



Trees, animals, birds, plants, forests, mountains, lakes and rivers — everything that exists in Nature are in desperate need of our kindness, of the compassionate care and protection of human beings. If we protect them, they in turn will protect us. - Amma

Contents

PNW Gardening

- [Maltby Farm Photos - Part 1](#)
- [Prarthana's Pea Patch Garden](#)
- [Raspberry Patch](#)
- [Stanley Park Photos](#)
- [Island Garden Photos](#)
- [Flower Photos from Eugene](#)
- [World War II Root Cellar](#)
- [Cereus Cactus Flower](#)

Nature

- [I Can't Believe](#)
- [Mt. Baker Photos](#)

Tree Planting and Habitat Restoration

- [Greenbelt Restoration Work Party: June 29](#)
- [Greenbelt Restoration Work Party: July 7](#)

PNW Litter Project

- [Mother Bird Feeds Her Chick](#)



GreenFriends is a global grassroots environmental movement which promotes environmental awareness and local participation in conservation efforts throughout the world.

GreenFriends is one of the projects of [Embracing the World](#), a not-for-profit international collective of charities founded by internationally known spiritual and humanitarian leader, Mata Amritanandamayi (Amma)

To join the Pacific Northwest GreenFriends Litter Project, write Karuna at karunap108@comcast.net

