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# Permaculture: What You Can Do

## Summary from Permaculture Co-Founder David Holmgren:

- Reduce, Reuse, Recycle (in that order).
- ◆ Grow a garden and eat what it produces.
- ◆ Avoid imported resources where possible.
- ◆ Use labor and skill in preference to materials and technology.
- ◆ Design, build, and purchase for durability and repairability.
- ◆ Use resources for their greatest potential use (e.g. electricity for tools and lighting, food scraps for animal feed).
- ◆ Use renewable resources wherever possible even if local environmental costs appear higher (e.g. wood rather than electricity for fuel and timber rather than steel for construction).
- ◆ Use non-renewable and embodied energies primarily to establish sustainable systems (e.g. passive solar housing, food gardens, water stor-

age, forests).

- ◆ When using high technology (e.g. computers) avoid using state of the art equipment.
- ◆ Avoid debt and long-distance commuting.
- ◆ Reduce taxation by earning less.
- ◆ Develop a home-based lifestyle, be domestically responsible.

## AND:

### Wherever you live:

- ◆ Change your light bulbs to compact fluorescent in non-reading areas
- ◆ Use power strips or switchable outlets – and turn them off when not needed – to avoid phantom loads
- ◆ Hang your laundry – on outside line or indoor drying rack
- ◆ Start a composting system
- ◆ Grow some food next season – veggie garden, plants in containers, herbs in pots in windows, etc.
- ◆ Make connections with neighbors &

community members; share and help each other!

## If you have land, consider:

- ◆ Care for, rebuild and heal your soil
- ◆ Convert lawn to sheet-mulched, no-till gardens
- ◆ Rainbarrels
- ◆ Put in a pond
- ◆ Don't forget to compost!
- ◆ Hot water on demand
- ◆ Trees for coppicing
- ◆ Mushroom growing area
- ◆ Create an edible forest garden
- ◆ Bat houses
- ◆ Cold frames
- ◆ Get chickens
- ◆ Get bees
- ◆ Tap your sugar maples
- ◆ If you can't do it yourself, buy/barter local!

*(From 10/06 – Learning About Permaculture Presentation at Dover Friends Meeting, NH)*

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## Permaculture Resources

### BOOKS:

Bell, Graham, [The Permaculture Garden](#). Permanent Publications (UK) (2004), [ISBN 1-85623-027-9](#).

Fukuoka, Masanobu, [The One-Straw Revolution](#). Rodale. Hard to find, but a crucial foundation text for PC.

Hemenway, Toby, [Gaia's Garden: A Guide to Home-Scale Permaculture](#). Chelsea Green, 2001.

Holmgren, David, [Permaculture: Principles and Pathways Beyond Sustainability](#). Chelsea Green, 2002. A powerful re-organization and explanation of the principles of PC by its co-founder.

Jacke, Dave with Eric Toensmeier, [Edible Forest Gardens. Volume I: Ecological Vision and Theory for Temperate-Climate Permaculture, Volume II: Ecological Design and Prac-](#)

[tice for Temperate-Climate Permaculture](#). Chelsea Green (US) 2005.

Mollison, Bill & David Holmgren, [Permaculture One](#). Transworld Publishers (Australia) (1978).

Mollison, Bill, [Permaculture: A Designer's Manual](#). Tagari Press (Australia). Advanced, for designers.

Morrow, Rosemary, [Earth User's Guide to Permaculture](#). Simon & Schuster, 2000. An informal introduction to permaculture by an experienced teacher.

Pearson, David, [The New Natural House Book](#). Fireside, 1998.

Whitefield, Patrick, [Permaculture in a Nutshell](#). Permanent Publications; 2nd edition (June 1993).

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*(Permaculture Resources continued)*

**MAGAZINES:**

The Permaculture Activist

<http://www.permacultureactivist.net>

PO Box 1209 Black Mountain, NC 28711, 828-669-6336

Permaculture Magazine

<http://www.permaculture.co.uk/>

**WEBSITES:**

<http://www.holmgren.com.au/>

<http://www.edibleforestgardens.com/index.html>

<http://www.spiralseed.co.uk/permaculture/>

<http://www.users.on.net/~arachne/pcjprint.html>

<http://www.churchofdeepecology.org/permaculture.htm>

**AUDIO:**

For full Derrick Jensen interview: <http://www.radio4all.net/proginfo.php?id=19959>

Radio4all.net – search “permaculture”... you’ll find hours of interviews and info!

Also, you can contact me:

Amy Antonucci, Permaculture Designer

31A Moharimet Dr, Madbury NH 03823, [amyla44@juno.com](mailto:amyla44@juno.com),  
603-750-7506