



**YULU KAL'MIL  
EDUCATIONAL  
BUS**



**SEED BALLS AND  
TREASURE ISLAND  
COMMUNITY GARDEN**



**SANTIAGO FOOD  
PROJECT GARDEN**

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# INDIGENOUS PERMACULTURE

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## 2019 was a great year for Indigenous Permaculture!

We have 3 sites where we farm and garden and conduct trainings:

- Santiago Food Project Garden in Oakland
- Treasure Island Community Garden
- EcoHouse Demonstration Site in Berkeley

This year we held the Urban Farmer Training from March through September. Each Solstice and Equinox we held community celebrations that included workshops and activities, danza, and great food. We have perfected our mobile outdoor kitchen and grill and have made some outstanding traditional foods together.

Our urban farmer students traveled to a 2-week training in New Mexico learning about traditional farming and brought back the knowledge to share. Our sites have been producing food crops and herbs that we distribute in the community. We're looking forward to 2020 and planting new spring crops, and beginning work with urban farming students who will be learning how to grow food in the challenging city environment and responding to climate change and sharing what they learned with their own community.

We hope you will participate in our workshops and celebrations in 2020 and in the urban farmer training and refer people that you know to the training.

## Amaranth and the Delegation from Guatemala

We began growing amaranth again this May using traditional methods as in Mesoamerica and apply the practices to our urban farming. It's a challenge to grow in



an urban area on top of an asphalt parking lot. There's not too many spaces available for farming in the urban areas so we have learned to convert alternative spaces and transform the site to grow food. The challenges include soil fertility. We built the biology of the soil using the carbon of wood chips and built the chips up 8 inches above ground with 4 inches of top soil. We also added minerals and compost. This was a healthy mix for the plants to grow. Our experience growing the amaranth this season was unique because the seeds grew well 100% with the challenging conditions – the challenging parking lot, the factors we can't control like the sacred wind and father sun, the city water with chloramine additive.



We saw something unique and powerful - the seeds recognized those elements, like salmon fish swimming from the ocean to the mountains. The same way with the amaranth seed recognizing all the cosmovision, the soil, sun, and water and it grows to the sky. This crop is from the Americas and belongs to indigenous peoples and also to our region. It's a powerful red crop like the red grandmothers and red grandfathers.



We hosted Maya sisters and brothers from Rabinal, Guatemala who shared their knowledge and relationship with amaranth. We want to especially thank Yvonne Burgess for the kind hospitality she extended our delegation. We celebrated the amaranth

harvest and the visitors shared about the traditional harvesting methods. We give thanks to our sister and brother farmers from Rabinal, Qachuu Aloom, Seed Travels, and Garden's Edge who brought this way of living and traditional knowledge to share to all communities in the Bay Area.

We now have the first harvest of amaranth seeds growing in Oakland honoring the seed that came from Mesoamerica and the DNA information it carries, and we will plant them next year in

## Fire Cider Workshops



We hosted a workshop on making Fire Cider for your health. We're holding additional classes on Sunday, December 21 in Oakland and on Treasure Island. Email us to register, (drop ins ok): [iiis.indigenous.permaculture@gmail.com](mailto:iiis.indigenous.permaculture@gmail.com)

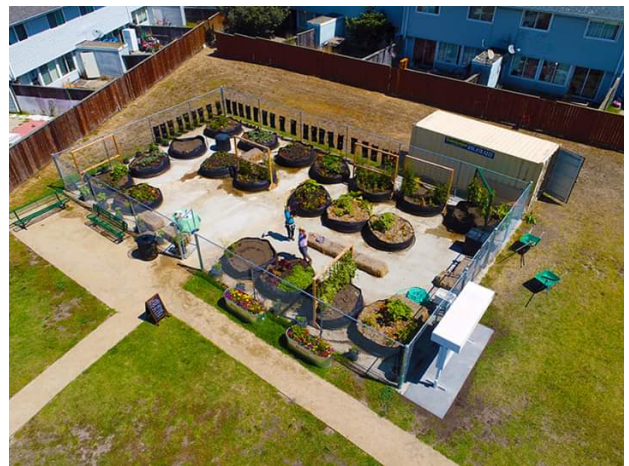


the Santiago garden. We will continue sharing our native seeds. Amaranth is a really rich crop in protein. Amaranth can be an important food for combating hunger and diabetes. NASA categorizes it as a super food. It is one of the crops that has survived the genocide and ecocide against our mother earth and our peoples in Mesoamerica. The Creators and Makers have given us this crop and it has shown to respond to climate change and has adapted for new conditions.

