



Getting Started With **Permaculture Living**

**7 Climate-Positive Actions
To Increase Your Household
& Community Resilience**

Milkwood



WHAT IS PERMACULTURE LIVING?

A LIFE LIVED WITH INTENTION

Using climate-positive actions and habits that lead to a resilient and abundant home, garden and community - is what the goal of permaculture living is all about.

And - YOUR permaculture life can look however YOU want it to - there's no rules here. Start with whatever works for your capacity, your heart, and your resources - starting where you are, right now.

Permaculture isn't just about gardening. It's also about how you relate to, and participate in, your ecosystem, your food system, your home, your family, your community and your society.

It's about finding ways, both big and small, to take actions that make life better - for both yourself, and for everyone around you, too. No matter where you live. No matter if you have a big backyard or no garden at all.

A DEEPER DIVE

If we dive a little deeper - 'permaculture' is a holistic framework that includes three ethics and 12 principles ([more info on that over here](#)).

Together, these can be used to guide you to design things, and also help you with good decision-making.

Because our actions and choices matter. And we can use each of them to nudge goodness forward, in big and small ways.

Permaculture ethics, principles and skills are all, directly or indirectly, based on the wisdom and knowledge of traditional peoples, the world over. This is not 'new' information.

The point of permaculture, as we see it, is to respectfully use these excellent ethics and ideas in our everyday lives - in a way that's doable + appropriate for you, your household and your ecosystem, to make life better - while actively practising gratitude to the knowledge-keepers before us.

So - you can use permaculture as a lens for daily decision-making AND for big-picture thinking.

BUT WHAT DOES IT LOOK LIKE?

Permaculture is about finding ways to live well, while giving back to our earth, on every level, rather than taking from it.

These ethics and ideas provide the opportunity to deepen your connection with your ecosystem, your self, and your community, while also advocating for change and for justice, to make a better world.

Sounds good, yes?





GETTING STARTED WITH PERMACULTURE

OK, so now you understand a little theory – let's move into practical action. Really, you can start your climate-positive life in any way that works for you. Here, we're going to run you through seven favourite actions for getting started – things that are doable whether you have a backyard veggie patch or no garden at all; whether you're renting or own your home; whether you live in Australia, Austria, America or Argentina.

These are all local, home-based skills – but they're revolutionary acts also.

Because, to change this world of ours for the better, we all need to gather ourselves first, and then work out from there. Pretty soon you'll be noticing just how much positive change you can bring to your daily life and the lives of people living around you by adopting new habits and climate-positive practices.

And that's permaculture living in a nutshell – a life where you've set things up so that you can live well and maximise what you give back to your family, your community and your ecosystem. This in turn means extra goodness, energy, food or support for those who need it, and the minimisation of any negative impact you have on this planet.

Sounds good, yes? Ready to get started?



WE'RE KIRSTEN & NICK, FOUNDERS OF MILKWOOD

We've been working towards a permaculture life since 2007, and over that time we've honed our knowledge, skills, techniques and processes – firstly on our own permaculture farm and market garden, where we worked with world experts in regenerative agriculture.

Then we launched Milkwood, our permaculture education institute, and began teaching thousands of students skills for backyard veggie growing, mushroom cultivation, food fermentation, natural beekeeping and every part of creating a permaculture life.

These days, we live in lutruwita / Tasmania (Australia), in a very normal-looking brick house and yard, on the edge of a village – with a veggie patch, chickens, plenty of compost bins and a never-ending supply of homegrown mushrooms. And we have poured everything we've learned – from years of teaching, learning, growing and collaborating – into creating world-class online courses. So now, you can join us and learn from anywhere – hooray!

courses.milkwood.net/permacultureliving



ACTION 1 | PICKLE YOUR VEGGIES

STORE THE SEASON

Getting your pickle on by storing the season occasionally - a few times a year, maybe - is a delicious way to 'catch and store energy' (permaculture principle #2).

