

Permaculture Living

Module 1: ****Getting Started****

Welcome! + Meet your instructors

Welcome to your Permaculture Living course, designed to help you start taking tangible steps living...

<https://courses.milkwood.net/products/permaculture-living/categories/1170990/posts/3880214>

How this course will work

The core of this Permaculture Living course is formed around David Holmgren's 12 permaculture principles...

<https://courses.milkwood.net/products/permaculture-living/categories/1170990/posts/3880215>

Module 2: ****What is Permaculture?****

What is Permaculture?

Permaculture – founded by David Holmgren and Bill Mollison – is a design science inspired by ecology...

<https://courses.milkwood.net/products/permaculture-living/categories/1204939/posts/4000885>

Permaculture ethics

The three ethics of earth care, people care and fair share make up the foundation of permaculture...

<https://courses.milkwood.net/products/permaculture-living/categories/1204939/posts/4000886>

Permaculture principles

Combined with the three ethics, the 12 permaculture principles help you think about, plan, and carry...

<https://courses.milkwood.net/products/permaculture-living/categories/1204939/posts/4000895>

Define your goal for this course

At this point, before we get to the juicy stuff, we want you to pause and think. What gets your heart...

<https://courses.milkwood.net/products/permaculture-living/categories/1204939/posts/4989714>

Tell us your goal

Record your personal goal statement by clicking the "Start" button above...

<https://courses.milkwood.net/products/permaculture-living/categories/1204939/posts/6096454>

Module 3: ****Principle 1 - Observe & Interact****

Observe & Interact - with David Holmgren

Principle 1, Observe & Interact is about spending mindful time with our bodies, our homes, and the...

<https://courses.milkwood.net/products/permaculture-living/categories/1171587/posts/3882077>

Action: Learn 5 of your local wild & useful plants

Do you know about the medicine cabinet and the kitchen pantry right outside your door?

Wherever you...

<https://courses.milkwood.net/products/permaculture-living/categories/1171587/posts/4000535>

Action: Research the life cycle of a product you use

Every product that we buy comes with an impact, especially the ones we buy regularly...

<https://courses.milkwood.net/products/permaculture-living/categories/1171587/posts/4000538>

More action ideas

1. Actively manage your house's temperature

<https://courses.milkwood.net/products/permaculture-living/categories/1171587/posts/4000544>

Choose your action

Once you've completed the task above, we will email you an update of your personal

Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1171587/posts/4589937>

Module 4: ****Principle 2 - Catch & Store Energy****

Catch & Store Energy - with David Holmgren

Energy – which is all around us – comes in pulses and waves, and then it's gone. This is why we n...

<https://courses.milkwood.net/products/permaculture-living/categories/1170991/posts/3882089>

Action: Get started with preserving

You found yet another zucchini lurking in your veggie patch. Or brought home a bargain box of tom...

<https://courses.milkwood.net/products/permaculture-living/categories/1170991/posts/3882096>

Action: Harvest rainwater at home

All life on earth needs water. But like all energy, rain comes in waves, sometimes floods, and at...

<https://courses.milkwood.net/products/permaculture-living/categories/1170991/posts/3882097>

More action ideas

1. Make a mini greenhouse

<https://courses.milkwood.net/products/permaculture-living/categories/1170991/posts/3882098>

Choose your action

Once you've completed the task above, we will email you an update of your personal

Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1170991/posts/5091957>

Module 5: ****Principle 3 - Obtain a Yield****

Obtain a yield - with David Holmgren

Principle 3, Obtain a Yield is about reconnecting to our natural cycles. But also to human, plant...

<https://courses.milkwood.net/products/permaculture-living/categories/1204843/posts/4000590>

Action: Grow your own sprouts and microgreens

If you choose this action you'll start with some quick and delicious yields: growing sprouts and ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204843/posts/4000600>

Action: Use what you have, to create abundance and community

Sometimes we have to give something to get something back. Sometimes we just give because we have...

<https://courses.milkwood.net/products/permaculture-living/categories/1204843/posts/4000593>

More action ideas

1. Protect your food garden from critters

<https://courses.milkwood.net/products/permaculture-living/categories/1204843/posts/4000601>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204843/posts/4000592>

Module 6: ****Principle 4 - Apply Self-Regulation & Accept Feedback****

Apply self-regulation & accept feedback - with David Holmgren

In previous modules you looked at the fuel that powered your actions. In Principle Four, Apply S...

