



SEEDS OF SOLIDARITY

GROW FOOD EVERYWHERE!

LIVING A GOOD LIFE

How do we remain loving and persevere in disruptive times? What does it mean to craft a resilient and meaningful life? Questions such as these have guided Seeds of Solidarity's farm methods and environmental and social justice programs since inception over two decades ago. We revisit them to generate and affirm values that root our work and keep us responsive to real needs while forging forward with vision. In our work and in all that we do, eliciting and staying true to values like creativity, integrity, and transformation strengthen courage and connection, so crucial and timely.

In this issue, we joyfully share some of our 'Best Of' practices and resources with hope that these along with our new book propagate ideas, invigorate lives and communities, and amplify goodness far and wide.



Get the Book! March 2019, Levellers Press

Making Love While Farming: A Field Guide to a Life of Passion and Purpose by Seeds of Solidarity founders Ricky Baruc and Deb Habib is the savory story of a couple who challenged convention to shape a self-created life and grow a loving relationship and family. Their vision blossomed Seeds of Solidarity Farm and Education Center. Over fifty essays and stories recount the humorous and harsh realities of a honeymoon of thousands of miles walked on pilgrimage from Auschwitz to Hiroshima; sixty combined years in the farm fields; adventures building and living off the grid; and the launch of a garlic and arts festival with neighbors and a hundred bucks. Each chapter includes a field guide section that offers DIY practical ideas as well as meditative and creative practices to cultivate a more loving, resilient and purposeful time on the planet.

Learn more, buy the book, follow the journey
at MakingLoveWhileFarming.org

GROW RESILIENCY

CREATE

GARDENS for yourself and others using no-till organic methods.

Support **pollinator habitats in the wild** and through plantings.

GROW ENDURING AND RESILIENT CROPS: salad greens, kale, potatoes, winter squash, heirloom corn and other grains.

ADD eggs, grass-fed meat, fermented foods.

Make simple low tunnels or add a hoophouse to extend the season.

PLANT trees and perennials with edible fruits, berries or nuts — **ENCOURAGE** your community to do the same.

COOK & TEACH OTHERS, ESPECIALLY YOUNG PEOPLE.

Reduce waste and recycle nutrients through **COMPOSTING**.

••• BE RESILIENT •••

Spend time outdoors; balance your techno-time, plug in to Nature.

PAUSE several times throughout each day as mini meditations.

COMMIT to a movement, artistic, or meditative **PRACTICE**.

MAKE AN ALTAR:

add things that inspire happiness and compassion.

INHALE POSITIVE NEWS
EXHALE KINDNESS & GENEROSITY.

Seeds of Solidarity Awakens the Power among youth, schools, and families to Grow Food Everywhere to transform hunger to health, and create resilient lives and communities.

TWENTY YEARS

We celebrate two decades of SOL Garden, our food justice program that has engaged and transformed the lives of so many young people.

At this 20 Year Juncture and national recognition as an exemplary creative youth development program, we transition SOL Garden to a new model. Going forward, we now offer week-long mini-internships for teens and young adults called Craft Your Own Life that teach practical and contemplative skills to live a resilient, balanced, and meaningful life.



The North Quabbin Garlic and Arts Festival we create with our neighbors also celebrated 20 scent-sational years. Over 120 artists and farmers, three stages of music and

performance, and local living workshops ignite regional culture and economy. Volunteerism, among the organizers, exhibitors and 150 over the weekend, has enabled the festival to give \$40,000 in mini-grants over the years to promote local art, renewable energy, and agriculture. As part of our anniversary, we gave out 1,500 packets of pollinator seeds, real and symbolic of sowing goodness far and wide. To propagate ecological values and ideas — we make only 2 bags of trash for 10,000 people, recycle urine, and use solar power — we provided a free 'Deep Green Your Events' workshop through the Sojourner Truth School for organizers of other festivals.

Get some 'How To' gems here: garlicandarts.org/about/green-and-clean/



SOLful INDEX:

20

Years that SOL (Seeds of Leadership) Garden has engaged youth in 'cultivating food and a hopeful future'

Number of local youth participants in the six-month SOL Garden program since then

450+

4,000

Additional youth reached through presentations in school science classes and visits from other youth groups

Number of vegetable seedlings grown by youth for schools, families, and gardens in the community

6,000

8,000

Pounds of food grown, donated and shared

Chefs, naturalists, artists, activists who provided workshops to spark passion and careers

120

74

Pages of teaching activities in our Food for the SOL curriculum, freely available on our website

Percentage of youth that can describe an experience of personal healing, self-confidence, or more positive outlook on life

95%



GRATEFUL



FRESH FOOD FOR ALL



Since 2003, we've created and planted over 50 raised bed gardens in our region with and for public schools, families in poverty and childcare programs; at hospitals, health centers, and rehab facilities; at a library, factory, and food coop; and at our county jail with people who are incarcerated.

