

VICTORY GARDENS FOR PEACE BROADCASTER

MENDOCINO, CALIFORNIA

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VGFP Broadcaster Editor: Katie Alibrio

2020: A Year of Many Lessons

WRITTEN BY KATIE ALIBRIO

2020 was a difficult year for all of us, in so many ways. The COVID-19 pandemic, California wildfires, and political turmoil of the past year all brought their own unique challenges. However, they also brought a renewed sense of community, and here at the Victory Gardens and Ecology Action, a renewed sense of purpose. With all of the loss created and the disparities revealed by these global and local events, the need for food sovereignty in the form of sustainable, small-scale, and self-sufficient home gardens has become undeniably apparent. So, whether you're a complete beginner or a seasoned gardener, let's get digging!

VGFP and Our Ongoing Projects

WRITTEN BY MATT DREWNO VGFP MANAGER

In 2017, we envisioned the Victory Gardens for Peace Initiative knowing a time would soon come when home and community gardening would see a resurgence as the foundation for a sustainable and localized food system. This vision for a new Victory Gardens for Peace movement is centered on the concept that we can prevent war, suffering and struggle by creating abundance in our own backyard and community gardens. We set the goal of establishing the following initiatives by 2020:

- Victory Gardens for Peace Educational Programs
- Victory Gardens for Peace Seed Bank
- Garden Friendly Communities Resolution
- GardenCorps Training Program

Each of these programs is designed to integrate into and strengthen existing Ecology Action programs and provide a living example of localization for our students.



"...we can prevent war, suffering and struggle by creating abundance in our own backyard and community gardens."

The nearby town of Fort Bragg, California is home to 7,500 people and is isolated on the coast of Northern California. It faces many economic and environmental challenges and prior to COVID-19, almost one-quarter of the population used the food bank.

We are currently working with Fort Bragg to implement these programs and develop a local and sustainable gardening movement. In 2019 we passed the Garden Friendly Community Resolution in Fort Bragg and in 2021 will graduate our first team of GardenCorps Trainees who will assist in establishing home and community gardens across the city. Over the next three years we will continue to develop these models and in 2023 we will publish our preliminary results. We hope that Fort Bragg will become a model community for others to follow as we transition towards a more sustainable and local culture.

VGFP 2020: A Year in Review

January:

VGFP Director Matt Drewno visited biointensive leaders in Mexico (Juan Manuel Martinez Valdez, Diego Fragosa, Mateo Gonzales, and Freddy Armengol Mendez) to learn more about their biointensive projects and partners in Mexico City, Xochitla and Oaxaca.

February:

VGFP taught seed saving workshops at the local Seed and Scion Exchange in Boonville, CA and developed two community garden proposals for Fort Bragg. Presentations on biointensive were given at the Round Valley Library in Covelo and the Montessori School and Presbyterian Church in Fort Bragg.

April:

In response to the COVID-19 crisis, VGFP published a local Growers Guide and was featured in an article in Word of Mouth Magazine. Due to COVID-19, we cancelled most programs.

May:

VGFP Published an article in the League of Women Voters Magazine on Victory Gardens and an article on local food security titled *Tag you are it!* in Justice Rising Magazine. We were interviewed on Pivot Point Radio on local radio station KZYX.

June:

VGFP assisted the Garden Friendly Community of Fort Bragg in developing its networks and hosted author and historian Rose Hayden-Smith for a presentation on Victory Gardens. Interns Ambria Zenitar and Kaja Gawronska joined us for a 6-month and 4-month internship respectively.

July:

Victory Gardens for Peace joined the COVID Response Network to provide support for local food resilience and gave presentations to the Latino Coalition Fort Bragg.

August:

VGFP published an article in Real Estate Magazine titled *Creating Local Food Security and Community Resilience Together*.

September:

VGFP fundraised for 3 GardenCorps scholarship awards for Fort Bragg. We welcome new staff member Katie Alibrio from Santa Rosa, California.

October:

New staff member Frederick Livingston from Olympia, Washington joined us. VGFP participated in teaching a portion of Ecology Action's 8-Month Online Biointensive Internship.

November:

VGFP participate in Ecology Action's Online 3-Day Workshop and celebrated the completion of Kaja's and Ambria's internships. VGFP create a short video on our initiatives and was awarded final approval to create 2 community gardens for residents of Fort Bragg, California.

December:

VGFP Seed Bank officially expanded to over 700 accessions of seed varieties.

Get to Know the VGFP Team!

