

Permaculture Women's Guild Permaculture Design Course

Please feel free to add suggestions, for your own articles and for resources you recommend.

Permaculture 101: Strongly recommended reading for all permaculture students (and teachers!)

Mollison, B. C., and Slay, Remy Mia. Introduction to permaculture. Tagari Publications, 2011.

Macnamara, L. *People and Permaculture*. Chelsea Green, 2012. Print

Flores, H.C. Food Not Lawns: How to Turn Your Yard into a Garden and Your Neighborhood into a Community. Chelsea Green Publishing, 2006. Gardening can be a political act. Practical wisdom on ecological design, community-building, soil-building, and revolutionary “guerilla gardens”. Her chapter on water is an excellent primer for the learning objectives in this water module's a download

Warhurst, Pam. How we can eat our landscapes. Pam Warhurst describes how she and Mary Clear started incredible Edible, now a world-wide movement.

Sampson-Kelly, April. “Difference Between Organic Gardening and Permaculture.” *Permaculture Visions Online Institute*, 5 Feb. 2016, www.permaculturevisions.com/difference-between-organic-gardening-and-permaculture/.

Francis, Robyn, et al. “The permaculture story: from ‘rugged individuals’ to a million member movement.” *Australian Permaculture Magazine*, Oct. 2014, www.pipmagazine.com.au/. (PDF download)

Alexander, Christopher. [A Pattern Language: Towns, Buildings, Construction](#). New York: Oxford University Press. 1977. This book is an extremely useful

resource for design creation, as it provides more than 250 patterns for design problems with solutions, particularly in relation to the built environment.

Reynolds, Mary. *The Garden Awakening: Designs to Nurture Our Land & Ourselves*. England: UIT Cambridge Ltd. 2016. Provides old Irish ways and methods of working with the land and designing magic and deeply interconnected spaces. Beautiful drawings encourage an expansive design visioning mind.

Smith, Caroline. "Permaculture: History and Futures." *Centre for Australian Foresight*, June 2014, cfaf.com.au/. (PDF download)

Hemenway, T. *Gaia's Garden: A Guide to Homescale Permaculture*. 2nd Ed. Chelsea Green, 2009. Print

Mollison, W. *Permaculture: A Designer's Manual*, Tagari Publications, 1988, 1991. Print

Doug Crouch's website [TreeYo Permaculture Education](#) is a comprehensive website for reading along with his PDC. It is designed to be an online book, modeled after Bill Mollison's opus: *Permaculture: A Designer's Manual*.

Aranya. *Permaculture Design: A Step by Step Guide*. England: Permaculture Publications. 2012.

Cruz, Sandy and Jerome Osentowski. [What is Permaculture?](#) Sandy and Jerome give great examples of the importance of imitating nature through permaculture principles in action. This article is personally important to me, paying homage to my teacher. Sandy is my first teacher and permaculture mentor, she studied under Bill and has taught a large cohort of students in Colorado over the past 20 yr.

Mollison, Bill. [Permaculture Two: Practical Design for Town and Country in Permanent Agriculture](#). Chapter 2.7: pp 24-28. Accessed 15 November 2017.

[Carson, Rachel. Silent Spring. Houghton Mifflin Company.](#) 2002. This classic book touched off a national debate on the use of chemical pesticides, the responsibility of science, and the limits of technological progress in the 1960s.

Winona LaDuke: [here is a video](#) explaining why we need to reduce our reliance on non-renewable resources.

Clayfield, Robin. [You can have your Permaculture and Eat it Too!](#) Introduction to permaculture with an emphasis on people care, gardening, and cooking.

Articles on all topics, written by the PWG Faculty:

Amy Stross

Stross, Amy. [The Suburban Micro-Farm: Modern Solutions for Busy People](#). Twisted Creek Press, 2018 (2nd edition). My book focuses on regenerative gardening techniques and water-wise permaculture techniques like swales, earthworks, terracing, rain gardens, and strategic planting for residential properties.

Stross, Amy. [Tenth Acre Farm: Permaculture for the Suburbs](#) website. This is where I share my discoveries and ideas for bringing permaculture to suburban and residential areas, which are useful for both residents of these areas and designer-consultants who serve them. Here are a few of my articles that are relevant to the discussions in this module on water:

- [5 Ways to Prevent Soil Erosion](#)
- [12 Perennial Crops to Grow in Wet Soil](#)
- [Connecting Rain Barrels to Rain Garden Overflow](#)
- [Contour Gardening](#)
- [Here's a Quick Way to Terrace a Hill](#)
- [How to Construct a Swale in the Residential Landscape](#)
- [Infiltration Trench + Berm with Rain Garden Overflow](#)
- [Mulching in the Permaculture Garden](#)
- [What is a Swale and Why You Need One](#)

Charlie Gray

Ethnobotany publication from me and my tutor, 2008, documenting Russian/Ukrainian herb use: Pieroni, Andrea & Gray, Charlie, *Herbal and food folk medicines of the Russlanddeutschen living in Künzelsau/Taläcker, South-Western Germany*, Journal of Phytotherapy Research, July 2008.

Podcast interview with Charlie Gray on topics of urban community farming & nature connection: *Sentient Seas: Consciousness, Ecology and Creativity: fed from the rivers, Podcast 7: Charlie Gray: Urban community farming & the connection of nature*, September 29th 2016.

Blog post on Horton Community Farm's Open Day in September 2016: *The Pollen Gardens*.

My website! *Gray, Charlie, Notes from the field; Urban ethnobotany, permaculture and nature connection*, 2017.

Crystal Stevens

Growing and preserving your own food is an important component in the Home System. Here is an article on the age-old art of *hot water bath canning*.

Some additional methods of *preserving the harvest*.

Here is an article on Probiotics, with easy recipes for lacto fermented vegetables and sauerkraut.

Here is an article on *botanical tea blends*.

Here is an article on *DIY Herb and fruit infused waters* using fresh homegrown herbs infused in water in mason jars. Within the Home System, it

is important to reduce plastic consumption and learn everyday tips and tricks to become more self reliant.

Here is an article on composting and [vermicomposting](#).

Diana Sette

Sette, Diana. "[hugelkultur 101](#)" *Permaculture Design Magazine, Issue #101 Permaculture At Work*. August 2016.

Sette, Diana. "[Extreme Resilience: Rain Gardens & urban Trees](#)." *Permaculture Design Magazine, Issue # 100 Water Extremes: Drought & Flood*. Summer 2016.

Jennifer English Morgan

English-Morgan, Jennifer. [Clear Compassionate Communication Tips](#). Gaia University Creative Commons. November, 2017. This handout contains tips on how to effectively create a safe space, actively listen, ask questions, use non-verbal communication and give feedback.

[Designing the Inner Landscape](#): 15-minute video on being a designer

[Inner Landscape Design Nuggets](#): 20-minute video covering 11-steps for intra/interpersonal design

[Guided Meditation](#): 33-minute video on cultivating presence

Here are several articles on assessing the scale and scope of design as a field, exploring the evolution of design thinking, and comparing various design models.

[Permaculture and Emergence: An Introduction to Design](#)

The process of Emergent Design creates awareness and agility, enabling people to gain more skill in embracing life's uncertainties. When we are intentional, present and holistic in our thinking, we can release expectations

and indeed be proactive in harnessing the opportunities of the present moment. If we accept change, upgrade our outdated modes of operating, and move towards an approach that values and serves life, then we are tapping into powerful possibilities.

Emergent Design : Finding the White Tiger Design has to do with living intentionally. It is a natural way in which we interact with the world around us. It's how we make decisions every day. Design is a roadmap for manifestation. There is a distinction made between how a person engages (designer) using ideas and beliefs (design thinking), within the context of design as a science (the study of design), with a design process (methodology) then specifically with the design object (project), and its related design challenge (intervention) and design solution (vision.) This article address each of these components of design and looks at principles for Emergent thinking.

Principles of Presence: Applying Permaculture Design and Integral Theory to Personal Development. Social Permaculture and Social Systems Design are relatively new fields and are already transitioning into a more integral approach in response to our rapidly changing world. This article looks at Integral Theory and mindfulness practices, and Permaculture principles for designing intrapersonal development and social systems.

Permaculture Podcast with Scott Mann. 2015. Episode 1519: Social System Design with Caroline Wallace and Jesse Peterson

Karryn Olson

A Pattern Language for Women in Permaculture.

Karryn models the article after Christopher Alexander's book, A Pattern Language. She shares 8 powerful patterns for how women can effectively show up and engage in the field of Permaculture, and within our communities.

Olson, Karryn. "Best Practices to Support Women in Permaculture."
Permaculture Design Magazine: "Decolonizing Permaculture" issue, Fall 2015.

The World Needs an Anti-Harassment Movement: So Does Permaculture. This article points out that the permaculture community needs to grapple with the fact that the decentralized community we have designed makes it very easy for "hot button" issues to slip off the meeting table, because they are essential "hot potatoes" that are hard to want to take ownership of, because it takes a HUGE AMOUNT of unpaid work to steward such policy, especially in an effective and community-building way. The question for the permaculture movement then, is: Who ends up doing this unpaid work? The article ends with a call for more men to assume leadership on this issue.

Harvesting Abundance: Another Twist on the Third Ethic of Permaculture
Explore four versions of the third ethic and how they can serve as lenses for designing right livelihoods that can have regenerative impact.

What's "Degenerative"? What's "Regenerative"?
Two videos exploring this concept—by learning from the soil.

"Right Livelihood": a pattern for shifting towards life-honoring work
Outlines the background of the concept of "right livelihood" as a basic pattern that can give rise to regenerative economies
How can Our Livelihoods be Regenerative?

So What IS a Regenerative Right Livelihood?

The Power of Regenerative Entrepreneurship (video)

Redirecting our life energy from degenerative systems: Lessons from a Sunflower

When to invest in your right livelihood

Planning the next year in our regenerative right livelihoods

Looby Macnamara

[Macnamara, Looby, People and Permaculture, Permanent Publications, 2012](#)

[Macnamara, Looby, 7 Ways to Think Differently, Permanent Publications, 2014](#)

[Macnamara, Looby, Strands of Infinity, Aspect Design, 2016](#)

More of Looby's Cultural Emergence videos here:

<https://www.youtube.com/watch?v=bAAFL4gQaE>

<https://www.youtube.com/watch?v=7thTBI5HQm8>

<https://www.youtube.com/watch?v=RuXCnl3p4kQ&feature=youtu.be>

Cultural Emergence facebook pages/groups

[Activating Cultural Emergence Women's Circle](#)

[Cultural Emergence page](#)

[Permaculture Magazine on Facebook](#)

Maddy Harland

[Harland, Maddy, Fertile Edges, Permanent Publications, 2016](#)

[Maddy Harland's Blog](#)

[Permaculture Magazine on Facebook](#)

Here is an article that describes how Maddy Harland, editor of Permaculture Magazine, transformed her site from grass to garden! Harland, Maddy. "[How we made a garden of edible delights: monoculture to permaculture.](#)" 9 July 2014. The Guardian

Harland, Maddy. "Efficient Energy Planning - An Original Permaculture Design Principle." 7 March 2013. *Permaculture Magazine*

Check out Permaculture magazine's popular YouTube Channel

Rowen White

In another video that I invite you to watch here, Natabar talks about the difference between farmers seeds and corporate seeds. You can see the importance and urgency for their community to gather, grow, maintain and distribute the regionally and culturally adapted seeds.

Breeding Organic Vegetables, Rowen White. (This is a FREE e-book for you!)

Blogs we Love

<http://www.theresiliencyinstitute.net/>

<https://landinstitute.org/our-work/>

<http://overgrowthesystem.org/>

<http://www.pandorathomas.com/black-permaculture-network/>

Women Who Farm: Strong women of sustainable agriculture. This website includes a worldwide map with links to websites and blogs of women farmers. The site also has articles by women farmers, including permaculturalists.

Via Campesina. La Via Campesina is an international movement bringing together millions of peasants, small and medium size farmers, landless people, rural women and youth, indigenous people, migrants and agricultural workers from around the world. Built on a strong sense of unity, solidarity between these groups, it defends peasant agriculture for food sovereignty as

a way to promote social justice and dignity and strongly opposes corporate driven agriculture that destroys social relations and nature.

Women produce 70% of the food on earth but are marginalized and oppressed by neoliberalism and patriarchy. They play a crucial role in La Via Campesina. The movement defends women's rights and gender equality and struggles against all forms of violence against women.

The Sustainable (Re)Evolution Project. Website and book documenting community projects including farms and ecovillages around the world.

Films we Love

Inhabit: A Permaculture Perspective for a treat. Dir. Costa Boutsikaris. 2014. *Vimeo*. February 2018. Film

Regenerative Agriculture, Beyond Sustainability.

An inspiring film about regenerative agriculture. For the microclimate relevant part, watch from 12:35 to see the story of one farm, known as 'Dry Lands', that was destroyed by its previous owner. When the new owner replanted, he found that slowly the temperature on the land dropped, the climate changed, soil 'grew' as he added organic matter from vigorous pruning, water was retained, drought conditions were reversed and water started to run in the streams year-round.

Barber, Dan. "How I Fell in Love with a Fish". TED, 2010. This foodie chef and scholar makes an argument that agricultural systems that are integrated with their local environment can be more productive and financially sound while at the same time skyrocketing ecology and biodiversity. The example he uses is a commercial aquaculture system.

Salina, Irena (director). Flow: For Love of Water. Oscilloscope Pictures, 2008. This documentary explores the world water crisis including privatization,

politics, pollution, human rights, and the emergence of a domineering world water cartel.

Ezeanya-Esiobu, Chika. "How Africa Can Use Its Traditional Knowledge To Make Progress". TED, 2017. Dr. Chika argues that international aid and colonization has affected Africans' confidence in using their own traditional knowledge to tackle agricultural and water issues. She shares an example of how a low-tech, indigenous practice has outperformed the expensive, imported aid solutions.

The Garden. A documentary about the struggle over the South Central Farm in Los Angeles - a struggle about who gets to use and control vacant lots with a critical eye on racism and poverty.

Citizen Jane. A documentary about Jane Jacobs ideas and her struggle against the NYC developer Robert Moses.

Bikes vs. Cars. A refreshingly international documentary on bike activists around the world.

A Silent Transformation. A documentary about the co-operative movement, focusing on both urban and rural co-ops

Ovarian Psycos. A documentary about the Ovarian Psycos - an activist cycling group made up of young feminists of colour in Los Angeles.

