

HOW TO GET YOUR HANDS DIRTY:

DIGGING INTO THE REGENERATIVE WORLD OF PERMACULTURE



EARTH  GUARDIANS

HOW TO GET YOUR HANDS DIRTY:

Digging Into the Regenerative World of Permaculture

LEAD AUTHOR:

Sierra Robinson | National Council Member, Earth Guardians

CONTRIBUTORS:

Hannah Apricot Eckberg | Abundant Earth Foundation

Jan Mangan | Earth Guardians Mentor

DESIGNER:

Emily Kryska | Graphic Designer, Earth Guardians

Thank you so much to my wonderful editors and dear friends, Hannah Apricot Eckberg from Abundant Earth Foundation and Jan Mangan from Earth Guardians!!! I couldn't have done this without you two lovely ladies! Graphics and photos from: Matt Powers, Hannah Apricot Eckberg and Kim Robinson

At Earth Guardians, we take amplifying the voice and leadership of youth seriously. While we work intergenerationally, we honor the power of peer-to-peer connection and support. For that very reason, we have created this unique line of one-of-a-kind 'How to' Guides written by young Earth Guardian solutionaries, plus an amazing Earth Guardian teacher. The guides are all passion-driven and cover a variety of topics, ranging from ridding your school campus of plastic water bottles to becoming a sustainable fashion designer and more. They have thoughtfully been crafted with the intention of supporting you as you step forward into taking actions in ways you love. From our hearts and minds to yours, we hope they enrich your journey.

TABLE OF CONTENTS

4	Intro: My Story - Who I am, why I created this guide
6	What is Permaculture? Why Permaculture is important
7	Conventional Agriculture vs. Permaculture
8	The Ethics, Principles, and Responsibilities.
9	Principles
13	Permaculture In Action
17	Projects to work on - Host a PERMABLITZ
18	Next Steps: How to get involved
19	Glossary
21	Resources

INTRO: WHO I AM AND MY STORY

"I've always felt a strong connection to the earth, yet even at a young age, it wasn't hard to see that what I loved so much was being destroyed. Permaculture has given me the tools and the mindset to approach the seemingly unsolvable problems of the world with new eyes; it has helped me design, transform and bring life back to beautiful places and it's given me hope that we, as a global community, can learn to live in harmony with the natural world around us again."

~ Sierra Robinson

Now, more than ever, people are starting to wake up, search for answers, and ask themselves "How can we make a more positive difference in our lives and communities to help secure a safe, healthy, just and sustainable future for all? And how can we do this while having a ton of fun?" These are the questions I also ask myself.

Hi,
My name is Sierra Robinson. I'm a 16- year-old permaculture designer, teacher, environmental activist, farmer, videographer, homeschooler, and west coast girl from beautiful British Columbia, Canada.

I've always felt an amazing sense of connection to the Earth. I grew up playing outdoors, climbing trees, working in the garden with my family, running through the forest, catching frogs and just observing the abundant life around me.



Yet, even at a young age, I was very aware that what I loved so much was being destroyed. I read stories about unique and incredible animals that were going extinct. I saw old growth forests disappear and read countless articles about the devastating effects of large-scale conventional agriculture, animal factory farms and the suffering it brings to the land, creatures, and farm workers.

I started to feel lost in all of the "unsolvable problems" and the pain in the world and decided I couldn't just stand by and not do anything. So one morning I woke up and decided to do everything I possibly could to help create the changes that were needed to create a livable future. I think it was this mindset and realization that let me take a step back to look at my own life and the impact I was creating in the world. With the love I felt for the planet came a sense of responsibility of wanting to hold people accountable for their actions and find another way of living that was harmonious with the Earth. I started my journey of searching for hope, solutions, and answers. What I discovered changed my life. (Yes, I know that statement might sound super clique, but I stand by it.)

INTRO: WHO I AM AND MY STORY

At 8 years old, I found a system of solutions called permaculture. I started applying the principles and ethics into my life, I built regenerative agriculture systems, helped plant food- forests and worked with others to help strengthen our local community. Then, at 12 yrs old, I completed my first Permaculture Design Course. This was yet another life-changing experience.

At 13 years old, I completed my Permaculture Teachers Training. It was a dream come true to become a permaculture teacher. Ever since then, I have taught workshops at high schools and universities across B.C. and helped (guest) teach multiple permaculture courses, joined Earth Guardians (EG), started my own EG Crew, and was an intern with Permaculture Magazine of North America. I have found various different ways to share my voice and continue to learn and grow, always focusing on finding solutions to global destruction, whether that be through writing articles, participating in interviews, teaching, traveling and just having epic adventures.

All this was made possible by the wonderful people who have supported me tirelessly: my family, friends, and community. From listening to me rant about ecological disasters to driving me around to teach, I owe so many of my accomplishments to those who have helped me along the way. That is a key lesson I've learned: none of us can do this alone. I'm sure we can all agree that there is a lot of work to do, and changing the world is a big task. Really big. We need each other to be able to do this. We need to be able to join forces with those with similar goals, and we need to use our passions to create change and bring a little activism into everything we do in our lives.



