



March 2023



Welcome Spring!

Well, it's almost here! Spring, that is. It can be an interminable wait for spring to actually arrive here on Cape Cod. But we have some great things for you to look forward to, maybe making the waiting easier.

For one, we have plants for sale! Each spring we purchase tons of plants for our permablitzes and sometimes we need to get entire trays. We don't always use all of them, so we are offering the extras to you. Some have very limited numbers so don't delay on ordering.

Also, we are rolling out our and workshops and permablitz lineup in this newsletter. It's always exciting to see who will be joining us for the upcoming season. Included this year is a Permaculture Tour held in two different parts of the Cape at sites we have had permablitzes at in the past. It will give you a look at how the sites have progressed over the years.

Finally, Deb Winther has some great advice about what plants to include in your fruit tree guilds, we have a new Resilient Roots staff person to introduce you to, and an update on our work with Habitat for Humanity. We are looking forward to so much in the coming year! We hope you can join us along the way.

- The Team at Resilient Roots



PLANT SALE
Native and Edible Plants
[Click Here](#)





Workshops Spring 2023

Now is the time to sign up for those spring workshops that fill up quick.
Here is what we are offering.

[Pruning](#)

[Landscaping for the Birds](#)

[Growing Shiitake Mushrooms](#)

[Growing Herbs - part of an herb series](#)

[Vegetable Gardening](#)

[Planting a Food Forest](#)

[Planting a Pollinator Bed with Natives](#)

[Cooking with Herbs](#)

Click Here to Get the Details and to Register for Workshops



Permablitzes 2023

[What's a permablitz? Check out this quick video and learn what its like to good to one!](#)

Here are the permablitzes scheduled so far this year:

May 20, 2023 Harwich 9 AM - 3 PM

Join us for a clean slate permablitz where we transform a yard that is 100% lawn into a diverse, fruit filled oasis of abundance. We will be creating some raised beds for veggies, planting berries and installing a food forest. You will be able to learn, first hand, the principles and techniques of creating an eco-friendly edible landscape at this permablitz. The day will be a mixture of mini workshops and actual hands-on work alongside the other participants. Snacks, beverages and lunch will be provided.

June 3, 2023 Falmouth 9 AM - 3 PM

Join us for a day of reworking this well thought out yard to include lots of pollinators and edibles. This yard already has many elements but we will add the finishing touches with some fruit tree guilds, pollinator beds and an herb spiral. There are a variety of challenging sun exposures, topography and space constraints that we have designed around. The day will be a mixture of mini workshops and actual hands-on work alongside the other participants. Snacks, beverages and lunch will be served.

Permaculture Tour 2023

Saturday June 10th Lower Cape or Sunday June 11th Upper Cape

This year we are offering tours in two different parts of the Cape so you can see some of the sites where permablitzes have happened over the years. Each day is orchestrated so that the first site on the tour, a permablitz has occurred just a few weeks before. The second site will be a year or two since the transformation has occurred, the third site will be 2-3 years and the fourth site over 4 years so you can see a well established site.

At each site the homeowners will explain their goals and expectations and go over the landscape design. They will take you through the landscape explaining how things were constructed and how it's doing so far. There will be plenty of time for questions. You will have about an hour at each site and time to travel between sites. We will be in the Lower Cape (Orleans, Harwich and Dennis) on Saturday June 10th and Upper/Mid Cape (Falmouth and Barnstable) Sunday June 11th.



Sign Up for the Permaculture Tour



We are so glad to be welcoming Meredith Horsley to our team. You will be seeing a lot of her this year. Welcome Meredith!

