



The Integral Home and Garden Companion

Volume 1, Number 1

Summer-Fall 1995

THE RUSSIANS HAVE COME!!!

Zoya Akulova, Natasha Krestiankina, and Albina Kohegina visited California from St. Petersburg, Russia in March as part of the "Toward an Integral Home and Garden" program. Their goal: to study Biointensive Mini-Farming with John Jeavons—the world authority on the method—at the Ecology Action research and teaching center in Willits, in northern California,

Following their return home, a press conference was organized where, Akulova later wrote, "We told journalists about Biointensive method and all these materials were published in the news-papers, were announced by radio, and showed on two TV programs."

Akulova works as a botanist at the St. Petersburg Botanical Garden, while Krestiankina is a teacher of the "Farmer" class of 14- to 15-year-old children in an English-speaking school, and a translator and English teacher. Kohegina is vice-president of the Northwest Center for Alternative Agricultural Technologies in St. Petersburg and collaborates with the world-famous Vavilov Plant Genetics Institute. The three were given a full program of tours of Bay Area gardens

Tours included the Arboretum and Conservatory of Flowers in Golden Gate Park and the rooftop garden at a limited-income retirement home south of Market Street in San Francisco, the LifeLab science teaching program at UC Santa
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MESSAGE FROM THE DIRECTOR

Solar-heated ecohomes and a Biointensive experiment in Siberia... double-dug dacha plots in St. Petersburg... 50,000 copies of *How to Grow More Vegetables...* in Russian distributed from Vilnius to Vladivostok... visions of Biointensive workshops springing up all over Eurasia... all these images and more, each with its own story, compete for play as we plan this, the first issue of our newsletter.

Our mission is to engage you, our readers, in the excitement of this joint Russian-American project, in the hope that you, too, will find your way to becoming an intrinsic of the life-giving process—on all sides of all the oceans—of promoting Biointensive, one of the purest and most promising forms of organic gardening and mini-farming, and thereby a more viable future for all our children!

Carol Vesecky

TOWARD AN INTEGRAL HOME AND GARDEN

Biointensive methods of growing food on minifarms for the family have been developed over millennia in a wide variety of the world's cultures, climates and soils. In our century, they may have been refined to the greatest extent in Willits, California by John Jeavons and his associates at the Ecology Action research and teaching minifarm. Gardeners in over 100 countries are using Biointensive techniques based on Ecology Action's workshops and publications.

Ecodom, Inc. is a dynamic group of scientists located in Akademgorodok, Novosibirsk, Siberia, working to design and build environmentally sound housing for Russian families eager to move out of the small apartments of the communist era, back into a lifestyle rooted in nature. Invited by Biointensive for Russia, Ecodom sent its educational director, Larissa Avrorina, to Willits last November to learn more about Biointensive minifarming.



Larissa Avrorina visits Alan Chadwick Garden, UC Santa Cruz

The program "Toward an Integral Home and Garden" is the result of a fruitful collaboration between Carol Vesecky of Biointensive for Russia, Eco-dom's Avrorina., and Ecology Action's Jeavons. Integrating Biointensive techniques with the construction of energy-efficient ecological dwellings, this plan could lead to a substantial increase in the efficiency of food production and

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Ecodom

Ecodom, Inc., based in Akademgorodok (Novosibirsk), Siberia, has drawn together Russian Academy of Sciences architects, engineers and scientists to design and build individual dwellings that operate autonomously. The designs provide for minimum impact on the local environment and much-reduced demands on city-based utilities, thereby decreasing infrastructure costs. They have been approved by the various top-level Russian governmental authorities as well as by the UN Center for Human Settlements (Habitat).

Building materials combine strength and insulation performance characteristics. Energy conservation is emphasized, as is also the use of natural biological methods for reprocessing drainwater and all household organic wastes. The use of organic wastes as compost in the garden plot is the natural next step, closing the cycle. Ecovillages have been designed for the Altai and Novosibirsk regions.



Ecodom, Inc.'s designs, introduced to the Russian market in 1995, make it possible to build homes in areas far from towns and thereby decrease infrastructure costs. The housing is affordable for army personnel returning from former Soviet republics and from East Germany, thus stabilizing migration problems. The construction work involved will increase local employment levels, addressing Russia's ecological, social, and economic problems by building well-designed homes that avoid the environmental damage caused by conventional construction in Russia.

