

Diploma Apprentice's name: **Aleksandra Kudojare**

Project Title: **Educational Garden Tour**

Design Number: **7 of 10**

Design started: **15/03/23**

Date Design Completed: **15/06/23**

Has the design been implemented? **YES**

Type of Design: **Non Land Based**

Design Category: **Education & Culture**

Name of Personal Tutor: **Looby Macnamara &
Delvin Solkinson**

Ready for presentation: **Yes Ready**



Design Brief

...to inspire people to transform traditional villa gardens to high yielding regenerative eco-systems.

Hi! My name is Aleksandra. And I am on my journey to become a permaculture teacher!



During my Diploma adventure I realized that my mission is...

Basically to encourage Danish middle class to replace the endless grass lawns and ornamental gardens with food forests to harvest all the benefits: nutritional, health, climate, bio-diversity, recreational, etc., etc...!

I felt I was ready and the time was right. I proposed a course of two sessions, 2h each. (Start small!)



I had an old offer to teach a course from Bodil Mørk, a board member in the local evening school, lying on my desk.

If you want to be a teacher you got to start teaching!

The first one took place on the 4th of March and was an indoor introduction to permaculture, forest gardening and perennial vegetables.

And of course to spread the word about Permaculture! What it is and what it can do!

The second one is scheduled on April 22. The idea is to invite the participants to my garden and show and tell everything they've heard about in the first round. **The GOAL of this DESIGN** is thereby:

- **To create a PLAN for hosting an educational garden visit**
- **a PLAN that will allow the FLOW while preparing for and during the event**



Permacultur kurs, holdes af flokkelens gartnerer i DUF Brøndby Nr. Snekke aftenskole (dof-bronby.dk)



Reflection...

...on the process

I am on my third year of Diploma journey and I have recently joined the **Group Diploma Adventure** with Delvin Solkinson and Looby Macnamara on a very inspirational recommendation by Skye Jin.

For this design I want to use the **DESIGN WEB** as the framework. This will be my second application of it. And this time I feel I have more knowledge behind each anchor point as I have just completed the CEED course and I also intend to use "People & Permaculture" book more extensively as my guide.

To begin with, I will do a **quick design**, because this works very well for me - brainstorming on paper allows for flow, creativity, ideas and emergence.

And then I intend to capture the result in a **12 page blurt** format.

For each anchor point I will add a **reflection corner** to capture my immediate reflections for better processing of the framework within myself.

The client is ME...

...and all the fellow co-learners who might be inspired by this design

The Flow



The Plan

...on the ethics

EARTH CARE

Spreading the word about the possibility of the forest gardens in one's back yard, showing how it can be done, giving an opportunity to touch, smell, taste the early spring harvest will hopefully lead to more regenerative perennial diverse systems in the villa quarters.

PEOPLE CARE

Care for myself - the design should demonstrate that this is a regenerative process to plan and host such an event. Give me the feeling of the spiral of abundance

Care for my husband - not to stress him with all the things that need to be perfect before the visit

Care for participants, genuine appreciation of their interest, and doing my best to give them an inspiring, fun, caring learning experience.

FAIR SHARE

Show what we can harvest and thus decrease our dependency on the supermarkets. Forest garden is ideal for getting on the path towards partial self-sufficiency, reduction of our consumption and increase of our resilience just a bit.

Quick Design

staccato functions?

encourage change
inspire
plant a seed of the possibility
show different

VISION

- local performance community
- bring the garden to the people
- get the community to refer to the materials
- show connections
- have fun and be successful

Within me:
→ knowledge
- learn my garden
- enthusiasm
- love

Helps

outside:
- the first course
- my family
- the first course
- my family
- the first course
- my family

Limits

time of the year
26th hard to manage
debate how to achieve no performance

PATTERNS

EVERYBODY NEEDS TO BE HEARD
- EVERYBODY NEEDS TO BE HEARD
- EVERYBODY NEEDS TO BE HEARD

IDEAS

HERB COLLECTION
- Herb collection
- Herb collection
- Herb collection

Principles

Democratize Principles
- Democratize Principles
- Democratize Principles

PAUSE
- what's good pause for me?
- pause while preparing the garden

Appreciation
- The energy is what you
- The energy is what you
- The energy is what you

Action
- the garden
- the garden
- the garden



NEEDS-PLAN/WANTED

review ideas selected
- review ideas selected
- review ideas selected

INTEGRATION
- PREPARE THE GARDEN
- PREPARE THE GARDEN

Be attentive to things
- Be attentive to things
- Be attentive to things

Color scheme & post-its



Reflection corner

As I was progressing through the design I realized that there will be several iterations rounds with the anchor points. Not only because that's how the framework is intended, but simply because there is no other way. I therefore found it very useful to summarize key points of each anchor on a post-it and assign a colour to each anchor. I include it at this stage of the presentation for the reader's easier navigation.

Vision

As mentioned in the design brief my mission is based on the desire to:

inspire and encourage change in...

explain and show the alternative to...

set an example of a regenerative villa garden compared to...

...the traditional way of having a garden

At the same time I aspire to teach permaculture and this debuting theoretical and practical sessions are a perfect start.

The overall goals

- **To create a PLAN for hosting an educational garden visit**
 - **a PLAN that will allow the FLOW while preparing for and during the event**
- I would like to be able to give an inspiring tour
 - I would like to be clear, concise, simple and precise in my communication when conveying key messages and explaining connections
 - I would like to refer to the materials and principles covered in the first session to enhance learning
 - I would like that participants feel welcomed and safe
 - I would like to have fun while preparing and executing the tour

Reflection corner

When using Design Web I find it most useful to start with the VISION anchor point. Why I am doing this design? Where do I want to be? How does this design bring me closer to accomplishing my mission? What are the specific goals of this design? I think it makes perfect sense to start the process answering those questions. (write about dreaming)

Appreciation

- As mentioned, this tour will be a continuation to the theoretical lecture that I gave to this group of people. I am so grateful for the great energy and enthusiasm that the participants showed last time. I could feel their excitement about visiting our place and this gives me a big desire to do my very best again.
- I truly appreciate the opportunity to show our garden and teach a bit again. As well as spending time with people who share my interest in gardening, wildlife and nature; it's wonderful to be able to share with others what one is passionate about.
- I am again grateful to Bodil Mork for inviting me to teach and for all the support and encouragement that Inge Kristiansen is providing in these sessions.
- I am so happy to have had the Teacher Training with Alfred and Cathrine based on Rosemary Morrow's teacher training framework and being able to take inspiration in this tremendous knowledge pool.
- I am also super thrilled to be discovering my own teaching style

Participants'
enthusiasmteaching
opportunitysupport
from
DOFteacher
trainingown
teachingstyle
discovery

Reflection corner

When doing this quick design I felt the urge to go to the appreciation anchor straight after the vision. I realized that appreciation and gratitude are very strong motivators. They are empowering and are a great energy source in the beginning of a new journey. These are relatively new realizations and I am so happy for experiencing this amazing shift and transformation in me.