*SYDNEY GRANGE (SHE/HER; THEY/THEM)
VGFP ASSISTANT MANAGER
FARMER-TEACHER-TRAINER*

MATT DREWNO

*VGFP DIRECTOR AND SEED BANK MANAGER
MASTER-LEVEL GROWBIOINTENSIVE TEACHER*



I grew up in the suburbs of Chicago planting beans and weeding in my mother's backyard vegetable garden. I went away to college and got a degree in architecture, but shifted my focus towards agriculture midway through when I realized my calling was in agriculture and handwork.

I began a journey into permaculture and biodynamics and worked on several organic farms. For about 5 years I drove a tractor, my feet and hands barely touching the ground. This wasn't my idea of growing food. I started a permaculture design company, received certifications in ecological restoration for prairie-oak savannah ecosystems and started working with farmers and gardeners to design and implement food systems which focused on more intensive and sustainable production married with small scale ecological restorations.

My search for the most practical, efficient and sustainable form of agriculture led me to Ecology Action where I have been working for the last 10 years. I feel blessed to work with this organization and farmers and gardeners around the world committed to creating a better future rooted in small scale, local and sustainable food production.



I joined the VGFP team almost 2 years ago and I couldn't imagine a better team or organization to be a part of. My passion for food justice and my desire for all humans to have access to sustainable, healthy and equitably produced food is what led me to farming. My involvements with gardening began in high school where I started a native plant and vegetable garden. I then continued my education at Warren Wilson College where I studied Environmental Science with a focus on Conservation Biology and Environmental Policy. While my college had a large working farm, almost the entire farm production revolved around raising animals and I soon found the farming approach to be in conflict with my values. I realized that I needed to seek out alternative methods to agriculture, ones that worked more in harmony with the land, that did not require the exploitation of animals and that still managed to ensure healthy and wholesome diets for people. I began to delve into researching plant-based gardening methods and decided to focus my efforts on community-oriented garden projects. I was a part of an initiative that started a community

SYDNEY GRANGE (cont.)

garden in a food insecure urban area and worked as a teacher's assistant in a horticultural program at a women's prison. These community gardening experiences showed me the importance of making healthy, sustainable and ethically grown foods accessible and the power of doing so through sharing in the joys of gardening.

Biointensive brings together everything that I am passionate about and everything that makes gardening an incredible solution to many of the world's problems. It's a method that is adaptable and accessible to people all over the world, allowing people to become their own food producers and to take control back of their food systems. Biointensive is incredibly mindful towards the needs of people, the land and of the other beings we share this planet with. It is designed to ensure ample food is grown to meet the needs of ourselves and our communities, while giving back to the land more than we take and with still leaving a significant portion of land for wildlife and wild spaces. I am so grateful to be a part of this work and a part of this community! I look forward to learning from and with you all and in working towards a more sustainable, just and resilient future together.

KATIE ALIBRIO (SHE/HER/HERS)
VGFP FARMER-TEACHER-TRAINER

I joined the VGFP team in September of 2020, after graduating from the UC Santa Cruz with a degree in Environmental Studies, a concentration in Agroecology and Sustainable Food Systems, and a minor in Education. I had my first experience with farming at the Chadwick Garden there, and immediately felt at peace and at home. In a world where most of us are consumers and so disconnected from our food system, I have fallen in love with farming because it allows me to be a part of the process of growing and providing my own food. No other occupation is so immersed and



intertwined with nature. I love how each day that I am in the garden I am furthering my knowledge of and intimate relationship with each plant, the soil and the land.

I felt that it could only be fate when I first heard about biointensive because I knew it was exactly the type of farming and community I have been searching to be a part of. True sustainability is considered at every step of the way. Being a small-scale, closed-loop and plant-based model means it requires as little resources and does as little harm as possible. I also love the focus on simple, accessible and affordable practices and education as a way to cultivate food sovereignty across the globe. I very intentionally chose to use and teach biointensive because it allows everyday consumers, farmers and communities to empower themselves from within and create a more just world starting at the local level.