Ecodom's president Igor Ogorodnikov, a Ph.D. in thermal physics, is setting up an international network for exchange of data on design advances in ecohouse and ecovillage design.

Educational director Larissa Avrorina traveled to California during November-December 1994 to study resource-conserving Biointensive minifarming techniques; she is now incorporating these into the Ecodom program.

Biointensive for Russia

Biointensive for Russia was formed in July 1993 by Carol Vesecky and Liza Loop, following publication in 50,000 copies in Moscow of a fine Russian translation of

Biointensive for Russia is a project supported by Ecology Action of the Midpeninsula. Founded in 1993 with the aid of LO*OP Center, Inc. to help promote Biointensive minifarming in the former Soviet Union, its current goals include a two-way sharing of information on environmentally sound lifestyles. Carol Vesecky and Elena Kotikova serve as Palo Alto and Moscow coordinating staff; other staff and volunteers include Ludmila Kotikova, Valentina Fessenko, Kseniya Filimonova, Hans von der Pfordten, David Vick, Gail Mihara, Connie Williams, Virginia and LeRoy Herbert, Nancy and Dick Friedlander, and many other hosts and friends. The mailing of this issue of the *Companion* was made possible by memberships and generous gift contributions.

This issue of the *Integral Home and Garden Companion* was edited by Gail Mihara and Carol Vesecky.

John Jeavons' authoritative book on Biointensive gardening and minifarming, *How to Grow More Vegetables...* Through a service enabling books to be mail-ordered from the U.S. and sent out from Moscow, Americans have presented over 200 copies of *Kak vyraschivat' bol'she ovoschei...* to their Russian-literate friends living in Eurasia. (For details see timeline on p. 4)

While continuing the book service described above, Vesecky turned her efforts in another direction beginning in July, 1994 when John Jeavons suggested bringing Eurasians to Willits for training. An e-mail announcement gathered 9 applications for the upcoming November, 1994 workshop, but only Larissa Avrorina of Ecodom (see article above) ultimately succeeded in attending. Avrorina's visit led to the ISAR/USAID-funded joint project "Toward an Integral Home and Garden" (article on page 1 and to the arrival of three more participants from St. Petersburg in March, 1995. All four are now teaching Biointensive from their respective institutions, and Avrorina is also directing a full-scale experiment comparing the efficacy of Biointensive versus traditional Siberian gardening methods, and the editing and publica-

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Ecology Action



Since 1973, John Jeavons has directed Ecology Action of the Midpeninsula as the nonprofit structure for research and promotion of the Bio-intensive gardening/microfarming method as developed by English horticulturalist Alan Chadwick.

Ecology Action, with a small staff of five based at a mountainside location near Willits in northern California, conducts research into complete economic, nutritional, resource use, environmental and soil sustainability. It maintains a teaching and apprentice program emphasizing the training of teachers, and networks collaborators throughout the world in order to strengthen sustainable Bio-intensive microfarming programs. One measure of its success is a marked world-wide increase in the number of highly productive, resource-conserving, low-capital-input, and cost-effective small farms using diverse cropping patterns.

Bio-intensive techniques can make possible a 200-500% increase in caloric

production per unit of area, a major increase in soil fertility while productivity increases and resource use decreases, a 50+% reduction in the amount of purchased organic fertilizer, a 99% reduction in the amount of energy and a 67-88% reduction in the amount of water required per unit of production, and a 100+% increase in income per unit of area. Ecology Action views people living in harmony with the natural world as key to a sustainable way of life.

For more information on Ecology Action's offerings which also include Bountiful Gardens, a catalog source for organically grown seeds and gardening publications, and Common Ground, the store, library, nursery, and educational center in Palo Alto, please write: Ecology Action, 5798 Ridgewood Road, Willits, CA 95490, or just drop in to Common Ground, 2225 El Camino Real, Palo Alto, CA 94306.

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Toward an Integral Home and Garden

(Continued from page 1)

conservation of resources, according to Ecodom President, Igor Ogorodnikov.