PNW Gardening

Maltby Farm Photos - Part 1



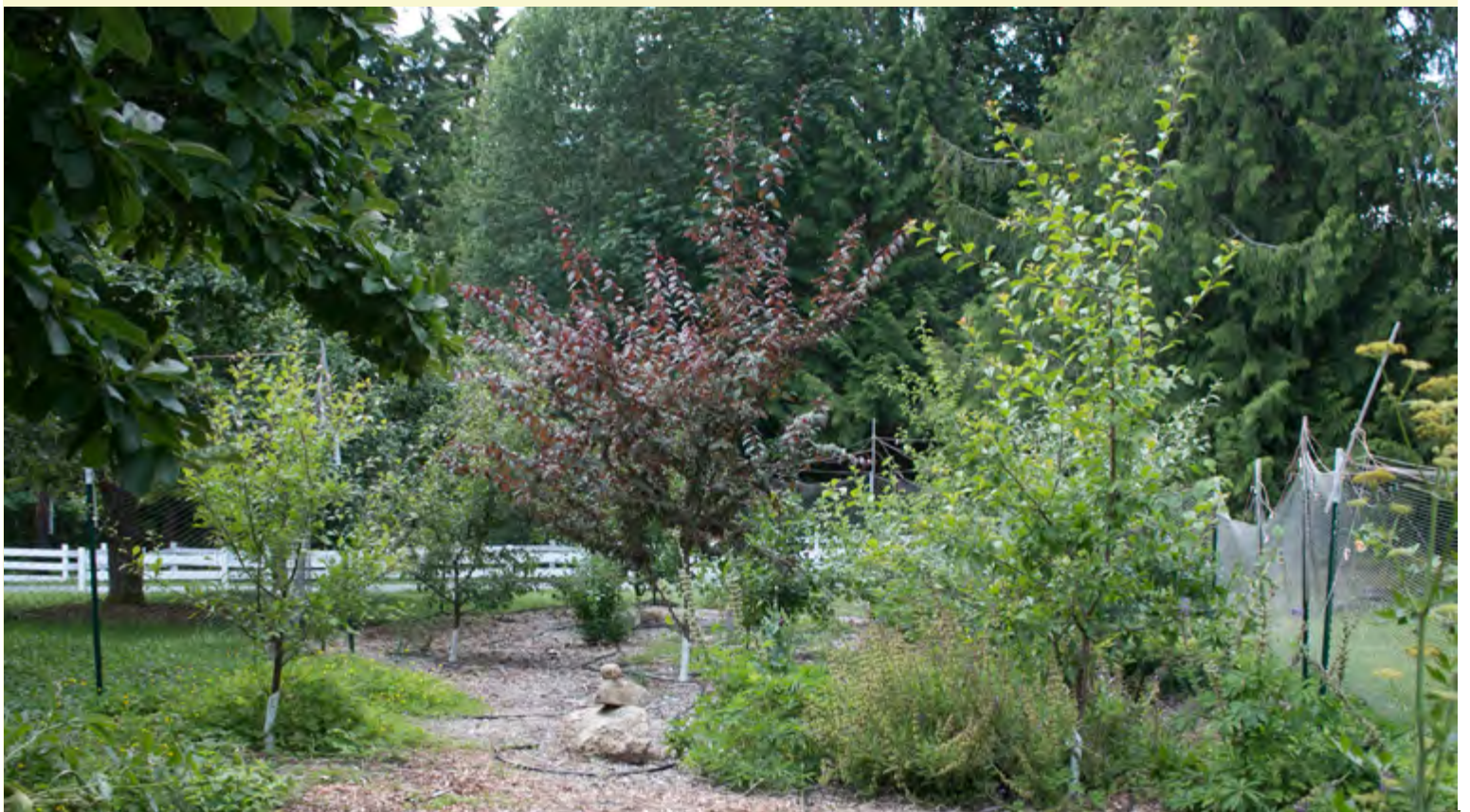
PNW Gardening



PNW Gardening



PNW Gardening



PNW Gardening

Prarthana's Pea Patch Garden



I recently moved to a condo on Bainbridge Island and, though I love it, I've been missing having a yard and a garden. I've never had a veggie garden—something that's on my “bucket list.”

Fortunately, a friend connected me to a local farm that hosts pea patches. It's a horse farm with art studios and even a yoga studio above the stables. I feel that my prayers to have a garden were heard. Now, not only do I have a space to grow food, I also have a community of gardeners with whom I can share watering duties and best practices!

We use the horse manure for fertilizer and we have community fruit, berry, tomato and herb gardens. I planted 2 types of cherry tomatoes, basil, 2 types of lettuce, purple peacock broccoli-kale, lemon cucumber, golden beets, fennel, butternut squash, vidalia onions, nasturtiums, calendula (edible flower) and 2 types of chard in my pea patch.

This must be what the Garden of Eden felt like.

PNW Gardening



PNW Gardening



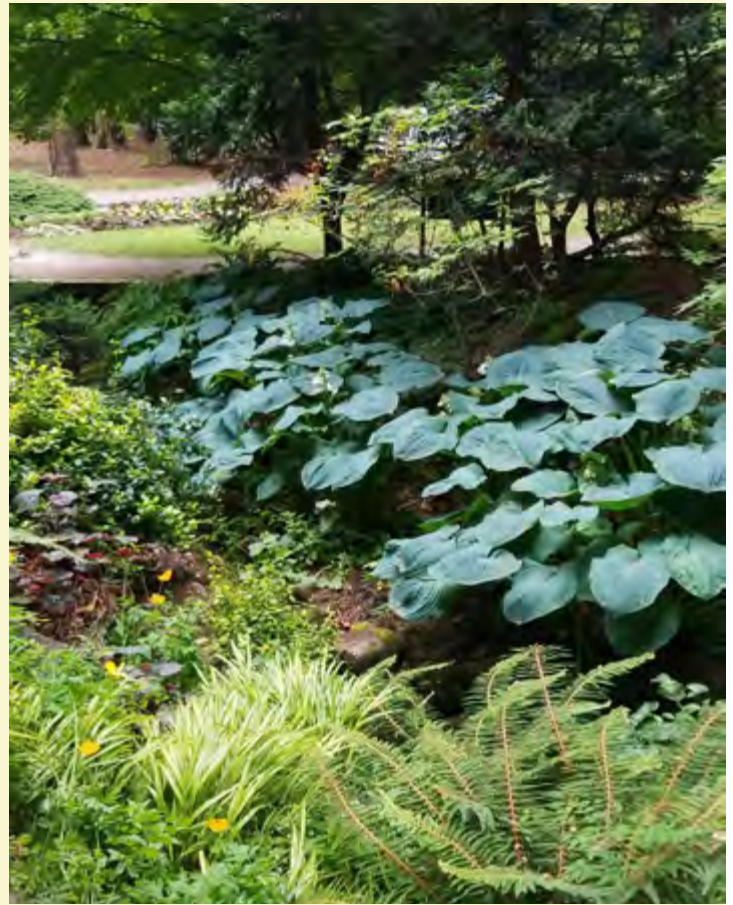
PNW Gardening

Raspberry Patch by Kothai in Bellevue



PNW Gardening

Stanley Park Photos, Vancouver, BC by Rabeea



PNW Gardening

Island Garden Photos by Lalita

I live and garden on a small island off the southern coast of B.C. For a very long time my partner and I have been growing food and flowers at our home by the sea. A few years ago, after hearing Amma's call for more food growing and tree planting, and with Her energy, we began the big project of a second and separate garden, named "the prasad garden"... for the growing of storage foods, foods to share with those in need... and for the facilitation of a new space for future food growing beyond us. Below are some photos of both gardens:

