

Grow Food Eco-*logically*

CULTIVATE HEALTHY FOOD AND
A HEALTHY PLANET



Free Resource
Farmers, Community and
Home Gardeners



Learning from Nature

Growing food eco-logically, we seize the opportunity to cultivate healthier relationships with our environment from the ground up!



With our soils naturally supplying nutrients to our plants, insects and birds controlling most of our pests, we can extend the consideration of our environmental footprint beyond the front gate! (Compare the inputs and outputs in the two models below).

How do we get these Benefits...?

...by bringing back Nature's FREE ecological services to our gardens and farms.



Nutrient Cycles

Repairing our nutrient recycling systems, soil organisms recycle the nutrients in plant and animal waste materials, unlock nutrients from mineral particles, and make the nutrients available for plants to **reuse**.

We make the practical act of growing food a solution rather than the cause of climate change. And have the joy of bringing Nature back into our farms and gardens.



Water Cycles

Water cycles are enormous, but we can **improve them** by increasing water infiltration and storage in our soil and reducing water loss through evaporation. Done on a regional scale, cloud cover increases, and we **get more rain**.



Capture of Solar Energy

Why do we only think of fertilisers when we want to grow more food? Plants capture and store solar energy using their photosynthetic panels. Growing more solar panels, we increase energy supplies for the ecosystems in our farms and gardens.

A practical example...

Our soils have degraded because we have designed our gardens and farms to maximise plant growth for human consumption and livestock.

Our soil organisms get a lousy catering service: the menu is limited, portions are small, and the service is unreliable!



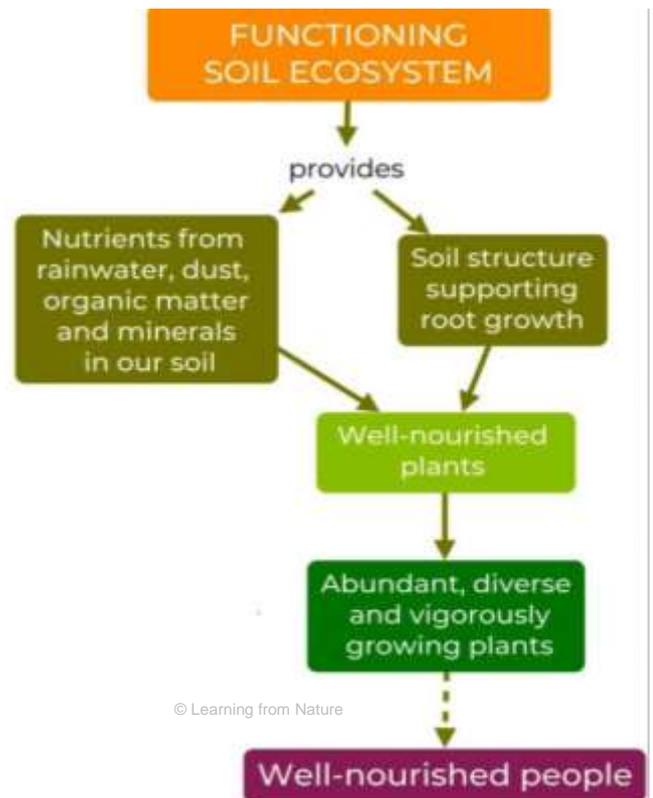
Not much growing here to feed the soil organisms

Changing how we manage our farms and gardens to produce:

- ✓ food for us, our livestock, *and a*
- ✓ generous, diverse and consistent food supply to our soil ecosystem,

Soil organisms get the resources they need to do the work they have had millions of years of on-the-job training to maintain soil structure, recycle nutrients, and supply them to plants for reuse.

Our plants get 'Silver Service' catering directly from our soil ecosystem, rather than intermittent and inadequate inputs supplied by us!



Growing pumpkins with a cover crop supplying food to the soil ecosystem

Your climate or property size doesn't matter...

Whether you are a farmer, smallholder, market, community, or a home gardener, whether you're growing in the cold north of Scotland or the hot, sultry tropics, the **eco-logical principles** are the same. Techniques and species differ as you adapt the principles to your growing conditions.



Messiness isn't required...

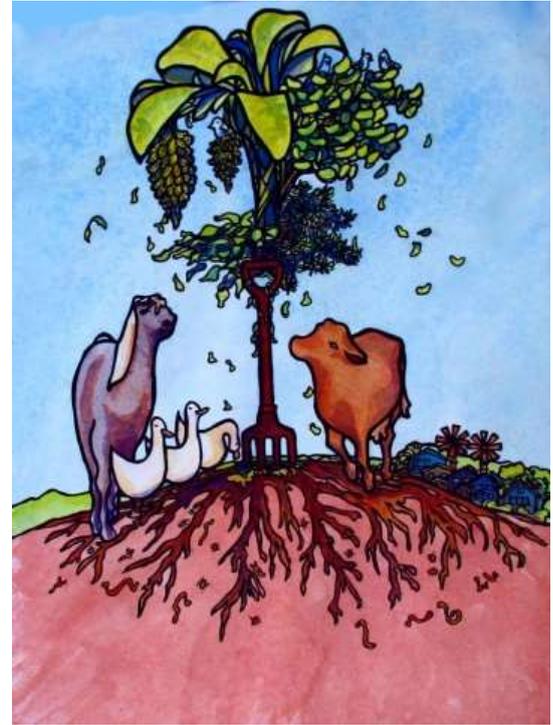
For example, you'll get fewer pest issues planting flowers attracting beneficial insects, whether planted in tidy rows or jumbled together.



Use innovation-driven by Learning from Nature

There's a lot of money made from the story that new commercial biological inputs and innovative technologies are "the only viable way to feed the world's growing population and provide a cleaner and greener future."

Learn instead how to let Nature give you a helping hand. Combine your skills with expertise developed over 400 million years to create self-maintaining and highly productive ecosystems - using the energy and resources naturally available. Ecosystems that quickly bounce back from the impacts of extreme weather.



Join the groundswell of farmers and gardeners, realising a better way to grow.

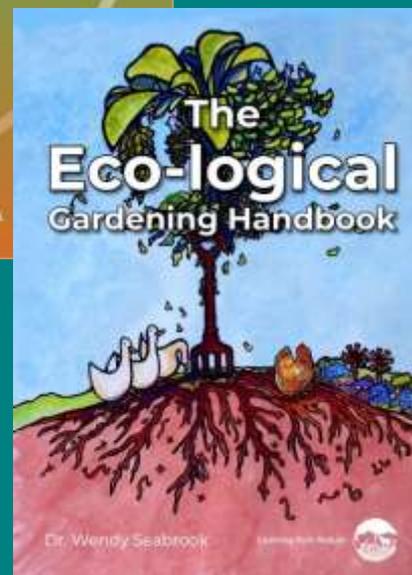
1. Leave your tractor or spade in the shed. Give the job of making good soil structure to the experts – your soil organisms.
2. Give your soil ecosystem the job of managing your fertiliser regime.
3. Save money on pest controls with technologically advanced, highly motivated insect and bird pest controllers.



Getting Practical

'How to' articles available – [HERE](#)

Or get our publications – [HERE](#)



Let's realise this opportunity by letting everyone know! We urgently need world-changing solutions. Growing food eco-logicaly is one of them.

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