

News from the mews

Why get South London Permaculture's lovely olive oil.

One can toddle around London and find a massive variety of oils on sale. Pretty labels may *disguise the fact that you are buying an inferior* brand. Likewise oil sold on tap in shiny silver urns has since become illegal (December

2104) for reasons I am unsure about but may be due to the oil spoiling after a period of time from exposure to air. Not that this has stopped SLP from taking its anarchistic approach and ensuring that

It is your imagination that casts the first stone

olive oil.

oil is rebottled and kept in cool storage ready for use at the next event. What makes Catalonian olive oil so special is its variety of olives where blending is a factor of season and not posthumously the oil itself. Hence it maintains a structure and variance in flavour due to the amount of rain received that year and the ripening period of its olives, including the Arbequina, the Morrut, the Farga, and the Sevilenca from the Baix-Ebre region. Likewise coldpressing maintains its value not least for its tradition.

Look inside for where to BUY our



HOUSE BEDSIT TO LET

Food-conscious environmentalist seeks single bed-sitter in guiet part of Maidstone. Located in a housing estate within 15 minutes of the city centre the house backs out into Mote Park, superb for dog walking and general fitness. £330 per calendar month, fees are negotiable in exchange for work in large garden. Permaculturists or handypersons are preferred. Call 01622672280

mario@startwithfood.net



The first and second volumes of a 3-part series available at the Market. See also the new journal format.



Thrice yearly

Available for advertisement

Catalonia to Morocco: When the bicycle meets the surf

co along the coast and surfing the ocean with full supervision and accommodation. Living under the stars the journey is 2 thousand kilome-

tres and will take approx. 3 weeks including spending a week in Agadir. Participants can do either one part or both. Leaving between August and September interested cyclists must be fit, expecting to achieve up to 150km per day and provide their own bikes and equipment. Any expertise is welcome, including video production. Please notify the editor to register before the end of the month via email in order to obtain more details. You will need to pay for your own expenses and flights.

Info@southlondonpermaculture.com

Volunteer opportunities for one or two members to help work the land in a beautiful part of

Spain. Access to the sea and neighbouring towns, and a shared caravan. Self-catering but many benefits include trips to regional mountainous and valley beauty spots, as well as direct rail services to Valencia, Tarragona and Barcelona. Cycling is also a must in this country. The project is the beginnings of an eco-settlement illustrated in the above books. The first phase building the large cistern has already progressed. Other learning experiences include dry-stone walling, eco-build, walking and mountaineering, olive and carob cultivation, and fruit and vegetable production. The main period of farming is between October and March. Only companions are sort and must be of a spiritual disposition. Please contact the editor for further details or see our website www.solteriologicgarden.com

Cycling from Catalonia to Moroc-Cold water swimming is a club sport at the

Serpentine, Hyde Park Come and join us at the Serpentine, a swimming club over 150 years old in the heart of London. A short bicycle trip and

early morning swim is the best way to start the day especially during those colder winter days. Regular, fully supervised competitive and leisurely events and travel opportunities occur throughout the year around the country in outdoor natural areas. Membership cost £20 for 365 days per year paid 1st January. Opening hours 6-9.30am. Free tea and coffee. First session free. Pick up a form from the club or go online.

www.serpentineswimming club.com/

Unique opportunity for someone who wants a new life in the beautiful Welsh countryside near Aberystwyth. "We want it to go to people who will something positive do with it, maybe you know anyone? If so, they could email my mom at sherry.ginevra@gmail.com

HOUSE AND CAFE

FOR SALE



The Age of Stupid: A metapsychosis

It is interesting to say the least how my destiny works. I write this entry from Spain, as I do my books and other publications. After the debacle of my last laptop which had faithfully served me on the Palestinian trip 3 years ago now, and which was internally hacked to pieces, I endeavoured to upgrade my mother's laptop. A little slow, not unlike me in this sweltering heat, the UK beckons me only for its coolness. I had left the country stifled in my creative expressions after finding out that my professional Xerox printer inexplicably decided to give up

the ghost too, after leaving it in storage at my sister's. In comparison the cost to get stuff printed, even something as small as a 6-page A5 booklet, amounted to 5 pound a copy. Likewise my new olive oil labels have suffered for lack of software and print quality. On the contrary their sales have flourished, not through SLP's internet market but through shop outlets and colleagues who belong to the same clubs as me.

