

UF/IFAS Extension

The Journey to Sustainability Begins with Education






Contemplative Food Gardening **“INTRODUCTION”**

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The Garden Song

by David Mallet



**Inch by inch, row by row
Gonna make this garden grow
All it takes is a rake and a hoe
And a piece of fertile ground**

**Inch by inch, row by row
Someone bless these seeds I sow
Someone warm them from below
Till the rain comes tumbling down**

The Garden Song

by David Mallet

**Pulling weeds and picking stones
Man is made of dreams and bones
Feel the need to grow my own
Cause the time is close at hand**

**Grain for grain, sun and rain
Find my way in nature's chain
Tune my body and my brain
To the music from the land**

The Garden Song

by David Mallet

**Plant your rows straight and long
Temper them with prayer and song
Mother Earth will make you strong
If you give her love and care**

**Old crow watching hungrily
From his perch in yonder tree
In my garden I'm as free
As that feathered thief up there**

OUTLINE

- **Overview & Goals of Contemplative Food Gardening Presentation Series**
- **Short History of Gardens**
- **Principles of Contemplative Gardening**
- **Concepts of Organic Food Gardening of Vegetables and Fruits**

Contemplative Food Gardening Series Titles

- Introduction 
- Feed Your Head (Edible Landscaping & Design)
- Growing Food When People & Place Matter
(FL Climate, Crops and Soils)
- Ancient Traditions (Companion Planting and
Biodynamic Agriculture)
- Sacred Community (Attracting Beneficials)
- Soil Food (Compost & Earthworms)
- Back to the Future (Contemplative Design &
Container Gardening)

Goals for Talks on Contemplative Organic Vegetable Gardening

- Food for your freshest nutrition
- Food for thought
- Food for community benefits
- Food for your soul



Approach of Talks on Contemplative Food Gardening

- Integrate the concepts of contemplative gardens to edible landscaping, using organic food gardening practices
- Provide background information on the science and principles from agroecology for successful organic food gardening
- Offer an opportunity to participate in the setup of a contemplative food garden
- Provide additional educational resources

Why Do People Garden?

Place of Gardens in World Cultural History: Philosophical Applications

- an idyllic & peaceful origin of human history (e.g., Garden of Eden)
- an inspiring location for education (e.g., public gardens of classical Greece)
- a place for solitude, strolling, thought, and peace (e.g., Japanese royal and temple gardens)
- a pattern-oriented aesthetics (e.g., formal gardens of France and Italy)

Why Do People Garden?

Place of Gardens in World Cultural History: Utilitarian Applications

- botanical collections
- medicinal plant preparations
- scientific research
- plant introduction center

Why Do People Garden?

Place of Gardens in World Cultural History: Food Crop Raising Applications

- urban royal food gardens (e.g., Assyrian Kings' gardens, circa 3000 B.P.)
- **pleasure flower and fruit gardens (e.g., China, 2000 B.P.)**
- urban home food gardens (e.g., Rome, circa 150 B.C.)
- fruit and vegetable institutional gardens (e.g., medieval Europe)
- **conservatory gardens (e.g., Germany, 1190 A.D.)**
- kitchen gardens (e.g., England, 1440 A.D.)

Why Do People Garden?

Place of Gardens in The Modern World: Personal Growth

- a personal, sacred space
- a site of labor and of seeing resultant growth and progress
- a place to experience the joy of participating in nature on a daily basis
- a place of spiritual uplifting and meditation
- an exercise of one's sense of aesthetics

What is Contemplative Gardening?

- A contemplative garden provides an ambience conducive to examining issues beyond and/or larger than oneself in a thoughtful, deliberate, perhaps religious or mystical way.



Gerlach-Spriggs & Healy. The Therapeutic Garden: A Definition.
<http://www.asla.org/ppn/Article.aspx?id=25294>

Why Do Contemplative Gardening?

