



The Search For Sustainability
-Nathan Crane

Marjorie: Hello, and welcome to The Home Grown Food Summit. This is Marjorie Wildcraft. I love to think of the Summit as if we're up high on a mountain, getting to look down into a really busy and productive valley where there's all kinds of backyard farms and gardens and things happening all the time. Right now we're going to go pop down to the community center and go get to spend some time with Nathan Crane. Nathan is an award-winning author, inspirational speaker, and conscious filmmaker who's dedicated to helping make possible for every human being the possibility to live a healthy, sustainable, and meaningful life. Nathan is the President and CEO of Integrated Health International, which is an organization dedicated to raising awareness around integrated and alternative solutions to preventing, healing, and reducing degenerative disease. He's also the President of The Panacea Community and Director of Panacea Publishing.

One of the places where I first ran across Nathan was he produced a docu-series called "The Search for Sustainability" where he interviewed 49 sustainability experts, permaculture designers, organic farmers, herbal medics, energy and building food enthusiasts, system analysts, green politicians ... but those are not from Mars ... and health educators. They share really amazing world-changing information. You just couldn't find this anywhere. This is an amazing series. I'd like to welcome the call, Nathan Crane.

Nathan: Thank you, Marjorie. Thanks for having me. I really love this Summit that you put together. I think it's incredibly valuable for all of us. I appreciate learning from all the other guests and experts that you have on here, and I'm just honored to be a part of it, so thanks for having me.

Marjorie: This is so cool because "The Search for Sustainability" is a wonderful title, and you could almost pretty much define that as my life, at this point in time. I'm really curious to get some of the inside stories about how that whole production got created. There were a lot of different experts. You traveled all over the United States. What would you say was the most inspiring interview that you did there, or the most inspiring site that you went to where you said, "Wow. Now these people have really got it going on?"

Nathan: Oh, my gosh. That's got to be a hard question because we got to tour, my wife, and daughter and I. My wife was pregnant at the time. We got to tour all over the country, most of it together. We got to see so many amazing projects, sites, permaculture sites, schools, community farms, gardens, you name it. We were even in Washington, DC at the Department of the Environment, interviewing the Director, who directly works with Mayor Bowser. They're working on making Washington, DC, our capitol of the country, the most sustainable city in America.

Anything from political and city-wide initiatives to backyard permaculture farms and systems, to what I think one of the most inspiring places I went was in Oregon. It was Don Tipping's Seven Seeds Farm. It was really cool because as you start studying permaculture and you start getting some more hands-on experience with some of these natural systems of how to not only be more sustainable but how to actually regenerate the land and regenerate the Earth and live more in harmony with the planet, you realize

it can take some time to get some of these systems set up. The more time, it's like the less work you do, and the more sustainable and regenerative it becomes, which is such a beautiful thing about permaculture.

This is a permaculture farm that was set up. I think it's between 15 and 20 years old, so it's really developed. He had, I believe, 50 acres or more of land, and they had about 10 acres of it developed. I believe it was about 10 acres. Oh my gosh. It was incredible. They grow row crops for seeds. They have a seed business called Siskiyou Seeds, and so they sell organic heirloom seed varieties. In between, or on supporting these row crops, they have permaculture food forests set up all around, so it's all interconnected. They'll row farm, basically row crop farm these seeds for two, three, four, or five years, and they're very conscious about it.

They realize people need seeds but they also realize they need to regenerate the Earth, so once they're done with that plot, then they'll go on and plant fruit trees, nut trees. Then they'll use companion planting around it. They'll plant berry bushes, herbs. They'll plant all kinds of supportive species to then create this micro food forest. Then what's incredible is as we toured ... I think we only toured maybe five acres out of the entire property, just because that five acres was so well established. That was an hour interview, just touring five acres. It was really incredible. He has a water system.

Marjorie: I've been to his place. You're right. It is amazing.