Just of late someone had bought a tree online - the first time since its inception 3 years ago. Fortunately, I practically gave my trees away through the Big Tree Fund to a select few projects that still show some interest in my work including Mayow Park. With full advertising through my olive oil promotions and a few scant events I ask the guestion, 'Am I really invisible?' How far does the 'English disease' spread to? I was once sarcastically told by a colleague at Oasis Wildlife Garden, 'What do SLP do?' Despite at least 6 publications a year, being snubbed by the complete permaculture movement has infected everybody around me, which I gratefully accept as a natural act of discrimination from those who are deluded and accept instruction blindly from higher command. Quite frankly it generates a sense of inferiority and guilt from my readers and observers who won't comprehend their own actions. There have been only a few who have stuck by my honesty and openness in those years. I continue though, to give my material away for free, if only to show the image they have created me in and to widen the sense of freedom I have in my lifestyle as compared to the Westerner. One may understand why they need to hack into my life, because they can only get 'so close'. They cannot be seen to 'help' me. To give a recent example, just before the publication of my last journal, which I can only intuitively know to being plagiarised, Permanent Publications decided to contact me and 'suggest' that they would include something in the next issue of Permaculture Magazine. Oh jolly good! I heroically ignored it. Their only motive, whether they knew it or not, could have been to influence the material inside which explicitly puts down the movement and whose sexual content was not to their taste. That is what hacking does, it creates a gulf and sets up power relations that enforce its own position to the subservience of its demons. Like all Western control systems it feeds off emotional capital and guilt.

I type this entry with broken 'm', 'space bar', and 'left arrow' keys. Quite restricting don't you agree, I say sarcastically, since I explicitly recall leaving the laptop in fine feather the last time I was here. Of course, *their* motive can only be to slow me down and reduce my creativity to petty talk. So what is the bigger picture? One must adapt.

Certainly what is going on in the UK has been seeded here in Catalonia. I came back to find the distributor on my car, new as it is, damaged. My specialist green woodworking tools have gone missing. I make no accusations yet and these could be very natural events but I want you to see the bigger picture. To continue, the same ill-sown words concerning young teenagers damages other potential relationships of all types, yet I continue to sexually attract them and play my music publicly. At this time of writing I have won my communities over and have a lot of respect, avoiding close relations with non-natives as much as they avoid my project. In spite of the incessant promises of the countless numbers I meet in my travels and work wanting to come over and participate in my project nobody ever rings or goes online to register. What can be the motive?

Meanwhile back at the ranch I am still jostling with the housing association who after 2 years and subsequent attempts to get me to leave the property without too much of a fuss being made and the threat of a court case. I remember Shane Collins, Green Party member and drugs advisor to the Met Police telling me once that I shouldn't hang out my dirty washing. Isn't that how corruption goes unchecked? I treat him as I do all members of the community, honestly and individually, and prefer to acknowledge him for his heroics reviving grass-root activities like the Green Gathering. He, like any, has fine qualities, bounded by culture to not go any further, and that is where I leave him and all the others behind. I am not even self-righteous, just rude.

Well regarding the flat I haven't budged an inch. Surely they couldn't throw me out on the street without a place to go; even if the local community cannot bear their own guilt at contributing to the destruction of my life-

style there. Ironically, they conveniently glamourize my life in Spain without ever seeing it; no doubt all those young girls hankering after me must be 'drawing' me there. Devonshire Road remains my mother project not least for the political stronghold against the council and the police authorities corrupted and slowly rotting at the core. It won't be long now before the moth crawls out.

I have yet to spell out any true motive yet. There is a reason for this, it is called social consciousness. The Spanish police nearly fell for the same trick as the English but I deftly bailed them out and most of those girls vanished off the scene. Social consciousness has this knack of rendering somebody intelligent or stupid, and at this moment you are looking stupid, not just as an environmental movement but for 'wanting' to read this. I mean, how long before they glamourize persons like Tony Blair and Margaret Thatcher? Even me for showing you what a bunch of ugly untruthful people you are. You look good doing something for your culture, no matter how corrupt it is, inherently so. The historians win the day because you live in the past. Now do something for yourself that will change culture from within and see how much you are despised because culture makes you look evil. Culture doesn't want you, it just *uses* you. When you go beyond it then a true individuality will shine through. But the reason why you're so content with culture is because it is a materialistic phenomenon. In selling off your spiritual capital you gain the creature comforts that puts you in dominion over your neighbour, your nature, your landscape. It has always been so; that is the nature of human culture; a war-bound race that can only survive as an act of technological revolution. Anthropogenic extinction was the alternative from the beginning had *you* not devised some method to concentrate resources and live off borrowed time.

