

Plan for the Poor

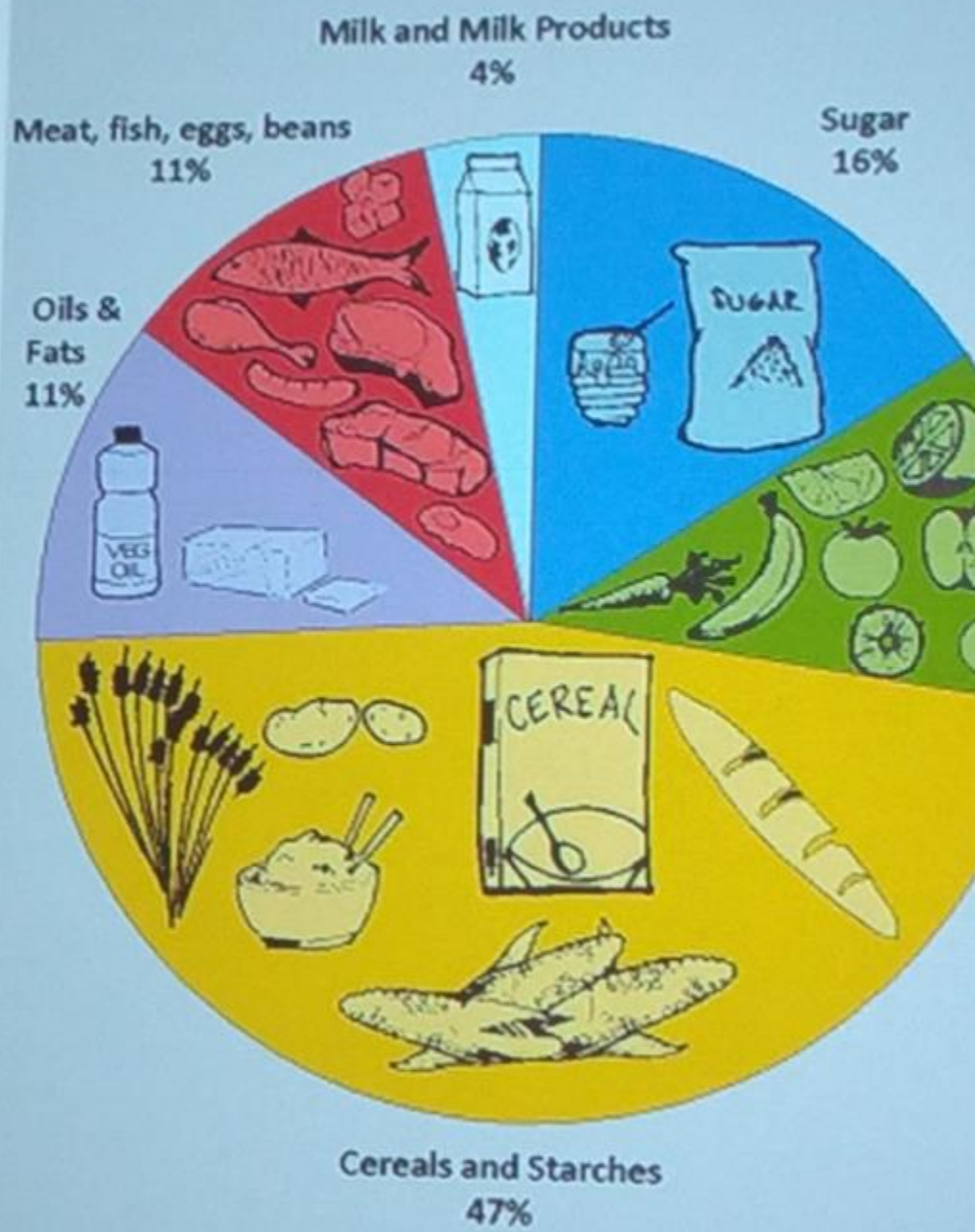