When you preserve seasonal veggies by pickling or fermenting, you're making the most of produce when it's abundant - in the knowledge that you'll need it later, when there's less to eat. It's like capturing sunshine in a jar!

The act of pickling, like gardening, is hopeful. It's a gesture of goodwill to future meals that you plan to have, incorporating a since-past season's bounty. And you don't necessarily need to be growing your own food to get started with pickling. You can just as easily buy produce when it's in season and plentiful in the shops.

Pickling is a great habit to bring into your life for a bunch of reasons. It saves you money, because you can buy or pick seasonal veg when it's cheap and make batches of your favourite pickles for later. It reduces waste, because you can preserve your bounty in reusable containers and don't have to buy, use and throw away yet another packet every time you cook a meal.

It's a great opportunity to explore food cultures from around the world, too. Once essential to survival (having food sources available year-round), many fermented foods have become proud signifiers of specific regional flavours and cultural food traditions. There's a whole world of tangy, delicious ferments out there, just waiting for you to discover them.

AN EMPOWERING SKILL

Learning this skill is also highly empowering - for your household, and for your friends. You get to control exactly what is in your pickle - this means no toxic nasties or hidden ingredients and no reliance on multinational corporations to tell you what they put inside each packet. With real ingredients and just a bit of your time, you'll have a cupboard full of good food whenever you need it - to eat and to share. What's not to love?

**WATCH
HOW-TO VIDEO
HERE**





SIMPLE SAUERKRAUT RECIPE

INGREDIENTS

- 5kg mixed veg (anything that is 'squeezable' once chopped)
- 1.5 tbs salt per 1kg of veg
- Favourite herbs and/or spices

EQUIPMENT

- Sharp knife, chopping board and a big bowl
- A fermentation crock, or bucket or big jar with lid
- A krauting weight, ziplock bag or a rock

PREP

Wash all your veg and weigh it so you know how much salt to use. Slice everything fairly thinly and put veg, herbs and 1 tablespoon of salt per kilo of veg in a big bowl.

SQUEEZE

With clean hands start squeezing. Keep going until it's swimming in juice! When you can squeeze the veg and a good dribble of juice comes out, you're there.

PACK

Start packing your kraut into your fermentation crock, jar or bucket. Bash it down with a masher or rolling pin as you go. You should be able to press all the kraut below the juice easily. That briney juice is what is going to help ferment your kraut. Use krauting weights, or a ziplock bag of water, or a nicely fitting rock, or similar to keep the veg below the brine. Put a lid on. You want the kraut to ferment with the wild yeasts that are inherent to the veg, not other biology from the outside world. Keep on your kitchen bench for 7-14 days.

BURP

As your kraut ferments, it will release gasses. This is a good sign that all is well. So if you have a tight lid, you may need to open the lid or burp your kraut daily to release these gasses.

EAT!

The best way to tell when your kraut is done is to taste it. Some people like it after 7 days, some after 14, some people leave it for months and months. So, taste it as you go. Learn what you like. Once your kraut tastes great, get it into your fridge. This will slow the fermentation down - and, from here, your main task is eating it. Yum.



**WATCH
VIDEO RECIPE
HERE**





ACTION 2 | SWAP AND SHARE WITH YOUR COMMUNITY

THE NON-MONETARY ECONOMY

Stick with us here, because this one might seem a bit counterintuitive at first. You're going to learn how to 'obtain a yield' (permaculture principle #3) by first giving something away - of your own.

Because we all have an abundance of something, and some of us have an abundance of many things. The trick is taking time to consciously identify what yours is. Look around and have a think: what do you have plenty of and how could you share that? We're not just talking about physical items either - it could also be time, skills, knowledge - anything, really!

Then, figure out how to pass that along. You might be able to swap or share or trade. And this, in turn, is likely to bring other yields of something new back around to you.