Home Garden



PNW Gardening



PNW Gardening



Prasad Garden



PNW Gardening



Nature

Flower Photos from Eugene, OR by Sarah



Nature



Nature



PNW Gardening

World War II Root Cellar by Shawn

This is a picture of the remains of a root cellar which was built by incarcerated Japanese-Americans in Minidoka, Idaho, during World War II. They had to grow most of what they ate. They changed much sagebrush country into green fields. In this arid desert with summers that were very hot, preservation of some of what they grew was important.



PNW Gardening

Cereus Cactus Flower grown by Saroja and Bob



Nature

I Can't Believe by Rama Devi Nina

I can't believe how many still deny
the climate crisis faced by all today.

Huge fires flare and blaze up to the sky,
while floods soak us in truth that's here to stay,
and plastic islands float, polluting seas,
as glaciers add dire warnings to the fray,
along with fossil fuels and fracking fees
we charge our Earth to pay for comfort's way...

while toxic waste increases all disease--

yet presidents and companies still say
there's no reality to the decrees
by all concerned humanity will cease
and sentient life might one day go away.

We won't survive if we lose all the bees!

I sigh with disbelief and wonder why
so few will rectify our tragic ways,
neglecting our great need to purify,
acknowledging how much our habits weigh.

Let's cease the 'single-use' we throw away,
release the selfish greed that keeps us bound
in corporate catastrophe's display
of ignorance (whose price is quite profound.)

I can't refuse the chance to harbor hope
that more of us will wake up--join the fray--
and cultivate new ways to help us cope...
before our lives descend into decay.

Photo Credit: Mike Oberg

Nature

Mt. Baker Photos by Eric



Nature



Nature



Tree Planting and Habitat Restoration

Greenbelt Restoration Work Party: June 29, 2019



From Spring Quarter of 2017 through Autumn Quarter of 2018, students from the University of Washington's Introduction to Environmental Science class helped with the forest restoration work on our site. The teacher retired at the end of 2018, and was not replaced, so we feared we had lost our biggest source of volunteers!

On the other hand, we had been told that he would probably teach the class again Summer Quarter of 2019, and that is what happened. Students from the class attended our June 29 event, our first work party of the summer.

In addition to four team leaders, 16 students from the Introduction to Environmental Science class, friends of two of the students, and three people who live near the greenbelt participated.

After an orientation, the participants were divided into four groups.

There were several places on the site where our native trees, shrubs and ground covers were being overtaken by blackberry and bindweed vines as well as other weeds. This was particularly a problem on the perimeter of the property. One group cleared away the invasive plants on one of the planting areas that border the east side of the site.



Tree Planting and Habitat Restoration



A second group worked on the upper-south planting areas. There the blackberries had completely covered a debris pile that had been created in early 2018 when we first cleared blackberry and ivy vines from that portion of the land. Only a tiny bit of the dried debris was visible.

The group cut the blackberry vines away from the debris pile and in nearby areas and then took many loads of the dried debris to another part of the site. They carried the live cuttings to drying racks located elsewhere on the property.



Tree Planting and Habitat Restoration

The third group worked on two projects. When there is a dead tree on the site, it is generally not cut down. As the tree decays, and even after it falls, it nourishes birds, animals and insects either by providing shelter or food. There was a dead shrub on the Greenbelt property that had grown as big as a small tree. Its branches were dropping into some of our new trees and shrubs. The first job this group did was to cut back those low hanging branches, so they didn't interfere with the growth of the new native plants.

