

Flourishing in the Garden



Recipe of the Week: Spinach Berry Smoothie

Smoothies are a great way to include fruits and veggies!

Ingredients

1 cup fresh spinach

1 cup unsweetened plant-based milk or water

2 cups frozen berries

1 banana

1/4 cup rolled oats

Place all ingredients in a blender and blend until smooth.

*For added protein, include your favorite protein powder or sub in another banana for the blueberries and add peanut butter.

Permaculture Principle: Observe and Interact

This principle teaches us to observe and connect with our surrounding Earth. Take the time to observe a situation before acting to find a solution. Reflect on what you notice to carefully make decisions.



Child's Pose



Pose of the Week

Child's pose can encourage mindfulness and relaxation. The tops of the feet should press into the earth. The knees bend while the hips push back to rest. The upper body can rest over the thighs or on a pillow. The forehead can rest on the Earth or a block.

Focus Activity

Observation Walking Meditation

Observe each garden bed and the plants. Notice any differences, notice any changes. Are there any bugs or changes in the leaves? Notice any changes to the fruits that are growing. Notice the soil color and texture.

Next, notice your own breath and body. Notice your breath in and out. Notice how the air feels on your skin. Observe your connection to the Earth.



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Recipe of the Week: Strawberry Muffins

Ingredients

1 1/4 cups whole-wheat flour
1/2 cup rolled oats
1 teaspoon baking powder
1 teaspoon baking soda
1/4 salt
1/4 cup milk
1/3 cup honey or maple syrup
1/4 cup unsalted butter, melted
2 eggs
1 teaspoon vanilla extract
1 cup strawberries, diced

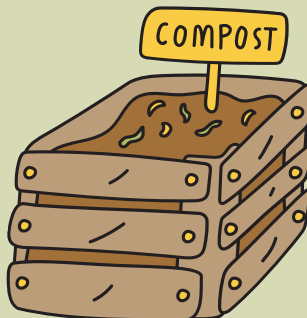
Directions

Preheat oven to 375 F.
Combine flour, oats, baking powder, baking soda, and salt. In a separate bowl combine milk, honey, butter, eggs, vanilla extract, and strawberries. Stir all ingredients together and place 1/4 batter in lined muffin tins. Bake 16-18 minutes.



Permaculture Principle: Catch and Store Energy

This principle teaches us that storing energy can look different depending on our space. Not only can we grow a garden, but we can also store energy. This might include a rain barrel to catch water, decomposing biomass, and the heat of the sun.



Pose of the Week



Cat/Cow

Cat/cow increases flexibility in the neck, shoulders, and spine. It also helps to connect the breath with movement.

Cow: inhale, gaze forward, belly drops, push hips back
Cat: exhale, round the spine, tuck the hips

Focus Activity

Water Meditation

This activity focuses on the sacral chakra which is located in the lower part of the belly. Find a comfortable seated position or lie down on the back. Start to notice the breath in the body and how it moves. Notice where you might be holding tension and areas that might need a little more love. Imagine the sounds of water surrounding you. Maybe you imagine yourself in a creek or a warm bath tub. Imagine the water healing you and taking away any tension.



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Recipe of the Week: Baked Spinach Chips

Spinach has many antioxidants, vitamins, and minerals. Place spinach in a large bowl and add olive oil on top. Use your hands to massage the spinach so each leaf is coated in oil. Place spinach on baking sheets in single layers. Sprinkle with cumin, paprika, cayenne pepper, and salt. Bake in the oven at 350 F for 8-10 minutes until crispy.

Permaculture Principle: Design from Pattern to Detail



This principle teaches us to take a step back to look from a larger system approach. The small details we notice are part of a larger pattern. The sun might feel warm one day, but follows a pattern throughout the year. We should notice the details around us, but also be aware of the system of nature as a whole. Identify patterns before worrying about the details.

Focus Activity

Exploring our Values

Find a comfortable position for meditation, whether that is sitting, laying down, or walking around the garden. Start to think about some of the values that you have. Challenge yourself to think of at least 6 values in your life. How do these impact your day-to-day life and the decisions that you make? How do these values impact relationships with others? How might these values differ from others? How might your values have changed throughout time?

Pose of the Week



Seated Twist

Seated twist can improve mobility, digestion, and posture. Find a comfortable seated position with the hips grounded into the earth. Find a tall spine and cross one arm across the opposite leg to find a twist. Inhale to find length through the spine and exhale to twist into the pose.



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Recipe of the Week: Healthy Brown Fried Rice with Veggies

Ingredients

3 cups brown rice
2-3 tablespoons cooking oil
1/2 onion, chopped
2 cloves garlic, minced
1 carrot, diced
1 cup broccoli, cut
1/2 cup celery, sliced
1 tablespoon soy sauce
1 egg

Directions

Heat oil in a pan and add onions and garlic. Add in veggies and cook for 2-3 minutes. Add brown rice and cook until hot. Gently break egg into rice and cook for 3-4 minutes. Add in soy sauce.



Permaculture Principle:

Self Regulate and Accept Feedback

This principle teaches us to observe our space, and take action towards what we notice. When there is a dysfunctional pattern, we can adjust our actions. Nature will give us feedback and we can accept the changes that we need to make. Self regulation and feedback provide a space for exploration and encourage us to keep moving forward.