<https://courses.milkwood.net/products/permaculture-living/categories/1204851/posts/4000617>

Action: 3 day locavore challenge

Our culture constantly encourages us to treat ourselves to exotic wonderful foods, often flown hu...

<https://courses.milkwood.net/products/permaculture-living/categories/1204851/posts/4000646>

Action: Calculate your carbon footprint

If you choose this action you will apply self-regulation & accept feedback by calculating your ca...

<https://courses.milkwood.net/products/permaculture-living/categories/1204851/posts/4000647>

More action ideas

1. Get water wise

<https://courses.milkwood.net/products/permaculture-living/categories/1204851/posts/4000648>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204851/posts/4000618>

Module 7: ****Principle 5 - Use & Value Renewable Resources & Services****

Use & Value Renewable Resources & Services - with David Holmgren

Principle Five, Use & Value Renewable Resources & Services asks us to reconsider our dependence o...

<https://courses.milkwood.net/products/permaculture-living/categories/1204868/posts/4000665>

Action: Make natural home cleaning products

If you choose this action you'll be taking simple steps on your road to using and valuing renewab...

<https://courses.milkwood.net/products/permaculture-living/categories/1204868/posts/4000684>

Action: Start a worm farm

Worm farms are a great example of using and valuing renewable resources and services.

Worms help ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204868/posts/4000681>

More action ideas

1. Go renewable for a week

<https://courses.milkwood.net/products/permaculture-living/categories/1204868/posts/4000685>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204868/posts/4000666>

Module 8: ****Principle 6 - Produce No Waste****

Produce No Waste - with David Holmgren

In Principle Six, Produce No Waste we take our inspiration from nature, the ultimate recycler, wh...

<https://courses.milkwood.net/products/permaculture-living/categories/1204871/posts/4000689>

Action: Do a 5 day no waste challenge

Single-use plastics are really quite difficult to avoid, unless you make a conscious effort. If i...

<https://courses.milkwood.net/products/permaculture-living/categories/1204871/posts/4000693>

Action: Repair & care for your everyday items

In most cases the most eco-friendly t-shirt, bike, appliance or computer is the one you already h...

<https://courses.milkwood.net/products/permaculture-living/categories/1204871/posts/4000694>

More action ideas

1. Plan a local getaway

<https://courses.milkwood.net/products/permaculture-living/categories/1204871/posts/4000695>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204871/posts/4000690>

Module 9: ****Principle 7 - Design from Patterns to Details****

Design from patterns to details - with David Holmgren

Principle Seven, Design from Patterns to Details encourages you to look at the bigger picture, be...

<https://courses.milkwood.net/products/permaculture-living/categories/1204874/posts/4000701>

Action: Make a base map of your property

If you choose this action you'll create one of the most useful tools in laying out a permaculture...

<https://courses.milkwood.net/products/permaculture-living/categories/1204874/posts/4000724>

Action: Start a perpetual garden diary

When you are designing, whether it's deciding where to put your favourite pot plant, where to pla...

<https://courses.milkwood.net/products/permaculture-living/categories/1204874/posts/4000723>

More action ideas

1. Learn about your local climate

<https://courses.milkwood.net/products/permaculture-living/categories/1204874/posts/4000726>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204874/posts/4000702>

Module 10: ****Principle 8 - Integrate Rather Than Segregate****

Integrate rather than segregate - with David Holmgren

In Principle Eight, Integrate Rather Than Segregate we take our lead again from nature, which com...

<https://courses.milkwood.net/products/permaculture-living/categories/1204885/posts/4000733>

Action: Re-use greywater at home

By choosing this action you'll be learning how to catch and re-use your household greywater – all...

<https://courses.milkwood.net/products/permaculture-living/categories/1204885/posts/4000757>

Action: Keep chickens

Keeping chickens sounds like fun, but you have to really think about how you'll integrate them i...

<https://courses.milkwood.net/products/permaculture-living/categories/1204885/posts/4000758>

More action ideas

1. Engage with the commons – take up guerilla gardening

<https://courses.milkwood.net/products/permaculture-living/categories/1204885/posts/4000759>

Choose your action

Once you've completed the task above, we will email you an update of your personal Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204885/posts/4000734>

Module 11: ****Principle 9 - Use Small & Slow Solutions****

Use small & slow solutions - with David Holmgren

In Principle Nine, Use Small & Slow Solutions we are inspired by the slow and steady snail. It so...

