

From Passion to Action:
Building Local Food Resiliency Using Permaculture Values



Welcome Letter

Dear student,

Welcome to *Passion to Action: **Building Local Food Resiliency Using Permaculture Values***. This course of study is presented by the Loretto Community's Intentional Living Committee. Thank you for registering. We're glad you are here!

Course Description

Over the next four months, we will meet online for six two-hour sessions focused around local food production, distribution, access, equity, and agency. Nourishment with healthy food and access to **local** food are key to countering the ecological and economic brokenness of our system. To learn the expected outcomes of the course, read the course syllabus with recommended reading and links, and access the schedule, go to the Welcome folder [here](#).

We will learn about permaculture values and use them to guide our study. The permaculture movement arose in Australia in the 1980s and is now practiced worldwide. Twelve principles were identified by studying natural patterns and indigenous ways of living. For a slide presentation about these 12 principles, [click here](#). We will also be guided by the six zones of permaculture, studying first **Zone 0**, our individual selves and worldview, and in subsequent sessions, **Zone 1**, our kitchens and family table companions; **Zone 2**, Our neighborhoods and living companions; **Zone 3**, the community or affinity group; **Zone 4**, the Region, specifically the Denver/Front Range, the El Paso/Rio Grande, the St. Louis/Confluence, Kansas City/Kaw River, and the Marion County/Appalachia Regions; and **Zone 5**, the world.

We will also have exercises that we'll do individually and we'll form subgroups according to our geographic regions or our interest areas. These groups will meet online or in person at self-selected times and may continue to meet after the course is over.

Zone 0 Study and First Exercise

The first exercise exploring our personal selves will be completed before the first class session. [The exercise can be accessed here](#). You will have six weeks to use the exercise to develop a sense of agency about food and learn in depth about a self-selected food grown in your locality. There are several steps in the exercise exploring food in different ways. You may need to skip over a step or two and may return to it later. After the exercise are some questions that may help in your journaling/reflection.

Orientation

There will be an online orientation at 1 pm Eastern on Thursday, August 13. Please read through the course materials before then, so we can answer any questions you have. Be ready to briefly say why you are interested in the course and any special interests or needs. If there are a large number of attendees, we will break out into smaller groups for the intros. The orientation will be recorded and available in the shared folder.

More Information

During the weeks of August 2nd and 9th, instructor Lee Recca will be taking calls from 11 am to 1 pm Eastern on Mondays, Wednesdays, and Thursdays. If you would like to talk at other times, please [email me](#) to arrange. Phone calls will be 20 minutes long.

In Anticipation of a Better Future,

Course organizers *Beth Blissman, Libby Comeaux, Jean East,*
Anna Koop, Lee Recca, and Lisa Reynolds