Seed: The untold story. From the film's website "SEED: The Untold Story follows passionate seed keepers protecting our 12,000 year-old food legacy. In the last century, 94% of our seed varieties have disappeared. As biotech chemical companies control the majority of our seeds, farmers, scientists, lawyers, and indigenous seed keepers fight a David and Goliath battle to defend the future of our food."

Dirt! The movie. "DIRT! The Movie brings to life the environmental, economic, social, and political importance of soil and suggests ways we can create new possibilities for all life on Earth."

Assorted topics, listed in alphabetical order, or use Command+F to search the document

Accessibility and Inclusion

Adams-Spink, Geoff. *Social Model Animation*. A good introduction to the social model of disability, via a quirky animation.

People First. *People First: A voice for people with learning difficulties* The history of campaigning for the rights of people with learning difficulties. Available by clicking on “Past work and campaigns” on this page:

The Sensory Trust. *The Access Chain: An Inclusive Design Tool*. A useful way of looking at improving accessibility.

Sharon Lovejoy, *Roots, Shoots, Buckets & Boots: Gardening Together with Children*, 1999 Although it's been around for a good while, I think this is a worthwhile classic sharing easy-to-implement ideas for theme gardens that parents and kids can grow together.

Agroecology

“A farmer is not only a producer of agricultural goods, but also a manager of an agro-ecological system that provides quite a number of public goods and services.”

- P.1, UN Trade and Environment Review 2013: Wake Up Before It's Too Late.

Permaculture: From Forest to Farm by Clea Chandmal

Clea Chandmal is a passionate believer, practitioner and teacher of permaculture, a style of creating sustainable habitats that mimic nature's patterns and do not burden the earth. Her own home and farm are modeled after her ideas. In this video she describes how well forests work, how modern agriculture doesn't, and how it can and does work if we copy forests. In particular she describes how she has turned "unfarmable" land into very productive food forests, at small and large scale.

In these videos, Sandra Nakigudde and Janet Nannyunja of Uganda explain how incorporating agroforestry into their farms means they make a good living for their families:

<https://www.youtube.com/watch?v=UZ67dRuQ2NE>

<https://www.youtube.com/watch?v=KMgVwndF3V4>

Agroecology Now: Knowledge, Transformation, Action. Agroecology often focuses purely on the environmental sustainability of agriculture. The needs and rights of the people and farmers actually working on the land can be neglected to focus on measurable ecosystem services.

In many contexts this is paradoxical. Peasants and traditional farmers globally have been practising sustainable agriculture in a vast variety of practises for thousands of years. Cultures have intimate knowledge of land, water, seeds and food that have provided ample food for their communities and generally have maintained a stable climate.

This site aims to focus on agroecology from the perspective of food sovereignty and the rights of people's around the world to define their own

food systems. It aims to respect and celebrate the validity and importance of local knowledge and value systems in understanding what agroecology means.

Introduction to Agricultural Water Pollution. Food and Agriculture Organization (FAO).

Soil, Struggle and Justice: Agroecology in the Brazilian Landless Movement.

This film examines a cooperative of the Brazilian Landless Movement (MST) in the South of Brazil, which struggled for access to land and then transitioned to ecological agriculture, or agroecology. This MST cooperative is demonstrating the possibility of an alternative model of flourishing rural life, which provides thriving livelihoods for farmers, produces high quality and low cost food for the region, and rehabilitates the earth. MST is a founding member of La Via Campesina, the movement that launched the idea of Food Sovereignty.

Toensmeier, Eric. “The All-Native Ethnobotanical Rainwater-Harvesting Food Forest”. Perennial Solutions, 2012. In this article, Eric demonstrates using similar rainwater harvesting techniques on two different sites that have very different elevation, climate, and soil characteristics, yet the same techniques worked well on both sites.

Animals, Birds, & Bees

Networks/ Groups/ Trainings/ Forums

(admittedly this is N. America biased, if you're not in the area, please use this as information for what kind of groups might exist in your area)

American Pastured Poultry Producers Association A membership based organization that provides education, collaboration, and networking opportunities for pastured poultry farmers.

Bird Language Bird language is a way for us to learn about what's happening across a landscape, including whether predators are present or the discovery of a food source. Website has an audio library.

Cowgirl Camp Learn basics of animal husbandry with a Holistic Management lens from a female teaching team.

Draft Animal Power Network Advancing the use of draft animals and promoting sustainable land stewardship to build community through education and networking

Farmstead Meatsmith The only abattoir, butchery and educational operation that caters to homestead-scale livestock production in the country.

Holistic Management International Holistic Management is a value-based decision-making framework that integrates all aspects of planning for social, economic, and environmental considerations. Known especially for Holistic Grazing techniques.

Homeopathy at Wellie Level Courses held over three days, usually a month apart. UK and Ireland. <https://hawl.co.uk/>

National Audubon Society Protects birds and the places they need, today and tomorrow, throughout the Americas using science, advocacy, education, and on-the-ground conservation.

National Wildlife Federation The goal of increasing America's fish and wildlife populations and enhancing their capacity to thrive in a rapidly changing world. Known for its Certified Wildlife Habitat program.

Lady Bird Johnson Wildflower Center Native Plants Database where you can explore the wealth of native plants in North America, queries include bloom times in your region, etc.

Organic Beekeepers A yahoo group community where beekeepers can learn a Natural Organic Beekeeping Field Management.

Parelli Savvy Club The Parelli Program is a people-training program focused on the study of horse behavior and horsemanship skills.

Sustainable Control of Parasites in Sheep Excellent website that aims to help farmers make informed decisions about parasite control.

<https://www.scops.org.uk/>

The Accidental Smallholder An informative website, blog and forum

Run by Scottish smallholder Rosemary Champion

Includes articles about starting with poultry, pigs, sheep, cattle and bees.

<https://www.accidentalsmallholder.net/>

Trackers Earth Trackers Earth offers camps and outdoor programs for all ages which include authentic outdoor skills, wild plants, archery, restoration and much more.

Xerces Society Works to protect invertebrates and their habitats.

Periodicals

Backyard Poultry For all things small-scale poultry.

In Practice Journal Created by Holistic Management International.

On Pasture Translating research into practices for graziers.

Savvy Magazine Created by Parelli (Natural Horsemanship) network.

Stockman Grass Farmer Periodical for grass-based (meaning rotational, soil health focused) livestock producers.

Online Videos

Starting with Sheep A growing series of useful videos that teach the basics

By shepherdess Lesley Perrett, with the help of her flock of Devon and

Cornwall Longwool sheep

https://www.youtube.com/channel/UChQo3lyzzo7v_puWI5rAP2w

WSU CAHNRS. "Maximizing Water Through Holistic Management- Maurice and Beth Robinette." *YouTube*, 26 Jan. 2016. Web.

Beth and her dad showcase how intensive grazing is making their ranch more resilient to drought. Beth teaches 'Cowgirl Camp' linked to above.

Full Length Movies

Temple Grandin. Dir. Mick Jackson. Perf. Claire Danes. HBO Films, 2010.
<https://www.hbo.com/movies/temple-grandin>. True story of an autistic woman who is a leader in the field of animal care and humane slaughter.

FRESH the movie. Dir. Ana Sofia Joanes. Perf. Michael Pollan. Ripple Effect, Inc., 2009. Amazon Video. Reinventing the American food system, features some shots of intensive grazing systems.

Queen of the Sun: What are the Bees Telling Us? Dir. Taggart Siegel. Perf. Vandana Shiva. Collective Eye Production, 2014. Amazon Video.

Tells the story of the bees disastrous decline, how it affects life on earth, and what solutions are readily available.

Articles

Ellis, Rebecca. "[Why Vegans Should Support Backyard Hens](#)". 13 Nov. 2017. Permaculture For the People. Web. Essential reading for folks hesitant about animal systems.

Garner, Ann. "[Sheep Tending Dogs, Past and Present](#)." Working Dogs Cyberzine. Web. A humble yet inspiring piece about how sheep dogs could play into diverse farm systems.

Hirst, K. Kris. "[Animal Domestication- Table of Dates and Places](#)." Thoughtco. Web. Great quick explanation of different species domestication, with info about each.

Kelly, Mary. "[Homeopathy: An important part of our organic farm](#)."
<https://steemit.com/homeopathy/@marykelly/homeopathy-an-important-part-of-our-organic-farm>

Long, Bonnie. "Black Soldier Fly, White Magic." Backyard Poultry, 2009. Web. Black Soldier larva are a great protein source for poultry and are wonderful decomposers.

Miller, Sandra Kay. "Orchestrating Diversified Livestock." 24 Jan. 2014. On Pasture. Web. Many small farms will have different kinds of livestock, this article looks at how to make that work.

Pappas, Stephanie. "No Crap: Missing Mega Poop Starves the Earth." Live Science. 16 Oct. 2015. Web. Really interesting connections between manure and ecosystem health.

Payton, Casey. "Case Study: How to Turn Goat Grazing Into Profit." Landscape Management.net. 22 Jan. 2016. Web. A great use of goats is for brush clearing, this article showcases the business example.

Rare Breeds Survival Trust. "Getting started with rare and native breeds of livestock." RBST website.

<https://www.rbst.org.uk/Pages/Category/getting-started>

Reza, Shamim. "Integrated Pest Management- The Smart Solution". Permaculture News.org. 9 Feb. 2016. Web. A good overview of IPM, or using knowledge about pests, and natural remedies, foremost.

Rocky Mountain Micro Ranch. "Why Eat Bugs." Web. The new culinary horizon in the U.S. is high-protein edible bugs and their products, which can be grown very sustainably.

Rolison, Clive. "Natural Pest Control: Using Predators to Protect Your Garden." Permaculture Magazine (<http://permaculture.co.uk>). 26 Nov. 2015. Web. A good overview of predatory insects, etc.

Witt, Clyde E. "The Secrets of Raising Silkworms". Mother Earth News. Web. Animal husbandry on the very small-scale to grow your own silk.

Books

Brown, Tom. *Tom Brown's Field Guide to Nature Observation and Tracking*. Berkeley, 1986. Print. A wonderful overview of observation techniques and

cool stories about why it's so essential to be connected to the world around us.

Burnett, Graham. *Vegan Book of Permaculture: Recipes for Healthy Eating and Earthright Living*. Permanent Publications, 2014. Print. Since this module is heavy on animal-systems, it seems like also a good place to share how to do systems without eating any parts of the animal.

Caldwell, Gianacelis. *Holistic Goat Care: A Comprehensive Guide to Raising Healthy Animals, Preventing Common Ailments, and Troubleshooting Problems*

A holistically-minded view on goat care that could translate into care for other animals.

Cerulli, Tovar. *The Mindful Carnivore: A Vegetarian's Hunt for Sustenance*. Pegasus Books, 2013. Thoughts on how hunting ties into natural system care and human health, from a previous vegan.

de Bairacli Levy, Juliette. *The Complete Herbal Handbook for Farm and Stable*. Farrar, Strauss and Giroux. 4th edition 1991. Originally published in 1952 but still in print.

Gerrish, Jim. *Kick the Hay Habit: A Practical Guide to Year-round Grazing*. Green Park Press, 2010. Print. A ground-breaking book about changing on-farm systems to need less off-farm inputs.

Gerrish, Jim. *Management Intensive Grazing: The Grassroots of Grass Farming*. Green Park Pres, 2004. Print. A previous book to 'kicking the hay habit'.

Hunter, Dave and Jill Lightner. *Mason Bee Revolution: How the Hardest Working Bee Can Save the World - One Backyard at a Time*. Mountaineers Books, 2016. Print. Mason bees are industrious pollinators, every home should offer them harbor.

Johnson, Buffie. *Lady of the Beasts: The Goddess and Her Sacred Animals*. Inner Traditions, 1994. Print. I include this book just as a thoughtful reminder of the sacredness of our animal companions.

Klaus, Adam. *Dairy Farming: The Beautiful Way*. CreateSpace Independent Publishing Platform, 2015. Print. A holistic-minded book about how dairy farming fits into an overall farm system.

Matthews, Anne. *Where the Buffalo Roam: Restoring America's Great Plains*. University of Chicago Press, 2002. Print. What would it take to actually restore bison to the great plains in a meaningful way?

McFarland, Rob & Chelsea McFarland. *Save the Bees with Natural Backyard Hives: The Easy & Treatment Free Way to Attract and Keep Healthy Bees*. Page Street Publishing, 2015. Print. A guide to beekeeping the natural way.

Pollan, Michael. *The Omnivore's Dilemma: A Natural History of Four Meals*. Penguin, 2007. Print. An eye-opening book that helped launch the current 'foodie' movement, with many chapters about how paddock-shift and intensive-grazing farming are good for animal and ecosystem health.

Rebanks, James. *The Shepherd's Life: Modern Dispatches from an Ancient Landscape*. Flatiron Books, 2015. Print. Knowledge about how shepherds actually pulse animals through landscapes is likely key to systems that work for many generations to come..

Savory, Allen. *Holistic Management: A Common Sense Revolution to Restore Our Environment*. 3rd Ed. Island Press, 2016. The core book for understanding how intensive grazing systems coupled with good climate observation and realistic goals should guide any enterprise. Previous editions are great as well.

Schwartz, Judith D. *Cows Save the Planet: And Other Improbable Ways of Restoring Soil to Heal the Earth*. Chelsea Green Publishing, 2013. Print. The technicalities about how livestock can either restore or degrade ecosystems.

Shepherd, Mark. *Restoration Agriculture: Real World Permaculture for Farmers*. Acres U.S.A, 2014. Print. Mark incorporates his livestock into food forest silvopastoral systems.

Thistlewaite, Rebecca and John Dunlop. *The New Livestock Farmer: The Business of Raising and Selling Ethical Meat*. Chelsea Green Publishing, 2015. Print. How sustainable land-based practices dovetail with the realm of customer relations, licenses, and food safety.

The Xerces Society. *100 Plants to Feed the Bees: Provide a Healthy /Habitat to Help Pollinators Thrive*. Storey Publishing, 2016. Print. A guide to growing gardens that assist bee populations.

The Xerces Society. *Attracting Native Pollinators: The Xerces Society Guide, Protecting North America's Bees and Butterflies*. Storey Publishing, 2011. Print. How our gardens can incorporate native pollinators.

The Xerces Society. *Gardening for Butterflies: How you Can Attract and Protect, Beautiful, Beneficial Insects*. Storey Publishing, 2016. Print. Plant and growing tips for assisting butterfly populations in your gardens.

Aquaculture

The Complete Pond Builder, by Helen Nash. No longer in print, one to watch out for in libraries and second hand shops!

