

OP 4 Appendices

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Design

Project Design Process

This is the unedited text of the process I used initially to design this project.

What do I need Jonathan's help with? What does he offer that I need?

- Clarity and strategic thinking
- Knowledge of food and food systems
- Experience with cooperative farming, homesteading, living in community

What would be the purpose of this project, and how would it fit in with my larger purpose?

To strategize for how to meet my needs for sustenance in the long term. Basically, the idea is that part of creating home is learning how to meet my needs for sustenance, and I feel a very strong resonance with the way that Jonathan thinks about how to meet those needs, and the choices he has made in structuring his life around those needs. So my question is “what do I need to do and learn in order to ensure that my needs for sustenance will be met over the course of my life?”

Lets back up a bit. How did this idea come about? Why do I want to have advising sessions with Jonathan?

I first thought of it during the conversation we had about the parts of their food system. He had so much clarity, had obviously put so much thought into how to do this well, and has offered to both me and Molly to talk with us about how to organize our lives around food. So I was drawn to his clarity and his passion for food, and felt strongly that there was a lot I could learn from him. At the same time, it seemed like a powerful opportunity to connect with him. I recognize that he has a capacity for logical thinking and long term strategic planning that is hard for me, and so I am drawn to him because connecting with him in a mentorship relationship could meet my need for growth by pushing those edges for me.

So what do I *really* want out of this time with him?

I want to explain to him some pieces of my life that feel unclear, and have him clear them up. I want him to help me make decisions, and to help me develop my capacity for making decisions. I want to benefit from his clarity and capacity for rational thought.

Ok, so that's what I want, more deeply, is clarity, and to benefit from Jonathan's clear thinking. At the same time, the more grounded aspect of “examining what I need to do to create an environment that meets my needs for sustenance in a way that feels good to me” is very important, and seems like a good structure within which to benefit from Jonathan's ability to think clearly.

Ok, now that we've got that cleared up, back to a structured design process.

Purpose

- To design, or begin to design, a strategy for creating an environment around me that will meet my needs for sustenance in the long term, to answer the question “what do I need to do, learn, and unlearn in order to meet my needs for sustenance and security throughout my life?”

Goals

- We identify actions that I can take in order to increase my capacity to meet my needs for sustenance
- We create a one, ten, and twenty year action plan, or several possible plans
- We (or I, as appropriate) take whatever next steps can be taken in the next two months towards the above action plans

Assesment

- Time
 - we already have a 1 hour walk each week, this could happen in that time. I am hesitant to commit any more time to it right now, although I could commit time to it over the summer and in the fall, and part of it could be about working out actions I can take within my existing schedule.
- Exchange
 - I would like to use my Gaia U budget to pay him, hopefully as much as 20 dollars per hour, 8 hours over the next two months, 160 dollars total. I've used basically none of my advising budget, so that should be fine.
- Space
 - plenty of outdoor space, kiva, plenty of space

Design

what might our process together look like?

I would start by explaining what I'm hoping to get out of it, and asking him for any feedback he has on that. I imagine we would go from there. I would like to be open to whatever direction the conversation wants to go, because I am open to the possibility that when he hears my stated purpose of the project, his feedback will be something along the lines of "well, it sounds like what you really want to talk about is X" and then we would go there. So a pretty open ended process seems like it would serve best.

Possible issues to think about

Jennifer mentioned today some possible issues that should be thought through in making this project happen:

- issues arising around monetary exchange with someone involved in close intimate relationship
 - I feel like jonathan and I have encountered this, we have negotiated around juice coop, food stuff, we seem to have a good capacity for this and not too much restimulation, so I imagine it would be quite workable.
- Issues arising as a result of the "power dynamic" of establishing a mentoring relationship
 - this is a little bit more of a concern for me. How would it change our relationship for me to be asking him for support in this way, for him to mentor me in this way? I have some concern, and at the same time it feels quite natural, that he would help me in that way because of the place we both are in our lives, and I feel fairly confident that we could keep it clear enough that it would have an effect of bringing us closer, rather than further apart.

Output Design Brainstorm

this my first brainstorm, in which I did the bulk of the design work for the output. It includes some thoughts about another possible topic that I did not choose.

possible topics

- relationship with eli and jonathan
- food strategy design with jonathan
- NVC life design

Required elements of an output

- output spec
- project spec
- pathway reflections
- main report
- supporting evidence
- learning journals
- resource review
- output process reflections

what are we looking for in an output?

- Evidence of design, articulation of design methodology
- evidence of benefit to the field
- evidence of action learning, four phases
- evidence of personal growth
- evidence of skillflexing
- tracking and accountability
- collaboration and leadership
- effective structure of op
- critical thinking
- project management

structure, elements

answer the following questions;

- What was the project?
- How does it fit into my pathway?
- How was the project designed?
- What were the outcomes of the project?
 - What were its effects on others?
 - What were its effects on me?
 - What did I learn or unlearn?
 - How is my life different as a result of this project?