Ideas

- Map spots in the garden, connect to stories, themes, principles; tour map
- Practice and measure time
- Space for pauses and questions
 - practice Rosemary's questioning method
- Possible activities: (consider PMI for each, what is realistic, what is value adding)
 - tour
 - remember names game
 - participants harvest
 - tasting perennial vegetables
 - preparing perennials jointly
 - quizzes about the contents from the previous session
 - introduction to kefir
 - introducing zones in a game
- Teaching materials to be prepared: none or some?
- Only covering passed contents or add a bit more: e.g. explain and demonstrate zoning tool
- Clear start / welcome and clear check out
 - gathering point, refreshments
- Spring cleaning of the garden and repairs in the garden prior to the visit
- Plants for sale
- What-if-it-rains scenario?
- What if it is still cold and there is not much to show in the garden?

Survey



Reflection corner.....

Ideas are yet another wonderful anchor point that allows capturing all the things that are bubbling up. I see ideas very much as brainstorming exercise, inviting to list everything what is on the heart and in the mind. Processing, analysis and selection of the ideas will take place in the integration section.

Within me:

- Known territory - my own garden, knowing each plant, all the stories connected to the establishment of the garden, to the harvesting, making this personal and hence interesting.
- Willingness to experiment - to step into the unknown, e.g. willingness to give it a try with tasting activities.
- Rosemary Morrows Teacher Training that gave me an understanding of adult learning, informal learning, teaching methods and tools.
- The project manager in me, which is helpful in setting up structure and action plans. :)

Known
territory

willingness
to
experiment
to be playful

Teacher
training

project
manager
in me

External resources:

- Previous session - introduction to permaculture, this is very helpful that all participants have heard about it and we have one common reference point at this stage
- Previous session - knowing who my learners are, more in the PATTERN section
- Available helpers to cleaning and repair the garden: Boris, Benjamin my son, my mother, Nazar and Mariana a couple from Ukraine, that gives us a hand with the garden.

Previous
knowledge
by
participants

Knowing
my
learners

Available
helpers

Reflection corner

After listing the ideas, I felt a need to get a feeling of what can help me on the way. What are the internal and external resources that can help me prepare and execute this project smoothly.

Momentum

In fact, I am sitting right now, April 18, 12:55, trying hard to keep going and carry on writing and documenting this design. "Oh my god, still so many anchor points to explain, maybe I should just quit for now, and try again later today or tomorrow? Where to find inspiration to keep going? Why is it always so much more exciting to come up with ideas, and do quick designs, and so tiring to document and to make sure that any other reader will be on board and understand what this design is about". Yes, so here I am sitting, feeling a bit down. I have found two hours and now I'm struggling to catch the flow. The irony that I have actually reached the momentum anchor makes me smile, and unlocks the motivational inspirational bottleneck.

How to keep going when feeling down or overwhelmed or stuck

So, what have I learnt so far? By now I know that there are times where I feel down or overwhelmed with the diploma, the many projects, not everything being the way it was planned (and these times will come now and then.) What I have also learnt is that when these, let's call them sad moments, come, it doesn't help rationalizing through them, looking at the positives, trying to cheer through them. But I also know that these moments will pass for sure, I will again be enthusiastic and energetic, and hopeful. So I would like to embrace these moments of feeling down and just feel down and wait them out. But I should also recognise that these times are happening more and more rarely.

How to keep going when documenting design

What do I know about documenting design? I know that I enjoy my final product. I know that I like to let my partner read my final design and to get his feedback. I know that I quite enjoy doing designs. I know that even when it feels monotonous and boring, spending time / staying with each anchor point, method, or conclusion develops me as the designer and communicator, often it also provides new insights. And more importantly, every time I practice the design documentation skill I actually become a better designer and a more resilient person. So suck it up and keep writing, Aleksandra!

Reflection corner

Thinking about momentum, how to keep going, and what helps specifically me to keep going is a big help for successful resolution. That's why I am taking after the Helps anchor point.

Momentum

How to keep going when preparing the garden

Our garden at the moment is probably a little too big for us, due the fact that we are in the middle of the big establishment project of the fruit orchard and probably because some of the processes , relationships and connections in the garden have not yet been fully optimized (perhaps in Design 10). So from time to time when I look at the garden I feel this is impossible to maintain. However. What I have also learnt is the truth of the Russian idiom: **while the eyes are fearing, the hands are doing.** (English: **All things are difficult before they are easy**). Everything looks much scarier before you start, and once you started, the work is over before you know it. Rely on getting help from others.

Another goal of this design is to learn to let go and be truly complete with imperfections. I don't want to go into a long discussion about aesthetics vs. usefulness, importance of repair, "selling" permaculture concept to newcomers, etc. My main thought is that we should try to do our best, but not stress and not feel bad about e.g., unpainted house.

How to keep going executing the actions

This point is about procrastination and laziness. Yes, there are also these phenomena in my life. But. I have a good strategy for that. It is called a deadline. I really like to work under pressure. It is often efficient, effective and gives quite high quality results. So I am sure some of the stuff I will leave to the "last" moment.

embrace the
moment,
take a break
it will pass

you actually like
documenting.
just take breaks
when stuck

while eyes
are fearing,
the hands
are doing

postpone
what can
be
postponed

Reflection corner

In a way Momentum is also an opportunity to deep dive into the limitations. Prior to understanding what can help us keep going, we should understand what actually impedes the momentum. And of course what we capture here has also to do with patterns, patterns, patterns.