Aquaponic Gardening by Sylvia Bernstein. This one is for the ultimate in aquaponics gardening, fish, and veggies, what more do you need! [Sylvia Bernstein](#) is the president and founder of The Aquaponic Source and the Vice Chairman of the Aquaponics Association. She also manages [AquaponicsCommunity.com](#), the largest US-based online community site dedicated to aquaponic gardening. Sylvia writes and blogs on the subject for the *Aquaponic Gardening Blog*, *Growing Edge* and more. Her inspiration is a large, thriving aquaponic setup in her backyard greenhouse in Boulder, CO powered by tilapia, catfish, and other creatures-that-swim.

There are a number of [great articles](#) written about the aquaculture project at Aprovecho permaculture and natural building school, located here in my hometown of Cottage Grove, Oregon.

This is a [super cute video](#) showing that anyone can build a small pond!

Kindred, Glennie. "[Making a Pond with Native Plants](#)". Permaculture Magazine online, 2014. This article highlights choosing native pond plants and the basics to creating your own wildlife friendly pond.

Appropriate Technology

Appleton, Helen. *Do it Herself: Women and Technological Innovation*. West Yorkshire: Intermediate Technology Publications, 1995.

Appropriate Technology Library - The Appropriate Technology Library is 150,000 pages of full text and graphics from 1050 books covering all areas of village-level and do-it-yourself technology—all on 1 USB flash drive or 2 DVD's.

<http://www.appropedia.org/> - Appropedia highlights collaborative solutions in sustainability, appropriate technology, poverty reduction, and permaculture. Appropedia is an example of open source appropriate technology initiative where anyone can both learn how to make and use AT free of concerns about patents. At the same time anyone can also add to the collective open-source knowledge base by contributing ideas, observations, and data.

Bergh, Frank. "The Roots and Implications of Appropriate Technology." Engineering for Change. Engineeringforchange.org. 23 July 2015.

Bubel, Nancy and Mike. Root Cellaring: Natural Cold Storage of Fruits and Vegetables. North Adams: Storey Publishing, 1991.

Bubel, Mike and Nancy. The Fundamentals of Root Cellaring. Mother Earth News. August/September 1991.

Website where you calculate your ecological footprint based on a series of questions.

Frugalgreengirl. "Outdoor Off Grid Solar Shower with Bath Barrel." *Youtube*, 11 August 2015.

Frugalgreengirl. "The Summer Greenhouse-Giant Walk In Solar Dehydrator/ Solar Sauna!" *Youtube*, 6 September 2016,

Low Impact Living at the Eldergrove Homestead - a very helpful website by couple Larisa Walk and Robert Dahse who have been experimenting for over 30+ years on how to live more sustainably. Though the website feels out of

date, the information is very relevant and useful! They also have several interesting books that they have written.

Greenovision. "Modern approach to Passive Solar Home Design." Youtube, 7 January 2018.

Hess, Anna. \$10 Root Cellar: And Other Low-Cost Methods of Growing, Storing, and Using Root Vegetables (Modern Simplicity Book 3). This book walks you through building a root cellar out of a fridge for \$10, and also presents some slightly-higher-cost options for winter storage.

Kerr, Barbara. *The Expanding World of Solar Box Cookers*. Self-published. 1991. - A 79 page book with plans/diagrams for solar cookers. Here is a [link](#) to the text of the book and info about purchasing.

Maya Pedal is a Guatemalan NGO that builds a range of "Bicimaquinas", (pedal powered machines). The website has videos, ideas and images of interest, that can be applied both to developing countries and off-grid low-energy living.

National Center for Appropriate Technology - A U.S. nonprofit that champions small-scale, local and sustainable solutions that reduce poverty, promote healthy communities, and protect natural resources .

Neverman, Laurie. "Above Ground Root Cellars - Enjoy Your Produce Longer." Common Sense Homesteading. Wordpress. 26 August 2013.

Pelletier, Mark and Emily Varnecky. "Overview of Passive Solar Design." Greenovision Home Design. Greenovision.com.

Pelletier, Mark and Emily Varnecky. "Passive Cooling Design: Free Home Air Conditioning!" Greenovision Home Design. Greenovision.com.

Still, Dean, and Jim Kness. Capturing HEAT: Five Earth-Friendly Cooking Technologies and How to Build Them. Aprovecho Research Center.

The Kerr-Cole Sustainable Living Center lists various helpful publications if you want more information about [solar cooking](#).

Walk, Larisa. Energy-wise Food Storage. Geopathfinder. 1&1 Website Builder.

“What is the Solar Bottle Bulb?” Lexicon of Food. PBS.

Winger, Jill. “13 Root Cellar Alternatives.” The Prairie Homestead. Homestead Media LLC. October 2015.

Wisner, Erica and Ernie. The Rocket Mass Heater Builder’s Guide. Gabriola Island: New Society Publishers, 2016.

Built Environment

a video friends at a fabulous eco-building project have put together called Building a Celtic Roundhouse.

Retrosuburbia website featuring case studies and summaries

The Inkpot Permaculture Farm

Jenny Kimmel and Allysa Mckim of Sow Permaculture

Sigi Koko’s Building with bamboo facebook page

Video featuring Linda Smiley of Cob Cottage Company produced by Tyra Arraj

Cob house plans pinterest page. This link has many inspirational designs.

Passive Solar Design

Whole Building Design Guide: Passive Solar Design

8 inexpensive earth homes almost anyone can afford by Katie Medlock

Barbara Jones Founder and Director of Straw Works, and before that founder of Amazon Nails. Author of *Building with Straw Bales*. Barbara has been involved with over 300 straw bale builds all over Britain and Europe, of all

shapes and sizes. Her work has included designing and building affordable straw bale council houses.

This video shows a big cob house built to North American building code. Conrad Rogue from House Alive is interviewed inside the beautiful home he built and lives in.

An Interview with Jenny Kimmel and Alyssa Mckim from Sow Permaculture

In this interview I find out more about Jenny and Alyssa's work with Sow Permaculture and Alyssa's experiences living in a teepee.

YourHome.gov.au - This website provides a thorough guide to the key steps of building and retrofitting, but also has a thorough guide about solar passive design, sustainable building materials and incorporating energy and water efficient approaches into your design, The case studies are specific to Australia, but the climates considered range from tropical, through arid and mediterranean to temperate. Just remember that if you are in the Northern hemisphere, you want to orient your house to the South, not the North as Australians do!

Orchard Barn: traditional, natural building centre, England.

Waste Not, Want Not: Five Tips for Collecting Salvaged Building Materials by Sigi Koko

Bee, Becky. *The Cob Builders Handbook*, Groundworks, 1997

Jones, Barbara. *Building with Straw Bales*. Green Books

Sunshine, Paula. *Wattle and Daub*. Shire Publications

Heriz, Gill. *A Woman's Shed: Spaces for women to create, write, make, grow, think, and escape*. CICO Books, 2014

Edwards, Lynn & Lawless, Julia. *The Natural Paint Book*. Kyle Cathie Ltd, 2002

Bryce, Katy & Weismann Adam. *Clay and Lime Renders, Plasters and Paints*. Green Books

Weismann, Adam & Bryce, Katy. *Building with Cob: a step-by-step guide.* Green Books

Hunter, Kaki & Kiffmeyer, Donald. *Earthbag Building: the tools, tricks & techniques.* New Society Publishers. 2004

Youngman, Angela. *Green Roofs: A guide to their design and installation.* Crowood Press, 2011

Cornet, Sharon. *Passive Solar Energy House Projects: A How-To Guide.* CreateSpace Independent Publishing, 2012.

Evans, Ianto, et al. *The Hand Sculpted House: A practical and philosophical guide to building a cob cottage,* Chelsea Green.

Easton, David & Wright, Cynthia. *The Rammed Earth House.* Chelsea Green.

Law, Ben. *Roundwood Timber Framing.* Permanent Publications.

Bird, Christopher. *Local, Sustainable Homes.* Green Books, 2010.

Alexander, Christopher. *A Pattern Language, Towns, Buildings, Constructions.* OUP USA, 1978

Woolley, Tom. *Natural Building: A Guide To Materials & Techniques.* Crowood, 2006.

Chaos and Catastrophe

Holmgren, David. *The Flywire House: A case study in design against bushfire.* 1991. Whether you live on the suburban edge or in a rural area Holmgren's case study is an invaluable exploration of how to design both your property and built structures to best withstand wildfire.

Holmgren, David. *Retrosuburbia: The Downshifter's Guide to a Resilient Future.* 2018. ISBN-978-0-9943928-7-9. Holmgren's latest book approaches household and community resilience in an entertaining, yet thorough way. Divided up thematically into the Built, Biological and Behavioural aspects of

permacultural resilience there are specific chapters on Retrofitting for Bushfire Defence and Household Disaster Planning. While many of the practical examples are focused on suburban south-eastern Australia the patterns they represent are relevant elsewhere.

Klein, Naomi. *The Shock Doctrine*. 2007. ISBN-13: 978-0-141-0453-0. Klein's book describes the threats to communities and the environment when neoliberal decisions post-disaster prioritise profit over caring and it forces the questions: In the event of a disaster how would you want your community to build back better? What changes would you want to emerge from this chaos? How can you and your community be ready to resist post-disaster privatisation and create something better?

Solnit, Rebecca. *A Paradise Built in Hell: The Extraordinary Communities That Arise in Disaster*. 2010. ISBN-13: 978-0143118077. Rebecca Solnit is one of my favourite writers and public commentators. I am yet to read this book, but I have heard that it is a wonderful documentation of the positive experiences that emerge in strong communities post-disaster.

Deppe, Carol. *The Resilient Gardener: : Food Production and Self-Reliance in Uncertain Times*. 2010. A book on gardening for resilience.

Children & Youth

People doing great projects:

Rhonda Baird, is Editor of the Permaculture Design Magazine, a community and labor organizer, homeschooling mother, fiber artist, and gifted educator. Rhonda heads the Field Advisor Working Group for [PINA \(Permaculture Institute of North America\)](#). She is also a co-founder of the [Great Rivers and Lakes Permaculture Institute](#), a regional hub in the PINA network. Her design business is [Sheltering Hills Design](#). She holds diplomas in Teaching and Design from [PINA](#).

Patty Parks Wasserman, Founder and CVO, [IPEC-Institute of Permaculture Education for Children](#) has a great [resource list](#). IPEC facilitates learning

opportunities for teachers and mentors focused on creating healthy physical & social learning environments for children and youth through educational permaculture design.

Katharine Burke, [REAP](#) is an initiative to further deep ecology experiences and ecological design in teaching and learning systems, with three aims. The first is to improve the understanding of ecology and ecological systems thinking through deep ecology experiences, to provide training in permaculture design and deep ecology principles for pedagogy, and to develop ecological and permaculture based pedagogical solutions in schools, or in spaces and places that replace schools. Check out her blog and in particular this is a [good read](#).

Monica Ibacache, [Beyond Organic Design](#) Sharing children's permaculture program with public schools and community centers in New York City. Infusing permaculture curriculum in public schools, from Pre-K to 11th grade.

Other great women who are developing and sharing children, youth oriented and teenage focused programs: Jen Mendez, [Permie Kids](#) Kelly Hogan, [Mother Earth School](#) and Emily Zions, [Roots Down Rise Up](#)

Sample projects

Please take time to listen to this great story about how Shu Harris came about designing and creating [Avalon Village in Highland Park Detroit, Michigan](#).

A shining example of youth as “change agents”: A group of [21 youths](#) who accuse the U.S. government of failing for decades to properly address climate change defeated the Trump administration's attempt to keep the dispute out of court.

Adrienne Maree Brown writes, “The complex systems of the natural world can open our eyes to a new way of being” in [this article](#) which appeared in YES Magazine. Adrienne is also the author of [Emergent Strategies](#), which is inspired by Octavia Butler's explorations of our human relationship to change. It is radical self-help, society-help, and planet-help designed to shape the futures we want to live.

Seed, contributing to Cape Town's resilience through waking up the potential in un- and underemployed township youth and youth-led eco-enterprise.

Random Acts of Kindness.org This curriculum features developmentally appropriate, standards-aligned lessons that teach kids important Social Emotional (SEL) skills.

Article by Jennifer Hooven, Katherine Runkle, Laurie Strouse, Misty Woods, and Erica Frankenberg, with important lessons about how race, diversity, and equity can and should be taught to children in early childhood and preschool settings.

New Dream A great website that focuses on educational material and activities "letting children be children and not consumers." More Fun Less Stuff and What Kids Really Want That Money Can't Buy, both authored by New Dream founder Betsy Taylor, and Sustainable Planet: Solutions for the 21st Century, co-edited by Taylor and fellow founder Juliet Schor.

Wondering Schools Example of liberating education and sociocracy in action.

CiP (Children in Permaculture) is an innovative project of international cooperation bringing together educators (from different organisations, educational settings and countries) in order to cross-fertilise, share and synthesise ideas. In this project we have developed, tested, adapted and implemented best practices in engaging children in permaculture through creating various resources which you can see in the resources menu. We are now delivering high quality training and consultancy services across Europe.

YIP (Youth in Permaculture) is a new initiative to support and empower youths and young adults to create resilient, fulfilling and fun lives inspired by permaculture.

Letterbox Library a not-for-profit social enterprise that specialises in selling children's books that celebrate equality and diversity. Originally started 30 years ago by two single Mums from a front room in Hackney, London.

Climate, Ecology & Local Ecosystems

Myster, Randall. What is Ecosystem Structure? Caribbean Journal of Science, 2001, Vol 37, No. 1-2, pp 132-134. This peer-reviewed article illustrates the scientific community's history on ecosystem structure and function.

Kaspari, Michael. The Ten Principles of Ecology, 2017. Professor Kaspari's created this pedagogy based on Eugene P. and Howard T. Odum's Fundamentals of Ecology, to teach his students basic ecosystem principles and to build on them throughout the learning process. Together with his brother, Howard T. Odum's work was influential for David Holmgren, especially in the development of *Permaculture: Principles and Pathways Beyond Sustainability*.

Paul Hawken, 100 Carbon Solutions to Climate Change. In this outstanding talk by Paul Hawken, from Bioneers, find out about Project Drawdown - 100 solutions to climate change that we can all be a part of.

Robyn Francis Permaculture Solutions to Climate Change IPC11. Robyn Francis, one of our permaculture elders speaking at the International Permaculture conference in Cuba.

NASA captures Earth "breathing" over the last 20 years.

