

# **Sustainable is Attainable**

Seattle Green Gardening Program

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**Cultivating Life  
From the Ground  
Up**



# 3 Guiding Principles For Sustainability

- Nature Functions in Wholes: when one thing changes everything changes
- Every Site Is Different: an action taken one place may have different effects in another place
- Time Is More Important Than Numbers: once inputs are in place, wholes begin turning & “eco-logic” kicks in then inputs decrease substantially

# IPM

- Create a vital ecosystem cultural management
- Tend the living system (culture)
- Care for earth, air, water and energy flow (slow & fast fires of life)
- Then, if pests show up...
  - Mechanical intervention
  - Biorational/conventional (chemical) intervention
  - Biological intervention who eats whom?



# 6 Steps of Healing

## 0-3 Do No Harm

- Step 0: Do nothing: vital invisible step
- Step 1: Collect information: low tech diagnosis, books, ask colleagues
- Step 2: Engage the energy: check in with the plants, site, irrational sources
- Step 3: Nourish & Tonify: right plant, right place, appropriate natural food & water for plant

●

# Steps 4-6 Will Cause Harm

## Determine Aesthetic & Economic Thresholds

- Step 4: Stimulate/Sedate: chemical fertilizers...dose, frequency & duration determine dependency & overuse leads to a disruption of “ecologic”
- Step 5: Use Drugs: chemical intervention, may cause as much harm as good
- Break & Enter: fear inspiring language, radical action, chemicals with skull & cross bones symbol; side effects, including death, are inevitable



# Action Planning

- Define what is being managed
- Define what is wanted now & in the future 5, 10, 50 years
- Watch out for bare ground (healthy eco system is always covered or Mother Nature doesn't do naked)
- Test Decisions for social, environmental, financial soundness now & in the long term
- Monitor & Adjust
  - Assume everything you decide is WRONG!

# Maximize tool use

1. Money/labor
2. Human creativity
3. Community dynamics
4. Living organisms
5. Technology
6. Rest





# Nutrient Cycle



















# Water Cycle



















# Pest Management

What is a pest?













# Vertical integration

## Community dynamics



# Succession = Success

- climax forest
- large trees
- small trees
- shrubs
- herbs
- ground covers
- vines.....
- work toward an integrated eco-system using all 7 layers
- each layer provides habitat for diverse species
- diversity increases stability
- healthy systems gain natural energy over time







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2007 Sammamish River  
'ReLeaf'  
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Sammamish Valley Alliance

WA Native Plant Society

Black Swan Coffee

21 Acres





# Decision Making



# Test Questions

- Cause & effect
- Sustainability
- Weak Link
  - Social
  - Biological
  - Financial
  - Marginal Reaction
  - Energy/money, source & use
  - Society & culture



# Monitor & adjust

## Tracking

- Everything we decide is **WRONG!**
- What?
- Keep simple, useful notes for tracking data
- Watch for patterns in the wholes
- Then look at details



# Important things to remember

- Break all the Rules...
- Problems provide opportunities to create beauty
- Everything is in motion...join the dance
- Everything has a song...listen & begin to hear
- Really...we aren't in control...so let us hasten slowly forward
- Health is seeing wholeness in everything, it starts on the ground





**Thank-you**

*May the Force be With Us*



# Resources

- [www.savoryinstitute.com](http://www.savoryinstitute.com) Holistic Management
- [www.susunweed.com](http://www.susunweed.com) 6-Steps of Healing
- [www.ipm.ucdavis.edu](http://www.ipm.ucdavis.edu) Integrated Pest Management
- [www.willowslodge.com](http://www.willowslodge.com)