Pose of the Week



Forest of Trees

The forest of trees pose connects us with the earth and improves our balance. Ground the standing foot while lifting the opposite leg. Rest that foot either on the ankle with toes on the earth, foot to the calf, or thigh. Avoid putting pressure on the knee. Send the arms out to others around you or in the air.

Focus Activity

Heart Meditation

The heart chakra helps us find love all around us. Find a comfortable seated position or lay down on the back. Notice the breath without trying to change anything. Start to bring awareness to someone that you love and care for. When thinking about this person, notice how the body starts to feel- maybe a warmth rests over your body. Imagine a thread between you and this person, feeling the connection. Say out loud or think to yourself "I wish you peace. I wish you happiness. I wish you love." Turn that same love towards yourself.



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Recipe of the Week: Orange Delight Popsicle

Ingredients

3 carrots, cut and steamed

1 cup berries

1 mango sliced

1/2 cup yogurt or canned coconut milk

1/2 cup water

4 tablespoons honey

Place all ingredients in a blender. Pour liquid into popsicle molds and freeze for at least 4 hours. Remove popsicles from molds by running under water for 10 seconds.

Permaculture Principle: Use and Value Diversity

This principle teaches us that diversity can help to protect against threats by taking advantage of the unique structure of nature. Diversity promotes a resilient structure and can help us to have back up plans. When we plant a variety of plants, this can protect against pests and disease. For example, consider corn, beans, and squash (the 3 sisters) interplanted by Native Americans. The corn provides support, the beans fix nitrogen in the soil, and the squash protect the plants from pests.



Pose of the Week



Deep Squat/Goddess

Goddess pose can open up the hips and chest and improve balance. In a wide stance the toes point out to the side at a 45 degree angle. The knees bend and can track over the toes while the glutes are activated. The pelvis should be neutral with a tall spine.

Focus Activity

Reflection on Our Activities

Our throat chakra helps us establish communication and self-expression. Think about what kinds of activities and hobbies you like to do. What are your interests? What is something that you would like to learn? Think about how you might incorporate these hobbies or activities into the next week. Pick an activity and think about what you would want someone else to know about it. How would you teach someone about this activity?



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Recipe of the Week: Watermelon Fruit Pizza

Ingredients

Watermelon
Plum
Cherries
Grapes
Kiwi
Coconut

Assembly: slice the watermelon into triangular pieces to act as the "pizza crust". Slice the rest of the fruit and layer the plum as the "onion." Top with grapes as "green olives," cherries as "black olives," kiwi as "pepperoni," and coconut as the "cheese."

Permaculture Principle: Produce no Waste

This principle teaches us that nothing will go to waste if we value and use all of the resources available to us.

Permaculture encourages us to match our inputs to our outputs. For example, saving kitchen waste for compost can produce healthy soil. This soil is then used to grow the crops which we eat. Kitchen scraps were not wasted and the soil health is improved. Careful maintenance and investment can help to reduce waste later on. This principle encourages a reuse, repurpose, and recycle mindset to ensure that nothing goes to waste.

Pose of the Week



Seated Meditation

Seated meditation is a great yoga pose for relaxation and meditation. Try sitting with the legs crossed while the arms rest on the knees or you can sit on your knees with hands resting on the thighs. Gently closing the eyes can help to find focus and calmness.

Focus Activity

Goals and Manifestation Work

Think about your values that you reflected on in previous weeks. Think about a goal that you have in mind. Is it short term or long term? Let's turn it into a SMART goal:
Specific: What do you want to do?

Measurable: How will you measure progress to achieve this goal?

Attainable: is the goal realistic? Set yourself up for success.

Relevant: does this goal align with your values?

Timely: What is the timeline for this goal?



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Recipe of the Week: No Bake Granola Bites

Ingredients

1 1/2 cups rolled oats
1 cup ground flax seed
2/3 cup crispy rice cereal
1 cup nut butter
1 cup mini chocolate chips, raisins, coconut, chopped nuts, or a combination
1/2 cup honey or agave
2 teaspoons vanilla extract

Directions

1. Mix all ingredients in a bowl.
2. Scoop into balls using a tablespoon.
3. Enjoy!
4. For storage, use parchment paper in between layers. Store for two weeks in the fridge or several months in the freezer.



Permaculture Principle: Obtain a Yield

This principle allows us to gather everything we have learned and done and observe it-- make. a yield from it. Here, you can reflect on everything you have done to get. to this point and discuss it with those around you to hear what they have learned as well. This could be done using given questions or writing in a journal. Think about how you have designed the space and worked through all the principles, what lessons you have been through, and what around you have you used to get to this point. This is the point in which you get to celebrate the close of this session together.

Pose of the Week



Partner Breathwork

Sit back to back with your partner. Notice the movement and feeling of breath. You can communicate with your partner to work through any of the breath practices we have learned throughout the program. One option is to use an equal part breath inhaling and exhaling for an equal count.

Focus Activity

Closing, Gratitude, and Reflection

What are you grateful for?
What are the things that we can celebrate today?

What are some things you liked about Flourishing in the Garden?

Take some time to record in words or in a drawing what you are grateful for and what you liked about Flourishing in the Garden.

Gratitude can help give us perspective and intention as we move through our life. This practice can also support our development of compassion.



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