Cloud catchers. In an arid climate in Peru the people are harvesting fog for water as a low tech method of irrigating crops.

Climate change: transitions to sustainability, free course from the Open University in the UK, which gives us perspectives on this issue from industry and governance.

Decolonisation

AORTA: Anti-Oppression Resource and Training Alliance. A small worker-owned co-op who, as well as organising training and workshops, have created a variety of toolkits, handouts, guides and other resources.

Bowens, Natasha. *The Color of Food: Stories of Race, Resilience and Farming*. Author, photographer and biracial farmer Natasha Bowens' explores the forgotten history of agriculture for people of color, the issues they face today, and the culture and resilience they bring to food and farming.

Davis, Angela Y. *Freedom is a Constant Struggle: Ferguson, Palestine and the Foundations of a Movement*. Angela Y. Davis is an outspoken advocate for the oppressed and exploited, writing on Black liberation, prison abolition, the intersections of race, gender, and class, and international solidarity with Palestine.

Letterbox Library. Started by two single mums from a front room in Hackney in 1983, this is now a respected children's bookseller celebrating equality, diversity and inclusion.

Price, Adam. *Wales, the first and final colony*. Annual Address, Institute of Welsh Politics, Aberystwyth University, Wales. 2009. A history of colonisation within the British Isles.

Sandberg McGuinne, Johan. *Indigeneity, Language and Authenticity*. Blog of a Swedish South Saami and Scottish Gaelic teacher and academic, with a deep interest in endangered languages, minority cultures, decolonisation and Indigenous identities.

The Critical Institute. "We engage in practice that actively questions and confronts inequalities and oppression." Includes the Centre for Disability and the Global South, the Centre for Critical Psychology and the Centre for Critical Migration Studies.

The Indian Law and Order Commission. *A Roadmap For Making Native America Safer: Report To The President And Congress Of The United States*. A

comprehensive assessment of criminal justice systems servicing Native American and Alaska Native communities.

Decolonising Permaculture

Black Permaculture Network. "BPN is a network of Afro-indigenous people who have come together through the practices of permaculture, agroecology, natural living and care of the earth."

Ellis, Rebecca *Permaculture on the edge: building an anti/beyond/despite-capitalist movement*. Permaculture for the People, 2017. Permaculture: a set of ecological design practices and principles or a dynamic social movement that provides a vision for radical transformation of human societies?

"A playfully ruthless, radically honest exploration of the ways in which we oppress ourselves and others on a daily basis."

Francis, Robyn *Dynamic Cultures, Dynamic Teaching*. Permaculture International Journal No 74, March - May 2000. "Some thoughts on teaching permaculture in other cultures."

Parker, Marit. *Ctrl Alt Shi(f)t: Shi(f)t in Alternative Spaces*. A reflection on the challenges of working creatively and collaboratively within a top-down structure.

Written following a conference in 2017 at Llananant Farm entitled Exploring Women and Leadership, organised by permaculturist and academic Sue Pritchard.

Permaculture Design Magazine Special Issue. *Decolonising Permaculture*. Permaculture Design Magazine Issue: 98 – Nov 2015. Special Issue with articles on key issues including racism, misogyny, intersectionality and colonialism.

Olson-Ramanujan, Karryn. *The World Needs an Anti-Harassment Movement: So Does Permaculture*. 2017.

Thomas, Pandora. *Building the Garden of Social Relationships*. Talks about making permaculture more diverse – don't just sit waiting for others to come to you – get out there! Also talks about prison work.

Earthworks

The Permaculture Women in earthworks group on Facebook was started by Natalie Topa, who teaches our Ecovillage and Neighborhood Design module. Natalie has been living in Africa for many years, and helping communities bring more water and fertility onto their land with earthworks on many scales. Her group is packed with valuable information, images, and women who share a passion for earthworks.

Feineigle, Mark “Before Permaculture: Keyline Planning and Cultivation”
Permaculture Research Institute.

<https://permaculturenews.org/2013/02/22/before-permaculture-keyline-planning-and-cultivation/> February 22, 2013

Watson, Elizabeth. *Living Terraces in Ethiopia: Konso Landscape, Culture and Development*

<https://boydellandbrewer.com/series/eastern-africa-series/living-terraces-in-ethiopia-hb.html>

Zeedyk, Bill and Clothier, Van. *Let the Water do the Work*.

Lancaster, Brad. “Bunyip Water Levels and A-Frame Levels: Simple Tools For Measuring Slope And Determining The Placement Of Water-harvesting Earthworks”. This document outlines how to make your own level and how to use it to measure the contour.

The Regenerative Earthworks Course at Spiral Ridge Permaculture is hosted by Jennifer Albanese, who teaches our Student Design Project phase 1.

<http://www.spiralridgepermaculture.com/regenerative-earthworks/>

Subak, the traditional Balinese water and land management practice involves extensive earthworks which connect democratically managed rice paddy systems into a larger cultural network connected with the regional water temples. A permaculture-like philosophical system, *Tri Hita Karana* or “three

causes of well-being” underlies the practice of Subak and other aspects of life on Bali. The three causes are *harmony among people*, *harmony with nature or environment* and *harmony with the spirit world*. This [UNESCO](#) recognised cultural system is a wonderful example of how thoughtful partnership with the land can integrate earthworks into a whole bioregional system. This [shorter video](#) provides an overview of Subak, but these longer explanations are very inspiring and explore the [details of the system](#) and [challenges of maintaining the Tri Hita Karana practices](#) in the face of industrial agriculture and tourism.

Using an A-frame. Timitaz. 3 October 2012.

Horvath, William. “[Water Management For Every Permaculture Farm](#)”. Permaculture Apprentice, 2017. William is a scientist who lived through the Croatian war as a young boy in the 1990s. He recognized the importance of food-producing landscapes for the stability of communities. He has traveled around the world to practice permaculture and learn about what others are doing, and helps readers of his blog get started in creating profitable broadscale permaculture farms. This article details everything from site assessment to techniques like swales, keyline design, and ponds to harvest rainwater on farm-scale sites.

Kitsteiner, John. “[An Introduction to Keyline](#).” Temperate Climate Permaculture, 2015. This is an excellent and detailed overview of the keyline concept.

Yeomans, P.A. [Water For Every Farm: Yeomans Keyline Plan](#). Keyline Designs, 2008 (revised, 4th ed.). Outlines keyline methods, philosophy, and scale of permanence for broadscale development.

Economics

The dominant socio economic system in place today (industrial capitalism/neoliberalism) perpetuates violence on many levels and cultivates a culture of competition, utilitarianism and individualism. Having grown up in

this system, it is easy for people to reproduce these same cultural traits even when trying to shift to a new way of being. This article from AORTA (Anti-Oppression Resource and Training Alliance) is great for exploring ways that we can stop this from happening. Though this article is not specific to economic systems, think of how the flows of the nine forms of capital are affected when we take steps to decolonize our organizations.

Aorta.coop. (2017). *AORTA / Infiltration: How the Values of Systems of Oppression Tend to Arise in Organizations*. [online] Available at: http://aorta.coop/portfolio_page/infiltration-how-the-values-of-systems-of-oppression-tend-to-arise-in-co-ops/

The authors of the following articles argue that growth-based economics is linked to violence against women in terms of undervaluing 'invisible' or unpaid labour around the performance of care activities. They also state that Degrowth as a movement against growth-based economic systems must engage with feminism to a higher degree.

Akbulut, B. (2017). Carework as Commons: Towards a Feminist Degrowth Agenda | degrowth.info. [online] Degrowth.info. Available at: <https://www.degrowth.info/en/2017/02/carework-as-commons-towards-a-feminist-degrowth-agenda/>

Dengler, C. and Strunk, B. (2017). *Degrowth and Feminism* | degrowth.info. [online] Degrowth.info. Available at: <https://www.degrowth.info/en/2017/11/degrowth-and-feminism/>

Interested in launching your own community currency? Check out this great article by social and environmental justice activist Mira Luna. It details some of the lessons and challenges that different types of community currencies might face and offers some concise advice as well as links to other resources on this subject. I strongly urge you to check it out!

Luna, M. (2012). How to Start a Community Currency. [online] Shareable. Available at:

<https://www.shareable.net/blog/how-to-start-a-community-currency>

I love the work of the Movement Generation Justice & Ecology Project. They do a wonderful job of working towards bridging the gap between the sustainability movement and social justice movements led by low-income communities. Their Just Transition Zine has some great articles on alternative approaches to economics focusing on justice and social sustainability.

Movement Generation. (2017). *Movement Generation / MG's Just Transition Zine*. [online] Movementgeneration.org. Available at: <http://movementgeneration.org/justtransition/>

This is a great TED talk by Neha Narula, director of digital currencies at MIT's Media Lab, who introduces the concept of cryptocurrencies - specifically Bitcoin - in a way that is clear and understandable. I did not get a chance to discuss cryptocurrencies in my module and my personal interests lie in other areas, however, I know that interest in and use of these currencies is growing steadily and I think it is a very interesting topic to explore and discuss.

Narula, N. (2016). *The Future Of Money*. [video] Available at: <https://www.youtube.com/watch?v=pPg7Hj3ABQ>

This is the link to Simbi, a website created by Oxford Grad KJ Erickson, which allows you to exchange your services and products for those of others and/or earn currency, all without the need for Dollars, Euros or any other official currency. Simbi is a great introduction to the concept of mutual credit which works quite similarly (give it a google, there are too many sources to list just one here!). It also helps bring home the idea of what a community currency is and can be. In the case of Simbi, the community is the online community of Simbi users made up of buyers, sellers, traders, and pay-it-forward-ers.

Simbi.com. (2017). Simbi - Welcome to The Symbiotic Economy. [online] Available at: <https://simbi.com>

Environmental scientist and brilliant systems thinker, Donella Meadows, was the lead author of the 1972 book 'Limits To Growth'. This book has been very influential in the Degrowth movement. I like the collection of articles by Donella Meadows on donellameadows.org because they allow one to explore different topics related to growth and sustainability without having to read

the whole book. Amongst the articles you will find a very interesting 30-year update published as a follow-up to the Limits To Growth.

The Academy for Systems Change. (2017). *Articles by Donella Meadows*. [online] Donellameadows. Available at: <http://donellameadows.org/donella-meadows-legacy/danas-writing/articles-donella-meadows/>

Ecological economics is the understanding that human economic systems are deeply embedded within the larger ecosystems of the Earth, and is a concept which strives towards ecological and social sustainability. This concept helps inform some of the thinking behind movements such as Degrowth, and behind many alternative economic practices. For an in-depth explanation of what is meant by term 'ecological economics', check out this PDF by Sustainablepath.org.

What is Ecological Economics?. (n.d.). [pdf] Sustainablepath.org. Available at: <https://sustainablepath.org/wp-content/uploads/2008/11/what-is-ecological-economics-one-pag-pdf-080123.pdf>

A great TED talk by Tammy Turner which explored in detail the links between permaculture and alternative approaches to economics and advocates for a degrowth perspective.

Turner, T. (2017). *Economics, A Permaculture Design Perspective*. [video]. Available at: <https://www.youtube.com/watch?v=MSZ-lwnjfhY>

Raworth, Kate. Doughnut Economics. Seven Ways to Think Like a 21st-Century Economist. Random House Business. 2017. Kate Raworth identifies seven critical ways in which mainstream economics has led us astray, and sets out a roadmap for bringing humanity and the needs of all within the means of the planet.

Schumacher, E.F. *Small is Beautiful: A Study of Economics As If People Mattered*. Harper & Row, Publishers, Inc.,1973. This book is considered the seminal book in terms of appropriate technology.

Ecovillages

People's Manual: Guidelines on Governance of Land, Fisheries and Forests

This manual is the result of collective and participatory work undertaken by the Land and Territory Working Group of the IPC (International Planning Committee for Food Sovereignty). Starting with a myth from the Guna or Kuna people, the experiences and views of peasant, fishing and pastoralist constituencies from all regions in the world have been included.

Transition Town Totnes (TTT) is the transitional town with its own budding economy built into the town's existing systems. This is also where Schumacher College is housed.

GEN: The Global Ecovillage Network

Jacobs, Jayne 1916-2006, Death and Life of Great American Cities. New York, Random House. 1961.

Gaia Trust: Resources. This page from Gaia.org contains various publications, books and articles on Sustainable Settlements that can be downloaded.

EcoVillage Ithaca started with FROG (First Residents Group), its first neighborhood, completed in 1997, and the first cohousing project in the State of New York.

Tamera: Healing Biotope. Tamera is a model for eco village design, based in Portugal.

Findhorn Foundation: Findhorn is a well known planned community with an extensive curriculum on community living.

Auroville: The City of Dawn: This is a world renowned, large, master-planned town containing smaller villages like Sadhana Forest.

Sieben Linden Ecovillage: this is an example of an eco village in Germany.

Sadhana Forest: Auroville: One of the sub-communities nestled within the Auroville town in India.

Miki Kashtan: The Fearless Heart: Miki Kashtan provides guidance on Convergence Facilitation from the Center of Efficient Collaboration

Trees for Life is a great resource for community-based biodiversity restoration as a collective effort by residents.

Diana Leafe Christian is an author, former editor of Communities magazine, and nationwide speaker and workshop presenter on starting new ecovillages, on building communities, and on sustainability. She lives in an off-grid homestead at Earthaven Ecovillage in the Blue Ridge Mountains of North Carolina, US. She has said that living in an intentional community "is the longest, most expensive, personal growth workshop you will ever take. These are her books:

2003, *Creating a Life Together: Practical Tools to Grow Ecovillages and Intentional Communities*, New Society Publishers; New Ed edition, ISBN 0-86571-471-1

2007, *Finding Community: How to Join an Ecovillage or Intentional Community*, New Society Publishers, ISBN 0-86571-578-5

Ethics

Bridges, W. (1991) *Transitions: Making Sense of Life's Changes*. De Capo Press Books, Print

Edwards, Andres R. 2005. *The Sustainability Revolution: Portrait of a Paradigm Shift*. Gabriola, BC: New Society Publishers.

Flores, H. On permaculture, entitlement, and that pesky third ethic: let's take a ride on the elephant in the room. Permaculture Women Magazine, March 2018.

Harland, M. Redefining the Third Permaculture Ethic; pp--: Future Care. Permaculture Magazine, PM95 Spring 2018. Print and online

Energy & Transportation

Reduce Energy Consumption: Here are five things you can do today to reduce your energy consumption.

Here is a short video on how to make the transition to solar energy.

Here is an article on Green Modes of Transportation.

The Power of Community: How Cuba survived peak oil. In this inspiring film, Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens.

