

ECOLOGY ACTION

A Global Resource for Biologically-Intensive Food-Raising Solutions

Dear Gardeners, Mini-Farmers and Farmers,

Thank you for your energetic inquiry about Ecology Action and GROW BIOINTENSIVE Sustainable mini-farming! The goal of our work is to teach people everywhere to:

First: Use *Biologically-Intensive* techniques to develop and maintain fully closed-loop **sustainable** (farmable) **soil fertility** into every garden bed.

Second: Grow complete, **balanced diets and compost materials** with the same crops, in the smallest possible area, using the fewest resources (time, energy, water, purchased fertilizer, purchased seeds, area planted).

Third: Grow **income** on as little as 10% of the cultivated area to ensure soil fertility levels, once established, are maintained and not depleted by over-extraction.

Using these goals, we can all create and grow a wonderful future!

As Candide notes, *“The whole world is a Garden, and, what a wonderful place it would be, if each one of us tended our part, Our Garden!”*

We are excited to hear of your interest in growing food and soil with full closed-loop sustainable soil fertility. Over its almost half-century of history, the **GROW BIOINTENSIVE® Sustainable Mini-Farming** method has come to be successfully used in 152 countries—in virtually all climates and soils where food is grown. We are confident that by practicing the eight principles of the GROW BIOINTENSIVE (GB) method as we teach it, you will **increase your yields, build and improve your soil fertility, and conserve water, purchased (organic) fertilizer, and energy resources overall.**

The most important thing to keep in mind when using this method is that the **eight GB principles constitute a self-sustaining system which must be practiced as a whole**—if you do not, the high yields you achieve will deplete your soil fertility very rapidly, instead of building it up. When the eight components are practiced together, it is possible to build soil fertility up to 60 times faster than in nature (shown by Douglas Maher in his UC Berkeley Master’s thesis *Changes in Carbon Content in a Soil Under Intense Cultivation with Organic Amendments* (1983)). By faithfully practicing the system, you can steadily improve your soil quality over each successive growing season using only the crops you grow in your garden.

We’re glad you’re considering investing time in learning this high-yielding, resource-conserving method. This living, human-scale approach is like none other. Below are some links to further your knowledge and skill.

“When we see the land as a community to which we belong, we may begin to use it with love and respect.”

- Aldo Leopold



Our Mission

To teach people around the world to better feed themselves, while building and preserving the soil and conserving resources.

GROW BIOINTENSIVE® Publications & Self-Teaching Resources:

View our list of **publications** at: growbiointensive.org/publications_main.html. Our compendium of **30 booklets on GB topics** is being converted into electronic format and will be available for purchase and download beginning in September 2018 at www.growbiointensive.org/ePubs.

The **textbook on GROW BIOINTENSIVE**, which anyone can follow, is *How to Grow More Vegetables—and Fruits, Nuts, Berries, Grains and Other Crops Than You Ever Thought Possible With Less Water on Less Land Than You Can Imagine* by John Jeavons, Ecology Action's Director since 1972. A supplement to this guide is *The Sustainable Vegetable Garden* co-authored by John Jeavons and Carol Cox, Ecology Action's garden manager for 22 years.

Download our free **Farmers Mini-Handbook: GROW BIOINTENSIVE® Sustainable Mini-Farming** (in English, Spanish, French, Russian, Hindi and Turkish) from growbiointensive.org/Self_Teaching.html

View our series of **web-based classes** at vimeo.com/ondemand/ecologyaction, and our free Self-Teaching GROW BIOINTENSIVE® skills videos at johnjeavons.org/books-and-videos/

Our **Frequently Asked Questions (FAQ)** page may provide answers to your questions; if not, follow the link to write in and ask us! growbiointensive.org/FAQ/

Subscribe to our **eNewsletter** to get the latest news, events, insights, recipes and GROW BIOINTENSIVE stories from Ecology Action and our network of biointensive farmers around the world at growbiointensive.org/Enewsletter/

GROW BIOINTENSIVE® Internships:

Ecology Action offers sustainable farming Internships in 2- and 8-Month periods. For details see:

growbiointensive.org/Internship/

growbiointensive.org/SummerInternship/

GROW BIOINTENSIVE® Workshops:

Ecology Action hosts two 3-Day GROW BIOINTENSIVE Sustainable Mini-Farming Workshops in Willits, CA each year; one in the spring and one in the fall. Our next workshop dates are November 2-4, 2018 and March 1-3, 2019. Complete information and registration are available at: growbiointensive.org/workshop.html

Contact Us

We'd love to hear from you.

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GROW BIOINTENSIVE® Events:

A full list of biologically-intensive events is at: growbiointensive.org/events_main.html.

Thank you, again, for your interest in sustainable food growing. Think what you might accomplish with a thorough knowledge of soil health and human-scale, sustainable, closed-loop food production! We hope that, with the use of the resources above, your path of exploration blossoms into a passion for growing abundance and sharing this valuable knowledge with others.

**Yours in abundance,
The Ecology Action Team**