

**Bringing It Home: How At-Home Gardens Fight Climate Change
June BioBites Audio Transcript
June 6, 2024 – Rita Higgins, Director of Food Access and Innovation**

00:01:29.000 --> 00:01:35.000

We are going to be just doing a couple of housekeeping before we begin in with our presentation.

00:01:35.000 --> 00:01:44.000

First, st please keep muted during, the 1st half of the recording. And then, let us know where you're coming from in our chat.

00:01:44.000 --> 00:01:45.000

So you're welcome to open up your chat function and let us know where you're joining us from.

00:01:45.000 --> 00:01:55.000

We love to see that. And in the second part of today's webinar, so the 1st part is, of course, Rita's presentation.

00:01:55.000 --> 00:02:07.000

And then the second part will be our Q&A portion where Rita can answer questions. That you ask and you will always ask those in in the chat and I'll keep an eye on those as they arise and we'll get to those in the second half.

00:02:07.000 --> 00:02:13.000

And let's see, I'll go ahead and then announce that our next bio bites will be in August.

00:02:13.000 --> 00:02:19.000

We're gonna skip July, but we're gonna go into August with a special event called Hold It to Heal It.

00:02:19.000 --> 00:02:27.000

Healing Trauma and Disease with Biological Medicine and that will be on Tuesday, August the 6th at 12 noon and this episode will feature Dr.

00:02:27.000 --> 00:02:33.000

Dixon Tom as well as his daughter Julie Tom. She's a trauma informed movement specialist.

00:02:33.000 --> 00:02:42.000

She'll be speaking about trauma, disease, the brain protocol treatment and ways to heal the past by looking at the present.

00:02:42.000 --> 00:02:52.000

So this is a special preview of their in person 3 day workshop coming up at the Fabulous Retreat Center Omega, the Omega Institute in Rhinebeck, New York, which is October.

00:02:52.000 --> 00:03:00.000

26 through 28. We have a lot of upcoming amazing upcoming events and they are closely related.

00:03:00.000 --> 00:03:26.000

The 1st is the June 27th our event with Dr. The author of the book keeps the score speaking about mind body healing from trauma and the second kind of related to today's topic is that our month long eat local South Coast challenge is happening where we will provide you with resources to eat within a 200 mile radius from June 24 and that's a whole month June 24th through July, the 27th

00:03:26.000 --> 00:03:32.000

So, make sure you're getting our emails, cause you don't wanna miss those, other events that we've got going on.

00:03:32.000 --> 00:03:41.000

So follow us on our, on your social channels and we'll also drop links into the chat for registration for any of those events that interest you.

00:03:41.000 --> 00:03:47.000

Last, we have a recording today's presentation that recording will be sent to your inboxes. Hopefully tomorrow along with some extra.

00:03:47.000 --> 00:03:55.000

Resources and the PowerPoint slides as well. Alright, so today's topic, it's all about fighting climate change where we live.

00:03:55.000 --> 00:04:09.000

Via landscapes via gardens via backyards. With us is Mi's director of food access and innovation, Rita Higgins.

00:04:09.000 --> 00:04:31.000

Rita is a graduate of McGill University where she studied environment and international development. Rita has a diverse background in food and non food related work ranging from forestry to landscape design to food production in both Ireland and upstate New York and even into local politics where she was in member of the Nantucket Select Board.

00:04:31.000 --> 00:04:41.000

Rita's focus has been on the human connection to land through the built environment and a focus that she has explored through landscape design over 15 years.

00:04:41.000 --> 00:04:46.000

And 5 years ago, the essential nature of our connection to the land and to each other and our impact on the environment through food, became a motivating factor for her to become more involved in the world of food.

00:04:46.000 --> 00:05:12.000

This was coupled with the opportunity to take over an upstate New York family owned garlic farm and kitchen operations for a winter and an opportunity which highlighted the massive systemic supply chain issues that can prohibit small local producers success and prevent eating health fully, seasonally and sustainably.

00:05:12.000 --> 00:05:20.000

She brought these experiences and observations with her back to Nantucket and founded Pip and Anchor and 100 Mile markets,

00:05:20.000 --> 00:05:32.000

Two businesses that focus on making finding and buying local food easier. Fun fact about Rita at 1 point in her career, planting and growing things, she was lowered.

00:05:32.000 --> 00:05:40.000

Into remote wooded areas via helicopter with just a backpack and about 4,000 baby trees.

00:05:40.000 --> 00:05:54.000

Okay, so on that note without further delay, I am going to hand it over to Rita for her presentation on How at home gardens fight climate change.

00:05:54.000 --> 00:06:05.000

Thank you, Jess. And yes, that was a formative experience, even now just as in, I wasn't worried as much about survival as I should have, but, on that now.

00:06:05.000 --> 00:06:11.000

So I'm just going to share my screen.

00:06:11.000 --> 00:06:24.000

And I just want to let everyone know that again is just said, we will have questions. Time for questions at the end if anything pops up during do please just throw them into the chat and we'll come back to them.

00:06:24.000 --> 00:06:38.000

And what I really am going to do to start is build on, build on what Just explained, you kind of hit the high notes of how I ended up here at the Marion Institute, working on food equity and working on projects with the South Coast.

00:06:38.000 --> 00:06:54.000

We Policy Council. But. When it comes to landscapes climate change what we can do at the small scale i just wanted to go dive a little bit deeper to talk about really how I started.

00:06:54.000 --> 00:07:01.000

And how I got here around climate change. So for me, I've been thinking about climate change for a long time.

00:07:01.000 --> 00:07:15.000

And it did have to do with, growing up in upstate New York. In a very rural area, very rural semi rural area at the foothills of the Adirondacks.

00:07:15.000 --> 00:07:26.000

And when I went up to university in Montreal, which is an amazing city, in my 1st year I really I had a sense of loss and I couldn't figure out what it was.

00:07:26.000 --> 00:07:28.000

Obviously moving from the country to the city is a big change. But there was just something I couldn't quite put my finger on.

00:07:28.000 --> 00:07:41.000

And over the 1st year I realized I missed. I missed nature. I missed trees. I missed that everyday contact with.

00:07:41.000 --> 00:07:49.000

The natural world and at the same time I was also starting to see the effects that urban spaces have on the environment.

00:07:49.000 --> 00:08:01.000

And in that 1st year, I, I shifted from. More politics to environmental studies and that's where I really started to see and understand how the way we live.

00:08:01.000 --> 00:08:18.000

Affects the environment and how climate change. This was 20 plus years ago. You know, we were already really seeing signs of climate change and the effects that the way that we've built our lives around resources, connection to nature.

00:08:18.000 --> 00:08:41.000

Has caused this climate change. And so as I changed my degree and went through 4 years and got dropped into forest and really forestry was very formative because when I started working in forestry, I thought I was planting trees and planting trees is a good thing.

00:08:41.000 --> 00:08:57.000

When I saw how we planted them and saw what we were replacing the forest with the virgin forest up in Canada, replacing them with trees faced exactly 6 feet apart, only 3 species and everything beneath them being mowed.

00:08:57.000 --> 00:09:02.000

I realize that the replacement is not enough. That's not really reforestation.