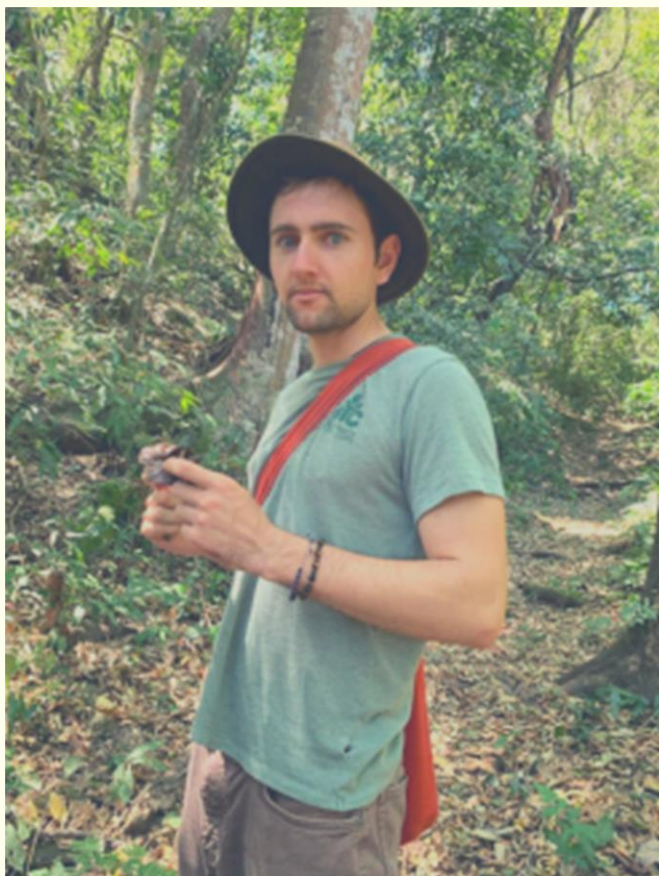
With all of the chaos, uncertainty and injustice that made up this past year, I have an immense amount of gratitude to have found my place in this garden and to be doing meaningful work.

KATIE ALIBRIO (cont.)

Mendocino has been such a lovely place to settle into and I have found myself exploring the beaches and hiking trails, creating art and music and moving and being in my body since coming here. I am looking forward to all that this new year will bring in a whome and community that is so full of life, beauty, passion and love.

FREDERICK LIVINGSTON (HE/HIM/HIS)
VGFP FARMER-TEACHER-TRAINER

My journey in education and farming has included work-trading on farms from Japan to Lesotho, leading experiential education programs from Oregon to Rwanda and most recently studying sustainable food systems at University for Peace in Costa Rica. These paths have led me to the conclusion that many of our complex global problems can be addressed through local food system reform. Without a diversity of communities empowered to meet their own needs in conversation with the land, we will continue to hunger for a more just world.



While serving in Peace Corps as an agricultural extension officer in a rural Tanzanian village, I had the opportunity to see biointensive principles in action. Whether I was startling passing neighbors with the vegetables in m personal garden or starting family gardens in other neighborhoods, I could clearly see the connection between gardening techniques that made food more accessible and the overall wellbeing of the community. It became clear to me that this was my part to play in making the world a more abundance place where peace is possible.

Most immediately, I am grateful to have found such a beautiful place to work, where I can hear the ocean from the garden, alongside thoughtful and engaged people from which to learn, where I can bring my body as well as my mind to the task of cultivating change.



Despite the challenges posed in this last year, we were blessed to work the soil and nurture the life beneath our feet. The potential in this work is real, and its effect far-reaching. We hope that in 2021, you, your friends and your family share the experience of cultivating a garden and reconnecting to the nurturing spirit of nature. What better way to find a sense of peace, hope and nourishment?

We invite you to join us in this year by participating in our seed bank, community work and summer courses and internships!



Ecology Action Presents:
**2021 GROW BIOINTENSIVE Internship
And Local Saturday Workshop Series**

*For Small-Scale Farmers and Backyard Gardeners
At Victory Gardens for Peace located at the Stanford Inn
Mendocino, California*



Learn Best Practices To Help You:

Save Seeds~Grow More Food~Build Better Compost~Prepare Beds~
Transplant~Grow Your Soil Fertility~Use Less Fertilizer and Water~
Start Your Own Seeds~Overcome Pests and Weeds~Companion Plant~
Plan For The Seasons and Your Diet



2021 Internship Programs

8-Month Online Internship	4/6-11/23
8-Month Teacher Training Internship	4/3-12/4
6-Month Immersion Internship	4/3-10/16
4-Month GardenCorps Internship	6/5-10/16

Local 9-Part Saturday Workshop Series

Sustainable Biointensive Food Gardening	6/5-7/31
Garden Planning and Design	8/21-10/16



*For More information on Ecology Action or to sign up for the 2021 Internships or Summer Courses
email Matt@Victorygardensforpeace.com or visit www.growbiointensive.org/about_trainings.html*

*Ecology Action is a 501(c)3 Non-Profit teaching people worldwide to better feed themselves while
conserving resources and building soil.*

Creating Local Food Security and Community Resilience Together

WRITTEN BY VICTOR E. GARDENER

The Mendocino Coast is beautiful and our community is resilient. Despite the challenges we face, it is a safe place to live and as a community we prove time and again our ability to step up, adapt and come together. We are strong and we know what it takes. As the world continues to change we will continue to adapt and find our strength to persevere.

