

Living Well With Permaculture

<https://speakmylanguage.com.au/podcasts/play/P361/E>

Cantonese	English
<p>Charmaine: 今天我們請來的嘉賓是 Lily，她會為我們分享她的一個興趣 -- 樸門農藝。謝謝 Lily 接受 Speak My language 的採訪。在分享你的興趣之前，可不可以先簡單介紹一下你自己？</p> <p>Lily: 大家好! 我叫 Lily，來自香港，已經來澳洲 10 多年了。來到之後，看到家裡有很多空間，我開始學種植。因為平時上班都是坐在電腦前沒有什麼走動，所以空閒時我喜歡到花園除草或者種菜，既可以幫助我舒緩壓力，也可以作為一種運動。我有聽力障礙，種植有個好處是不需要與人說話，可以避免誤聽。</p> <p>Charmaine: 如你所說，你喜歡種植，然後又對樸門農藝感興趣，可不可以請你同聽眾分享一下什麼是“樸門農藝”，它是不是一門深奧的學問？</p> <p>Lily: 它並不深奧。樸門農藝這個詞是英文 Permaculture 的翻譯，這個詞由兩個字組成 "permanent" and "Agriculture"，是永續農業的意思，也被稱為永續文化。樸門是個設計理念，以自然生態系統為基礎，配合環境因素，設計人類生活的系統，提供食物，居所和社會結構的需求，適用於地球上的每個國家。當中也講究公平：我們付出的勞動力，應該得到合理的報酬。它的核心思想是與大自然合作，照顧地球和人類，而不是違背自然。樸門農藝是將這些設計應用在種植上面。</p> <p>Charmaine: 聽起來樸門農藝似乎不簡單。可不可以講一下你學習樸門農藝多長時間了？</p> <p>Lily: 幾年前我在後院割草，感到又熱又累。突然覺得割草要花費很多的時間和精力，不如除去所有的草改為種食物。我在網上發現有一種稱為樸門農藝的東西，感到很新奇很有興趣，就報名參加了一個為期兩天的工作坊，對樸門農藝有了基本的認識，我很認同它的理念，為</p>	<p>Charmaine: Today, our guest is Lily, who will share how she has been inspired by Permaculture. Thank you Lily for accepting the interview with Speak My Language. Before sharing your interest, could you please introduce yourself briefly?</p> <p>Lily: Hello, everyone! My name is Lily, and I'm from Hong Kong. I've been in Australia for over 10 years now. After coming to Australia, I noticed that I had a lot of space at home, so I started learning about gardening. Since I spend most of my time sitting in front of a computer for work and not moving much, I enjoy gardening or planting vegetables in my free time. Because it helps me relieve stress and serves as a form of exercise. One benefit of gardening is that it doesn't require much verbal communication, which is advantageous for me as I have hearing impairment and can avoid misunderstandings.</p> <p>Charmaine: As you mentioned, you enjoy gardening and have an interest in Permaculture. Could you please share with the audience what "Permaculture" is and whether it's a profound discipline?</p> <p>Lily: Permaculture is not profound. The term "Permaculture" is the translation of the English word, composed of "permanent" and "Agriculture." It means sustainable agriculture and is also referred to as sustainable culture. Permaculture is a design concept based on natural ecosystems that works in harmony with environmental factors to design systems for human life, meeting the needs of food, shelter, and social structures applicable to every country on Earth. Fairness is also emphasised:</p>

了學習更多的有關知識，我買了一些書來看，也時常上網找學習資料。我只上了兩天課，然後就自學實踐，邊學邊做。自 2017 年接觸樸門農藝到現在大約 4 年多的時間，下一步我打算讀樸門農藝證書的課程。

