

## Podcast Series: Holistic Nature of Us

### Episode # 87: To Read is to Explore, Evolve, Emerge and Embrace

Judith Dreyer, MS, BSN

1. **Doug Tallamy:** Professor at the University of Delaware, etymologist: a ‘bug’ guy

Book: *Bringing Nature Home*:

Why I like it:

1. Passionate about sustainability and what it means today.
2. We need nature and nature needs us.
3. He is an alarm bell that says wake up: look at what we have done to our insects and how that affects the rest of us. Look at how we have not taken care of our land spaces.
4. Beautiful photos to illustrate his points about insects, birds, and plants; who is beneficial and what wildlife trees and plants provide.
5. New Book: *Nature’s Best Hope*: “Doug Tallamy is a quiet revolutionary and a hero of our time, taking back the future one yard at a time.” Richard Louv, author *Lost Child in the Woods*.  
And his book and message is “A clarion call to go native: acting locally in your yard or neighborhood and thinking globally about the biodiversity crisis.” Scott Freeman, author of *Saving Tobacco Creek*,
6. Doug’s message is that we can make incredibly significant changes to our overall landscapes if we manage our own yards sustainably.

2. **Michael Judd:** *Edible Forest Gardening with a Permaculture Twist*:

Why I like it:

1. Want a spiral herb garden? He shows you how.
2. Got yard debris? Create a berm and he shows you how.
3. Great photos clearly demonstrate each idea.
4. Easy to follow instructions
5. He even shares a recipe or two.
6. Passionate about regenerative and sustainable gardening. His ideas are easy to apply. For me this is a great reference book I have used many times.

New Book: *For the Love of Pawpaws*

3. **Nigel Palmer:** *The Regenerative Grower’s Guide to Garden Amendments*.

“Using this book as a guide. . . You have the opportunity to participate in the next revolution in plant nutrition.” —JOHN KEMPF, from the foreword Revitalize your garden—and go beyond compost—by making your own biologically diverse inoculants and mineral rich amendments using leaf mold, weeds, eggshells, bones, and other materials available for little or no cost. In *The Regenerative Grower’s Guide to Garden Amendments*, experimental gardener and author Nigel Palmer provides practical, detailed instructions that are accessible and exciting to every grower who wants to achieve a truly sustainable garden ecosystem. These recipes go beyond fertilizer replacement, resulting in greater soil biological activity and mineral availability. They also increase pest and disease resistance, yields, and nutrient density. Recipes include: • Extracting nutrients from plant residues using simple rainwater techniques • Extracting minerals from bones and shells using vinegar • Fermenting plant juices and fish • Culturing indigenous microorganisms (IMO) to supply a broad spectrum of minerals and complex organic compounds Inspired by the work of many innovative traditional agricultural pioneers, especially Cho Ju-Young (founder of the Korean Natural Farming method), *The Regenerative Grower’s Guide to Garden Amendments* also includes a primer on plant-soil interaction, instructions for conducting a soil test, and guidance on composting, cover cropping, mulching, measuring the quality of fruits and vegetables using a refractometer, and other aspects of sustainable gardening— making it a must-have resource for any serious grower.”

Nigel Palmer has been a lifelong gardener in New England, relying on the amazing complexity of nature to inspire his gardening philosophy. He also works as an aerospace engineer, sorting, organizing, and resolving complex technical issues. He is the instructor and curriculum developer of the Sustainable Regenerative Gardening program at The Institute of Sustainable

#### 4. **Mark Shepard:** *Restoration Agriculture*

Around the globe most people get their calories from annual agriculture - plants that grow fast for one season, produce lots of seeds, then die. Every single human society that has relied on annual crops for staple foods has collapsed. *Restoration Agriculture* explains how we can have all of the benefits of natural, perennial ecosystems and create agricultural systems that imitate nature in form and function while still providing for our food, building, fuel and many other needs - in your own backyard, farm or ranch. This book, based on real-world practices, presents an alternative to the agriculture system of eradication and offers exciting hope for our future.