00:09:02.000 --> 00:09:17.000

That's planting. That's farming. And that for me was when I really felt that in this big hairy beast of thinking about climate change that is a global issue, it's also very hyper local and it's about what we are doing.

00:09:17.000 --> 00:09:35.000

Every day and it's about how We are thinking about nature and a relationship with nature. And for me, what I sold at that point in time was the most important thing I could do for climate change was to do anything that was related to changing our relationship with nature.

00:09:35.000 --> 00:09:43.000

And again, because it can start on a window cell or out your window or on a balcony or in your backyard, I really started focusing on landscapes.

00:09:43.000 --> 00:09:54.000

And so I started landscape design. I did removing. I looked at urban spaces. I looked to see how we can connect nature and change our relationship to the land into nature through the garden.

00:09:54.000 --> 00:10:06.000

And the idea is that if we can think about it, if we can be inspired by it, we can understand nature and ecosystems and seasons.

00:10:06.000 --> 00:10:12.000

We can start to be proactive. So rather than waiting for someone to tell us, you can put in an energy saving light bulb or you can do this.

00:10:12.000 --> 00:10:20.000

If we start to understand what's going on and we reconnect to nature for some people connect to nature, we can start to actually affect climate change more proactively.

00:10:20.000 --> 00:10:40.000

And so for many years I did landscape design and as Just mentioned, I did it. In a couple different countries, a couple of in places, urban rural loved it, and really One morning, 2016, I woke up and I felt like this is and enough.

00:10:40.000 --> 00:10:45.000

We climate change is, it's exacerbated, we're seeing more shifts.

00:10:45.000 --> 00:10:51.000

I can see it as a gardener, anyone who's working in their garden spaces, you can see the changes happening.

00:10:51.000 --> 00:10:59.000

And I also realized that What I think was that more important relationship to nature was food. And that the food on our plate is actually the most important relationship we have to nature.

00:10:59.000 --> 00:11:22.000

Everything about our food for the most part right now, the how it's grown, what's being grown, who's growing it, where it's being grown, when it's being run, why it's being run, are all totally out of line with natural systems and are having to impact on climate change.

00:11:22.000 --> 00:11:34.000

And so I started to shift my focus towards food and thinking about how we connect to food and how that connection to food is an important part of our connection and reconnection to nature and ultimately again.

00:11:34.000 --> 00:11:37.000

Impacting climate change.

00:11:37.000 --> 00:11:40.000

What's been funny is that over the years last 5 years, at least I've been working really hard to separate the 2.

00:11:40.000 --> 00:12:01.000

Moving away from ecological landscape design into food and with the Marion Institute. This project that I'm working on over the last year, frog foot fireman has taken me a year to really realize that those 2 are in and intimately connected.

00:12:01.000 --> 00:12:08.000

And so everything that I've learned and doing ecological design. I'm now able to apply to Frog Foot Farm.

00:12:08.000 --> 00:12:13.000

And this is the project that I've been working on here at the Marion Institute over the last year.

00:12:13.000 --> 00:12:17.000

It's very high level. You can see the farm. Right in here it's land that has been leased to us by the 80.

00:12:17.000 --> 00:12:31.000

Make peace company. So you can see the cranberry bugs all around it. And the focus of the farm is to grow food for food pantries.

00:12:31.000 --> 00:12:47.000

So it's from to food relief and we're doing that by growing on this area here we'll be gleaned so we'll be taking food from other farms that otherwise would go to waste and we'll be getting that into food pantries and it will be volunteer driven.

00:12:47.000 --> 00:13:00.000

So we're really going to engage the public and ask everyone to come with us. And really this is a journey this is a journey this is about climate change it's about building soil health it's about connecting to your food to the beautiful landscape around us.

00:13:00.000 --> 00:13:16.000

And it for me it has been this opportunity again to bring food and landscapes. Together. And today we're going to focus on the landscape piece, but if you want to find out more about eating local, I'm going to give a plug for our local South Coast Challenge.

00:13:16.000 --> 00:13:22.000

Chris put the link in the bio and will dive deeper on why eating locals important and how that impacts climate change.

00:13:22.000 --> 00:13:38.000

And you can also sign up to be volunteer for outfit. So those are my 2 plugs, but this has been an amazing opportunity again to bring these really important pieces together and now is volunteer during farm will be able to continuously share this with everyone that joins us.

00:13:38.000 --> 00:13:43.000

So the question becomes, how do you really take those principles where I'm We're applying these principles at the farm scale.

00:13:43.000 --> 00:13:58.000

How do we bring them into the backyard? And one of. One of the 1st steps just introducing everyone to an important ecological concept called shifting baseline.

00:13:58.000 --> 00:14:15.000

And that's gradual change in our accepted norms and expectations for the environment across generations. What that really means in practice is that the house that I grew up in in upstate New York had pear trees and mulberry trees and native maples and native oak native birch.

00:14:15.000 --> 00:14:22.000

When I go back to Saratoga upstate New York now, someone has pulled out all the trees, paved over the landscape.

00:14:22.000 --> 00:14:30.000

And turn it into a parking lot. So when I show my son, what he's saying is this, 2019 version here in the graphic.

00:14:30.000 --> 00:14:42.000

I know the 1950 version and what I don't even know is this 1,800 version and so it's shifting our norms and when we talk about climate change and what we're thinking about.

00:14:42.000 --> 00:14:47.000

If I've never seen that 1,950 version, if all I've known is the 2,019 version.

00:14:47.000 --> 00:14:52.000

I don't even know. What I'm, what I'm saving, what, what.

00:14:52.000 --> 00:15:00.000

Versus supposed to be there what was there before. And so this has become an important part when we're thinking about how are we thinking about the landscape?

00:15:00.000 --> 00:15:15.000

How are we seeing what we're seeing? Another very simple example that I know a lot of people might I've come across this again that when the house that they grew up in when they grew up there was a forest behind them and when they go back there's 30, 40, 50 houses behind them.

00:15:15.000 --> 00:15:25.000

So again when you bring grandkids to that house all they know is that built landscape and so they don't even know what was there before.

00:15:25.000 --> 00:15:38.000

And so that's kind of the 1st part. I think one of the things that is a good mindset to have around gardens and climate change because both can be a good mindset to have around gardens and climate change because both can be overwhelming is curiosity.

00:15:38.000 --> 00:15:51.000

So taking deep breaths. Maintain a curiosity mindset. And think about what we really need to do if you want to impact climate change right in your backyard is change our relationship to nature.

00:15:51.000 --> 00:16:05.000

We need to shift our relationship so much of gardening. Hasn't been the last 200 plus years in this country and and beyond as long as gardening's been around has been about control and has been about.

00:16:05.000 --> 00:16:14.000

What we want. And so Shifting that relationship to one that is going to be more adaptive to climate change.

00:16:14.000 --> 00:16:26.000

Really requires us to think about 3 main concepts. The 1st is observation. Second is time and time scales and 3 is shifting our priorities.

00:16:26.000 --> 00:16:37.000

So when it comes to observation, 1st thing you can do is just stop and watch. Think about what was here before.

00:16:37.000 --> 00:16:47.000

What wants to be here. Who else is using my garden besides me? And just watch, watch for a season, watch for several seasons.