Charmaine: 你已經學了幾年的時間，請問除了看書和參加工作坊，還可以在哪裡找到樸門農藝的資訊？

Lily: 除了開始在工作坊學到基本知識，我大部分的知識都是在網上學到的。我還看書和雜誌。另外還觀看 ABC 電視台的 Gardening Australia，它是一個資料非常豐富很值得收看的節目。還有通過社交媒體學習：比如說我加入了 Facebook 的一些在澳洲的種植和樸門農藝群組，在貼文和留言及其他人分享的心得里學到了許多在書本上學不到的東西。YouTube 裡面也有很多視頻，可以從中學到許多。除此之外我還參加了有關以樸門設計為原則，幫人改造後院成為果園，菜園或者食物森林的義工活動。在幫了別人之後自己也會得到他們的幫助。通常這些活動有 20 多個人參加，其間有導師策劃和指導，還有工作坊教人設計和安裝灑水系統，搭建堆肥間等。我參與了整個過程，直接在實踐中學到施工技巧以及解決問題的方法。兩年前通過社區活動和參觀了幾個別人家後花園的食物森林，聽他們講解如何將樸門農藝運用在花園設計上，如何讓植物更好的生長及如何把雞及一些動物融入裡面。這些經歷對我產生了很大的推動力。

Charmaine: 聽你的分享我們知道了樸門農藝的緣起和基本知識，我們常常說理論和實踐並重，相信聽眾會很有興趣知道學了樸門農藝之後你家的花園有什麼改變？

Lily: 最大的改變是我將家裡的後院逐步變成了果園和菜園。我在後院的西面搭了一個涼棚，種了葡萄沿著架子往上生長，夏天植物的葉長滿了棚頂，擋住了照往房屋的猛烈太陽，令房間變得涼爽一點。冬天植物的葉落下，太陽可以照入了房間，家裡變得溫暖。此外我在院裡的工具間旁邊也種了幾種不同的植物，讓它們爬滿了工具間外牆，在冬天和夏天不同植物的色彩把工具間裝飾得更加好看。由此讓植物改

the labor we contribute should receive reasonable rewards. The core idea of Permaculture is to cooperate with nature, taking care of the Earth and humanity instead of going against nature. Permaculture is the application of those design principles to planting and cultivation.

Charmaine: It sounds like Permaculture isn't so simple. Can you share how long you have been learning Permaculture?

Lily: A few years ago, while mowing the lawn in my backyard, I felt hot and tired. It occurred to me that mowing the lawn required a lot of time and energy, and I thought it would be better to replace all the grass with food plants. I came across something called Permaculture online and found it very intriguing and interesting. So, I signed up for a two-day workshop to get a basic understanding of Permaculture. I resonated with its principles, and to learn more, I bought books and regularly searched for learning resources online. After attending the two-day workshop, I started self-studying and practicing simultaneously. It has been approximately 4 years since I first got involved with Permaculture in 2017. My next step is to enroll in a Permaculture certification course.

Charmaine: You have been studying for several years. Apart from reading books and attending workshops, where else can you find information about Permaculture?

Lily: Besides gaining basic knowledge from the workshops, most of my knowledge comes from online sources. I read books and magazines as well. Additionally, I watch "Gardening Australia" on ABC television, which is a highly informative and worthwhile program to watch. I also learn through social media. For example, I joined some Permaculture and gardening groups on Facebook in Australia, where I learned a lot from the posts, comments, and shared experiences that are not found in books. There

變居住環境又得到食物。

種菜的時候，我首先選擇合適的位置，將紙皮鋪在地上，然後用乾草，肥料，堆肥層層疊起到一定的高度，建成一個升高的園地在上面種菜。這樣不用彎腰勞作，對坐輪椅的人士和老人也比較方便。

另外，我按照日常活動的區域決定種植的位置：蔬菜，香草種在靠近廚房的地方，方便打理和採摘，烹飪前才採摘的蔬菜是最新鮮的。而果樹因為不用經常的打理，則是種在籬笆的旁邊，這是離房屋最遠的地方。我不使用殺蟲劑，而是用害蟲的天敵來對付它們。我種了不同的花草吸引益蟲，甚至會把房間裡看到的蜘蛛送到花園讓它們去吃害蟲。我會用洗米和洗菜的水澆灌植物，還安裝了雨水收集箱。我還會收集廚餘，混合樹葉，碎草，廢紙堆肥，既可以減少垃圾，幫助生態循環，也可以省錢。我還將野草浸水做肥料，因為它有很多營養。我也會收集了牛奶桶，舊毛巾等作為種植的工具循環使用。

