Contents

Foreword by Geoff Lawton	xi
Preface	xiii
Introduction	1
The Problem with Permaculture	6
You Need a Process (Not a Prescription)	11
About This Book and the Companion Website	17
Your Very First Practice: Get an Accountability Partner	19
Step 0: Inspect Your Paradigm	23
The Gorilla in the Room	25
The Upward and Downward Spirals	26
Takota's Story: The Coen Permaculture Farm	
Upward Spiral	38
Practices for Step o. Inspect Your Paradigm	40
Step 1: Clarify Your Vision, Values, and Resources	43
What Do You Have?	45
What Is Right?	50
Takota's Story: Two Paths to the Same Cliff	54
What Do You Want?	56
Walking Through a Field of Landmines	
Blinded by a Scarf	60
Be Careful What You Wish For	64
Practices for Step 1: Clarify	67
Takota's Story: Buckets of Well-being	68
Step 2: Diagnose Your Resources for Strengths,	
Weaknesses, Opportunities, and Threats	75
Takota's Story: Don't Skip Your Diagnosis!	78
A Watershed of Information	79

Takota's Story: Growing Up a Carpenter	80
Two Stages of Diagnosis	87
Black Swans	93
Takota's Story: Black Swan Dam	98
The Value of Digital Mapping and Open Data	99
Practices for Step 2: Diagnose	101
Step 3: Design Your Resources to	
Meet Your Vision and Values	105
Why Design?	108
What Design Is Not	110
Takota's Story: To Swale or Subsoil?	113
Form, Timing, Placement, and Scale	116
Takota's Story: The Good, the Bad, and the Ugly	117
Creating a Permaculture Design	127
Practices for Step 3: Design	134
Step 4: Implement the Right Design That Will	
Most Improve Your Weakest Resource	139
What Is Your Birdshot?	142
What Is Your Slug?	147
Pull the Trigger	151
Good, Bad, and Ugly Decisions	156
Takota's Story: The Bazooka Approach	157
Practices for Step 4: Implement	165
Takota's Story: My Best Advice for Solving	
Any Problem.	166
Step 5: Monitor Your Resources for	
Indicators of Well-being or Suffering	169
The Push and Pull of Life	172
Monitoring Your Resources	175
Takota's Story: Monitoring for Mastitis	176
Takota's Story: Building My Own	
Permaculture Property	184
Takota's Story: An Ecosystem Disguised as a Farm	193
Practices for Step 5: Monitor	196

	Contents	ix
The Solution to a Sisyphean Task		199
Putting It All Together		201
Your Very Last Practice: Your Permaculture Property Planner		204
Afterword: The Land Needs Us to		
Live Differently Here		211
Glossary		215
Notes		217
Index		223
About the Authors		230
About New Society Publishers		232