- Relief from stress of modern life
- Promoting inner growth and wisdom
- Reflection and synthesis of knowledge
- Exploration and mindfulness
- Source of inspiration

Names for Contemplative Gardens

- Meditation gardens
- Healing gardens
- Memorial gardens
- Music/Art gardens
- Inspiration gardens
- Zen gardens

Images of Contemplative Gardens



What Is Organic Food Gardening?



Organic Food Gardening

- It's a science and art
- Focus on the entire garden landscape design and environment, e.g., improve and maximize the garden soil's health, structure, & texture
- Maximizes the production and health of developing food plants without using synthetic commercial fertilizers, pesticides, or fungicides

David Knauft, Horticulture Department, Univ. of GA

www.caes.uga.edu/extension/clarke/anr/documents/Organicgardening.pdf

Agroecosystem Concept

- An approach that looks at food production as a functional whole of interacting living and non living components (aka ecosystem)
- Analogous to understanding health of the human body and its interacting levels of molecules, cells, tissues, organs, and systems.

Organic Food Gardening

Core Subsystems Necessary for Success:

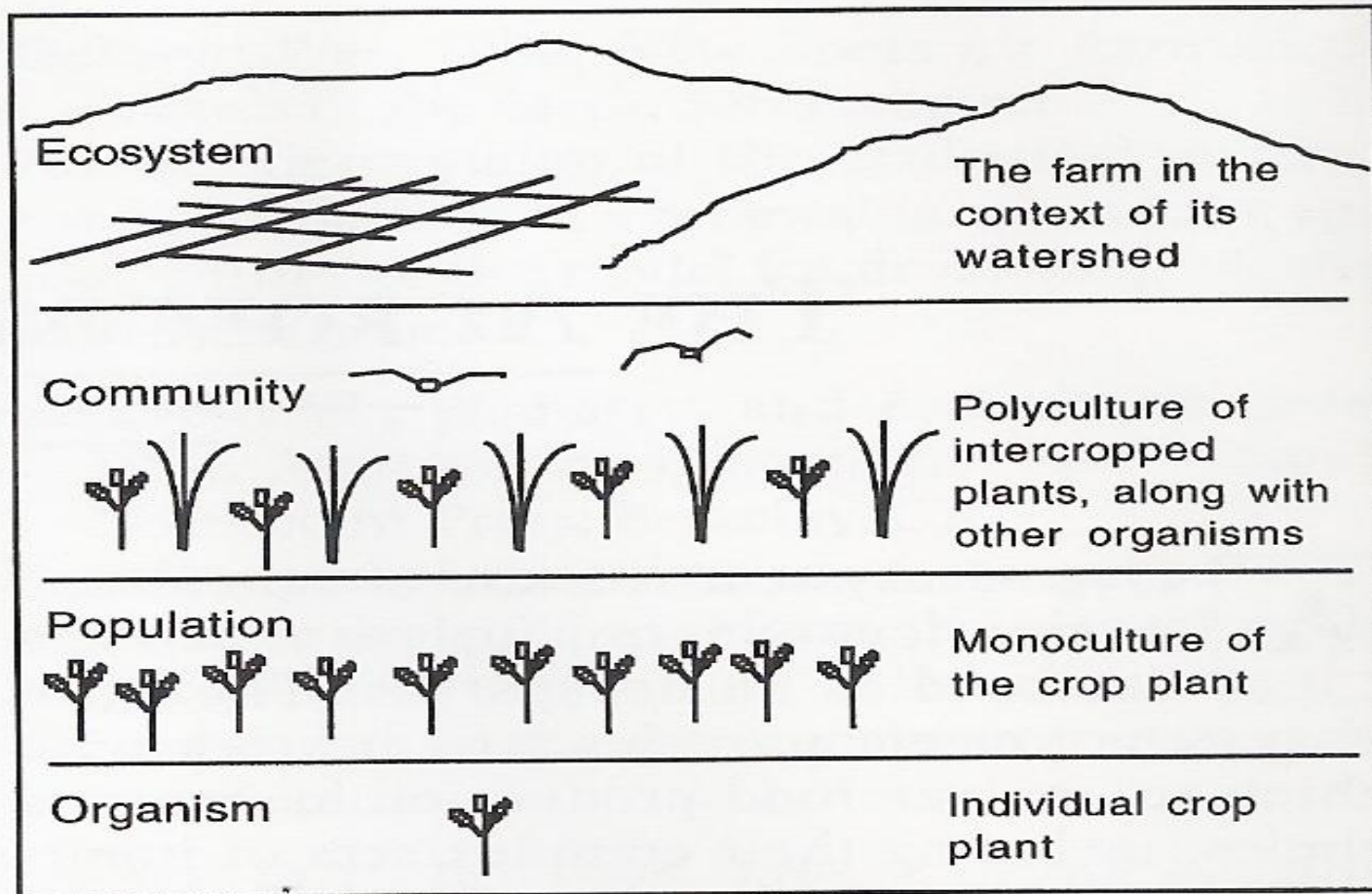
- Soil Management
- Crop Management
- Pest Management
- Water Management