00:16:47.000 --> 00:16:48.000

Think about that. That shifting baseline is what we're seeing is not what was here before and it's not typically what wants to be here.

00:16:48.000 --> 00:16:55.000

This picture is my own backyard. That I've let go for 2 years. I bought we bought the property 2 years ago.

00:16:55.000 --> 00:17:06.000

And it had been maintained agriculture, for a hundred years. And it had been maintained agriculturally for a hundred years.

00:17:06.000 --> 00:17:10.000

And I just wanted to know one, I didn't have the time to do anything about it but 200 years.

00:17:10.000 --> 00:17:17.000

And I just wanted to know one, I didn't have the time to do anything about it, but 2, I wanted to know one, I didn't have the time to do anything about it, but 2, I wanted to know what would happen, And for 2 years, this golden ride.

00:17:17.000 --> 00:17:33.000

Here has been re-establishing itself. And so a lot of times with observation, you know, again, the the native plants nature wants to be there and if we just stop and watch for a second we start to understand our landscape better.

00:17:33.000 --> 00:17:42.000

And understanding that landscape is really the 1st step. These are 2 books. I have inserted some, some books and resources throughout.

00:17:42.000 --> 00:17:47.000

These are 2 books that really talk about that connection to place, that observation, how we think about, our connection to nature and the land around us.

00:17:47.000 --> 00:18:03.000

And, are great resources for thinking about that high level concept connection to. The nature right outside our door and observation.

00:18:03.000 --> 00:18:15.000

Second is time and time happens in the garden. At the micro scale and time really when we're talking about from the garden to climate change.

00:18:15.000 --> 00:18:23.000

We really have to adjust how we think about time. So much of how we treat our landscape at the moment has to do with speed and convenience.

00:18:23.000 --> 00:18:27.000

How quickly can I get my lawn to grow? How quickly can I get? Plans to establish in greenery.

00:18:27.000 --> 00:18:38.000

This is a picture of my own front porch. With some fox love that took 2 years to grow and you just had to sit there and wait and be patient.

00:18:38.000 --> 00:18:49.000

Especially when we are taking a step back, observing, learning to slow down and not try and fertilize everything.

00:18:49.000 --> 00:19:01.000

Everything. Take the time to observe, take the time to let things establish. And there's a There's a saying in the gardening world.

00:19:01.000 --> 00:19:27.000

Roots shoots and grows so everything in my experience and gardening definitely takes 3 to 5 years and so part of this too is when you start to try and shift towards a more climate friendly gardening it takes longer than you think if you try and maintain your lawn more organically or naturally or chemical free, it will take 3 years for, sort of the lawn to repair and to really start thriving again.

00:19:27.000 --> 00:19:32.000

And so they say roots, shoots, grow. So your 1st year, your roots, it's establishing roots, second year shoots, and the 30 years grows.

00:19:32.000 --> 00:19:44.000

And that's time at that plant scale and that garden scale. But again in the grand scale of climate change, natural timescale is so much longer than what we typically think about and just reflecting on time and how we think about it.

00:19:44.000 --> 00:20:01.000

And we think about it outside our window is is really important. And again, part of that overarching concept of looking at the land in nature around us.

00:20:01.000 --> 00:20:12.000

Next is I couldn't help but bring up the trends, but Really, really important for anyone who's done garden design has red garden design books.

00:20:12.000 --> 00:20:20.000

This left hand side of these scales is right now mainstream how we think about gardening. It's about aesthetics.

00:20:20.000 --> 00:20:26.000

It's about what I want. What I want to see at my window, focal points, what color plans I like, what color plants I don't like.

00:20:26.000 --> 00:20:36.000

I have a garden party in July. I want everything to be blooming in July. So a combination of primarily aesthetics.

00:20:36.000 --> 00:20:42.000

Then there's the human function. I want my patio here. I want my grill over here.

00:20:42.000 --> 00:20:56.000

Budget and maintenance and those being linked. The concepts on the right are the ones where the concepts that these are the ones that we want to start to really introduce into our thinking as we're thinking about what we can do in our backyard for climate change.

00:20:56.000 --> 00:21:02.000

And it's carbon emissions by diversity, habitat, food source, minimal inputs, soil health.

00:21:02.000 --> 00:21:11.000

Pollinators. These rarely and almost never get any credence up until about I would say in the last maybe 5 to 10 years.

00:21:11.000 --> 00:21:21.000

Garden design has been entirely about aesthetics. Maintenance budget and human function. So what we need to do in order to shift.

00:21:21.000 --> 00:21:33.000

The way we relate to our landscape and to nature and how we carry that into the garden. Is is shift those priorities.

00:21:33.000 --> 00:21:44.000

And here I'm showing them. Them balanced so all of a sudden those 4 main pieces that are part of typical gardening and landscapes.

00:21:44.000 --> 00:21:53.000

Conventional landscapes. They're balanced with more of these pieces. And I would really consider this.

00:21:53.000 --> 00:22:04.000

The tiptoeing into gardening for climate change because what we really need to be doing is focusing on really focusing on when you think about what is going in your garden, you're thinking about habitat, food source, and diversity.

00:22:04.000 --> 00:22:15.000

Those are the 3 most important kinds. And if I was to draw this one more time, I would draw those circles really big and they would.

00:22:15.000 --> 00:22:21.000

Outweigh everything else. Everything else falls into place.

00:22:21.000 --> 00:22:31.000

And so what we need to do is really think about how the way we've been treating our landscape in our backyards or.

00:22:31.000 --> 00:22:43.000

Really in our backyards, if we're connecting it to gardening, it is again this imposition of what we want and our priorities in the garden with our time scales.

00:22:43.000 --> 00:22:55.000

And that is what is. Part of the driver of climate change. Interesting fact is that there's approximately 2.5 million acres of vegetable production.

00:22:55.000 --> 00:23:08.000

In the states. There's 40 million acres of lawn. So thinking about how what we do in our backyard as part of that 40 million acres is intensely important.

00:23:08.000 --> 00:23:22.000

Lawn has become one of the biggest crops that we grow and so the way we think about what we're doing in our backyard becomes part of this coordinated collaborative effort to shift.

00:23:22.000 --> 00:23:33.000

Towards landscapes that are better for the environment. And I have a picture here. This is, this is a project that I did years ago and it really kind of captures all of those pieces.

00:23:33.000 --> 00:23:44.000

So. We tore out a bunch of lawn and this is a native meadow. It took 3 years to establish the 1st 2 years were horribly anaesthetic.

00:23:44.000 --> 00:23:51.000

And painfully slow to establish. And we had to all of us had to be patient. I knew it would take that long.

00:23:51.000 --> 00:23:58.000

But we still had to pep talk ourselves into knowing that roots, shoots, grows change takes time.

00:23:58.000 --> 00:24:08.000

This, the way we observed. Landscape for a year and we figured out what native plants were thriving we understood the lay of the land where water was coming from, shade.

00:24:08.000 --> 00:24:25.000

So we observed over time and then this photo on the right right now. So this this is one piece to that I talked to people about a lot is the aesthetic space because again because we've been gardening for aesthetics.