Limits

There is some uncertainty in relation to weather. The tour is scheduled on April 22, which should be fine, but the spring has really been cold so far. So I might investigate whether it is realistic to postpone by a week or two.

weather

The usual limitation that I deal with is several parallel projects and little available time. This can potentially lead to stress. I have taken on several measures to balance my workload, the most important being not jumping into new projects and commitments without a thorough analysis. Beauty in completion is my current moto, finishing open projects. At the moment I don't see major risks with this point. This limits the feeling of stress.

predisposed
to stress
under
pressure

Another general limitation that I have is that Danish is not my mother tongue and it requires energy to speak it for several hours. I have, however, positive experience from the last session. It's important though to prepare and preferably to practice at least once. Small talks versus talk and chalk.

Danish

The project manager in me, where as it is a resource in some settings, e.g. making plans, focusing on deliverables, I noticed it can also be a limitation, especially when dealing with softer topics like incorporating time for rejuvenation, the art of letting go, mindfulness, flow.

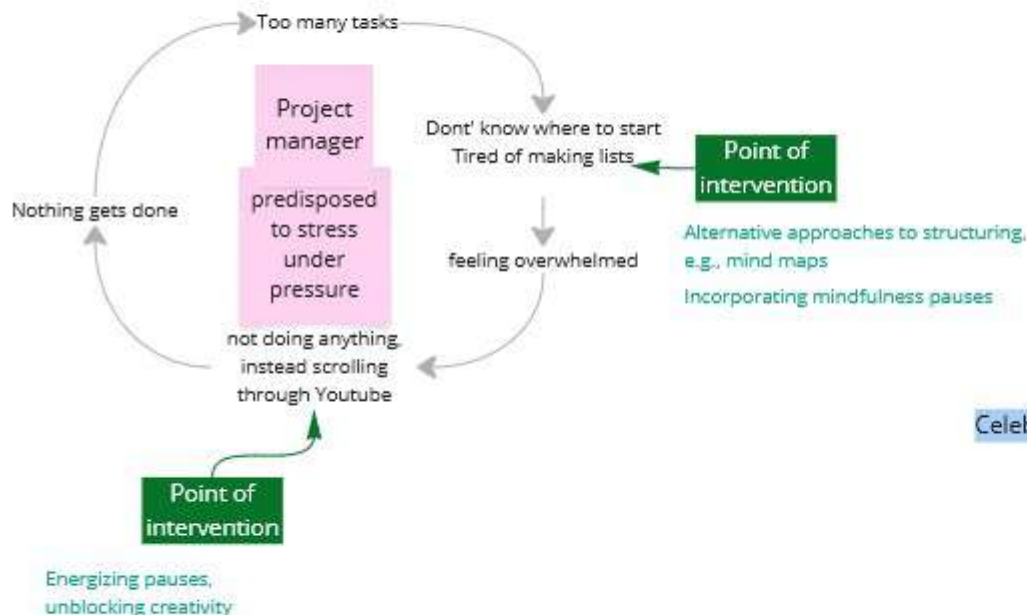
Project
manager

.....Reflection corner.....

Very important anchor. What can hinder or disturb this initiative? What are the weak points that need to be reinforced?

Patterns

With regards to the FLOW, I have already identified a few patterns that are directly related to it. In fact, in 'Momentum' I address a number of unhelpful patterns and analyse the solution.



Reflection corner

Here i attempt an analysis of the spirals of erosion and abundance.

Patterns

Patterns that I have observed during last session. These could be helpful when deciding on what activities to execute during this tour. Thereby these are more related to the Planning part of the design.

- Patterns in relation to the group's characteristics:
 - Age 50, 60, 70
 - A few with walking disabilities
- Patterns in relation to group's dynamics
 - more enthusiasm and excitement on the topic of forest garden and perennial vegetables, rather than permaculture principles
 - more down-to-earth approach, what is edible in my garden
 - a few planned activities were not suited for the group due to age and mobility challenges

accommodate
for age and
physical
mobility

down-to-
earth
practical
application

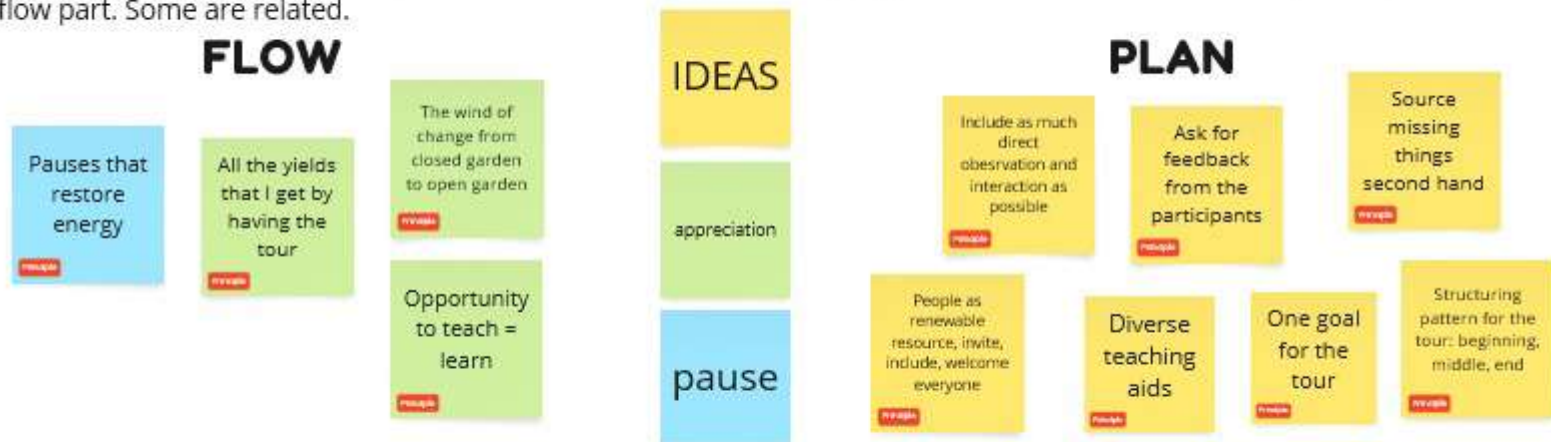
Reflection corner

Rosemary Morrow, know your learners. Which patterns did I observe?

I have studied the principles and made summaries based on these criteria:

- Thoughts that resonate with me, and that are not directly leading to ideas for this design;
- Thoughts that could be useful for this design.

I then try to summarize the outputs that were coming up and mapping whether these were related to planning or the flow part. Some are related.



