

## Regenerative Living at Deer Park, Colorado Springs



Native Soils in Colorado are deficient in organic matter. They might be more clay or more sand but in both cases, what helps things to grow is adding organic matter. The organic matter increases the ability for the soil to hold water and make nutrients available for the plants.

Compost adds nutrients and organic matter. Organic matter can hold up to 20 times its weight in water.



Mulch helps to retain water in the soil. We aim to have a depth of six inches of straw in our beds.



Swales are ditches dug on contour. They are designed to capture water that would normally run off of a slope. This way the water sinks into the ground and allows plants to take hold, gradually regenerating barren landscapes into thriving ecosystems.



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One teaspoon of rich garden soil is home to up to one billion bacteria, several yards of fungal filaments, several thousand protozoa and scores of nematodes.

This is how our soil looks after four years of adding organic matter. Instead of using synthetic fertilizers, we use biodynamic accumulators - specific plants like comfrey and mullein that naturally gather nutrients from the soil and make them available to the surrounding plants.

Chickens free range whenever possible. They add nitrogen to the soil, provide insect control and weed management.



Stacking functions like this is part of the philosophy of permaculture.

Our heating in the meditation room comes from wood gathered from the land. This is our home-made rocket stove.



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We always need to keep the big picture in mind.

This happens as we develop awareness of the interdependent relationships of all living beings.

Living spiritual values in our daily lives by listening to the land, listening to each other, finding stillness in action, and acting in ways that cause no harm.



Feeding our bodies with healthy food, feeding our hearts with our relationships to each other through cooperation and sharing,

We build a resilient community that is connected, caring and responsive to the challenges of our modern world.

