

# PRACTICAL PERMACULTURE FOR EVERYONE

## DEFINITION

A design system for creating sustainable human environments

## WAYS OF KNOWING

Way of knowing	examples
<b>Direct Observation</b>	
<b>Traditional Wisdom</b>	
<b>Science and Technology</b>	

## ETHICS

- **Earth Care** - *So that all life systems can continue and multiply*
- **People Care** - *So that people can access those resources necessary to their existence.*
- **Fair Share** - *Set limits to consumption, and share the surplus*

<i>Ethic</i>	<i>An example of how I currently live out this ethic</i>	<i>An example of a further step I can take in living this ethic</i>
<b>Earth Care</b>		
<b>People Care</b>		
<b>Fair Share</b>		

## SITE ASSESSMENT

### Observation

Ways I currently observe my site	Ways I can further observe for more information

### Some Base Map Elements

<b>EARTH</b>	<b>AIR</b>	<b>FIRE</b>	<b>WATER</b>
Soil (texture, pH, depth, moisture, microbes...)	Wind flow	Sunlight/Shade	Stream, pond, water garden
Slope	Air temperatures	Heating/Cooling systems	Rainwater flow, Infiltration
Existing Vegetation	Exposure to storms	Electricity	Well, Irrigation, Sewer, Septic system

### Vision Statement Workspace

**Values I want to express in my home landscape**

**What do I want to experience there?**

**What do I want others (family, visitors) to experience?**

### Existing Resources

**Plants**

**Rainwater**

**Soil Food Web**

**Organic Materials**

#### A RECOMMENDED NATIVE PLANT COMMUNITY

Black Chokeberry *Aronia melanocarpa*

Violets *Viola ssp.*

Virginia Waterleaf *Hydrophyllum virginiana*

New Jersey Tea *Ceanothus americana*

Nodding Wild Onion *Allium cernuum*

Smooth Blue Aster *Aster laevis*

## **VISION STATEMENT For SMALL WATERS**

Small Waters (the residence and land owned by Jack and Judy Speer) is a habitat for wildlife and plant diversity. Residents and visitors experience a lifestyle that supports healthy ecosystems. The structures and land are examples of working with modern science, traditional wisdom and direct observation to create a beautiful space that is energy-efficient, resource-conserving, and health-promoting. Here, people explore new possibilities of relationships with nature that yield spiritual and physical nourishment for all beings, and a community that supports the mission of Small Waters Education (promoting mutually beneficial relationships between humans and the rest of the natural world.)

## **HOW ARE WE ACHIEVING THIS VISION?**

Healthy ecosystem:

- ecological restoration
- gardens designed with Permaculture methods, (including rain garden, septic field garden, patio garden, vegetable garden and forest garden)
- informal monitoring and phenology of plants and wildlife, especially species of concern such as smooth green snake, gray treefrog, and bluebird
- minimizing the human footprint

Energy efficiency and conservation:

- rain infiltrates to replenish groundwater
- House and garage rebuilt and maintained with efficient, green, natural, and recycled materials
- Decisions are made with consideration of life expectancy and impacts of materials and components.
- Reduce, reuse and recycle
- Fossil fuel reduction

Health and nourishment:

- Gardens are designed for maximum yield of beauty, food and medicine
- Practices to maintain physical, mental and spiritual hygiene
- Day-to-day connection with cycles of life

Community:

- Create and maintain safe, welcoming, inclusive space (within zoning and health codes)

## 12 Permaculture Design Principles

- 1. Observe & Interact**  
*Beauty is in the eye of the beholder.*
- 2. Catch & Store Energy**  
*Make hay while the sun shines.*
- 3. Obtain A Yield**  
*You can't work on an empty stomach.*
- 4. Apply Self-regulation & Accept Feedback**  
*The sins of the fathers are visited on the children of the seventh generation.*
- 5. Use & Value Renewable Resources & Services**  
*Let nature take its course.*
- 6. Produce No Waste**  
*Waste not, want not. A stitch in time saves nine.*
- 7. Design From Patterns To Details**  
*Can't see the wood for the trees.*
- 8. Integrate Rather Than Segregate**  
*Many hands make light work.*
- 9. Use Small & Slow Solutions**  
*The bigger they are, the harder they fall.*
- 10. Use & Value Diversity**  
*Don't put all your eggs in one basket.*
- 11. Use Edges & Value the Marginal**  
*Don't think you are on the right track just because it is a well-beaten path.*
- 12. Creatively Use & Respond To Change**  
*Vision is not seeing things as they are but as they will be.*

--From *Permaculture Principles and Pathways Beyond Sustainability* by David Holmgren

### A FEW RECOMMENDED RESOURCES

*Introduction to Permaculture* by Bill Mollison with Reny Mia Slay

*Paradise Lot: Two Plant Geeks, One-Tenth of an Acre and the Making of an Edible Garden Oasis in the City* by Eric Toensmeier with Jonathan Bates

*Edible Forest Gardens vol. I and II* by Dave Jacke with Eric Toensmeier

*Bringing Nature Home: How You Can Sustain Wildlife with Native Plants* by Douglas Tallamy

midwestpermaculture.com—Stelle, IL, design courses and workshops, a youtube tutorial series, networking site, etc.

kinstonecircle.com—home of the Kinstone Academy of Applied Permaculture, Fountain City, WI

permaculturedesignmagazine.com – quarterly magazine plus lots of resources

theresiliencyinstitute.net--A Naperville IL organization teaching permaculture, forest gardening and more.