

# **Appendices**

## **Contents**

<b>Learning Journal Excerpts.....</b>	<b>2</b>
<b>Photo Descriptions.....</b>	<b>3</b>
<b>Universal Human Needs.....</b>	<b>5</b>
<b>Tracking and Accountability Template.....</b>	<b>6</b>
<b>Resource Review.....</b>	<b>7</b>
<b>Recipe for Roadkill Squirrel Stew.....</b>	<b>8</b>

## Learning Journal Excerpts

01/27/12

I've spent so much of my life  
chasing something  
and running away from the thought  
of being tied down to caring  
for what I already have

01/30

Seems like the biggest decision in my life right now, possibly the biggest decision in my life so far, is whether or not to commit to staying here at earthaven in the long term. I've been really struggling with this question ever since this relationship with eli started. In a very real sense, I'm being offered a place in a family, which is something I long for so deeply, yet I can't fully accept that place without committing myself to this physical place, which is very far away from my birth family.

This dilemma is so complex, it feels very overwhelming. I can't fully be here until I commit to sticking around, yet if I do put down roots here and it doesn't work out, either between me and eli or in some other way, it will be much harder to leave and start all over again.

02/05

I had a busy day today, which just means that my time was filled. It looked busy on my calendar, but it didn't feel busy at all, it felt sweet, and slow, and grounded. It felt energizing, to know that I was doing my best to get done all the things that needed doing.

The zen of firewood, follow the breath, stay with the wood, as the maul falls, my head clears, opening to the sun, the breeze, my feet against my sandals against the ground, the weight of the maul, the weight of the wood, and the rhythm of my breath. Sexy work, for sure.

03/03/12

This evening is a perfect example of my learning how to meet my needs for nourishment. Tonight is my turn to cook dinner for my communal household. I am writing this paragraph in a brief lull in the activity of preparing the meal and cleaning the kitchen. Tonight's meal was complex, involving many steps of preparation and careful timing, and also exemplifying some of the best practices that I am learning to create truly nourishing food. The menu tonight: Roadkill squirrel stew with sweet potatoes, onions, and greens from our greenhouse, with rice and a sweet potato fritata for the vegetarians.

Yesterday, I joked to eli that I didn't know what to cook tonight, and maybe I would go out looking for roadkill. I have had a couple of roadkill animals recently cooked by others, and really enjoyed them, but I had never cooked one myself. This morning, when I arrived for brunch, she announced that she had a present for me. She went to her fridge and pulled out a squirrel! With a lot of help from Liz, I skinned the squirrel, removed its internal organs, and separated its limbs from its body. I used all that meat to make stew, carefully timing everything so that the meat would be nice and tender at the same time that the rice and fritata were done. I'm looking forward to sharing this meal with everyone, and excited about learning more about processing and cooking meat.

## Photo Descriptions



This is Medicine Wheel House, the communal household where I have been living since last september. Some of my needs have been met at Medicine Wheel, such as community, celebration, and autonomy, while others have not, such as efficiency, effectiveness, power in my world, and sustenance.

This is a Nanking Cherry tree that lives right outside of medicine wheel. One of the first fruits to blossom here in the spring, it attracts swarms of pollinators and is a lovely sight first thing in the morning.



This is me playing guitar with Oakley, eli and Jonathan's one year old son. Spending time with Oakley has been a huge source of learning and inspiration for me, and I am so grateful for everything that he has taught me.



This is my altar in my bedroom. The drawings on the left are me and my younger brother, and they were drawn by my mother. The pinecone was brought from portugal by my grandmother from the land where her family used to live. Much of my inner work is about family.

# UNIVERSAL HUMAN NEEDS

## Subsistence and Security

### **Physical Sustenance**

Air  
Food  
Health  
Movement  
Physical Safety  
Rest / sleep  
Shelter  
Touch  
Water

### **Security**

Consistency  
Order/Structure  
Peace (external)  
Peace of mind  
Protection  
Safety (emotional)  
Stability  
Trusting

## Freedom

### **Autonomy**

Choice  
Ease  
Independence  
Power  
Self-responsibility  
Space  
Spontaneity

### **Leisure/Relaxation**

Humor  
Joy  
Play  
Pleasure  
Rejuvenation

## Connection

### **Affection**

Appreciation  
Attention  
Closeness  
Companionship  
Harmony  
Intimacy  
Love  
Nurturing  
Sexual Expression  
Support  
Tenderness  
Warmth

### **To Matter**

Acceptance  
Care  
Compassion  
Consideration  
Empathy  
Kindness  
Mutual Recognition  
Respect  
To be heard, seen  
To be known, understood  
To be trusted  
Understanding others

### **Community**

Belonging  
Communication  
Cooperation  
Equality  
Inclusion  
Mutuality  
Participation  
Partnership  
Self-expression  
Sharing

## Meaning

### **Sense of Self**

Authenticity  
Competence  
Creativity  
Dignity  
Growth  
Healing  
Honesty  
Integrity  
Self-acceptance  
Self-care  
Self-connection  
Self-knowledge  
Self-realization  
Mattering to myself

### **Understanding**

Awareness  
Clarity  
Discovery  
Learning  
Making sense of life  
Stimulation

### **Meaning**

Aliveness  
Challenge  
Consciousness  
Contribution  
Creativity  
Effectiveness  
Exploration  
Integration  
Purpose

### **Transcendence**

Beauty  
Celebration of life  
Communion  
Faith  
Flow  
Hope  
Inspiration  
Mourning  
Peace (internal)  
Presence

This list builds on Marshall Rosenberg's original needs list with categories adapted from Manfred Max-Neef. Neither exhaustive nor definitive, it can be used for study and for discovery about each person's authentic experience.