What might that look like for the above topics?

Food System Strategy with Jonathan

- What was the project?
 - Designing, with jonathan an advisor, a strategy for long term food security and abundance, how to organize my life around food in a way that nourishes and sustains me, and taking the next steps towards that strategy.
- How does it fit into my pathway?
 - I want my home to revolve around food. Getting clear on what I want to eat and how I want to be involved in its production helps me make big pathway decisions such as where I want

to live, what livelihood I need, etc... Thinking about these things strategically is also an important skillflexing for me.

- How was the project designed?
 - At first, by myself, through a gasadie process (modified) and then collaboratively in conersation with jonathan. In a way, I delegated the design to him by saying that I wanted him to guide the process.
- What are the outcomes of the project (projected or imagined)?
 - What will be its effects on others?
 - I will outline a process for others to go through in creating this kind of strategy.
 - Increased clarity and connection in jonathan and i's relationship
 - benefit others derive from my creating my food system, my help and involvement in their lives
 - possible benefit others might derive from me helping them think through these issues
 - benefit to the ecosystem through me improving the quality of my relationships with the food that I eat, reducing ecological harm and adding value to ecosystems.
 - What will be its effects on me?
 - What might I learn or unlearn?
 - A process for thinking strategically about food systems
 - information about diets, farming, etc...
 - In the long term, what food works best for me and how to acquire in the way that works best for me.
 - How might my life be different as a result of this project?
 - I will have more clarity around my next steps, and more ease in making big life decisions.
 - I will be better nourished, with less stress, dead ends, and trial and error, because I will have thought strategically before acting.
 - The clarity and confidence I get from having a pan of action, knowing where I stand, will reverberate into the rest of my life. I will be more useful to others and more stable, satisfied and happy.

Relationship with eli and jonathan and oakley

- What was the project?
 - Conscious, committed development of intimacy with eli, sub projects being dealing with the complications of her primary partner, learning to be with oakley, integrating into their food system, communication, sexuality, others
- How does it fit into my pathway?
 - Intimate relationship is a big part of creating home for me, this relationship has helped me build vital skills for family and community, food, and inner work.
- How was the project designed?
 - This would take some more thought and reflection than I want to do right now.
- What were the outcomes of the project?
 - What were its effects on others?
 - Possible effects: new awarenesses in jonathan and eli's relationship, met needs on eli's part, whatever benefit oakley gets from having me around, other people who see the example we are creating and learn from it.
 - One way to document the effects on others would be to do some interviews with at least jonathan and eli and maybe others about how they've been affected.

- What were its effects on me?
 - What did I learn or unlearn?
 - Commitment, myself as being capable of commitment
 -
 - How is my life different as a result of this project?
 - I could also interview lily and maybe others to see what effects they have seen this relationship as having on me.

Possible interview questions

- For Jonathan and Eli
 - How has my coming into your life affected you? What is different now than before?
 - What benefit have you received from my presence in your life?
 - What challenges has my presence brought you?
 - What, if anything, could I do differently to make your life more wonderful?
- For lily, steve and/or others
 - What differences or changes have you seen in me since my relationship with eli began?
 - How have you seen me growing as a result of that relationship?
 - What have you seen me challenged by in that relationship?
 - Is there anything that you see that I am not seeing, any way that I am blocked or not growing in this relationship?
 - What effect has my relationship with eli had on you?
 - What effects, if any, have you seen our relationship having on others?

Supporting Evidence

Food System Design Journal

this is the record of my thinking for the project described in the output. It contains my list of foods in my optimal diet, and all the answers to the questions of how I would get those foods, etc...

04/06

I had my first advising session with Jonathan today. I was happy to hear that he was excited about the project, excited about the idea of thinking about this stuff with me, that it was something that he would do for free and getting paid for it was just an added bonus. That felt good to me, because I made it mean that he cares about me and is excited to connect with me in that way, and also because it means that the project is going to happen. I asked him to take a strong leadership role, to really guide the process clearly, and I think that will be very helpful.

After I explained to him what I was wanting, that I wanted help thinking logically and planning for my future in terms of food security and having the food based life that I want to have, and told him about the idea of creating a strategy for having that, he asked me a few questions, just giving me things to think about, such as what kind of food do I want to be eating, and how is that going to fit in with the life that I want to live. He gave me a homework assignment as a sort of starting place for the work, and we left it at that.

Homework:

- What are all the foods that would be a part of your optimal diet? What is the list of foods that, if you had all of them, you would be totally happy with your diet, more than satisfied, well nourished and fulfilled? (we talked about how this will change a lot over the course of my life, and also about the difficulty of sorting through contradictory and complicated information about diets and their effects on the body, especially long term. He encouraged me to just make the list for now, as a starting point.
- What do you want your role to be in each of those things, and in your food as a whole? Do you want to earn money and pay someone else to do the work who knows how to do it well? Do you want to own a farm? Live on a cooperative farm? Have a home garden? How do you want to be involved?