Is That All There Is To Organic Food Gardening?

No, the agroecosystem approach focuses on biodiversity management for system level properties of the subsystems such as:

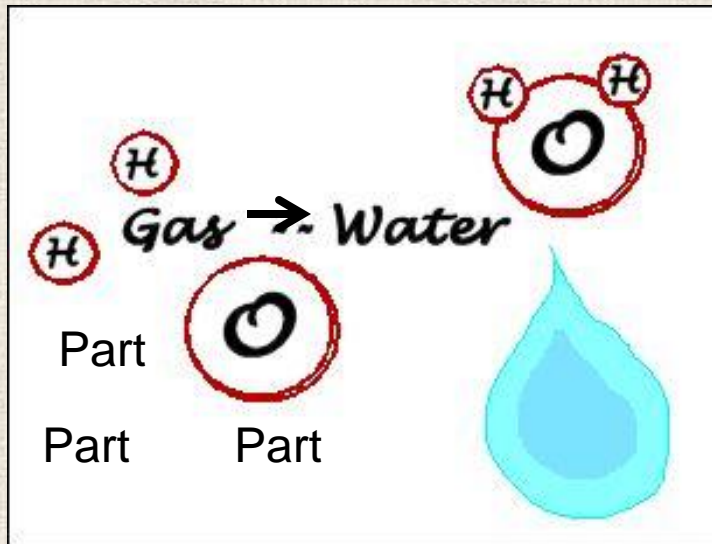
- Structural & functional levels
- Hierarchical and temporal scales
- Emergent properties - i.e., “whole is more than sum of parts”

Agroecosystem Systems Level Example: Emergent Property

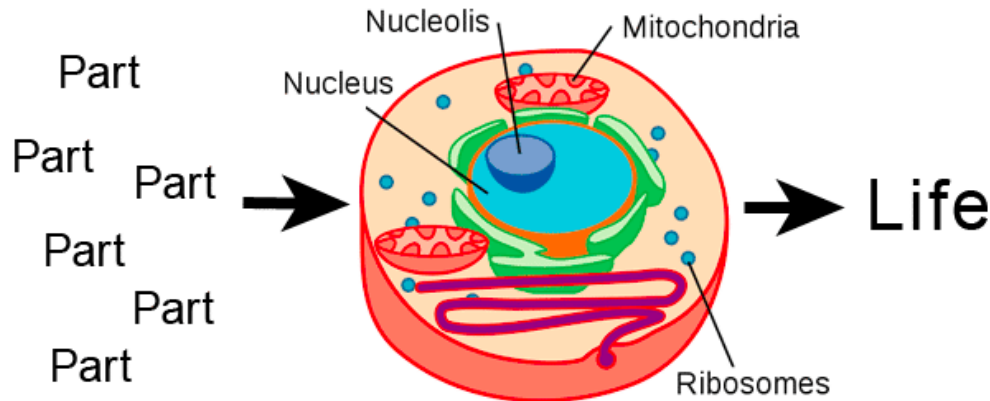


Hierarchical Scale Produces Subsystem Levels with “Emergent Properties”