Pumlumon Project. Established in 2007, the Pumlumon Project is a radical rethink of how the landscapes of upland Britain could work. Across 40,000 hectares of the Cambrian Mountains in mid Wales, the project is pioneering an upland economy built around wildlife, ecology and long-term sustainability. Restoring the peat bogs through returning to traditional mixed grazing has multiple benefits because peat holds both water and carbon, and is a unique habitat for many species.

Gardening

Rayner, Lisa. Growing Food in the Southwest Mountains - A guide to high altitude, semi-arid home permaculture gardens. Lifeweaver, 2013. This important work for desert gardeners includes detailed chapters on rainwater harvesting, greywater reuse, and other important water topics.

John Jeavons, How to Grow More Vegetables than You Ever Thought Possible on Less Land than You Can Imagine

Stacy Tornio, Project Garden: A Month-by-Month Guide to Planting, Growing, and Enjoying ALL Your Backyard Has to Offer

Jacke, Dave. Edible Forest Gardens: Ecological Design and Practice for Temperate Climate Permaculture. Volume Two: Design & Practice. Vermont: Chelsea Green Publishing. 2005. This book is a great reference for forest garden design and pattern language (especially for Patch Map making), in addition to a multitude of useful plant species matrixes oriented by species use and growth patterns.

A forest gardening approach used to empower women.

Some inspiration for looking at niches in forest gardening and using as analogy for people: 'Forest garden permaculture' search in pinterest.

Group Process and Community Organizing

Watch this short video to hear another perspective on compassionate communication: Headlee, Celeste. "10 ways to have a better conversation". TEDx Creative Coast, April, 2015, Accessed December 5, 2017.

Explore this website's resources to gather ideas for your next group meeting: Technologies of Participation: Methods. *Approaches*. Accessed September 10, 2017.

Kaner, Lind, Toldi, Fisk, and Berger. *Facilitator's Guide to Participatory Decision Making*, New Society Publishers in cooperation with Community at Work, 2007.

DePiano, Lisa. "Social Permaculture: Principles in Action." The Permaculture Research Institute, February 8, 2013, Accessed December 1, 2017.

Starhawk. "Social Permaculture: What is it?" *The Fellowship for Intentional Community Newsletter*, December 1, 2016. Accessed December 2, 2017.

Maathai, Wangari. *Speak Truth to Power*. May 4, 2000. Accessed December 22, 2017.

Clayfield, Robin. Robin Clayfield on Social Permaculture, Living in the Future, August 30, 2015. Accessed December 10, 2017.

The Center for Conflict Resolution (Betsey Densmore, Brian Auvine, Mary Extrom, Scott Poole, and Michel Shanklin). *A Manual for Group Facilitators*, Rutledge, MO: The Fellowship for Intentional Community, 1977, p.xii-2.

Carroll, Gail. "An Introduction to Nonviolent Communication." January 13, 2015. Accessed December 1, 2017.

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Blustein, D with Golda Doyle. "Co-Counseling Explained." Accessed November 30, 2017.

Rosenberg, M. *Nonviolent Communication: A Language of Life* 2nd Ed. Encinitas, CA: Puddle Dancer Press, 2003.

Clapham, Charlotte. "Gacaca: A Successful Experiment in Restorative Justice?" 2012, E-International Relations Students. Accessed November 20, 2017.

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Walker, Lorenn. Paper presented at the "2nd International Conference on Conferencing and Circles", August 10-12, 2000, Toronto, Canada.

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McCord, Beth. [The Enneagram Coach](#), April 1, 2016. Accessed December 3, 2017.

Technologies of Participation: [Methods. Approaches](#). Accessed September 10, 2017.

Center for Community Health and Development. *Community Tool Box*, Chapter 16: [Group Facilitation](#) and Problem-Solving, University of Kansas. Accessed November 22, 2017.

Baumeister, Anwen. "Permaculture, Homesteading, and Community Building: An Introduction to [Sociocracy](#)." 2017. Accessed November 30, 2017.

Koch-Gonzalez, J. "[Sociocracy: The Operating System of the New Economy](#)", 2015. Accessed December 5, 2017.

Howell, J. Sociocracy - [The Permaculture of Organizations](#), October 2014. Accessed December 3, 2017.

Clayfield, Robin. "Social Permaculture and [Dynamic Groups](#)", Permaculture Magazine, 2017. Accessed December 2, 2017.

[Federation of Egalitarian Communities](#). 7 Basic Principles of the FEC. Accessed December 4. 2017.

Kaner, Lind, Toldi, Fisk, and Berger's (1998) *Facilitator's Guide to Participatory Decision Making*. New Society Publishers in cooperation with Community at Work.

Perma Wiki. "[Mind map](#)" Accessed December 23, 2017

Perma Wiki. "[Inclusive Meetings and Events](#)" Accessed December 23, 2017.

Cognitive Edge. "[Ritual Dissent](#)" Accessed December 29, 2017.

[Working with Communities: A Toolbox](#) by Stephanie Bouris

Baldwin, Christina, Calling the Circle - The First and Future Culture, Storycatcher—Making sense of Our Lives through the Power and Practice of Story

Baldwin, Christina, Linnea, Ann, The Circle Way—A Leader in Every Chair

Brown, Juanita, David Isaacs, The World Café—Shaping Our Futures Through Conversations That Matter

Holman, Peggy, Cady, Steve and Devane, Tom, The Change Handbook. Large Group Methods for Shaping the Future

Joy, LaManda. Start a Community Food Garden: The Essential Handbook. Oregon: Timber Press. 2014. Page 77-79 provides a useful framework for designing with groups, especially designing community gardens.

Kuenkel, Petra. The Art of Leading Collectively: Co-Creating a Sustainable, Socially Just Future. Vermont: Chelsea Green Publishing. 2016. The chapter "Designing Integrated Approaches" & "Taking the Path with Heart" p 252 – 258 offer a perspective on designing for collaborative group processes especially for leaders from multinational companies involved engaged in cooperative development, public agencies, and interest groups, as well as citizens seeking solutions.

These internationally applied principles shed a light on approaches for supporting women who are regenerative entrepreneurs: "Overview - Women's Empowerment Principles." *Women's Empowerment Principles*, United Nations, www.weprinciples.org/Site/PrincipleOverview/.

Remember the "success to the successful" archetype I mentioned in the module? That's when resources are diverted to a group, thus ensuring that they get more access to future resources. That's part of what has created the often all-guy lineup of permie rocks stars. How does this play out in regenerative business? Men get access to funding more often. This article

below is from the Harvard Business Review, but if you just read one line, this sums it up: "Our research shows that VCs clearly evaluate entrepreneurs differently when it comes to gender. Because of this, female entrepreneurs may face difficulties in gaining credibility because different standards are used to evaluate their performance. At the same time, these beliefs have no basis in fact."

Wincent, Malin; Malmstrom, Aija; Voitekane, Jeaneth; Johansson, Joakim. "VC Stereotypes About Men and Women Aren't Supported by Performance Data." *Harvard Business Review*, 15 Mar. 2018.

I originally found that article from the cool folks at GenderAvengers. I LOVE resources like this or the Gender Schema Tutorials that make it their business to use data to dismantle sexism. GenderAvengers have an app to help counter all-male panels, and this is one of many awesome articles:

"Answers to the Top 10 Excuses for the Absence of Women (Presenters) at Conferences." GenderAvengers website.

This is a great article that shows why women's brains make us great leaders, and that our strengths can be our weaknesses, and how to deal with that:

Amen, M.D Daniel G. "'Lean In' and Why Women's Brains Are Wired for Leadership." The Huffington Post, TheHuffingtonPost.com, 29 Mar. 2013.

I mentioned Saras Sarasvathy in the module. This woman of color has a really down to earth, boots on the ground approach to entrepreneurship called "Effectuation"

Big Think. "Saras Sarasvathy Looks at the World Through Entrepreneurial Glasses." *YouTube*, YouTube, 23 Apr. 2012, www.youtube.com/watch?v=qleXVer33Ag&feature=youtu.be.

The Lean Startup approach to entrepreneurship is what I learned in a Women's Entrepreneur Accelerator program through Cornell and Rev Ithaca.

"The Lean Startup Methodology." *The Lean Startup*, theleanstartup.com/principles.

I trained in the Natural Step, which is a framework for strategic sustainable development. They have a proven process that helps businesses transition to more sustainable practices:

The Natural Step. “FOUR BASIC RULES DEFINE SUCCESS...” *The Natural Step*, www.thenaturalstep.org/our-approach/.

While doing that Natural Step training, I found out that there is a “business case” for sustainability! We can use that thinking to build a business case for regenerative businesses. Bob Willard has a huge array of resources if you want to learn how to do that:

Willard, Bob. “Sustainability Advantage.” *Sustainability Advantage*, sustainabilityadvantage.com/.

If you want to read more about how big businesses are using regenerative design to fast-track sustainability, and a woman who is leading that field, check out the [Carol Sanford Institute](#) and her book, *The Regenerative Business*.

Sanford, Carol, “What is Regeneration? Part 1 – A Definition and Some Fundamental Ideas.” Carol Sanford Institute, 13 Feb 2016.

Want to see what truly audacious regenerative enterprise visioning looks like? The folks at Terra Genesis International are convening a network to reverse climate change by incentivizing regenerative agriculture that “reverse-mining,” which includes sequestering carbon back into the soil. The network also sets up a system to verify the regenerative practices of farms and pay for it with a regenerative blockchain tokens!

Terra Genesis International. “Regen.network Emerges @ devcon3.” *Terra Genesis International*, 22 Feb. 2018, www.terra-genesis.com/regen-network-emerges-devcon3/.

<http://www.terra-genesis.com/blog/>

These folks are changing the way businesses are evaluated—focusing on the value created for the whole system, instead of only considering the value captured by the business:

Future Fit Foundation. "What Is Future-Fitness?" *Future-Fit*, 7 Nov. 2017, futurefitbusiness.org/what-is-future-fitness/

McCurdy, Robina. *Grounding Vision ~ Empowering Culture: How to build & sustain community together, a Manual of Participatory Tools for Social Change Facilitators*. Institute of Earthcare Education Aotearoa, 2008. New Zealand. This is a community facilitation manual from a long time leader and practitioner of permaculture, that could be helpful if you are working with groups/organizations/communities.

NLP Comprehensive. *NLP: The New Technology of Achievement*. William Morrow Paperbacks, 1996. NLP stands for Neuro Linguistic Programming and is an approach to communication, personal development, and psychotherapy, that helps us achieve what we want and meet our goals.

Fukuoka, Masanobu. *The Road Back to Nature*.

<http://www.dragondreaming.org/dragondreaming/what-is-it-exactly/planning/>

Laughton, Rebecca. *Surviving and Thriving on the Land (How to use your time and energy to run a successful smallholding)*, Green Books, 2008

Ford, Bonita. "Tracks to a Full Stomach." Living Hearth

Ungunmerr-Bauman, Miriam-Rose. "Miriam-Rose Ungunmerr-Bauman." She has also set up a foundation <http://www.miriamrosefoundation.org.au/> which works with young people

Wheatley, Margaret J. "Leadership Lessons for The Real World." *Leader to Leader Magazine*, Summer 2006.

Chodron, Pema, *The Places that Scare You*

Macy, Joanna and Brown, Molly, Coming Back to Life: Practices to Reconnect Our Lives, Our World

Websites:

[Appreciative inquiry](#)

[Open Space Technology](#)

[Powerful Questions](#)

[The 8 breathes process work](#)

[The art of harvesting](#)

[The Art of Hosting Official Website](#)

[The four fold practice model \(PDF\)](#)

[The Circle Way](#)

[The invisible knapsack](#)

[The World Cafe](#) method

[The World Cafe](#)

Indigenous knowledge

AIC, Chicago, USA

“The [AIC](#) strives to be the primary cultural and community resource for over 65,000 Native Americans in the greater Chicago metropolitan area. Chicago is home to the third largest urban NA population with over 140 tribal nations represented.”

An Àirighe / The Shielling Project. “The [Scottish] tradition of the shielling where folk lived outdoors all summer herding the cattle, gives us a window onto the past, but also helps us look forward to a sustainable future.”

Diamond, Jared. *The World Until Yesterday: What can we learn from traditional societies?* Viking, New York. 2012.

Felin Uchaf. The Felin Uchaf eco-centre is situated at the heart of the Llyn Peninsula, an area of outstanding natural beauty, rich cultural history and proudly Welsh speaking communities. Current projects aim to showcase how locally sourced raw materials and traditional building skills can be creatively combined to construct contemporary workspaces for appropriately scaled rural enterprises.

Justice for the First People of South Australia. “We want to live on our lands, practice and pass on our culture to our children and grandchildren...The land is our past and our future. It is our strength and healing.”

Kimmerer, Robin Wall. *Braiding Sweetgrass: Indigenous wisdom, scientific knowledge and the teachings of plants*. “As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together.”

Lakota Law. “Dedicated to reversing the slow genocide of the Lakota People and destruction of their culture, Lakota People’s Law Project assists in the return of Lakota children to their families and communities, partners to protect sacred lands from threats such as the Dakota Access pipeline (DAPL), and much more.”

Mashjar Juthour. “A special place of indigenous Palestinian trees that preserves Palestine's natural heritage.”

Mistry, Jayalaxshmi, Berardi, Andrea, Andrade, Valeria, Krahô, Txicaprô, Krahô, Phocrok and Leonardos, Othon. *Indigenous fire management in the cerrado of Brazil: the case of the Krahô of Tocantins*. *Human ecology* 33:3. 2005. pp

365-386. A paper by a team of researchers that includes Indigenous researchers.

Pacific Islanders in Communications. "Preserving Our Heritage through the Language of Film."

Bilingual and Welsh language resources.

Penniman, Leah. Four Ways Mexico's Indigenous Farmers Are Practicing the Agriculture of the Future. Yes Magazine. Indigenous Mexican farmers talk to farmer Leah Penniman about traditional approaches and techniques.

Slow Movements:

Slow Food, Slow Cities, Slow Education

Soul Fire Farm, Petersburg, NY, USA. "Committed to ending racism and injustice in the food system."

Carapella, Aaron. Tribal Nations Maps. Maps of pre-contact and at-contact Native North America, with original Indigenous names and showing where Tribes were just before contact with outsiders.

Toi Tangata. "Toi Tangata are the only national organisation providing advocacy and coordination for kaupapa Māori based approaches across the public health nutrition and physical activity sector."