List of foods in my optimal diet (for now)

- raw, pastured milk and dairy products made from it (cream, butter, cheese, yogurt, etc...)
- pastured and hunted meat, both red meat and poultry (including organ meats, esp. liver and stocks and broths)
- eggs (chicken, duck, other?)
- fish (I don't know what kind or how much)
- brassicas (kale, collards, broccoli, mustard greens, etc...)
- sweet potatoes
- wild greens (chickweed, nettles, etc...)
- garlic
- onions
- garden vegetables (for sure tomatoes, carrots, asparagus, squash, cucumbers, maybe others, other than those not sure which ones exactly are important to me)
- grains, particularly more wild ones like amaranth and millet, some bread

- nuts (esp. pecans, almonds, walnuts, some nut butter)
- fruit (esp. berries, but also apples, watermelon, citrus, some amount of tropical fruits)
- olive oil, olives
- chocolate
- tea
- coffee
- raw honey

04/15

two days ago I had my second advising session with Jonathan. We talked about what my next steps would be in terms of thinking about my food system, and he gave me a list of questions to think about. These are the questions:

- What other details can you add to the list of foods, how can you be more specific? For example, not just coffee, but fair trade organic coffee, or coffee grown in an integrated, permaculture food forest, etc...
- For the list of foods above, how do I want to get each of these things? How directly do I want to be involved in their production? Some options would be:
 - buy them from the grocery store
 - buy them from someone you know
 - buy them from a neighbor
 - grow them yourself
 - grow them cooperatively
 - buy them from someone you don't know, but have done some research about, or know somebody who knows them
- Once you've made those kinds of decisions, what is your experience in each of those things? For example, if I decide that I want to drink milk and that I want to be directly involved in caring for and milking the cow myself, What skills and experience do I have already?
- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
- What am I doing already that builds the experience I will need?
- What information do I need in order to make these kinds of decisions? What questions do I have?

So, my next steps are to answer those questions, starting by adding details to my list:

List of foods (detailed)

- raw, pastured milk and dairy products made from it (cream, butter, cheese, yogurt, etc...)
- pastured and hunted meat, both red meat and poultry (including organ meats, esp. liver and stocks and broths)
- pastured eggs w/o gmo feed (chicken, duck, other?)
- fish (I don't know what kind or how much, probably freshwater fish that can be raised in ponds and small scale aquaculture)
- wild edibles (greens, mushrooms, tubers, etc...)
- garden vegetables (for sure onions, garlic, sweet potatoes, brassicas, tomatoes, carrots, asparagus, squash, cucumbers, peppers, maybe others, other than those not sure which ones exactly are important to me)
- grains, particularly more wild ones like amaranth and millet, some bread

- nuts (esp. pecans, almonds, walnuts, some nut butter)
- fruit (esp. berries, but also apples, watermelon, citrus, some amount of tropical fruits)
- olive oil, olives
- chocolate (fair trade, organic, preferably with some connection to and knowledge of the place where it was grown)
- tea
- raw honey
- sea salt, pepper

And then answering the rest of the questions for each food:

- raw, pastured milk and dairy products made from it (cream, butter, cheese, yogurt, etc...)
 - How do I want to get this? How directly do I want to be involved in its production?
 - I want to co-own a cow and be directly involved in its care and milking
 - What skills and experience do I have already?
 - Not much, getting a little bit at imani of cow related farm stuff.
 - What are the skills and experience I will need?
 - Milking
 - cow/goat care
 - animal infrastructure construction and maintenance
 - milk handling, storage, distribution
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Working at imani, becoming a milker
 - living on any homestead that has a cow and being on the cow care team
 - What am I doing already that builds the experience I will need?
 - Farm work days at imani
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - What are all the factors to consider in cow or goat ownership?
 - What investments will be required? How expensive will this be?
- pastured and hunted meat, both red meat and poultry (including organ meats, esp. liver, and stocks and broths)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Pastured meat
 - I would like to be directly involved in the care of the animals, in cooperation with other people. I would like to at least know how to butcher and process the animals, but I imagine that most of the time I would pay professionals to do those parts.
 - Hunted meat
 - I would like to learn how to hunt and trap, at least on the small game level, such as rabbits and squirrels, and how to process the meat, and would like to do that as a supplement to my diet and as recreation/nature connection time.
 - I would like to purchase hunted meat from a local butcher, knowing where the meat comes from as much as possible.
 - What skills and experience do I have already?

