



BEIT QAD PERMACULTURE CENTRE MONTHLY UPDATE ***News and activity highlights from October 2014***

This month at Beit Qad:

- As always October has been a busy month for Beit Qad. We are the first to introduce kale to the West Bank and can't wait to share it with people. Kale has amazing health benefits and makes an excellent salad dish. For a Palestinian twist, it can be mixed with roasted garlic and made in a hummous.
- Beit Qad has hosted two one day trainings this month on the 1st and the 18th. The first training was funded by the Arab Fund and was taught by Alaa. It focused on beekeeping management with the bee hives at the centre and was attended by 15 male farmers from Borqa village in Jenin.
- The second training was taught by Hassan and focused on permaculture training and best practice techniques of permaculture. The day included on-site demonstration. It was attended by 15 male farmers from Al Zawiyeh Village in Jenin.



- There have been two visits hosted by Beit Qad Permaculture centre this month.
 - 1- A visit from Joel Thorpe and Martine Van de Velde from DFAT to help us celebrate the success of the farm. Both were treated to a walking tour and a small demonstration of how the sustainable techniques of the farm work before enjoying a delicious lunch under our blossoming passiflora arbor.
 - 2- There was also a visit from a representative of the Australian Department of Foreign Affairs, they were given a guided tour of the permaculture centre and showed them the village of al-Kafriyat which is part of the project.



Tip of the month

Passiflora can be difficult to grow when you don't have enough land space, however Beit Qad has created a sustainable solution. Grow the plants over an arbor. The arbor can be created out of steel rods shaped to create a domed archway. Then the seedlings can be planted at the base and as they grow you can shape them around the rods so that they grow in the direction the rods permit. Careful pruning will ensure that the passiflora does not grow too big and gives good fruit harvests. This is an excellent idea for houses with no gardens and in the summer when it is in full bloom, the leaves provide natural shade from the sun. The creation can even be built either side of pathways, as it needs very little space.

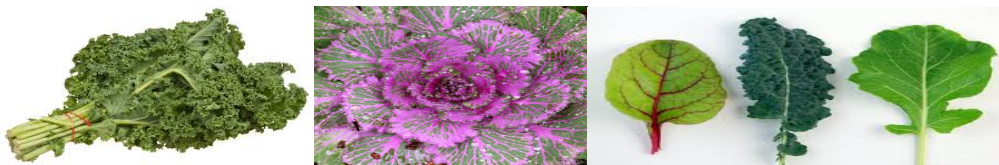


Reflections from other Permaculture centres from around the world:

This month we are connecting with The living Centre in Canada who run a programme on visionary herbalism. Like us, The Living Centre like us, agrees that herbs have healing powers, which can help rebalance the body and mind. Their course focuses on connecting the body and mind in a combination of modern and ancient practices. Our herbs grown at Beit Qad can also be used to heal the body and mind. Moreover these herbs are the same that have been grown in Palestine for centuries and which have also been used to treat illnesses for a long time.

This months most rated vegetable

Passiflora: Kale



Kale has long been hailed as the health food of the vegetable family. A dense green leaf, kale is rich in calcium, vitamin K, vitamin C and beta carotene. It has in it nutrients which have been found to reduce cancer and forms a staple dish in many countries around the world. It is also one of the oldest vegetables in the world; there are writings that place it in Europe in the fourth century. There are many different types of kale grown in different countries and the flavour is best when combined with other strong dry flavours, such as chilli, nuts and soy sauce. When mixed with oil and lemons the flavour is reduced