



Newsletter

December 2023



Image by Patrice Bouchard

As This Growing Season Winds Down,
Let's Look Forward to the Next One

With the quiet of winter nearly upon us, we're taking this time to plan many exciting

events that will continue to bring us together in creating eco-friendly, edible, low-maintenance yards across the Cape. In the works are new educational workshops as well as old favorites, a book club, and our annual plant sale. You can look forward to plenty of hands-on opportunities at our permablitzes and demonstration garden that offer a chance to learn while volunteering. We can't wait for you to join us in next year's adventures. Read on for the details!

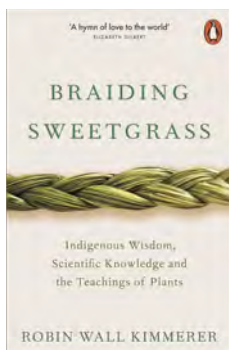
—the Resilient Roots Team

Winter Book Club

Do you spend your winter dreaming about the garden? If so, you may enjoy meeting with others to discuss garden-themed books at our new Resilient Roots book club.

The Winter Book Club will be held at Sturgis Library, 3090 Route 6A, Barnstable, on the following three Tuesdays, from 6:00–7:30 pm:

Tuesday, January 16th: Braiding Sweetgrass by Robin Wall Kimmerer



A New York Times & Washington Post Bestseller
Named a "Best Essay Collection of the Decade" by Literary Hub

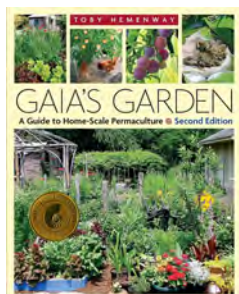
As a botanist, Robin Wall Kimmerer has been trained to ask questions of nature with the tools of science. As a member of the Citizen Potawatomi Nation, she embraces the notion that plants and animals are our oldest teachers. In *Braiding Sweetgrass*, Kimmerer brings these two lenses of knowledge together to take us on "a journey that is every bit as mythic as it is scientific, as sacred as it is historical, as clever as it is wise" (Elizabeth Gilbert).

Tuesday, February 27: Nature's Best Hope by Douglas W. Tallamy



This book urges homeowners to take environmental action into their own hands, one yard at a time. Tallamy's homegrown approach empowers us all to make our planet a better place. "Tallamy lays out all you need to know to participate in one of the great conservation projects of our time. Read it and get started!" —Elizabeth Kolbert, Pulitzer Prize–winning author of *The Sixth Extinction*.

Tuesday, March 26: Gaia's Garden by Toby Hemenway



Gaia's Garden has sparked the imagination of home gardeners the world over by introducing a simple message: working with nature, not against her, results in more beautiful, abundant, and forgiving gardens. We will be reading and discussing Chapters 1–5 and Chapter 12. The discussion will be led by Kristie Kapp, founder of Resilient Roots.

The book club is free, but preregistration is required. You may register for just one

session, two, or all three. Discussions will be loosely structured; come ready to share your thoughts and have some fun! For any questions, please contact Rachel Todoroff at pilferedblossom@me.com.

**Register
for Jan**

**Register
for Feb**

**Register
for March**

Hosting a Permablitz

by Christine Kircun



This past June, with the support of Kristie Kapp and Resilient Roots, my husband, Jakub, and I had the pleasure of hosting a permablitz at our home. Our process began last summer, when Kristie visited our home to create a landscaping design that fit our lifestyle and the way we wanted to utilize our yard. Jakub and I have lots of plans for our property, but we focused on a couple of prioritized areas for the permablitz.

Ultimately, a lot of preparation was needed. That made me a little nervous, but by moving step by step, what seemed like an overwhelming job turned into manageable tasks. Kristie encouraged us to search locally for supplies, which meant a lot of the material could be found for free! Going around town in search of cardboard, manure, and coffee grounds started feeling like a scavenger hunt, which also introduced me to new members of the community and made me aware of our local and abundant resources.

Activity began to pick up when the plants started to arrive in the spring. The plants needed to be watered and monitored daily, and the final mulching materials, like seaweed and coffee grounds, were gathered a week before the permablitz for freshness. Finally, in order to accomplish this transformation, we would be hosting

15–20 people to work on our yard for the whole day, so we supplied lunch. Even as the preparation got busier, we just kept checking items off the list, putting them aside, and simply waited.

On the day of the permablitz, it was heartening to see familiar faces and ones I met for the first time walking toward our yard with gloves, shovels, and rakes. We broke into teams led by someone from Resilient Roots and started working. The day was punctuated with short workshops and lunch, but by mid-afternoon, we were cleaning up.

It was incredible how fast the yard changed! My team was installing a fruit-tree guild (an apple tree and its supporting plants), and when we were done, three other apple-tree guilds, blackberry bushes, and pawpaws were planted. Then I was helping with the wildflower bed before stepping away to set out lunch. When I came back out, the other four fruit trees were planted in completed guilds. After lunch, everyone was working together to fill in and plant a raspberry and asparagus bed.

As I was watching everyone covering the asparagus roots, I remembered back to last spring, when I participated in my first permablitz. The drive was to help accomplish the host's goals for the day. I remembered the care to make sure the job was well done. The gained confidence and hands-on experience. Being inspired and energized by the enthusiasm of everyone who participated. And broadening my network of people who, in some way or another, are drawn to and want to live more connected with nature.

As someone hosting a permablitz this year, I feel gratitude for all the time, hard work, and care everyone gave so generously to my yard. It is definitely the ultimate garden party!

Our New Hire



We are happy to announce the hiring of Sharon Wilkey as our new assistant to the director. Sharon will be focusing on administrative tasks that support the work of Resilient Roots.