<https://courses.milkwood.net/products/permaculture-living/categories/1204893/posts/4000766>

Action: Take your lunch

This action is all about committing to a habit. The small and slow solution of taking your own lu...

<https://courses.milkwood.net/products/permaculture-living/categories/1204893/posts/4000770>

Action: Start a home seed bank

If you choose this action, you'll be starting a home seed bank. This will help you increase your ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204893/posts/4000769>

More action ideas

1. Ride or walk somewhere local regularly

<https://courses.milkwood.net/products/permaculture-living/categories/1204893/posts/4000771>

Choose your action

Once you've completed the task above, we will email you an update of your personal

Permaculture Action...

<https://courses.milkwood.net/products/permaculture-living/categories/1204893/posts/4000767>

Module 12: ****Principle 10 - Use & Value Diversity****

Use & value diversity - with David Holmgren

We use Principle Ten, Use & Value Diversity to build resilience, not only in our local habitat, b...

<https://courses.milkwood.net/products/permaculture-living/categories/1204902/posts/4000792>

Action: Supporting your local pollinators

If you choose this action, you'll be using and valuing diversity by supporting your local pollina...

<https://courses.milkwood.net/products/permaculture-living/categories/1204902/posts/4000795>

Action: Make your own probiotic drinks

The human body contains literally trillions of microorganisms, even outnumbering human cells in y...

<https://courses.milkwood.net/products/permaculture-living/categories/1204902/posts/4000797>

More action ideas

1. Expand the range of food you grow at home

<https://courses.milkwood.net/products/permaculture-living/categories/1204902/posts/4000798>

Choose your action

Once you've chosen your action, we will email you an update of your personal Permaculture Action ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204902/posts/4000793>

Module 13: ****Principle 11 - Use Edges & Value the Marginal****

Use edges & value the marginal - with David Holmgren

The edge – often ignored, labelled the 'margin' or the 'fringe' – is in fact, a most useful space...

<https://courses.milkwood.net/products/permaculture-living/categories/1204909/posts/4000813>

Action: Mushroom growing & gathering

Fungi are everywhere. They are a bit scary and a little mysterious and a few are dangerous, and e...

<https://courses.milkwood.net/products/permaculture-living/categories/1204909/posts/4000816>

Action: Seaweed foraging & cooking

If you choose this action, you'll be learning to use and cook with wild seaweed – and forage for ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204909/posts/4000815>

More action ideas

1. Cook at least one meal outdoors this week

<https://courses.milkwood.net/products/permaculture-living/categories/1204909/posts/4000817>

Choose your action

Once you've chosen your action, we will email you an update of your personal Permaculture Action ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204909/posts/4000814>

Module 14: ****Principle 12 - Creatively Use & Respond to Change****

Creatively use & respond to change - with David Holmgren

They say 'the only thing that is constant is change'. So Principle Twelve, Creatively Use & Respo...

<https://courses.milkwood.net/products/permaculture-living/categories/1204920/posts/4000837>

Action: Rise up - for our Earth

WHEN you choose this action – we're not going to give you a choice on this one – you will creativ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204920/posts/4000852>

Action: Revisit your personal goal statement

Before we started, we asked you to create a personal goal statement for this course. You wrote do...

<https://courses.milkwood.net/products/permaculture-living/categories/1204920/posts/4000853>

More action ideas

1. Develop an appropriate emergency plan

<https://courses.milkwood.net/products/permaculture-living/categories/1204920/posts/4000854>

Choose your action

Once you've chosen your action, we will email you an update of your personal Permaculture Action ...

<https://courses.milkwood.net/products/permaculture-living/categories/1204920/posts/4000838>

Module 15: ****Course Wrap Up****

You did it! - Where to from here?

Welcome to the end of your permaculture living course, and the start of your permaculture life. C...

