The background of the entire page is a photograph of a person's hands, which are covered in dark soil, carefully placing small green seedlings into a black plastic seedling tray. The tray is filled with dark, rich soil and already contains several other seedlings. The image is partially obscured by a large, diagonal, dark blue graphic element that runs from the bottom left towards the top right. This blue area contains the title text in white. The top of the image is also partially covered by a green graphic element with white, brushstroke-like patterns.

# Resources for self-directed agroecological learning

# Books

## Market gardening – UK specific

- \* *Growing Green*, Tolhurst and Hall
- \* *Pest and Disease Management for Organic Growers, Farmers and Smallholders*, Davies, Sumption and Rosenfield
- \* *Organic Gardening the Natural No-Dig Way*, Charles Dowding
- \* *Designing Regenerative Food Systems – And Why We Need Them Now*, Marina O'Connell
- \* *The Organic Salad Garden*, Joy Larkcom

## Market gardening – North America focused

- \* *The New Organic Grower*, Eliot Coleman
- \* *Farming While Black*, Leah Penniman
- \* *The No-Till Growers Guide to Ecological Market Gardening*, Jesse Frost
- \* *The Living Soil Handbook*, Jesse Frost
- \* *No Till Intensive Vegetable Culture*, Bryan O'Hara
- \* *The Market Gardener*, Jean Martin Fortier
- \* *The Lean Farm*, Ben Hartman
- \* *Greenhouse and Hoophouse Growers' Handbook*, Andrew Mefferd

## Community supported agriculture

- \* *Sharing the Harvest – A Citizen's Guide to CSA*, Elizabeth Henderson

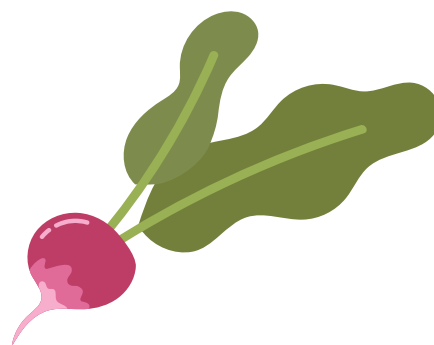
## Seed production

- \* *Landrace Gardening – Food Security Through Biodiversity and Promiscuous Pollination*, Joseph Lofthouse
- \* *The Seed Garden*, seed savers exchange

## Social and political

*Unearthed: On race and roots, and how the soil taught me I belong*, Claire Ratinon

*Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants*, Robin Wall Kimmerer



# Podcasts

– available on Spotify, Apple etc or linked

## UK focus

- \* [Farm Gate](#) – “focussed on practical solutions for climate and food security. The topics covered are relevant for everyone who eats, but is particularly intended for farmers, food chain professionals, and policy-makers”

## Technical info

- \* [Farmarama Radio](#) – the voices of regenerative agriculture
- \* [No-Til growers/flowers/winter growers podcast](#)
- \* [Farm Small Farm Smart](#) – includes a useful mini series on setting up a market garden, [more info here](https://collaborativefarming.libsyn.com/website)
- \* [The Collaborative Farming podcast](#) – dedicated to multi-owner farms and cooperative farming models
- \* [My Digital Farmer](#) – useful info for new entrants looking to set up their own land based project

## Social and political info

- \* [The Landworkers’ Radio](#)
- \* [Frontline Foodcast](#)
- \* [LWA and Frontline Foodcast on COP 26](#)
- \* [Farm to Table Talk podcast](#)



# Video

## Technical info – UK specific

- \* Webinars from the 2022 Welsh traineeship network:
  - [Intro to agroecological growing](#) from Emma at Ash and Elm
  - [Soil science](#) from Emma at Ash and Elm
  - [Crop rotations](#) from Tom at Cae Tan
  - [Pests and diseases](#) from Alice at Tyddyn Teg
  - [Business planning and routes to market](#) from Kim at The Community Farm
- \* [Oxford Real Farming](#) – broad spectrum, mostly UK farming
- \* [Tyfu Cymru \(Grow Wales\)](#) webinars
- \* [LWA webinars](#) – check out ‘*Direct and short supply chain marketing for growers – South West*’
- \* [Groundswell Agriculture](#) – bigger scale regenerative agriculture



## Technical info – non UK

- \* [Advancing Eco Agriculture](#) – “At Advancing Eco Agriculture, we work with growers to create customized crop programs, combining our biological and mineral nutrition products with regenerative practices to improve crop quality, yields, and disease and insect resistance while regenerating soil health.”
- \* [No-till Growers](#) and [Josh Sattin Farming](#)
- \* [Neversink Farm](#)
- \* [Richard Perkins](#)
- \* [Instructional videos](#) from the University of Santa Cruz
- \* [My Family Garden](#) on YouTube (Gardening channel run by Mothin Ali).
- \* [Soul Fire Farm](#) on YouTube (Afro-Indigenous centred US community farm).

