Food for Us

Staples

Fruits

Fats

Vegetables

Animal Foods

Legumes & Nuts
Food for the Soil

Nitrogen-Fixing Legumes

Compost and Mulch
Miners and Diggers

Root crops
Tubers
Deep-rooted Plants
Insects and animals
Climbers and Supporters

Different Food Groups supported on:
  Trees,
  Houses,
  Fences,
  Trellises etc.
Ground Cover

Vines, Gourds,
Grasses, Mulch,
Organic Matter
Protectors

Strong smelling plants, beneficial creatures, thorns, etc.
Integrated Systems

Fish ponds, water features, water harvesting, animals, etc.
The next set of slides show examples of Permaculture in Practice in different settings....
The Difference Two Months can make!

Before: 2001 November

After: 2002 January (2 months later)
The Difference that 7
Months can make!

Village Headman Katongomala
Mr. James Chirwa, Nkhata Bay, Malawi

1) **Before:** Wife sweeping 1 hour+ each day

2) **Month 1:** Reduced sweeping, paths designed

  *Month 2:* no picture, already eating vegetables from plots, beans coming

3) **Month 7:** Area flourishing with foods

(1) 2005 July, before design

(2) 2005 Aug, 2 weeks

(3) 2006 Feb, 7 months