Reflection corner

There is a certain degree of variation in how the designer chooses to apply the principles: to guide decisions, to help analysis, to look for solutions, to sustain momentum. Some principles are more naturally applied to land-based designs other are more suited to non-land based. This time I would like to do the following exercise: to review the 12 principles of permaculture (original by D. Holmgren) as they are explained in *People & Permaculture*, where Looby Macnamara focused on social application of these principles. The purpose is to get familiarized with this interpretation and get a deeper anchoring of the principles in me. Secondly, use the principles and how they resonate with this design, what thoughts they provoke in me. Kind of allowing the emergence. and see what it brings of new insights. So, to sum up, I would like to further brainstorm the ideas while applying the principles.

Principle	Thoughts that resonate with me	What could be useful for this design	My thoughts about application / impact on the design	Ideas for Flow or Plan
Observe and interact	As children our sense of awe and wonder pervades our perception of the world, then as we grow...the world around us becomes almost an invisible backdrop for our lives	Our observations are first hand experiences, that we can interpret for our selves, rather than second hand sources from the books, then internet and other people	Opportunity for direct observation and interaction - this is what is priceless with this kind of tour. You can sit and listen and look at pictures, but to see it in reality, touch, smell, taste - this is what is so powerful. Must integrate as much interaction as possible.	Plan
Catch and store energy	We need to work with our natural rhythms and energy levels for greatest productivity. Awareness allows us to be respectful of when we need to conserve the energy.	We can rely too heavily on food and sleep to provide us with energy leading to imbalances. Energy comes to us in different forms, from physical exercise to stimulating conversations, from music to meditation.	Connection to pausing, taking breaks. Pauses to restore energy. Think what active pauses restore my energy. This along with awareness of my natural rhythms will directly improve the flow.	Flow
Obtain a yield	Job satisfaction, play, fun, friendship, growth and learning can be valued yields. In our gardens there are many weeds that can be harvested but we may not have the information about their uses.	Obtaining yields help us to maintain motivation and momentum on our paths.	What yields am I getting from this tour. Energy boost, give and receive encouragement, engagement, new followers. Connecting yields to appreciation and momentum.	Flow
Apply self-regulation and accept feedback	Being open to feedback, and learning to hear it without feeling criticised is important to our development as humans. Honesty and clarity are essential qualities in giving and receiving feedback.		Feedback is a gift. It's a unique opportunity to ask for the feedback. It can be very simple.	Plan
Use and value renewable resources	We are renewable resources in ourselves and can choose to put our energy to good use.	People are renewable resources and we need to value and use their input. We can freely exchange knowledge and skills with others.	A joint intellect of the group. During the session, listen and invite participants to chip in with their knowledge and experience.	Plan
Produce no waste	We have other resources that can be wasted, such as our time.	Buying items second hand	Consider buying missing items for catering second hand	Plan
Design from patterns to details	Our patterns influence our lives and interactions with others. There may be patterns of communication, thinking and behaviour that are helpful in some areas of your life that could be converted for use in other places.		The pattern of beginning middle and end to structure the tour. Top-down, larger pattern than details.	Plan
Integrate rather than segregate	Combining skills and energy with others increases our capacity manyfolds. Integrating head, heart and hands empowers us to reach for our potential	Being inclusive and welcoming when we work in groups allows everyone to participate	Being mindful of including everyone during the tour. Reminding to participants that permaculture is a holistic concept integrating many aspects.	Plan
Use small and slow solutions	Don't try to do it all at once. Pacing ourselves, setting small steps and bite size chunks can turn our visions into reality.	Putting the effort and time in the planning will get us further in the long run	Don't try to fit it all in. Don't overflow with contents. What is the goal for this session? What is one goal? It is to get direct experience with perennial vegetables, how they look, what they can be used for.	Plan
Use and value diversity	When working in groups we can recognise and incorporate everyone's innate talents and abilities, providing us with a wider range of possibilities that if we were all thinking the same.	By having at least three ways of meeting each important need we are safeguarding ourselves from losing everything.	Combining diverse methods / teaching materials to strengthen learning experience. E.g. to seeing the image, seeing in the garden, tasting in the salad	Plan
Use and value edges and the marginal	We learn most when we are at the edge of our comfort zone. Being open to other view points and ways of doing things we allow new information in and expand our knowledge base.		You learn most when you teach yourself, when "forced" to explain to others. Yet another wonderful yield --> appreciation	Flow
Creatively use and respond to change	Change is inevitable and often beyond our control, influence and even comprehension - how we deal with it is important.	When circumstances shift we can be curious as to 'how what' and trust and reflect on how we can learn and grow.	Experiencing the transition from closed garden to more open garden. Observing and learning how it is to welcome more people in the garden. Thinking forward, how often this could happen, how formal/informal, planned or spontaneous thus could be.	Flow

Pause

I understand the importance of pauses. I do.

I think I get better at taking breaks proactively and preventively. But I would like to be better at it. I usually try to take a break before I am too tired or too overwhelmed (a bit more about these pauses is covered in Momentum). But I am not good at planning for pauses.

This time when reading "People and permaculture", the following captured my attention: connection between pause and energy. That pausing doesn't necessarily mean relaxing, doing nothing. What's a good pause for me? What can bring energy back?

Here are my thoughts regarding pausing:

1. Minimise pauses with Youtube or any other scrolling activity, I do not feel rested.
2. Energizing pauses, such as walks, observation time in the garden, ideally swimming in the lake, listening to music
3. Pleasure time with family outside, bonfire with kids



Pleasure
time with
family
outside

No
Youtube
pauses

Energizing
pauses

Reflection corner

How can I recharge my batteries?

How can I make time for rest and quiet a built-in part of my design?

Note to myself: a separate design on pausing / slow living some time soon.