Nathan: Oh, my gosh. For anybody that can go out there and just tour, anybody that's interested in seeing what a permaculture ... what you can do with one acre, half-acres. Incredible. It's a very well established food forest. For anybody who's interested in that kind of model, it's really an exciting model for all of humanity, simply because it's a way to grow food, a way to grow medicine, a way to grow products for humanity in a sustainable, regenerative way. That was really very inspiring for me to see a very well established permaculture site, totally set up, running, functioning, and they had a profitable business where they're selling a product that's actually helping people and the planet. That's got to be at the top of my list.

Marjorie: That's definitely a big key. He sells the seeds. They offer these permaculture workshops and other workshops. Yeah, he's pretty active in his community, too. It's a pretty neat set-up. I love that little valley that he lives in. There's so much going on there.

Shifting now, what would you say was one of the more difficult interviews? Of the 49 experts, I'm sure you had some interesting stories there. What was one of the more difficult ones?

Nathan: Well, it's interesting. It was one of those journeys where once I set it in my mind this is what we're doing ... We didn't have any of this planned. I didn't really have any scripts or any planning. It was like I want to go interview people about sustainability, for two reasons. One is my family and I were trying to be more sustainable, so we wanted to learn. Two is, if we can compile this information in a way that makes sense, we can help other people be sustainable, too. We can make a difference for our community and for

our planet.

I just started calling and setting up interviews. One led to another to another to another. It actually was incredibly smooth. We really had no big challenges, other than when we were in Oregon, we broke down. The car broke down in Ashland, of all places. We were only planning on being there for a day, and we ended up being there for like four days. It was perfect. It seemed like it would have been a terrible challenge because we had other interviews scheduled. It was messing up the rest of our schedule. I just said, "No. This is supposed to happen." I'm a person that believes there are no accidents in this universe so just kind of sank into the acceptance of, "All right. Let's take it in. We're supposed to be here for a few days."

It seemed like what would have been a terrible hiccup or challenge in the entire trip turned out to be a blessing because we got connected with Don Tipping while we were there. We got to do that interview. We got connected with Peia Luzzi, who we used some of her music during the series. She's an incredible musician. We got to learn how she lives. She's a musician who writes beautiful music that just really uplifts your soul, but then she also drives a car where she uses bio-diesel. She tries to drive very little. She tries to travel very little, except when she's touring, and she's reconsidering her tours. She goes out and wild harvests her own medicine. We got connected with her, and then we got to just spend a couple days relaxing and swimming in a beautiful pond there in Ashland.

Marjorie: If you have to break down somewhere, I would say Ashland would be a pretty good place to break down.

Nathan: It was. I'd never been. I always wanted to go, and it was perfect. You know, all the interviews actually went really well and really smooth, and we learned so much from it. The information was incredible. I'd say, from a technical standpoint, Doug Simons. He's down in Gila, New Mexico. He was the first interview we did at the beginning of the year. I was still developing some of my skills, filmmaking skills, fine tuning them, I would say. I had some technical issues with that. I lost some of the footage. I lost the audiotrack. It was like all this stuff happened on that one interview but in the end we still ended up with just an amazing interview from Doug Simons. You know him well. You're a good friend of his.

Marjorie: Actually, he's presenting at this Summit, also The 2016 Home Grown Foods Summit. He's doing something a little bit unusual for us. He shows us how to make sandals, huaraches. It came out of need. When I needed to go to Mexico, and I said, "Doug, I need some shoes." He said, "I'll show you how to make some shoes." He just whipped them right up for me. We went ahead and videoed it.

Nathan: That was a really inspiring interview, because Doug is someone who's lived off grid for like 20 years. I mean lived on nothing but the wild plants. This was a guy in the desert that was living totally in harmony with nature, not living in our western society, going to work everyday, driving a car, using the computer and the phone. He had none of that. The wealth of wisdom and experience that came from that life experience for him really

shows in his personality, in his ability to teach, in his information about health of the body, and his communication with the plant world and the unseen world. I mean that to me is inspiring. Anybody with a little bit of knowledge and some support and some guidance and education from summits like this and from our documentary series, for example, could go out in the wild and live, not only sustainably, not just survive out of fear but actually live in a really abundant and meaningful way. I think that's really cool.

