

GB-NEWS

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A 1-day Training for YARD

The Grow Biointensive Agriculture Center of Kenya (GBIACK) hosted a one-day agroecology training for farmers from the YARD Organization on October 9, 2025. The training focused on sustainable farming practices that promote soil health, pest control, seed management, and livestock integration. The event also featured a garden tour and hands-on demonstrations of Close planting, Seed Management and Soil Fertility.



LOST SEEDS OF AFRICA

QUOTE OF THE WEEK

“

Behind every meal we eat is a farmer who battled the sun the rain and the odds yet never gave up on feeding the world

VERSE OF THE WEEK

“

Still other seed fell on good soil, where it produced a crop—a hundred, sixty or thirty times what was sown.

MATTHEW 13:8 (NIV)

The 8 Core Principles of GROW BIOINTENSIVE

1. Deep Soil Preparation

Using double-digging technique to loosen soil 24 inches deep, creating optimal conditions for root development and nutrient cycling. This supports plant roots and soil organisms that enhance nutrient availability growsustainability.org.

2. Composting

Returns nutrients and carbon to soil while increasing water retention and supporting beneficial microorganisms. Creates self-reliant fertility system without external inputs.

3. Intensive Planting

Utilizes hexagonal offset spacing to create “living mulch,” reducing water and fertilizer requirements while maximizing productivity per square foot.

4. Companion Planting

Establishes beneficial plant relationships, such as nitrogen-fixing beans preceding corn, while attracting beneficial insects for natural pest control.

5. Carbon Farming

Dedicates 60% of growing area to crops that produce abundant carbonaceous material for compost, ensuring sustainable soil fertility.

6. Calorie Farming

Focuses 30% of garden area on 7 special root crops that maximize calorie production per unit area, enabling food self-sufficiency in minimal space.

7. Open-Pollinated Seeds

Enables seed saving and development of locally-adapted varieties, increasing resilience against climate change and reducing dependency on commercial seed sources.

8. Whole System Approach

Integrates all principles as interconnected system ensuring sustainability.



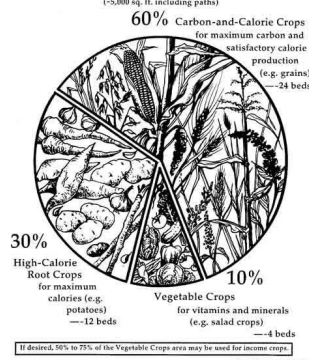
Yield Achievements

- 2-4times higher yields
- 600% potential increase
- Double carrot yields
- 15,000 calories per 100 sq ft
- 70,000 calories per 100 sq ft compared to conventional farming when all principles applied correctly through transplanting vs. direct seeding for wheat (intermediate yields) for potatoes ecofarmingdaily.com

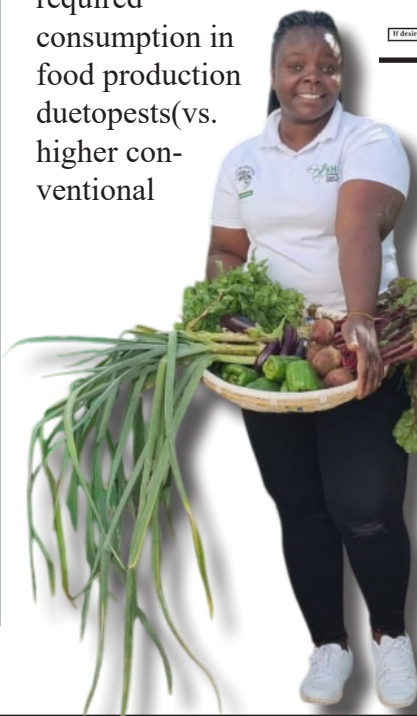
Resource Efficiency

- 67-88% less water
- 50-100% less purchased fertilizer
- 94-99% less energy
- Only 5% crop loss usage per pound of vegetables required consumption in food production due to pests (vs. higher conventional)

“Grow Biointensive” Sustainable Mini-Farm
Approximate Crop Area Percentages for Sustainability
Approximately 40 beds (4,000 sq. ft.) for one person
(~5,000 sq. ft. including paths)



Thriving biointensive garden demonstrating high-yield intensive planting



The system's emphasis on building soil, maximizing productivity in minimal space, and creating closed-loop sustainability makes it particularly valuable for small-scale farmers, urban agriculture, and communities seeking self-sufficiency. As global soil degradation and water scarcity intensify, GROW BIOINTENSIVE provides a documented, scalable solution that empowers communities while restoring environmental health. than against it.

