

Seacoast Permaculture Connections, Volume 1, Issue 1

4/3/2020

Dear Seacoast Permaculture Community,

We hope that you are all well and safe... we continue to reassess our plans as the pandemic evolves. We are cancelling in person events coming up, but we will be offering more online programming through the zoom platform such as: Local Food Organizations, Seed Starting, Soil Health for Gardeners, and Maker Culture.

People are telling us that they are feeling disconnected and also that they really want to grow more of their own food or get it locally. With that in mind, we are developing these programs to help us continue to engage and learn.

Remember that the meetup site has a [message board](#) where we can all talk to each other. We've just posed a question for you all: "[What are you excited about growing this season?](#)"

We also have a [FB page](#) where we post resources often.

As we work on our own online offerings, we'd like to tell you about these resources:

-Find and support local food options with this currently ever-updating [Seacoast Harvest guide](#): www.seacoastharvest.org/safe

-Check out this graphic story about the [Love Economy](#) from Karryn at Regenpreneurs

-The [Overdrive audiobook service](#) available to all with a library card has these great titles:

--"The Hidden Life of Trees" by Peter Wohlleben

--"The Song of Trees: Stories From Nature's Great Connectors" by David Haskell

--"Nature's Best Hope: A New Approach to Conservation That Starts in Your Yard" by Douglas Tallamy

Here's a thought for us to end on for today: "If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear." - Joanna Macy

Take good care of yourselves & each other,

Amy, Karen & Penny for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 2

4/20/20

Dear Seacoast Permaculture Community,

As we continue our physical distancing amidst heartening signs of spring - evening frogsong, returning avian friends, emerging green growth - we have moved several of our upcoming events online. We hope you can join us!

Upcoming Online Seacoast NH Permaculture Events:

- [Natural Goatkeeping Conversation](#) hosted by Amy Antonucci on Thurs. April 23 @ 5:00 PM
- [Social Permaculture Conversation Series](#) with Stacey Purslow, Yulia Rothenberg, and Jackie Frobese on - Fri. April 24 @ 6:00 PM
- [Permaculture Gardening: Soil!](#) with Amy Antonucci on Sun. April 26 @ 6:00 PM
- [Beginning Beekeeper Check-In](#) hosted by Amy Antonucci on Wed. April 29 @ 5:00
- [Perennial Vegetables Introduction](#) with Aaron Parker of Edgewood Nursery on Fri. May 8 @ 6:30 PM

On our Meetup site message board this week, we posted a new question for discussion: [Do you have any plans to celebrate the 50th Anniversary of Earth Day \(April 22\)?](#)"

For reading suggestions this week, we offer this interview: [Supporting the Soil Carbon Sponge](#) & "Microbiologist, climate scientist and founder of Healthy Soils Australia Walter Jehne discusses climate and soil health."

The [Hoopla Digital service](#) available through many NH libraries has these great titles:

- "Independence Day" by Sharon Astyk
- "Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge, and the Teachings of Plants" by Robin Wall Kimmerer (audiobook)
- Many works by Wendell Berry

And, you may be interested in this free video class: [A Permaculture Response to COVID-19](#) with Morag Gamble

Other Helpful links:

- Our Facebook page: <https://www.facebook.com/SeacoastPermaculture/>
- Seacoast Harvest Guide food sources: <https://seacoastharvest.org/safe/>

Until next time, we leave you with this thought: Our true destiny... is a world built from the bottom up by competent citizens living in solid communities, engaged in and by their places --David W. Orr

In care and solidarity,
Amy, Karen & Penny for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 3

5/9/2020

Hi all,

Many say that we won't come out of the Covid-19 pandemic the same people we were before it hit our shores. For those of us who practice the permaculture model and regenerative agriculture, we've been preparing and laying the groundwork for just such an event. We grow and preserve our own food, buy local, care for the earth and support each other.

So we are curious: [do you think we will come out of this pandemic the same people we were before it arrived here?](#) Let us know what you think on the [message board](#).

To help us consider how to proceed, we've included a link to Michael Shuman's article, [Comparative Resilience: 8 Principles for Post-COVID Reconstruction](#).

This month Tom Wessels was going to come talk with us about his book, The Myth of Progress. That unfortunately cannot happen. Instead of having him here we found an interview on The Big Chew Podcast (Hosted by Maria Theresa Stadtmueller: [The Myth of Progress: Tom Wessels on Earth and the Economy](#)).

Here are a few links on Overdrive for books by Tom Wessels and Donella Meadows that investigate and explain complex systems and the limits of economic growth. Douglas Tallamy has written several books on the importance of encouraging nature in our backyards to maintain diverse populations of critters and bugs.