Emergent Property Perspective



How Life Emerges from Parts in a Eukaryote Cell



Individual
parts

The individual parts
are arranged into a structure

Emergent
behavior
results

Diagram by Thwink.org

Examples
where
knowledge
of the
parts does
not predict
the
properties
of the
whole

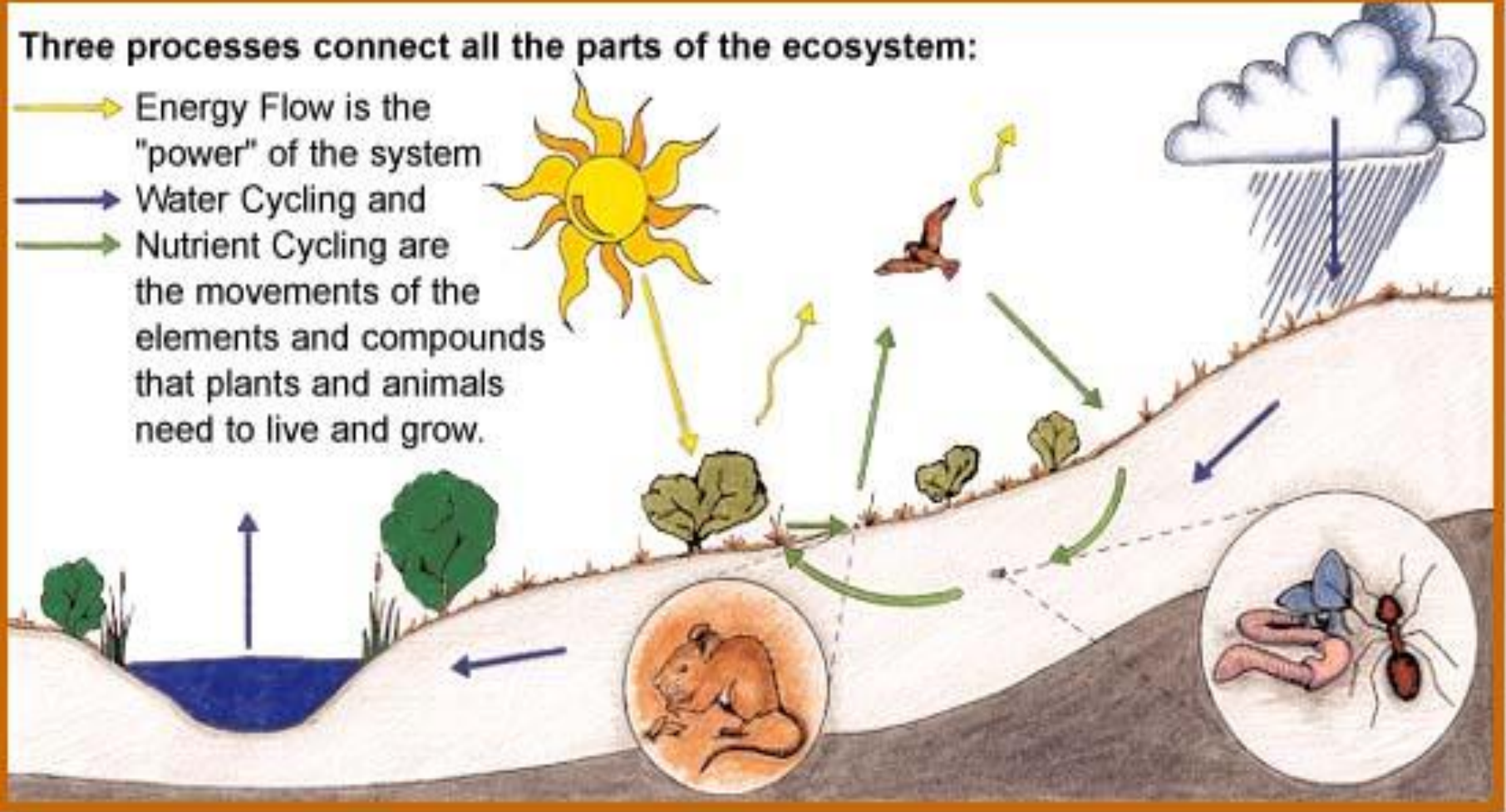
Natural Ecosystem Ecology Model

ECOSYSTEM PROCESSES

ILLUSTRATION: NICOLE BRAND

Three processes connect all the parts of the ecosystem:

- Energy Flow is the "power" of the system
- Water Cycling and
- Nutrient Cycling are the movements of the elements and compounds that plants and animals need to live and grow.

