niches. Frames for doors and windows are easily inserted as the walls of a cob house rise. The roof can be laid using wood planks or logs for support, or it could simply be cob shaped into a dome.

The technique has been used since prehistoric times. With the advent of agriculture, oxen were used to trample the mud and straw into a homogenous mix, but it can also be done by humans, as our group did - not to mention it's guaranteed fun.

Cob houses have several advantages; mainly they offer the possibility to build a house at low cost, using natural materials and without depending on an engineer or complicated equipment and machinery - building your own home is a rewarding experience that gives you a sense of fulfilment and empowerment.

Cob houses are warm in winter and cool in summer. They are also quite resistant to harsh climates, as well as being earthquake and fire resistant. In Arabic, the cob house is called a *beit akhrass* (mute house) in reference to its excellent sound isolation quality.

Arcenciel has built an eco-lodge with cob houses in Taanayel, facing the historic Taanayel Jesuit convent and farm where natural labneh and other dairy products are produced (including the only Lebanese-made gouda cheese), along with jams, preserves and herbs.

Arcenciel has also published a book on the history and building techniques of cob houses (available for sale at the NGO's centers) to preserve this traditional knowledge and encourage more people to discover this part of our heritage.

To find out more about Arcenciel's cob houses and the organization's other work, visit: <http://www.arcenciel-en.org/search/label/home>

Shared by the Editorial team



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GET IN TOUCH, GET INVOLVED


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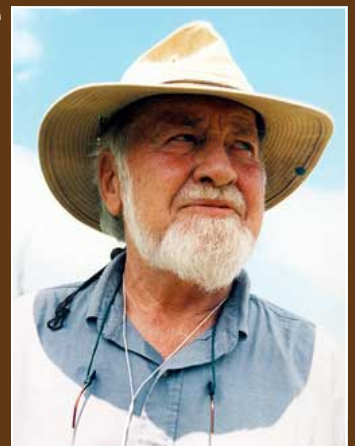
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A THOUGHT TO SHARE ...

"The greatest change we need to make is from consumption to production, even if on a small scale, in our own gardens. If only 10% of us do this, there is enough for everyone."



-Bill Mollison

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