

## Can Permaculture Help You?

If you are a person who wants to live sustainably, growing your own food, harvesting resources in alignment with nature then this guide will tell you if permaculture and its tools can help you save time, effort and money while aligning your life with your values.

Instructions: Print out and place a check mark in the no, maybe or yes column for each item in a row. Then total the checkmarks in each column

The more checks in the no / maybe column the MORE permaculture can help you! If you have most of your checks in the YES column then you are already living a very sustainable life!

	No	Maybe / Sorta	Yes
<b>In the Garden</b>			
- Do you make compost?			
- Do you make compost tea?			
- Use no till gardening methods?			
- Use chop and drop?			
- Deep mulch for better soils?			
- Leverage vermicomposting?			
- Promote Soil Life?			
- Add soil nutrients from ONSITE resources?			
- Create instant, weed free beds with sheet mulching?			
- Use Companion Plants?			
- Use plant guilds or polyculture planting?			
- Use multi-function plants?			
- Use native plants?			
- Have a medicine garden?			
- Plant bio-intensive for maximum yeild?			
- Do you seed save?			
- Attract pollinators (bees etc)?			
- Do you leverage beneficial insects and animals for pest control?			
- Use season extending strategies to from 365 days a year?			
- Use water conserving irrigation?			
- Use space maximizing techniques like Keyhole beds or vertical gardening?			
<b>Outside Garden</b>			
- Do you leverage wild foods?			
- Do you have a food forest?			
- Have a polyculture style orchard?			
- Harvest rainwater into swales or ponds?			
- Integrate mushrooms and bioremediation?			
- Do you have year round growing structures such as geodesic greenhouse?			
<b>Around the Home</b>			
- Cook for free with the sun?			
- Cook with earthen oven?			
- Harvest sun for free power?			
- Use water for free power?			
- Use wind for free power?			

	No	Maybe / Sorta	Yes
- Harvest rainwater off the roof?			
- Have a kitchen herb garden?			
- Have a natural swimming pool?			
- Have a home greywater recycling system?			
- Use alternative fuels such as veggie oil / biodiesel?			
- Use onsite heat source such as wood stove or rocket stove?			
- Do you capture biogas from compost as a fuel?			
- Do you use composting toilets?			
- Do you have passive (no power )refrigeration or cold storage?			
- Is your home earthen (thermal mass for temp regulation)?			
- Is your home passive solar (requiring little to no heat or cooling)?			
- Does your home have a living roof?			
- Use multi-function trees for windbreaks?			
<b>On the farm or ranch</b>			
- Practice agroforestry?			
- Leverage alley Cropping?			
- Practice forest farming?			
- Practice silvopasture?			
- Use Drylands Pasture?			
- Use plants and green manure to build soils passively?			
- Forest Farming?			
- Collect and use gravity fed irrigation water?			
- Incorporate diverse edge habitats for native animals?			
- Use animals to produce nutrient rich manure for the garden?			
- Use animals in place of machines for tasks such as mowing or land clearing?			
- Integrate small livestock (e.g. chickens / ducks) into your food systems for pest control and fertilization?			
- Use large livestock for ecosystem and land restoration?			
- Leverage aquaculture for food and fertilizer?			
<b>YOUR TOTALS</b>			

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