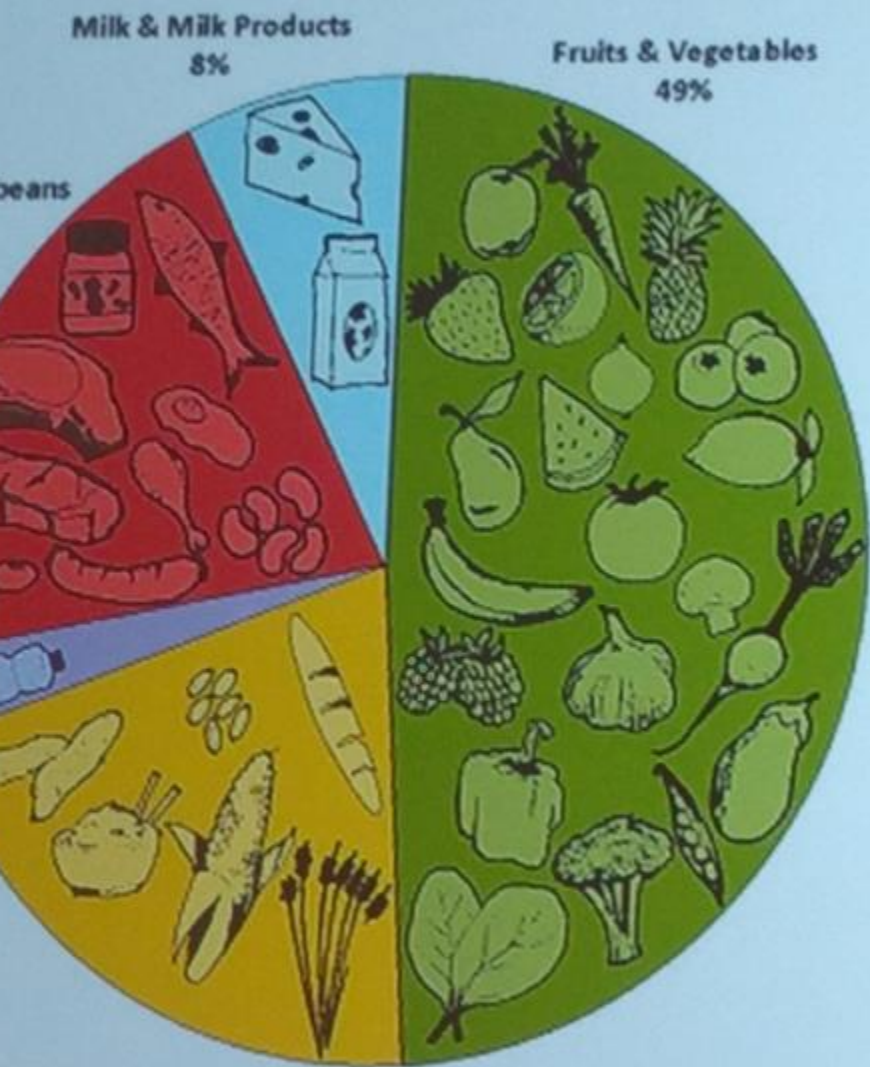
Healthy Soil – Healthy Families