Integration

Limits

predisposed to stress under pressure

Project manager

Helps

Known territory

Teacher training

Knowing my learners

Available helpers

Momentum

embrace the moment, take a break it will pass

postpone what can be postponed

while eyes are tearing, the hands are doing

Appreciation

Participants enthusiasm

support from DOF

twirl teaching style discovery

teacher training

teaching opportunity

All the yields that I got by having the tour

Opportunity to teach = learn

The wind of change from closed garden to open garden

Pauses

Pleasure time with family outside

No Youtube pauses

Re-energizing pauses

Principles

Need 1 Finding FLOW

Analysis

Design



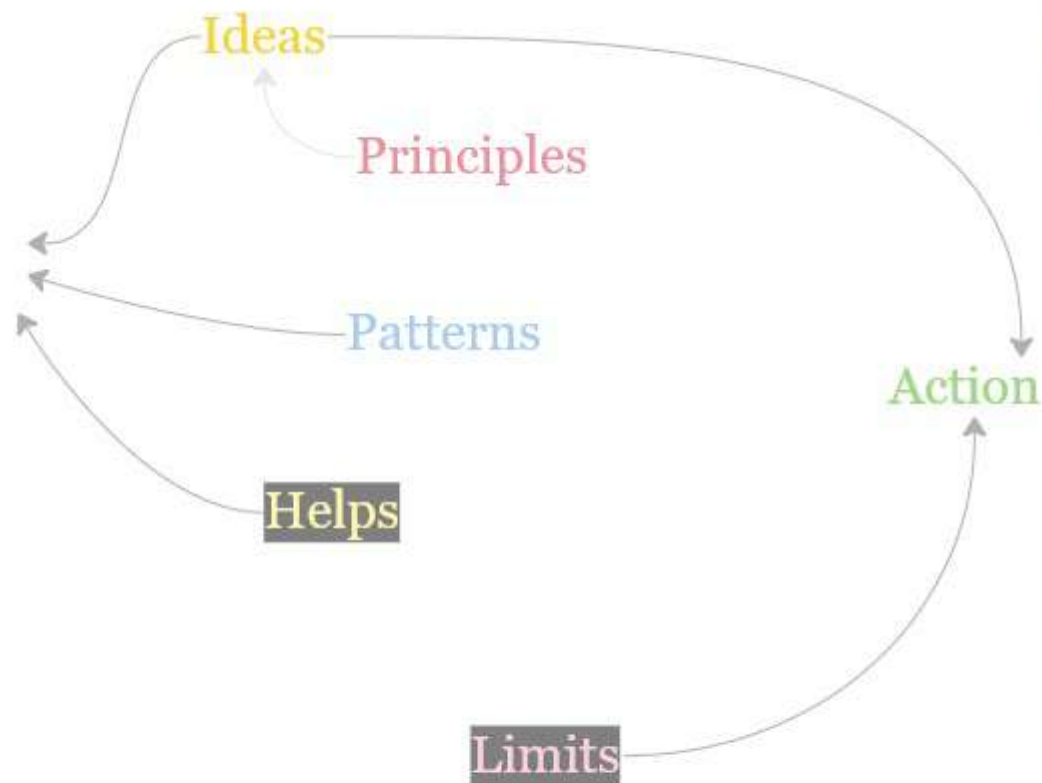
Reflection corner

The Integration anchor deals with what the needs/functions of the design are. How the needs/functions of the design are addressed in actions, decision. The Design needs are two-fold: there is a need for having a plan for the tour, but also a need for having a flow.

I realised the flow was addressed in several anchor point. First of all, the limits that impede a feeling of flow. The Helps, Momentum, Appreciation and Pauses are all very powerful ways to mitigate these limits. Returning to them, revisiting when there are signs of stress, having them in front of me will be very helpful. These are not only for this design, but can be applied during the entire diploma journey.

Integration

**Need 2
Create
PLAN**



Reflection corner

Similar as for the flow part, the outcomes from several anchors provide input. Here you can see an overview which anchor points contributed to designing the plan. The connection to action is also shown here.

Integration

Ideas

Guiding principles

People as renewable resource, invite, include, welcome everyone

Structuring pattern for the tour: beginning, middle, end

clear start & end

tour map

Include as much direct observation and interaction as possible

One goal for the tour

practice & time awareness

Ask for feedback from the participants

Pause

question method

Diverse teaching aids

Teaching aids

Ideas

Analysis

Types of activities

tour

Plants for sale

names game

participants harvest

jointly cooking

zones intro + game

kefir

tasting

Ideas Practicalities

Source missing things second hand

rain

weather

preparing the garden

still cold

Danish

Reflection corner

First clustering the ideas: three groups made: activities, guiding principles and practicalities. The leftover limitations have also been added at this stage. The next steps are (1) to assess the feasibility of the activity ideas and select the activities for execution based on plus-minus analysis (2) Address practicalities and turn them into action points (details under action anchor) (3) review guiding principles and (4) create final design of the plan

Integration

Ideas

Analysis
Decide

Types of activities

tour

names
game

Plants
for sale

participants
harvest

zones
intro +
game

jointly
cooking

tasting

kefir

Plus

Originally
intended,
main part

to remember
names,
serves as an
icebreaker

Requested by
participants
last time,
small yield

Direct
experience,
fun & learning
activity

Learning
opportunity for
visitors &
teaching
opportunity for
me

Fun direct
experience

Super
important
activity

nice
easy
add-on

Minus

time
consuming, last
time was
challenging for
participants

Unrealistic
to be ready
in time due
to weather

Challenging
for some to
bend

New material,
limited available
time, visitors
seen on learning
the plants

Limited
time

Requires
preparation

Decision

Further
planning
required

Just a
name
round

Cancel

Show myself what is
harvested, invite
the one who would
like to teach &
talk during the
tour

Cancel
consider
for another
session

Cancel
Can be a
dedicated
session some
other time

Further
planning is
needed

could be an
intro ice-
breaker start
point

Reflection corner

High level analysis to help decide with what measures to proceed. Keeping in mind observed patterns in my learners.

A few activities require further elaboration, presented on the next pages.

accommodate for
age and physical
mobility

down-to- earth
practical
application

Ideas

Futher
planing
required

tour

Eleborating the selected activities

Location	System	Elements	Functions
Terrace	Warm microclimate	Figs, Grapes, Mini-kiwis	Exotic fruit production
Terrace	Rain collection	Tanks, pipes, automatic irrigation	Water collection and irrigation
Mid-terrace	Forest garden	Layers & vertical growth, plant guilds, perenial vegetables, nitrogen fixers	Food production /passive, self-regulating system
Mid-terrace	Brush fence	pillars, branches, climbers	Wind protection, insect habitat, vertical growth, garden "waste" utilisation
Mid-terrace	Dry shade under the beech on the slope	Terreaces, stones, organic matter, shade & drought tolerant plants, watering system	Herbal tea production, erosion prevention
Low-terrace	Fruit orchard	Plant guilds, nitrogen fixers, accumulator plants, insect attractings, pest repelling plants	Food production, bio-diversity, insect paradise
Low-terrace	Fukuoka's hill	Wild nature	The art of doing nothing, training obeservation skills, new plant detection.