I am recently touched by Tolstoy's *War and Peace* who introduced every personal nuance into the make-up of his characters, likewise his affiliation towards Freemasonry. In it he talks about their love of death; I came to this realisation through my own introspective studies. A love of death is the love of God, of the living spirit. It is a love of Providence to take what one needs, to live in 'wilderness'. Only idiots think they can take anymore but then culture is idiocy, creating its own problems and convincing the people that they have gained something extra, when in fact they have lost their spirit. When you realise how culture and all its authorities work then you will notice that authority is there to keep it moving in one direction. But authorities do vie against each other, such is the nature of authority, that intelligence needs to be apportioned amongst its levels so that, whilst maintaining its own integrity through that human concept of competition, they will always remain a part of culture. Some will look more stupid than others. But don't be fooled, everything starts with the individual. Those individuals at the top of the cultural ladder ensure as best they can to stay there. They put in place institutions like criminality and paedophilia and 'everybody' is stupid enough to put up with it. That is why the police protect the royal family and the magistrates protect the aristocrats; they are just more stupid. But to go beyond culture is to "love death" and then they will try and kill you if you upset the balance. Let's go back a few thousand years.

If you want to toil and labour just grow your own food - it is quite rewarding, stupid though. Eventually you would have to kill your neighbour for encroaching on your space. Does anybody out there really think a philosophy like permaculture can verily replace natural ecological systems? My advice is, read the books and get yourself a piece of land. If anyone tries to stop you then you'll only need to kill them when you are starving. It is your prerogative. And you probably don't want to forage for the rest of your life, even for a can of Baked Beans in an English supermarket in Cambrils. So you create community, commodity, culture (CCC), in other words 'Cunts Can Create", which brings us nicely to the issue of over-population. Realise this and you will understand how intelligence functions through culture. If you are not going with the flow so to speak then nature doesn't want you, and with it one is baggage-d with all their emotional problems, the repressed human condition that is lower than Creation/Evolution. But to go beyond culture, well then you are tempting fate. You are effectively negating culture and returning to the Source of human existence. From thereon you can truly recreate culture in your own image as a true individual.

In my recent book, *The Golden Mean: Building Revolutions,* not due to be finished for a good many years, I wrote the following and which seems to follow naturally here.

What does it mean to be conscious? It means to have a free will. However, being consciously motivated only gives the illusion of a free will because we can think around our actions more. And so if we are really willing something on does that have to mean that we motivated it? This is the illusion. Just because we can think around an action only really indicates a reflective state, before and after the event. The illusion creates a conscious will. Consider, why should not our thoughts precede an action if that natural action was not unlike say, the bark of a dog, the attack of a snake, the movement of a plant towards the sun? If man has the faculty to reflect upon an event or

action, and that action is driven by instinct, then why should he not be able to reflect upon an action before it happens? My terming of the concept 'enforced subjectification' is precisely this: that in attempting to force a will through the emotional body only represses the instinct so that one further creates self-delusion and retrospective, rather than forward, reasoning. It is the rational way to justify one's own actions after the event and to believe it correct in order to guarantee results. This rational deception thus works alongside the emotional body as its right-hand collaborator; the emotional field (left hand) is the passive medium for 'active' willing via the process of enforcing resistance upon it in order to respond quicker not unlike say, trying to force a bubble to rise more quickly in a container of water. But it does assume the presence of a pre-destined will (the instinct) that functions as would a snake, dog, or plant whereby to bring that 'will' ahead of its time (effectively personifying time) represses the instinct (the passive emotional field) to create a personal rationale (the active emotion).