WHY I CREATED THIS GUIDE

This guide is a call to action. It's filled with solutions, accurate, reliable resources, and clear steps you can take in your own community to start using permaculture to implement the change that's needed. This guide is for everyone who is interested in regenerative solutions, agriculture reform, and a new way of looking for solutions to the problems of the world.

I hope that by sharing my story and experience as a young activist, permaculture designer and organizer that I'll help encourage and provide the tools and resources you need to bring permaculture into your life, school, and community.

WHAT IS PERMACULTURE

Permaculture is a design system that is modeled on how natural ecosystems operate. It is a lens to view the world through the eyes of nature, working with it, rather than against it. Permaculture Magazine, North America, defines it as “a way of looking at life and the inherent connections between all beings. It is based on how nature operates, the ways of indigenous people, and incorporates appropriate technologies.”

“Permaculture is a system of agricultural and social design principles centered around simulating or directly utilizing the patterns and features observed in natural ecosystems ...The word permaculture originally referred to ‘permanent agriculture,’ but was expanded to stand also for ‘permanent culture,’ as it was understood that social aspects were integral to a truly sustainable system.”

~ Wikipedia.com

WHY PERMACULTURE IS IMPORTANT

1. Permaculture goes beyond sustainability, rather than just staying the same (sustaining), it is regenerative. This means permaculture is always evolving and growing, becoming better and better rather than keeping things the same.
2. It helps provide a tool-kit of regenerative solutions that are applicable in any landscape for any set of goals or objectives. Permaculture is for all ages, cultures, climates, and places, and can provide a solution to many of the world's problems.
3. Permaculture helps mitigate and manage climate change and its effects through proper design, sequestering (pulling in of) carbon (known as carbon farming) and harnessing the power of readily available resources (the sun, wind, biomass, and other alternative energies) A proper permaculture system helps increase carbon sequestration and water retention in the soil.
4. It improves the health of people, animals, systems and the planet. It creates an abundance of food that is more diverse and nutritious, therefore it helps to encourage healthy diets and creates more stability for local food security.
5. Permaculture builds and increases ecological resilience, social resilience, and supports networks. It helps to build strong communities, creates more socially, environmentally, and economically stable systems that helps to restore and revitalize our communities, health, and farms.
6. It contributes to the conservation of natural resources, including biodiversity, soil, water, and natural ecosystems. It helps to build resilience, and reverses desertification.
7. It empowers and encourages people to take responsibility for their actions and to help create change through their individual talents, skills, and passions.

CONVENTIONAL AGRICULTURE VS. PERMACULTURE.

The chemicals and overflow of waste from concentrated feedlots and industrial farms seep into fresh-water, lakes, streams, and even the ocean, killing huge amounts of wildlife, causing dead zones in the ocean and leading to huge outbreaks of diseases and groundwater contamination.

Every year, conventional farmers are having to put more chemicals and fertilizers into the soil to keep their crops growing due to the depletion of nutrients in the soil from conventional agriculture practices.

This type of agriculture causes desertification. An unprecedented number of droughts are happening and huge orchards and fields of food are dying because we don't have enough water to meet the heavy demand that this type of agriculture requires.

Animals are suffering too. Chickens are stuffed into tiny cages, unable to move or ever see the light of day. They are fed large amounts of antibiotics and hormones, which then we ingest when we eat the animals. Industrial agriculture depletes soil health through tilling and chemical application. This leads to environmental contamination and nutrient deficient food and continues our dependence on fossil fuels for fertilizers and fuel for tractors and shipping of food.

Alternatively, permaculture and regenerative practices use nature's methods to increase soil health, biodiversity, nutrition of crops and works to build a system that doesn't threaten animals and farmers' health with chemicals.

We need a urgent reform of our agriculture systems. Farming is supposed to be about growth, cultivation, and caring for the Earth.



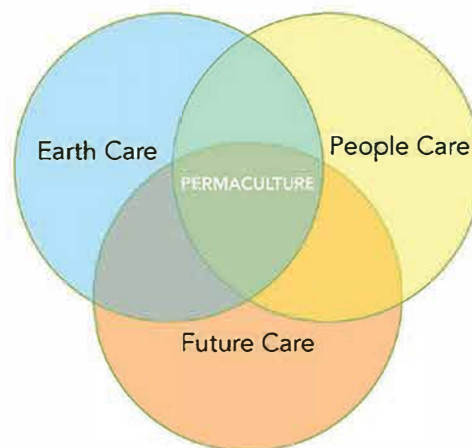
THE ETHICS, PRINCIPLES, AND RESPONSIBILITIES OF PERMACULTURE

Permaculture gives us a toolkit of clear ethics, principles, and design techniques so that we can create systems that work hand in hand with nature. The co-founders of permaculture, David Holmgren and Bill Mollison, worked together to create these core concepts or “guidelines” for permaculture that can be applied to all aspects of someone’s life, not just a garden.

