

Compost for the Community!

(our communities and regenerative gardening)

DEŇ PRE PÔDU - JORDDAGEN

Rhys Evans & Johan Barstad
Høgskulen for grøen utvikling
Arborétum Mlyňany, Slovakia
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We do know....

That we all must contribute and do useful things for the climate and our local environment!

We do know....

That we must act where we live, and our actions
must be meaningful to us!

We do know....

That *working with nature* to grow and restore our habitats,
to produce green spaces which contribute to our wellbeing,
just makes sense!

We don't just garden because of that, however!

We enjoy it with our friends!

We grow food and flowers in them!

We get exercise and spend time there out of doors!

We create little places of peace....

Citizen Gardening

- That's you! And me. And him. And her!
- And your Municipality, organisations, clubs, etc.
- Together, you can Green your Town!
 - And: you can make it nicer, less expensively, and in ways which improve biodiversity and how water flows through your town.

Let's do Community and Regenerative Gardening!

- Let's Garden!
- Let's build Community!
- Let's Regenerate our soils, our society, and our homes!

Citizen Gardening

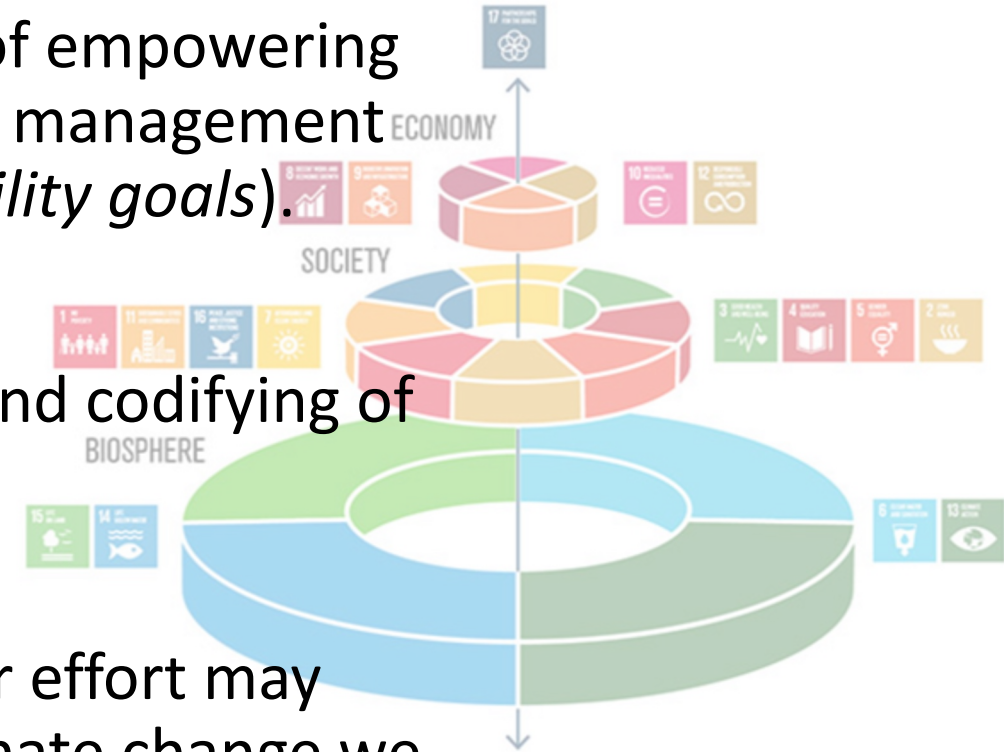
- Involving local people in producing and maintaining of specific urban garden spots offers several key benefits:
 - *Empowering* people - to improve your local environment
 - Harnessing *local knowledge* to improve development
 - Offering *less costs* and less waste to your municipality
 - Creating a fertile environment for *improved and richer participation* by citizens - even into other societal processes which directly affect your lives.

Citizen Gardening

- Your municipality still is required to do what it is good at – managing the larger-scale processes such as the production of good composts
- You citizens engage by contributing what you are good at – daily local observations and actions like applying the compost and managing your nearby small-scale plantings.
- Plus, you citizens adopt the spaces as places you like – and thus come to care for.

Citizen Gardening

- Citizen gardening directly address the principles of empowering local citizens to become active participants in the management of local environments (*part of the UN's sustainability goals*).
- And it improves social capital and the gathering and codifying of Local Knowledge
- It gives you the feeling that, as small-scale as your effort may be, you still can contribute in response to the climate change we are experiencing!