Meredith assists Resilient Roots with organization and implementation of projects, events and installations. She brings a diverse range of skills and knowledge along with a healthy dose of life experience to the RR team. After traveling the country, Meredith returned home to New England where she worked as a landscaper in Falmouth specializing in installation and maintenance of herb, flower and vegetable gardens. Heading west again, she earned a B.A. in Art History and lived in beautiful Colorado. Now married, a proud mom, and back home on Cape Cod she is an avid home gardener and student of horticulture. Additional past work experience includes working with a renewable energy system installer and helping a start-up, The Urban Farm Company of Colorado. She has earned her yoga teacher and health coach certifications. Beyond working in her home gardens in Cotuit, Meredith loves listening to music, reading mystery stories, watching birds and being in nature.

You can contact her at: meredith@resroots.org.

DIY Fruit Tree Guild

By Deb Winther

Resilient Roots Board Member

In our last newsletter, we told you about a delicious variety of peach that we're growing at Fuller Farm. If you were inspired to order a peach tree to plant this spring, you may be wondering what you should do next. One approach would be to create a permaculture fruit tree guild.

A Fruit Tree Guild is a time-tested permaculture technique based on natural ecosystems, like what you find in a forest. A guild is a community of plants that grow and support each other by recycling nutrients back into the soil, providing shade and conserving water, attracting beneficial insects, repelling pests and diseases, building soil, and preventing erosion.

Benefits of a Fruit Tree Guild - Permaculture gardens and fruit tree guilds are well suited to small spaces. By imitating nature, you can build a healthy ecosystem with a variety of productive plants in a garden of almost any size. A diversity of plants attract bacteria, fungi, insects, and birds. Incorporating edibles, medicinal plants, and flowering plants to grow alongside your fruit tree allows those natural processes to take place. This approach can also help reduce your workload in the garden. Even watering becomes more efficient, due to shading of the soil, weed suppression and decreased erosion.

Building a Fruit Tree Guild - The first step to creating a fruit tree guild is to prepare the soil. A healthy soil food web is key to a productive guild. But, before you start digging, we recommend using another time-tested method called "sheet mulching". This is a "no dig" technique that leaves the existing soil food web undisturbed, while building healthy soil for your guild. See this page on our website for how to sheet mulch.

Choosing Your Plants. Now for the fun part – deciding which plants to include in your guild! Typically, a guild includes:

- **Nitrogen-fixing plants** – are those that have a bacteria present in their roots, that takes nitrogen from the air and converts it to the type of nitrogen that plants can use. These plants will be a future source of fertilizer for your fruit tree. Yellow Wild Indigo and Blue False Indigo are two examples of nitrogen fixers.
- **Plants for pollinators and pest control** – Plants that attract pollinators include Columbine, Purple Coneflower, Mountain Mint, and Goldenrods. Repellers can include daffodils, aromatic herbs like Sage and Thyme, and members of the allium family, such as garlic.
- **Suppressors** – Suppress the weeds and decrease watering needs with a dense ground cover matrix, such as Wild Strawberries, Creeping Raspberries, or our native Bearberry.
- **Mulchers & Accumulators** - Accumulators rejuvenate the soil by pulling up more nutrients from the subsoil into the leaves above. Mulchers, when cut and sprinkled around the tree, hold in moisture and reduce watering needs. Comfrey is often used in permaculture, and it doubles as a mulcher and an accumulator.

Now that you're ready to get started, be sure to check out our plant sale. There you'll find many of the plants we recommended above. Have fun creating your own healthy and beautiful fruit tree guild.

Habitat for Humanity of Cape Cod and Resilient Roots Team Up!



We are working with our local Habitat Chapter to bring the new residents of three houses in Sandwich eco-friendly landscapes that will include some edibles. The landscape designs will focus on low-maintenance species that will work with the conditions and be user friendly to the residents. Resilient Roots will follow-up the autumn installation with periodic check-ins through the following few years to see how the plantings are doing and to help the residents map out new plantings and gardens if they are interested.

The two organizations are talking to the local technical schools on Cape to see if their students might want to be involved with the project. This would give them added experience and exposure to eco-friendly landscaping techniques and help with the installation labor.

Thanks to the entire team for working to make this happen!

Donate to Resilient Roots to Help with Our Project with Habitat



Our email address is: meredith@resroots.org

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