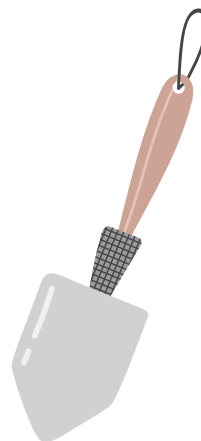
## Social and political info

- \* Lots of content from the Oxford Real Farming Conference available on their Youtube channel. Some suggestions:
  - [Land, race and empire](#), ORFC 2022
  - [Seeding reparations: Making the UK’s food corporations pay](#), ORFC 2023
  - [Struggles for Land Justice Sharing strategies from the UK Brazil and East Africa](#), ORFC 2023

# Publications & websites

## UK specific info

- \* Information and events on the [LWA website](#) under 'Training'
- \* Interactive webpages, guiding you through different pathways into different agroecological careers, available on the Landworkers' Alliance website [here](#).
- \* Mountains of [publications](#) on the LWA website, including:
  - *Business Planning guide for ecological farms (2022)*, [here](#)
  - *New entrants to agroecological farming start up costs (2021)*, [here](#)
  - *Direct sales and short supply chains – bringing the market back into farmers hands*, [here](#)
  - *The promise of agroforestry*, [here](#)
  - *Jumping Fences (2022)* [here](#).
- \* [Garden Organic's](#) website including [Heritage Seed Library](#)
- \* AHDB crop guides, e.g. [Protected Edibles](#)
- \* Spreadsheets from @spreadsheetmaniac on Instagram and [here](#)
- \* Guides to seed saving from [Vital Seeds](#) and [Real Seeds](#)
- \* Comprehensive "[Resource pack for BPOC growers](#)" from Land In Our Names, originally compiled for BPOC growers and with useful content for all new landworkers.



## LWA groups

- \* [New entrant page on LWA website](#), includes links to regional groups that you can join, jobs also posted in the member forum
- \* [FLAME](#) – the youth branch of the LWA for those aged 16-24
- \* LGBTQIA+ landworkers can email [lgbtqia@landworkersalliance.org.uk](mailto:lgbtqia@landworkersalliance.org.uk) for more info about this group
- \* REAL – working group within the LWA for landworkers who identify as a Person of Colour.  
For more info, email [jo.kamal@landworkersalliance.org.uk](mailto:jo.kamal@landworkersalliance.org.uk)
- \* LWA working group for landworkers who are women/gender diverse: [wdg@landworkersalliance.org.uk](mailto:wdg@landworkersalliance.org.uk)
- \* Working group for foresters: [forestry@landworkersalliance.org.uk](mailto:forestry@landworkersalliance.org.uk)

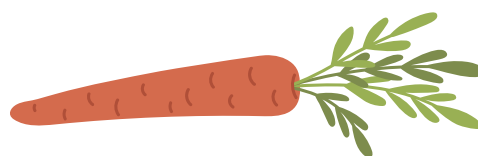


# Related organisations and training opportunities

- \* [Land In Our Names](#) – organisation aiming to disrupt oppressive land dynamics relating to BPOC communities in Britain
- \* [The Apricot Centre](#) – farm and training provider
- \* [FarmED](#) – training provider, including online learning
- \* [Schumacher College](#) – training provider and host of annual traineeship
- \* [Abbey Home Farm](#) – market garden, hosts annual traineeship and apprenticeships
- \* [Rootz Into Food Growing \(RiFG\) Network](#) – “a network created by and for BPOC growers in London with the aim of building an interconnected community to combat isolation and address inequity.” (Land In Our Names, *Resource Pack for BPOC Growers*, 2022)
- \* [Trill Farm Garden](#) – market garden and provider of horticulture short courses and an annual traineeship
- \* [Aweside Farm](#) – producing edible flowers, herbs and salads in East Sussex
- \* [The Kindling Trust](#) – offer various training opportunities around Manchester and Stockport
- \* [Seed Sovereignty Network](#), the Gaia Foundation
- \* [Oxford Real Farming Conference \(ORFC\)](#), recorded sessions available online
- \* [Dig It Out](#), campaign to end racism in horticulture
- \* [CSA Network](#)
- \* [Organic Growers Alliance \(OGA\)](#), includes a great magazine for members
- \* [UK Organic Market Gardeners Facebook Group](#)
- \* Get on the land with the [Ecological Land Co-op](#)
- \* [Tyfu Cymru](#) – provides training for growers based in Cymru, opportunities and webinar recordings available on their website.
- \* [Social Farms and Gardens](#) supports the development of community-based projects

## Job boards

- \* [LWA jobs forum](#)
- \* [OGA jobs forum](#)
- \* [Roots to Work](#)



# Definitions

## Agroecology

Agroecology in short: *the application of ecological concepts and processes in farming, and the recognition of the role people and communities have to play in those ecosystems*

In long: *Agroecology is a framework for describing the knowledge and practices of food producers working in resilient and sustainable food and land-use systems. Agroecological farming and land management is place based, sustainable and deeply integrated with local ecology and environment.*

*The term was coined by social movements that situate it not just as a set of agricultural techniques but also within land-based cosmologies and within democratic social and political relationships. Agroecology is now recognized by the Food and Agriculture Organisation of the United Nations (FAO) and provides a framework for ecologically, economically and socially regenerative agriculture systems and includes a wide range of farming techniques and scales.*

*The Landworkers' Alliance uses agroecology as a framework for describing holistic ways of producing food, fuel and fiber that integrate sustainable food and resource production with environmental land management. Read more about agroecology [here](#).*

## Food sovereignty

*"The right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts those who produce, process and consume healthy and local food at the heart of our agriculture and food systems, instead of the demands of market and transnational companies". This definition comes from La Via Campesina; you can read more about food sovereignty and social justice [here](#).*