Marjorie: Yeah. Doug is really amazing. He's presented quite a few times with us. Let me ask you another thing, Nathan. Of all the different systems that you went and saw and visited, I know there's so many ways to grow food and so many ways to look at sustainability, also in terms of living spaces and things, but let's focus on food since this is The Home Grown Foods Summit. Was there anything that you saw that you said, "Wow. That just looks to me like it's so easy anybody could do it." What would you say was the easiest system that you saw out there?

Nathan: Well, there's two. One would be for people living without any land, without a backyard, basically in an apartment or in a condo or someplace you don't have any land. That would probably be Mike Adams. He has the Mini-Farm Grow Box. We have three of them. It's still winter time here in Santa Fe. Temperatures are getting below 30 at night, even down to 20 or 18. Our spring doesn't really come until about May, so we have one right now inside our window. It only gets a few hours of sunlight, and we have just massive heads of lettuce and kale just bursting out of it, and it's delicious. You set it up, and you're done. There's no electricity. It's a very simple basic hydroponic type of system.

It's called the Food Rising Mini-Farm Grow Box, and it's easy. Anybody can set it up, put your nutrients in, put your water in, put your seeds in, put it next to a window, even if you're in a cold environment, or put it on your porch if you've got sunlight and it's not getting below freezing. Boom, you've got food. To me, the plastic and stuff obviously is not sustainable if we're looking at every micro component, but in terms of food, easy, simplicity, anybody can do it, that's probably got to be one of the top three that I've seen.

Marjorie: Got it, and then for people who have a little bit of land?

Nathan: People that have any land at all, even a backyard, the hugelkultur system has got to be the best and the easiest. Simply because, I know there's people listening that know what a hugelkultur is. Thirty seconds on what it is for those who don't. How I try to describe it is, you emulate a 100 year forest floor. Basically, you're taking what nature already gives you, which is things like leaves and branches, stumps and logs, hay and grass, whatever is left on the lawn that people usually rake up and take to the dump. That's all the stuff that you want. That's all the good stuff. Basically, you're building. If you look at a forest floor, it regenerates itself year after year. It regrows its own soil. It plants its own plants. It feeds and fertilizes and waters its own living organisms, so what we're doing is emulating that but not having to wait 100 years. You can do it in a day.

Basically, what you're doing is you're taking as much woody material as you can, as

much carbon, branches and stumps, wood chips, the thicker carbon that you can get. You can get this stuff for free if it's not your yard. You can get it from neighbors. I talk to my neighbors. I said, "Look. All that stuff you rake up and throw away each year, I'll come and pick it up from you for free, or you can just drop it off here instead of taking it to the dump. They're like, "Great!" They don't have to pay for having to drop it off, so that kind of stuff.

You can actually, if you don't want a big pile sitting there in your backyard, you can actually dig a hole, a bed. Let's say you do a six foot by eight foot bed or 20 foot by five foot bed, whatever space you have. There's two ways to do it. You can dig it underground. You put all your wood pieces down. If you have access to fertilizer, you can mix that in as well, but you don't have to have it. You can fertilize your plants by growing nitrogen-fixing plants and legumes and things like that. Then lay down all your wood, and then fill it back up with the soil that you dug. That's why I like digging because you already have soil. You don't have to go and import soil from somewhere else. Then basically, you can plant right into it.