Answers to Raised Bed FAQs:

Creating: 4' x 8' by 16" deep is good starting size. Rot resistant cedar or black locust is great but pricier. Less expensive wood with a non-toxic finish (like VT Natural Coatings polywhey) or hardwood pallets (not pressure treated!), stones, cement blocks, or bales of straw can all contain your soil.

Filling: A great mix is 50% finished compost and 50% loam. It takes about 1.5 cubic yards to fill a 4' x 8' x 16" raised bed. Come fall, cover with cardboard topped with leaves or straw — the worms and microbes will thrive, add fertility, and aerate until spring arrives to plant again.

Planting: Yes! You can grow lots of food in space used efficiently — think greens in spring and fall, hot weather crops in summer. Let cukes, tomatoes and nasturtiums trail over the edges and use vertical space for beans and peas as they can also provide shade for tender greens come summer.

In the courses we teach — be it at the jail or in the Ecological Literacy Immersion Program at the Omega Institute — we extend questions to help people plan and create gardens that are nourishing, economical, and sacred:

What is a NEED in your LIFE OR COMMUNITY that you hope to **address by growing food**? What are your **BIG & SMALL GOALS, DREAMS** for your garden? **What is something you definitely WANT TO GROW or produce**? Something you'd like to but feel unsure about? Knowing the land or space that you will grow on, **what techniques will you incorporate**? What **local resources** exist—**materials** such as cardboard, organic matter, mulch, recycled containers, or **human** such as neighbors or local organizations—to help you? **What are the qualities that you want to bring to life through a garden**? **What features** might **ENHANCE** these (altar, fountain, meditation bench)?



Get over 10 FREE handbooks and curricula on our website:
seedsofsolidarity.org/grow-food-everywhere-for-health-and-justice
seedsofsolidarity.org/school-programs



SEEDS OF SOLIDARITY EDUCATION CENTER



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Life is Sacred

We've practiced no-till farming techniques for over two decades, and vibrant soil and plants are amazing testimony! Regenerative methods are essential in response to climate change and foster reverence for nature. In addition to home gardens and farms, 'no till, yes life' techniques on urban land cleanse and build soil fertility from the ground up.



Several techniques are used in harmony at Seeds of Solidarity to build soil fertility, promote beneficial microbes and mycorrhizal fungi, reduce weeds, conserve water and labor, and keep carbon in the earth. The Cardboard Method is our low tech, high productivity favorite. Our simple refrain for visitors: "cardboard is a perfect worm food and worm castings are perfect plant food." Learn how in our youtube video: *Cardboard Method Inventor Tells All*, plus grow with info and articles at seedsofsolidarity.org/growing-food/

You don't need expensive equipment to grow food on a home and small farm scale and using no-till methods. Ricky travels our farm fields and greenhouses with a **Five-Gallon Bucket Toolkit: Take one 5 gallon bucket, add a soil knife or hori hori and dibbler for making holes, a handheld seed-sower, rebar with rope for marking rows, and a good watering wand.**

A good wheelbarrow is indispensable. Always use pure GMO-free seeds and seedlings.



Our book, *Making Love While Farming*, includes a field guide with DIY and contemplative activities in each chapter. Here is an excerpt for your kitchen table, altar, or to share with a friend:

Staying Connected to the Big Picture

Allow your **FIRST WORDS** each day to be something kind. Consciously **TOUCH** some part of the **NATURAL WORLD** each day: soil or snow, a plant, flowing water. **PREPARE** at least one of your meals daily; **SHARE** food you grow or prepare with family, friends, or those in need. **KNOW THE SOURCE** of your food and energy, and the path of your waste. Change something you do or consume in the direction of **REDUCING YOUR IMPACT** on the **LIVES OF OTHERS** and the earth's resources. Make or do one thing that **INVOLVES CREATIVITY** most everyday. Before you sleep, **THANK** who ever or whatever you believe participates in the **CREATION OF LIFE** regardless of how hard or good your day.

Seeds of Solidarity Education Center Inc. is a non-profit 501©(3) organization. Our 2018/19 education programs are made possible through grants from The Green Leaf Foundation, MA Cultural Council YouthReach, JoAnn Waite Bennett Fund, Project Bread, Rose Community Foundation, Personal & Planetary Healing Fund of the CFWM, Franklin County Opioid Task Force, and contributions from Individuals Like You! Thanks also to Flat Rock Disc Golf, Gill Tavern, & Wendell Coffeehouse for benefit events. **We value and need your support. Every contribution is meaningful. Please make a secure contribution at www.seedsofsolidarity.org.**