# Tracking and Accountability Template

**Week of:**

## **Food**

- 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?

## **Family and Community**

- 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?

## **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?
- What resources did I access?
- What are my sacred questions, and reflections on those questions?
- What are my growing edges for the next week?

# Resource Review

These are some of the resources that I have used in my journey towards creating home. Most of them I have read or experienced in the last few months, and a few have been influential to me at other points in my life.

## Food

- Nourishing Traditions by Sally Fallon (Radical dietary perspective, recipes for wholesome, nourishing foods. Makes a strong case for the benefit of animal products, especially fats.)
- The Joy of Cooking (The indispensable kitchen bible. Get an older version if you can for instructions on processing wild game, making bone broths, and so on.)
- We Want to Live by Aajonus Vonderplanitz (Primal Diet, raw meat and fat, and the story of how it saved his sons life. A little preachy, but fascinating.)
- Imani Farm (Working on the farm, learning about the basics of raising animals for meat, eggs and dairy.)
- Jonathan, eli, Liz, Steve, Lee, and others (Many conversations, lots of advice, teaching me to make bread, cook turnips, make stock, skin squirrels, make fudge, etc...)

## Family and Community

- Art of Intimacy Class (Developed by Steve Torma and taught by him and Kimchi Rylander. Principles of intimacy and connection.)
- [www.cnvc.com](http://www.cnvc.com) (Home of the center for nonviolent communication. I got the list of Universal Human Needs below from this website.)
- The Ethical Slut by Janet Hardy and Dossie Easton (Revolutionized my thinking about relationships, and offers lots of practical advice for intimacy and consensual non-monogamy. I read this when I was 18 and it is still huge for me.)

## Livelihood

- Useful Plants Nursery [www.usefulplantsnursery.com](http://www.usefulplantsnursery.com) (The nursery where I work full time.)
- The Soul of Money by Lynne Twist (powerful perspective on how to shift your relationship with money.)

## Inner Work

- Nature and the Human Soul by Bill Plotkin (Very powerful piece of thinking about the life cycle of soul rooted human beings.)
- The Mankind Project [www.mankindproject.com](http://www.mankindproject.com) (Dedicated to nurturing and challenging every man on his journey to authenticity. Powerful community for inner work.)
- Family Constellations, especially as practiced by Sheila Saunders (My personal favorite healing arts practice, an amazing way to gain clarity and understanding about dynamics within your family that are affecting your life.)

## Introduction

- Martin Prechtel, “Secrets of the talking Jaguar”, “Stealing Benefacio's Roses”, and others. Difficult to explain, yet very transformative to my way of thinking. I don't know if i've understood much of what i've read, but i'm fairly sure its some of the most important reading i've ever done.
- Daniel Quinn, “Ishmael”, “The Story of B”, and others. Again, almost inexplicable in any words other than his own, Quinn destroys the foundations of modern thought and replaces them with something far more reasonable and human.

## Recipe for Roadkill Squirrel Stew

1. Find a dead squirrel (or other mammal) on the side of the road . Make sure it is freshly dead, still warm, with no flies, no putrid odor, and soft, pliable muscles. If it smells fine, it almost certainly is. Also check to make sure that the guts haven't been damaged or broken. If its abdomen is very damaged, it's probably best to leave it<sup>1</sup>.
2. Skin and butcher your squirrel. This is quite a process, and I've only done it a couple of times, but it's easy to find instructional videos on the internet if you're interested. Some tips from my experience: use a very sharp knife, and cut very carefully when cutting the skin, trying to cut only the connective tissue between the muscle and the skin. Also, be careful not to puncture the stomach or the intestines.
3. Brown the pieces of squirrel meat in a hot cast iron pan with some fat, such as butter or meat grease. I used sausage grease from this morning's brunch.
4. Bring a quart of high quality meat stock<sup>2</sup> to a boil, add meat, and reduce to a simmer. Simmer for as long as you can, until the meat is tender and falls off the bones.

Meanwhile...

5. Preheat the oven to 350°
6. Chop two sweet potatoes very small and place on a cookie sheet. Separate the cloves of a head of garlic, but do not remove the skins, and mix in with the sweet potatoes. Cover with fat (preferably high quality butter) and place in the oven until sweet potatoes are tender.
7. Chop one bunch of collard greens and an onion.
8. When the meat and the sweet potatoes are both ready, remove the stock and meat from the stove and pour the meat into a colander, catching the stock in a pot or bowl. Allow the meat to cool and pick out the bones, which you can save for later to make stock. Return the meat to the stock and set to the side.
9. Heat some butter in the bottom of a thick bottomed pot large enough for all the stew ingredients, and add the chopped onions. Saute until soft and sweet smelling. Add greens and cook briefly.
10. Remove skins from garlic, and add stock, meat, sweet potatoes, and garlic to large pot.
11. Simmer until all ingredients are tender.
12. Season to taste and serve.

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<sup>1</sup> Obviously this is going to be a stretch for many folks. Our cultural associations with eating roadkill include poverty, disease, and a heavy dose of shame. However, as long as you are sure the meat is fresh and the stomach and intestines are intact, roadkill is very likely to be about as safe as any other meat. Of course, the meat will be better and safer in rural areas than closer to cities, where animals are more likely to carry disease as well as to eat an unhealthy diet of human food.

<sup>2</sup> To learn how to make high quality bone broths and stocks, see Sally Fallon's cookbook "Nourishing Traditions"