- Pastured meat
 - animal care
 - a little experience in animal related farm tasks at imani
 - Butchering/processing
 - none
- Hunted meat
 - hunting
 - very limited experience using hunting tools such as bow and arrows and slingshots
 - processing
 - killed, skinned, and eaten two rabbits and skinned and eaten one roadkill squirrel
- What skills or experience will I need?
 - Animal infrastructure construction and maintenance
 - animal care (health, social needs, food, water, shelter, etc...)
 - land management skills (rotational grazing, grass care, etc...)
 - use of hunting tools, marksmanship
 - tracking
 - trapping
 - butchering
 - skinning
 - hide tanning
 - charcutery
- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Working at imani
 - firefly, other primitive skills gatherings for hunting, trapping, hide tanning, etc...
 - classes with natalie at earthaven
 - woofing
 - organic growers school classes
 - shooting with bob
 - practicing marksmanship and tracking on my own
 - practicing processing roadkill
- What am I doing already that builds the experience I will need?
 - Farm work at imani
- What information do I need in order to make these kinds of decisions? What questions do I have?
 - ecological impacts of raising animals
 - health benefits/risks of meat
 - costs and other factors to consider in co-ownership of animals
- pastured eggs w/o gmo feed (chicken, duck, other?)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Caring for chickens/ducks, collective ownership of infrastructure and animals
 - What skills and experience do I have already?
 - Imani experience
 - What skills or experience will I need?

- Similar to above
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Imani
 - woofing
 - What am I doing already that builds the experience I will need?
 - imani
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - Similar to above, costs, etc...
- fish (I don't know what kind or how much, probably freshwater fish that can be raised in ponds and small scale aquaculture)
 - How do I want to get this? How directly do I want to be involved in its production?
 - buy from someone I know, or from someone I know about and whose methods I admire and respect.
 - Raise myself or cooperatively
 - What skills and experience do I have already?
 - none
 - What skills or experience will I need?
 - How to find a good supplier, what questions to ask, etc...?
 - aquaculture, fish care, water requirements, feed, etc...?
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Get involved in the trout pond with jonathan
 - What am I doing already that builds the experience I will need?
 - Nothing
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - How would I go about finding a supplier of high quality fish? Who knows somebody?
 - What are the ecological impacts of various kinds of fish production?
 - Costs of fish production
 - Prices of high quality fish
- wild edibles (greens, mushrooms, tubers, etc...)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Foraging
 - planting wild edibles in gardens (nettle patch, etc...)
 - home scale mushroom production
 - What skills and experience do I have already?
 - Knowledge of certain wild greens, dandelions, chickweed, nettles, etc...
 - experience harvesting wild greens, making salads, soups
 - What skills or experience will I need?
 - More knowledge of wild edibles, where to find, when to harvest, especially mushrooms
 - gardening skills and experience
 - mushroom cultivation

- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Lots of folks here at earthaven have these skills and knowledge
 - woofing
 - plant books, field guides, etc
 - mycelium running
- What am I doing already that builds the experience I will need?
 - Learning about plants
 - foraging for wild edibles
- What information do I need in order to make these kinds of decisions? What questions do I have?
 - Costs/inputs of home mushroom production
- Garden vegetables (for sure onions, garlic, sweet potatoes, brassicas, tomatoes, carrots, asparagus, squash, cucumbers, peppers, maybe others, other than those not sure which ones exactly are important to me)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Home gardening, preferably co-owned, cooperative
 - What skills and experience do I have already?
 - limited gardening experience, bed prep, weeding, building trellises, seed planting, watering
 - What skills or experience will I need?
 - When and how and where to plant what
 - soil building
 - garden economics
 - starting seeds/ plant propagation
 - garden design
 - plant care
 - pest control
 - harvesting
 - putting up
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Woofing
 - VT garden coop
 - medicine wheel garden
 - tribal condo garden
 - working with urban gardening programs in oakland
 - community gardens anywhere
 - What am I doing already that builds the experience I will need?
 - Occasional garden work at medicine wheel, VT
 - What information do I need in order to make these kinds of decisions? What questions do I have?
- Grains, particularly more wild ones like amaranth and millet, some bread
 - How do I want to get this? How directly do I want to be involved in its production?

- Not sure. Probably mostly buying, preferably from a more local source, preferably someone I know or know someone who knows them.
- What skills and experience do I have already?
 - none
- What skills or experience will I need?
 - How to find a source
- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - I don't know
- What am I doing already that builds the experience I will need?
 - nothing
- What information do I need in order to make these kinds of decisions? What questions do I have?
 - How do I find a source?
 - What questions would I want to ask?
 - What factors would be important in finding a source?
 - How important are grains to my diet? Do I really want to be eating them?
- nuts (esp. pecans, almonds, walnuts, some nut butter)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Mostly purchasing them, preferably either locally or on natural trade routes, vacations etc...
 - growing nut trees (very long term), harvesting and processing nuts myself and with family and friends
 - What skills and experience do I have already?
 - Tree planting
 - nutcracking
 - What skills or experience will I need?
 - Sourcing
 - arranging natural trade routes
 - long term tree care, harvesting
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Not sure
 - What am I doing already that builds the experience I will need?
 - Upn
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - More info on nut production, factors to consider in sourcing
- fruit (esp. berries, but also apples, watermelon, citrus, some amount of tropical fruits)
 - How do I want to get this? How directly do I want to be involved in its production?
 - Growing my own, orchard, cooperatively owned, living on land that already has established fruit plants
 - natural trade routes
 - What skills and experience do I have already?