Unreserved with Rosanna Deerchild, Radio Canada. "Unreserved is the radio space for Indigenous community, culture, and conversation."

Invisible Structures & the Inner Landscape

Durga explains Invisible Structures in Permaculture Design

Robin Clayfield offers us "Ten ways to love your group, family and community".

Lisa DePiano's Social Permaculture Principles

I extracted the quote by Elisabet Sahtouris from an article by a great activist and (feminist) friend, Daniel Wahl, who works with Gaia Education. He wrote [this piece](#) on collaboration being at the base rather than competition, and it might be interesting also for the next category of Invisible Structure, the economic one.

As much as it helps to know your history (sector analysis!), a shared vision of the future is what drives us. How about we visualize a future of abundance? Starhawk offers a ray of light with her book ["The Fifth Sacred Thing"](#) and I love the positive vibe Melanie Laurent and her husband know to put forward in the 2016 documentary film ["Demain"](#).

Higgins, Polly (2010)- [Eradicating Ecocide](#). Polly is a lawyer who works for the rights of the environment and strives to get laws in place that make corporations pay for their crimes of "Ecocide", so that economic growth can no longer be at the expense of nature and its resources.

Another excellent "Cake Image" is by [Hazel Henderson](#). Her ["Layer Cake with Icing"](#) represents the productive system of an industrial society, seen in the context of the Economic Invisible Structures, but here I would want to point back to the [ecofeminist Yayo Herrero's](#) comments on how the "Love Economy" as Hazel calls it, or the underlying economy based on women caring for the children, the sick and the elderly, does not tie in with any legal rights to for example a pension or health care in the case they should wish to separate from their husband later in the marriage.

Having a closer look at the invisible "Love Economy" that underpins our economic systems, someone actually came up with value for those hours worked in the home by women around the globe! Check out [this article](#) by [Annalisa Merelli](#) & [Youyou Zhou](#) which includes a calculator!

An example of making the SDGs even more practical or "humane" is presented to us by Anna Rosengren and her team at Gross National Happiness or Gross Natural Harmony Sweden, in her [GNH Vision Sun](#).

Rob Hopkins is the face of the Transition Town Network, but the concept was developed by two of his students, [Louise Rooney and Catherine Dunne in 2004](#), when they were asked to apply the Permaculture Principles to the concept of Peak Oil. They then presented their ideas to Kinsale Town Council.

The councillors decided to adopt the plan and work towards energy independence. Hopkins moved to his hometown of Totnes, England, where he and Naresh Giangrande developed these concepts into the transition model. In 2006 Transition Town Totnes become the first Transition initiative.

Young, Jon; Hass, Ellen; McGown, Evan; *Coyote's guide to Connecting with Nature*, OwlLink Media

Placemaking

Bangalore: From Garden City to Garbage City

Srinivasan, Sarayu. Five research charts show how Bengaluru is gradually becoming an unliveable city. The News Minute, The News Minute, 4 May 2016,

“For every seven persons there is one tree. Based on age, every day one person exhales 540-900 grams of carbon dioxide and one hectare of trees takes in close to 8 ton of carbon dioxide. So based on that calculation every person needs 8 trees. So you can imagine how pathetic the situation is.”

According to a research “Spatial patterns of urban growth with globalisation” the city in from 1999-2014 urban land use has increased by 184%, vegetation has decreased from 45% to 8.4%.

78% of green cover has been lost over a decade.

Kilpadi, Maya. How a 2 Hectare Forest in Bangalore's Heart Has Lowered Temperatures and Raised Its Water Table. The Better India, The Better India, 5 June 2016,

Dr. Ramachandra's studies show evidence of an 'urban heat island phenomenon' in Bangalore, a large number of localities with higher local temperatures. The pattern of growth in Bangalore (1005% increase in built-up area from 1973 to 2016) has had an impact on local climate (an increase of 2 to 2.5 degrees Celsius during the last decade) and natural resources with the loss of 78% vegetation and 79.5% loss in water bodies.

The soil has enriched humus content owing to the many moist evergreen species and their good canopy cover. The forest has also raised the formerly 200-foot deep water table of IISc to just 10 feet as trees have helped the percolation of water and aquifer recharge."

Shivanand, Swathi. The disappearing greenery of the Garden City The Hindu. Originally published May 16th 2007; updated Sept 28th 2016.

According to the State of Forest Report 2003, the urban sprawl of 2,190 sq. km of Bangalore Metropolitan Region has only 7.64 per cent green cover, which translates to a mere 168 sq. km.

The Comprehensive Development Plan for 1995, brought out by the Bangalore Development Authority, had earmarked 742 acres as Green Belt area. Notwithstanding many violations and encroachments of this precious belt, the BDA in its draft master plan 2015 has further reduced it to less than 500 acres.

Kaddachi, Aurore and Sapru, Tanviya. Vruksha: Bangalore's tree doctor is determined to save the 'Garden City' of India.

Vijay emphasises that protecting the trees also protects the natural habitat for a total of 350 bird species that live in Bangalore.

Today, Project Vruksha continues to grow rapidly due to the dire need to preserve Bangalore's trees. The project's website lists 87 species of trees that can be found in Bangalore, illustrating the diversity of the greenery in the city.

Count and identify street trees with Vruksha

Vijayann, Meera. How Local Innovations Are Helping Fix Bangalore's Green Crisis Huffington Post, March 27th 2015.

Manohar, Deepti. Bellandur Lake on Fire. NewsBeatIndia.

Pareek, Shreya. 5 Secrets To Creating The Most Amazing Terrace Garden

“Earlier in Bangalore, every house had a kitchen garden in the backyard. That culture got lost somewhere. I wanted to bring it back by recreating the garden on the terrace.”

Urban Mali Network.

The birth of the Urban Mali Initiative is the brainchild of Radha Eswar. Over the last few years she has been tirelessly working towards healing lands and minds. She believes that many of the ills of society can be solved by planting native and naturalised plants of each region, all the while bringing to people entertaining, informative values of these plants.

Ecotourism in Ladakh

Here's an article on some of the challenges and responses to ecotourism in Ladakh.

Place and Community

The Fearless Collective

Creating space to move from fear to love through participatory art.

“We create alternative, people-led narratives that engage personal histories, cultural and political realities and tell stories of universal resilience through visual campaigning, workshops and affirmative storytelling techniques.”

The Grid

Badger, Emily. The Evolution of Urban Planning in 10 diagrams. CityLab.

Citi Io. Our Modern Grid Design for Cities: Not so modern after all.

Kayla. History of the Grid. The World is Urban.

Rosemary Morrow

Morrow, Rosemary. Earth User's Guide to Permaculture, 2006. Rosemary provides a succinct, thorough overview of ecology/ecosystems in this chapter especially why it's important in permaculture studies.

Morrow, R. *Earth Users Guide to Teaching Permaculture*, 2nd Ed. Permanent Publications, 2014. Print

Rosemary Morrow's take on the Principles being applied to the 2nd Ethic, People Care.

Rosemary Morrow interview "Permaculture Pioneers - stories from the new frontier"

Rowe Morrow video on retrofitting your home

Morrow, Rosemary. A Good Home Forever. Downsizing for the future. Rosemary Morrow retrofitted her home to make it more energy efficient, safer, more comfortable, productive and easier to maintain. She shares how she used permaculture to do so.

Rosemary Morrow's work in war torn areas.

Season extension

Hermon, a border village in Armenia, is now home to refugees from several different regions and cultures. Under the leadership of teacher, beekeeper and gardener Naira Mnatsakanyan, and with support from Oxfam, a women's agricultural co-operative was set up in 2011. Here is a video where some of the farmers and gardeners talk about the greenhouse.

The Year Round Vegetable Gardener, by Niki Jabbour. Niki is located in Halifax, Nova Scotia. She gardens year round in the cold north and hosts a weekly talk radio garden show.

Kuujjuaq greenhouse, Nunavik. The Kuujjuaq Greenhouse is an Inuit community garden, and the Nuluq Project is The Inuit Community-Based Food Initiatives Mapping Project.

Rogers, Sarah. *Autumn has arrived, but Kuujjuaq's greenhouse keeps things green.*

Pool, Kristin. Introduction to Season Extension in Organic Vegetable Production Systems

Seed Stewardship

Here is a video of Vandana Shiva explaining the importance of soil and seeds.

Seed to Seed, Suzanne Ashworth. The seed saver's standard reference that gives information on saving all the common vegetable seeds. An important book to have if you're saving seeds of heirloom varieties.

The Seed Garden, Lee Buttala and Shanyn Siegel. An important book to have if you're saving seeds of heirloom varieties. Published by Seed Savers Exchange.

The Seed Underground, Janisse Ray. The Seed Underground is a journey to the frontier of seed-saving. It is driven by stories, both the author's own and those from people who are waging a lush and quiet revolution in thousands of gardens across America to preserve our traditional cornucopia of food by simply growing old varieties and eating them.

Breed Your Own Vegetable Varieties: The Gardener's & Farmer's Guide to Plant Breeding & Seed Saving, Carol Deppe. A thorough, readable book detailing all aspects of seed selection and breeding techniques for creating your own new varieties. An essential resource for home breeders.

The New Seed Starter's Handbook, Nancy Bubel. A good reference on successfully starting and caring for seedlings of common garden vegetables and flowers.

Enduring Seeds: Native American Agriculture and Wild Plant Conservation, Gary Nabhan. Written by the ethnobotanist founder of Native Seeds/SEARCH, Gary Nabhan, this book is a fascinating tour through the topic of food plants centering on seeds and their evolving relationships with the humans who grow them. Interesting, readable... simultaneously enlightening and heartening.

Garden Seed Inventory, Seed Savers Exchange. In Garden Seed Inventory, Seed Savers Exchange lists commercial sources for almost 8,500 varieties of open-pollinated and heirloom vegetable seeds in Canada and the United States. Originally compiled by Seed Savers Exchange's Kent Whealy, the Inventory lists the number of sources remaining for each variety, so that preservationists can tell at a glance how much danger of extinction a particular variety suffers from. An invaluable reference.

Shattering: Food, Politics, and the Loss of Genetic Diversity, Fowler and Mooney. A fascinating account of the politics and mechanisms supporting genetic erosion of our food plants. Discusses weaknesses of cold storage for genetic conservation (i.e., 'seed banks') as opposed to 'living seed banks' such as Seed Savers Exchange. University of Arizona Press.

Social Justice

How the Grenfell Tower fire happened, explained. Reporter Lucy Pasha-Robinson looks at the factors that lead to the [horrific fire](#) at Grenfell Tower, London.

A [video](#) showing a group of people taking part in the “*Privilege Shuffle*.” Please note that I don’t recommend doing this with a group in this way. It can feel very uncomfortable, embarrassing and painful for participants. A visualisation can raise people’s awareness without using those who are more disadvantaged to highlight the privilege of what is often the majority. However, this video seems to have been done with some thought and care, and the comments and reactions of participants afterwards are worth hearing, as are some of the different items on the list of privileges. Note

particularly the comments made by two gay people. Why are their experiences so different?

Kimberle Crenshaw's talk entitled *The Urgency of Intersectionality*

Kimberle Crenshaw [describes](#) how she realised there was a problem which she named "intersectionality".

Black Lives Matter UK's video, *Climate change is not a white issue*

"BLMUK discuss why [climate change](#) and environmental racism are not 'white' issues."

Pasha-Robinson, Lucy. *How the Grenfell Tower fire happened, explained.*

Reporter Lucy Pasha-Robinson goes over [the backstory](#) of housing and local politics in Britain that lead to the Grenfell Tower fire that killed around 80 people.

Climate Justice

Black Lives Matter UK. *Climate change is not a white issue*

The Voice

"[BLMUK](#) discuss why climate change and environmental racism are not 'white' issues."

Canzi, Germana. *Q&A with Mary Robinson*

Road to Paris website.

Mary Robinson is a human rights advocate who was the first woman President of Ireland (1990-1997), and is a former United Nations High Commissioner for Human Rights (1997-2002). In [this interview](#) she talks about Climate Justice.

Gilbertson, Tamra. *Carbon Pricing: A critical perspective for community resistance*. A [guide to climate change](#) and carbon pricing for communities

and campaigners. Indigenous Environmental Network and Climate Justice Alliance. 2017.

Hodgson, Maddy and Hymer, Clare. *5 Reasons Climate Change is a Feminist Issue* "Climate change is bound up with dynamics of power, and it affects some much more than others. Here are five reasons climate change is a feminist issue."

Nacpil, Lidy. *What is Climate Debt?* 2017 Nacpil, a dedicated organiser with over 30 years of experience campaigning on issues of climate change, gender equality, tax justice and human rights, explains climate debt."

The Women's Global Call for Climate Justice. "A global campaign organized collectively by a group of regionally diverse women's rights and feminist organizations, brought together by the urgent need for just action on climate change."

Wretched of the Earth. Taking their name from Franz Fanon's book, Wretched of The Earth is a collective of over a dozen grassroots Indigenous, black, brown and diaspora groups, individuals and allies acting in solidarity with oppressed communities in the Global South and Indigenous North.

African American Policy Forum. *Say Her Name campaign*. A campaign highlighting police violence against black women in America.

Mossett, Kandi. *Power Shift 2013*. Indigenous Environmental Network. A speech about fracking. 1:03:10 onwards.

New Internationalist. An award-winning media co-operative dedicated to socially conscious journalism and publishing.

Penrhyn Jones, Angharad and Earnshaw, Helena *Here We Stand: Women Changing The World* Interviews with 17 British women campaigners and activists.

Roy, Arundhati. *The Greater Common Good*. Friends of River Narmada. Arundhati Roy's classic essay on the Narmada dam

Seth, Aradhana, Producer and Director *DAM / AGE : a documentary about Arundhati Roy & the Narmada Dam Project*. "The film shows how Roy chose

to use her fame to stand up to powerful interests supported by multinational corporations and the Indian government.”

Williams, Justine and Holt-Giménez, Eric. *Land Justice: Re-imagining Land, Food, and the Commons*. Food First, Institute for Food & Development Policy, Oakland, California, USA. 2017. A collection of essays about the struggle for food justice, arguing that to move forward to a more equitable, just, sustainable, and sovereign agriculture system, the various strands of the food movement must come together for land justice.

The following are a collection of films and articles by women affected by, or working to support those affected by, the violence in the Congo over minerals:

Addario, Lynsey *Women of Congo Defy Convention* “Acclaimed photojournalist Lynsey Addario shows how women in the Democratic Republic of Congo are becoming powerful agents of change in their communities.”

