
CONNECTING COMMUNITIES THROUGH FOOD & GARDEN EDUCATION



ABOUT ME



- Protection of Environment
 - Valuation of Local Resources
 - Call for Community
 - Connection to Land
-



GOATS!!!



**WILD
WILLOW
FARM**
& EDUCATION CENTER

Teaching you how to
**Grow local.
Cool global.**

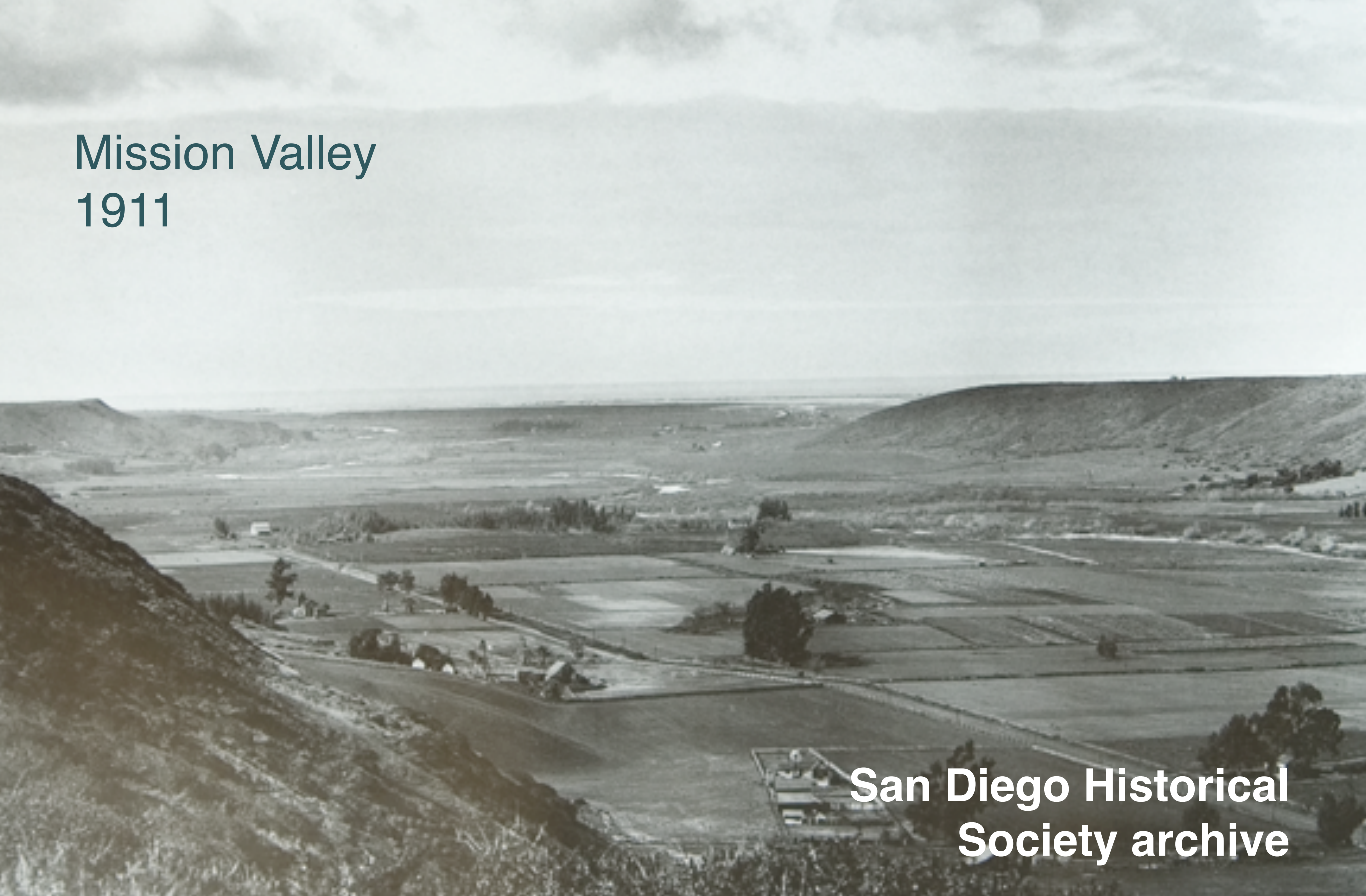


**#RegenerativeAgriculture
@WildWillowFarm
wildwillowfarm.org**



Mission Valley 1911

**San Diego Historical
Society archive**

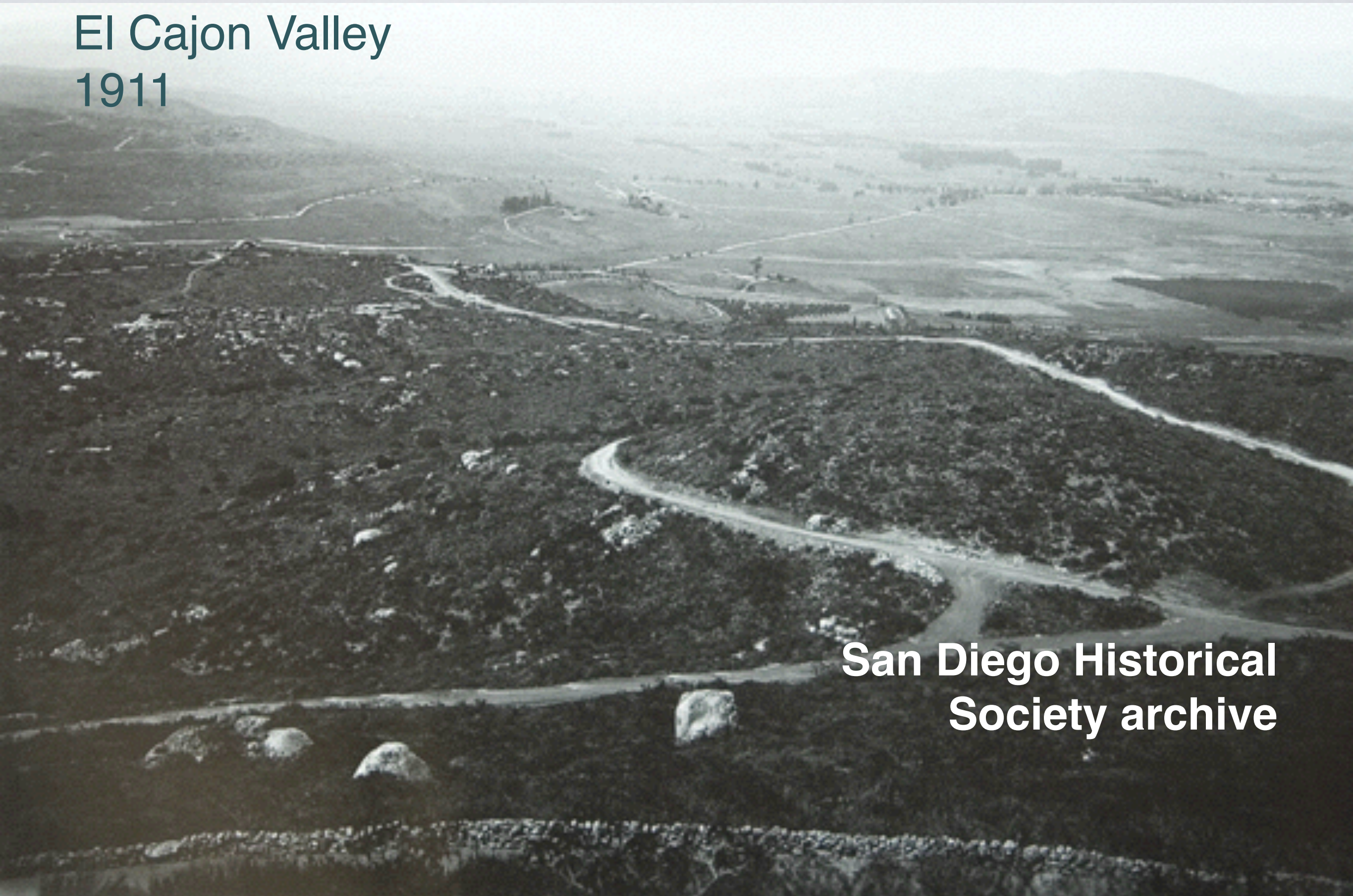