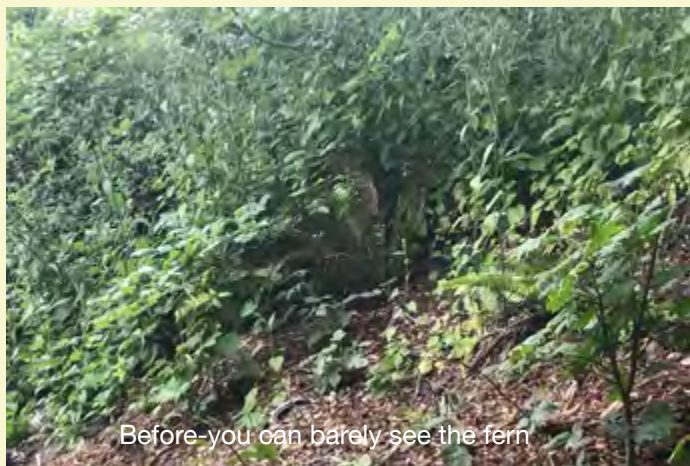


Before



After

When the students in this group finished that project, they started clearing the blackberry vines that were growing into the planting areas along the lower part of the southern border of the site.



Before-you can barely see the fern

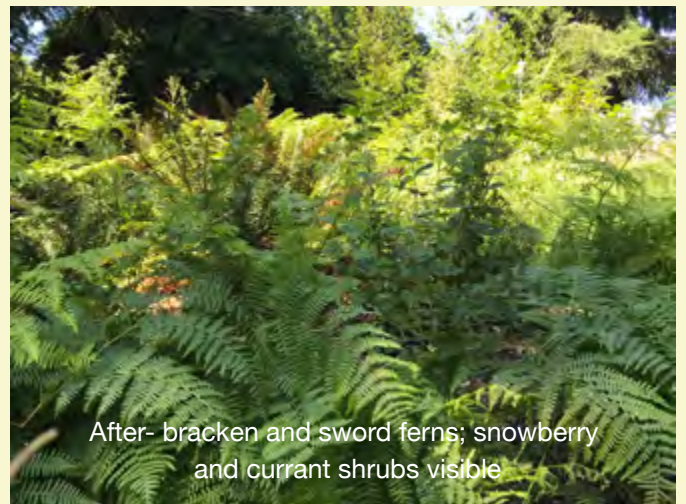


After the fern is has been liberated!

Tree Planting and Habitat Restoration

The fourth group cleared bindweed and other invasive plants from an area that was also covered with native bracken ferns. Those ferns had surprised me when they emerged from the ground last year since I didn't know they were there. They covered a lot of the native plants we had planted.

It was tricky to remove the invasive bindweed without hurting the bracken ferns or other native plants but the students did a good job of doing it. Towards the end of the work party they also removed the suckers that were coming out of two maple trees.



The work party began at 10 a.m. At 12:40 p.m. participants began the final tasks. They put the remainder of the invasive plants they had removed on drying racks, gathered the tools and took them to the toolbox, put all the supplies away and joined together for a closing. During the closing, we celebrated all that we had accomplished during the three-hour work party!

Tree Planting and Habitat Restoration

Greenbelt Restoration Work Party: July 7 by Karuna



On Sunday July 7, we held our second summer work party. Participants included two team leaders, 22 students from the University of Washington’s Introduction to Environmental Science, a volunteer who found us on the Green Seattle Partnership Event Page and a neighbor.

After the orientation, the first task for the day was to add or reinforce wood chip rings around many of the trees, shrubs and ground covers we have planted since fall of 2017. The rings help hold in moisture during the dry summer months. Afterwards, the volunteers would water some of the plants and remove bindweed from a Greenbelt site across Cheasty Blvd.

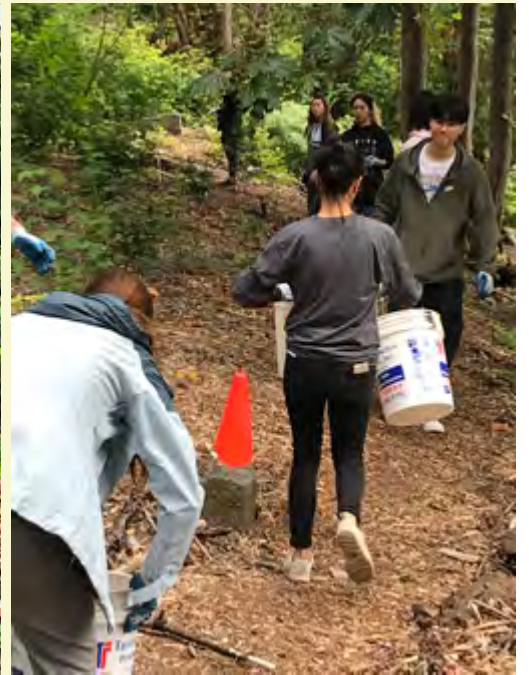


The area where we started building the wood chip rings was on the far side of the site, at least 250 feet from the wood chip pile. The process began with everyone filling buckets with wood chips. Some of the students stayed at the wood chip pile and refilled the empty buckets as they were returned to the pile.