THE 3 ETHICS: EARTH CARE, PEOPLE CARE, AND CARE FOR THE FUTURE

Earth Care

This ethic speaks to the great importance of protecting our planet and its living systems which sustain us: our oceans, rivers, forests, and soil just to name a few. For example, the ocean and the forests are the literal lungs of the planet, creating the oxygen we breathe. The forests and plants play a huge role in the cycle and filtration of the water we drink. This ethic reminds us to stop, slow down, and think about how our every action can, and will, affect the ecosystems of the planet and all of its inhabitants, from the microorganisms in the soil, to a bear or an elephant.



People Care

The ethic of People Care is about considering how our every action will impact other people. This ethic focuses on the critical importance of building companionship, collaboration and strong, healthy, resilient communities that prosper. We can do this through surrounding ourselves with like-minded people who have similar goals, but also by embracing diversity, respecting other opinions and looking for ways to collaborate with others.

People Care is the social aspect of the permaculture ethics, but it also brings to light the importance of starting with ourselves. It reminds us about the need to build up our own wellbeing and our individual responsibility to the world around us. It encourages us to take responsibility for the outcome of more than just our own futures: to look at the ways we can help create change in the world, rather than pointing a finger at others. Before you take an action, this ethic invites you to ask yourself “Will this action be a benefit to me and all others?”

Care for the Future: (also known as Fair Share, or Share the Abundance)

This is the ethic that links them all together. It’s about applying the previous two ethics with careful thought and consideration for others and the future. It looks at how we can strive towards creating more equality between people and other species; those living today as well as those who will live in the future. When permaculture is properly applied, you will produce more than you need. This ethic is about keeping what you need then sharing that surplus, or extra wealth, with others.

Think about how your actions and consumption of resources today will affect the generations to come. If you are picking flowers, do you leave some so that they may re-seed and be able to continue to grow in the future?

PRINCIPLES

What many people don't realize is that you can use the permaculture principles as not only as a guideline for farms, gardens and the practical implementation of a permaculture design but for your way of thinking and living. You can apply them in the social aspects of your life, business, education, your home, and all aspects of everyday life.

DAVID HOLMGREN'S PRINCIPLES, with my own personal examples, and action steps to apply them to your own life.

1. Observe and Interact

Take the time to slow down, watch and engage with nature. We then see things that we wouldn't have before, we see the connections between elements and the possible problems that might arise if we did something a certain way. Then we can design solutions and systems that suit the particular situation.

Example: My family was getting a cow and we knew we needed to build a barn for her. Instead of slowly taking time to observe what was happening on the land, we decided to randomly place the barn at the bottom of a hill (it was one of the only semi-flat spaces we found). It turned out to be a spot that naturally floods in the winter. It would have been a better spot for a pond. If you take that little bit of extra time you'll notice things that you didn't before and design appropriately and save money, time, work, energy, and resources.

Action Step: Observe what's happening around you before you act or design a solution, whether this is for a piece of land or an organization.

2. Catch and Store Energy

It is just what it sounds like, catch and store available energy so you can use it in the future. By developing systems that collect available and onsite energy and resources when they are abundant, we can use them in times of need and become more self-sufficient.

Example: You can do this by gathering rainwater off roofs when it rains to use for irrigation throughout the drier months or using solar panels to store sunlight and convert it to the useable resource of electricity.

Action Step: Think about what energy you have the most of and how you can use and store some of it for the future? Try preserving fruits and veggies by canning, drying and freezing them. If a tree falls down, store some of that as a woodpile for winter fuel.

3. Obtain a yield

This is one of the most exciting principles; when you start seeing results from your hard work! If you are planting a garden, make sure there is a good variety of different plants so that if one doesn't do well, others will.

Example: Before you put too much time or energy into a project be sure that you will be able to get something beneficial in return (yields) along the way. (those yields might be food, produce, money, support, or friendships) Don't waste your energy on something that does not produce results.

PRINCIPLES CONT...

Action Step: Try to redesign things in your life so that they can be more productive and beneficial for you. What is missing balance in your life? Is it school, your diet, work-life, money, the amount of time you spend outdoors or exercising?

4. Apply Self-Regulation and Accept Feedback

We need to be able to assess/judge what we do and be open to both positive and constructive feedback from others. This ensures that the systems can continue to function and grow to their highest capacity possible. We can do this by learning from our mistakes and from the mistakes of others, and not taking feedback personally, but seeing it as an opportunity to learn from. It's about gracefully and respectfully listening to feedback and then being able to apply it.

Example: Self-regulation, and self-awareness are important to realize when we need to change and grow, whether that be in a natural ecosystem, in a community, or on a personal level. If a friend or teacher suggest a different way to do something, try it before you judge it. Or, if you set up a rainwater catchment system and it blows down in the first storm, use that as feedback to try it a different way.

Action Step: Find a way to observe what you are doing currently and what might be able to be changed. What works well for you and what does not? Give yourself feedback.

5. Use and Value Renewable Resources and Services

This principle is about recognizing, utilizing and valuing nature's abundance of natural resources, services, and energies so that we can reduce our consumption and our reliance on non-renewables.

Example: The sun could be used for solar power, rain could be stored for watering crops, wind could power a windmill and create energy to use for electricity. A chicken can provide many resources such as eggs, meat, manure, feathers, pest management, and cleaning up behind other animals.