De Reus, Lee Ann. *Daring to Make a Difference for DR Congo* Professor Lee Ann De Reus uses her position and her voice to support the Panzi Hospital, Beza, Eastern DR Congo, which works with rape survivors.

Martin, Abby. *5.4 Million Dead in Conflict Mineral Wars to Put an iPhone in Your Hands*. A report on 'conflict minerals' and multinational corporations inability to prove that their products aren't made with them.

Nobel Women's Initiative *Women of Congo Speak Out*. Grassroots women activists in eastern Democratic Republic of Congo talk about their experiences and their work to bring peace to their communities.

Here are the links to the photos of Capel Celyn before the Tryweryn dam was built: Some of the farms, the harp maker, the last shearing day, the school, the surrounding area.

Crenshaw, Kimberle. *The Urgency of Intersectionality*

Thomas, Marquita. *What is Privilege?* Buzz Feed. A video showing a group of people taking part in the “Privilege Shuffle”

Further recommended reading/links:

Ahuja, Nisha. *Exploring Yoga and the Impacts of Cultural Appropriation*. Nisha has been sharing her examination of Yoga & Cultural Appropriation for over a decade.

Ansari, Sophya. *Whose arm, whose leg, whose yoga? On seeing people, pain and privilege in yoga*. Sophya offers diversity training to yoga teachers in the UK.

Katz, Jackson *Violence against women—it's a men's issue*. A talk by Jackson Katz about how men need to change the way they respond to the issue of violence against women.

Manzoor-Khan, Suhaiymah *This is not a humanising poem*. The Last Word Festival 2017 Poetry Slam Final

May, Abantu. *On the Eurocentric Worldview & its effects*. Part of Abantu May's series of videos on decolonisation.

Resist and Renew. A group running Consent workshops in schools in London, Britain.

Samaran, Nora. *The Opposite of Rape Culture is Nurturance Culture*. "Men do not talk to one another about nurturance skills... If they can't ask and teach each other – if they can't even find out which other men in their lives would welcome these conversations – then how do they learn?"

Bangalore Pride. *A Brief History of All Things LGBTQIA in India*. Homophobia - spread around the world by the British Empire.

Vosper, Nicole and London, Annie-Rose. *Permaculture, Queerness & Feminism*. Permanent Culture Now. A conversation about permaculture principles, gender, sexuality and design.

Soil

Monahan, Julie. "10 Easy Soil Tests". Rodale's Organic Life. 9 September 2015.

For tips on identifying soil type, go to: <http://agverra.com/blog/soil-types/>

Jenkins, Joseph. The Humanure Handbook: A Guide to Composting Human Manure. Joseph Jenkins, 2005 (3rd edition). This book is a comprehensive look at composting human manure to turn waste into a resource rather than flushing it down the toilet with drinking water.

Strauss, Erica. "How to Use Pee in Your Garden". Northwest Edible Life, 2013. If you're curious about pee-cycling, this is a great resource.

Steinfeld, Carol. Liquid Gold: The Lore and Logic of Using Urine to Grow Plants. Ecowaters Projects. Delightful book shares how urine—which contains most of the nutrients in domestic wastewater and usually carries no disease risk—can be utilized as a resource. Also author of *The Composting Toilet System Book* and *Reusing the Resource: Adventures in Ecological Wastewater Recycling*.

Sakura, Eigasha. Life in the Soil. YouTube: Tawahon-cho Atami Shizuoka, Japan, International Research Center for Nature Farming/Mokochi Okada Association Productions, 1990.

Stevens, Crystal. *Worms at Work: Harvesting the Awesome Power of Worms with Vermiculture and Vermicomposting*. 2017 . Here is an excerpt covering worm bin designs for your backyard.

Appelhof, Mary, and Joanne Olszewski. *Worms Eat My Garbage: How to Set up and Maintain a Worm Composting System*. Storey Publishing, 2017.

Ingham, Elaine, et al. *Soil Biology Primer*. Soil and Water Conservation Society, in Cooperation with the USDA Natural Resources Conservation Service, 2000.

Darwish, Leila. *Earth Repair: a Grassroots Guide to Healing Toxic and Damaged Landscapes*. New Society Publishers, 2013.

Hess, Anna. *Homegrown Humus: Cover Crops in a No-till Garden*. Wetknee Books, 2013.

Ohlson, Kristin. *The Soil Will Save Us: How Scientists, Farmers, and Foodies Are Healing the Soil to Save the Planet*. Rodale , 2014.

Shiva, Vandana. *Soil Not Oil: Environmental Justice in an Age of Climate Crisis*. North Atlantic Books: Berkeley, 2008/2015.

Ingham, Elaine. *Building Soil Health for Healthy Plants*. YouTube: Permaculture Voices, 2014. Dr. Ingham is your best source for soil food web information. If you get the chance to attend a talk or class with her, take it!

Stamets, Paul. *How Mushrooms can Save the World*. YouTube: Bioneers, 2006.

Hosking, Rebecca. *Building Soil with Regenerative Agriculture*. Permaculture.co.uk: Permaculture People/Permaculture Magazine, 2015.

Seabrook, Dr. Wendy. *How to Grow Your Veggies in Living Mulch Instead of Mulching*. YouTube: Learning From Nature, 2016.

Gamble, Morag. *Weed-Free Mulching*. YouTube: Our Permaculture Life, 2016.

DK Books. *Biodynamic Gardening: How to Make Nettle Tea Spray*. YouTube: DK Books, 2015.

Dirkson, Kirsten. *Urban composting toilet & humanure for the garden*. YouTube: fair companies, 2009.

Grant, Bonnie L. *Antidepressant Microbes in Soil: How Dirt Makes You Happy*. Gardeningknowhow.com, April 29, 2014.

Wellness Mama, Katie. *Earthing & Grounding: Legit or Hype?* (How To & When Not To). Wellnessmama.com, January 11, 2018.

Barrero-Bassols, Narciso, Sandor, Jonathan A, WinklerPrins, Antoinette M.G.A, and Zinck, J. Alfred. "The Heritage of Soil Knowledge Among the World's

Cultures.” *Footprints in the Soil: People and Ideas in Soil History*. Ed. Benno P. Warkentin. Oxford, UK. 2006. 43-84.

Systems Thinking/Design Theory

Acaroglu, Leyla. 2017. “Tools for Systems Thinkers: The 6 Fundamental Concepts of Systems Thinking.” Medium (blog). September 7, 2017.<https://medium.com/disruptive-design/tools-for-systems-thinkers-the-6-fundamental-concepts-of-systems-thinking-379cdac3dc6a>.

Academy for Systems Change. 1996. “Systems Thinking Resources.” The Academy for Systems Change (blog).<http://donellameadows.org/systems-thinking-resources/>.

Meadows, Donella. n.d. “Dancing With Systems.” The Academy for Systems Change (blog). <http://donellameadows.org/archives/dancing-with-systems/>.

Meadows, Donella. n.d. “Leverage Points: Places to Intervene in a System.” The Academy for Systems Change (blog). <http://donellameadows.org/archives/leverage-points-places-to-intervene-in-a-system/>.

Cafasso, Kay. [“In the Zone... Zone and Sector Planning.”](#) Sowing Solutions 2008.

DePiano, Lisa. “The Zone system content and uses” Page [Page 1](#) and [Page 2](#). From the Book *Gaias Garden*. n.d.

Check out this handy [Critical Thinking Cheatsheet](#), great for a guide when thinking through the goal setting, boundaries and resources part of the design process, as well as, the maintenance and evaluation of your design process. Courtesy of Global Digital Citizen Foundation

Janine Benyus

https://www.youtube.com/watch?v=k_GFq12w5WU

<https://www.youtube.com/watch?v=WVhupZ66Kh4>

Backcasting Tool

Brooke Johnson and Jennifer Tolo Pierce, eds. Design School Wisdom: Make First, Stay Awake, and Other Essential Lessons for Work and Life. California: Chronicle Books LLC. 2014. While coming from an art school perspective, the text offers many inspirational quotes to overcome design challenges and support creative problem solving in design.

Teaching & Pedagogy

Permaculture Zones in the Learning Landscape Presentation by Sandi Vicenti. Permie Kids. 29 July, 2017.

Free downloads of three of the most important books ever written about how to change the world through pedagogy:

- Pedagogy of the Oppressed
- Teaching as a Subversive Activity
- Games for Actors and Non-Actors

To learn more about how informal educators consider teaching and learning read the linked articles from infed.org, an excellent, open access resource about pedagogical theory, informal education and community development.

Wikipedia provides a great starting point for learning more about different pedagogical concepts. Here's an overview about learning styles.

Here are some excellent models of process that are worth the additional time:

- The U-Process. Double-loop learning.

- [The Iceberg Model](#) (A downloadable .pdf). The Bathtub Theorem.
- [Open Space](#): many permaculture convergences are designed around this model.
- [The World Cafe](#): applications are broad for this methodology and a great way to get people mixing, sharing, and collaborating, even when they know nothing about one another.
- [25 Ways to Develop a Growth Mindset](#)

[Permaculture Design as a Pedagogical Resource: A proposal for the development of new pedagogy through deep ecology and permaculture design principles](#). By Katharine Stavrinou, originally published by Medium

[Resilience.org](#): Katharine Burke, an educator for over 30 years, is a passionate advocate for students, teachers, and teaching as well as for deep ecology, permaculture and the green shift. She has taught English and literature to all ages from 6 years old to college students. She has a Permaculture Design Certificate and recently completed the Regenerative Design Practitioner course with the Regenes Group. Katharine is passionate about bringing deep ecology, regenerative design and permaculture principles into schools and in training teachers in deep ecology and regenerative design. To this end, she started [The Small Earth Institute](#) (Skoppum, Norway) to offer deep ecology and regenerative design initiatives

“In the best sense, good pedagogy should lead to regeneration of society and the wider ecology. In addition, pedagogy can be a tool to advance the development of mentalities, attitudes, and principles deemed important by the society and for the future. A deep learning, ecologically based pedagogy can meet all three of these needs. There has perhaps never been a more important time for this to happen than now, when the changes that society and indeed the natural world, are facing are in such rapid transition as has not been seen in previous generations.”

[REAP: Regenerative Ecology as Pedagogy](#)

Deschooling Society. 1971. Ivan Illich. As much an argument for the community based self-reliance of permaculture as it is a call for non-formal learning cultures, Illich's *Deschooling Society* is essential reading. In the same way that one of permaculture's key propositions is that growing food should

be democratised and deindustrialised, Illich uses schooling as the key framing for his argument that industrialised education leaves societies unempowered and vulnerable.

An excellent, open access resource about pedagogical theory, informal education and community development.

The Children in Permaculture Manual: Earth care, people care and fair share in education. 2018. By Lusi Alderslowe, Gaye Amus and Denise Deshaies.

<http://childreninpermaculture.com/document-download-center-2-2-2-2-2-2/>
Scroll down page to read the Manual online or order a hard copy.

Earth User's Guide to Teaching Permaculture. 1997 (2nd Edition). Rosemary Morrow. ISBN: 978-1-85623-145-9

A partner book to Morrow's *Earth User's Guide To Permaculture*, this book provides teaching guides for each module in a standard permaculture design certificate (PDC) course. For each module learning objectives are provided along with key information, glossaries, recommended activities and teaching resources. This is a great resource for making sure you are communicating key permaculture knowledge and skills to students.

Permaculture Teacher's Guide, 2000. Andrew Goldring (Editor). ISBN: 1858501687. This resource book from Permaculture Association UK draws together lesson plans and reflections from a number of experienced teachers.

Permaculture Teaching Matters. 2015. Rosemary Morrow. ISBN: 978-0-9579623-3-0.

<http://www.bluemountainpermacultureinstitute.com.au/resources/permaculture-teaching-matters/>

Whereas Morrow's earlier teaching guide the *Earth User's Guide to Teaching Permaculture* is about *what* to teach in a permaculture course, *Permaculture Teaching Matters* (PTM) is about *how* to use permaculture to teach. Based on non-formal education principles this freely available book contains sections on growing a learning community, understanding adult learners, effective teaching, teaching methods, teaching tools and a summary of interactive energisers. Written primarily as a handbook and 6-day curriculum for people

teaching future permaculture teachers using the PTM approach, the book is a valuable resource for all teachers.

Renata Brown, *Gardening Lab for Kids: 52 Fun Experiments to Learn, Grow, Harvest, Make, Play, and Enjoy Your Garden* (Hands-On Family)

Blood, Peter, and Annie Patterson. *Rise again: a group singing songbook*. Hal Leonard Corporation, 2015. Everyone could use a good songbook in the house! SINGING wisdom from Graham Bell that I wholeheartedly agree with: "*When people sing they have to breathe. This supplies more oxygen to the brain so they think better. They get to work as a team, which is in itself a useful thing. Songs involve repetition, and what we repeat we remember better. Humour relaxes people and helps them enjoy what they are doing, and many of the songs we use involve humour. They also have a strongly emotional content, and a lack of emotional intelligence sits behind many of our more destructive technologies. Singing teaches the value of harmony and permaculture is all about being in harmony with the world around us.*"

Clayfield, Robin, and Skye. *Manual for teaching permaculture creatively*. Earthcare Education, 1995. This guide was shared with me in my first teacher training, and full of practical, hands-on and fun types of permaculture learning activities.

Corita Kent and Jan Steward. *Learning by heart*: Allworth Press, 2008. I found this book when I first began teaching art and environmental ed with children. It's filled with exercises for developing creativity and a great resource.

Griffith, Christopher, et al. *Puppet cookbook: recipes for puppets from In the Heart of the Beast Puppet and Mask Theatre*. In the Heart of the Beast Puppet and Mask Theatre, 2000. Telling stories and making puppets and masks = great goodness!

Reynolds, Mary. *The garden awakening: designs to nurture our land and ourselves*. Green Books, 2016. I appreciate Mary's wisdom and experience in applying a partnership model to landscape and garden designing. She is thoughtful, practical and very creative with her design work.

Morrow, Rosemary. *Permaculture Teaching Matters*. Blue Mountains Permaculture Institute, 2015. Rosemary is also the author of *Earth User's*

Guide to Teaching Permaculture. It is one of the best, simple and straightforward teacher training texts AND illustrated by Gabrielle Paananen.

Urban Permaculture

LaDonna Redman discusses food justice in a 2013 TED talk.

Right to the City Movements

Jacobs, Jane. *The Life and Death of Great American Cities*. Random House, 1961. This is a classic book on community-based urban planning. Jacobs had some brilliant insight into the importance of cities and how urban spaces can become vibrant, lively neighbourhoods. Even though it was written over 55 years ago, it is still relevant today and has inspired activist groups throughout North America.

