



# The Permaculture Newsletter

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## Key Updates

### Every Season brings a change in our lives

As Spring kicks in, there is more sun action, the days are longer, flowers bloom, there is warmth in the air.

*“Brihat-sama tatha samnam gayatri chhandasam aham, masanam marga-shirsho ham ritunam kusumakarah” - Bhagvad Gita chapter 10, verse 35*

*Amongst the hymns in the Samaveda know me to be the Brihatsama; amongst poetic meters I am the Gayatri. Of the twelve months of the Hindu calendar I am Margsheersh, and of seasons I am spring, which brings forth flowers.*

For a farmer, now the focus is on the soil, it is the time of preparation and planting for the year ahead. In our art of living permaculture farm, we are on to prepping the compost beds.



## Update on the New Farm

**Work is in progress for the development of New 5 acres of land into Permaculture Model farm.**

Around 5 acres of land adjacent to the existing permaculture farm has been allotted to develop the whole area as an international permaculture model farm.

This land as of now is terraced with a 2-dimensional slope towards the east and the south. A Total of 20 plots of different sizes which have all been under cultivation for many years.

Our proposed permaculture design is in making and the team is planning to incorporate things which shall make it of international standards.

Come and join as Volunteer/Intern, learn permaculture design as a sustainable way of growing food and at same time saving mother earth.





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## Vegetable Planting Calendar-Feb

Month		North India	South India
January	Brinjal	Lettuce, Spinach, Gourds, Melons, Radish, Carrot, Onion, Tomato, Okra, Brinjal, Bean	
February	Applegourd, Bittergourd, Bottle gourd, Cucumber, French Beans, Okra, Sponge, Gourd, Watermelon, Spinach	Same as January	

## Hear From Our Permafolds



**Diminder Kapoor from Ludhiana**, has recently bought 3 acres of land, and working to convert this land into a food forest in line with the permaculture principles learned in Art of living permaculture courses. She has planted around 500 native trees of 60 varieties.



**Mayank Singh**, an IT Professional brought a Sahiwal cow with her heifer 7 months ago, converted 1.5 acres of using natural manure, gaukripa amritham and indigenous seeds into Permaculture farm. In near future, he wants to setup solar rooftop system, biogas plant and make a water pond.

## Upcoming Programs

### Courses and Webinars

- In the Series of Webinars “Success Story with Nisha Ji” is scheduled on 25<sup>th</sup> February, 2023. Nisha Ji is an urban grower who is growing her food on her terrace.
- Our upcoming workshop “Home Grown Home Cooked” is scheduled on 4<sup>th</sup>, 5<sup>th</sup> & 11<sup>th</sup> March’2023. For registration: <https://online.vvmvp.org/home>

## Stay Tuned with Us

### On Watchlist this month

**World Pulses Day 2023, 10 February**  
<https://youtu.be/i9E1tVTvtQ>

Pulses have been an integral part of Indian diets for centuries. They provide protein and fibre, as well as it is a significant source of vitamins and minerals. Lets hear more from Our Binay Bhaiya in this Video.

### Connect with Us



*“We need to judiciously use our planet’s resources, ensuring a balance between sustainability & development. Every section of society should focus on reducing consumerism & developing a responsible attitude towards the environment.”*

*-Poojya Gurudev Sri Sri Ravi Shankar*