Reflection corner

The key question here was how to organize the tour? How to remember to tell everything I want to tell? I needed some top down approach. I applied system, element, function method for that purpose. It helped to identify what systems I want to show and then explain the elements of these systems and some of their functions. The lists are not exhaustive, but reflect key points to convey. I have also considered plotting this on a map, as well as creating a flow of movement from one system to another, but frankly I found the list sufficient and flexible enough to allow the flow during the tour.

Further
planning
required

tasting

based on my favourites :)

Dish

Tatziki w. orpine and chives

✓ Cold potatoe salad w. orpine and herbs

✓ Pesto w. nettles or ground elder

Bread w. nettles

Fried shoots: hosta, humle, løvstikke

Creamy sauce w. nettles and groundelder

Pie w. perennial greens

✓ Filled tortillas

✓ Spring salad

✓ Green kefir

✓ Dandelion salat

Taste

Good

Excellent

Good

Good

Excellent

Excellent

Excellent

Excellent

Good

Excellent

Excellent

Easy to make

Yes

Yes

Yes

Yes

Yes

Yes

No

Yes

Yes

Yes

Yes

Easy to serve

Yes

Yes

Yes

Yes

No

No

No

Yes

Yes

Yes

Yes

Reflection corner

I cannot imagine promoting perennial vegetables (and forest garden concept) without the tasting of the produce. The key goal for me was to select the right dishes. Dishes that are easy to make and serve, that are tasty, and also to show the diversity of dishes. At this point of time there was no big variety of different leafy greens yet, except for ground elder, nettles, and bistort; so i wanted to show that there are many uses to these plants.

Welcome

Gathering place - Terrace

Teaching aids - perennial cards that we are gonna look at in the garden

Welcome with green kefir --> show kefir gryn, what it is, share recipe

Name round

Practicalities toilet

Program Tour --> I show what i harvest and how Taste --> most of them in different recipes

Key goal To get acquainted with perennial vegetables

Background Lived here for 15 years, 5 years w. permaculture. Different phases --> no garden, tiles only, ornamental garden, permaculture garden

Terrace Microclimate, south wall, wind tunnel, mini kiwi intro: kolomikta vs. arguta

Rain collection Boris

30 min

Tour

Forest garden - the 7 layers (question: can they see them, what plants do they see in canopy layer, ground covers, climbers, etc.)

- Sun/shade conditions
- Current challenges in the garden
- Weeding needs

Let us look at the different "islands" and nerd with perennials.

Brush fence- Wind protection, habitat creation, CO2 storage, vertical growth support (question opportunity)

Under the beech - terraces, plants, herbal tea supply

Fruit orchard - goal: fruit, berries and insect paradise, bio-diversity, Establishing techniques. Current challenges.

Fukuoka's hill - allowing emergence, letting go of control, observation, new species, the art of doing nothing

60 min

End

Tasting Bring out the food, Introduce the food, share recepies if there is interest

Collecting Feedback for both sessions

Contact list --> Who would like to be contacted for other tours courses? Who would like to be part of the future Permaculture Brande group?

30 min

Reflection corner

The final design was a rather smooth process, simply putting the puzzle together. Based on the selected activities and guiding principles (please see next slide for more details on guiding principles application in the design)

Integration

Structuring pattern for the tour: beginning, middle, end

clear start & end

People as renewable resource, invite, include, welcome everyone

Design

Include as much direct observation and interaction as possible

Welcome

Gathering place - Terrace

Teaching aids - perennial cards that we use in the garden

Welcome with green kefir --> show kefir gryn, what is it, share recipe

Name round

Practicalities toilet

Program Tour --> I show what I harvest

Taste --> most of them in different ways

Key goal To get acquainted with perennials

Background Lived here for 15 years, 5 years w. permaculture. Different phases --> no garden, tiles only, ornamental garden, permaculture garden

Terrace Microclimate, south wall, wind tunnel, minikiwi intro: kolomikta vs. arguta

Rain collection Boris

Diverse teaching aids

One goal for the tour

30 min

practice & time awareness

Tour

Forest garden - the 7 layers (question can they see them, what plants do they see in canopy layer, ground

layers, etc.)

Diverse teaching aids - Sun/shade conditions

- Current challenges in the garden

- weeding needs

question method

Let us look at the different "islands" and nerd with perennials.

Kvæshegn - Wind protection, habitat creation, CO2 storage, vertical growth stativ (potential for question)

Under the beech - terraces, plants, herbal tea supply

Fruit orchard - goal: fruit, berries and insect paradise, bio-diversity, Establishing techniques. Current challenges.

Fukuoka's hill - allowing emergence, letting go of control, observation, new species, the art of doing nothing.

60 min

End

Tasting Bring out the food, introduce the recipes if there is interest

Collecting Feedback for both sessions

Contact list --> Who would like to be contacted for other tours courses? Who would like to be part of the future Permaculture Brande group?

