

## DISCOVER THE LAZY WAY TO GROW HIGHLY NUTRITIOUS VEGETABLES...

Have you been wanting to start your own **vegetable patch** to **grow your own vegetables** at a **fraction of the cost** of buying them that have far **greater nutritional value** than any vegetables, even officially organically grown ones, you could ever buy, but haven't really known how to go about it, this **Saturday the 3<sup>rd</sup> of March, 2012**, is your chance to learn more about a methodology, which is also a philosophy of life, that you may have heard of called '**permaculture**' at a talk being given by a **permaculture and hydrological settlement design expert** at the **Serengeti Golf Estate near Kempton Park**. Please keep reading for more details about this event and for more information about permaculture...

### MORE ABOUT PERMACULTURE

The word '**permaculture**' is derived from the words '**permanent**' and '**culture**' and describes a set of design tools and gardening techniques that can be used to **create sustainable systems** that empower human beings to **live in harmony with the natural world**, which is permaculture's underlying philosophy and aim. A properly designed and laid out **permaculture food garden** grows **vegetables** in harmony with nature by facilitating **natural symbiotic bonds** between different **plant species, animals, bacteria** and **fungi**. The main benefits derived from this food production method are the elimination of:

- ✦ The costs of **external inputs** inherent in normal agriculture or even organic gardening, such as fertiliser, compost and pesticides;
- ✦ **Unnecessary labour** and **human interference** in natural seasonal yields and productive capacity, which can be hundreds of times greater by volume as well as nutritional quality than is the case with commercial agriculture or even organic gardening.

Such a permaculture food garden is fertilised by **organic kitchen waste** and **old decaying plant matter** produced by the garden itself, and is irrigated by **rain water running off the built environment** and **dew fall** that the plants in the garden produce to keep cycling water in the ecosystem the garden forms, hence **no expensive external inputs** are required. Once it has been correctly set up, a permaculture garden is an extremely **low-cost, low-maintenance alternative** to a **conventional** or even **organic vegetable garden** that will give you a **lifetime supply of highly nutritious, fresh, pesticide-free vegetables** that are free from chemical contaminants available in your back garden at no cost!



## TALKS ON PERMACULTURE & SUSTAINABILITY ON SATURDAY THE 3RD OF MARCH

Serengeti residents will have the opportunity to learn more about permaculture gardening and how to create your own permaculture garden through talks given by **Jamie Shepherd**, an experienced and creative **permaculture** and **hydrological settlement design expert**, and **Riane Ziesecke**, a town planner and **expert on sustainability** and **green building techniques**, on the **morning of Saturday the 3<sup>rd</sup> of March** at the Serengeti nursery. The first talk given by Jamie entitled **'The Lazy Man's Guide to Growing Highly Nutritious Food through Permaculture'** will **start at 10 a.m.**, which will be followed by Riane's talk from 11.30 a.m. till 12.30 p.m. on **'The Sustainability Imperative'** that will give you the **macro view** of **why mass adoption of sustainable living practices** is vital to the future survival and prosperity of the human race.



Riane's talk will be followed by **lunch** provided by Serengeti Nursery – a **delicious vegetarian potjie** cooked by Deon. Your investment for attending this paradigm-shifting and potentially life-changing event, including **lunch** and **tea and coffee** served with cake, is only **R100**. To book your place/s for the event now, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with **'Booking for the Permaculture Talks'** in the subject line and your name, cell number and the number of people you want to book for in the body of the message that pops up, or call **011-675-5713** or **071-853-2368**.

## PERMACULTURE DESIGN WORKSHOP ON THE 24<sup>th</sup> AND 25<sup>th</sup> OF MARCH, 2012

**Jamie Shepherd** will be presenting and facilitating a **Permaculture Design workshop** over the **weekend of the 24<sup>th</sup> and 25<sup>th</sup> of March**, also at Serengeti Nursery. Jamie has been instrumental in initiating and driving a government-sponsored project that has established **over 200 authentic permaculture gardens** for local people living in a village and the Dukuduku forest just **outside St. Lucia** in **northern KwaZulu-Natal** and trained them to **maintain the gardens to improve food security** and **quality** for the local people, which at the same time effects re-forestation by improving the condition of this fast-dwindling forest's degraded soil and plant undergrowth.

By attending this workshop, you will be part of a team that actually **designs and sets up the first permaculture garden** at the Serengeti nursery during the weekend, so expect to get your hands dirty and to work up a sweat! As a result of the practical nature of the course, you will leave the course knowing exactly **how to** apply the theory and philosophy of permaculture to **design** and **set up your own permaculture garden** in a matter of only a couple of days. You will receive a **free electronic copy** of Jamie's **e-book** entitled **'The Lazy Man's Guide to Growing Highly Nutritious Food'** when

you book and pay the **R1,850 investment required** for the workshop to help prepare you for the workshop, and a hard colour copy of the e-book when you attend the workshop.