The program includes three main areas of cooperation: (1) Workshops for gardeners and minifarmers to be held both at Ecodom's location at Akademgorodok, Siberia, and at Ecology Action's research and teaching minifarm in Willits, California; (2) translation and publication in Russian of Ecology Action books and pamphlets, leading to-ward translation of other American works on environmental problems; and (3) networking for U.S. and European contacts and support for Ecodom's work of designing and building ecologically friendly single-family dwellings in Russia.

In mid-December, under the nonprofit umbrella of Ecology Action, Bio-intensive for Russia and Ecodom jointly submitted the proposal to ISAR (formerly Institute for Soviet-American Relations), a Washington agency that acts as a "clearinghouse on grassroots cooperation in Eurasia" and disburses funds budgeted by the United States Agency for International Development (USAID) for cooperative projects to preserve the environment in Eurasia. In March, just in time for the visit of Zoya, Albina and Natasha for the 3-Day Workshop, we learned that we would receive a grant of \$25,000 from ISAR! This is providing modest support funding for the project. However, certain portions of the plan developed in

December remain unsupported, and further appeals are being made for funds to cover them.

For example, while the grant covers corrections to ***Kak vyraschivat' bol'she ovoschei...***, no funds are yet available for its second printing. Ecodom has found linguists who could translate the three Ecology Action booklets "Growing and Gathering Your Own Fertilizer," "The Complete 21-Bed Bio-intensive Mini-Farm," and "Learning to Grow All Your Own Food," but these translations, as well as more ambitious ones we envisage, including major environmental works such as *The Ecology of Commerce* by Paul Hawken, *Diet for a New America* by John Robbins, and (from Russian to English), Galina Shatalova's *Formula for Health and Long Life*, plus the reprinting in Russian of Sen. Al Gore's *Earth in the Balance*, await the funds to perform them.

Our hope is that cooperation and exchange of information between Eurasian and American Bio-intensive gardeners and microfarmers is strengthening the ties formed during the era of citizen diplomacy exchanges. It should also be renewing the hopes of Russians and Americans that we can continue to work together for peace, the environment, and health, starting with the basics: sustainably grown food for the table and environmentally sound housing. Our goal: to present to the world a model of sustainable living!