- Plant propagation
 - care of potted plants
 - planting
 - some pruning
- What skills or experience will I need?
 - Pruning
 - orchard/garden management
 - variety selection
 - harvesting
 - processing
 - putting up
 - natural trade routes
- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Living at earthaven
 - UPN
 - debbie and geof's orchard
 - marjorie's berry farm
 - woofing
- What am I doing already that builds the experience I will need?
 - UPN
- What information do I need in order to make these kinds of decisions? What questions do I have?
- olive oil, olives
 - How do I want to get this? How directly do I want to be involved in its production?
 - Probably buy from the grocery store
 - What skills and experience do I have already?
 - What skills or experience will I need?
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - What am I doing already that builds the experience I will need?
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - How important is olive oil to my diet? Health benefits?
 - What would I do if I couldn't buy it from the grocery store?
- chocolate (fair trade, organic, preferably with some connection to and knowledge of the place where it was grown)¹
 - How do I want to get this? How directly do I want to be involved in its production?
 - Probably mostly buying from the store
 - some buying from someone I know or am connected to in some way, with some

¹ It's important for me to recognize that chocolate, coffee, tea, and possibly salt, are addictions, that I am chemically and emotionally addicted to those substances, and that in addition to examining how I can acquire them in a way that best aligns with my values, it is also important to examine whether I can give up those addictions, where they come from, etc... At the same time, I feel that all of these substances have medicinal value as well, and that I would like all of them to be in my diet to some degree, but perhaps with a greater level of consciousness

- connection to the place where it was grown
 - What skills and experience do I have already?
 - none
 - What skills or experience will I need?
 - Sourcing
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - Gregory Landua
 - What am I doing already that builds the experience I will need?
 - nothing
 - What information do I need in order to make these kinds of decisions? What questions do I have?
- Tea
 - How do I want to get this? How directly do I want to be involved in its production?
 - Growing my own and processing it
 - natural trade routes
 - buying organic, high quality tea from the store
 - What skills and experience do I have already?
 - Very limited experience growing and processing
 - What skills or experience will I need?
 - Plant care
 - harvesting
 - processing
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - I could work on a tea farm somewhere
 - chuck can help me with growing, harvesting, etc
 - internet research
 - experimentation
 - library research
 - What am I doing already that builds the experience I will need?
 - Experimenting with processing
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - Energy input and time input into processing my own tea
 - how local can you get tea?
- raw honey
 - How do I want to get this? How directly do I want to be involved in its production?
 - Buy from a trusted local source
 - keep bees, harvest honey
 - What skills and experience do I have already?
 - I know where the honey shack is
 - What skills or experience will I need?
 - Bee keeping

- sourcing
- How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - chuck and marjorie are keeping bees, I could ask them for help
 - classes at OGS, etc...
- What am I doing already that builds the experience I will need?
 - Nothing
- What information do I need in order to make these kinds of decisions? What questions do I have?
 - Ecological impacts of large scale beekeeping?
 - Cost of high quality raw honey?
 - cost/inputs of home beekeeping?
- Sea salt, pepper
 - How do I want to get this? How directly do I want to be involved in its production?
 - Probably buying from the store/bulk order
 - What skills and experience do I have already?
 - What skills or experience will I need?
 - Bulk ordering
 - sourcing
 - How can I acquire the experience that I will need? Who do I know that has that experience? What kinds of classes, programs, internships, experiences, etc could help me to gain that experience?
 - What am I doing already that builds the experience I will need?
 - What information do I need in order to make these kinds of decisions? What questions do I have?
 - How important are salt and pepper to my diet?
 - What would I do if I couldn't buy them from the store/bulk order?

One, Five, and Ten year plans

we haven't gotten this far in the project yet, but I will add these in when I have them

Resource review

“Nourishing Traditions” by Sally Fallon

A cookbook that propounds a dietary philosophy based on the work of Dr. Weston Price, who researched the diets of traditional people around the world. Highly recommends meat consumption, fermented foods.

“We Want to Live” by Aajonus Vonderplanitz

The story of how he helped his son recover from life-threatening brain trauma using a diet of raw meat, raw fat, and raw honey (among a few other things). Cheesily written, but very fascinating dietary principles.