[Tom Wessels](#)
[Donella Meadows](#)
[Douglas Tallamy](#)

Upcoming events we're hosting:

[Online Monday, May 18, 7-9pm: Permaculture Topics: Bioneers](#)

[Online Monday, June 1, 7-9pm: Permaculture Topics: Joanna Macy](#)

We leave you with this thought: "It is easy to believe we are each waves and forget we are also the ocean." -Jon J. Muth

In care and solidarity,

Penny, Amy, & Karen for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 4

6/2/2020

Hello Permaculture Friends,

It's been over 2 months now since we moved our group online. While not as heartening as being together in person, we feel good about how the events have been working (despite a few technical glitches here and there). One unexpected benefit is that it's been fun to see some people who live too far away to come to our in-person events but have been able to join us via Zoom!

Now that outdoor work has picked up, we will be sure to leave enough time for that, but will continue with the Zoom events. If you have ideas for our schedule, we're happy to hear them!

Here are some resources and opportunities we want you to know about:

The Kittery Land Trust's new garden needs seedlings! This year, KLT is planting a donation garden in an effort to provide local food pantries with local, fresh, and healthy produce to distribute. The garden will be volunteer managed, and 100% of the harvest will be donated. You can reach them at garden@kitterylandtrust.org for more info and to arrange for pickup of seedlings. They are currently full up on tomatoes, but could really use broccoli, cauliflower, spinach, or eggplant seedlings.

Did you know that June 21 is World Localization Day? Go here to find out more about the online offerings celebrating it: <https://worldlocalizationday.org/>

Local NH Farmer, [Julie Davenson, speaks for Regenerative Farming Practices and the Green New Deal](#)

Be inspired by VT author Didi Pershouse's 5 minute video: [The Great Work of Our Time](#)

Agrarian Trust recently launched their national ["Agrarian Commons" initiative](#), which at present includes 3 NH farms. The Agrarian Commons model supports farmland access for dispossessed farmers and farmers of color, rebuilds human relationships to the land, and returns natural capital to land by transitioning land from private ownership to community-held commons.

Upcoming events we're hosting:

Mon. June 15, 7:00 PM - [Permaculture Topics Discussion of a 2018 interview of Tom Wessels about Earth & Economics](#)

More to come...

We leave you with this thought from Buckminster Fuller: You never change things by fighting the existing reality. To change something build a new model that makes the existing model obsolete.

In care and solidarity,
Penny, Amy, & Karen for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 5

7/28/2020

Hello all,

One of the foundational ethics of permaculture is "Fair Share" and our principles include Valuing Diversity, Accepting Feedback, and Choosing Integration Over Segregation. From that place, it follows that the leadership of Seacoast Permaculture condemns violence against people of color, the systems constructed to deny equality and opportunity on a racial basis, and this country's long history of injustice against black and indigenous communities. As our society confronts these pressing issues, the leaders of Seacoast Permaculture have been thinking deeply about how our organization can act in solidarity with people of color to create positive change.

Permaculture has drawn deeply from the cultures, wisdom, and contributions of black and indigenous peoples of color. We believe it is essential to **acknowledge** this background, and to **amplify** the voices and actions of the many black and indigenous leaders working in permaculture and other areas.

Agriculture has been a significant part of this country's challenges with racial inequality for generations, from the removal of indigenous peoples from the land, to the failures of Reconstruction and reparations, and the continuing exclusion of African Americans from agriculture and land access. Below are a few of the many available resources for learning more about issues of race, equality, food, and land:

- Leah Penniman on ["The Intersection of Black Lives Matter and Food Justice"](#) [20 minutes]
- [The National Black Food & Justice Alliance](#)
- [Acres of Ancestry Initiative/Black Agrarian Fund](#)

Acting on the ethic of "Fair Share," Seacoast Permaculture will be making **donations** to groups who are working towards change. With many people of color leading the way in the food sovereignty and justice movement, we think it is best for us to support the work they are already doing and help to break down whatever barriers we can. We must **listen, learn, and unlearn** to help promote change led by black and indigenous people themselves.

Ron Finley, the Gangsta Gardener of South Central Los Angeles, says: "Change your food, changes your lives." Here are some resources related to his work:

- [Ron Finley discusses gardening and his food forest](#) [5 minutes]
- Support the Ron Finley Project here: <https://ronfinley.com/the-ron-finley-project/>

The co-founder of Soul Fire Farm, Leah Penniman's vision is to lift the spirit of community through our connection to soil and food. Her website has [many suggestions](#) on how you can support organizations that are working for change. As Penniman says: "The challenges before us are monumental. We are not obligated to complete the task of repair, but we are required to act at the intersection of our capability, and what the world needs. To maintain silence is to cast our vote for the status quo, to passively endorse a racist and exploitive food system, and to deny ourselves agency over the destiny of our community."

Many other local groups have been active in gathering resources and setting up events related to these topics. We encourage you to explore what they have shared:

- [Food Solutions New England](#)
- [Maine Organic Farmers & Gardeners Association](#)

These important issues will be addressed and discussed further in future Seacoast Permaculture newsletters and events. We believe it is time to make true, cooperative, and lasting change individually, as an organization, and as a world.

