

A lush garden scene with various green plants, including tall stalks and leafy greens. A metal trellis structure is visible on the right side. The background is dark, suggesting a shaded or nighttime setting.

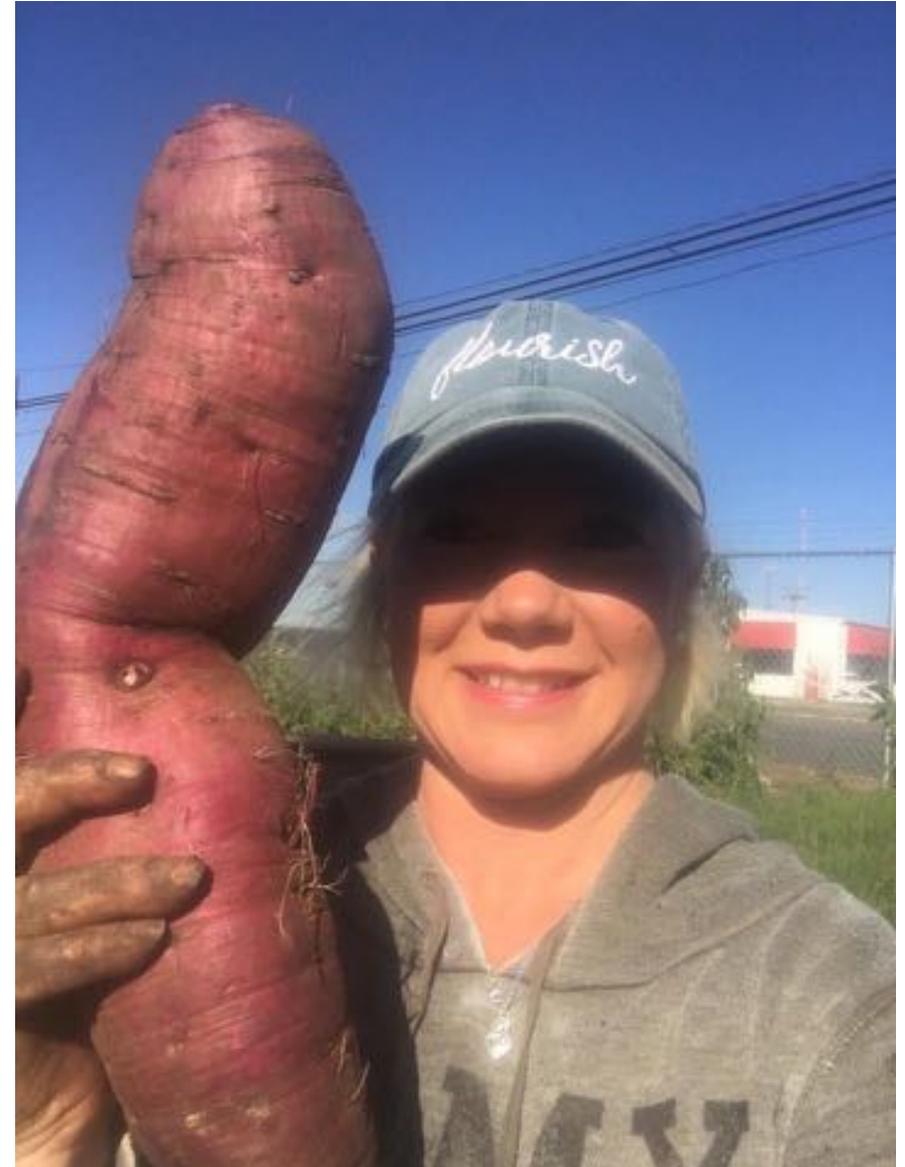
# Let's Get Growing!

Denise Dietz | Seeds of Life Coaching

# Denise Dietz

Life Coach | Created to gather, inspire and nurture wisdom in myself and others.

- Gardening for 30 years
- Interest in Permaculture began 10 years ago.
- Former consultant for Veritas Garden | Food for Medicine
- Building a sustainable homestead south of Lubbock.
- Help God's creation BECOME!



# Why Permaculture?



"...the greatest change we need to make is from consumption to **production**, even if on a small scale, in our own **gardens**. If only 10% of us do this, there is enough for **everyone**."

the father of permaculture



Permaculture is more than organic gardening. It involves how we source energy, get access to water, our social framework, community economics and local resources. It accounts for the waste we create and the impact we have on the world around us.

# Growing Food Impacts Your Physical and Emotional Health

More Nutritious  
Stay Active  
Vitamin D  
Save Money  
Better for the Environment

Dr. Fuhrman created the ANDI (Aggregate Nutrient Density Index) to show how popular foods stack up in terms of micronutrient density per calorie. The more nutrient-dense food you consume, the more you will be satisfied with fewer calories.

Check the rankings of foods you commonly eat - you might be surprised at their ANDI ranking.



# How to Get Started?

A major component of creating a permaculture garden is design.

- Observe and Interact
- Catch and Store Energy
- Obtain a yield
- Apply Self Regulation and Accept Feedback
- Use and Value Renewable Resources and Services
- Produce No Waste
- Design From Patterns to Details
- Integrate Rather Than Segregate
- Use Small and Slow Solutions
- Use and Value Diversity
- Use Edges and Value the Marginal
- Creatively Use and Respond to Change



# Our Values

- Care for the Earth
- Care for People
- Only take your fair share (and return any or share any surplus or waste)

*Harmony Gardens*



# Step One | Decide Where the Garden will Go

- Permaculture gardening can be done in almost any shape and size. So don't get too hung up on not having the perfect piece of land. It's more about the ideas and principles than how much food you end up growing.