#### 5. **Dr. Jean Shinoda Bolen:** *Like a Tree:*

Why I liked it:

1. In doing research for my podcast series each interview led me somewhere more. From one link to one website to another I came across Dr. Bolen's book "*Like a Tree*". So, I read a few reviews and became intrigued in that she likens the deforestation of our planet to the abuses towards women. How can that be I wondered?
2. My dream work, my inner journey takes me into symbols, archetypes and into my own inner psyche deeply. So how does a tree symbolize woman and more profoundly relate to the deforestation on the planet? Trees are a deep part of life whether we know it or not. They are the lungs of the earth and as such breathe with us. How can we continue to annihilate what's left?
3. Jean's book goes into the biology of trees, the spirituality, and the connection of the destruction of forests that correlates to abuse of women. She is an advocate for women's rights on many levels. She shares stories, research, biology and more.
4. Her work reminds me again and again that folks out there are using their craft and their passion to help us remember that we need nature whether we like it or not. I suggest you check out her book and the many reviews to get a glimpse of her timely message.

**6. Katherine Hauswirth:** *Book of Noticing: Collections and Connections on the Trail*

Why I liked it: : John Muir, a turn of the 20<sup>th</sup> century environmental philosopher and early advocate for the preservation of wilderness in US., said "When one tugs at a single thing in nature, he finds it attached to the rest of the world."

1. Katherine takes us into the world of naturalists, those who seek to be in nature and see where it takes them.
2. She shows us how rewarding it can be to take a breath, being mindful of where we step and observe for the sake of observing.
3. She shares stories and how one observation led her to learn more.
4. No matter the setting the author finds something to ponder, and then explore.
5. Her walks in her nearby landscapes are descriptive and take us with her.

**7. Jeff Eleveld:** *How to Kill a House Plant:*

Why I liked it: Jeff is practical and loves houseplants. He mentioned he has over 175 in his home and is a passionate spokesperson for their benefits especially keeping our indoor air purified.

1. Basic information for the beginner
2. Practical: Jeff is all about education so you can be successful. When my house plants thrive and even bloom during the winter months, I feel good. Don't you?

3. He readily brings his knowledge into the community and getting nursing home residents and children to dig in the dirt is rewarding.

**8. Ellen Moyer:** *Our Earth, Our Species, Our Selves*

Why I like this book:

1. Ellen reminds us that we have all the tools we need to foster a sustainable future.
2. She shares strategies that can uplift our world.
3. She offers specific actions that you and I can take to help our world prosper, not just know but for the future. Regenerative and sustainable practices not only ensure that we survive but that we thrive. Don't you want that for future generations?
4. When you go to her website: [www.ellenmoyerphd.com](http://www.ellenmoyerphd.com). She offers 50 tips for free. During this COVID time, many parents must be teachers. Many of us are at home, alone or with others for longer periods of time. and tips can bring in a spark of "yes, I can do that today" or change that today. Each of us acting however simple adds us to sustainability.

**9. Robert Radin:** *EcoSpasm: Fiction*

Why I liked it:

1. Robert takes his knowledge and expertise as a scientist and asks the question: what could be the unintended consequences of...
2. In our interview he relates an accident that happens in a lab that had unforeseen consequences. So he took that experience among others and crafted a sci-fi novel that looked at the possible unseen consequences of genetic engineering on our seeds for food crops.
3. Genetic mutations (possible zombies) , earnest scientists race against a clock to prevent disaster.
4. I highly recommend adding this book to your reading list. Why? Besides the intriguing premise of the story look at what we are facing today. So many theories run rampant about COVID -19 including a lab accident. WE are not perfect and make mistakes. Do we ask enough questions before we begin a project and wonder about future implications?

Last but not least is my book: **Judith Dreyer:** *At the Garden's Gate*

Just want to remind you that my book was born from a story I needed to tell: how to turn a backyard into more natural landscape.

1. Memoir: story of my journey in a simple suburban backyard wanting to study plants for medicine and food.

2. I use a medicine wheel of truths learned from my elders> I apply a teaching to a common meadow plant which gives you, the reader, a different way to learn about common plants. I relate how I used them in everyday home life.
3. I give you a practical chapter on how to turn any portion of your personal land into a meadow or more natural landscape.

Books are a love of mine, a favorite companion as I journey through the phases of my life. I hope you will share your favorites and let me know how you enjoyed the list I provided. We always enjoy hearing from you. Thanks, and next week I will publish part 2. More books to follow. Enjoy. Judith