There is a lot of work to do and times will not get any easier. COVID is only one of our challenges, albeit a very immediate and important one. There is a much greater and looming crisis unfolding each day as more and more people are born into a biosphere rocked by climate change, resource scarcity, environmental collapse and social instability. *How will we make sure everyone has access to the resources to thrive in a time of rapid change and instability?*

Each day more of us experience our vulnerability to this great question. It is complex because it involves serious issues that need to be addressed ecologically, socially, politically, economically and culturally- and all at once. Complex problems like these require solutions which are simple, practical, scalable and efficient. *You are the solution, and I will show you how.* Discovering this and committing ourselves to working together to create a better future is the only way forward at this point. There is no time to waste, and besides, life is short! Let's celebrate the work ahead!

In the most challenging times, there is the greatest opportunity to redefine oneself...

There is opportunity in front of us. We may be witnessing the dying of an old system, or paradigm and the emergence of something new and more appropriate for our time. The time is now to scale down our consumption and create a stronger and more resilient community. When facing a challenging situation we need to assess what we have available, make sure everyone is secure and move forward together. In a way COVID has taken us all inward. Some of us, have gone into dark places, wondering how we will ever emerge from this. We can emerge from this cocoon we have created and transform into a butterfly. This is might not an easy transition but then again, beautiful things don't come easy! Let's not be fooled, there are some major challenges ahead.

Here are 3 reasons why you should be concerned:

1. By 2050, the UN projects that there will be around 10 billion people on the planet. It took us 200,000 years to reach our first billion people. It only took another 200 years to add 5 billion more. And in the next 30 years will be another 2 billion.
2. By 2030, the UN states that 2/3rds of the population might lack the water resource to grow their food. Each Californian uses about 1500 gallons of water daily, about 90% of which is for our diets. Our low-flow toilets might save us 15 gallons of water a day, but a hamburger takes about 600 gallons of water to produce.
3. The UN also predicts that we now have under 50 years of soil remaining at current rates of soil loss. Our rapidly increasing global population will require that our farms have to increase production by at least 70%. This means that the rate of soil loss will likely increase as will deforestation, habitat loss and species extinction.

As climate change, political instability and mass migrations increase the stresses on our systems and ecologies we must seize this opportunity to reflect and determine what we value and how we move forward. We can't hide from this, nor should we because this is our moment! Now is not the time to hold on to the past, it is time to adapt for a better tomorrow!



I want to introduce to you my friend Greenback George. Greenback George has had a rough day.. He has become immobilized, feeling overwhelmed by the weight of the world and the challenges we are facing.

You see, George was taught his whole life the solutions are all somewhere out there, that he has to pay someone to invent something new, to fix things for him, or have faith that a priest, a politician or an academic will solve his problems. He struggles to find meaning in his life and as the world around him becomes more chaotic, he feels paralyzed and numb. George hasn't yet realized that he has the power to actually do something about all of this.

Let's give George a moment to gather himself and breathe.

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Buckminster Fuller once said, "You never change things by fighting the existing reality. To change something, build a new model that makes the old reality obsolete." This new model is communities working together to achieve greater stability, peace and resilience during times of great change for everyone and everything. This is the birth of a new future and like any birth we could lose everything if we are not careful.

Let's take a look at Detroit for a moment, a city going through a powerful transformation. Detroit is an All-American City. It represents the American Dream and its struggle. There is a lot more to the story, but let's keep it concise. For decades the automotive industry had its global headquarters in Detroit, creating thousands of jobs and supporting a rapidly growing city. When the auto industry left, the city fell apart-150,000 people were left unemployed and over the next several decades, Detroit lost over 60% of its population and now has the highest rate of poverty of all US Cities. In the collapse of the city guns, drugs and violence emerged as the new economy.

But not for everyone...

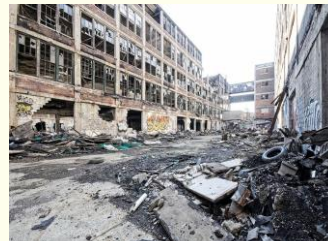


Photo credit from top left to bottom right: Tito Perez; Michelle Gerard; David Ulijn; Jeffrey Sauger

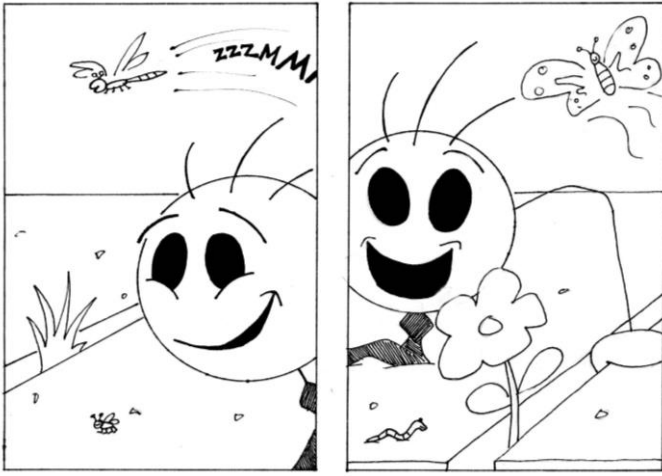
Today in Detroit, there are over 20,000 residents growing food together in over 1,400 community gardens around the city. These gardens have stabilized communities, reduced poverty, beautified neighborhoods and returned a sense of dignity to their residents. Over the last 20 years, Detroit has become a model of community organizing and resilience. Every day Detroit is demonstrating how the human spirit can persevere and create beauty in the rubble of urban ruin.