Mission Valley 2001

**George Ross Zezek,
San Diego Then & Now**



El Cajon Valley 1911

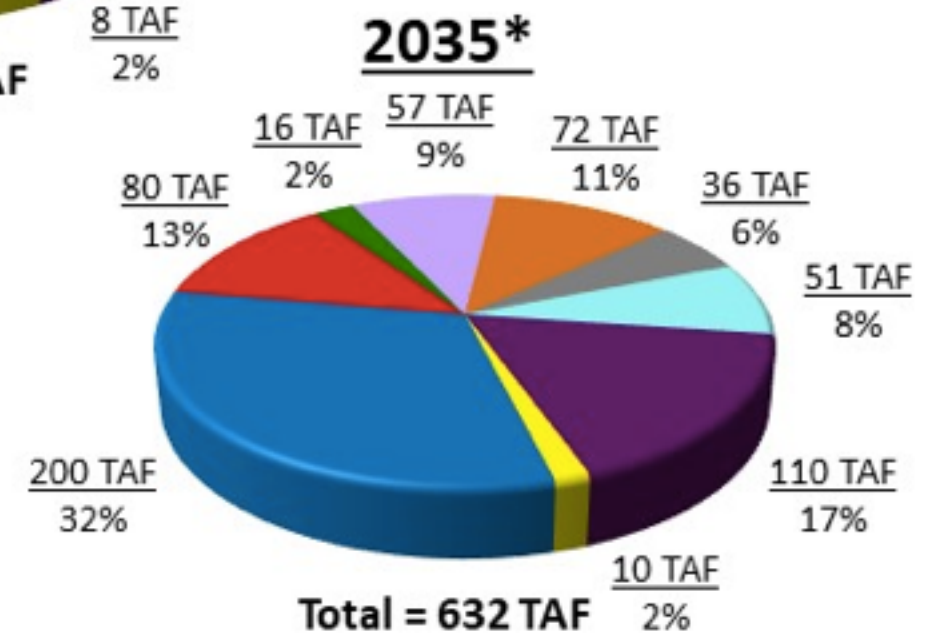
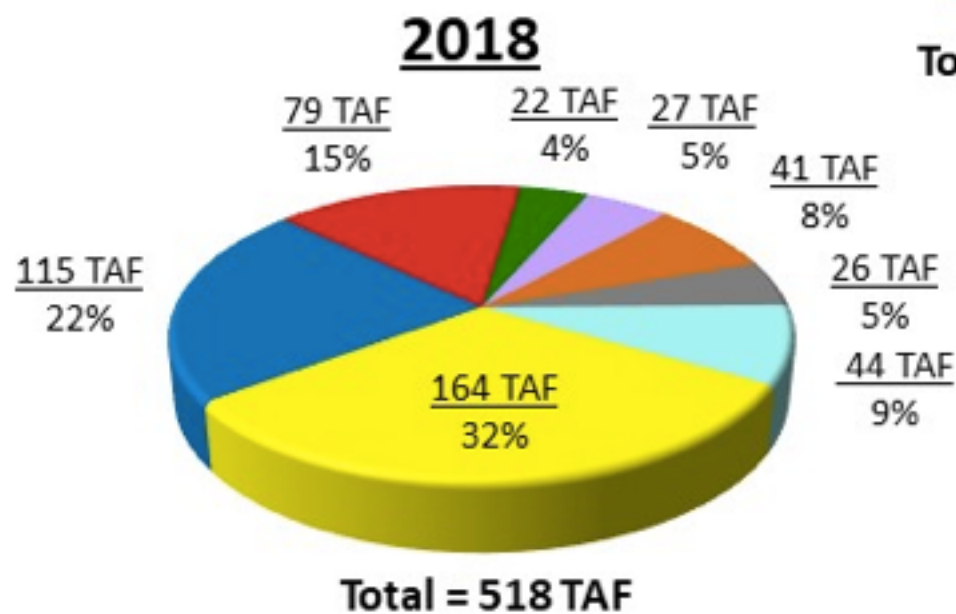
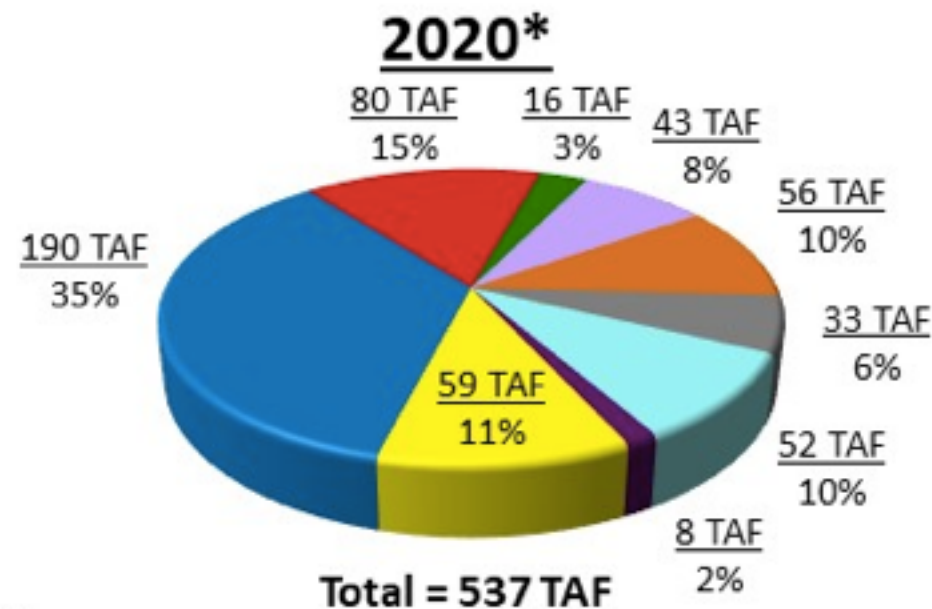
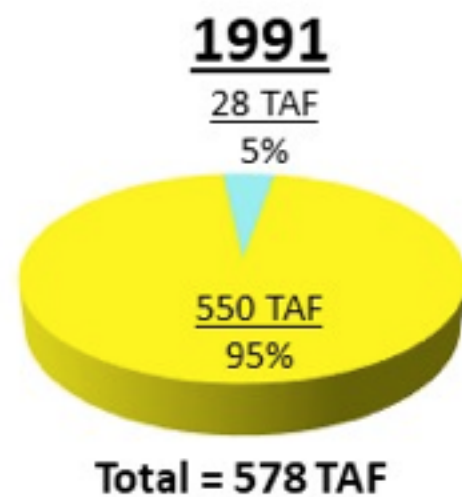


