



## “INTRODUCTORY ORGANIC GARDENING CLASS” SERIES

Welcome to the "Grow your Own: Food Not Lawn" Educational Program.

I am Farmer Tone.

I am here to **set you up for success** and teach you the basics of hands-on bio-dynamic Tropical Urban Farming. Learning to urban farm requires time, effort and a budget. It will take more than one introductory class to master it. It may take months or even years of practice and learning. It all depends on what actions you will take after the class. For now, my intention is to set you up to **begin the process**.

I want to support you, but it takes you supporting yourself first. Your class is interactive. Your participation is encouraged and your feedback helps us all grow – we engage together in the learning process.

The way we conduct our classes is firstly, by invitation only. Participants must RSVP and choose they type of class they want to experience. If you are reading this and you have not selected a class yet, please do so by visiting [www.tropical-urban-farmer.com/class-rsvp](http://www.tropical-urban-farmer.com/class-rsvp).



Farming and Gardening is all about being connected to the “Great Spirit”, life force or “chi”. Through the life force, we interact and connect to our primal senses, to our environment, to our food and to all our relations.

It is our perspective that Nature is our greatest Teacher. To connect to Nature and receive her lessons we must open our senses. We awaken our senses by using them; smelling the herbs, touching the plants and tasting the food. We learn by doing and by observing. We don't judge. We don't speak in ways that discriminate or set us apart. We are all one.

In class, we empty our cups so to speak, before we fill them up again with new Knowledge. We approach Learning through the heart Chakra, opening the gates of the mind, body & spirit. We are the last to declare we know it all. We are exploring only a drop in the ocean compared to what we can learn from the school of Earth. Please accept us as we are as we accept you. We are simple, we live simply and we let others simply live!



Gardening by reading is much easier than gardening doing but if you don't experience, you will never truly learn. Therefore, we offer Gardening Starter Kits as a starting point of transitioning the learning process from "Theory" using our thinking mind to applied "Hands On" using our feeling Heart/Hand senses. We will get our hands dirty; we will touch and work with the earth's soil (never dirt). We will begin to feel our connection, experimenting with learning by trial and error and using a living sensory garden tool: The Human Body.

The Chi life force is in constant movement, urging us to create and produce and flows into our body's 12 MERIDIANS (according to Traditional Chinese Medicine teachings.) Therefore our human bodies are part of the cosmic energy, staying alive as long as it is moving, producing and reproducing. That makes us producers, not consumers! We have been created with a living "built in" cellular code system, now discovered, deciphered and labeled "DNA" by scientists. Fitted into a functional muscular and skeletal frame, it is designed to produce energy in all its forms: Kinetic, Thermal, Mechanical, Electrical, Chemical and Radiant. This energy circulates movement to sustain and reproduce Life Force, or Chi. Chinese Tai Chi movement exercises are simply a reproduction of the movements that Chinese farmers performed at different stages from planting to harvesting, even dance movements performed at the Harvest Festival!

In modern times, we have become separated from our original outdoors environment, as early as the Industrial Revolution of the 19th century. Throughout the majority of human history, we were producers who derived our food from nature. We engaged in hunting, gathering and growing fruits, vegetables and herbs to sustain our life on earth. We ate raw food. Now, we have transitioned to become "consumers" of man-made food mostly contaminated with man-made synthetic chemicals in the form of plastic, pesticides, herbicides, fertilizers, hormones, colors, preservatives...you name it.



Don't ask each other "where do YOU come from", ask instead, "where does your FOOD come from?"

Where does **our** food come from?? Our Backyard Garden of course! What about **yours**??

It is time to re-connect and become one with our environment, with our Mother Earth, with all our relations - the two legged, the four legged, the winged and now, the rooted (plants)! It is time to take an Introductory Class with Farmer Tone. Right here in the Garden!!

WELCOME to Our Home Backyard Productive Garden!

Please help us pass on the word. Bring and tell a friend!

Please check out more information about us and requirements for signing up for classes at:

[www.tropical-urban-farmer.com](http://www.tropical-urban-farmer.com) | [www.aroundwellington.com](http://www.aroundwellington.com) | Sponsored by: **Around Wellington® Magazine**

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