Gardens like these have been proven to:

- Lower violence and crime by 13%.
- Improve health and increase household vegetable consumption from 18-84%
- Lower food insecurity from 31%-3%.
- Increase cognition and intelligence while improving grades, attitudes and behavior

And did you know that contact with a form of bacteria present in healthy garden soil has been shown to improve brain function as well as relieve PTSD and Depression?

We find strength, happiness and sustenance in our gardens. We find connection with Nature and our neighbors.



Remember Greenback George? He panicked, feeling overwhelmed and trapped by the challenges of the world? When he gathered himself and bent down to pick up his briefcase he noticed something. In the cracks of the side walk, plants were sprouting! Above him butterflies fluttered and wildflowers bloomed! In that moment, George forgot about the problems in the world and in that little flower saw life, beauty, hope and strength. George became inspired!

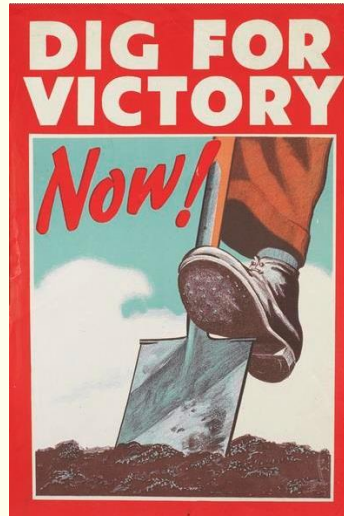
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When the going gets tough, the tough get going.

A little bit of stress has been scientifically proven to increase brain function, improve memory and heighten awareness. Stress informs us and helps us learn. Stress builds muscle, it causes us to get creative and solve problems. But too much stress causes an injury to an ecosystem or person. If we can manage and limit the risks of increased and unnecessary stress, we may find that the stresses we are facing can help us grow as individuals and as a community.

It is clear that something has to change. Whether by choice or negligence we are headed into a future where we will have to scale down our lifestyles, use less resources and work with one another to recreate our community in a new direction. This is a transition to be celebrated, not something to loathe! It is almost a rite of passage for a new age of ecology, responsibility and sustainability. The fact of the matter is that if we wait much longer the entire planet will become totally desertified and uninhabitable. This work is the calling of our age.

Do we want to be forced to act in a state of chaos? Or can we be proactive and realize our power to set a new course? If we do not begin to act, it is likely that world war will break out in the struggle for resources- afterall, that is why most wars are fought.. A world war is the most ecologically destructive possibility. This is a rally cry- *there is enough for everyone if we change our perspective. Peace is our responsibility!*



During World Wars I and II, the United States Government enacted a series of policies aimed at reducing our resource consumption while also increasing production to meet the demands of war. At the time, many of our farmers were sent overseas to fight, and our citizens, troops abroad and starving allies needed to be fed.

“Victory Gardens for War” were promoted as a way to create community resilience and increase food security during stressful times. This was because gardening was/is/has always been the most efficient and powerful form of food production. With little input and high yields, gardening can rapidly grow food for families and generate surplus for others.

Mobilization for the war engaged all sectors of our society to support the effort. Trains and buses once used for transporting food were shipped abroad to move soldiers. Victory Gardens became an important component of localization. Public parks were opened to community gardens and people were encouraged to grow food everywhere- on rooftops, window boxes and backyards. A national organization known as the School Garden Army organized to create school gardens and provide food for local school lunch programs. The government used our post office to send out seeds, recipe booklets, food preservation pamphlets and propaganda to lift morale. People were advised to eat less meat because it required more resources to produce than vegetables and grains. The entire country came together to stabilize a chaotic situation, united for a love of country to win the war.

How can we achieve such an effort without needing an enemy or a war?

In the run-up to World War I, American philosopher William James wrote an essay titled *A Moral Equivalent to War*. James realized the paradox that nothing brought people together like a call for war. James challenged us to consider that we could create a *moral equivalent to war* through community service and unite not to defeat an enemy, but to create a better future. This essay became a major source of inspiration for the PeaceCorps, Americorps and other service oriented organizations and is inspiring a new movement taking root on our North Coast- *Victory Gardens for Peace!*

Let's take a proactive posture and reduce our resource consumption, insource our solutions, localize our economies and create food security. In the process we can also preserve and restore ecologies and establish community resilience. This can all be done through the simple act of growing a victory garden for peace!

