



# Jardin - Nature and the organic garden



## Cours garanti

### Description

In this course we will find ways to reconnect in a meaningful manner with the world outside our front door. Learning how to grow environmentally sound and abundant gardens, taking walks in local forests and reclaiming our innate desire to better understand the earth's cycles. We will meet throughout the year and explore applications of Permaculture, soil science and nature deficit disorder. We will also meet for hands-on classes in family gardens to build compost, create raised beds and learn by doing.

### Contenu

#### Module 1

February Theory (Ecole-club Nyon)

Introduction to Nature Connection philosophy

- Micro and macro nature immersions
- Ecopsychology
- Gardening
- Permaculture
- Resources
- Course calendar

#### Module 2

March Practical (on site)

- Permaculture in practice - OBREDIM
- How to assess your site
- Design/Vision/Dream/Needs
- Starting your garden - lasagna method
- Home visit (Role or a students garden)

#### Module 3

April Theory (Ecole-Club Migros Nyon/hands on)

Organic gardening 101

- Sowing seeds indoor and outdoors
- Planting early crops
- Soil science and plant care
- Introduction to Medicinal herbs & Edible flowers

#### Module 4 May

PRACTICAL (local visit)

Nature Immersion in local forest

**Ecole-club Migros Nyon**

Chemin de Crève-Coeur 1  
1260 Nyon

Tel. +41 58 568 80 60

[ecoleclub.nyon@migrosgeneve.ch](mailto:ecoleclub.nyon@migrosgeneve.ch)  
[ecole-club.ch](http://ecole-club.ch)

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- Understanding season/cyclical nature
- Ecopsychology/The work that reconnects
- Tuning into nature
- Emotional and psychological benefits of time spent in nature

### Module 5

June

Practical Preparing your garden for the summer

- Watering needs/pest protection
- Holiday care tips
- Planning for autumn crop
- Reflection and self care

### Module 6 September Practical

- Site visit to student garden
- Maintenance and Harvest
- Problem solving - Q&A (pest/disease/engrais)
- Seed saving
- Class garden harvest feast :)

### Module 7

October Theory (Ecole-Club Migros Nyon/hands on)

Fermentation & storing your harvest

- Sprouting indoors
- Reviewing your garden/ new plan for 2022
- Preparing your garden for winter
- Mulch and frost protection

### Module 8 November Theory or/and Practical (weather dependant)

- Permaculture philosophy
- Silent Nature walk
- Reflection on a year of nature connection
- Sharing & Closing

## Groupe cible

Adults interested in nature

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### Objectifs

Learning all about gardening

### Date

19.02.2021 - 15.11.2021 / E\_1482061

### Horaire

horaire irrégulier

### Jours

Lu;Ve;Sa

### Durée

8 Jours de cours. Total 24.00 périodes à 50 minutes

### Ecolage

CHF 648.00

### Lieu du cours

Chemin de Crève-Coeur 1, 1260 Nyon

### Dates

Jour	Date	Heures
1 Ve	19.02.2021	18:00 - 20:30
2 Sa	20.03.2021	10:00 - 12:30
3 Sa	24.04.2021	10:00 - 12:30
4 Sa	22.05.2021	10:00 - 12:30
5 Sa	05.06.2021	10:00 - 12:30
6 Sa	25.09.2021	10:00 - 12:30
7 Lu	11.10.2021	18:00 - 20:30
8 Lu	15.11.2021	18:00 - 20:30

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