



MACHE 2009 Annual Conference Friday Workshops

Workshop: HealthWISE1: Implementing an Agrarian Education Curriculum in Your Homeschool

Speaker: John Mesko- Lighthouse Farm

Session: I **Time:** 10:30 AM

Biblical Worldview of Agriculture Keys to Implementing an Agrarian Education

John Mesko, Lighthouse Farm
www.lighthousefarm.com
www.authenticagriculture.com

Genesis 2: 8, 15

“And **the Lord planted a garden** toward the east in Eden and there He placed the man whom He had formed... Then **the Lord** took the man and **put him into the garden** of Eden **to cultivate it and keep it.**”

Genesis 9:20

“Then Noah **began farming** and planted a vineyard.”

Biblical Analogies

- Matthew 23:37 - “...as a hen gathers her chicks...”
- John 15:5 “I am the vine, you are the branches, apart from me you can do nothing.”
- Luke 8:4 - Parable of the Sower
- James 5:7 - Waiting on God
- Matthew 9:36 “...He felt compassion for them, because... they were like sheep without a shepherd.”

Advantages of Authentic Agriculture

- Healthy Food ➔ Healthy Bodies ➔ Healthy Minds
- Creativity
- Organization
- Understanding God’s Creation ➔ Worship God

- Biblical Analogies
- Working together as a family on a significant project.
- Understanding marketing, economics, household economy.

Agriculture Mindset??

- Don't have to live "out" or be isolated.
- Deliberate living
- Vision, anticipation, expectation
- Frugality

Worldwide Food Crisis

- Demand for food increasing.
- Using food as fuel.
- Production costs are increasing.
- Global economy means everyone is linked.
- US Dollar is in free-fall. (Habakkuk 2:5-15)

Health Crisis

- Industrial food is making us sick.
- Aging US population.
- Dependence on pharmaceuticals.
- Cost of conventional medicine.

What will you do?

- Prepare/Provide for your family. (Matthew 25:1, 2 Thessalonians 3:10)
- Cultivate faithfulness (Psalm 37:3)
- Tremendous opportunity to share the Love of Christ in a practical way.

Gardening

- Anywhere
- Good food – Healthy Food

- All ages
- Lots Helpful resources
- Plenty of others doing it too.
- Builds community, Opportunity to share, minister
- Alternative Food Economy – Barter, Trade
- *Sustainable Vegetable Garden*, John Jeavons

Food Preservation

- Biology
- Microbiology
- Chemistry
- Economics

Small Livestock

- Chickens/Rabbits
- Meat/Eggs
- Could be done in suburbia
- Easy to care for animals
- Self foraging
- Not messy in small numbers

Goats / Sheep

- 1-2 Acres is plenty.
- Milk/Meat/Wool
- Grass only - need a fence!
- Sheep in the Bible

Pigs

- Very Efficient
- High Quality Food
- Economically Viable
- Simple Electric Fencing
- Intelligent
- Destructive

Cattle

- 1-2 acres
- Can be tamed, to a point
- Milk, Meat
- Relatively Expensive

Crops

- Expanded Garden
- Farmer's Market
- Equipment cost/ maintenance
- Commodities are not profitable
- Great Project!

Resources

- *Sustainable Vegetable Garden*, Jeavons and Cox
- *The Deliberate Agrarian*, Kimball
- *Henry and the Great Society*, Roush.
- *Authentic Agriculture*[™] DVDs, Lighthouse Farm
- Gardening Education Materials, Chicken and Hog Butchering DVDs, Fence Building DVD, Lighthouse Farm

Lighthouse Farm
john@lighthousefarm.com
www.lighthousefarm.com

Lighthouse Farm is located in Princeton, Minnesota, just north of the Twin Cities. We produce 100% grass-fed, organic Beef and Lamb, as well as Pastured Pork, Chicken and Turkey. We make regular deliveries within 2 hours of Princeton, selling meat in bulk or by individual cuts. For more information about our products, or to sign up for our e-newsletter, *Sowing and Reaping*, go to our website: www.lighthousefarm.com, or stop by our exhibitor booth at the MACHE conference.