Diverse teaching aids

Ask for feedback from the participants

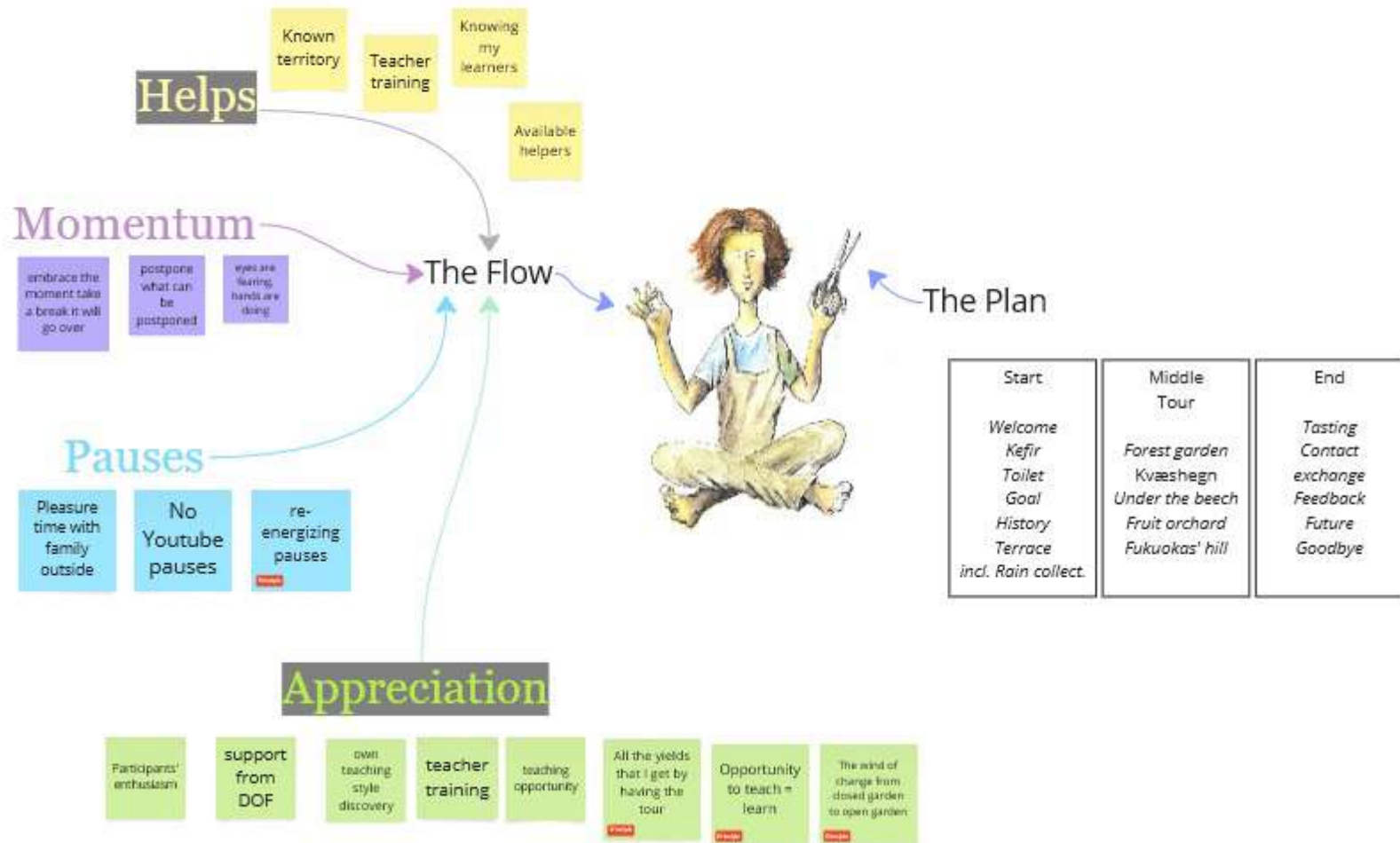
Include as much direct observation and interaction as possible

30 min

Reflection corner

Here I show how the guiding principles were applied in the design

Integration

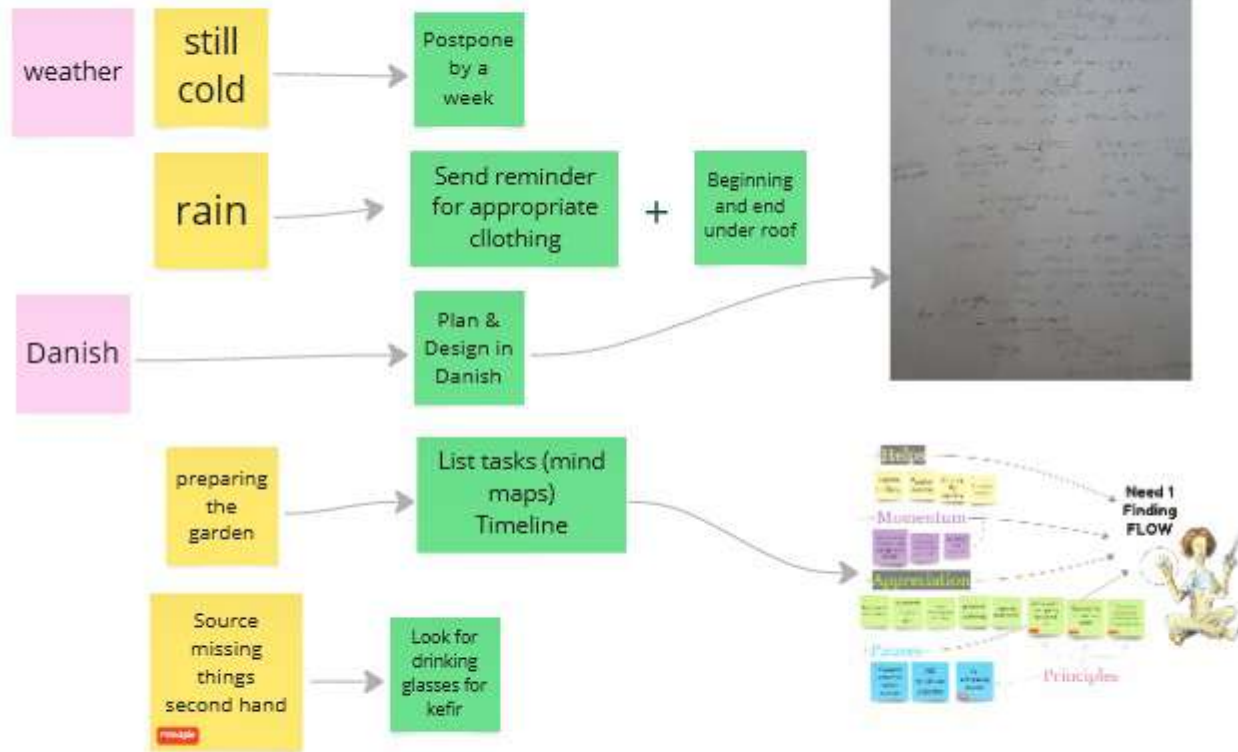


Action

Ideas

Practicalities

Implementation



Reflection corner

First, some of the residual ideas related to practicalities were transformed into actions. The biggest action items prior to the event was the spring clean and repairs in the garden. It is at this stage where the "FLOW" principles were the greatest help, and not the action lists themselves!