One of the hugelkultur systems that I saw, which I think was probably one of the better ones I've seen, was David Braden in Colorado. We interviewed him about it because he mixes sheet mulching with hugelkultur, so he'll lay down cardboard. He'll lay down wood chips. He'll lay down his stumps and his woody pieces. Then he'll fill it in with wood chips, usually fills it in with some nitrogen, like horse manure, cow manure, and then fill it back up with soil and then literally, plant right into it that same day and start growing. Whereas some hugelkulturs, depending on how they set it up, it takes a year or two for it to start kicking in, whereas this system you can plant into it immediately, and then it's going to feed, water, fertilize, nutify, take care of itself for many, many years to come, which means less work for you. Basically, once you have it set up, mostly what you're going to be doing over the next five or ten years is harvesting and maybe adding a little bit of wood chips here and there, but that becomes very irrelevant at that time.

Marjorie: Nice, so for folks in an urban situation, the mini farm, the Food Rising Mini-Farm, and then for folks with a bit of land, it's hugelkultur. I have to agree with you. Those would be my top two choices. Let me ask you something. You've been all over the country and visiting all these sites, you definitely have your finger on the pulse of the sustainability movement in the US. Where would you say we're at? There's definitely a movement. There's more backyard food production going on, and there's definitely more interest growing. Where would you say we are on the gauge?

Nathan: My general sense is we've come a long way, and we're making really good progress. There are more and more people getting on board with growing their own food, harvesting rain water, gardening coops, and community farms. There's just a lot of progress being made. More people are realizing that they need to buy organic and that we don't want these large agrichemical companies growing our food for us and poisoning us and our children. There are more people on board of genetic modification is not safe for the humans or the animals or the bees or the insects or the land-

Marjorie: Or anything else, yeah.

Nathan: ... or anything else, so you get rid of those two things, and the end result is okay, we've got to grow our own food. More and more people are waking up to that realization, even politicians, people in local legislation that are doing work. Colorado's another great example. Some neighborhoods and communities got together and said, "Look, we want to do this stuff." They had ordinances that prevented people in the city or in the suburban areas just barely outside of the city from having chickens. They said, "Look, we want chickens. We want to grow our own food. We want to do this thing in our backyard." They got together. They petitioned, and they got a law passed. I think they can have five chickens or so, per a certain amount of area in a backyard. There are things like this happening all over the country, so I think we're making a lot of good progress, and I think we have a long ways to go.

Marjorie: Yeah, we do.

Nathan: Yeah. We're probably talking about five percent of people in the United States, at least. Now a statistic I heard as part of our documentary, part of our journey, was between 50 and 60%, I believe actually, was that small family owned farms all around the world produce 60% of the world's food. While we had thought that it's actually the large farms, these big agrichemical farms that produce all of our food, it's actually not. Still today, a majority of food comes from small farmers, small backyard farmers, and small single family farms. That's another really inspiring thing, yet at the same time, the amount of people growing their own food because of the political system, the financial systems, the business systems, the work systems that people are in, having to work eight, twelve hours a day, don't have time to come home and do anything, so many people living in apartments.

I think we have a long ways to go. I think we can get there, but it's going to take more of us coming on board, doing these things, growing our own food, getting more people involved, supporting our local farmers, supporting our local coops, supporting our local farmer markets. Yeah, sure, organic foods are a little bit more expensive, but there are ways that you can do it affordably. There are ways that you can do it that they're not going to empty your bank account, and yet you're going to support this movement.

The biggest message I've heard, which makes the most sense to me, and we talked about this with a few people actually, in the series. We actually go into quite some detail with David Sandoval, also with a couple other people in the series about how your dollar literally determines the future of our society. Wherever we're spending our money is what we're telling the industries what we want. If I go to Albertsons, the local grocery store, and I buy regular conventional produce, and I know that that produce has been sprayed with chemicals and pesticides and herbicides and fungicides, I know it's been trucked all the way across the world, I know that it's grown by a large chemical farm, and I'm buying that just because it's a little bit cheaper, I'm telling the industry, those profit-making companies, that's what I want.