So, for example, you might have some extra time on a Thursday afternoon. Or a tree with far too

many lemons on it. Perhaps you know how to speak French or Italian, unlike most folks around you. Or you've got what feels like a thousand cardboard boxes or clean jars. This is abundance - and others are likely to be grateful for the opportunity to share in your surplus.

SHARING ABUNDANCE + CREATING 'ENOUGH'

All these swaps and shares form the beginnings of a rich, connected, informal economy - sometimes called the non-monetary economy, gift economy, 'freeconomy' or barter network. It's a way of helping others and cultivating community, while still ensuring we obtain a yield for ourselves in the process - excellent for everyone.

Sharing abundance - of fruit, clothing, knowledge, eggs, whatever - is one of the most powerful ways to build community while also building a sense of 'enough' within ourselves. It's a great feeling. And it makes goodness grow, all around you.



**READ MORE ABOUT CREATING
COMMUNITY HERE**

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HOW TO 'PAY IT FORWARD'

This kind of thinking is at the heart of permaculture, and also at the heart of many natural systems. Surpluses become yields which beget other yields which create new surpluses. And around it all goes. In the process, the fabric of your community interweaves, everyone gets to know each other a little more, and life gets a little better each time you engage.

'Pay it forward' swapping is a format in which you basically allow folks to take something of yours that you're offering, in the hope that they'll give something else to another person, sometime later.

It's a loose concept that can be applied in so many different ways - but it creates the sort of behaviours we'd all love to see more of in our community, and also something that is at the heart of permaculture ethics - fair share.

SOME IDEAS TO GET YOU STARTED

- Check to see if a Buy Nothing group exists in your community, where folks living within 10km of one-another give and share freely.
- Need a jacket this winter? Organise a clothes swap with a group of friends.
- Donate blood to your local bloodbank - it might just save someone's life.
- Is there a need in the community that you could help out with? Volunteer your time and skills, or offer to trade.
- Some cafes have a 'pay it forward' system, where you can buy an additional cup of coffee for a future person who comes along. Some cafes even offer these free cups to emergency services workers, or folks in the community who may be struggling.
- Ask for donations for your birthday, instead of gifts. Or for your wedding, Christmas, anniversary, whatever. Pay that money forward to a charity doing great work in your community.
- Leave a good book for the next person to find. Once you've finished reading, drop the book at a place lots of people pass by - a cafe, bus stop or train, perhaps. You might even like to leave a little note inside.
- Feeling shy about sharing? Start by donating to your local thrift store, and work up from there.



GET MORE IDEAS FOR
SHARING ABUNDANCE





ACTION 3 | GROW YOUR OWN SPROUTS

NO GARDEN REQUIRED

Committing to growing even just a bit of your own food is a powerfully positive habit to cultivate. Because every chunk of resilience we can cram into our household and community counts - including knowing how to grow your own food at home, if and when you need it.

If you don't have the time, skills, location or inclination to launch full-steam into a veggie patch just yet, don't be disheartened. Very few people grow all their own food. Our family sources food from others in our community, too, including small-scale producers and local stores.

But one thing you might like to try is growing your own nutritious sprouts - no garden required. A kitchen bench or windowsill will do just fine. And all you need is a jar, a few seeds, and a bit of basic know-how. The results you'll get are fast, cheap and delicious - nutritious fresh food, grown right in your kitchen, where you need it most.

Sprouts are essentially baby plants - vegetables and herb seedlings - that you eat when they're just a few days old. It's a great way to grow your own

leafy greens at home - which is excellent, because leafy greens are just about the most expensive vegetable you can buy, pound per pound. Plus, greens spoil rapidly after being picked. So fresh is definitely best, and they are incredibly quick to grow in small spaces, without needing a heap of sunlight.

BABY LEAFY GREENS

Sprouts are plant seeds that have germinated successfully - they have literally sprouted for you, entirely within a jar. No soil required! You can sprout almost any seed that produces edible adult plants. The result is a crunchy homegrown veggie - essentially at the 'baby leafy greens' stage - that's packed full of nutrients, all grown in a space little bigger than the size of your hand.