Jonathan Swiftcreek

Hired as an advisor using my Gaia University budget. Jonathan lives on and coowns a cooperative farm, and has a lot of experience thinking about food and food systems.

“The Omnivore's Dilemma” by Michael Pollan

An expose of the industrial food system as well as a call to greater connection with the food that we eat. Started me on this path years ago.

Tracking and Accountability

home tracking journals

In my last output, I made a commitment to track weekly my learnings in the four areas of food, family and community, livelihood, and inner work. These are those records.

Week ending 03/25

Food

- What new skills or knowledge did I acquire, if any?
 - Shooting with a wristrocket, in preparation for hunting squirrels and rabbits. Learned that lumpy rocks don't fly straight.
 - Ate bamboo shoots
 - Cooked nettles. Nettles can cook for a long time, taste delicious with vinegar and tamari.
 - Learned how to make fudge: 1 part raw butter, 1 part cocoa powder, ½ part raw honey, in a mixer or food processor.
 - Strawberry plants are very tolerant of different soils, don't need much but do need plenty of water.
 - How to do a bark graft: make a vertical slit in the rootstock at the top, then peel back the bark slightly on one side making sure to peel in between the wood and the cambium. Cut the scion wood into a chisel shape, then cut one side of the chisel so that it will match with the exposed section of cambium opposite the peeled back bark. Insert the scion into the peeled back area, lining up the two faces of cambium and tape securely with grafting tape.
- What resources did I access?
 - eli
 - Jonathan
 - Debbie
- What are my sacred questions, and reflections on those questions?
 - What is my relationship to hunting for food?
 - What does it mean to take the life of an animal for food?
 - I want to be really conscious about this question as I move into possibly hunting small game such as squirrels and rabbits. On the one hand, I eat meat that is raised in captivity, and I see that there is a long history of humans eating animals, and understand that ecologically predation is a part of the web of life. On the other hand, I don't think I fully understand what it means to take a life to feed my own life, don't fully understand the connections and the depth of that relationship. So I want to acknowledge my own ignorance and unpreparedness for this task, while also not getting caught up in guilt or shame about it, and recognizing that it is a part of life, that some creatures will always die so that others can live.
- What are my growing edges for the next week?
 - Develop my connection with squirrels, observe them, thank them.
 - Ponder the ethical questions of hunting.
 - Making time for food, for harvesting, for prep, for enjoying food.

Family and Community

- What new skills or knowledge did I acquire, if any?
 - I need to create a balance in my life between caring for others and receiving care
 - When a baby is crying, you have to make a lot of decisions. Do you give them loving attention, support them in their discharge? Do you try to find out what is wrong and fix it for them? Do you distract them? I've learned a lot this week about the complexity of this issue, and also about understanding and supporting others who are dealing with this situation constantly.
- What resources did I access?
 - eli, Jonathan, Oakley
- What are my sacred questions, and reflections on those questions?
 - What is my role in jonathan and eli's life? In oakley's?
 - This is a big and pretty confusing question. I am eli's lover, but I am also more than that. Its not a casual, just having fun sex playtime kind of thing. I am also eating with them, and contributing to their food situation, and playing a helper/apprentice role in their family. I am doing lots of things to help out, to contribute my energy so that they can experience more ease and joy, which meets my needs for belonging and contribution and their well-being. At the same time, I don't quite feel like part of the family, like an uncle. I dont quite feel that sense of stability, the sense of being part of it no matter what happens. My role feels a little uncertain or unstable, and also not quite integrated, a little awkward and forced at times. And in oakley's life, my role seems to be as another person who loves him and cares about him and who plays with him sometimes. My role is to be someone who still has energy for him when others are exhausted and can't give to him anymore, to be an outside perspective. I imagine that the longer I stay connected to this family, the more all these roles will shift and change, and I look forward to being a part of that unfolding.
- What are my growing edges for the next week?
 - Developing my connection with Lily
 - self care, getting my needs for rest and relaxation and sustenance and nourishment and play and pleasure met.

Livelihood

- What new skills or knowledge did I acquire, if any?
- What resources did I access?
- What are my sacred questions, and reflections on those questions?
 - Does this livelihood sustain me and meet my needs?
 - Right now, yes, it does. My income is totally sufficient for the time being, I have enough money. The work is satisfying and pleasant, the company is great, and I feel like I am contributing to something important with the work that I do. In the future, I may need to seek other sources of income if I want to invest more money in projects such as building a home, buying a site, buying into the farm, etc...
- What are my growing edges for the next week?
 - Accountability to my commitments in terms of work hours

Inner work

- What new skills or knowledge did I acquire, if any?
 - Reminder from norm about divine masculine/feminine balance, the conversation between the two.