00:24:25.000 --> 00:24:29.000

This is not something that everyone thinks is beautiful. So, you know, we're stepping away.

00:24:29.000 --> 00:24:52.000

We're shipping away from the aesthetics. But when you look closer and so this is the observation piece too is when you walk through this matter right now it looks green and not much is going on but when you walk closer and you slow down there aren't quite a few flowers and so this project really reinforced that idea if it takes time.

00:24:52.000 --> 00:24:57.000

Observation. Spend more time observing in your garden and you find those moments of joy and beauty and aesthetics redefined.

00:24:57.000 --> 00:25:10.000

And this is now an incredible habitat for birds and butterflies and for birds and things that we don't even know.

00:25:10.000 --> 00:25:17.000

These are 2 books if you want to know more specifically about some of those overarching concepts and putting them to play.

00:25:17.000 --> 00:25:29.000

These are 2 wonderful books that talk a lot about, those kind of high-level concepts of observation, time, and really shifting priorities and and how to do that.

00:25:29.000 --> 00:25:37.000

So the next question is where to start. How the heck do you bring all these big climate change?

00:25:37.000 --> 00:25:48.000

Issues the you know overarching concepts of observation time shifting priorities how do you do it in your landscape so the next few slides are going to be about practical steps that you can take.

00:25:48.000 --> 00:25:54.000

Number one. Minimize your lawn. It doesn't have to mean tearing it out.

00:25:54.000 --> 00:26:02.000

You can see the picture on the left. Is they just stopped mowing the picture on the right they've actively planted a flowering meadow.

00:26:02.000 --> 00:26:11.000

Lawn particularly if you're maintaining your lawn lawn is one of it's an ecological desert.

00:26:11.000 --> 00:26:25.000

It provides almost nothing in terms of benefit and is actually very negatively impactful and depending on where you're located and how your maintaining it it can be increasing.

00:26:25.000 --> 00:26:35.000

Nutrients into like nitrogen. So when you're putting fertilizer on your lawn, if it's not all staying on the lawn, it can go into water sources.

00:26:35.000 --> 00:26:39.000

Carbon emissions around maintaining it and there's No real diversity. It's a monoculture.

00:26:39.000 --> 00:26:49.000

And the roots don't grow very deep, so there's no nothing happening in the soil. Lawn is not helpful.

00:26:49.000 --> 00:26:57.000

I heard someone say lawn should be oops an area rug also this I didn't mean to click but yes this is my punch line.

00:26:57.000 --> 00:27:11.000

Lawn has a long history. Being in the, of prestige status and wealth. And that goes back to the 1600s and this the 18 hundreds and so.

00:27:11.000 --> 00:27:17.000

This is really, you know, I think it's true. We are not, we are not there anymore and we need our landscapes to reflect that.

00:27:17.000 --> 00:27:27.000

We need our landscapes to reflect. Being a part of proactively addressing and mitigating climate change.

00:27:27.000 --> 00:27:47.000

So long, long's our big piece. There are a lot of great resources there about how to go if you are maintaining a lawn and chemically how to go from a non-chemical on to or from a chemical onto chemical free lawn, how to have longer organically, but the big piece, the one that I heard is that, Again, your launch would be an area rug and not wall carpet.

00:27:47.000 --> 00:28:01.000

So one of the simplest things you can do is Just mow where you need to know. And let the rest go rough.

00:28:01.000 --> 00:28:12.000

Next is planting native plants. This one, I will say I could talk for weeks on planting native plants is one of the most important things.

00:28:12.000 --> 00:28:18.000

You can do. You don't have to plan a lot of native plants. You don't have to have all native plants.

00:28:18.000 --> 00:28:31.000

There's an initiative called Home Grow National Park. By, one of the people who really is leading this movement towards wilder landscapes and landscaping and gardening for climate change.

00:28:31.000 --> 00:28:38.000

How you going national park is trying to get to 70%. Native plants in your landscape. Anything is better.

00:28:38.000 --> 00:28:46.000

One plant makes a difference. And some of the reasons for that have to do with. Co-evolution.

00:28:46.000 --> 00:28:57.000

So, of species. That are using our native plants and the nutritional value of native plants is different.

00:28:57.000 --> 00:29:03.000

And generally more significant, ultimately better for. Native. For the native fauna.

00:29:03.000 --> 00:29:06.000

The invertebrates, the moths, the caterpillars, the monarchs, hummingbirds.

00:29:06.000 --> 00:29:19.000

So what we've been doing over the last 200 years with this more traditional gardening driven by aesthetics as we've been putting it.

00:29:19.000 --> 00:29:24.000

We've been growing at the horticultural scale and then growing. In our own gardens, varieties that are cultivars and they're also exotic.

00:29:24.000 --> 00:29:35.000

So they're coming from Europe and they're coming from Asia and they're coming from South America.

00:29:35.000 --> 00:29:46.000

So they really have little to no meaning to the plants and animals in around us. Well, here on the East Coast.

00:29:46.000 --> 00:29:57.000

So some of them do provide pollen and their food source, but generally speaking a lot of those cold bars that are food sources are not as nutritionally dense.

00:29:57.000 --> 00:30:09.000

Okay. Some of them don't provide any nutrition at all. The other piece though too is that we, you know, our ecosystems aren't just composed of native.

00:30:09.000 --> 00:30:24.000

Bees and butterflies we do have non-native especially honeybees. So it's not that we need to get rid of all the other plants so that they don't serve a purpose but planting native plants so that we can create the food source, create the habitat for.

00:30:24.000 --> 00:30:34.000

Our native invertebrates and our native. Ecosystem is really, really key. When you're planting natives.

00:30:34.000 --> 00:30:43.000

It's important to think about seasons. And it's important to think about.

00:30:43.000 --> 00:30:56.000

Eco types and that ties into What are a native plants? So. What we really look at here because you have North American native plants, but what's going to grow well here in Massachusetts?

00:30:56.000 --> 00:31:04.000

Some of the plans that are needed to California, they might grow well here. They might not, but again, are they relevant to the birds and the bees that are here?

00:31:04.000 --> 00:31:20.000

Probably not. So what we start looking at is a native plant is in your eco region. There are maps that you can find online that you can type in what's my eco region and you can find out what's you know, what is your eco region and then there are all sorts of resources for what are those plants.

00:31:20.000 --> 00:31:32.000

If you go to a local native plant nursery they will have either eco region specific plants or plants that are going to do well here so that's always a good place to start as well.

00:31:32.000 --> 00:31:44.000

If you're wondering what is a native plant. One piece that is key and ties into that native finding their native plant nursery.

00:31:44.000 --> 00:31:49.000

Is sourcing, sourcing your native plans, knowing what they are, knowing where to find them.

00:31:49.000 --> 00:31:52.000

But sourcing plants in general, it has increasingly become. Incredibly important, and going smaller and going local.

00:31:52.000 --> 00:32:12.000

Is the best way to go. A lot of the big box stores, even when they have some of the native plants, they're using chemicals called neo-negotinoids that are used in large-scale commercial growing operations and they are insecticides.

00:32:12.000 --> 00:32:18.000

And the plants still have them, they're systemic, so they're in the plant. And so when you plant them, then they're killing.