Sharon: "Sometimes a new little sprout pops up unexpectedly, and you just have to pause for a moment, maybe feeling surprised by its appearance or in awe of its existence. And then you're all in, ready to do what's needed to help it grow. That's how this job opening appeared to me one day—out of the blue, in my inbox—a happy surprise and intriguing opportunity.

Resilient Roots had captured my interest a few years back, with the very first workshop I attended. Kristie's dedication to mirroring nature in creating edible landscapes is impressive, and her enthusiasm is contagious. I am thrilled to be joining this organization because its mission so perfectly fits this time and place and because its values align so well with my own.

In this technology-focused world that's changing at light speed, we need community rooted in the well-being of one another as well as of the earth itself—and to me, that's what Resilient Roots is all about. My own roots on the Cape go back at least 11 generations, each passing down their ways of foraging for wild fruits, planting their vegetable gardens, and sharing space with their wildlife neighbors. Attending Resilient Roots workshops has expanded my knowledge, and I'm excited to continue learning while advocating for this growing nature-based movement.

I've worked as a newspaper reporter and editor, and today I'm a freelance book editor. But not much beats getting outside, reconnecting to the land beneath my feet, and having the privilege of seeing new life grow. I'm especially excited about the Resilient Roots collaboration with Habitat for Humanity, as we should never lose sight of the critical need for affordable housing and for helping our hard-working neighbors even as we focus on the environment; our local people are part of this precious ecosystem.

By taking on some of this organization's work behind the scenes, I hope to enable the Resilient Roots team to better focus on expanding its efforts as it should, and as we all need it to. I'm honored to play a role in supporting local action that so obviously helps the insects, the birds, the animals, the plants, the water, the land, and ourselves, and I look forward to all the growing seasons ahead with you."

Beyond the Usual

by Kristie Kapp

Are you thinking about what you might plant next year in your yard? Consider some out-of-the box options! We've had good luck with these low-maintenance and productive trees:



Persimmons are carefree fruit trees that can be grown on the Cape. Both the Asian (*Diospyros kaki*) and American (*Diospyros virginiana*) varieties do well. Beautiful throughout all seasons, they have dark green leaves in spring, subtle flowers, and beautiful fall foliage. Generally, persimmons have minimal pests or disease pressures. They produce fruit that tastes sublime, and the Asian and hybrid varieties are much less astringent.

Asian pears (*Pyrus pyrifolia*) are resilient and reliable. Their fruit has the shape and crunch of an apple but tastes like a pear. Native to China, Korea, and Japan, these small trees reach 12 to 20 feet and are hardy to -10°F . Trees start to bear fruit about 4 or 5 years after planting and keep producing for at least 20 years. They bloom early and hold their fruit until a frost.



Pawpaws (*Asimina triloba*) are one of the most unique and delicious fruits that can be grown in the backyard orchard. Native to eastern North America, they like moist locations in part sun. You need a few genetically different varieties to get fruit, so we recommend starting with three trees. They are easy to grow, with really no pest or disease pressures. This tree is a good one to try if you like to nerd out about plants as we do. The fruit tastes like banana custard!

Upcoming Events



Workshops: Mushrooms, Berries, and More

Last year's mushroom workshop sold out, so this year we're planning two so you'll be sure to get a spot if you're interested in learning how to grow shiitake mushrooms on logs. In January, we'll be ready to give you specific dates, but for now, know that one workshop will be held on a Saturday and the other on a Sunday.

Another favorite we'll be bringing back is "Growing Berries in Your Backyard," which teaches you how to grow raspberries, blackberries, and blueberries. And you can count

on our "Vegetable Gardening" workshop as well. New to the educational lineup this year will be a special "Growing Tomatoes" class; keep an eye on our Notices for details.

Permablitzes

Don't forget about our permablitzes; we're looking forward to one in Sandwich and another in Centerville, in addition to several for Habitat for Humanity homeowners. These events are great opportunities to learn while having fun outdoors with people who share a passion for restorative gardening.

Plant Sale

We love native plants and we know you do too. We'll be holding our plant sale again this spring as a fundraiser for our nonprofit work. We'll send out all you need to know as we announce the online opening, but here's a preview of just some of our planned offerings: butterfly weed, coneflower, cardinal flower, wild ginger, creeping thyme, figs, blackberries, kiwi berry, mulberry, and elderberry.

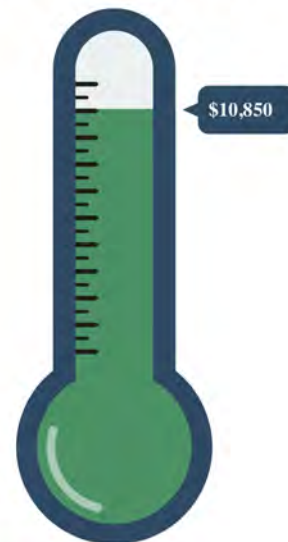


Fundraising Update

Like all nonprofits, we need donations to cover expenses so we can bring you the programming you have come to enjoy over these six years and can expand our services to those who need it.

This year we have a generous match from a family foundation if we can raise \$12,000 by the year's end. We are almost there! Please consider making a donation before the end of the year so we can stay on track. Thank you!

GOAL: \$12,000



Gratitude to Barnstable Land Trust

We would like to say a special thanks to Barnstable Land Trust (BLT) as we wrap up our third year of working with them. We lease a small portion of Fuller Farm in Marstons Mills for our demonstration garden, and the remainder of the property is managed by BLT for a variety of uses that honor the historic agricultural past of the land.

We are thankful for this partnership and the friendships that have developed because of it. We look forward to collaborating more with BLT staff, board, and members as we continue to enjoy Fuller Farm as a canvas for appreciating nature.