BIOINTENSIVE FOR RUSSIA TIMELINE IN BRIEF

- 1986** Nov. Novosti Press Agency Bureau Chief Viktor Yukechev returns to Novosibirsk from “Kids-to-Kids” visit to San Francisco Bay Area (sponsored by the Earthstewards Network) with copy of *How to Grow More Vegetables...* and dreams of publishing it in Russian in Siberia.
- 1987** June Carol Vesecky visits USSR with Women's Journey for Peace sponsored by Earthstewards, brings copies of HTGMV in English, French, German and Spanish to the World Congress of Women in Moscow. Soviet gardeners express eagerness to read a Russian translation.
- 1988** July Vesecky visits USSR again with members of Covenant Presbyterian Church and NCC-sponsored delegation to help celebrate millennium of Christianity in Russia. With Yukechev's help, she meets with editor at Mir Publishing House who shows strong interest in publishing the Russian translation.
- 1989** Aug. Correspondence and phone calls to Mir editor during Vesecky's Moscow visit demonstrate the impossibility of publishing the book in the USSR due to competition for high-priced printing and paper resources.
- 1990-1992** Soviet interest expressed in irregular correspondence between Yukechev in Siberia, Vesecky in Palo Alto, George Smirnoff in Spokane, WA, Andrei Skvorov in Tver, and John Jeavons in Willits. Yukechev writes, "This book would be the best expression of humanitarian aid that the American people could send to Siberians. Yukechev sends Russian translation made by Academy of Sciences agronomists to Vesecky.
- 1992** May Vesecky's purchase of higher-powered Portable Macintosh and translating partnership with Russian émigré scholar Romouald Fessenko inspires her to organize Bay Area editing and typesetting of the translation.
- Oct.- Correspondence is continued with Yukechev re publication and distribution, contracts are exchanged.
- Nov. Vesecky meets Frank Ahern at Center for Citizen Initiatives event; he suggests that US Peace Corps might take interest in supporting translation's publication. Connection established via Bay Area PC director Joe Therrien; Ben Way and Barbara Brown at Peace Corps eventually find \$10,000 to fund editing and typesetting. Boris Khersonski in San Francisco proposes publishing translation in Moscow on Pravda presses.
- 1993** Jan.- Camera-ready copy produced on Vesecky's Mac Portable, on a Stanford Univ. Sleep Research Center Macintosh computer and at Adobe Systems. Translation beautifully edited by Vladimir Bolotnikov in Oakland; charts translated by Vadim and Elena Kolosovich and Natalya Lukomskaya; proofing of completed text performed by Lukomskaya and Alla Gavrilov.
- March Volunteer Hans von der Pfordten aids Vesecky in putting completed camera-ready copy on Lufthansa flight to Moscow for delivery to Pressa Publishing House director V.M. Proskuryakov.
- June *Kak vyraschivat' bol'she ovoschei...* is printed on Pravda presses with full-color "Boise Peace Quilt" cover in 50,000 copies.
- July- Vesecky and Liza Loop organize Biointensive for Russia as opportunity for Americans to send copy of *Kak vyraschivat'...* to their Russian-literate friends in the New Independent States. Valentina Fessenko arranges for son Alyosha to bring books to her apartment from Pressa.
- Aug. of *Kak vyraschivat'...* to their Russian-literate friends in the New Independent States. Valentina Fessenko arranges for son Alyosha to bring books to her apartment from Pressa.
- Sept. Mass mailings go out, first orders come in and are expedited to Moscow with travelers.
- Nov. Fax connection established through 14-year-old Kseniya Filimonova who carries orders from dad Misha's fax machine to Fessenko apartment by bus.
- 1994** April CCI Ag Initiative Director Will Easton suggests book be sold during 21-ton seed distribution in various Russian cities. Vladimir Shestakov in St. Petersburg and Elena Kotikova in Moscow help organize this; Kotikova and Vesecky begin frequent e-mail correspondence resulting in Kotikova taking over delivery of orders to Fessenko apartment.
- July During Vesecky's visit to Ecology Action minifarm in Willits, John Jeavons suggests inviting Eurasian participants to 3-day workshop there in November.
- Nov. Larissa Avrorina from Ecodom, Inc. (Ecohouse) in Akademgorodok, Novosibirsk, Siberia attends 3-day workshop and stays on as intern for rest of November.
- Dec. With assistance via e-mail from Siberia and via fax from Willits, Avrorina and Vesecky co-author proposal to ISAR (A Clearinghouse on Grassroots Cooperation in Eurasia) for an USAID cooperative “Joining Forces for the Environment” grant
- 1995** Feb.- Project “Toward an Integral Home and Garden” funded by ISAR/USAID in February. Three St. Petersburg gardeners come to Willits workshop in March.
- Sept. Larissa Avrorina teaches workshops in Akademgorodok to Ecodom and Rodnik Gardening Society gardeners who begin experiment comparing Biointensive with traditional forms of agriculture in April, to last throughout the summer.
- Albina Kochegina, Natasha Krestiankina, and Zoya Akulova teach workshops in St. Petersburg. Carol Vesecky attends EcoForum in Kiev, connecting with many groups in Central Asian, Western Sector, and Caucasus republics eager to send participants to workshops in Siberia and California.
- Sept. Larissa Avrorina to teach 3-day workshop in Akademgorodok, September 4-6..

ECOFORUM: A NETWORKING OPPORTUNITY FOR EURASIAN AND AMERICAN GREENS

ISAR (A Clearinghouse on Grassroots Cooperation in Eurasia) arranges USAID-Funded environmental forum at Puscha Ozernaya, near Kyiv, Ukraine

by Carol Vesecky

A busload of 49 American environmentalists arrived in the Ukrainian country idyl of Puscha Ozernaya (Lakeside Grove) on Sunday, May 21 to be greeted by an unlikely apparition: clowns from the renowned Kyiv Circus! In wacky garb and makeup, they bobbed in and out among the pine trees, beckoning us along the narrow, paved lanes leading to the entrance to our home for the week, an imposing modern structure also looking strangely out of place in that woodland setting.