Growing abundance through home and community gardening

To really address food security in our community we have to start with asking a few questions: First, who is at greatest risk and how do we make sure they are served first? And second, how much local food are we currently producing, is it affordable to our population and how can we improve accessibility to all?

Who is at greatest risk and how do we make sure they are served first?

The Fort Bragg Unified School District has been heroically supplying 750 kids 3 meals per day, 5 days per week with free school lunches. Almost half of our children in our school district are food insecure and rely upon these lunches for their nutrition. Our School Gardens and Food Programs are a vital and necessary part of the children's education and they need to be protected.

We need to create opportunities for those who are most vulnerable to grow gardens. Our food banks are indicators of poverty and a starting point to direct our efforts to establish local food security. Prior to the pandemic our local food bank served 25% of our population in Fort Bragg. Today, they are on course to have doubled their total yearly food distribution to our community. Prior to the pandemic our neighbors in Ukiah saw a 23% increase in their food bank usage in the year 2019 and over 60% of those living in the Ukiah zipcode were spending over 30% of their income on food. Again, prior to the pandemic.

Establishing food security is a cooperative and inclusive process. If our neighbors are hungry, we do not have food security and we cannot achieve community resilience if our food is grown unsustainably. We have some amazing garden projects in Fort Bragg- our Redwood Coast Senior Center Garden; the Fort Bragg Unified School District School Gardens; the Noyo Food Forest and our Mendocino Coast Botanic Gardens. Soon we will be opening up a community garden at the CV Starr Center! There is enough for everyone, we just need to develop our friendships and work together. Food security and community resilience is not something we can buy, it is something we invest in and create together. We have a lot of work to do, let's grab a shovel!

You can grow a garden at home, or if you lack the area, contact GFCGardensFortBragg@Gmail.com, join our Garden Friendly Community Network and we will help you find a community garden plot and provide you with free resources. When you get growing you can donate 10% of what you grow to our local food bank. Our local library in Fort Bragg and the Victory Gardens for Peace Seed Bank in Mendocino have hundreds of seed varieties and free resources to help you get started. Our community is full of gardeners with decades of experience- *we can do it!*



How much food are we actually producing locally, is it affordable to our population and how can we improve accessibility to all?

Right now, we have 4 or 5 organic farms within 15 miles of Fort Bragg which consistently provide food to our local community. Most of our small organic farms provide enough calories yearly for around 2 people per acre. Unfortunately, our farmers are not growing a significant source of food nutrition- most are limited to salad vegetables because on a small scale, it is just about the only option to keep a farm profitable. These farms are beautiful and important, but they fall short of community food security.

Small scale locally farmed food is also more expensive. There are some wonderful federal and state programs to help lower income individuals afford local organic food, but do we want our food security to rely upon welfare programs? Did you know the average farmer has to earn 43% of their living wage off the farm in order to survive? Local organic food is more expensive not because your farmer is ripping you off, it is because the cards are stacked against them. As consumers we are used to mass-produced, low-quality, commercial food which is cheaper because it is subsidized. This creates an unfair market.

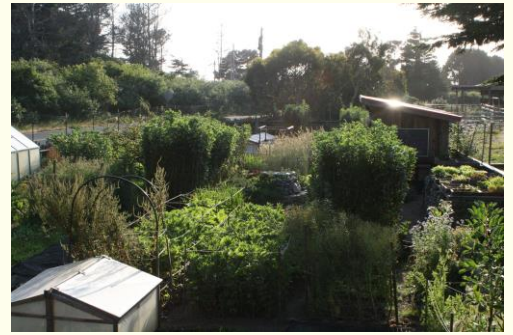
A study in 2019 concluded that if Fort Bragg turned all of its open space within city limits (excluding industrial zones such as the Mill Site) into home and community gardens we could provide all the calories for 75-100% of our population within 5 years of soil buildup and reskilling. This means that by insourcing the solution, each one of us is an important link in the chain to food security.

At Victory Gardens for Peace we have demonstrated that in a garden, a complete diet can be grown on as little as 1,000sqft, including all of the compost materials and seed needed to build your soil and grow for next year and in a yearly average of 45 minutes per day. Where our farms can feed 2 people per acre, using the biointensive technique, our gardens can feed up to 43 people per acre. This is because the economy of the garden is not based on money, it is based on food security. Our gardens also provide habitat for pollinators and can use as little as 2% of the water it takes to grow an average American diet on a mechanized farm.