Action



kefir ready for demonstration

Welcome



Perennial plants card deck

Implementation



Welcome drink - green kefir



Inger is ready for the tour
"Living with nature"

Action



Implementation



Tour

Forest Garden
Fruit orchard &
Under the beech



Action

Implementation

Dandelion salad

Dandelion leaves
Red onion
Feta
Walnuts
Dates
Dressing: Balsamico, honey, olive oil, salt

Cold potato salad

Potatoe
Orpine
Perennial onions
Garlic leaves
Creme fraiche
Salt

Tortillas with fill

Tortillas
Leafy greens: Slange urt, ground elder, nettles
Cheese
White cheese
Butter for frying

Spring salad

Leafy greens: ground elder, hosta, spinat syre, spinat ranke, ramslæg, skorozoner
Dressing: apple cider vinegar, spya sauce, honey, olive oil, salt

Nettle pesto

Nettles
Garlic leaves
Pumpkin seeds
Dry yeast
Lemon juice
Olive oil
Salt

End



Action

End

Implementation

Collecting feedback for both sessions

What went well? What did you like about the course? What was inspiring?

Good combination of theory and practice	4/10
Very inspiring to learn about the new way of gardening / informative / eye opening experience	4/10
Delicious green food / inspiring food	3/10
Inspiring / enthusiastic lecturer	3/10
Good there was time between the first and the second sessions, that allowed processing and planing for the garden	1/10

What could be improved? What did you miss?

A bit too cold	2
Missing printed recepies	2
Better information before the course	1



Include Evaluation of the Design. Did you fulfill your aims?

Aims of the design

To create a PLAN for hosting an educational garden visit

Achieved in full. Clear, complete, easy to follow plan.

A PLAN that will allow the FLOW while preparing for and during the event

When setting this goal I was inspired by Looby's social principle "Plan then Flow" and by an internal need to find more flow and more energy in myself when taking on such tasks. During the design a different connection between the flow and the plan emerged. First, I arrived at what enables flow in me. This helped creating a plan, that in turn allowed the flow during the event. Overall, I believe my need for flow was successfully addressed with the help of Design Web framework.

Additional intentions, aspirations for the design:

- | | |
|--|--|
| ✓ I would like to be able to give an inspiring tour | Based on feedback, several participants wrote "inspiring" |
| ✓ I would like to be clear, concise, simple and precise in my communication when conveying key messages and explaining connections | System functions elements were helpful to be precise
I think I was able to express myself quite clear |
| I would like to refer to the materials and principles covered in the first session to enhance learning | Yes, in relation to forest gardening and perennial vegetables
Not so much in relation to ethics or principles |
| ✓ I would like participants to feel welcomed and safe | Everybody seemed quite content, we did our best helping with crutches and moving chairs. |
| ✓ I would like to have fun while preparing and executing the tour | Yes and yes! A lot of pressure thanks to the design related to the flow part. |

Reflection

Besides fulfilling the specific goals of this design, based on the feedback that I have received after the event by e-mail and on SoMe, I can also see that I am fulfilling my mission as set out in the Vision anchorpoint

Birgit
"I've tried making tortilla wraps with different greens. It tasted really good. My husband liked it too. If you still have kefir culture, I'd like some."

Inge
"Dear Boris and Aleksandra!
I blend ground elder, dandelion leaves and some rampses with my kefir drink.
Then I just bought a couple of books: food with perennial vegetables by Thea Hestbjerg, Karoline Nolsø Aaen and Tycho Holmcomb and then a book about edible wild plants by Annemette Olesen".

Bente
"Thank you for a super exciting morning with you. Now we find greens in the garden for the salad bowl - uhm... Also just started kefir portion no. 2 - it tastes SO good"

And it looks like we are to continue:

Inge Kristiansen - DOF evening school leader
"Hi Aleksandra. I have received a lot of good feedback for your two events from participants. Have you thought about an event in the autumn? I think it is a good idea to be able to advertise before the summer holidays."

Evaluation

to inspire and encourage change in...

explain and show the alternative to..

set an example of a regenerative villa-garden compared to

...the traditional way of having a garden



What worked? What didn't?

What worked?

The developed plan for the tour worked very well. Chosen activities were adequate and well received. It was easy to keep the time, there was no forcing or rushing while moving from one activity to another.

The realizations in relation to pausing, sustaining momentum and appreciation were very helpful to maintain energy and avoid stress.

What didn't?

Practicing "Questioning method" and involving learners to have more dialogue and active learning was challenging. More practice is needed.

It would be handy to have recipes written down or printed to hand out.

I was missing some explicit teaching material (some posters) when explaining about actinidias.

Reflection

Reflect on the Process / Framework / Tools / Principles you used. Share highlights of your Lessons Learned and how you have progressed as a designer

Process

The process around this design was rather good. First, it was a real time design, not a retrofitted one. There were many learnings and revelations along the way. And most importantly the process was stress-free and energy rich. I enjoyed reading different chapters of people and permaculture as I was proceeding with the design. I can recommend it as more "active" / "hands on" reading (and immediately applying). It was great fun to experience a degree of synchronicity, e.g. writing about procrastination and then "finding" and abstract about that in the book.

Framework

Applying Design web was again a great and rewarding experience. While this framework guides the entire process, at the same time it allows for emergence. I think it was the first time I did not know what final form the design will take. it was a wonderful experience to really arrive at the final product.

In my view the framework contains a bunch of analytical tools in itself, i.e., spirals of erosion and abundance, internal/external resource mapping, etc. So again I found it quite sufficient/exhaustive in itself.

Tools

It was nice to apply "Systems functions elements" tool to identify key presentation points for the tour.

As well as the quick and basic plus/minus analysis to select the activities was effective.

But most of all I enjoyed the tools within the Design web and the iterative, analytical and decision rounds.

Principles

Reviewing David's principles through Looby's lens and processing their social dimension was enriching and provided new insights.

Reflection

Share highlights of your Lessons Learned and how you have progressed as a designer

Lesson Learned

Trust the process: be thorough in applying the framework and you will be rewarded.

"Monotonous" work like proper documentation strengthens your presentation and communication skills and even at that stage can give more insights.

Consider and use more tools, even if at first glance they do not seem to fit, this might give more unexpected insights.

Progress as designer

- I gained more experience with the Design Web.
- Deeper understanding of the importance of zone 00 for any design. This is a big shift in me.
- Importance of pausing, and the whole notion of reenergizing pausing. Willingness to explore this topic and make a separate design on incorporating re-energizing pausing in every day and every sphere of life (as well as appreciation and momentum).
- And a big step as a teacher. Tried out two different types of teaching sessions: classroom and garden tour. Gained more confidence. And a lot of encouragement from the learners. Priceless.