00:32:18.000 --> 00:32:26.000

Insects somewhat indiscriminately. So source in your native plants is also key in trying to stay as you local as possible.

00:32:26.000 --> 00:32:34.000

Is a good way to go. Another key piece because the question does come up quite often what is native.

00:32:34.000 --> 00:32:40.000

We can be planting for an eco region and our, you know, eco-type specific.

00:32:40.000 --> 00:32:45.000

So on Martha's vineyard, there's a certain kind of switch graph that is from Martha's vineyard.

00:32:45.000 --> 00:33:01.000

And not from South Coast of Massachusetts. So some people will start to get more strict around what is my ego type and I'm only going to plant that and just something to think about is one again we're tying our gardening and how we're thinking about our garden to climate change is this idea of assisted migration.

00:33:01.000 --> 00:33:11.000

So we sort of look at what's native. What grows here. But I would, I tend to take a less strict.

00:33:11.000 --> 00:33:16.000

View and think about. What might need to be growing here as our planting zones shift.

00:33:16.000 --> 00:33:31.000

You've heard about that as things have started to warm up. Those gardening zones of planting zones that gardeners Bye for figuring out what plants will thrive has started to shift.

00:33:31.000 --> 00:33:36.000

And so there's there's 2 parts to that. There's what plants will thrive here is starting to shift.

00:33:36.000 --> 00:33:45.000

So thinking about what you still only be native as far north as Connecticut is now actually starting to be able to thrive in Massachusetts.

00:33:45.000 --> 00:33:54.000

Main and because those native plants are tied to specific invertebrates, butterflies, moths, caterpillars that are using those plants as food source.

00:33:54.000 --> 00:34:08.000

They're also starting to migrate north as well. So in anticipation of change, One of the things we were thinking about native plants too is thinking about it's okay.

00:34:08.000 --> 00:34:20.000

Doesn't have to be super specific to a location that think about how our landscapes in our gardens are going to help facilitate some of this change over time and really facilitate the the birds, bees, butterflies.

00:34:20.000 --> 00:34:31.000

That are trying to coexist with us, our gardens and these plants and the changes.

00:34:31.000 --> 00:34:33.000

Another. Another important thing when you're thinking of specifically about your garden is planting in layers.

00:34:33.000 --> 00:34:50.000

And this is, this is all about, creating habitat. So when you start to add in layers, you've got your tall layer here, your structural layer.

00:34:50.000 --> 00:34:56.000

They call this the seasonal theme layer. These are your flowers. Maybe grasses and then your ground covered life.

00:34:56.000 --> 00:35:06.000

And this is something that we've really almost do not practice at all. In typical gardening. What you might see, you can see it everywhere.

00:35:06.000 --> 00:35:12.000

You can look out. A window probably and see maybe a neighbor's starting your young garden where we plan to plant.

00:35:12.000 --> 00:35:17.000

On its own and then we put a bunch of mulch around it and we plan another plant 3 or 4 feet away.

00:35:17.000 --> 00:35:24.000

There's all sorts of books and research on soil health and trees and thinking about how Those plans want to live in community.

00:35:24.000 --> 00:35:33.000

They want those the roots in the ground are creating support system. For the plants, particularly in times of stress.

00:35:33.000 --> 00:35:46.000

There's resource sharing that is happening. And so when we plant those plants on their own in the middle of a bed of malt were We're not really doing anything for the environment in a lot of ways.

00:35:46.000 --> 00:35:52.000

Yes, if you planted a milkweed, you've provided a food source for on on our fly.

00:35:52.000 --> 00:36:02.000

But what we're really losing is opportunity for varied habitat for different types of butterflies and mobs and bees.

00:36:02.000 --> 00:36:11.000

We're not really adding to any of the diversity underground with the different types of roots and different depth of roots.

00:36:11.000 --> 00:36:21.000

And we are again missing an opportunity for creating additional food sources. So what this really looks like is you've got your taller plants.

00:36:21.000 --> 00:36:33.000

You've got a mid layer. And then you've got a ground cover layer and that ground cover layer is the one we do the least I'd say and and typical gardening but starting to add in those plants that creep.

00:36:33.000 --> 00:36:41.000

Are essential it gives you additional habitat additional food source And for anyone who's garden, it's your living mulch.

00:36:41.000 --> 00:36:45.000

So the more ground cover you get in there intentionally, the fewer weeds you will have.

00:36:45.000 --> 00:36:58.000

So there's, there's definitely a practical element as well. And the other piece too on that sort of gardening practical piece is when you start to think about plants in communities and plant them in communities.

00:36:58.000 --> 00:37:04.000

You're covering a lot more of your soil. And you 2 things have fewer weeks where you don't notice your leaves.

00:37:04.000 --> 00:37:20.000

So when you're thinking about, again, the practicalities of some of these things. Planting in these layers is is key for the environment for us as gardeners.

00:37:20.000 --> 00:37:29.000

Next, should be number 4. Apologies, but one of one of the most again this is a big shift.

00:37:29.000 --> 00:37:39.000

For for all of us and in a lot of ways Is you're a gardener and you like flowers and how we've been gardening again is for the aesthetics.

00:37:39.000 --> 00:37:50.000

The soil can feel like the less fun piece, but the soil is one of the most important things we can focus on when it comes to climate change and this applies to food, this applies to your landscapes.

00:37:50.000 --> 00:38:02.000

Into your gardens. We need healthy soil. Most of our most of our. Soils built Swiss, those that have been disturbed our agricultural soils.

00:38:02.000 --> 00:38:11.000

Are not particularly healthy because again we've been focusing on What's above ground and what we want are imposed needs, whether it's corn or roses.

00:38:11.000 --> 00:38:28.000

We've been thinking about that surface level. And then we've been applying chemicals and fertilizers and really band-aid band-aid solutions that give us that immediate and immediate response.

00:38:28.000 --> 00:38:31.000

What we really need to do and this is where it takes time. Is we need to build up our soil health and we need to know it.

00:38:31.000 --> 00:38:49.000

So that's observation. That's taking the time to understand different areas on your property and your garden on your farm and understanding what's already there and why it's there.

00:38:49.000 --> 00:38:55.000

Why is this section more sick? Why is this section? Where?

00:38:55.000 --> 00:39:04.000

When soil is healthy, it's contributing micronations that we need it from, that are going vegetables, but that plants need and that invertebrates need.

00:39:04.000 --> 00:39:18.000

It's doing work to clean. So water that passes through healthy soil. Is having nutrients removed and that that makes a difference even the stormwater coming off your house if it's just running over a lawn.

00:39:18.000 --> 00:39:30.000

It's picking up blue gluten along the way. If it's allowed to, if it's being absorbed by healthier soil, that's all it's actually removing pollutants before it goes into.

00:39:30.000 --> 00:39:38.000

The storm drain which then goes into your watershed and that could be harbor that could be a wetland.

00:39:38.000 --> 00:39:45.000

And it's really decreasing when you have healthy soil and decreasing pests and disease.

00:39:45.000 --> 00:39:52.000

And this is something again is gardeners and farmers. We do a lot of above ground applications to try and get rid of all these different pests.

00:39:52.000 --> 00:40:02.000

If you are building soy, healthy soil, you will have healthier plants. And I've put here, know it so that really is again get to know it digs them up.