# Step Two | Observe

This step might seem obvious, but don't skip it.

- After looking out at your yard hundreds of times, you may feel like you know everything about it. But if you actually get out and take a walk around to immerse yourself in it, you may find out things you didn't know.
- Is there actually a bit of a slope in one section of your yard?
- Does the ground seem to pool in one part of the yard after it rains, where it might be too wet for things to grow?
- Do you have a big tree in your yard where you won't want to plant, because the ground is too full of roots and its leaves will block out too much sunlight?
- What kinds of animals and insects (both beneficial and pests) do you see as you look around?
- Do you have any unique resources or features you can take advantage of?
- What areas get the most sun in the morning versus the afternoon?

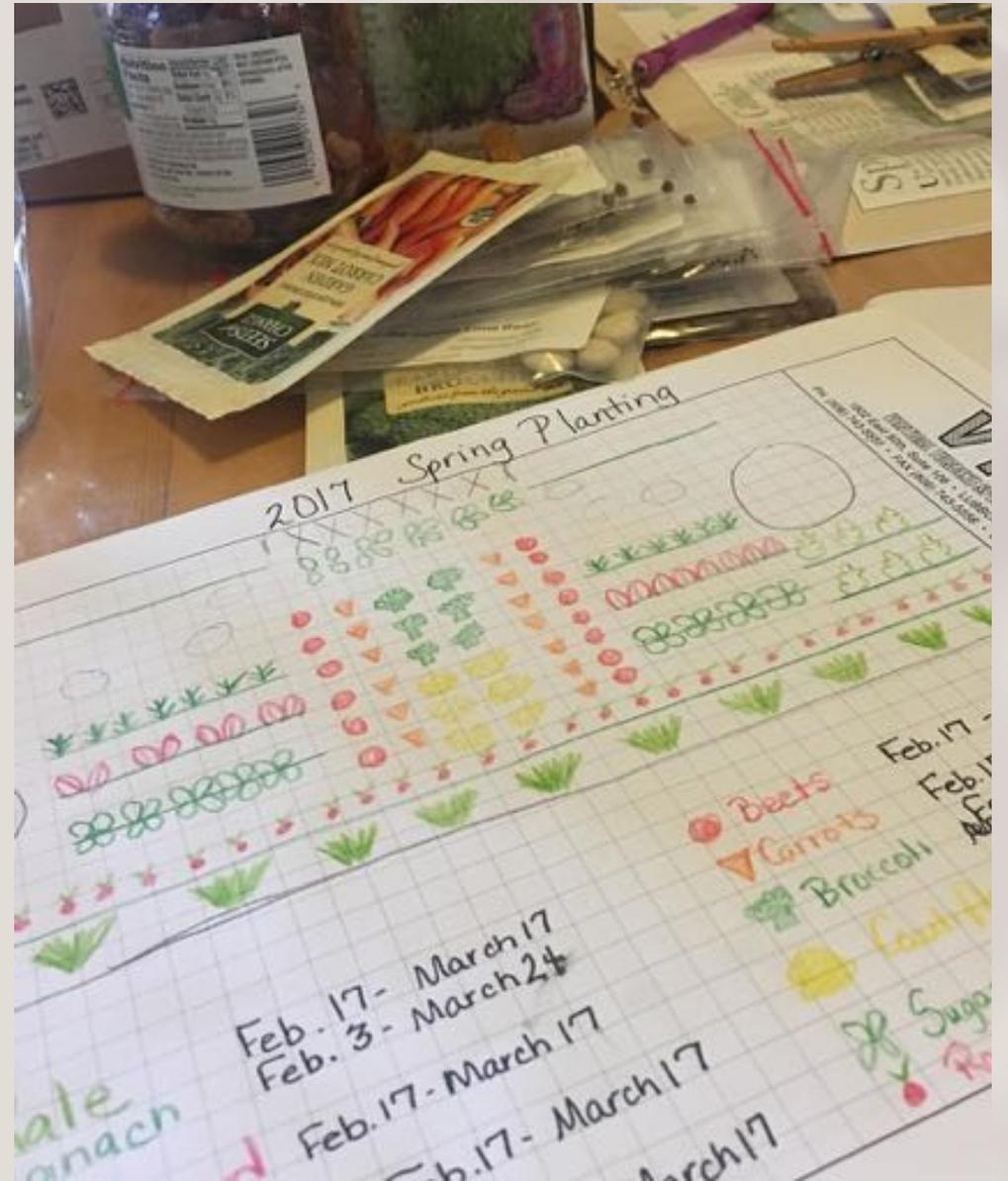


# Step Three | Design a Plan

OBSERVE: Shade, elevation, people traffic, water sources, etc.

PLAN: Think about Perennial / Annual  
Farmer's Almanac Planting Calendar by Zip  
Gardener's Bible

SKETCH: A vague plan



Step Four |  
Put in a Water System &  
Other Infrastructure





## Step Five | Build & Prepare Beds

# Step Six: Plant Perennials, then Annuals



# Step Seven | Watch Your Garden Grow

1

Set a watering/weeding routine

2

Observe what's happening, feel the joy!

3

Watch wildlife – observe what blooms first.

# Step Eight | Share Your Journey with Others



Nature returns to you the seeds you have planted!