You can do this, year-round in your kitchen, regardless of where you live or what's happening outside.

**WATCH
HOW-TO VIDEO
HERE**



HOW TO SPROUT SEEDS

YOU WILL NEED

- A jar (500ml/16oz or whatever you have), sterilised with hot water.
- Netting or tulle fabric - or even an old handkerchief will do.
- Rubber band or hair band
- A small bowl
- Sprouting seeds - organic if possible. 2 tablespoons of small seeds: eg. broccoli, kale, mustard, alfalfa OR ½ cup of big seeds: eg. mung beans, peas, sunflowers

METHOD

STEP 1

Add the seeds to the jar and fill with cool, clean water.

STEP 2

Cover the jar with netting and secure it with a band.

STEP 3

Let them soak for between 4–8 hours, or overnight. (This ensures you get good germination.)

STEP 4

Drain the water off the seeds then give them a rinse. Next, prop the jar upside-down, at a 45 degree, in a bowl so all the water drains out.

STEP 5

Place the jar, still upside-down in its bowl, on a windowsill or just on the kitchen bench. (Note: too much light can make them bitter.)

STEP 6

Every 12 hours or so (at least once a day), fill the jar up again with cool clean water, then rinse, drain, and put the jar back in your bowl on its tilt.

STEP 7

In 3 or 4 days (or earlier) enjoy your fresh young sprouts! Delicious.



**WATCH
SPROUTING
STEPS HERE**



ACTION 4 | GROW THREE HERBS

SUSTAINABLE SEASONINGS

Many herbs are easy to grow, even if you're a beginner. And they don't require much space - even just a windowsill will do. On top of all that, they taste great too.

Once you get into the habit, herbs can be something you use most days. So having herbs near the kitchen for cooking or homemade herbal teas is an excellent way to 'obtain a yield' (permaculture principle #3) over and over again. And it's much more sustainable, and rewarding, than buying all your herbs wrapped in plastic from the supermarket.

You'll need to consider the space you have and what's suitable for your climate. The library, internet searches or your local plant supplier can help point you in the right direction.

If you're just getting going with food gardening, start small. Choose a small window planter box (or a milk carton on its side will do!) and a few seedlings, and see how you go - adding to your herb garden as your confidence grows.


A lot of herbs are at their best over spring and summer, and may die back during the cooler months. So you could try your hand at storing the season too - pick your herbs when they're flourishing and dry them upside down in small bunches. After about a week, jar them up and label, then store them somewhere away from light - ready for adding to teas and cooking come winter. Herbs all year round - yes, please!

HOMEMADE HERBAL TEAS

You can choose to grow medicinal herbs too. Pick them fresh and steep them in hot water for a few minutes, and just like that you've made your own packaging-free herbal tea. Or you might get more adventurous and experiment with making your own herbal creams, salves, lip balms and more.

**FIND HERBAL
MEDICINE RECIPES
HERE**





GROW YOUR OWN HERBAL TEA

EASY HERB COMBINATIONS

When choosing which three herbs to start growing at yours, first think about what flavours you like to eat. Then consider what you're planning to use your herbs for - is it mainly for cooking, herbal teas, medicine, aromatics, or perhaps attracting beneficial insects to your garden?

A FEW COMBOS TO GET YOU STARTED

FOR DELICIOUS FLAVOUR AND AROMATICS

Parsley, tarragon, basil, mint and thyme.

FOR HERBAL TEA AND MEDICINE

Chamomile, calendula, nettle and dandelion.

FOR ATTRACTING BENEFICIAL INSECTS

Borage, comfrey, and fennel.

FOR A LONG-LIVING, LOW-CARE GARDEN

Rosemary, sage and oregano.

FOR NO-DIRECT-SUNLIGHT WINDOW SILLS

Try mints, coriander, and lemon balm

You can buy herbs as seedlings or perhaps swap something of yours for seedlings grown by a friendly local gardener.