*Danube Soils Conference
BOKU University
April 2017*

Presentation by Ronald Gilchrist , Scotland

Healthy Soil – Healthy Families

- 1 For most people, health is a lifestyle choice so **Eat Yourself Healthy** ... know what you are eating! ... it must be :
..... Organic ... Local ... Fresh ... Seasonal.
- 2 Making the most fertile soil ...
..... **Nature's Way**
- 3 Growing herbs at home ... What garden design is best for you?



EAT YOURSELF HEALTHY

DIABETES

✓ HELPFUL ✗ HARMFUL

Vegetables (raw or cooked), especially greens such as kale, spinach, chard
Legumes (lentils, beans)
Plain yoghurt
Eggs
Good fat like olive oil
Avocado
Oily fish

Sugar
High sugar fruit drinks
Processed foods



OBESITY

✓ HELPFUL ✗ HARMFUL

Nuts
Seeds
Beans
Plant oils
Vegetables (not potatoes)
Fresh fruit
Minimally processed foods

Refined grains - white rice, white bread, white pasta
Fruit juices, sweets



CANCER

✓ HELPFUL ✗ HARMFUL

Fresh fruit and vegetables
Brown rice
Beans
Wholegrain bread
Meat
Fish
Pulses
Nuts and seeds

Excessive salt and sugar
Processed meat - bacon, ham, sausages



DEMENTIA

✓ HELPFUL ✗ HARMFUL

Fresh fruit
Vegetables
Oily fish - salmon, mackerel, tuna, herring
Seeds
Legumes

Sugar
Fruit drinks
Processed saturated fats
Processed foods



BLOOD PRESSURE

✓ HELPFUL ✗ HARMFUL

Fresh fruit and vegetables especially avocado, bananas, peach, nectarine, kiwi, beetroot, red pepper, kale, broccoli
Oily fish
Plain yoghurt
Whole grains - e.g. quinoa

Salt Sugar Alcohol
Bacon Pickles



HEART ATTACK

✓ HELPFUL ✗ HARMFUL

Vegetables - broccoli, spinach, kale, tomatoes
Wholegrains
Fruit - citrus, blueberries, avocado, pomegranate
Porridge (not instant)
Nuts, legumes
Oily fish
Dark chocolate

Processed meats
Sugary drinks



STROKES

✓ HELPFUL ✗ HARMFUL

Fresh fruit
Vegetables
Wholegrains - especially oats, barley
Beans
Nuts
Oily fish

Salt Processed meats
Red meat unless organic grass fed
Cheese Crisps



RESPIRATORY

✓ HELPFUL ✗ HARMFUL

Fresh fruit - apples, grapefruit
Vegetables - garlic, onion, kale, spinach, broccoli, carrots, red pepper
Fish
Wholegrains
Beans, Seeds, Nuts

Salt Processed meats
Milk Deep fried foods



EAT YOURSELF HEALTHY

- ✓ EAT FRESH, LOCAL, SEASONAL, ORGANIC
- ✗ AVOID PACKAGED, CANNED AND READY MEALS

AMAZE YOURSELF!

TRY SOME OF THESE...