Action Step: How can you use and value renewable resources in your life? What resources are there an abundance of? Recognize them and value them.

6. Produce No Waste

In nature and natural ecosystems, there is no such thing as waste, everything is used by something else. This principle really builds off the last one. By valuing and making use of all the things we have and the resources that are available to us, nothing goes to waste. To apply this principle in a permaculture design, we need to keep in mind that "waste" is just an unused, or misplaced, resource, yet to be utilized.

Example: My Earth Guardians Crew and I went to the beach and picked up plastic waste we found. Instead of throwing it away or recycling it we used it to create an art piece called "The Wave of Waste," which now travels to schools and universities to teach about plastic in the ocean and bringing art and celebration into activism.

Action Step: Before you throw something away ask yourself how can you reduce, reuse, reinvent or recycle it? Try starting your own compost pile or worm farm for leftover foods.

7. Design From Patterns to Details

This principle tells us to step back and observe the bigger picture (the patterns) before we fill in all the smaller details. There are patterns all around us, in every single thing. From patterns in the universe, in space, to the nanoparticles and tiny atoms that we are all made up of. The spiral in a young fern mirrors the pattern of a galaxy's spiral. There are patterns in the branching of rivers and trees that match the patterns of veins in our body.

Example: This principle reminds us to work with nature and its existing patterns in order for things to be as easy and efficient as possible. If you are designing a walkway or path, observe the patterns and paths that people naturally walk in the area already. Then follow that pattern rather than creating a new one that goes against the pattern already in place.

Action Step: What patterns do you notice around you? How can you work with the natural patterns of nature rather than against them?

8. Integrate Rather Than Segregate

This principle reminds us that everything is interconnected. That life is about connections and is reliant on all the relationships and interactions between different elements in a system (the plants, animals, organisms, and biodiversity.) We cannot design or be a part of a healthy resilient system if we don't remember this. That's why the planet and its people are in such a crisis mode right now because of the mass disconnection between everything.

Example: If there is someone at a gathering that is not talking or participating in the exercise, ask them how they would like to be part of it, or invite them to lead a section so they are part of the experience, rather than separated from it.

Action Step: Try companion planting with crops in your garden. Research about food forests to discover how everything is part of the system!

9. Use Small and Slow Solutions

Small systems are easier to maintain and manage and if something goes wrong, it is not as big a deal as if it were a larger system. This principle encourages us to slow down, and take time for feedback, observation, and adaption, so we can think about the long run (future goals), not just the quick easy fixes that often create more work for us in the end. Slow down enough to make smart decisions, be more conscientious and make sure we are not missing out on critical steps when applying this principle. Big and fast solutions usually use more energy, money, resources, time and they cause unneeded stress on people and the environment.

Example: On a personal level, it's about taking care of ourselves and pacing ourselves in the work we are doing to avoid burnout and unnecessary mistakes. If you are starting a group, have your first event planned for 10 people rather than 100. In agriculture systems, it might look like planting perennials: yields might start smaller but they build up over time to become more and more productive.

Action Step: Are there places in your life that you could benefit from this principle? Can you simplify and slow down anything in your life in order for it to be more productive? Take the time to put in place a design so you have a clearer and more effective path to success. “If in doubt, SIMPLIFY!”

10. Use and Value Diversity

Diversity is at the core of any vibrant, healthy, resilient, productive, functioning system. It is what makes nature so strong: a healthy forest is made up of many different species, if one gets a disease then the others will continue to grow. The more diversity, the healthier the ecosystem. The same applies to human society and our interactions in our own communities.

Example: “Permaculture designs should always try to incorporate a wide variety of plants, animals, and approaches. This is not just for the sake of it, but because diversity can act as an insurance policy - if one crop fails, another may succeed. Take apples as an example; a healthy diverse orchard will contain trees that flower early in the season, ones that flower later on, ones for eating, and ones for cooking. If an early frost ruins one type of tree, others will be popping out flowers later on.” ~ from www.permaculture.org.uk/principle/10-use-and-value-diversity

Action Step: Ask yourself what are you good at and what your unique skills are? How can you work together with other people and value their uniqueness in what they have to share and offer?

11. Use and Value Edges

Edges are some of the most interesting, productive, and biodiverse places, with huge potential for utilizing elements and resources that come together at these places of intersection.

Example: Think about it a meadow/ field is home to all sorts of plants and animals, so is a forest. Where the two of them meet, the edges, or the interface, have more diversity and abundance than just the forest or meadow on its own.

Action Step: See how many edges you can count in one day. Look for where different areas come together. How are the intersections of areas different from the spaces on their own?

12. Creatively Use and Respond to Change

This principle reminds us that change is inevitable, everything is always changing and we can't control that. However, we can control what we think about it, and how we individually respond and adapt to it. We need to be able to respond to change in ways that are creative, cooperative, innovative, and well informed.

Example: If you are planning an event outside and an unexpected storm moves in, how do you respond? By thinking creatively you can find ways to create indoor activities instead that might be just as fun.

Action Step: Next time something does not go as you planned, take time to find a creative alternative that might be even more enjoyable than the original idea. Learn to think of the unexpected as an opportunity rather than a problem.