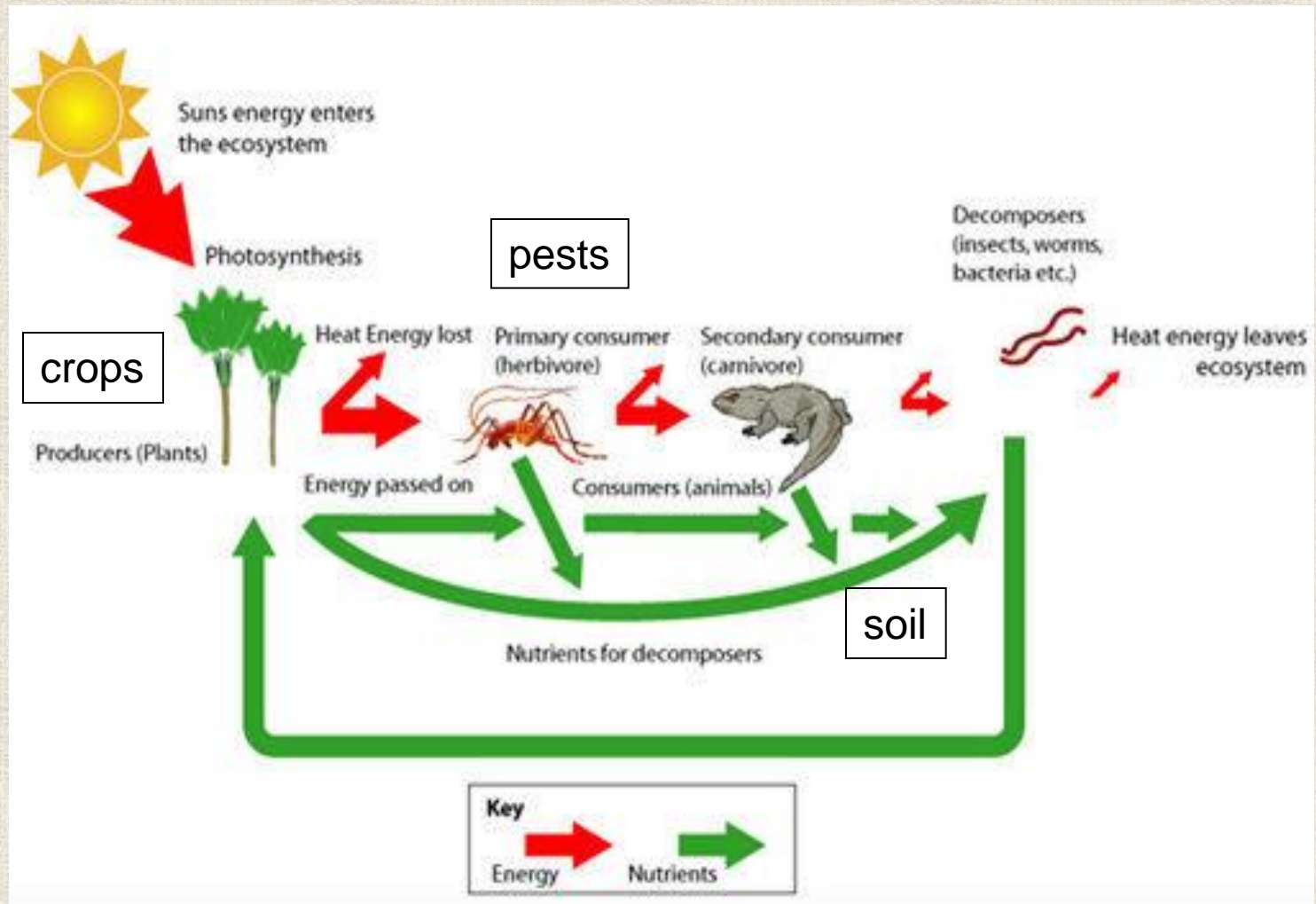


- This ecosystem model describes functional processes & subsystems mediated by biodiversity & abiotic interactions

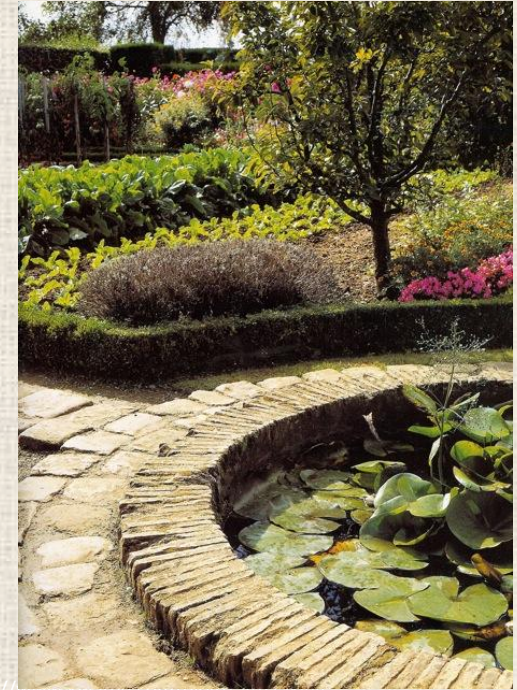
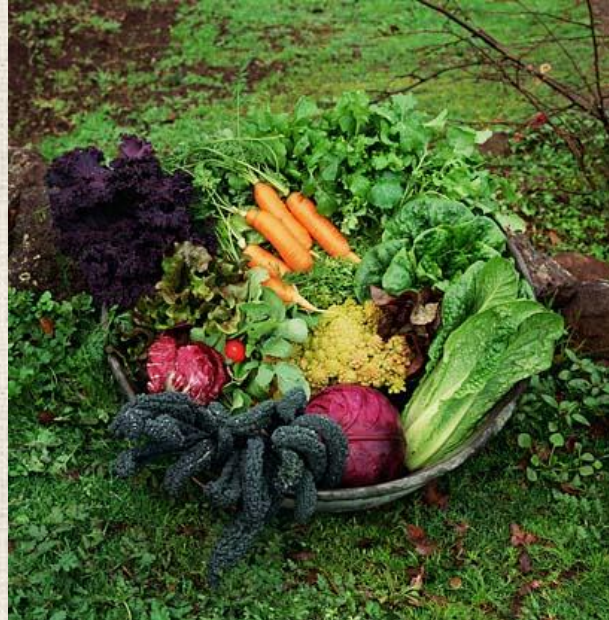
Organic Food Garden Ecosystem Example



Organic Food Garden Ecology Model



- Our goal for organic food gardening is to promote the “ecosystem” w/ functional subsystems from managed biodiversity



<http://z.about.com/d/gardening/1/0/R/9/Overview>
Sonny JPC

<http://www.kwaree.com/blog/tag/staking-tomato-plants/>

Contemplative Food Gardening

Gardening outside the rows...creatively for personal inspiration and growth, as well as physical nourishment and growth

A close-up photograph of a pea plant. The image shows several green pea pods hanging from the vines. The leaves are bright green and have a characteristic bilobed shape. The background is slightly blurred, showing more of the plant and some soil.