- What resources did I access?
 - Tantra lesson with lily, with norm teaching
- What are my sacred questions, and reflections on those questions?
 - What does my fully empowered and embodied sexuality look like?
 - What does it look like to be in my feminine and to ask for what I want in that space?
 - Who am I? What is definitive and deeply true about who I am?
- What are my growing edges for the next week?
 - Inner marriage and awareness of the dialogue between my inner masculine and feminine

Week ending 04/01

Food

- What new skills or knowledge did I acquire, if any?
 - How to make lasagna, how to layer the noodles, how to strain everything to keep the juices down
 -
- What resources did I access?
 - Liz
- What are my sacred questions, and reflections on those questions?
 - What food nourishes me most deeply?
 - How does my relationship with the food that I eat affect my relationships with the rest of my environment?
- What are my growing edges for the next week?
 - Preparing lunches ahead of time to create more spaciousness in my lunch hour

Family and Community

- What new skills or knowledge did I acquire, if any?
 - There was a lot of learning in this area this week. My vision of myself and the kind of family and community that I want to have is evolving. In this week I have been integrating my desire for autonomy and spontaneity and spaciousness, imagining myself living alone in a home that I build, and from there offering my gifts to a wide network of lovers and friends and community members. This vision feels very empowered and joyful. At the same time, I am balancing that with the reality that in order to deeply serve people I care about, especially a partner who might be the mother of my children, I will need to make sacrifices, need to focus my energy and choose to make that relationship more central to my life. The balance of autonomy and focused, committed, service to others.
- What resources did I access?
 - The natural world
 - lily's reflections and feedback
 - Michaeljon, conversation
 - letters from and conversations with my parents
- What are my sacred questions, and reflections on those questions?
 - What kind of environment and living situation will allow me to best offer my gifts to others?
 - What am I willing or unwilling to sacrifice in order to have the family life that I want?
 - What do I want my family to look like?
- What are my growing edges for the next week?
 - Balancing self care and spontaneous self expression with care for others to whom I am

committed, self-restraint and focused attention to my loved ones

Livelihood

- What new skills or knowledge did I acquire, if any?
- What resources did I access?
- What are my sacred questions, and reflections on those questions?
- What are my growing edges for the next week?

Inner work

- What new skills or knowledge did I acquire, if any?
 - Practicing diverting my mind from cyclical thoughts, returning to presence and gratitude. Asking myself “do I want to be thinking about this? Is it serving me?” and if the answer is no, letting go of that thought and enjoying where I am
 - I tend to cycle through extremes, and it may often be a good practice for me to take each extreme with a grain of salt, give it some time to mellow out or transform before communicating it to others or making commitments based on it.
- What resources did I access?
 - Giles
 - Lily
 - Men's Group
- What are my sacred questions, and reflections on those questions?
 - What is essential about me? Who am I at the deepest level?
 - How do I communicate my shifting inner reality to others in a way that serves?
- What are my growing edges for the next week?
 - Patience, riding the waves, practicing not taking myself so seriously, holding back from overcommitting myself

Week ending 04/08/12

Food

- What new skills or knowledge did I acquire, if any?
 - Lots of knowledge about planting and pruning fruit trees. If a plant needs good drainage and you're not sure of the existing drainage, plant it higher than soil level and mound the soil up to it. Prune an apple or pear with a tall central leader, then a series of scaffolds every foot or so. Blueberries love organic matter, but for fruit trees only use a little in the planting hole.
 - New inspiration from Jonathan on how to strategize about long term food security, livelihood, etc... Started listing the foods that would be a part of my optimal diet. Next step is to look at what role I would like to play in each of those foods.
 - Food and lifestyle are inseparable, the food that you eat is the life that you live. When strategizing for food security, you need to consider what kinds of relationships you want to have, what you want your daily life to look like, where you want to live, etc...
 - I got a sneak peak into the world of cheese at the farmers market, learned a little bit about how cheese is aged in caves, how the stuff on the outside of cheese is various forms of mold, how you can culture certain molds in agar and then insert them into your cheese, etc... fascinating.
- What resources did I access?
 - UPN plant jam videos
 - Advising with Jonathan
 - cheese guy at the farmers market

- What are my sacred questions, and reflections on those questions?
 - What is my optimal diet?
 - This question is so difficult, because there is so much contradictory information out there. It was very helpful to have jonathan encourage me to just make a list, and that it would probably change many times over the course of my life.
- What are my growing edges for the next week?
 - Examining what role I want to play in my food in the long term, starting to make strategic plans and decisions