00:40:02.000 --> 00:40:08.000

Soak it in water. See how long the water takes to go down. Watch. How different plants are thriving in your landscape.

00:40:08.000 --> 00:40:20.000

Cover it that has to do with the ground cover that's your living mulch and if you have to use mulch because you're working towards living mulch, ground cover plants, that's, that's fine.

00:40:20.000 --> 00:40:26.000

But cover it because you start to lose a lot of your soil nutrients when it's exposed to wind and rain.

00:40:26.000 --> 00:40:40.000

And then over time, build it up. Increase the soil health. This really applies to the building that really applies to some of the more intensive things that you might want to be growing roses or vegetables.

00:40:40.000 --> 00:40:48.000

I'll come back to it but I really like to know my soil and then do something that's called right right place.

00:40:48.000 --> 00:40:50.000

So we'll come back to that in a second, but. Building up.

00:40:50.000 --> 00:40:58.000

You read, yeah, let me just say real quick. Just wanna give you a heads up on time.

00:40:58.000 --> 00:40:59.000

Okay. Alright. Thank you.

00:40:59.000 --> 00:41:04.000

We're just at 20 min before the hour. Just want to let you know that.

00:41:04.000 --> 00:41:16.000

Here's a couple books. About again what's going on beneath the ground. The hidden half of nature really looks at the gardens, the biting the mother tree is talking about that resource sharing.

00:41:16.000 --> 00:41:24.000

So coming back to, we're now going to take this big beast of climate change, we're going to apply it.

00:41:24.000 --> 00:41:36.000

Through our gardens and we're thinking about what we can do in our own backyard. And again, knowing your soil, covering your soil, very practical steps, starting small.

00:41:36.000 --> 00:41:42.000

All the things that we've been talking about. Shifting priorities are big changes. And starting small is a new way of gardening.

00:41:42.000 --> 00:41:52.000

It's a new way of planning your garden. Thinking about your garden start small. Watch and then add.

00:41:52.000 --> 00:41:53.000

Right, right place. So for me, what I really think about is again, I'm not building up my soil.

00:41:53.000 --> 00:42:05.000

I'm not trying to know anything intensive. I'm going to know. What plants want poor soil, what plants want good soil.

00:42:05.000 --> 00:42:23.000

Sun shade all those pieces and putting the plant in the right place right time sourcing mindfully I

00:42:23.000 --> 00:42:33.000

Thinking of a Monet. Again, when we're talking about some of these big shifts around completely changing the way that we garden the way we think about our garden.

00:42:33.000 --> 00:42:43.000

It may not be beautiful to you. So think of it as a Monet put it across the yard make it a small pocket start to get used to what native plants look like.

00:42:43.000 --> 00:42:50.000

What a garden that is maintained differently look like. Where again, we're very used to it looking the way we wanted to look.

00:42:50.000 --> 00:43:00.000

And having a lot of control over it. So think of your Native Garden, especially the 1st time you're introducing native plants and gardening for climate change.

00:43:00.000 --> 00:43:04.000

You want to see it from afar. It may not be so comfortable up close. And then maintaining for how to time food source.

00:43:04.000 --> 00:43:17.000

This is about a lighter footprint on our landscapes in the way that we maintain. One of the things that you may have heard about is No-Mow May.

00:43:17.000 --> 00:43:28.000

And this also applies to the rest of your garden. Not cutting things down too early because there are invertebrates that over winter in various places in in our yard.

00:43:28.000 --> 00:43:33.000

And so when we cut those down too early, we are

00:43:33.000 --> 00:43:41.000

Getting rid of that habitat and potentially devastating. Anyone that's, that's been trying to over winter and just quickly that this is what it can look like.

00:43:41.000 --> 00:43:47.000

They can be ground nesting. And they can be stem in wood nesting. So this is where we're not cutting our plants down.

00:43:47.000 --> 00:43:48.000

We're leaving them up as a source of food for burns as habitat for overwintering in vertebrates and then cavity.

00:43:48.000 --> 00:44:03.000

Nesting, which can happen at the base of plants. And lastly, again, basic text, bringing climate change into how we think about our gardens.

00:44:03.000 --> 00:44:08.000

Again, observe, be patient, let go of a little bit of the control.

00:44:08.000 --> 00:44:11.000

1st gardens, the gardens of Babylon were all about

00:44:11.000 --> 00:44:17.000

Of keeping the wild out. And we have to let the wild back in. And that is letting go of control, letting things creep and move and respond to climate change.

00:44:17.000 --> 00:44:37.000

And again, get ready to be uncomfortable. This may not be beautiful at first, but what I what I've said to many people and and what I felt is When you start to see the bees in the butterflies, come back.

00:44:37.000 --> 00:44:49.000

You, it becomes incredibly beautiful. And going back to the idea of time, while everything in the garden takes time, the one thing that is almost immediate is when you plant.

00:44:49.000 --> 00:44:54.000

A native plant. I've done this. I planted an Ohio Buckeye. By the time I sat down, there were 2 humming birds on Ohio Buck, Ohio Buck. I. Same thing this year.

00:44:54.000 --> 00:45:02.000

I planted honey suckle at Bloom for the 1st time. The hummingbirds were there.

00:45:02.000 --> 00:45:09.000

You bring in a native plant and almost immediately you will see a change in who is coming to your garden and that's that's what we need.

00:45:09.000 --> 00:45:14.000

So just quickly, I'm going to show you some things in practice. This was that meadow that I talked about.

00:45:14.000 --> 00:45:28.000

This was the lawn, that was heavily maintained. We completely got rid of irrigation, all nutrient additions, and this is now an amazing habitat for all sorts of birds and butterflies and other invertebrates.

00:45:28.000 --> 00:45:45.000

This is another one. This is a very poorly maintained lawn, which is actually okay if you're going to have long but it was too much long they didn't need all of it but they also didn't want me maintenance this is the exact same view so we brought in these are all native in here and it's often the view and you can't even see it but there's a pocket of lawn

00:45:45.000 --> 00:45:51.000

and area rugged along. In the back of their 4 grandkids.

00:45:51.000 --> 00:45:59.000

This is one that demonstrates what can happen just by not mowing. So this is year to year, almost the same view.

00:45:59.000 --> 00:46:05.000

These are all native plants in here. They're there. They want to be there. And so again, this is that idea of.

00:46:05.000 --> 00:46:10.000

Observing and thinking about what wants to be here. What would be here if I wasn't here?

00:46:10.000 --> 00:46:15.000

What was here before? That is what we need to start to recreate.

00:46:15.000 --> 00:46:22.000

This is one where we more actively, so we treated this as a garden and we just use native plants.

00:46:22.000 --> 00:46:33.000

So here we're gardening and using some of those classic design principles of aesthetics, placement, and just using native plants.

00:46:33.000 --> 00:46:40.000

So we're increasing the food source. And the habitat are increasing the diversity. So another one, same idea here on the left.

00:46:40.000 --> 00:46:50.000

We've just using native plants. So they can be quite colorful and they can, I mean this is more of a wilder aesthetic but you know they are beautiful.