PERMACULTURE IN ACTION

“Though the problems of the world are increasingly complex, the solutions remain embarrassingly simple”
Bill Mollison, co-founder of permaculture

Definition of Permaculture Design

“Permaculture Design - Is a process through which people can create systems which mimic nature's patterns, giving maximum effect for minimum effort. The permaculture design process includes careful observation of both the people and landscape, analyzing the data gathered, making design decisions, planning the implementation and creating low maintenance systems.” From: The Children in Permaculture Manual by Lusi Aldreslowe, Gaye Amus, and Didi A. Devapriya

How To Apply Permaculture

Every project is completely different. It depends on the land, the person's wants and needs, the resources available, and many other components. You need to be constantly able to adapt your idea/project to the land and the people around you. Every situation will be a little different every time depending on the people involved and other circumstances. For the purposes of this curriculum, we will look at the design process for a landscape.

Here are a few standard steps to take to approach a design for a project:

- 1.** Observation and the first overall analysis. Observation is an incredibly important piece of permaculture. It is, after all, the first principle. If we are able to sit with the land we can gather information about what is happening. We can then develop our initial design plan and learn what certain steps and strategies to take so that it fits our needs and the land in the best way possible.
 - Walk the land or sit and just watch for a while. See what you notice first.
 - At a first glance, what are the initial thoughts about the landscape, area, or place you want to design? What things come to mind?
- 2.** Draw out a map of the land, including everything you see and everything you might want to create. Include pathways, structures, readily available natural resources, land boundaries, types of plants, micro-climates, and even the power systems. The more details the better!
- 3.** Keep a journal, recording all that you see. The more time spent on this step the better! Keen and vigilant observation in the beginning steps will help avoid poor decisions in the future. Ideally, this period of observation would be spaced out over the span of a year in order to see how each season affects and changes the site. An important tip is to try to keep an open mind. Don't just judge the land by how it looks in that moment. Think ahead, think big picture!

PERMACULTURE IN ACTION CONT...

- What will it look like in the winter months or in the spring? How will the changing weather and seasons affect the land?
- Keep records of how the sun and/or shade moves across the land, what patterns do you notice? What resources (plants, organic matter, water, sun, wind, etc.) are available and how they will affect your design. For example, what are the average rainfall patterns? How much sunlight will the land get during the different months of the year?
- Look at the types of plants growing wild on the land, they will tell you so much! For example they can tell you the type of soil you have, its moisture content, and even what minerals and nutrients it is high or deficient in.
- Find, use, and create microclimates. Have you ever noticed a place where the snow always melts first, or where it is always a little bit colder? Or a spot where the flowers come up first? These are microclimates. In this type of design it's always good to know where these spots are so you can work with them to change or enhance them. A frost-pocket microclimate could be opened up and changed by trimming branches or creating wind blocks with other types of plants, and the places that are rocky and drier you could plant heat loving plants that work with the microclimate. The size of a microclimate can range from a matter of square inches to square miles.

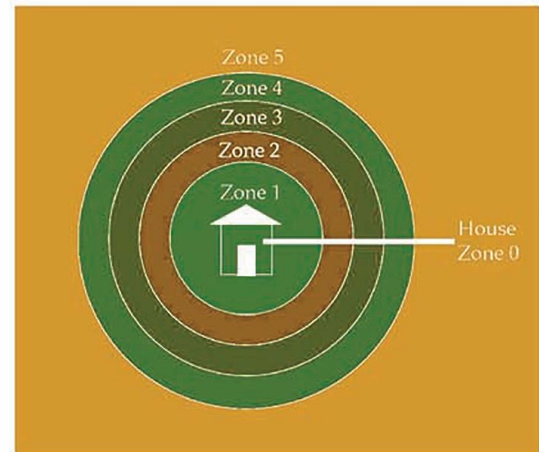
4. Do a Sector Analysis. Identify the different sectors of the land and design with them in mind. In short, sectors are those outside energies or elements that are affecting your site. For example, the Sound Sector might be a certain amount of space that you can hear the sounds of the road, or your neighbor's dogs, or the teenage kids next door with their new rock band that practices every night.



- Think about the space you are designing, Is there certain spaces or areas that are louder or quieter? Places that are sunnier or drier? I encourage you to think about planning with the different sectors in mind. Don't make the mistake of putting an eating area/ picnic table right next to your neighbor's pig farm - The Smell Sector. And, don't accidentally put your sun-loving plants in the shade of a giant tree, the Shade Sector.

PERMACULTURE IN ACTION CONT...