Some plants are simple to grow from cuttings also. Rosemary is possibly the easiest - just snip off a bit of new-season growth, about 10cm long, remove the leaves on the bottom two-thirds and stick into a pot full of soil or potting mix. Keep well watered and hopefully in a few weeks you'll see new shoots starting to grow.

You can also reuse supermarket herbs sold in pots, such as basil. Move them into a bigger pot with a bit of compost and place in a warm spot, and they will very likely keep growing for you.



**HOW TO MAKE
A HERBAL TEA POSY**





ACTION 5 | VOTE WITH YOUR DOLLAR

WE CAN ALL DO SOMETHING

Everything we do matters, now. Just like it always did - except now, as the climate emergency gains speed, many of us can see that more clearly. And so - when thinking about and responding to the climate crisis as both individuals and communities - we need to replace our 'OR's with 'AND's.

Your response might look like: recycle AND have a 'climate conversation' dinner party. Change your lightbulbs AND lobby your local member of parliament to take action on climate. Divest from big banks who support fossil fuel companies AND take your keep cup.

Simply put, do whatever you can. And don't beat yourself up for what you cannot do, right now. No-one can do everything! But we can all do something. And the more we do, the more we get better at doing - especially if we focus on what we CAN do, and then add an 'and' to that... rather than letting ourselves, or anyone else, negate our precious momentum.

We can all work on the solutions we need - at a home level AND a community level AND at a national level - each in our own way.

MONEY CAN DRIVE CHANGE

Money is an important part of this picture - it can be seen as a kind of energy, ebbing and flowing, coming into our pockets and out again. It has power - because most of us live in a world driven by and dependent on money.

This means every time we buy something, we are essentially 'voting' for that business or service provider to continue. So, consciously redirecting your spending towards more positive, community-driven initiatives - say, your local farmers market instead of a multinational supermarket chain - can encourage change at the highest levels. And it's a great way to 'use and value diversity', too, which is permaculture principle #10.



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FOR RADICAL HOPE**

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HOW TO DIVEST

DIVEST YOUR PERSONAL FINANCES

‘Divesting’ simply means removing your money - and therefore your support - from organisations that invest in fossil fuels and other unethical projects. It’s when you make a conscious choice to find a better option, and then actively move your money and close your old accounts.

This is important, because many banks and superfunds are heavy investors in fossil fuels - which means your money is being used to destroy your community’s future. Not good. Instead, you can vote with your dollar by supporting a more ethical alternative - while also sending a market signal that consumers expect strong climate-positive policies.

HOW TO DIVEST

1. Pick one element of your money management system - say, your bank or your superannuation. Do some research on where your current provider is investing, and what other, more ethical options might exist.
2. In many cases, you’ll realise it’s time to make a change. So, move your money to a more ethical institution.
3. When closing your old account, don’t forget to tell your former provider that their ongoing investment in fossil fuel projects was the main reason you chose to divest. This helps provide feedback - when enough of us do the same, businesses get the message that they need to change.

CONSIDER DIVESTING YOUR

- Current bank accounts, savings accounts and credit cards.
- Any investments or stocks.
- Superannuation.
- Insurance products.
- Mortgage.



**MORE IDEAS FOR
CLIMATE-POSITIVE
CHANGE**



ACTION 6 | HARVEST RAINWATER AT HOME

CATCHING RAINFALL

Rain is crucial for us earthlings, because every living thing needs water to survive - you, your garden, animals, insects, soil microbes and all biology in between. But like all forms of energy, rain mostly comes to us in waves. We get pulses of high availability, which may then be followed by long, dry periods of no rainfall.

Planning for these times of plenty and times of need by capturing rainfall where and when it falls - and storing it for use when you need it - is an excellent strategy to increase your household's resilience. (Hello, permaculture principle #3 - 'catch and store energy'.) And it's a habit available to almost everyone. Got a sky that rains sometimes? Well, you very likely can begin collecting rainwater at your place.