VEGETABLES

RAW
COOKED
FRESH
FROZEN



FRESH HERBS

PARSLEY - BASIL
MINT - CORIANDER
MIXED COLOURED
SALAD LEAVES



FRUIT NUTS SEEDS

WALNUTS
BRAZILS
HAZELNUTS
PUMPKIN
SUNFLOWER
SESAME SEEDS



NUTRITIOUS OILS

OLIVE
COCONUT
PUMPKIN
HEMP
SESAME



HEALTHY SPICES

CINNAMON, CUMIN,
TURMERIC & BLACK
PEPPER, CAYENNE,
CHILLI



LOCAL WILD
BLOSSOM HONEY &
FORAGED BERRIES



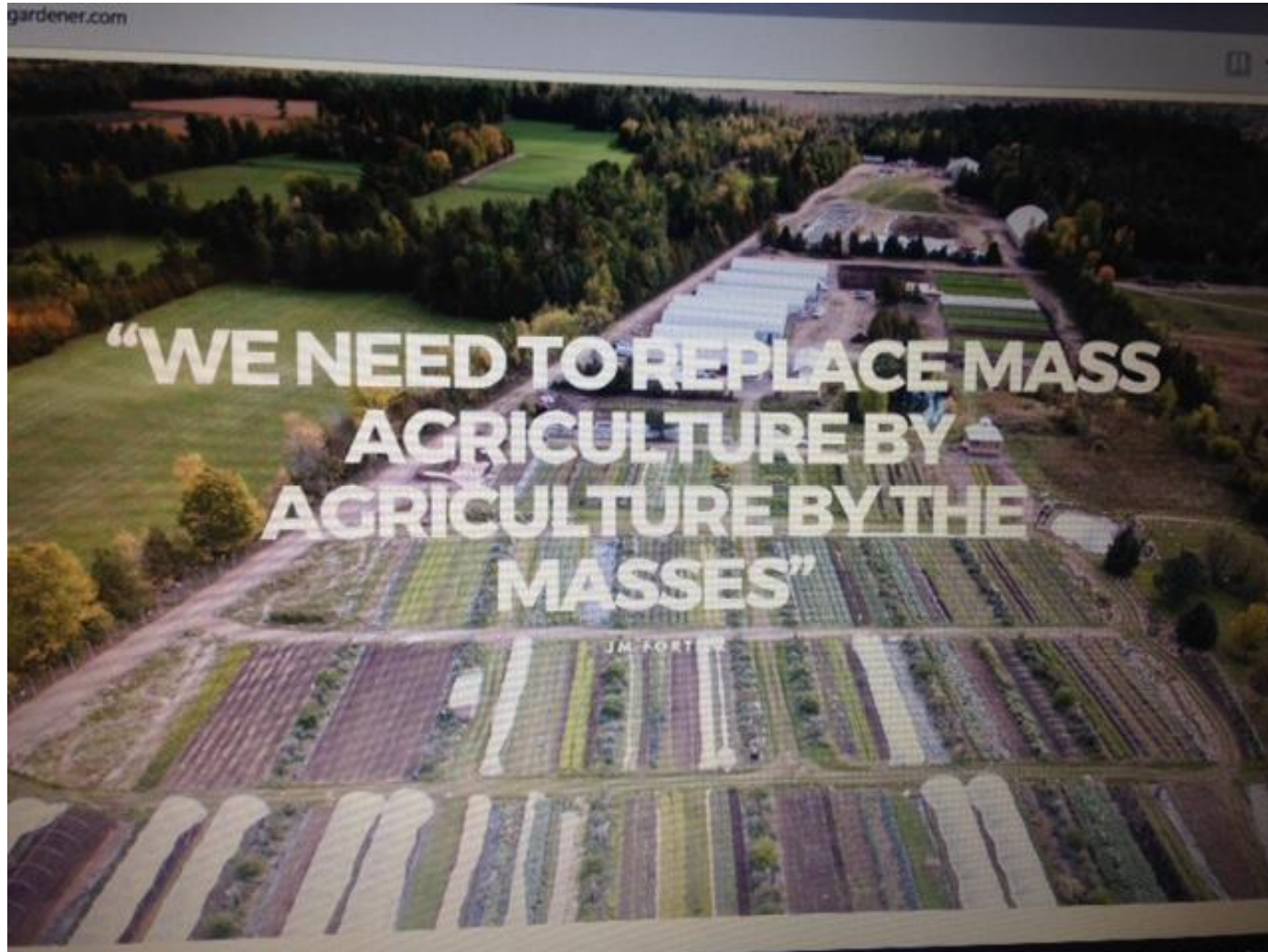
Profusion ... Nature's Way

growing your own herbs / easy by design



Microfarming, Canada

- earning \$100,000 per acre



Rapid Composting

with a simple, insulated HotBox



WormBox & Community Garden

no boots, no digging, no bending down – easy by design



Delicious and nutritious vegetables

impressive production ...what garden design best for you?



Raised Bed Community Garden ...

- a social hub with polytunnel, tool store, potting shed & office



Village community garden

- low maintenance & wheelchair accessible



9m x 9m Neighbourhood Garden

- built by and for a women's empowerment group



Keyhole Garden

- small space – easy to look after



Growing in the School Yard

- raised bed & biohumus bunker



Small spaces: tasty herbs in 10 litre pots

- on a pallet table under the washing!