They're going to keep providing that until you as an individual, I as an individual say, "No. I don't want that stuff anymore. I don't want the chemicals. I want the healthy

stuff. I want the organic stuff. I want the local stuff." Where you put your dollar determines where the industry is going to go, and to me, that's the most empowering thing about all of this, that we could literally, overnight, if we wanted to, if we got enough people on board, we could change the entire course of direction of humanity. It's that powerful. We're headed, right now if we keep the same way that we're going, buying a Prius, and driving an alternative technology car, and putting solar on your house, and watching how much water you use when you wash your hands, and taking a two minute shower instead of a seven minute shower, those things are all good, but they're not going to save us. That's the hard facts we're faced with right now. There's too much pollution, too many chemicals, too much radiation, too much profit involved.

Marjorie: That really dovetails into a conversation I had. It's on the Summit here, with Ronnie Cummins, who's the organizer of the Millions Against Monsanto and the Organic Consumers Association. He and I did a talk on your garden is bigger than you are, "Seven Ways That You Save the Planet by Growing Your Own Food". I had no idea, prior to that conversation with him, how absolutely destructive the commercial food supply is, so maybe you'll get a chance to hear that. It sounds like we're making some good inroads, but overall, we've still got a long way to go. That's the good news, and that's why we have this Summit, and we're getting more people involved, and getting it moved along.

Now, Nathan, when you were interviewing all these people, you noticed some commonalities among them, the people who mostly focus on sustainability and actually living this lifestyle. You actually came down to three skill sets that you noticed, three things that were very, very strong commonalities among the people who were the leaders in the sustainability movement. You ended up saying these are three skill sets that all adults would benefit from in the 21st century. Would you mind reviewing those three for us? I thought it was a pretty incisive and insightful set of characteristics.

Nathan: Yeah, I should say all adults, and all children, and everybody. It's really all inclusive. These are three things that I want to acknowledge you for Marjorie, because I recognize that you have in your life and what you do. These are things that I think are inspiring, and simple, and practical things that all of us can do. Basically, my whole vision and passion in life is about what does it take to truly become fulfilled in life, to really have a fulfilling, meaningful, healthy, vibrant, abundant life. That's been my journey for about ten years now. Along that path and through this research we did for this documentary series, there's really quite a lot more, but these are probably the three most powerful.

The first is growing your own food. I don't know if there's anything more empowering than growing your own food. It gives you food security. It assures you that the food is healthy, right, because if you're not going to be spraying chemicals on it, and you're going to be growing from organic seeds, and you're going to be using good permaculture and regenerative practices, you know that your food is going to be incredibly healthy. It takes back the power. I feel like we as individuals and mostly the collective have lost that power.

That's one of our most valuable survival things, right? It's food, water, and shelter. Then you go beyond that and have some other things, but our food systems, we've given it

away. We've said we don't want to deal with it. Somebody else deal with it, so corporations came in, and people running corporations said, "Look, we can make a bunch of money doing this." We can't blame them. It's not their fault. They're like, "Hey look. People don't want this. They don't want to deal with it. We'll do it in a profitable way." Well, the most profitable way on a mass scale, is not the most beneficial way for us individually and for our families, so we've got to take back control of our food supply. We've got to take back control of our health, with diseases basically on the rampage. Cancer almost at 50% of people now, where it's never even been close to that. Even 100 years ago, they believe it was less than 5%. Now we're close to 50%, the same with diabetes and obesity.

All these health issues are directly related with our food and with our environment. Growing our own food, whether it's just starting to grow lettuce in your windowsill or herbs for making medicine. If you have a backyard or community farm to get involved in, go out and get involved in it. Just giving a kid a shovel, going and planting a tree and taking care of that tree, knowing that that tree is going to provide life and food and nutrients and vitality, year after year after year. Knowing that you're doing something meaningful for the planet, for yourself, for your family, for your community simply by planting an apple tree or a few apple trees or a few orange trees. I don't know. It's such an empowering thing, so that's one.

Marjorie: The first one was growing your own food but that second characteristic also did involve community.