Your goal with this habit is to capture, slow down and store rainwater as it passes through your system. But you don't need huge tanks or an

expensive plumbed-in system to get started.

Rainwater harvesting can be done on a small budget with easily accessible DIY materials, if you want, and in ways that work even if you're renting.

FAR-REACHING BENEFITS

Why's this so important, when water flows freely from the taps in your house? Well, rainwater is so much better for your plants than town or municipal water, which often has a mix of antibacterial chemicals added to it. In contrast, rainwater has a whole bunch of micronutrients that your plants just love. Collecting rainwater also reduces soil erosion and the amount of sediment making its way to our rivers and our oceans.

All in all, capturing rainwater is a fantastic benefit to your family and your community. It makes life more abundant, in all sorts of ways.

**WATCH OUR RAINWATER
HARVESTING WORKSHOP HERE**

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CREATE A SIMPLE RAIN BARREL

Even if you're renting, capturing some rainwater can be pretty easy to do. Use inexpensive and secondhand materials to divert water from a downpipe into a rain barrel.

YOU WILL NEED

- A barrel - 200-litre (52 gallon) food-grade 'olive drums' or 1000-litre (265 gallon) IBCs (International Bulk Containers) are great - and often available secondhand.
- A knife or saw to cut holes in your barrel.
- A tap, a metal washer, two rubber washers and a locking nut - for the outflow faucet.
- A second tap, a metal washer, two rubber washers and a locking nut - for the overflow faucet.
- A roll of window screen or mesh.
- Staple gun and pliers

METHOD

Step 1: Find a good location to place your barrel. Next to a downpipe from a roof that has a small catchment (not too much!) is perfect. Build a flat platform with bricks or blocks to raise up your barrel. That'll make it easier to get the water out later.

Step 2: Cut the outlet flow hole in your barrel - the spot where you'll place a tap for using the water. Measure about 7cm (3 inches) up from the bottom of the barrel and drill a hole. Thread a metal washer onto the tap, followed by a rubber one. Insert the tap through the hole you made and thread on another rubber washer inside the barrel. Use pliers to screw the locking nut onto the tap, securing it in place.

Step 3: Cut the overflow hole - where excess water will flow out of the barrel once it fills up during a rainstorm. Repeat step 2, this time at the top of the barrel.

Step 4: Cut the inlet hole in the top of your barrel - where water will flow into the barrel from the roof downspout. Measure your window screen and mesh, and cut so it's just larger than the hole. Cut and then staple gun to the top of your barrel, over the hole.

Step 5: Place your rain barrel next to a downpipe, angled into the screened hole. Now, wait for rain!

Step 5: Most importantly - use the water. Make the most of that valuable resource by using it in your garden, on the regular.



**LEARN MORE ABOUT
RAINWATER**





ACTION 7 | 'PAY THE RENT' TO TRADITIONAL OWNERS

CLIMATE JUSTICE & RESILIENT FUTURING

This everyday climate action is very simple, and you can start doing it today. Pay the Rent - to the people upon whose traditional lands you live, work and benefit from, each and every day.

Paying The Rent relates to climate justice - you are contributing to making things that tiny bit better when it comes to indigenous communities, and how well-resourced they are to respond and adapt to the climate chaos now happening in our world.

Paying the Rent also relates directly to climate mitigation and resilient futuring, for all of us. Throughout the world, it has been shown that indigenous-managed lands have the highest biodiversity, and may be overwhelmingly responsible for maintaining ecological stability into the future. By Paying the Rent, you'll be helping support and strengthen extensive indigenous knowledge bases, which are essential to repairing and adapting our ecosystems (and our communities) moving forwards.

WHAT 'PAY THE RENT' MEANS

Hopefully, in the future, we will all work together to achieve reparations for the traditional owners of the lands on which we live. But in most places, we're still a fair way off from achieving this kind of large-scale, coordinated response. What you CAN do though, right now - without waiting for further permission or top-down structures, is Pay the Rent yourself.