**San Diego Historical
Society archive**

El Cajon Valley
2001

**George Ross Zezek,
San Diego Then & Now**

Increasing San Diego County's Water Supply Reliability through Supply Diversification



* Based on Interim Demand Forecast Reset and includes verifiable and additional planned local supply projects from 2015 UWMP

(TAF=Thousand Acre-Feet)

An aerial photograph of a rural landscape, likely agricultural land, showing various fields and patterns of cultivation. A red rectangle is drawn on the image, highlighting a specific area of interest. The text "Urban Sprawl Case Study" is overlaid on the bottom right of the image.

Urban Sprawl Case Study

Fairview Gardens, Goleta, California •
1954

An aerial photograph of a suburban neighborhood in Goleta, California. The image shows a dense residential area with numerous houses, streets, and green spaces. A red rectangle is drawn on the image, highlighting a specific area in the center-left. The text "Urban Sprawl Case Study" is overlaid on the bottom right of the image in a large, white, sans-serif font.

Urban Sprawl Case Study

Fairview Gardens, Goleta, California •
Today

**NOTICE:
THIS
PROPERTY
IS A FARM**

~~FARMS HAVE ANIMALS.~~

ANIMALS MAKE:
FUNNY SOUNDS,
SMELL BAD, AND
HAVE SEX OUTDOORS.

UNLESS
YOU CAN TOLERATE:

NOISE, ODORS,
AND OUTDOOR SEX,

**DON'T BUY PROPERTY
NEXT TO A FARM!**



NUTRIENT DENSITY



- 8 oranges to get the same amount of Vitamin A that our grandparents ate in 1 orange.
- Nutrient Studies from 1975-1997:
 - FE down 37%
 - Vitamin A down 21%
 - Vitamin C down 30%
 - for 12 fresh vegetables and fruits studied

BUILDING GARDENS



- Land creates physical space to house our other programs.
 - Find what motivates not only ourselves but our neighbors
 - Commitment
 - Holding Space
 - Partnerships
-

Regenerative Agriculture Defined

- A system of farming principles and practices that increases biodiversity, enriches soils, improves watersheds, and enhances ecosystem services.
- Aims to capture carbon in soil and aboveground biomass, reversing current global trends of atmospheric accumulation.
- Offers increased yields, resilience to climate instability, and higher health and vitality for farming and ranching communities.



Regenerative Farming Outcomes

- Ecological restoration of agricultural lands.
- Soil stabilization, minimizing erosion.
- Integrates native plants, pollinators, predators.
- Practices support human and animal welfare.
- Living, carbon rich soil holds water at the root zone.
- Food packed with flavor and nutrition.



RELATIONSHIPS BETWEEN A HEALTHY GARDEN AND A HEALTHY COMMUNITY



SOIL AS A FOUNDATION

Growing Soil to Grow our Food.

"You must weed your mind as you would weed your garden."