This lighthearted welcome, the day of Kyiv sight-seeing, and the gala welcome buffet that followed served to ease us gently into our serious task: offering cooperation to 140 representatives of "green" groups based in former Soviet republics from Armenia to Kazakhstan who are battling some of the worst ecological disasters known to mankind. Examples: the deforestation of Georgia's magnificent mountain scenery

for firewood due to disruption of the electrical power supply caused by the civil war; the salinization of Uzbekistan's soils and the fast disappearance of the Aral Sea; the massive radiation pollution following the 468 nuclear tests carried out over 40 years on the Semipalatinsk testing range in Kazakhstan.

The former sanatorium (built for the Central Committee of the CPSU) was elegant, comfortable and clean, with red carpets leading us down parquet-floored and marble halls and well-appointed single rooms (mine overlooked a charming fountain decorated with swans taking flight), and the lovely natural surroundings delighted the soul. Even the weather obliged—the first three days varied between rain and shine as we prepared our seminars and began the sessions, then the last few turned warm and sunny as reward for our labors.

ISAR's young, international staff performed superbly from the start, ensuring that we all found our rooms and seminars, that we understood the equipment, that we exchanged our materials and books. For example, in the room designated as the Information Center and during my seminar I succeeded in giving away a whole boxful of books, pamphlets, and brochures on my cause. The Eurasian greens also shared materials, and many set up well-designed displays on their problems and attempted solutions along the corridors.

The Russians Have Come!!! (continued from p. 1)
Cruz, EarthSave, and the UCSC Agroecology Program's Farm and Alan Chadwick Garden. Other sights visited included the big trees at Muir Woods and the Alvarado St. Bakery in Rohnert Park where Kochegina, in particular, was delighted to witness the production of "sprouted wheat" bread. She tells us that this bread has superior healing powers and since her return to St. Petersburg has introduced it into a dietary program for veterans.

Visit to the Conservatory of Flowers

The three Russian gardeners were given a thorough tour of all the historic glass houses in Golden Gate Park, coordinated by volunteer director Clare Cangioli. Curtis Branch, the glass house manager, led the visitors through several collections of bromeliads, cactus, palms and ferns, and related some of the early history of the Conservatory, which was inspired by the admiration of England's Lew Gardens of Peninsula benefactor James Lick. But it was the rare Masdevallia collection, shown off by Conservatory botanist Peter Cole and student intern Alissa, that probably held the greatest fascination, especially for botanist Akulova. "I am amazed by each strange new plant, every time, no matter how many I see," she said.

The Willits Workshop

The 3-day workshop in Willits, held annually in March and November, offers in-depth study of the method—a small-scale, high-yield, resource-conserving, organic approach to food-raising—to experienced gardeners from

the US and around the world. Participants, upon returning home, begin demonstration gardens and programs to teach the method to others in their localities. Interest in the method was sparked in Russia by press coverage provided by several Moscow journalists who participated in a workshop taught by John Jeavons at Stanford in 1990, then further developed in 1993 by publication of 50,000 copies of a fine Russian translation of John Jeavons' authoritative work, *How to Grow More Vegetables...*

Biointensive for Russia's role

Biointensive for Russia, a project supported by Ecology Action, is directed by Palo Alto resident Carol Vesecky (see article p. 2). Eleven applicants were recruited via e-mail contacts for the March workshop from areas as far-flung as Khabarovsk, in the Russian Far East, and St. Petersburg, Russia's "window to the west." Two applicants selected for this workshop from Irkutsk, Siberia, and Suzdal in central Russia, as well as two applicants from Uzbekistan and Ukraine selected for the November, 1994 workshop, were unable to come due to passport and visa problems. Vesecky hopes that they will be able to come to the March, 1995 or subsequent workshops.

The project "Toward an Integral Home and Garden" is being supported by USAID funding through ISAR, a Washington, DC agency that fosters grassroots cooperation in Eurasia. Happy as we are to have this support, it does not cover all our planned projects. So, donations from the public are also needed and welcome! Please call Carol Vesecky at 415.856.0751 for details of our needs.

Sponsor a Eurasian workshop participant!