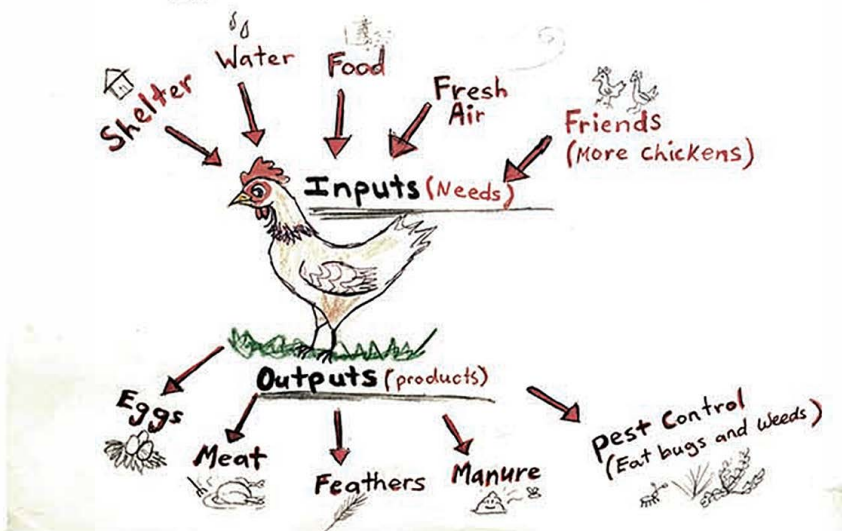
5. Start Zone Planning! Zones in permaculture design are referring to the placement and grouping of certain elements, like plants, animals, or tools, based on how frequently they are used or interacted with. Zones are designated by numbers 0-5, with zero being the home and moving out to zone 5, which is pretty much left alone most of the time. When designing a landscape, put things you use often close to the home (in zones 1 or 2), and move out from there.



6. Analysing and Connecting Components. Start designing and making decisions on the patterning and placement of different components based on their characteristics and how they fit into the system. It is like putting all the pieces of a puzzle together.

Now that you've looked over the land and have a big picture idea, it's time to analyze the details. Listing out the Inputs and Outputs is a great way to figure out if a component fits into a system! They work to identify connections between elements and show us if they will be worth our time and energy to build into our systems. It is almost like a pro and con list. To explain what I mean by this, I'm going to introduce you to the Permaculture Chicken, a concept permaculture founder, Bill Mollison, often used.

THE PERMACULTURE CHICKEN



- We can list out what we know, the breed characteristics (how is that type of chicken different from others), needs (what the chicken needs - the resources it requires), and products (like eggs, meat, feathers and poop).

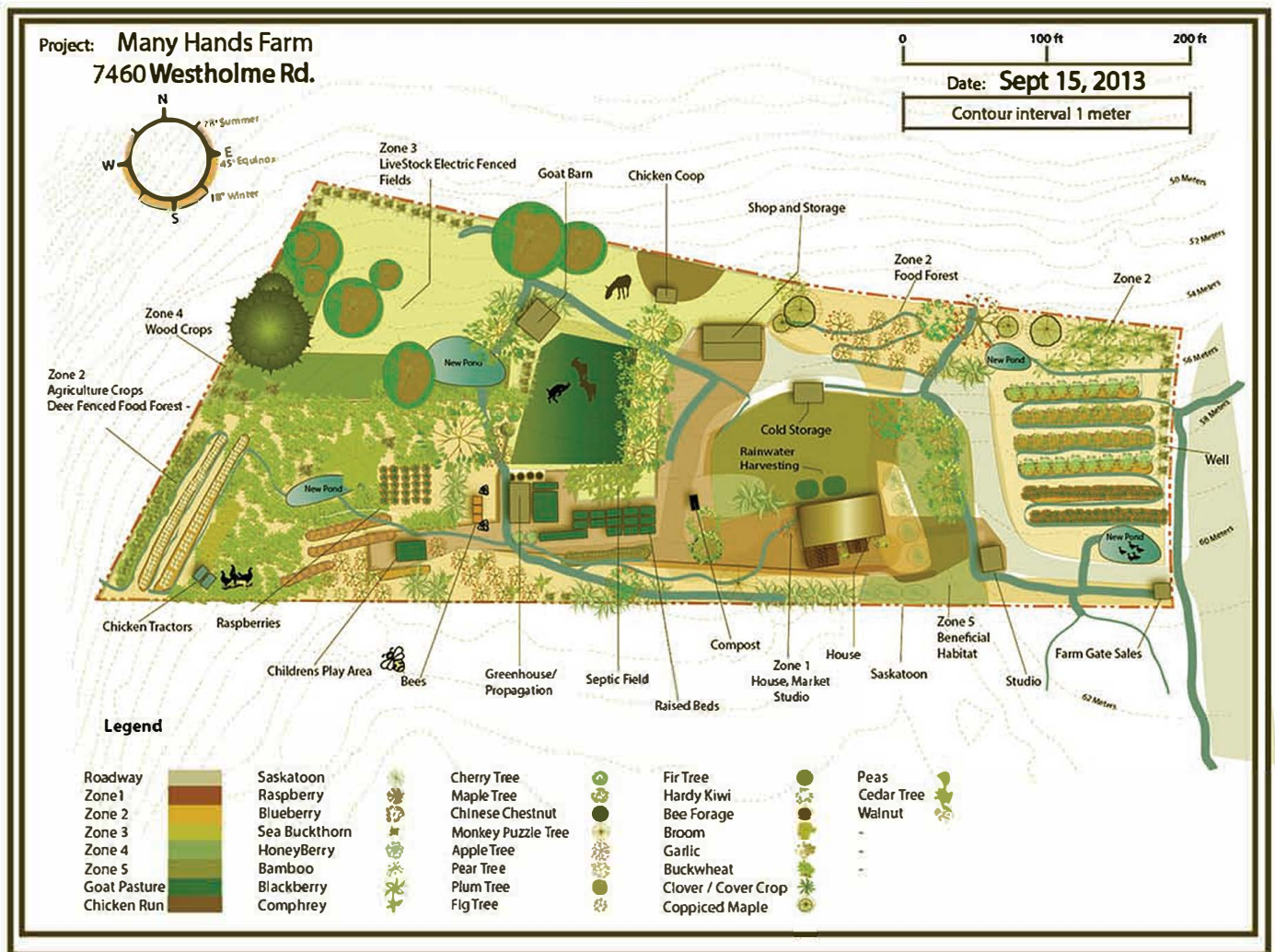
- As a broad classification all of these things are put into two categories the "Inputs" and "Outputs": Does it go into the chicken or come out of it?