Regenerative Gardening

- Regenerative Gardening is a perfect example of how ‘old’ practices now are becoming ‘the new green’ ones!
- By working with the life in the soil, productivity is increased, water retention and soil texture is improved, and the resulting life-rich soil naturally manages better with all kind of ‘pests’.
- Instead of industrial chemicals, the soil feds on compost – different composts for different needs.
 - And the composts can be made by anybody.

Regenerative Gardening

- So, Regenerative Gardening is ideal for Citizen Gardening.
- Composts can be made centrally and distributed to local gardeners.
- Gardeners then can use composts and mulches in their garden plots, together as a community or in their family gardens.

Regenerative Agriculture

- *Regenerative Agriculture* is the idea which Regenerative Gardening is based upon.
- The core principle of Regenerative Agriculture is to nurture the Life-Web in the soil, so that it again nurtures the plants we grow.

Regenerative Agriculture has three basic principles of relevance to us:

- No 'till' (no plowing)
- No fertilizers
- Using compost

Regenerative agriculture is about building soil and increasing our biodiversity.

Four main principles:

- a) Adding organic material to the soil surface
- b) Keeping the soil covered with plants - always
- c) Growing as high a diversity of plants as possible
- d) Disturbing the soil as little as possible

The Life-Web in the Soil

- Below our feet is a whole world of life! We walk on it without any awareness of what exists beneath our feet!
- The soil contains more species and more mass of life than the ecosystems above it!
- Further, over millions of years, that life in the soil has evolved to manage itself in terms of pest management, creating the conditions for plants to thrive, etc.

The Life-Web

- In order to understand the physical and biological production of the conditions necessary for life as we know it, we become aware of that *life-web*, what it is, what it does and what it demands from us to deliver.
- Further, this life-web is the key to producing food from plants and animals (which turn plant foods into meat). This is a system which grew and evolved over the millions of years that life has been present on the ground, and which works extremely well.

Features, Advantages and Benefits of Regenerative Gardening

Features:

- ✓ “No Till” – Planting with drills and leaving roots in soil when harvesting
- ✓ Compost – Fertilizing with custom made compost
- ✓ Dense planting and companion planting

Features, Advantages and Benefits of Regenerative Gardening

Advantages

- ✓ No Till – no need to turn the soil, or to plow it
- ✓ Compost – is inexpensive to make, and highly effective in restoring life in the soil to support further plant growth
- ✓ Dense planting: reduces need for weeding, is more productive.

