



Making your own bamboo spoon with a machete – a must do in Sahainan.



Practical activity: how to use machete, bamboo cups, spoon, and chopsticks making



Practical activity: Sahainan Farm Land Tour



Gardening and tips of planting. We plant mustard green as the ground cover for our dried paddy field. It creates a win-win situation as we can eat the mustard green and reduce weed growth.



Seed saving



Practical activity: visit our spring water and the harvesting



Practical activity: jungle trekking, food forest foraging



Medicinal plants in Sahainan



Making Roselle Jam harvested from the garden.



Making Coconut Oil and Coconut Milk from scratch.



Making organic soy milk by using stone miller.



Our famous delicious Organic Banana Rice Flour Healthy Steam Cake is sugar free, diary free, gluten-free, and hassle free. And the recipe is ready to be shared!



Another all-time favorite here. Fig Jam from food forest and sour dough bread.



You will also have chance to make Thai Green Curry from scratch, with all the herbs and spices from garden.



Farm Pizza from Earthoven.



Our mung bean from the garden. Food harvesting, one of the most important skill.



Practical activity: Biochar making



Examples of natural building in Sahainan



Building with mud, Adobe, bamboo, woods



Use and value animal as resources



Site Visit: Ban Huay Phan - tourism of traditional permaculture life by the village community and the local practical mud-building homeschool. Nan River - the main water supply to river basin in Bangkok.



Working as a designer





We serve organic brown rice or sticky rice in our farm.



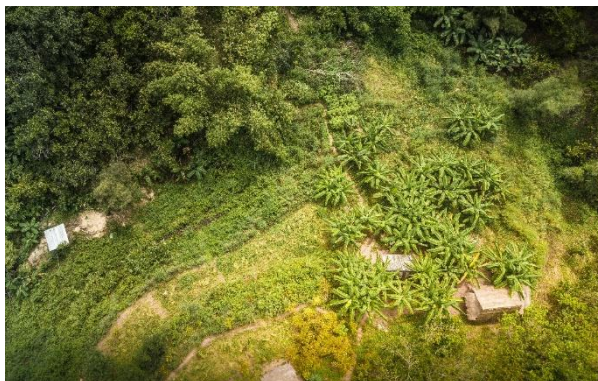
I dreamed to create as less waste as possible. I dreamed to eat from my own garden. Now I am living in my dream. We use bamboo and coconut shell in our kitchen and dinning table.



Living in Sahainan community and share your passion here.



We have plenty of banana. Please join us and help us to eat all the banana cake, banana bread, banana fritter, banana curry, banana pancake, traditional Thai banana dessert and anything about banana.



If you like nature, sustainable living, food, mountains and spectacular scenery view, you will like Sahainan Permaculture Organic Farm.