DONATIONS NEEDED FOR AKADEM-GORODOK AND WILLITS TRAVEL AND WORKSHOP COSTS

Requests for applications to the Fall workshop in Akademgorodok have been e-mailed out, and many responses have come in. It is hoped that at least 10 Eurasians can take part; costs are estimated at \$150 per participant for travel, workshop fees, and per diem.

Among the highly qualified Eurasians whom we would like to host for the 3-day workshop in March, two deserving Russians stand out. These two were selected for previous workshops. Your gifts (see p. 7) could help make their trips possible! Travel, a small per diem, and workshop fees come to \$1,800 per participant; an interpreter adds \$350. The two Russians are:

Igor Vinokurov, Suzdal: Igor heads the laboratory of Agricultural Chemistry and Ecology at the Vladimir Ag Institute. At age 40, has seen only too well the ecologically harmful effects of chemical fertilizers and pesticides. He has been practicing biological techniques for ten years on his small plot in Suzdal, a town 80 miles northeast of Moscow, and has recently started Biointensive beds and a study group on Biointensive in Suzdal.

Unable to obtain his passport in time for the November 1994 workshop, he sent his data on a worm composting experiment he conducted last summer. While running for Suzdal town council, he campaigned on an environmental platform. He hopes to set up a Center on Alternative Agriculture where Biointensive demonstration plots would be featured. Suzdal would be an ideal

location, as the gardens could be viewed by the thousands of international tourists who visit this charming town each year for its medieval churches and monasteries!

Tatyana Bruk, Irkutsk, Siberia: Tanya is a biologist, aged 32, and a staff member of "Baikal Environmental Wave." Her academic work has included the study of the cell culture of plants. She grows the usual Russian vegetables: potatoes, tomatoes, cucumbers, cabbage, and greens, using a greenhouse and compost. She plans to teach Biointensive from the BEW demonstration garden in Irkutsk and at an alternative technology/renewable energy center in Kochergat, a village 100 km from there.

Biointensive for Russia (continued. from page 2)

tion of a Biointensive glossary. With further funding, she is prepared to organize the translation and publication of more U.S. environmental publications.

Following the success of the book publication and donation project, Vesecky was invited by ISAR to attend a USAID-sponsored EcoForum in Kiev in late May, 1995. The forum's purpose was to bring American environmental groups (see separate article) together with "green" groups from all over Eurasia, with the dual longer-term goals of strengthening democracy via the nongovernmental organizations and of working together to protect and restore the environment in Eurasia. Thus, inspired by their concern for the environment and interest in grassroots cooperation, Vesecky and Avrorina are now guiding the organization's efforts towards developing a joint U.S.-Eurasian plan for environmentally sound living.

A Letter from Zoya...

Below are excerpts from a letter to John Jeavons from Zoya Akulova, who took part in the March workshop. Please see the story on page 1 for more details of her visit.

'... I was fortunate to be able to study your course of Biointensive Mini-Farming because my friends and I need this knowledge very much now.... I am one of the organizers of the Ecovillage Rysovo (Russia, Novgorod region). Some of my friends have 166 hectares of land together. They became farmers two years ago. We drew up a plan for new buildings and gardens in this place and this summer we will begin to build.

Our village is an ecological organization; it is a society of people who have chosen the ecological way of life. We would like to live in harmony with nature. Our main goal now is to create a sustainable system.... We will teach and use the Biointensive method there. This summer we expect volunteers from various countries and children from the ecological school and farmer's school. We are trying to organize some business in Ecovillage—perhaps producing healthy food. Thank you for the literature you presented me with. I will use these books and give them to the special library at Ecovillage Rysovo. My kindest regards to all your group. I wish you success!

Fondly, *Zoya Akulova*

Workshops and lectures being held this year in Russia; articles to be published:

In Akademgorodok (Larissa Avrorina): January—Rodnik Gardening Society, 30 participants, 1-day workshop. April, Ecodom staff, 3-day workshop to 10 participants conducting comparative experiment. November—10 or more Eurasian participants, 3-day workshop

In St. Petersburg:

Albina Kochegina: Lectures in ecological school, at NW Ctr for Alternative Agrotechnologies with the Green Party, at a Children's Festival held in Palace Square

Zoya Akulova: Lectures at the St. Petersburg Gardening Society, workshops at Ecovillage Rysovo including children from ecological school. Experiments; Plan to publish article on results

Natasha Krestiankina: Lessons in the farmer school, lectures to parents, School experiments: best compost, best pumpkin, comparing Biointensive to no-dig, mulching method. Article for an agricultural magazine.

