



# Plant-Based Connection Economy

## 20 Tips

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### How to invest in your inner + outer ecosystem

1. Grow your own sprouts on your counter.
2. Plant a few edible plants in containers or in the earth. Learn how to tend them well.
3. Gather seeds. Plant seeds. Share seeds.
4. Sit by a tree and meditate.
5. Keep a "plants I eat" list on your fridge. Expand your list.
6. Listen to plants. Be curious about what they need from you.
7. Learn 2 invasive plants which are edible in your yard or ecosystem.
8. Blend tough invasive plants (unsprayed and grown in chem-free soil) like thistle into a green drink with apples, lemon and water.
9. Get a hold of a field guide for your bathroom or coffee table reading.
10. Recover chemically polluted soil from weed killer. Add worm castings.
11. Notice in the wild areas near you what plants grow next to each other. Use your senses to get to know how that plant makes a living.
12. Once you know how that plant thrives, plant it in your own yard and tend to it's adaptation.
13. Follow the patterns of water in your yard or building. Watch how it moves. Can you retain it longer on site and use it? Collect rainwater.
14. Support local food growers. Know their goals and spread the word.
15. Hire a local botanist to take you and friends and family off the beaten path on a wild plants walk. Ask them to also point out the edible invasive plants.
16. Ask a local permaculture specialist to help you better use your yard. If you have friends who are interested, you might turn it into a workshop.
17. Make your own teas, tinctures, + salves. Become your own witch. Dry greens for your winter green drinks.
18. Have work parties of trade with a friend to help each other with your yards.
19. Help children learn about seeds, growing food and composting.
20. Let your connection with nature become your daily "entertainment".

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