Charmaine: 聽起來你的花園有很大的改變！作為樸門農藝的實踐者，能否講一下投入樸門農藝的興趣後你學到了什麼知識和技能？

Lily: 樸門農藝設計教會了我幾個重要的原則：觀察，儲存能量，使用可再生能源和善用多元化。其中我最得益的是觀察，耐心和採用多元化混合種植。我也了解到各種生物不論是動物還是植物在大自然都有不同的角色和各自的存在價值。如果遭到破壞，會失去生態平衡，最終會傷害人類和地球。

Charmaine: 看上去你不僅學到了廣泛和豐富的知識，提高了技能，在看待問題上也有很大的體會。

在你參加樸門農藝後有沒有與社區更多的聯繫和認識更多的人？

Lily: 有的。我在認識樸門農藝以後多了許多與人交談的話題，朋友遇到種植的問題都會來問我，我會把種植的收成送給鄰居，同時也會聊天，不僅感到開心，鄰里關係也好了很多。我參加樸門農藝活動時也認識了一些各行各業

are also numerous informative videos on YouTube that I have learned a great deal from. Apart from that, I participate in volunteer activities related to transforming backyard spaces into orchards, vegetable gardens, or food forests based on Permaculture design principles. By helping others, I also receive assistance in return. These activities usually involve more than 20 people, with instructors planning and guiding the process. There are workshops on designing and installing irrigation systems, building composting areas, and more. I have been involved in the entire process, learning construction techniques and problem-solving methods through hands-on experience. Two years ago, I visited several food forests in other people's backyards through community events and learned how they applied Permaculture in garden design, how to enhance plant growth, and how to incorporate chickens and other animals. These experiences have been a great source of motivation for me.

Charmaine: From your sharing, we have learned about the origins and basic knowledge of Permaculture. We often emphasise the importance of theory and practice. I believe the audience would be interested to know how your garden has changed after learning Permaculture.

Lily: The biggest change is that I have gradually transformed my backyard into an orchard and vegetable garden. I built a pergola on the west side of the backyard and planted grapevines to grow along the structure. During the summer, the foliage of the plants covers the top of the pergola, providing shade and reducing the intense sunlight entering the house, making the rooms cooler. In winter, when the leaves fall, the sunlight can enter the rooms, making the house warmer.

In addition, I have planted various plants next to the garden shed, allowing them to climb and cover the exterior walls. The different colors of

和其他種族的新朋友，因此也對其他社區的文化多了認識，擴大了生活圈子。雖然我聽覺不好，但因為話題是自己熟悉和感興趣的，溝通起來沒有什麼問題，也增加了我的自信心。

Charmaine: 真的為你感到高興。確實認識多了朋友，人會感覺開心一點。能否同我們分享一下參加樸門農藝後對你的生活方式和價值觀有什麼改變？

Lily: 我現在除了必需品盡量少買新的東西，也盡量買本地產品。我每星期都會去農貿市場買食物，一來比較新鮮，也可以支持農民獲得公平的報酬。我盡可能不浪費食物，在扔掉一件物品以前會給它盡可能多的使用機會。我學會了與大自然合作，尊重生態和大自然的定律，最重要的是善用有限的資源，尤其是飲用水，紙張等，我希望自己能堅持下去，並感染其他人一起做。如果我們想給下一代好的生活環境和延續的世界，要先由自己開始。

Charmaine: 這種價值觀很重要！如果聽眾對樸門農藝感興趣，你能否提供一些 tips？

Lily: 最好是報讀課程，也可以上網找資料，看書或參加樸門農藝團體的活動。Facebook，YouTube 也有很多有用的資料可供參考。

Charmaine: 謝謝 Lily! 對樸門農藝感興趣的聽眾可以留意一下。現在又到了節目的尾聲，謝謝 Lily 接受我們的訪問，分享她對樸門農藝的興趣和得著。我也從這次訪問中學到許多，種植有時雖然很簡單，但我們可以把它變得更加科學化，更加有創意和環保，也可以改善地球生態。我們也可以通過這個興趣加強與社區的聯繫，認識更多的人。Lily, 你有沒有一些關鍵的信息要與聽眾分享？

Lily: 我想鼓勵大家要放心的嘗試種植，做個城市農夫會為你帶來意想不到的好處，不要怕失敗，另外要多分享，不僅分享農產品，還有知識和經驗。最後，做農夫也是辛苦的，不僅是體力勞動，也要擔心天氣，所以我們不要浪費任何的食物。

Charmaine: 多謝 Lily!

plants in different seasons add a beautiful touch to the shed's appearance. This way, the plants not only change the living environment but also provide food for me.