With slight changes in our diets, such as eating less meat and dairy we can significantly reduce the amount of land, water and time it takes to grow our food. We can utilize more efficient methods, such as the biointensive technique, which do not require expensive machinery, just a simple shovel and garden fork. This technique evolved from sustainable techniques practiced by cultures all around the world and also increases yields using less resources.

The people of Russia survived the collapse of the Soviet Union in the 1990's because they still maintained a strong gardening culture. A study concluded in 2014 that during that time, 53% of the country's food was produced in household garden plots on only 2.9% of the arable land. The remaining 47% of Russia's food was grown on farms requiring 97.1% of the land. It was found that the garden-culture of Russia was over 38x more efficient at producing food than its farms. Those farms also rely on infrastructure, transportation networks, production costs, machinery and fossil fuels. The gardens are largely independent of any of that. True food security is grown in home and community gardens.

If we set the goal of growing 50% of our food in our gardens, 25% purchased from local farms and 25% from local co-ops we will find that our health and the health of our ecosystems improves and that we are happier, stronger and more resilient as a community.



Below is a simple 200sqft crop rotation which rapidly produces calories and also grows its own compost materials and nitrogen.

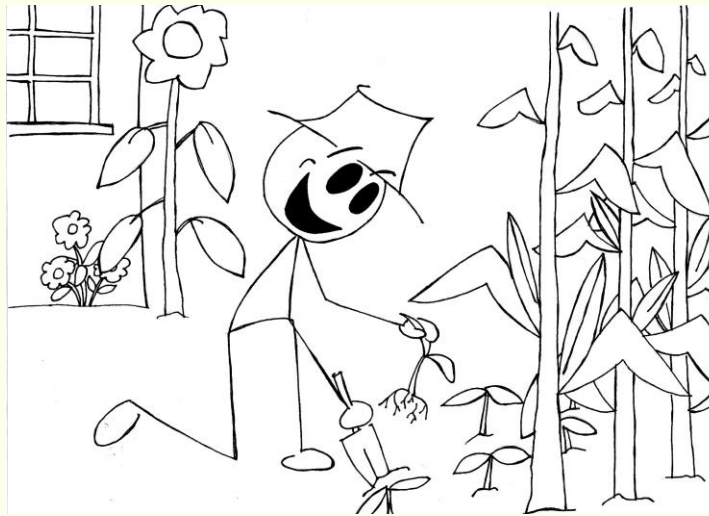
FLATTING AND TRANSPLANTING SCHEDULE

Abbreviations: BC= Broadcasting; OW= Overwintering; TP= Transplant; IP= Interplant; IPV= Interplant Vetch rate of 5"-6" centers; DS= Direct Sow
 FOPV= Direct sow the following: 10 oz Fava, Banner 10" centers; 1 oz Oats, Rhiannon 5" centers; 0.5 lb Peas, Magnus 5" centers; 2.5 oz Vetch, Woolly Pod 5" centers

Bed #	Crop, Variety	Area sq ft	Seed Needed	1 st Flat ¹				2 nd Flat ¹				Growing Bed							
				Date In	TP Center	# of Flats	Weeks in Flat	Date Out	Date In	TP Center	# of Flats	Flat Size	Weeks in Flat	Date Out	TP Date	TP Center	First Harvest	Last Harvest	
1	Barley, Schrene IPV	100	2.40 oz	(Overwintered from previous year)												10/15	5"	-	OW 6/1
	Quinoa, Quechua IPV	100	0.02 oz	5/3	BC	0.5	1	5/10	5/10	1.5"	1	3"	3	6/1	6/1	12"	-	11/1	
	Favas, Banner IPV	100	17.00 oz	11/1	1"	4 ²	2	12/1	-	-	-	-	-	-	12/1	8"	-	OW 6/1	
2	Fava, Banner IPV	100	17.00 oz	(Overwintered from previous year)												12/1	8"	-	OW 6/1
	Potatoes, Yukon Gold	100	25.00 lbs	-	-	-	-	-	-	-	-	-	-	-	6/1	DS 9"	-	10/15	
	Barley, Schrene IPV	100	2.40 oz	10/1	BC	2	2	10/15	-	-	-	-	-	-	10/15	5"	-	OW 6/1	

¹A 3" deep flat is 14" wide x 23" long x 3" deep; a 6" deep flat is 11.5" wide x 14" long x 6" deep.
²Seeds started after November 15th will take one and a half to twice as long to germinate.

