

An Exploration of Urban and Indoor Farming

Students engage in research concepts surrounding indoor farming options, urban agriculture, and small-scale edible landscaping through both reading and digital research. Using this research students will then familiarize themselves with greenhouse basics to design and upkeep their own indoor garden in the student housing greenhouse, reflecting on the research and reporting on the progress of the plants in weekly WordPress blog posts.

Students could specialize this ILC by adding research pertaining to:

- Climate change and its correlation to the need for indoor farming options
- Vertical farming practices as a method of indoor farming.
- How does exposure to urban agriculture projects impact health and food security in communities?
- Urban farming/landscaping and its relation to air quality, air quality and it's impact on people and food systems.
- Innovative indoor growing/greenhouse designs such as Indigenous underground greenhouses, vertical farming practices, rooftop gardens, indoor/window box planters, dome greenhouse etc.

The History, Philosophy, and Practice of Medicinal Plants

Students engage in research concepts surrounding the historical and practical use of medicinal plants and the philosophy and plant teachings associated with them through reading and digital research. Using this research students will then familiarize themselves with greenhouse basics to design and upkeep their own medicinal plant garden in the student housing greenhouse. Students may choose to focus their garden on a specific time period, region, or community or they may pull different plants from their research.

Students could specialize this ILC by adding research pertaining to:

- Expand on the plant teachings and philosophy by exploring the philosophy of “illegal” plants
- Expand on the plant teachings and philosophy by exploring connections between plants and human psychology/mental health
- Historical use of food and diet as medicine, particularly in Ancient Greece, Rome, and China
- The impacts of climate change on the growth and availability of medicinal plants and the community impact.