When growing vegetables, I first choose a suitable location. I lay down cardboard on the ground and then layer it with dry straw, compost, and fertilizer to create a raised bed for planting vegetables. This way, there's no need for bending and it's more convenient for individuals in wheelchairs or elderly people.

Additionally, I determine the planting locations based on daily activities. Vegetables and herbs are planted near the kitchen for easy maintenance and harvesting. Vegetables that are harvested just before cooking are the freshest. As for fruit trees, since they require less frequent maintenance, I plant them next to the fence, which is the farthest area from the house. Instead of using pesticides, I rely on natural predators to control pests. I grow different flowers and plants to attract beneficial insects, and I even relocate spiders from inside the house to the garden to help control pests. I water the plants with the leftover water from washing rice and vegetables, and I have installed a rainwater collection tank. I also collect kitchen scraps and mix them with tree leaves, grass clippings, and waste paper to make compost, which not only reduces waste and supports ecological cycles but also saves money. I soak grasses and make them fertilizer because they contain valuable nutrients. I also repurpose items like milk jugs and old towels for gardening tools.

Charmaine: It sounds like your garden has undergone major changes! As a practitioner of Permaculture, could you share what knowledge and skills you have gained from your interest in Permaculture?

Lily: Permaculture design has taught me several important principles: observation, energy

conservation, the use of renewable resources, and embracing diversity. Among these, I have benefited the most from observation, patience, and adopting diversified mixed planting. I have also come to understand that all living beings, whether animals or plants, have different roles and inherent value in nature. If they are disrupted, ecological balance is lost, ultimately harming both humans and the Earth.

Charmaine: It seems that you have not only acquired extensive and enriching knowledge and improved your skills but also gained significant insights in approaching problems. After participating in Permaculture, have you made more connections with the community and met more people?

Lily: Yes, I have. Since learning about Permaculture, I have had many more topics to discuss with people. Friends come to me with gardening questions, and I share the harvest from my garden with neighbors while engaging in conversations. This not only brings me joy but also improves the neighborhood relations. When participating in Permaculture events, I have also met new friends from different professions and ethnic backgrounds, which has broadened my understanding of other cultures and expanded my social circle. Although my hearing is impaired, since the topics are familiar and interesting to me, communication hasn't been a problem, and it has increased my self-confidence.

Charmaine: I'm truly happy for you. Indeed, having more friends can bring happiness. Could you share with us the changes in your lifestyle and values after engaging in Permaculture?

Lily: Nowadays, besides essential items, I try to buy fewer new things and opt for local products as much as possible. I go to the farmers' market every week to buy food, as it is not only fresher but also supports farmers in receiving fair compensation. I try my best to minimise food

waste and give items as many opportunities for use before discarding them. I have learned to cooperate with nature, respect ecology and the laws of nature. Most importantly, I have learned to make the most of limited resources, especially drinking water and paper. I hope to continue this path and inspire others to join in. If we want to provide a better living environment for future generations and sustain our world, it must start with ourselves.

Charmaine: Those values are truly important!

If the audience is interested in Permaculture, could you provide some tips?

Lily: It would be best to enroll in a course or seek information online, read books, or participate in Permaculture group activities. Facebook and YouTube also have a wealth of useful resources to refer to.

Charmaine: Thank you, Lily! Interested listeners can take note of that. Now we have reached the end of our program. Thank you, Lily, for accepting our interview and sharing your passion for Permaculture and what you have gained from it. I have learned a lot from this interview as well. While gardening may seem simple at times, we can make it more scientific, creative, and environmentally friendly, improving the Earth's ecosystem. We can also strengthen our community connections and get to know more people through this interest. Lily, do you have any key messages to share with the audience?

Lily: I would like to encourage everyone to confidently try gardening. Being an urban farmer can bring unexpected benefits. Don't be afraid of failures, and remember to share not only your produce but also knowledge and experiences. Lastly, being a farmer can be tough, involving physical labor and concerns about the weather, so let's not waste any food.

	<p>Charmaine: Thank you Lily!</p>
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