This pre-destined quality manifests as actualised potential-instinct. Rather than personifying the experience the simplest life forms actualise destiny as a collective intention and intelligence. On this level action is predetermined and operates directly from the collective consciousness. But within the human individual it gives rise to the dualistic idea of an unconscious will due to his or her retrospective reasoning now manifest in actions like eating, sleeping, walking etc. Mobility and sustenance that are seen to be governed from the collective consciousness will always effect the realisation of an unconscious will, no different to that of simple life-forms. Likewise sexual procreation is rooted in this phenomena too when humanity enforces sexual conduct, personalising it and repressing the instinct into conscious will—the illusion of free will. Effectively though, to bring the sexual act forward is to generate a ripple effect in the collective emotional field so that many humans having coitus beyond their immediate pre-destined needs will cause waves through it. This reflects in the collective consciousness as general changes in sexual virility such as genetically low sperm counts, sexually transmitted disease epidemics, even continence. Such said, if humanity made a conscious effort to reduce population growth it might still be prone to the same delusion that it is controlling human destiny. Yet, if my theory is right, that man defies extinction and that is what gave rise to the technological quest to survive in alien environments, then it may also be fair to say that the repression of the instinct has allowed man to *create* time and space and forever live in alien environments, namely technological ones. This includes outer space. It would also suggest that he *knowingly* comprehends the natural carrying capacity of the earth and that it is futile to even attempt to control population through birth control due to his personified desire to maintain an alien environment. There is this submissive quality in general in man's attempt to regulate population growth, and this because he knows the false claim he makes to his share of the spoils of earth; he has no place here anymore other than as a spiritual being. It begs the question: What is a spiritual being?

A spiritual being must be one whose conscious will is in alignment with the unconscious motive, whose rationale operates as a collective consciousness for the harmony of all. A de-spiritualised landscape is an alien one. Cities are de-spiritualised for the number of persons that inhabit such areas, for the excessive sexual conduct that goes on under the loss of natural cues—for instance seasonal or climatic, or provident. The person who abstains from sexual procreation may well be drawing to God and a love of Death. God's will can only be a reduction in population numbers whether by war or disease through the collective will. It is very ancient in its comprehension, not unlike early Christianity in its monastic mind-set, accused by some emperors for being haters of the human race.

Such said, to live on earth is to be a potentiated being. To have a child would then mean to burden it through one's act of personal un-fulfilment. Effectively, one is hoping to reach their potential through their children, even posthumously. As I say, this is the true collective will motivated from the unconscious. The motivation is to be fulfilled as a species. As religions in the past make clear, prophecy directs the individual towards God's will, and if that means the extinction of an earthly race then having children would mean to defy God's will. Rather what awaits the potentiated individual is Death, the death of culture and the conscious ego, and a global consciousness. It is the messianic dimension, where lineage to God is through the spirit (unconscious motive) and the Son of man (collective consciousness).

However, one must acknowledge that moving beyond culture is the means to transcending humanity. Any spiritual being comprehends and implements this, not least the meek who find fulfilment in Creation/Evolution. Such were the meek who previously managed the fields in their African and Middle-Eastern homelands but now find themselves crossing European borders. These migrants can best be put to use by repopulating the

luscious countryside and offsetting the phenomenon of technological de-spiritualisation by understanding this not as a slave culture but as fulfilling one - very Christian in its comprehension. Why bring them into a Western mind-set so that they learn the same fate as their masters and continue the vicious karmic cycle of social inequality? The early Christians were also noted for their arrogance. They are being 'taught' to sell off their spiritual capital in order to climb the social ladder. Can we not kill two birds with one stone here? The spaceship and the alien. *Comments please to info@southlondonpermaculture.com*





Pyramidal structures are key to

recycling By Merlyn Peter



Pyramids have been with us since the dawning of civilisation. Their geometrical shape is a fact of language, construction, and symbolism. Ever since

the first stone cairns represented the dead preserved under these sacred structures can one begin to understand that pyramidal chambers hold the key to the origins of culture. One can look at the structure of the alphabet for example and see that the 'A' or Aleph is symbolic of something first. It also signifies a communication to the Unknown—God.

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Such said, one should consider that every pyramid we are faced with can be addressed with this ancient respect. Below we have two very different uses. In the first picture I am using agave flower spikes to make a tipi structure at the end of my polytunnel on the farm in Catalonia. These poles weigh very little and grow very guickly. Because the climate is very dry they take a while before they rot and then they can easily be replaced from the environment where it grows wild. I have pulled 3 of these along in one go. Eventually this will become the outdoor volunteer kitchen.