An Example of a Permaculture homestead laid out by one of the teams Jamie Shepherd trained in the Dukuduku Forest near St. Lucia

For more information about the workshop and Jamie's e-book, see [www.permaculturegarden.co.za](http://www.permaculturegarden.co.za), and to book your place/s for this life-changing workshop, send an email to [admin@lifebuild.com](mailto:admin@lifebuild.com) with '**Booking for the Permaculture Design workshop**' in the subject line and your name, cell number and the number of people you want to book for in the body of the message, or call **011-675-5713** or **071-853-2368**.

For more information about permaculture and how it can be applied in practice to **transform urban environments** and **create a sustainable source of food and water** for people, please read the article by Jamie Shepherd that follows below. We hope to see you at the workshop on the **24<sup>th</sup> and 25<sup>th</sup> of March**.

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## Permaculture in Action: Giving Birth to Your Habitat

**"The philosophy behind permaculture is one of working with rather than against nature; of thoughtful and protracted observation rather than protracted and thoughtless action; and of allowing systems to find their own evolution."**

*- Bill Mollison, the creator of the concept of 'Permaculture' and author of 'Permaculture – a Designer's Manual'*



By replacing cattle with gemsbok, a South West African farm was **transformed from desert scrub to perennial grassland** in 18 months. Browsing animals inadvertently plant species that they like to eat in nature. By contrast, this is what Bill Mollison had to say about urban ecology: "Useful animals are effectively abolished from American cities, leaving the field wide open for a host of others: pigeons forage the streets, thousands of gulls defecate in New York City reservoirs (fresh from the garbage piles); gigantic garbage bins are tipped over by large flea ridden dogs in Los Angeles; rats half the size of dogs (and also flea ridden) are waiting for the garbage

left by the dogs, and have tunneled under the bus stops in their millions in Washington D.C. (not far from the White House). They in turn are stalked by mangy cats, who also keep a desultory eye on the billions of cockroaches crawling in most houses. Not to mention the flies.

A sensible re-routing of edible garbage through a herd of pigs or a legion of guinea-pigs would abolish much of this nuisance, and a few good Asian restaurants could deal with the cats and dogs. The gulls would starve if chickens were fed on household wastes, and the besieged American might add a very large range of foods to those now available in cities. I mention this only to show how cultural prejudices can grossly reduce the available food sources and that if we refuse to take sensible action, some gross results can follow, with the biomass of useful foragers such as domesticated animals replaced by an equivalent biomass of pests."

The greater Durban authorities once suspected that a hydroponic vegetable farm was a source of stream pollution. Tests however showed that by using the polluted water to produce vegetables, all contaminants were completely removed from water returned to the stream without compromising the quality of the crops.



## **Mother Nature Supplies Our Needs Perfectly**

The point I am leading up to is this: like the gemsbok, the **outputs of human existence** also inadvertently **multiply the potential sustainable carrying capacity** of the environment with respect to humans. Examples could fill a book. Nature has been programmed by the Creator to respond to our every need. We need to do little more than allow it. The truth is that if you just throw your organic rubbish straight out of the window, a food forest perfectly suited to your individual nutritional and medicinal needs will evolve around you. Your job is just not to disturb it.

## **Nutritional Value that Money Can't Buy**

Nature wants to do this for you. If you don't allow it you will suffer from what I call '**abortion syndrome**' – continually feeling incomplete and dissatisfied with yourself and life without really knowing why, causing you to seek temporary satisfaction in all the **destructive addictions** and **superficial activities** modern life has to offer – shopping, surfing the Internet, watching TV, drinking, smoking, taking drugs, etc. I'm sure you will agree that this syndrome explains many of the ills humanity suffers from.

Soil microbes and seeds interpret your sweat and oral fluids to produce crops with medicinal properties perfectly suited to your individual needs. I remember a researcher explaining on television that words could not describe the incredibly energising experience he had when he ate a slice of wild pineapple in the Amazon. I have had the same experience with vegetables grown using authentic permaculture methods. Comparing the experience of eating vegetables grown in a permaculture food garden to that of eating organically certified food confirmed to me that there is a profound difference between **officially 'naturally grown food'** and **authentically naturally grown food**, which can cure anybody of just about anything short of an amputation. It will improve your mental and physical performance and connection with your Spirit to a level that is beyond your wildest expectations. There

is no product on the market that can come close to doing what your own **ecologically automated food production facility** in the form of a **permaculture food forest** in your back garden can do for your quality of life and longevity.



