

20 Tips for a Plant-Based Diet

- 1 Grow your own sprouts on your counter.
- 2 Plant a few edible plants in containers or in the earth. Learn how to tend them well.
- 3 Gather seeds. Plant seeds. Share seeds.
- 4 Sit by a tree and meditate.
- 5 Keep a Species I Eat List on your fridge. Expand your list.
- 6 Listen to plants. Be curious about your relationship with plants.
- 7 Learn about two invasive plants that are edible in your yard or ecosystem.
- 8 Blend tough invasive plants like thistle (unsprayed and grown in chemical-free soil) into a green drink with apple, lemon, and water.
- 9 Get a hold of a field guide for your bathroom or coffee-table reading.
- 10 Recover chemically polluted soil from weed killer. Add worm castings.
- 11 Notice in the wild areas near you what plants grow next to each other. Use your senses to get to know how those plants make a living.
- 12 Once you know how those plants thrive, plant them in your own yard and tend to their adaptation.
- 13 Follow the patterns of water in your yard or building. Watch how it flows. Can you retain it longer on site and use it? Collect rainwater.
- 14 Support local food growers. Know their goals and spread the word.
- 15 Hire a local botanist to take you and your pals off the beaten path on a wild plants walk. Ask them to also point out the edible invasive plants.
- 16 Ask a local permaculture specialist to help you better use your yard. If you have friends who are interested, you might turn it into a workshop.
- 17 Become your own witch. Make your own teas, tinctures, and salves. Dry greens for your winter green drinks.
- 18 Have work parties or trade with a friend to help each other with your yards.
- 19 Help children learn about seeds, growing food, and composting.
- 20 Let your connection with nature become your daily entertainment.