In Solidarity,

Amy, Penny, and Karen for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 6

10/2/2020

Hello all,

We hope you've been having a decent growing season, despite the awful drought we've been experiencing here. The extra watering kept many of us busier than usual, and away from our computers. But, we wanted to check in quickly, update you, and share a few items.

Seacoast Permaculture will be continuing with zoom meetups through the fall and winter. It shouldn't be too long before we start posting more events.

If you haven't yet done it, our survey is still open! In an effort to continue providing programming even when we are not able to come together in the same space, we would love your input about the topics which interest you. Please complete this [short survey](https://forms.gle/EedyokdmMcxrJK9C8) (<https://forms.gle/EedyokdmMcxrJK9C8>)

And, just for fun and joy, check these out:

[-How Whales Change the Climate / Whales as Farmers](#)

[-Free Permaculture coloring book for kids and adults](#) by HC Flores & others

In Solidarity,

Amy, Penny, and Karen for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 7

10/22/2020

Hi everyone,

The intense times continue and so does [Seacoast Permaculture](#)! In case you've missed it, we have moved all our programming onto Zoom, and are lining up many online meetups to keep us connected and learning. That includes an [Herbal Infusions Workshop](#) on October 25, [Overwintering Bee Hives](#) on November 8, and Bill Reed on [Regenerative Development and Design](#) on November 22. We continue to offer [scholarships](#) to all of our events. And our [group order with Fedco Trees](#) is still open with a December 1 deadline.

Here are some other places you can go for info and inspiration:

For the young people in your life: A youth-based permaculture series, for 11-18 year-olds, including The [Global Permayouth Festival](#) on Friday October 23

Here is an [interview on Sustainable Nation with architect, Bill Reed](#), who will be joining us for a Zoom presentation in November

[Pathways to Regeneration: Restoration, Resiliency and Reciprocity](#), a virtual conference for growers, environmentalists, changemakers, creatives, health providers, students, and teachers, will be held on November 6 & 8.

The Schumacher Center for a New Economics has been hosting a conversation series for several months, many of which relate to the topics and people we discuss in our twice-monthly Permaculture Topics chats. Recordings of the Schumacher conversations are now [available on their YouTube page](#). Speakers included: Helena Norberg-Hodge, Winona LaDuke, Hazel Henderson, Leah Penniman, John Todd, David Orr, and others.

We leave you for now with this thought: "Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature - the assurance that dawn comes after night, and spring after winter." --Rachel Carson

In Solidarity,

Karen, Amy, Ellen & Penny for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Issue 8

December 11, 2020

Hi Seacoast Permaculture friends,

Since it's founding by Bill Mollison and David Holmgren, permaculture has made a point of paying attention to indigenous cultures, past and present. That history is rich in examples of people living in harmony with their surroundings, as well as offering wisdom from failures.

This past year, SP has made a bigger commitment to recognizing and honoring those indigenous people that we continue to learn from.

Thanksgiving has passed, but we'd like to be sure to keep "Observing and Interacting" with these communities. Here are a few resources for learning more:

-[Honoring the Mother of All People: Contemporary Indigenous Leadership in Revitalizing Environmental and Cultural Sustainability](#), UNH program

-[Indigenous New Hampshire](#), Reframing New Hampshire's history from an Indigenous perspective

-[Indigenous Harvest Calendar](#), A NH Farm to School Project

-[The Haudenosaunee Thanksgiving Address](#)

-[The Condor & The Eagle](#) Virtual film showings offered of this film documenting the stories of four Native environmentalists who are at the forefront of a perspective shift in the identity of their people, from forgotten voices to strong shared communities with the power to bring change to the entire world.

Also, we've just opened up a group order with Fedco Seeds! There is much more info on that [here](#).

With Thanks and In Solidarity,

Karen & Amy for Seacoast Permaculture

Seacoast Permaculture Connections, Volume 1, Winter Solstice Edition

December 23, 2020

Hello Seacoast Permaculture friends,

We've made it through the darkest day of the year here in the Northern Hemisphere. We hope that you can appreciate the quiet and slower pace of the winter and enjoy the returning light.

Some [reflections on Winter Solstice](#) from a permaculturist

More [Solstice thoughts from an herbalist](#)

Did you see [Jupiter and Saturn's reunion](#)? It's not too late, although they are already growing apart!

Don't forget that Seacoast Permaculture is organizing a [group seed order](#) with Fedco with a deadline of January 5. Planning our gardens and ordering our seeds is important winter work for growers!

In celebration of the growing light, but with respect for the deep dark we sign off our last newsletter of 2020. We'll touch base again in early 2021 with some group updates. Until then...

Karen & Amy for Seacoast Permaculture

To go in the dark with a light is to know the light.
To know the dark, go dark. Go without sight,
and find that the dark, too, blooms and sings,
and is traveled by dark feet and dark wings.
--Wendell Berry