*Whatever happened to Greenback George?
 Well, George went home and started some seeds.
 He transformed his yard into a beautiful garden.
 George no longer feels helpless and insecure- he
 is surrounded by life and beauty and shares his
 harvests with his neighbors. All of the sudden, the
 world seems to have changed for George- he is
 happier, healthier and more fun to be around. In
 fact, his neighbors now call him Greenthumb
 George! Grow George Grow!*



Get involved! Join the Victory Garden's for Peace Movement for food security and community resilience and the Garden Friendly Community Network of Fort Bragg to inspire more gardens and more gardeners

The Victory Gardens for Peace Initiative is a call to action, engaging each of us as an integral part of the solution. The Victory Gardens for Peace Initiative is a Project of Ecology Action, a 501C3 non-profit based in Northern California who for 48 years has been *teaching people worldwide to better feed themselves while conserving resources and building soil.* Ecology Action has created a simple method of sustainable agriculture which enables people to increase yields while decreasing resource consumption.

At Victory Gardens for Peace we incorporate this important method of sustainable agriculture with open-source community organizing tools and through our programs help communities realize their own power to create a better future. From farmers and gardeners to teachers and community organizers, our resources can help you and your community achieve greater resilience, sustainability and food security.

The Victory Gardens for Peace Initiatives are adaptable, scalable and can be implemented rapidly to help communities empower themselves. These techniques have been developed and implemented in over 152 countries around the world in virtually all growing conditions and climates where food can be grown.

We have proven that we can achieve local food security while using 67-88% less water per pound of food grown, 97-99% less energy, 50-100% less purchased fertilizer and can increase yields 2-6x what conventional agriculture achieves and on a closed-loop basis. Right now, over 75% of our terrestrial ecosystems have been degraded or destroyed mechanized forms of agriculture. By 2050, the UN states this number will be 95%. Using the biointensive method we can take our food security into our own hands, produce more food on less land and with less resources and start healing our communities and ecosystems.

Through this work people become stronger and healthier, communities more organized, neighborhoods more beautiful and our community becomes less dependent on a resource-intensive, polluting, destructive and unsustainable system. A community-centered shift towards local food security helps families become more stable and secure. It builds relationships, creates friendships, brings people together in celebration of the work ahead. This is community resilience!

The Victory Gardens for Peace Initiative supports communities on their journey towards independence, local food security and community resilience. We combine education in sustainable agriculture with community organizing and help people and communities develop a plan of action. We are proud members of a global network of biointensive teachers and offer a variety of programs to help individuals learn about sustainable food production, complete nutrition gardening and biointensive garden design.

We are home of the Victory Gardens for Peace Seed Bank which offers over 700 varieties of locally grown vegetable, flower, herb and cover crop seed to our community free of charge. We work with folks to preserve, adapt and improve access to local heirloom varieties. We provide educational materials and free workshops on seed saving and are reinvigorating our local community through helping re-establish our seed saving culture.

We are also the home of the Garden Friendly Community Resolution, a template that communities can use to help establish and strengthen a sustainable home and community garden culture. This resolution can be passed by communities, institutions, businesses, organizations and governments to bring us all together in support of home and community gardening as a powerful solution.

Our GardenCorps Program trains small teams from communities around the world to become resources in helping organize and establish local food security. The GardenCorps Program is a 4-Month Internship, training future leaders in biointensive food production, community organizing and agricultural leadership. In the spirit of William James, GardenCorps graduates are ambassadors for a sustainable and peaceful future and committed to community service.

At Victory Gardens for Peace and Ecology Action we know the potential released through this work. We recognize the power in you to help make the world a better place. We know that a better, more sustainable and peaceful future can only be achieved by self-actualized communities working together, from the ground up with individuals fully invested in their future. This is the glue that will hold us together- the emergence of a new culture created to protect the greater good. This bright and beautiful future is up to us. Let's get started and celebrate the work ahead!

If you would like more information on our programs, free biointensive resources and community organizing tools or if you would like to make a tax-deductible donation to support this important work, contact info@victorygardensforpeace.com.



[Free Resources to help you get started on your own garden:](#)

Farmer/Gardener Handbook and self-teaching video series: http://www.growbiointensive.org/Self_Teaching.html

Victory Gardens for Peace Growing Guide: <https://victorygardensforpeace.com/vgfp-growing-guide/>

Access to our Free Victory Gardens for Peace Seed Bank: email info@victorygardensforpeace.com

Garden Poems



last red raspberries
hazlenuts turning yellow
green land turning brown

-FREDERICK LIVINGSTON



oat tips nipped by birds
quinoa culled before ripe grain
compost steams at dusk

-FREDERICK LIVINGSTON



love in a mist,
chocolate and cream
the yin and yang of a calypso bean
sweet corn, country gentleman
the full moon
sits in the opalescent pearl of a fava pod

-KATIE ALIBRIO



cardoons bloom purple
gopher action in favas
so many seedlings

-FREDERICK LIVINGSTON