00:46:50.000 --> 00:46:58.000

And then on the bottom right you're seeing one where we shifted the mowing. That's all we did and we decreased the lawn.

00:46:58.000 --> 00:47:06.000

Then I can have an incredible impact. And then here, I did just want to show you exactly what I am doing in my own landscape.

00:47:06.000 --> 00:47:13.000

So if you can orient yourself, I showed that picture before of the Fox Love in my front porch.

00:47:13.000 --> 00:47:20.000

So this is thinking about your garden. And one thing that I haven't mentioned because I'm not, I am not a purist.

00:47:20.000 --> 00:47:28.000

Have the lilacs have the peonies, have the plants that bring you joy. What I've noted here is the different zones of my garden.

00:47:28.000 --> 00:47:39.000

So I've spent 2 years watching my garden learning and these numbers here. Oops, back. These numbers here are speaking to that idea of the home grown national park.

00:47:39.000 --> 00:47:44.000

So this Irish granny garden. Is where I keep the plants that I love and enjoy and are not native.

00:47:44.000 --> 00:47:53.000

Close to my house. I can join them. There's 1 of each. They're protected from wildlife.

00:47:53.000 --> 00:48:03.000

And I've got narrow borders and a lot of wild plants native plants want more space. So that's my Irish granny garden and I'm 80% non-native, 20% native.

00:48:03.000 --> 00:48:04.000

I've got over here my death corner. I've been doing this 15 years. I still have the death corner.

00:48:04.000 --> 00:48:14.000

So again, You have to learn to know how to matter how much you know.
Everyone might have a deaf corner.

00:48:14.000 --> 00:48:18.000

I planted a magnolia there in my 1st year by the time I got back to the front door.

00:48:18.000 --> 00:48:20.000

It had died. Pretty closely. It, the soil is horrible. So what's going to work there?

00:48:20.000 --> 00:48:34.000

It's the toughest of the tough native plants. So, Sneezeweed, And here I've got 20% non-native, 80% native.

00:48:34.000 --> 00:48:35.000

Roadside buffer. I'm doing the same thing. It's a very hard place for plants to grow.

00:48:35.000 --> 00:48:54.000

The natives will love it. And then over here I call this my breaking the rules beds so everyone this and this is where I think really all principles of old landscape design and gardening out the window.

00:48:54.000 --> 00:49:09.000

We need to think our landscapes are gardens the way we interact with nature. So this is why I experiment with doing all the things that you're not supposed to do like planting small plants up here in the house letting the viola ground cover take over.

00:49:09.000 --> 00:49:15.000

And that's my experimental. This is how I'm. Treating my landscape thinking about climate change.

00:49:15.000 --> 00:49:21.000

Then here are some pictures. So again, this is my granny corner. And building off of that, I've got lilacs.

00:49:21.000 --> 00:49:26.000

I've got box love and honeysuckle. I snuck in a golden rod.

00:49:26.000 --> 00:49:36.000

This is the picture on the right probably looks pretty boring. This is a really good example of how I've even really thought about how to shift the way I treat my landscape.

00:49:36.000 --> 00:49:45.000

This is, this is a red maple, the sugar maple. And what you can see is on that red maple, there's a branch that goes directly out perpendicular to the ground.

00:49:45.000 --> 00:49:51.000

The old garden you would think that needs to be cleaned up and we need to get rid of it because it looks funny and I'd get rid of those dead branches.

00:49:51.000 --> 00:49:57.000

After watching it for 2 years, there's also honeysuckle and base of honeysuckle growing on that branch.

00:49:57.000 --> 00:50:02.000

So what we've all learned about in basis is pull them out, get rid of them.

00:50:02.000 --> 00:50:10.000

Watching the space for 2 years. The Woodpeckers loved the dead wood. That put the aesthetics the branch that goes out.

00:50:10.000 --> 00:50:17.000

Yeah, it's still kind of bothers me, but. What it's doing is it's creating this amazing habitat.

00:50:17.000 --> 00:50:28.000

Where the honeysuckle and a native cap ryer are this safe space for birds every single bird on the property darts into that safe space because everything else is kind of open.

00:50:28.000 --> 00:50:37.000

Then so when I was thinking about what am I going to do I'm not going to just tear up the natives this is creating habitat and now that we are prioritizing habitat I'm going to figure out how to replace that habitat.

00:50:37.000 --> 00:50:42.000

So I'm going to take a native climber. It's called the Clematis Virginia.

00:50:42.000 --> 00:50:49.000

I'm gonna plant it there. I'm gonna let it grow up and over. And then I'm going to come back and I'm going to cut the honeysuckle out.

00:50:49.000 --> 00:51:02.000

Just cut the honeysuckle. Leave it, pull out the roots because what we've been doing and even I've been doing this, I've pulled out so many invasives and when you really go for it and pull out in bases you're leaving a gap.

00:51:02.000 --> 00:51:08.000

And one of the biggest problems we're seeing with. Landscapes, our landscapes. And is no longer a canary in the coal mine, situation where it's like, oh, there might be a problem here.

00:51:08.000 --> 00:51:19.000

We're seeing a decline in backyard birds. We're seeing a decline in robins in pros in sparrows.

00:51:19.000 --> 00:51:27.000

That's when we know we are really we have gone to a point with our landscapes that, is serious because they can survive just about anything.

00:51:27.000 --> 00:51:39.000

So every opportunity you have to hold your habitat or build it. Keep it. Bringing it back to Frog foot Farm quickly.

00:51:39.000 --> 00:51:48.000

This is how we're doing at the farm. We have our crops. We have a burn that has a practical function here.

00:51:48.000 --> 00:51:51.000

That is a wind break, but we're planting it all with natives and we're doing in layers.

00:51:51.000 --> 00:51:58.000

So we'll have our ground cover, we'll have our mid layer, we'll have our upper layer, that is the windbreak.

00:51:58.000 --> 00:52:07.000

We're creating undisturbed ground nesting habitat for native native bees. Both social and solitary that want to be in sand.

00:52:07.000 --> 00:52:16.000

And then we've got our more flowery pollinator strip. Our dear friends. So all the same principles.

00:52:16.000 --> 00:52:27.000

Built into FROM. So at the farm scale. Another piece in blue. This is something I haven't mentioned yet, but it's important is understanding micro climates that happen on your property.

00:52:27.000 --> 00:52:41.000

So on the bottom of these burns, even though we have a really open exposed Sandy site, we're anticipating that there's gonna be a little more water collection and it will naturally run off of the burns, settle down in here.

00:52:41.000 --> 00:52:50.000

So that might microclimates are an opportunity to increase biodiversity. Plant more plants. So we'll hopefully be able to plant some low-bush blueberries or other water.

00:52:50.000 --> 00:52:51.000

Loving for any else. These are 2 books. Oh.

00:52:51.000 --> 00:52:57.000

Yeah. Hey, Rita, just wanna make sure that I do get to a few other questions that were asked.

00:52:57.000 --> 00:52:58.000

Okay.

00:52:58.000 --> 00:53:01.000

So I wanna go ahead and switch over.

00:53:01.000 --> 00:53:02.000

Okay, I can. Sorry, everyone.

00:53:02.000 --> 00:53:09.000

Well, actually, do you want to forward, do you want to go all the way to your resources page real quick and show the resources?