Family and Community

- What new skills or knowledge did I acquire, if any?
 - I had a great conversation with eli about the way our relationship is evolving, about what closeness and intimacy means to each of us. We talked about our different expectations of how “up to date” we would be in each others lives, and the different roles that that plays in our experience of intimacy. It brought a lot of clarity for me to understand that she had a higher expectation of being “up to date” on my life than I did, and how important that was to her. It also caused me to imagine what it would be like to have relationship that was so close that you were always “up to date”, and to confront both my longing for that and my fear of merger, my fear of losing myself in that kind of relationship, and also to reaffirm that that is not what I want at this moment in my life, that I need more space and freedom to establish my independence and my identity, my role in the community, etc...
 - I saw once again the drama and difficulty of community life with the whole saga of the medicine wheel guesthouse. Im not sure what I learned, exactly, other than a renewed awareness of some of the challenges we face in community living.
- What resources did I access?
 - Conversation with eli
 - overheard conversations
 - conversation with jonathan
- What are my sacred questions, and reflections on those questions?
 - What is my role in this community? What would I like my role to be in this or any community?
 - I like to envision myself and my space as a welcoming, safe container for people's emotions and growth processes. I want to be a catalyst and a supporter of people's growth. I also want to be involved in food production in various ways. At some point, I would like to be involved in some way in the bigger issues of this communities evolution, but I struggle with the challenges of that, the slowness of the process, the intense, entrenched emotions and grudges.
- What are my growing edges for the next week?
 - Remaining centered, not spinning out to much, but remaining centered in my own life and able to offer my gifts from that place.

Livelihood

- What new skills or knowledge did I acquire, if any?
 - Being totally prepared for city market was so vital. Because I was well prepared, I had strong energy all day, felt nourished and awake.
 - I learned some sales tips from watching debbie sell plants and watching the booth next to me at market.

- Offer people information when they look interested but aren't asking questions
- if someone is indecisive, go ahead and decide which plant you think is best for them, and tell them that's what you think. Any one of these plants could be amazing for them, and you're likely to know just as well as they are.
- What resources did I access?
 - Debbie
 - market, experience there, watching others
- What are my sacred questions, and reflections on those questions?
 - What is the meaning and purpose of sales? How do I sell plants in a way that is in integrity?
 - I like to think of the plants selling themselves, and to remember that the most important thing is that the plants go home with someone who will love them and take good care of them and get benefit from them. If I sense that someone will really care well for a plant, but is maybe feeling some hesitancy about the investment, it still feels good to push them a little, to reel them in, because I sense that it will ultimately benefit them and the plant and the world. If someone is unsure whether they will have the energy to care for a plant, I will push them less, because I'd rather we keep it and sell it to someone else who will care for it well.
- What are my growing edges for the next week?
 - I'd like to build relationships with other folks at the market, and a good first step would be to remember some folks names.

Inner work

- What new skills or knowledge did I acquire, if any?
 - Very powerful learning about birth trauma, talking to my inner child, etc... see "inner work about birth trauma"
- What resources did I access?
 - Family constellations
 - RC
 - Nature
- What are my sacred questions, and reflections on those questions?
 - How can I best care for my wounded child, so that I can access and live from my full adult self?
 - Starting by coming back to the phrase "your mother loves you very much, and she will be with you as soon as she can. It's not about you, you didn't do anything wrong".
- What are my growing edges for the next week?
 - Self care, holding my emotions compassionately without letting them rule me

Food System Design Process Guide

This is the bare bones template of the process described in the output. You can use it as a guide to engage in the process yourself. Depending on your learning style, it might be helpful for you to copy and paste it into a new file and write in your answers, or to have a friend ask you the questions and record your answers in an audio file, or simply to put the questions up on your wall in a place where you will see them and be reminded to think about them once in a while. If you do go through this process yourself, I'd love to hear some feedback about how it went for you, how useful it was, what could have been better, etc...

How to think about food

- What foods would be in your optimal diet? What is the complete list of foods that, if you had at least some access to all of these foods, you would be fulfilled and happy with your diet?
- What other details can you add to the list of foods, how can you be more specific? For example, not just coffee, but fair trade organic coffee, or coffee grown in an integrated, permaculture food forest, etc...
- For the list of foods above, how do you want to get each of these things? How directly do you want to be involved in their production? Some options would be:
 - buy them from the grocery store
 - buy them from someone you know
 - buy them from a neighbor
 - grow them yourself
 - grow them cooperatively
 - buy them from someone you don't know, but have done some research about, or know somebody who knows them
- Once you've made those kinds of decisions, what is your experience in each of those things? For example, if you decide that you want to drink milk and that you want to be directly involved in caring for and milking the cow yourself, What skills and experience do you have in doing that?
- What skills and experience will you need that you don't have already?
- How can you acquire the experience that you will need? Who do you know that has that experience? What kinds of classes, programs, internships, experiences, etc could help you to gain that experience?
- What are you doing already that builds the experience you will need?
- What information do you need in order to make these kinds of decisions? What questions do you have?

This is all for now, as this is the farthest we have gotten in the process as of this writing. Check back in another time to see what I have added as we continue the journey.