-Astrid Alauda



LIVING ROOTS AS THE THRIVING LIFE FORCE

Maintaining our vessel and our well being.



WATER AS OUR COLLECTIVE MEMORY

Using our words wisely and sharing knowledge.



CONNECTION TO NATURAL CYCLES

Seasonality, Observation, Nature Knows Best



DIVERSITY AS INCLUSION OF ALL VOICES

Diversity = Resiliency; Nature is Interconnected





EDUCATION

- Victory Gardens
 - Adult Farm School
 - Farming 101, 6-week course and urban farming mini-courses*
 - Youth Programs
 - Field Trips and School Gardens*
 - Private Events
 - Tours and Venue Rental*
 - Workshops
 - Staff and Community Partners*
-



A photograph of four people jumping joyfully in a field of tall grass and wildflowers. The person on the far left is a woman with blonde hair, wearing a black t-shirt and grey pants, with her arms raised high. Next to her is an older woman with white hair, wearing a light blue shirt, brown pants, and a wide-brimmed hat, also with her arms raised. To her right is a woman wearing a blue long-sleeved shirt, purple patterned leggings, a black baseball cap, and sunglasses, jumping with her arms raised. On the far right is a young man wearing a white t-shirt, black shorts, a straw hat, and sunglasses, jumping with his arms raised. The background shows a clear blue sky and some distant trees. The text '430' is overlaid in large yellow font at the top, and 'Farm School Graduates Since 2012' is overlaid in large yellow font across the middle and bottom of the image.

430

Farm School
Graduates
Since 2012

COMMUNITY

- Volunteering
- Public Events



Soil Shindig
Celebrating Resilient Communities
and Adaptive Landscapes
Saturday November 17
FREE! 1pm to 6pm

Healthy Soil-Building Activities
Speakers
Seed Swap
Composting
Food & Drink (\$)
Cooking Demos
Family Activities
Tours & Botany Walks
Live DJ

**Tijuana River Valley
Community Garden**

**Wild Willow Farm
& Education Center**

Bike & Picnic Friendly!
15 minutes from Downtown San Diego | #soilshindig2018
www.wildwillowfarm.org/shindig

Presented by
**RESOURCE
CONSERVATION
DISTRICT**
Greater San Diego County
rcdsandiego.org

**WILD
WILLOW
FARM**
& EDUCATION CENTER
wildwillowfarm.org

Funding from




Mothering the Mother

Sunday, Sept. 23rd
10:30AM to 4PM
@ Wild Willow Farm
 (2550 Sunset Avenue, 92154)

DESCRIPTION

Love and support yourself, each other, and the land...

Get ready to be pampered on the farm with multiple healing stations lovingly delivered by professionals.

OFFERINGS

10:30 am: Opening tea ceremony

11:30-4:00pm:

Yoga

Rustic Spa

Ceremonial Haircuts

Reiki Clinic & Yoga w/ Shawna

Sound Healing

Massages

Meditation

Dance & Movement

Farm and Nature Walks

and more!



Before & After

South Entrance
April 2, 2010



Before & After

South Entrance
January 2015



Before & After

South Entrance
June 2018



Before & After

**South Corner
December 2010**

Before & After

**South Corner
January 2015**



Before & After

**South Corner
June 2018**



Before & After

**Sensory Garden
June 2011**





Before & After

**Sensory Garden
January 2015**



Before & After

**Sensory Garden
June 2018**

“You must be the change you wish to see in the world.”

-Gandhi

GARDENING AS A TEACHER TO DEVELOPING RESILIENT COMMUNITIES



- Listen to the land and people
- Non-Attachment to identity
- Be willing to adapt
- Diversity and inclusion
- Participating in Nature's Cycles

REGENERATING OUR CULTURE



- Prioritizing individual health and well-being
- Adapting our vision and values for changing times
- Fail early fail often
- Independence vs. Coordination
- Acknowledge and praise work well done

ADAPTING OUR PROGRAMS

- Become place-based
 - Develop programs relevant to the community we serve
 - **Choose how we, ourselves, show up every day**
 - Utilize all of human capacity: critical thinking, presence, emotions, and spiritual connection
-

THEY
TRIED TO
BURY US
THEY DIDN'T KNOW
WE WERE



#SmilingTimes

PLANTING THE SEEDS FOR THE NEXT SEVEN GENERATIONS



**“Nature does not hurry,
yet everything is accomplished.”
~Lao Tzu**



THANK YOU!

Instagram: @wildwillowfarm
Facebook: Wild Willow Farm