Features, Advantages and Benefits of Regenerative Gardening

Benefits

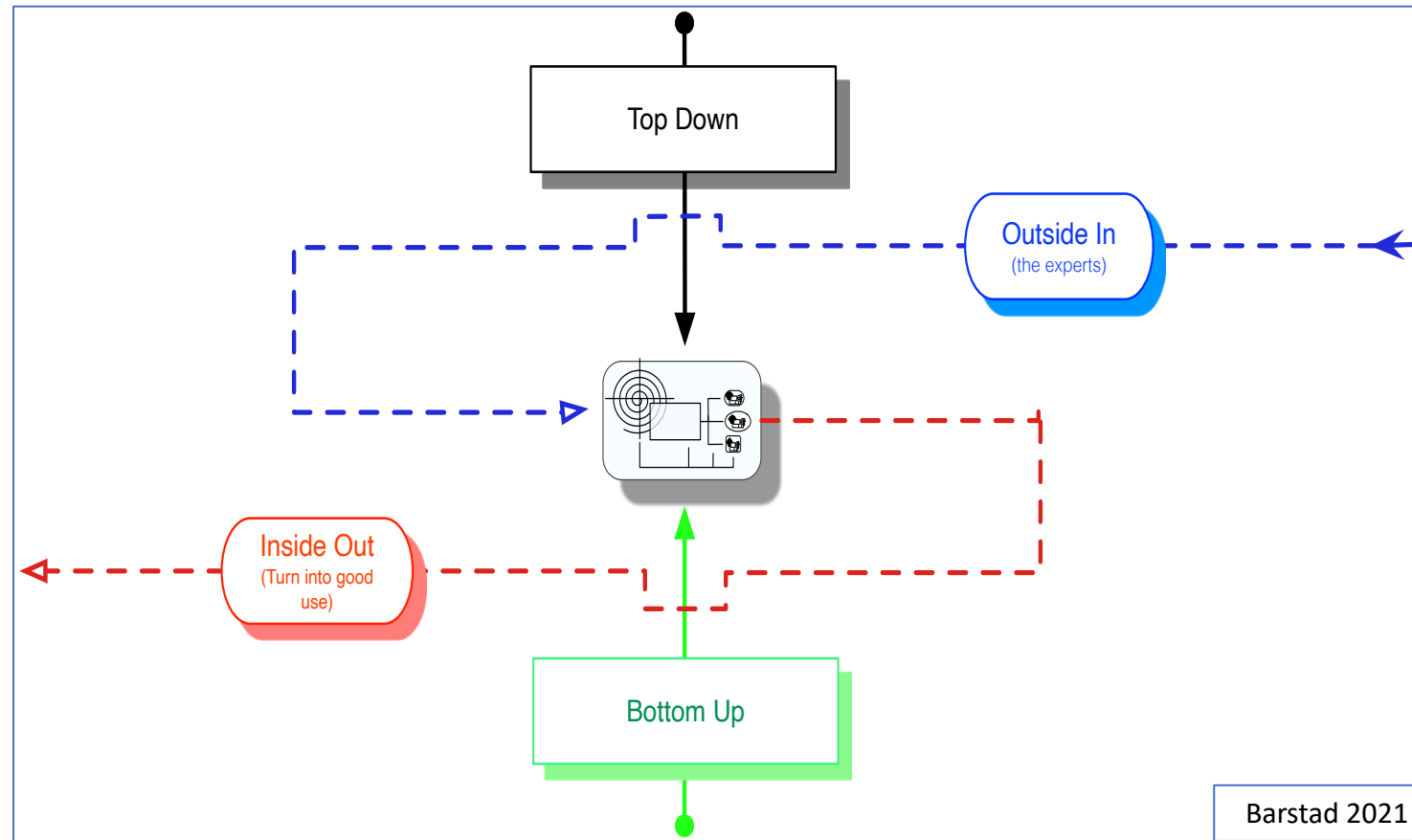
- ✓ It needs less work!
- ✓ It grows better plants and more of them!
- ✓ It is more affordable!

Features, Advantages and Benefits of Regenerative Gardening

And:

It offers greater opportunities for **more active** collaboration
between your communities and your Local Authorities!

Governance – When ‘Bottom-up’ aligns with ‘Top-down’



These reasons ensuring
Regenerative Gardening is a
good way for setting up Citizen
Gardening in your local region:

The 'Community' in Community Gardening

- When teaching about *Community*, we always talk about *communities*!
- Every community is made up of smaller communities. These all come together in the main community but do not lose their identities.
- These could be things like children, elders, men, women, workers, families, as well as clubs and other organisations in the Community.

Communities

Community Gardening may become a platform to build better communication between communities!

- Gardening is a great leveler – regardless of identity
- Gardening **strengthens** pride in community
- Community Gardening can offer a good way for the elder and younger to communicate, to learn and share.

Intergenerational gardening

An example:

We have a project where the elder and younger generations are brought together around growing, harvesting, preserving and preparing food. After all, sometimes some of the old ways are the best!

- The elders share their experiences, and the youth record, preserve and practice (adapt) them.
- Because: “What we once did because we didn’t have anything else, we now do because it is Green!” And young people want to learn this.
- We like to call it “Younger Voices, Elders’ Wisdom”

Involving children and youth

- This World is changing fast!
- The younger generations know things their parents had never heard of. Especially when it comes to the environment and the crises we are experiencing.
- This means that we may have a new enthusiasm for working with the soil, building the life in the soil, making our small contributions to making this a better planet, and for participating in community activities which revolve around gardening!

Not that I ever can remember a time when
children didn't like to garden.....

Community and Regenerative Gardening

- ✓ Is a great way to build community
- ✓ Regenerates your soils and brings life to your neighbourhoods
- ✓ Offers great opportunity to integrate young people into the wider community
- ✓ Is a good way for local communities and local authorities to work together to make where they lives a better place.

Community and Regenerative Gardening

But Remember!

We also enjoy gardening because!

We work with friends!

We grow food and flowers!

We get exercise and out of doors!

We make little places of peace....

We have health and wellbeing!

Thank you -- Ďakujem !
😊

Rhys Evans – rhys@hgut.no Johan Barstad – johan@hgut.no