Thank you one, two, three times to the Creators and Makers, blessings to us that we have this crop. Thank you to all the sponsors Qachuu Aloom, Seed Travels, Garden's Edge, and the Ecology Center.

## Treasure Island Community Garden

This April, 2019, we began the Treasure Island Community Garden. We had been developing and planning the project for close to a year before that and we opened it in April in time for Spring and we had our grand opening on Earth Day. The garden produces a good amount of vegetables and we share almost 60 pounds of fresh food crops with the food pantry. The rest is available for the residents who participate with the garden work and activities. We have celebrated the summer solstice and we will celebrate the winter solstice also with a workshop about apple cider vinegar. We have the first seed saving workshop for different crops to establish our future seed library. We are currently preparing winter crops near the green house area.



Flying through! This summer there was a nest in the roof of the building that is next door to the garden. Every time we went to work and do activities we could see the little chicks on the roof waiting for their mama to feed them. They were becoming familiar with us, seeing us in the garden. The weeks passed, like the seasons pass and the plants were growing. One day we came and opened the garden gate and a young seagull was inside. We started to do our normal work assuming the seagull would leave but rather than leave they began following us. Then we put water in a small jar. We looked up at the nest and we realized the young seagull was from the

nest. They stayed with us almost all day in the garden and they stayed inside when we left. We feel like the seagull came to say hello, say hi this is my neighborhood, and to say goodbye so he could take off and fly around the Bay Area, not coming back. We also have monarchs, swallowtails, and more butterflies, and we have bees coming to visit us. Treasure Island is a corridor for different living creatures passing through the bay. We find a lot of bees who pollinate. The Island is full of living



creatures, from aphids that eat our crops to dragonflies and hummingbirds. Our garden reaffirms the connection between all creations and feels good with all the elements surrounding us. We are surrounded by water and we feel the fresh bay air.

The garden began with 20 raised beds and over the last year we have added hanging planters on the fence and a flowering pollinator corridor around the site to attract beneficial insects with flowering plants. So many birds come and visit the site and it is encouraging to see the ecological and traditional methods and systems we implement there to make it a place where nature thrives. We hope that you will come to the garden for our workshops, garden days, and seasonal celebration.

## OTHER ACCOMPLISHMENTS

- We visited Hoopa relatives and gave a workshop on Fire Cider and winter medicinals
- We began gardening at EcoHouse in Berkeley and are giving indigenous workshops on traditional topics, rainwater catchment, greywater, permaculture, food forest, and many more workshops coming in 2020
- Environmental delegation trip to El Salvador and Honduras assessing agriculture and appropriate technology needs of local communities

## DONATE AND SUPPORT INDIGENOUS PERMACULTURE

Indigenous Permaculture is a grassroots organization whose mission is to support and empower communities to become their own protagonists in developing self-sustainable ways of living. We welcome and appreciate donations of all sizes! Our fiscal sponsor, the Ecology Center is a registered 501c3 nonprofit organization, tax ID number 94-1703351. All contributions are tax-deductible in the US.

DONATE ONLINE: <https://secure.donationpay.org/ecologycenter/indigenouspermaculture/>

DONATE BY CHECK: Make your check payable to Indigenous Permaculture and mail it to Ecology Center, 1231 Second St, Berkeley, CA 94710.

EQUIPMENT WISH LIST: Let us know if you can donate these materials:

- |  |                         |                               |
|--|-------------------------|-------------------------------|
| • 3 Acres of farmable land for training site | • Solar Panel Generator | • TV Screen for Soil Testing  |
| • Freezer for Community Cooking Events       | • Mac Laptop            | • Microscope for Soil Testing |
|  | • iPad                  |                               |



- Air Compressor and Power Tools
- Greenhouse cover
- Beekeeping Supplies
- Tipi, Yurt, Sleeping Bags, and Tents
- Video Camera
- Biodiesel Conversion
- Blender Bike
- Toolshed

THANK YOU to our donors last year who gave us solar panels and a commercial stove.

## VOLUNTEER AND CONTACT US:

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