Harvey, David. *Rebel Cities: From right to the city to the urban revolution*. Verso, 2012. David Harvey goes into detail about the transformative potential of urban-based social struggles. If you want to understand 'right to the city' movements, this is a great starting point.

Federici, Silvia and George Caffentzis. "Commons against and beyond capitalism". *Community Development Journal*, Volume 49, Issue 1, January 1, 2014, Pages i92–i105, <https://doi.org/10.1093/cdj/bs...> Federici and Caffentzis detail the hows and whys of creating beyond-capitalist commons, especially relevant to collective projects in cities. Federici is a feminist who wrote the amazing book *Caliban and the Witch*.

Staeheli, Lynn and Don Mitchell. *The People's Property? Power, politics, and the public*. Routledge, 2008. This book is a little academic (yes it was on my PhD reading list) but it is a great introduction the multiple, contested uses of public space. The chapter on the struggle against the closing of the community gardens in NYC in the 90s is particularly illuminating.

Piven, Frances Fox and Richard Cloward. *Poor People's Movements: Why they succeed, how they fail*. Vintage Books, 1977. This is another older book that is a

classic. In this book Piven and Cloward examine movements of and BY poor people. This book has been deeply influential and also puts forward the argument that poor people's movements must be self-organized not implemented for them by well-meaning (or not) do-gooders. One of my favourite activist organizations is part of this movement - the Ontario Coalition Against Poverty.

White, B., S.M. Borras, R. Hall, I. Scoones, and W. Wolford (2012): 'The new enclosures: critical perspectives on corporate land deals.' *Journal of Peasant Studies*, 39(3-4), 619-47.

Young, Iris. *Justice and the Politics of Difference*. Princeton University Press, 1990. Iris Young was a feminist philosopher who argues, in this book, that we can create truly just cities by creating communities based on *difference* not on sameness.

Lawson, Laura. *City Bountiful: A Century of Community Gardening in America*. University of California Press. 2005. An in-depth, historical account of community gardening in the United States. The book touches on the many, sometimes contradictory aspects of community gardening, including struggles over urban gentrification in the 90s. A very important book.

Louie, Rebecca. *Compost City: practical composting know-how for small-space living*. Roost Books, 2015. A hands-on guide for composting in the city in all sorts of urban spaces. Specifically aimed at small-space living, Louie covers outdoor composting, vermicomposting, and bokashi fermentation. She also has a chapter on community organizing around composting!!

Moore, Lisa Jean and Mary Kosut. *Buzz: Urban beekeeping and the power of the bee*. New York University Press, 2013. This book is written by two feminist sociologists based on their ethnography of New York City beekeepers. If you are interested in urban beekeeping and/or in the relationships between humans and animals in city, this is a wonderful book. It's not a practical guide to urban beekeeping but it is very insightful.

Premat, Adriana. *Sowing Change: The making of Havana's urban agriculture*. Vanderbilt University Press, 2012. Havana, Cuba amazingly feeds about 80% of their population from urban farms. This ethnography explores urban agriculture in Havana, from the perspectives of everyday people. Premat also

explores the rise of permaculture in Cuba and touches on the potential problems with colonialist attitudes within our movement.

Rosan, Christina D. and Hamil Pearsall. *Growing a Sustainable City? The question of urban agriculture*. University of Toronto Press, 2017. Based on research by two geographers, this book examines some of the complications that arise from urban agriculture initiatives. Using the example of Philadelphia the authors look at the disconnect between official policy and actual practice. They also examine the way in which racism and classism impact urban agriculture projects.

Thomas, Amara. "These New York Gardeners Are Fighting the System By Growing Food". Fader. Naima Green (photographer). April 17, 2017. Accessed December 15, 2017. [This article](#) will introduce to some amazing women of colour food/urban agriculture activists in the United States. Not only are these women inspiring but their projects are crucially important to their neighbourhoods and cities.

Flores, Heather. *Food not Lawns: How to run your yard into a garden and your neighbourhood into a community*. Chelsea Green, 2006. A fabulous, in-depth guide to permaculture, especially focused on cities by our very own Heather Jo Fores. This book has a very good focus on community organizing - unlike some permaculture books it does not simply focus on transforming private spaces. It's so inspiring that it spawned, *Food not Lawns* activist groups throughout the continent.

Hemenway, Toby. *The Permaculture City: Regenerative design for urban, suburban, and town resilience*. Chelsea Green, 2015. A guide to urban permaculture from the author of *Gaia's Garden*. What I particularly like about this book is that Hemenway first tried to practice permaculture in more rural areas but choose to move to and practice in cities for reasons he outlines. It will make you feel proud to be doing permaculture in the city!

Kellogg, Scott and Stacy Pettigrew. *Toolbox for Sustainable City Living*. South End Press, 2008. An excellent book by the people who run The Radix Centre in Albany, New York. This is especially good for people who do not have access to their own land including tenants and people using community spaces. They

emphasize *tempoculture*, projects based on permaculture that are more temporary or mobile. Very hands-on and practical

Thomas, Pandora and Starhawk. "Black Lives Matter: A permaculture perspective". Permaculture magazine. July 11, 2016. Accessed December 8, 2017. A statement of solidarity with Black Lives Matter activists. A must read.

City Repair is a permaculture place-making organization based in Portland, Oregon. They have created many exciting projects and initiatives that, while based in Portland, have inspired people throughout the world.

Ellis, Becky. *Permaculture for the People*. My blog where I write about permaculture, activism, feminism, and my research on bees.

La Finca del Sur (Facebook page). A garden project in the South Bronx that I think is particularly exciting.

Parkdale Community Land Trust. An exciting community land trust in Toronto, ON that incorporates community gardening/urban ecological regeneration with struggles against gentrification.

The Radix Ecological Sustainability Centre. A community permaculture project in Albany, New York. They offer a weekend workshop every year.

Coyne, Kelly and Knutzen, Erik. The Urban Homestead: Your Guide to Self-Sufficient Living in the Heart of the City. Process Media, 2010. This is a well researched book overall, but chapter 6, "Be Your Own Utility" follows closely with many of the ideas mentioned in this module such as conservation, greywater, depaving, earthworks, rain barrels, and more.

Depave.org. Depave is an organization in Portland, Oregon that engages communities to reconnect with nature through action-oriented projects, education, advocacy and stewardship. Get the free guide on their website, "How to Depave: The Guide to Freeing Your Soil".

Leahy, Gillian (director). The Chikukwa Project. Independently produced, 2014. A story of how a resource scarce, food insecure village in Zimbabwe used permaculture farming techniques, including alternative water management strategies, to develop an abundant, food-producing landscape.

Volunteering

As Voluntourism Explodes in Popularity, Who's It Helping Most?

<https://www.npr.org/sections/goatsandsoda/2014/07/31/336600290/as-volunteerism-explodes-in-popularity-whos-it-helping-most>

The Voluntourist's Dilemma

<https://www.nytimes.com/2016/03/22/magazine/the-voluntourists-dilemma.html>

How Not to be a White Savior

<https://www.facebook.com/ajplu...>

Guiding Principles of a Give Back Day

Guiding Principles of Permaculture Action Days

<http://www.permacultureaction....>

Waste

"There is no such thing as waste – only opportunity to be embraced"

Adams, Ann. At Home with Holistic Management. 1999. Holistic Management International. Great introduction to putting holistic management to work at home.

Corbett, Sarah. How to be a Craftivist: The Art of Gentle Protest. Kindle 2018. Craftivism, is a quieter form of activism that uses handicrafts as a way to get people to slow down and think deeply about the issues they're facing, all while engaging the public more gently.

Darwish, Leila. Earth Repair: A Grassroots Guide to Healing Toxic and Damaged Landscapes. New Society Publishers. 2013. Hope and how to plant in degraded and toxic soils powerful grassroots bioremediation techniques that work with the many microorganisms, mushrooms, and plants that are the planet's finest and oldest disaster responders, alchemists, and healers.

Farallones Institute. The Integral Urban House. Sierra Club Books. 1979. In depth design of a no waste off grid urban home.

Formidable Vegetable Sound System, 2013, "No Such Thing As Waste", Permaculture: A Rhymer's Manual

Hayes, Shannon. Radical Homemakers: Reclaiming Domesticity from a Consumer Culture. Left to Write Press 2010, is about people across the USA who focus on their home as a political and ecological act against mindless consumer culture.

Klein, Naomi. This Changes Everything: Capitalism vs. The Climate. Simon & Schuster. 2014. This book ties climate change to unsustainable capitalistic society.

Leonard, Annie. The Story of Stuff: The Impact of Overconsumption on the Planet, Our Communities, and Our Health, And How We Can Make It Better. Free Press, 2010. How mindless consumerism leads to a wasteful society. <https://www.youtube.com/watch?v=9GorqroigqM> This fast-paced video with great graphics describes how our current economic system is designed and its environmental and social impacts.

Strutt, Christina. A Guide to Natural Housekeeping: Recipes and Solutions for a Cleaner, Greener Home. 2012. Natural chemical waste free cleaning and care for households.

Water

To find annual rainfall numbers and wet/dry seasons for a location in the U.S., go to: <https://www.usclimatedata.com/>

Here is a video titled West African Women and Water Training. As permaculturists, we have a responsibility to understand the importance of protecting water as a non-renewable resource. This video imparts a greater appreciation for water.

Stormwater Run-off Calculator

<http://www.esf.edu/ere/endreny/GICalculator/RunoffHome.html>

Stathers, Tanya. Winarto, Yunita and Stigter, Kess. "Rainfall measurements by farmers in their fields." The International Society of Agricultural Meteorology. 23 May 2011.

Ezeanya-Esiobu, Chika. "How Africa Can Use Its Traditional Knowledge To Make Progress". TED Talk, 2017. Learn about a traditional water catchment technique in Niger that is working better than an expensive and over-engineered solution designed by the World Bank.

McCabe, Pat. "Speaking to the Water". Uplift, 2017. How to tap into the magic and mystery of water, a powerful story from a Navajo and Lakota activist.

Mishra, Anupam. "The Ancient Ingenuity of Water Harvesting". TED Talk, 2009. Learn about the many traditional water harvesting strategies in the desert of rural India, some of them 800 years old, still functioning and doing so better than expensive, modern solutions.

Mitchell, Kaitlyn. "Drinking water crisis in First Nations communities violates human rights". Ecojustice, 2017. This article discusses the lack of clean drinking water standards for Canada's First Nations.

Thunder Hawk, Madonna. Madonna Thunder Hawk: A Long Time Coming and Everything in its Time. Lakota People's Law Project, 2016. In this 4-minute video, Thunder Hawk discusses the power of the solidarity that formed at

Standing Rock in response to the Keystone Pipeline and its threat to sacred land and access to clean water.

Lancaster, Brad. "[8 Rainwater Harvesting Principles](#)". These principles are rooted in permaculture systems thinking, and indeed will guide your work to treat water like a precious resource instead of a waste product. This set of principles is an example of how to turn problems into solutions.

Lancaster, Brad. [Rainwater Harvesting for Drylands and Beyond](#), Vols. 1&2. Rainsource Press, 2013. This 2-volume set teaches you how to conceptualize, design, and implement integrated, multi-functional water-harvesting systems for your home, landscape, and community. You will also learn how to select, place, size, construct, and plant your chosen water-harvesting earthworks. There are also chapters on mulch, vegetation, and greywater recycling so you can customize the techniques to the unique requirements of your site. I use these books often in my design work.

U.S. EPA. "[Indoor Water Use in the United States](#)". 2008. Factsheet.

Wells, Katie. "[The Best Water Filter For Home Use \(Pitcher, Charcoal, Under-Counter\)](#)". Wellness Mama, 2017. Information about water filters and water filtration technology/products is always changing. This guide is an introductory primer for filtering your drinking water and a stepping stone for more research.

Allen, Laura and Woelfle-Erskine, Cleo. "[Greywater Action - For a Sustainable Water Culture](#)" website. This excellent organization has pumped out many free resources on their website over the years about greywater reuse, rainwater harvesting, and composting toilets. They also have a number of publications, including:

- Allen, Laura. [Greywater, Green Landscape: How to Install Simple Water-Saving Irrigation Systems in Your Yard](#). Storey Press, 2017.
- Allen, Laura. [The Water-Wise Home: How to Conserve, Capture, and Reuse Water in Your Home and Landscape](#). Storey Press, 2015.

- Woelfle-Erskine, Cleo and Uncapher, Apryl. Creating Rain Gardens: Capturing the Rain for Your Own Water-Efficient Garden. Timber Press, 2012

Gray Water Policy Center. This is a compilation of greywater laws, suggested improvements to greywater regulations, legality & greywater policy considerations, sample permits, public health considerations, and studies, for regulators, inspectors, elected officials, building departments, health departments, builders, and homeowners.

Ludwig, Art. Create an Oasis with Greywater, 6th edition. Oasis Design, 2015. This is one of the most comprehensive works on choosing, building, and using greywater systems.

"All About Rain Gardens". Groundwater Foundation. This organization is dedicated to education and action about protecting and enhancing clean groundwater. This guide on rain gardens details their importance in cityscapes, and details for siting and building them.

Eliades, Angelo. "Building a Small Water Garden". Deep Green Permaculture, 2010. According to Angelo, water gardens fulfill several roles within a permaculture garden, such as grow edible aquatic plants and fish, providing a breeding site for rare and endangered fish or frogs, and producing many other valuable outputs. This extensive article details water garden construction, plant selection, plant care, and maintenance.

"Size Your System". BlueBarrel Rainwater Catchment Systems. This is a rudimentary process for calculating how many barrels you might need for a project.

Lohan, Tara. Water Consciousness: How We All Have To Change To Protect Our Most Critical Resource. Contributions from Bill McKibben, Vandana Shiva, and more. Alternet Books, 2008. This book explores all aspects of the water crisis and what we can do about it, including privatization, bottled water, conservation, appropriate technology, lessons from indigenous cultures, and public policy.

"Top 10 Reasons to Oppose Water Privatization". Public Citizen. A good summary of the impact of privatization on the global water supply.

Van Gelder, Sarah. "Protecting our Water Commons: Interview with Robert Kennedy Jr.". Yes Magazine, 2010. Robert Kennedy, Jr., founder of the international Waterkeeper Alliance, argues that water quality laws and enforcement are only as strong as the popular movements that press for them. We must stand up to those who would privatize, pollute, or divert our waters and get away with it.