<https://courses.milkwood.net/products/permaculture-living/categories/1170994/posts/3880224>

Milkwood's PERMACULTURE LIVING

List of Actions - Permaculture Living Course

Principle 1 - Observe & Interact

- ☐ Learn 5 of my local wild & useful plants
- ☐ Research the lifecycle of a product I use
- ☐ Actively manage my house's temperature
- ☐ Research & support local food producers
- ☐ Learn about my soil
- ☐ Learn about my local waterways
- ☐ Spend more time outdoors

Principle 2 - Catch & Store Energy

- ☐ Get started with preserving
- ☐ Harvest rainwater at home
- ☐ Make a mini greenhouse
- ☐ Stock my pantry
- ☐ Make a budget and start saving money
- ☐ Energy audit my home (and decide which solar power and solar hot water is best for you)
- ☐ Grow beans (storage crops)

Principle 3 - Obtain a Yield

- ☐ Grow your own sprouts and microgreens
- ☐ Use your resources to create abundance and community
- ☐ Protect your food garden from critters
- ☐ Start a herb garden
- ☐ Choose 3 new veggies to grow
- ☐ Do a work/life balance time audit

Principle 4 - Apply Self-Regulation & Accept Feedback

- ☐ 3 day locavore challenge
- ☐ calculate your carbon footprint
- ☐ get water wise
- ☐ waste audit your household
- ☐ give up an addiction
- ☐ learn how to communicate well
- ☐ rehome all that stuff

Principle 5 - Use & Value Renewable Resources & Services

- ☐ Start a worm farm
- ☐ Make natural home cleaning products
- ☐ Go renewable for a week
- ☐ Re-use your wee
- ☐ BYO mugs and cutlery
- ☐ Use wood energy
- ☐ Switch to green energy

Principle 6 - Produce No Waste

- ☐ No waste challenge – 5 days without single-use plastics
- ☐ Repair and care for your everyday items
- ☐ Plan a local getaway
- ☐ Create a compost toilet
- ☐ Stop sending compostables to landfill
- ☐ Boycott new things and learn to love second-hand
- ☐ Choose real food

Milkwood's PERMACULTURE LIVING

List of Actions - Permaculture Living Course

Principle 7 - Design from Patterns to Details

- ☐ Make a base map of your property
- ☐ Start a perpetual garden diary
- ☐ Learn about your local climate
- ☐ Write a will and talk with your family
- ☐ Connect with traditional owners
- ☐ Plan your life around the seasons
- ☐ Sleep in harmony with the day's cycles

Principle 8 - Integrate Rather Than Segregate

- ☐ Re-use greywater at home
- ☐ Keep chickens
- ☐ Engage with the commons – take up guerilla gardening
- ☐ Eat with family and friends regularly
- ☐ Start a local event
- ☐ Join a community garden or permaculture group
- ☐ Support a local vulnerable person
- ☐ Host volunteers

Principle 9 - Use Small & Slow Solutions

- ☐ Take your lunch
- ☐ Start a home seed bank
- ☐ Ride or walk somewhere local regularly
- ☐ Plant a tree and care for it
- ☐ Reuse your packaging
- ☐ Organise a buy-nothing event
- ☐ Bake bread and nurture a sourdough mother
- ☐ Live small: choose a smaller home
- ☐ Actively manage your own temperature
- ☐ Work for less and do more community-focused activities

Principle 10 - Use & Value Diversity

- ☐ Support your local pollinators
- ☐ Make your own probiotic drinks
- ☐ Expand the range of food you grow at home
- ☐ Take down the fence or install a gate with neighbours
- ☐ Make a home for critters
- ☐ Learn a new skill
- ☐ Share your garden
- ☐ Swap the gym for the garden

Principle 11 - Use Edges & Value the Marginal

- ☐ Explore seaweed foraging and cooking
- ☐ Take up mushroom growing or gathering
- ☐ Cook at least one meal outdoors
- ☐ Join your local food co-op
- ☐ Explore your neighbourhood
- ☐ Make a cubby or a tree house
- ☐ Take the train instead of driving
- ☐ Interact in more non-monetary ways

Principle 12 - Creatively Use & Respond to Change

- ☐ Rise up – for our Earth
- ☐ Revisit your personal goal statement.
- ☐ Develop an appropriate emergency plan
- ☐ Break up with the multinationals
- ☐ Go meat-free for one more day a week
- ☐ Divest from unethical institutions
- ☐ Fix appliances and clothes
- ☐ Make money out of a hobby you love
- ☐ Get rid of your TV
- ☐ Do a first-aid course
- ☐ Use your talents to make the world better