To the right and below you can notice a huge pyre lit for the occasion of San Joan. The wood burned all night and then much of it reduced to ash to be taken away by the sea. Spain is not like the UK where one would find such wood at every street corner. Here wood is at premium and in fact, I have friend who regularly collects it to create barriers for his animals.

Now, fire is a major issue which is why these infernos happen on the beach. Just recently we had another forest fire in the region which managed to jump the dual-carriageway. This poses

a threat on our land and so I have to mow the grass which is too dry and spreads fire at the slightest breeze. As a method of cleaning the land we rake up the debris beneath the trees after cutting back and the resultant stone/vegetation mix is control-burned over a number of days. These type of fires burn outside-in and reduce the risk of spreading. The fertility mounds are returned beneath the trees to provide much needed pot-ash as can be seen in the 3rd photo.



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Something of the sacredness of burial mounds can be related here. Trapping the fertility of the dead was crucial to understanding the seasonal cycles.



Below is an SLP consultation. Having visited Jo I discovered this athletic woman digging out every stone known to man from her rubble garden. Realising that it was below the level of the gravel boards I stopped her in her tracks and asked her to consider using plants to penetrate the rest of the subsoil. Impressively the sifted soil of her efforts would later become the finished topsoil of her raised beds. The stones and rocks were later decided for the walls themselves.

legal removal of such substances needs to be addressed to your local government. Having

Rubble sites can be toxic though; traces of old garden and house chemicals can linger in the soil, not least asbestos. The



said that rubble mounds have their uses. In the dry hot climate of Catalonia they provide stone mulches for tree roots to congregate towards. They also moderate temperature by removing direct radiation from the surrounding soil and in the case of olive trees from the base of the trunk. This has the unproven effect of pushing minerals further up the trunk into leaves and flower buds producing better crops. A typical sign of overheating is a deformed trunk. See Callum Coates Living Energies for further reading.





Such said, raised beds provides a key permaculture concept, for having heated up quicker in the Spring they also cool down slower in Autumn, extending one's growing season for annuals. The concept of fertility (German) mounds relates the idea of creating fast-releasing fertility layered with various materials that breakdown at different rates. This 'composting' system reduces to little more than a thin level of soil mimicking tropical conditions in which much of the energy and water is contained within living biomass—its cellulose and leaf cover. Hence they work well with quick-growing

plants like vegetables producing a lot of heat and humidity. Added to this is the idea that using vertical space, as say a solar panel exposed more directly to the sun, will permit stronger light exposure. Other key concepts like herb spirals elucidate this point. They create more shade on one side than the other allowing for greater diversity. On this last point we must accommodate ourselves with the planet Earth and realise that the movement of fertility and diversity relates directly from its greatest exposure to the sun at the tropics to its least at the poles. Civilisation moves with our ability to mimic natural ecologies. Consider the Earth is like a pyramid moving on its axis, fertility starts at the equator and is drawn towards the sun.

Where to buy SLP's delicious cold-pressed, Extra-Virgin olive oil



WellBeing is situated at the busy end of Sydenham High Street around the corner from the train station, It is only small but they pride themselves on their health products, natural therapies, and a good range of local products. They also advocate a more environmentally political awareness of the laws surrounding herbal products. Supporting a number of local producers including myself they sell the most delicious home-made samosas and fig cakes. Likewise many of their wholefood products are British including a large selection of honey and other spreads. Mervyn is also a wealth of knowledge and will engage you in deep conversation and advice. Sydenham has, in these past few years, become an up-and-coming area. Now boasting a local festival there are a range of shops and markets only second to neighbours like East Dulwich. There are also health gyms and an Olympic pool.

Typically Turkish they are very hospitable people; the modern Muslim where you can buy Halal but also a variety of foreign products including Eastern European and Greek. The only real vegetable and fruit grocer left in Forest Hill including Honor Oak where you can wander around the front of the shop searching for fresh food. Ideally placed next to the no.63 bus stop that leads to Peckham they also sell flowers and have a small delicatessen at the back. Prices here are reasonable but there is a selection of offers on the shelf. Increasingly one can find organic produce, a move they initiated some 2 or 3 years ago but the bulk of the stuff is pre-packaged and foreign. After a night out you may still be able to purchase your late shopping at 11pm including a fully-equipped off-licence, and there is enough parking here too.





