"To cherish what remains of the earth and to foster its renewal is our only legitimate hope of survival." (Wendell Berry)
What is PERMACULTURE?

Think of it like a seed of potential, loaded with good stuff. This seed represents the enactment of a healthy relationship to the earth, to each other, to the future.

per·ma·cul·ture
ˈpərməˌkəlCHər/
noun
the development of agricultural ecosystems intended to be sustainable and self-sufficient.
But we have lots to go up against. The culture constantly asks us to translate the most precious and fundamental aspects of our lives into destructive and hierarchical terms. What if we worked to translate it back into our own terms?
This is where a lot of people get stuck or excluded. We must reinvigorate these concepts to be primarily about relationship - a dynamic and inclusive push towards the healing of a fractured world.

We are all tasked with the work of knitting our world back together. We are creative participants!
5. Use and Value Renewable Resources and Services
   "Let nature take its course"
   Make the best use of nature's abundance to reduce our consumptive behavior and dependence on non-renewable resources.

6. Produce No Waste
   "Waste not, want not" or "A stitch in time saves nine"
   By valuing and making use of all the resources that are available to us, nothing goes to waste.

Permaculture Principles

1. Work to Banish Disempowering Mindsets.
   Don't Fall into the Psychological Trap That Says That If You Can't Meet Some Idealised Vision There Isn't a Point of the Mission. You Help Your Experience is What We Need in Fact. It's Foundational.

2. Catch and Store Energy
   "Make hay while the sun shines."
   By developing systems that collect resources when they are abundant, we can use them in times of need.

3. Observe a Field
   "You can't work on an empty stomach."
   Ensure that you are getting the useful rewards as part of the work you are doing.

4. Apply Self-Regulation and Accept Feedback
   "The aims of education are values on the children of the seventh generation."
   We need to discourage inappropriate activity to ensure that systems can continue to function well. Negative feedback is often slow to emerge.

5. Permaculture Principle 5
   Glorious Debris
7. Design From Patterns to Details — "Can't see the forest for the trees."
By stepping back, we can observe patterns in nature and society. These can form the backbone of our designs, with the details filled in as we go.

2. Identify the Barriers to Growth & Call Them Out!

* Ask yourself hard but empowering questions & strive to answer them.

- Do you like where your energy is going?
- Do you have mobility? Can you change your situation?
- If not, who/what is holding you back?
- Is your energy being put towards something within your values? Is it life-affirming?

10. Use Edges and Value the Marginal — "Don't treat you are on the right track just because it's a well-beaten path."

The interface between the right and the left is often the most valuable. It brings diversity and productive elements into the system.

8. Quadruple Rather Than Segregate — "Many hands make light work."
Integrates light work through an open right hand, which is then strong enough to support each other.

6. Use Small and Slow Solutions — "War and war only win." "Small and slow solutions are easier to install than big ones, making better use of local resources and produce more sustainable outcomes."
3. START TO GROW!

This is where you get to be creative & brave.

While there are lots of great ideas out there to employ - remember that they were born out of someone's relationship - to themselves, to a place, to a need.

Take inspiration where you can, but remember that a return to health will be like a balancing act - shifting & changing all the time.

Planting trees & farming is awesome. So is a lot of other stuff.

Employ the "8 forms of capital" & work to legitimize alternative forms of wealth.
4. CONNECT

LIKE GROWING ANY RELATIONSHIP, IT TAKES TIME & SIMPLE PRESENCE. DON'T UNDERESTIMATE THE POWER OF SIMPLE CONNECTION. WATCH, LISTEN, TOUCH.

TAKE WALKS & THINK ABOUT THIS PLACE YOU'RE IN.

CONNECT WITH YOURSELF: GET FIT, EAT WELL, BE A FRIEND TO YOURSELF. YOU ARE PART OF EVERYTHING.

FIND OTHERS & GET INSPIRED!

• How will you know the needs of your community until you greet them regularly?
• How will you know the needs of the RIVER until you listen long enough to hear it speak?

• check out our resource list in back!
5. Define value on life’s terms

This seed has the potential to feed us for years to come, as well as to help make amends to an injured planet. Like a tree, the early stages yield little and are slow going.

In a culture that takes far more than it gives, this response can seem futile and crazy. Don’t stop now. Be brave. Have faith in the design of life, that recognizes that a tree with no fruit is still worthy of living.
“Every one of us is called upon, perhaps many times, to start a new life. A frightening diagnosis, a marriage, a move, loss of a job... and onward full-tilt we go, pitched and wrecked and absurdly resolute, driven in spite of everything to make good on a new shore. To be hopeful, to embrace one possibility after another... that is surely the basic instinct... crying out: High tide! Time to move out into the Glorious Debris.

Time to take this life for what it is.”  (Barbara Kingsolver)

Eight Forms of Capital

http://www.appleseedpermaculture.com/8-forms-of-capital/

- Currency
- Connections
- Materials "natural" resources
- Money
- Carbon, Nitrogen, Water
- Ideas, Knowledge
- Action
- Prayer, Intention, Faith, Karma
- Song, Story, Ritual
- Spiritual Capital
- Cultural Capital
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