Nearly everywhere (in Australia, at least), the land beneath your feet was never ceded. It was colonised. Taken. And whether you're a homeowner, renter or otherwise, you now directly benefit from this land, as well as its traditional owners' knowledge and stewardship. So, Pay the Rent. This is not about white guilt, or colonial settler guilt, it's about simply checking your privilege. And doing the right thing.

Not living on stolen land, but part of a nation or state that is/was a force of colonization, with all the extraction of resources and historical injustice of indigenous peoples that went along with that? This action is for you, too.

**LEARN MORE ABOUT
PAYING THE RENT**

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HOW TO PAY THE RENT

The most important thing about Paying the Rent is that your money needs to end up in the hands of indigenous people, and how it is used needs to be determined by indigenous people. You pay, they decide what to do with it. This is not conditional funding. This is the simple act of paying the rent.

STEP 1

Decide on your weekly rental budget. This one is up to you, but activist and Gunnai/Mara elder Robbie Thorpe, suggests 1% of your annual income.

Your rental payment might be \$5 a week. Or it might be \$50. Be honest with yourself, and also consider how many years you've lived on country, without paying the rent, while benefiting from this place and the stewardship of First Peoples, in all kinds of ways.

STEP 2

Figure out (if you're not already clear) who's land you're on. If you're in Australia, [here's a map to help you identify where you live](#). If you live further afield, check out the [LandMark maps](#) and [Native Land Digital](#).

STEP 3

Find your closest indigenous body or community, and ask them who you could pay the rent to. They should be able to point you in the right direction. Sometimes, this may take a little work to figure out. Stick with it! This matters.

If you can't locate your local indigenous body or community (many communities have been intentionally fragmented by colonial interests), see what indigenous-led organisations you can find in your region.

YOU DID IT!

Well done - this is important work and you're committing to doing your bit. Because repair goes hand-in-hand with regeneration. We're co-creating a better world, and the only way forward is together.



**MORE INFO ON
PAYING THE RENT**





WHERE TO FROM HERE?

So – feeling good about these actions? Or maybe a bit overwhelmed at all the possibilities? One thing we know for sure is that permaculture living is a lot easier – and a whole heap more fun – with friends, allies and mentors helping you along your way.

Which is where our [12-week Permaculture Living course](#) might be helpful for you...

During this online course, you'll learn 40+ skills and habits, including growing food, pickling and fermenting, rainwater harvesting, wild food foraging, passive heating and cooling, calculating your carbon footprint, composting, worm farming, seed saving + heaps more.

And we'll help you create a personalised action plan, specifically for your context, to help guide your continued learning and habits.

By the end of this course you are going to be growing, cooking, sharing, exploring, planning, designing and living like you've always wanted to – connected to your ecosystem, your community, and the ground on which you stand. Because that's literally what permaculture is for – to help us reconnect with place and community, while helping to heal our planet, using simple strategies and good design.

This is 'one step at a time' stuff – but it's amazing how those small steps add up.

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FOR MORE
COURSE INFO**

Online Course ·
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LIVING**
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ARCHIVE
OF USEFUL
THINGS**


Or, if you're not quite ready to dive into the course, that's fine too. We've amassed a rather excellent [Archive of Useful Things over at Milkwood.net](#) - free resources, articles and how-to videos. Have a mosey around, if you like – there's heaps of ideas to help continue your permaculture living journey.

Enjoy, lovely.


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START WHERE
YOU ARE,



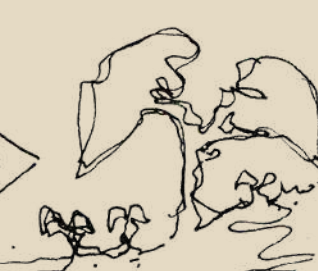
USE WHAT
YOU HAVE,



DO WHAT
YOU CAN.



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