By listing out different components and their Inputs and Outputs, we can start seeing the connections between them and how they benefit each other. We then know if it's worth bringing those components into our design. Ask yourself "Is what we get out of it worth everything that we have to put into it?"

PERMACULTURE IN ACTION CONT...

7. Writing up the design. Now that you have everything mostly planned out, draw up your maps, and design in clear detail. Write up a materials list of different supplies you might need for the project and source out places to get them. Find out what your budget and timeline is;

- How much will everything cost?
- How long will the process of implementing it take?
- Write out a clear list of action steps and goals to take to make the project happen.
- Planning is a big part of permaculture, but so is flexibility.
- Make a plan, but know that things will also change to some degree.
- Use your plan as a map, but expect the unexpected.



PROJECTS TO WORK ON

8. Implementing the design “Getting the work done” Now that you have the design and have the ideas written out clearly, you are ready to create! A permaculture design is an ongoing process that is ever changing, as you adjust and evolve depending on how everything is working. Over time you’ll have new ideas that you can add to your design to make the project even stronger.

This is a great time to host a Permablitz.

WHAT IS A PERMABLITZ?

A Permablitz is pretty much a party/gathering where work gets done. There’s often music, food, and lots of friends. The whole idea of it is to get people together to work on a project; like planting a garden or food forest, building worm compost, a treehouse, a chicken coop, or some other fun project.

Here are a few steps to hosting a Permablitz:

- 1.** Decide on the project you want to work on, choose something achievable for the day with the number of people expected and the resources you have.
- 2.** Choose a place, date and time.
- 3.** Send out an email, group text or put posters in coffee shops around town. Tell your friends and family to come and bring their friends!
- 4.** Make sure that you have all the need supplies ready or ask people to bring specific items, like shovels, food for a potluck, gloves, hats, water bottles, and work boots.
- 5.** Have things organized so when people show up they can work on specific steps to help complete the project. Make sure everyone feels included and finds a way to be part of the work and the fun. Music and food will help keep people happy and motivated.
- 6.** Most importantly, plan to have fun!



NEXT STEPS: HOW TO GET INVOLVED

This guide is intended to introduce you to the concepts of permaculture and to inspire you to use the principles and ethics, whether you are creating a garden, Earth Guardian Crew, or any other project. Our generation will have much work to do to repair the environment and social systems we will inherit. Permaculture offers us a tool chest and roadmap to create a world that heals the damage done and move towards a future we wish to create.

NOW THAT YOU KNOW ABOUT PERMACULTURE, HOW CAN YOU SHARE IT WITH THE PEOPLE AROUND YOU?

1. Research more, dive deeper, continue to learn and practice implementing it.
2. Check out the resource section of this guide and continue to learn more about permaculture and regenerative design systems.
3. Amplify your impact by joining like-minded youth in an Earth Guardians crew, or consider starting your own!! To learn more, go to www.EarthGuardians.org/crews.
4. Bring permaculture to your community, life, school and Earth Guardians crew.
5. Reach out in your community to collaborate with local organizations, designers, young people and build up mentorships around you.
6. Attend an Intro to Permaculture Course, take an online class, and/or attend a Permaculture Design Course.
7. Host a Permablitz or event to help your community build relationships and partnerships.
8. Use and apply the permaculture principles in your life; beautiful things will emerge.
9. Share your stories and use your voice. Follow your passions and bring activism into your everyday life.

Do everything you can to create change, learn about the problems that are closest to your heart. Use your passions, your skills. Do what lights you up and what makes you happy and share it with the world in a way that helps all of us. We all need to bring a little bit of activism into everything we do.