My favourite, this is a very large shop selling mainly organic and high-quality products. With fresh vegetable and fruit every space is crammed with exotic and UK wholefood produce. The queues lead out on to the road during the weekend, but the service is fast and one may get a friendly chat whilst at it. Most clients here are looking for an ethical choice since East Dulwich has a host of other markets to choose from. My oil is the biggest seller here and in due time you may see some other products by SLP. For other entertainment the area boasts parks, pubs, and pools. There is also a range of buses travelling to and from London and surrounding boroughs. You can also find most high-street facilities including a post office, banks, a new funky Picturehouse cinema, an outdoor market, a petrol station and lots of mechanics.

My new outlet this lovely delicatessen will get your mouth watering. Very conscious of the quality of their products, which they taste before deciding to sell, competition here for me is hard. But it is nice to see such a popular shop making home produce with such a delicious array. With a bicycle stand outside the front one can take a refreshing walk to the refurbished Rqvensbourne river in the local park and see the beautiful wildlife on show. Of course, just a stone's throw from Lewisham, what Ladywell may lack can all be found there instead. In terms of space though, Ladywell has an ambling quality about it in which one can get views of London form Hilly Fields, not 15 minutes walk away.



DIY fruit trees

We have a number of fruit trees for sale, including family types in which trees bear more than one type of fruit. A few trees should be available all year round at discounted prices for members.

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South London Permaculture

SLP

We also run apple days and grafting workshops and have an authentic Italian wine/apple press and scratter. Please contact us to book in advance. See the website under 'market' for a full list of plants available. Tel: 07530 223360

Mario Molinari has a background in sailing and business. He is the author of *Divided by Words* a book that highlights the pitfalls of the way we communicate, or try to communicate. We cannot go past words and fail to match good intentions with useful action. He is also the author of two digital publications: Food Birthing – The Meaning of Creation and Start with Food developing the themes of All Things Food. See below under contacts.

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Membership offers

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- A collectable design portfolio
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To place an advert or an article please call Merlyn on 0753 022 3360 info@southlondonpermaculture.com

Free offer

This is a limited offer only available to new members. Membership applications will receive either a

free copy of the journal or a DVD entitled 'The World of Permaculture'. The short documentary highlights 3 projects: Ragman's Lane Farm, Naturewise and Soteriologic Garden. Please indicate in the additional notes box opposite.

THESIS title: If land economies are the ecological imperative of the rise of the modern environmental movement, may one find an historical precedent in the origins of Christianity? By Merlyn Peter

Bounded p165 £9 (members)

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News from the mews Issue

October to April (book to confirm) 0753 0223360 / +44977059090 (Oct-Mar) e eight.merlyn@virgin.net www.solteriologicgarden.com www.brightonpermaculture.org.uk/intropermaculture FoodCycle Peckham

2014 Courses, events & further contacts

Come to Catalonia

Every Saturday 5.30 - 7pm Join FoodCycle Peckham for free, nutritious and friendly meals in a relaxed and welcoming space at All Saints Church Blenheim Grove, Peckham, SE15

Mario Molinari e mario@startwithfood.net www.startwithfood.net/wp-content/uploads/2014/10/ foodbirth.pdf

Brockwell Bake Real Bread Campaign "Real Bread: The Uprising" meet 12 September 2015 10am-5pm Brunei Gallery, SOAS, Thornhaugh Street, London WC1H 0XG



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South London Permaculture

South London Permaculture was formed in 2003 as a voluntary organization. We run as a not-

SLP: WHO ARE WE?

for-profit business enterprise. Although we apply a minimalist attitude to development we have engaged in a number of projects for both adults and children. These include a children's mobile vurt classroom entitled Re-LEAF (learning, entertainment, art, and food), a woodland allotment community project, guerilla gardening, full & introductory permaculture design courses, horticultural courses. teacher training, facilitation. consultancy, and a membership scheme. To register your interest and support us please become a member. Our business address is:

South London Permaculture

PO Box 24991, Forest Hill, London SE23 3YT

0753 0223360

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Merlyn Peter (Hon) Chair

"Our constitution is rooted in the indigenous understanding of sustainability."

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Add additional info here:

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