Garden of Wisdom

Plant Three Rows of Peas:

- ❖ Peace of mind
- ❖ Peace of heart
- ❖ Peace of soul



Plant three rows of squash:

❖ Squash GREED

❖ Squash ANGER

❖ Squash EGO



Plant 4 Rows of Lettuce:

❖ **Let-Us be generous**

❖ **Let-Us be kind**

❖ **Let-Us be humble**

❖ **Let-Us be helpful**

A photograph of a pea garden. The image shows several rows of pea plants growing in a field. The plants are green and have many small white flowers. The background is slightly blurred, showing a fence and some trees. The text is overlaid on the image.

Plant another 4 rows of peas:

❖ **Patience**

❖ **Promptness**

❖ **Preparation**

❖ **Perseverance**



Have 3 More Rows of Squash:

- ❖ **Squash selfishness**

- ❖ **Squash hatred**

- ❖ **Squash delusion**

Plant Another 3 Rows of Lettuce

- ❖ Let-Us be compassionate
- ❖ Let-Us be tranquil
- ❖ Let-Us be mindful





No Garden Should Be Without Turnips:

- ❖ Turn-Up for service when needed
- ❖ Turn-Up to help one another
- ❖ Turn-Up with a smile



Our Garden Must Have Thyme:

- ❖ Thyme for work
- ❖ Thyme for rest
- ❖ Thyme for sleep



Remember How Important Thyme Is:

- ❖ Thyme for reaching out to others**
- ❖ Thyme for caring**
- ❖ Thyme for mind development**



It's Wonderful for Our Garden to Have Sage:

- ❖ A Sage for a friend
- ❖ A Sage to guide us
- ❖ A Sage for spiritual growth

A photograph of a raised garden bed. The garden is filled with various green plants, including leafy greens and what appears to be a tomato plant. A green watering can is placed on a gravel path in the foreground. In the background, there is a wooden trellis structure and some trees. The text is overlaid on the image in white, bold, sans-serif font.

**Water freely with patience
and cultivate with love.
Priceless treasures await us
in our Garden
because we reap what we
SOW.**



**May The Garden in our Mind
Grow in Love, Compassion
and Wisdom!**

The End

**With Metta,
Bro. Oh Teik Bin**

Resources

- Creasy, R. 2010. Complete Book of Edible Landscaping. Sierra Club Press.
- Kourik, R. 1986. Designing and Maintaining Your Edible Landscape Naturally. Metamorphic Press, Santa Monica, CA.
- Langenheim, J.H. and K.V. Thimann. 1982. Botany: Plant Biology and Its Relation to Human Affairs. J.Wiley & Sons, N.Y.
- Messervy, J.M. 1990. Contemplative Gardens. Howell Press.
- Mosko, M.H and A. Noden. 2003. Landscape as Spirit: Creating a Contemplative Garden. Weatherhill.

Resources

- Nardozzi, C. Edible Landscaping Primer. National Gardening Association. – see <http://www.garden.org/ediblelandscaping/?page=edibleprimer>
- Stevens, J.M. 2009. Organic Vegetable Gardening. UF/IFAS EDIS Publication #CIR375 – see <http://edis.ifas.ufl.edu/vh019>
- Stevens, J.M. et.al. 2010. Florida Vegetable Gardening Guide. UF/IFAS EDIS Publication #SP103 - see <http://edis.ifas.ufl.edu/vh021>
- Worden, E. and S.P.Brown. Edible Landscaping. UF/IFAS EDIS Publication #ENH971 - see <http://edis.ifas.ufl.edu/ep146>

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- Worden, E. and K.A. Moore. 2010. Sensory Gardens. EDIS Publication #ENH 981 – see <https://edis.ifas.ufl.edu/ep117>