Scottish winters - cold and windy
- simple shelter – healthful herbs all year



No space - Vertical Veg pockets

- fresh herbs daily, all year on a herb wall



Inner city tenement back court

- fresh herbs in peaceful oasis in a poor neighbourhood



Hillside community garden

- HotBox, WormBox, Tunnel, raised beds



Addiction therapy

“It is wonderful to be kept busy all day”



Mental health therapy

“It is so peaceful” : “I am always happy here”

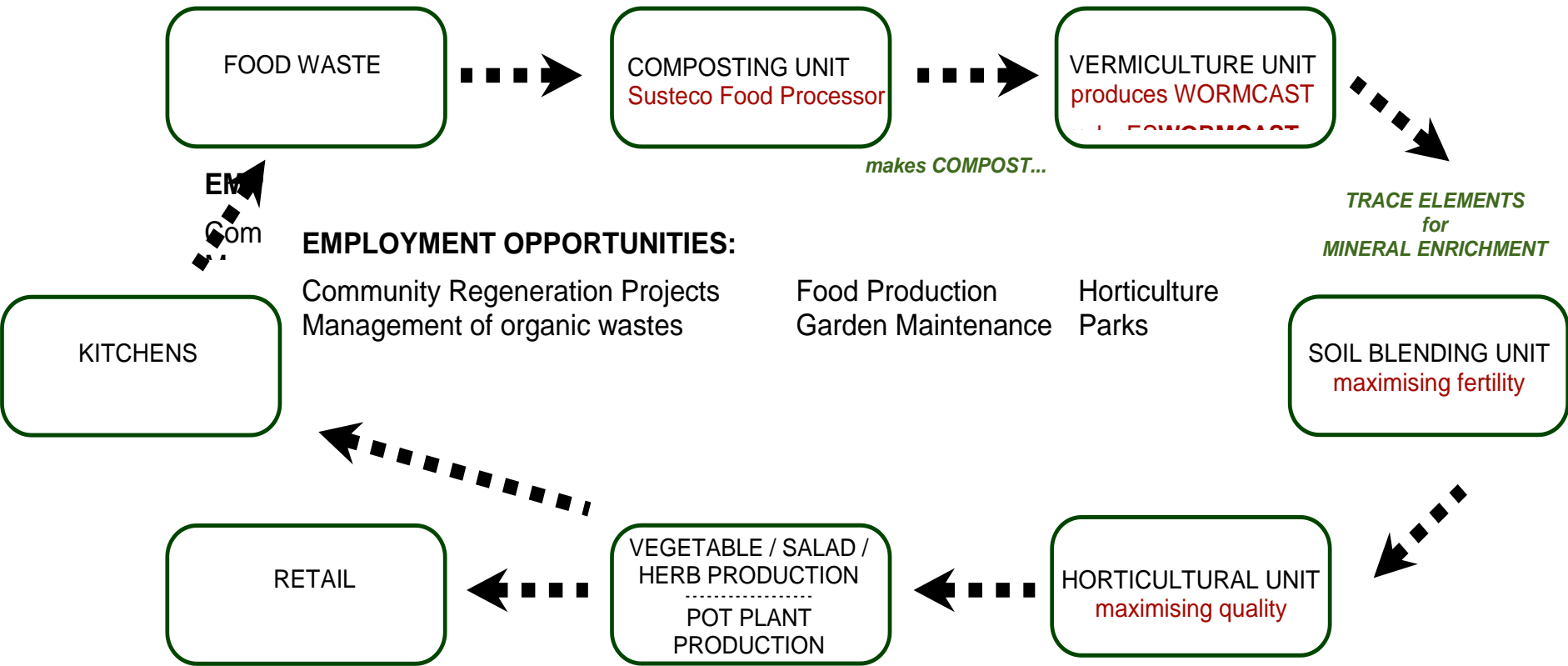


David plants up some bulbs

“New lease of life”: “I come down every day”



GREENWAY Pre-Release Horticultural Training Programme



EMPLOYMENT OPPORTUNITIES:

Community Regeneration Projects
Management of organic wastes

Food Production
Garden Maintenance

Horticulture
Parks

BENEFITS:

Purposeful work for prisoners
Health benefits-fresher food
Education/learning possibilities

Garden Therapy
Waste reduction
Sustainable Project

Horticultural Knowledge & Skills
Costs reduction - "free food" produced
Project Management Skills - seeing work process through from beginning to end

Resilient community - like an island.

- for health eat local, organic, fresh, seasonal food
 - know what you are eating & create local jobs
- food grown in the community, by the community, for the community
 - be independent of world food markets