A SHORT PERMACULTURE DICTIONARY (GLOSSARY)

*Definitions from The New Oxford American Dictionary. (* marked definitions written by the author)*

Alternative Energy - energy generated in ways that do not deplete natural resources or harm the environment, especially by avoiding the use of fossil fuels and nuclear power

Biodiversity - the variety of life or species in the world or in a particular habitat or ecosystem

Biomass - the total mass of organisms in a given area or volume

* Carbon farming - farming techniques which pull carbon from the atmosphere, through the growth of plant roots, and put more carbon back into the soil then it releases, commonly through the use of certain animal grazing practices or specialized tractors

Companion planting- "the planting of different crops in proximity for any of a number of different reasons, including pest control, pollination, providing habitat for beneficial creatures, maximizing use of space, and to otherwise increase crop productivity." ~Wikipedia

Degeneration - the state or process of being or becoming degenerate; decline or deterioration: overgrazing has caused serious degeneration of grassland

Depletion - reduction in the number or quantity of something

Desertification - the process by which fertile land becomes desert, typically as a result of drought, deforestation, or inappropriate agriculture

Equality - the state of being equal, especially in status, rights, and opportunities: an organization aiming to promote racial equality

Equitable - fair and impartial, with the goal of equality: an equal balance of power

Ethics - moral principles that govern a person's behavior or the conducting of an activity: a code of ethics

Ecological - relating to or concerned with the relation of living organisms to one another and to their physical surroundings: one of the world's worst ecological disasters, pollution is posing a serious threat to the ecological balance of the oceans.

* Food forest - An area with many different species of trees, bushes, and plants of differing heights and functions, many of which are edible.

Food security - the state of having reliable access to a sufficient quantity of affordable, nutritious food

Inhabitant - a person or animal that lives in or occupies a place

Implementation - the process of putting a decision or plan into effect; execution: she was responsible for the implementation of the plan

Intersection - a point at which two or more things intersect, or come together

Microclimates - the temperature, humidity and other weather aspects of a small or restricted area, especially when this differs from the climate of the surrounding area.

Microorganism - a microscopic organism, especially a bacterium, virus, or fungus

Monoculture - the cultivation of a single plant species in a given area

A SHORT PERMACULTURE DICTIONARY (GLOSSARY) CONT...

*Definitions from The New Oxford American Dictionary. (* marked definitions written by the author)*

* Permaculture - a design system which aims to create regenerative human habitats by following nature's patterns

Principle - a fundamental truth or proposition that serves as the foundation for a system of belief, behavior or reasoning

Perennial - lasting or existing for a long period of time; enduring or continually recurring. (a plant) lives for several years. Most trees and bushes are perennial and don't need to be replanted each year.

* Regenerative - a rebuilding, strengthening, regrowth, or improving of something

* Swale - A landform carved out of dirt with a peak, a trough, and another peak. Designed to either retain or drain water depending on the slope it is built on. Often used to plant trees in to take advantage of water capturing ability of the landform.

Sequester- to remove or set apart; segregate or hide. To cause to withdraw into seclusion, remove or isolate (a chemical, often a gas) from an environment by incorporation, mixing, or insertion under pressure; plants sequester toxins from wetlands

* Sectors- Categories of influences. Example, a wind sector shows the influence of the prevailing winds

Sustainable - able to be maintained at a certain rate or level. Keeping things at a steady level, where depletion is equal to replacement.

Surplus- an amount of something left over when requirements have been met. The extra.

* Zones - the placement and grouping of certain elements, like plants, animals, or tools, based on how frequently they are used or interacted with.

RESOURCES

My information: Find me on **Instagram: @sierra.r.r**

Check out my **website: ChasingChange.ca** (Follow our journey of searching for solutions and subscribe to our channel)

Permaculture School Curriculum:

Matt Powers from “The Permaculture Student” offers incredible permaculture curriculum, online courses, and books.

Find them at: **www.ThePermacultureStudent.com**

FILMS, VIDEOS, AND MUSIC:

InHabit, a Permaculture Perspective: **www.inhabitfilm.com**

or **www.youtube.com/watch?v=9U56O6LDyLQ&t=1s**

Charlie Mgee- Formidable Vegetable Sound Systems: **www.FormidableVegetable.com**

(find his music on YouTube)

PolyFaces Film: **www.polyfaces.com**

Greening the Desert by Geoff Lawton: (on YouTube) **www.youtube.com/watch?v=ITph5GJoKbA**

BOOKS AND MAGAZINES:

Permaculture magazine:

Earth User's Guide to Permaculture Design: by Rosemary Morrow

The Power of Pulses: by Dan Jason, Hilary Malone and Alison Malone Eathorne

5 Steps to a Regenerative Lifestyle: by Matt Powers

Permaculture: Principles and Pathways Beyond Sustainability: by David Holmgren.

permacultureprinciples.com

Earth Care, People Care and Fair Share in Education, The Children in Permaculture Manual: by Lusi Aldreslowe, Gaye Amus and Didi A. Devapriya

WEBSITES AND PERMACULTURE IN ACTION:

O.U.R. Ecovillage: **www.OurEcovillage.org**

Abundant Earth Foundation: **www.AbundantEarthFoundation.org**

Geoff Lawton from Zaytuna Farm: **www.geofflawtononline.com**

(check out his website, videos, and online courses.)

Many Hands Farm: **www.manyhandsfarm.com**



EARTH GUARDIANS

reachout@earthguardians.org

720-263-2292

www.earthguardians.org

 [@earthguardians](https://www.facebook.com/earthguardians)

 [earthguardians](https://twitter.com/earthguardians)

 [earthguardians](https://www.instagram.com/earthguardians)