Tree Planting and Habitat Restoration



Most of the students formed a long line between the wood chip pile and the far planting area. Buckets full of wood chips were passed from one person to another down the “bucket brigade” line. When the buckets were empty, they were returned to the wood chip pile in the same manner. (I’m aware that my photos of the line only show empty buckets. Be assured that MANY buckets filled with wood chips were passed as well!)



At the far end of the line, other volunteers created or reinforced the wood chip rings. They completed the rings in the far planting area much faster than I expected and then moved on to other parts of the site. They ended up making functional wood chip rings on about half of the site.

Tree Planting and Habitat Restoration



When I surveyed the work the next day, I was amazed to discover that the volunteers had completed 123 wood chip rings!



About 45 minutes into the work party, three students were pulled from the bucket brigade line to start the watering. I have been watering some of the Greenbelt plants since a cistern was installed on the site, but this was the first time we've done it at a work party. The cistern is located near the top of the Hanford Stairs. The water system operates solely by gravity, so if we are working in a high area, which we were, the water pressure can be very low.

Tree Planting and Habitat Restoration

I was filling the buckets near the bottom of the highest planting area. Even so, the water came through the hose slowly. We have been asked by the Seattle Parks Department staff to give two gallons of water to each plant that needs it. I had a hard time filling buckets fast enough keep up with the volunteers who were pouring the water on the plants. Eventually, we started filling the buckets even lower on the site. That meant the students had to carry the buckets further but moving to the lower area really increased the water flow.

I'm sorry I didn't get more photos of the water team; I was too busy figuring out how to get them water. Due to our persistence, 33 plants received two gallons of water during the work party!



An hour-and-a-half into the event, we took a break. I had decided to hold the break on the back deck of my house, which is adjacent to the Greenbelt. When the snack was ready, I looked down into the site and saw the other team leader leading a long line of volunteers to my house. The sight reminded me of a LOT of young ducklings following their mother. After enjoying the ice cream, we took a group photo.



Tree Planting and Habitat Restoration



After the break, we walked down the Hanford Stairs and crossed Cheasty Blvd. Once there, we started removing bindweed. (The week before this event, I wrote a blog post about some experiences in that site. That post was called “Oh No’s”.) It was fun and productive to bring a large group to work on that site.



I’ve heard that the bindweed roots may go down 32 feet in the ground. The vines are fragile so they tend to break before we can get to many of the roots. A few of the students painstakingly dug down 8 inches and found much thicker roots than I have seen before. The three photos below show part of their work.

Tree Planting and Habitat Restoration



Later students found a root that was much thicker. It was more like a stalk. I wish I had taken a photo of that one. Seeing it made me wonder what the roots are like when they are much further into the ground.

This is what part of the area looked like when we stopped at the end of the work party. By then, we had filled six or seven large bags with bindweed.



Tree Planting and Habitat Restoration

We haven't started removing bindweed in this area yet. Even looking at the photo is daunting.



Since the bindweed in this site has always grown back so fast, I am doubtful that the area we cleared will stay clear. I am going to consult with our Green Seattle Partnership supervisors and ask for direction.

We had a wonderful work party. I feel so grateful for all of the volunteers who participated in the July 7th work party as well as for those who have worked here in the past or will work here in the future. Every volunteer has made a significant contribution in creating "Another Future Healthy Forest".



PNW Litter Project

Mother Bird Feeds Her Chick

Karen Mason from Largo, Florida, recently captured these shots of a mother bird feeding her chick a cigarette butt. She posted them on her [Facebook page](#) and immediately started receiving requests from news organizations around the world asking for permission to publish them.



PNW Litter Project members have picked up cigarette butts since 2011. We started sending the butts to [TerraCycle](#) in 2013. As of now, we have sent TerraCycle 355,724 cigarette butts; they recycle them into plastic pallets. (Cigarette butt filters are made of cellulose acetate, a plastic that may take 10 years, or more, to decompose.) Please join us in preventing cigarette butts from getting into waterways, landfills and into the stomachs of birds, fish, and animals.