



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

This month at Beit Qad:

- The pilot project of the Kale Project-Palestine has successfully come to an end. In one month MA'AN Permaculture Centre was able to harvest two separate batches of kale one of which yielded 50 bunches of kale that was widely distributed. We have also been publishing fun facts about Kale and some delicious recipes on our facebook page so please visit us there for more information <https://www.facebook.com/beitqadMAAN?ref=hl>.
- On the 13/11/2014 we were privileged to host Mr Christopher Lavender from the Kadoorie Charitable Foundation who was one of Beit Qad's initial supporters when we first established the centre! Mr Lavender had not seen the site since it was merely a patch of land so it was very exciting to show him the amazing developments that have occurred and show him our exciting new plans for the new year.



- On the 7/11/2014 Beit Qad hosted a visit from Kate Lee – the Executive Officer for Union Aid Abroad – APHEDA and Angelo Gavrielatos the Chairperson of APHEDA who came from Australia to visit MA'AN Development Centre and MA'AN Permaculture Centre. APHEDA have been supporting MA'AN since our establishment in 1989 and supported the initial concept and building of Beit Qad so it was exciting to be able to share with APHEDA. Beit Qad has been funded by APHEDA through the AMENCA project small grants program. For this visit Kate and Angelo were able to enjoy a presentation given by the Director General as well as a delicious meal using Beit Qad food.



Tip of the month

For families who have small gardens or no land on which to cultivate using a tower garden can be a simple solution. The tower garden uses a barrel that has pockets cut into the side allowing the metal to be pulled down and crafted into small areas big enough to host a plant. This system allows people to grow up to 20 plants at any one time in a quicker space as time than traditional soil methods. Fill the barrel with a natural compost to give the plants the nutrients they need to grow healthily! This system not only saves space but also reduces the likelihood of weeds growing and can grow nearly any time of vegetable or herbs making it an excellent cheap source of healthy nutritious home ingredients.



Reflections from other Permaculture centres from around the world:

This month we are connecting with Permaculture Egypt, a nation wide centre. Egypt is an area with similar ecology to Palestine and they too place focus on increasing regional stability and integration of sustainable systems into their permaculture systems. Indigenous knowledge combined with innovative and sustainable practises is exactly what Beit Qad seeks to promote because we recognise how important indigenous knowledge is for preserving and understanding the lands. But in a precarious time for agriculture due to the occupation and climate change sustainable practise needs to be incorporated.

This months most rated vegetable

Basel Akhdar: Spring Onions (Scallions)



Spring onions are often overlooked in cooking due to their link with standard onions that are used as a base food. However, spring onions carry a unique and zesty flavour that can spice up many meals and are used as staple flavours in many different cuisines. Their gentle flavour allows them to accompany many different dishes without distracting from the main flavour, China, Vietnam, Mexico and much of Indonesia and Malaysia use spring onions in some of their national dishes. A delicious and healthy oil can also be taken from their leaves after a gentle cooking. Try using this flavour in some of your winter cooking and be amazed at the taste difference.