ONE YEAR OLD GRAPEVINE WITH GREYWATER

It is essential that you do it yourself and do not use **slave labour** to do it for you. If you do it yourself, you will not do anything to undermine the sustainability of your garden. For example you will soon realise what a stupid waste of time it is turning compost heaps if you do it yourself.

Oil prices are going to rocket as the wells worldwide are drying up. With this will come the **collapse of commercial agriculture** that is heavily reliant on oil. Cuba has already lived through such a crisis when Russia dumped them. Today, they produce 80% of their food in the cities using permaculture methods. The founders of Bountiful Gardens, suppliers of heirloom seeds, have proved that it is possible to **produce 500 times more food** per given amount of land and time in your back yard than the average commercial farm can.

Already the **development needs of South Africa's population exceed the water delivery capacity of current land use practices** by around 10 times. Simple **permaculture settlement design** principles can **reverse** this so we have many times the water we really need, but it can take several years for a permaculture eco-system to mature to its full potential, so there has never been a better time to start your own permaculture food garden than right now.

## **Multiply the Value of Your Property through Permaculture**

**Village Homes**, in dry-land **Davis, California**, is one of the oldest examples of permaculture principles being used in a modern urban environment to great effect. Initially, an economic housing development, Village Homes, is now a **lush eco-suburb** in an arid environment that is amongst the **most valuable real estate** in the whole of the **United States of America** because people are willing to pay handsomely for real basic needs security that can weather any economic climate. You cannot afford to wait until the current commercial agriculture system, along with other systems humanity relies on like the financial system, collapses before starting your own permaculture food forest, even if you are a billionaire. Even billionaires can't eat money or live longer than a few days without water.

A reservoir the size of your house is required to store all your roof run-off water from rain and use it at the average rate that it comes in. This is obviously a formidable undertaking even for the wealthiest among us. I have seen it done once in my life by self sacrificing brothers at a Catholic monastery in

the Transkei. Furthermore, **food production requires hundreds of times more water** than anything else and is an unavoidable necessity. Bill Mollison says that if you are working too hard, you are doing something wrong. Stored in a **healthy natural eco-system**, the same water will be recycled hundreds of times over by dew fall and afternoon thundershowers, multiplying the quantity of food it can produce many times and creating an effective living storage facility for this water.

As for your **domestic water requirements** the pennies will look after themselves. Within a few years, you will always be able to pump your domestic water from a well in your back yard. A **water fountain or spring** is an **unlimited supply of water** flowing from the earth pushed to the surface by a healthy water table, whereas a cistern is a **large man-made container** that holds a **limited supply of water** which will turn stagnant and unhealthy to drink sooner or later, and if cracked, the water will not remain in it for long. Would you rather rely on a spring or a cistern for your water? Because the answer is obvious, permaculture is the obvious choice for both **guaranteeing your water supply** and a **steady supply of highly nutritious vegetables**.

If you would like to learn how to virtually effortlessly achieve **water self-reliance** on your property while at the same time **producing highly nutritious food** that will optimise your health, you can:



- Buy my e-book '**The Lazy Man's Guide to Growing Highly Nutritious Food**', which is available for **R40** at [www.permaculturegarden.co.za](http://www.permaculturegarden.co.za).
- Come to the **Permaculture Design workshop** I'll be facilitating at the **Serengeti Nursery** on the **24<sup>th</sup> and 25<sup>th</sup> of March**, which is intended to complement the e-book – see above for more information about this.

You will get the most out of the workshop if you have read the e-book first. That way, I'll be able to **teach everyone attending the workshop** in the limited time available during the weekend to learn **how to apply permaculture gardening methods** practically and address questions and concerns arising from actually applying these techniques rather than spending valuable time on the theory. If you just throw your organic waste straight out of the kitchen window into your permaculture garden, a **food forest** producing food perfectly suited to your individual **nutritional and medicinal needs** will flourish around you, and it is possible to do this in an **aesthetically pleasing** and **practical way**. Nature has been programmed by the Creator to **respond exactly to your every need**. You can also get your **exercise**, which is also essential to your health, by working a bit in your permaculture garden every week doing something more interesting and productive than jogging on a treadmill to help your garden along.

*This article was written by Jamie Shepherd, a permaculture expert and expert in hydrological settlement design and creator and driver of the 'One Homestead, One garden' project in the St. Lucia area in northern KwaZulu-Natal. To learn more about permaculture and Jamie's work, as well as download an e-book Jamie has written called '**The Lazy Man's Guide to Growing Highly Nutritious Food**', see [www.permaculturegarden.co.za](http://www.permaculturegarden.co.za).*

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