00:53:09.000 --> 00:53:10.000

Yeah. Yeah.

00:53:10.000 --> 00:53:14.000

Okay. As we wrap up.

00:53:14.000 --> 00:53:22.000

I'll just skip through. Really the wrap up is about, resiliency.

00:53:22.000 --> 00:53:23.000

And maybe before we go to resiliency, I'm just going to come right back here because all the other ones are really tying this back to climate change.

00:53:23.000 --> 00:53:35.000

When we're talking about climate change in the gardens, we're talking about building resiliency.

00:53:35.000 --> 00:53:44.000

And resiliency has to do with health. Health at all levels and to build resiliency in the garden, again observing and being patient.

00:53:44.000 --> 00:53:55.000

Prior to our prioritizing habitat and food sources, minimizing your effort and inputs and what I'm calling, Major Garden, I'm a guide, garden. We need diversity.

00:53:55.000 --> 00:54:07.000

Resiliency is about being able to adapt to climate change. And adapting to climate change. What that means is we don't really know what's coming, so we have to be prepared for a little bit of everything.

00:54:07.000 --> 00:54:16.000

And so when you think about what you're going to do in your garden and how you're going to shift it towards a more climate friendly garden, focus on diversity, focus on.

00:54:16.000 --> 00:54:22.000

Other things besides us that want to be in that landscape because that is how we build resiliency and help.

00:54:22.000 --> 00:54:30.000

Alright. Resources.

00:54:30.000 --> 00:54:31.000

Are there questions in the chat?

00:54:31.000 --> 00:54:40.000

Yeah, let's go ahead and switch over. We've got about 5 min, so I'll go through quite quickly, at least just at least we can cover a couple, but I did mention that if we don't get your question today, I'll make sure that Rita sends you an email back with an answer.

00:54:40.000 --> 00:55:01.000

Can you recommend in addition to drought plants that are drought tolerant? Can you recommend some plants that animals don't like, ie groundhogs, rabbits, chipmunks and squirrels.

00:55:01.000 --> 00:55:07.000

So I will say if you have all of those at the same time, that is a very hard situation to garden in.

00:55:07.000 --> 00:55:22.000

So that's where you might want to think about. Some kind of protection. And list them off, this is probably a good one to send an email, but, Big word, golden rods, golden rods are great.

00:55:22.000 --> 00:55:30.000

There's all different kinds. Sneezeweed, geraniums. That's Black Eyed Susan's.

00:55:30.000 --> 00:55:41.000

Mountain. For the pastures. Those are the ones that I think of immediately. And I've leaned towards the native plants.

00:55:41.000 --> 00:55:49.000

And then I would also say if you're dealing with that much wildlife, things that are important to you close to the house.

00:55:49.000 --> 00:55:56.000

Use, utilize, you can get all natural deer and rabbit sprays that are Cinnamon based and garlic oil based.

00:55:56.000 --> 00:56:03.000

And you need to do that once a week and after it rains. At the start of the season.

00:56:03.000 --> 00:56:09.000

And also know that your plants are most appealing to wildlife when you've just planted them.

00:56:09.000 --> 00:56:12.000

And they've just come from the nursery from when they're just coming up in the spring.

00:56:12.000 --> 00:56:23.000

So if you're going to use spray as a protection, focus on those times.

00:56:23.000 --> 00:56:24.000

Yeah.

00:56:24.000 --> 00:56:25.000

Awesome, thank you. And maybe now if you want to stop the screen share before we go into another question, then we'll be able to.

00:56:25.000 --> 00:56:26.000

Probably summarize a few things. Yeah. So I wanted to point out, so there was a question that was submitted in advance.

00:56:26.000 --> 00:56:48.000

We got to that one and now I can switch over to some that came into the chat. What kind of cover crop would work on a 4 by 4 raised bed for veggies?

00:56:48.000 --> 00:56:58.000

One of my favorite cover crops at the moment is buckwheat. It's an annual and it gets a lot of covered in flowers.

00:56:58.000 --> 00:57:07.000

Which is good for pollinators covered in white flowers and is one of the cover crops that will go away easily is easy to get rid of when you're ready.

00:57:07.000 --> 00:57:31.000

If you're thinking more about over time. To me, that, one cover crop is a placeholder, until you're doing the next thing, but if you're thinking about rotating over time, then you want to use a couple different types of cover crops and those can be red clover white clover partridge pee buckwheat those are, those

00:57:31.000 --> 00:57:37.000

are. Those are the ones that will be using a frog foot. And I think that's something we can share as well.

00:57:37.000 --> 00:57:38.000

We can think about more.

00:57:38.000 --> 00:57:41.000

Yeah, awesome. A couple of questions came in that kind of would be another hour, maybe a lot of it, a lot of content.

00:57:41.000 --> 00:57:49.000

One of them is just really about how if we're doing all this work as individuals, in our homes, how can we get municipalities in our neighbors involved?

00:57:49.000 --> 00:58:01.000

And that seems like a complete, like, and we would need to have another session. Do you have any resources on that?

00:58:01.000 --> 00:58:10.000

Yeah. Well, definitely the sort of general resources that I put out there. Grow Nate of Massachusetts, Berkshire Botanical Gardens, Zersey Society, especially they talk about things at scale.

00:58:10.000 --> 00:58:23.000

What I find is most important when you're trying to do this at scale and this goes all the way back to that idea of shifting baseline.

00:58:23.000 --> 00:58:41.000

Is people need to see it. They need to see it in action when they can walk down the street and they're they're a little bit afraid of it might be messy or it might be ugly or I don't know how to maintain it and not knowing how to maintain it is a problem so Doing it in your own backyard is a great way to start and show people this is what it looks like.

00:58:41.000 --> 00:58:48.000

It's not that scary and it can be quite beautiful. And then how to do it. University of Rhode Island has some great resources.

00:58:48.000 --> 00:58:53.000

NOFA, Connecticut They're wearing eco-type or in ecoregion.

00:58:53.000 --> 00:58:59.000

59. So they have a project called, eco-type 59.

00:58:59.000 --> 00:59:05.000

A lot of great resources there. But really people need to see it to know that it can be beautiful and they need to know how to maintain it.

00:59:05.000 --> 00:59:06.000

And getting those resources together.

00:59:06.000 --> 00:59:10.000

Awesome. Okay, well I think at this point, since we were just about at one o'clock at our hour, I will.

00:59:10.000 --> 00:59:19.000

Go ahead and wrap it up. And, thank everybody for coming today. If you check your chat, a lot of people had shared some links and some very interesting, resources were shared from the group.

00:59:19.000 --> 00:59:26.000

So I'm really appreciating that right now. This again will be a recording will be sent to you plus the slides will be sent to you.

00:59:26.000 --> 00:59:40.000

So you'll have those resources in your inbox tomorrow and, hopefully just want to make sure that you, are getting our emails, and our events and keeping connected and staying connected and with that I will keep our zoom room open for a little while if you have any.

00:59:40.000 --> 00:59:49.000

I'm going to go ahead and stop the recording and wait goodbye to those who are leaving you.

00:59:49.000 --> 00:59:52.000

Thank you.

###