You Can Help!

What you can do:

Volunteer your time:

- Help with hosting visiting workshop attendees from Eurasia: homestays, garden and sight-seeing tours, home hospitality
- Networking for financial help
- Help us find groups that could take an interest in our work. Carol would bring her slides and tell our story.
- Computer database assistance
- Desktop publishing or co-editing our newsletter
- Call Carol with your ideas!

What we need:

Contribute financially to help pay for:

- Travel and per diem costs for Eurasians attending November workshop in Akademgorodok, Siberia. Goal: to bring 10 at \$150 each.
- Approximately \$1800 for one participant in Willits 3-Day Workshop in March, 1996
- Portable MS-DOS computer for Ecodom
- Publication of Ecology Action booklets in Russian
- Expanded advertising to Americans wishing to send *Kak vyraschivat'* ... to their Russian friends
- Half the teacher's salary for planning and conducting of workshop at Ecodom
- Funding for a workshop in St. Petersburg

Membership donations provide a financial base to help us fill in the gaps in our budget plan. Here's a chance to be part of our work to "close the circle" in Siberia and develop a model of an environmentally sound lifestyle to offer to other parts of the world. All members will receive 3 newsletters per year.

Here's my tax-deductible contribution to Ecology Action to support the work of Biointensive for Russia and Ecodom:

- \$20 Regular membership
- \$50 Donor: Choose a gift (listed below)
- \$100 Contributor: Choose a gift and a budget item (see choices below)
- Here's my special contribution of \$
- One-time contribution, please don't even send the newsletter!

Gifts (while they last, for \$50 donors and above):

- "Siberian Meadow" herbal tea, collected from an operating Siberian mini-farm (2 ozs.)
- Small "Rospis" painted wooden serving spoon
- Small, curved wooden spatula (also benefits Nevo Ecoville near St. Petersburg)

Budget items requiring funding:

- Part-time salary for our Moscow liaison, \$50/month
- Portable computer for Ecodom staff, \$1,000
- Workshop sponsorship of Igor Vinokurov of Suzdal or Tanya Bruk of Irkutsk, \$1800

Please call Carol Vesecky regarding other items requiring funding or if you have 2 hours or more to volunteer.

Name:

Address:

Phone:

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Upcoming Events!

Friday, July 28, 7:30 pm: Come one, come all! to home of Carol Vesecky for an informational evening and slide show with refreshments on the progress of *Toward an Integral Home & Garden*. Special guests: Paul & Sandy Obester, just returned from St. Petersburg! Call Carol at 856-9751 if you'd like to come/know more.

Aug. 15-Sept. 30: Carol may sojourn in Siberia, help in monitoring of experiment and coordination of workshop; research an article, explore publishing scene

Sept. 4-6: Larissa Avrorina to conduct 3-day workshop in Akademgorodok

Oct. 27, 7:30 pm: Slide show on recent trip, refreshments. Call Carol for info.

Nov. 3-5: 3-Day Workshop in Willits. Participating Eurasian gardeners likely to arrive Sat. Oct. 31 and leave Sat. Nov. 11.

Nov. 30: Tentative deadline for *Winter Companion*. Please call with your ideas for articles!

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EcoForum *(cont. from p.5)*

We shared experience and vision in over 56 seminars, on topics from organizational management to networking, from mass media to renewable energy alternatives, from student activism to "Art as a Tool for neutralizing Public Aggression." Each seminar was supported by pairs of highly competent simultaneous interpreters and the requisite earphones and mikes. But more important than the information gained were the friendships we forged—during mealtimes and coffee breaks in the dining room where we were served a wide variety of delicious Ukrainian dishes, at the cultural evenings, at the spirited Georgian party, on nature hikes, during early-morning jogs, during Deep Ecology experiences, playing frisbee in the native forest... And now, weeks later, there's nothing more exciting than receiving an e-mail message from one of our far-flung Eurasian "enviro" friends, hailing from Bishkek or Khabarovsk, Nikopol or Zelenogorsk!

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