Nathan: Yeah, so community is really the second part, getting involved in your local community. That means getting to know your neighbors. It means going to your coop, going to your farmers market, going and meeting local farmers, getting involved, and getting to know people. The way that we have created this society based on profits over people has really disconnected us, and I think we see how much all of us are striving for connection. Facebook and Twitter and Instagram, these are all really good examples of humanity striving to be connected to other people. Now, they're also superficial forms of connection because you go and see somebody's picture. It makes you excited, or it makes you feel good, or you watch a video, and you see somebody doing something good, and you're like, "Wow, that's awesome. I love that." How do you get involved? You click the Like button, or if you're brave enough, you write a comment. I said brave because you have to get ... Go ahead.

Marjorie: The experts that you were interviewing and all these different people, you saw a commonality that all of them were involved in their local communities? Is that it?

Nathan: Most everybody was doing something involved in their community, like Kristina Carrillo Bucaram. She actually started a coop basically out of her garage. She got I think six or seven boxes of fresh produce from a local farmer, and then she sold it at a discounted price. The next weekend, she had 10 or 12 people. Then all of a sudden, it grew up. Now she has the largest organic food coop in the country, and of all places, it's in Houston, Texas.

Marjorie: That is a strange place to have it. The third characteristic then? We have one that was grow their own food, and the second is that they're really involved in their communities, and the third characteristic was?

Nathan: Yeah, the third characteristic is finding something you're passionate about and doing something working toward that passion every day. That can be growing food. It could be educating children. It could be playing music. It could be writing stories. It could be anything. Like Kristina, she found a passion. She said, I'm passionate about health and food. Why don't I make food more accessible. She started a coop in her garage. Whatever your passion is, small or large, that is what I've found. Many of these people I interviewed, as well as many other people I've met in my life, really find a sense of fulfillment and meaning. If you find something you're passionate about, and you start working towards it, and it doesn't have to be something that makes money. That's the thing, right? We think, well, if it doesn't make money, I'm not going to do it, but if you're not happy doing work that you don't enjoy, you're never going to be fulfilled in life, and you're going to be depressed and miserable, which is the majority of people unfortunately. I've been one of those people.

Marjorie: There's that old saying, though. Do what you love, and the money will follow. It does eventually. You may have to wait a few years, but it does.

Nathan: It can. One is that you don't have to make money at it. Find what you're passionate about, and start doing it, whatever it is, a little bit every day. The second part of that is, yes, it doesn't have to, but you can learn to make it profitable as well. If you're doing something you're passionate about and it's meaningful to you and to other people and maybe even the planet, then you can find out, maybe this can become a side business. Maybe it can become a service or a product that I offer. Maybe it's just to bring a little income each month, but eventually what ends up happening, what I find, is somebody who starts following their passion, learn a little bit of business skills, little bit of entrepreneurial skills, maybe a little bit of marketing, and all of a sudden, that can become your entire income.

Now you're doing something you love, that pays the bills, takes care of your family, provides healthy food for yourself, and you don't have to wake up and go to a job you don't love. Whatever it is, everybody I interviewed is passionate about what they're doing. You, Marjorie, are incredibly passionate about teaching people how to grow food and doing it in the very unique way that you do. The politicians I interviewed are very passionate about the environment and about helping society and helping their city. The permaculturists I interviewed are very passionate about being in harmony with the land and growing their own food and helping support their communities. These three things, when you combine them together, you'd be amazed at how quickly your life can change for the better. It's really quite incredible.

Marjorie: One thing I appreciate about those three is, Dan Buettner, who is somebody I'm going to try to interview for the 2017 Home Grown Foods Summit, is famous for the book "Blue Zones" and spending a lot of time ... He's probably interviewed more of the world's centenarians, people that have lived to be over a 100 years old. He would definitely

agree that those are the top three things, if you want to live to be 100 years old, to have in your life. All of them, with only one exception, were growing their own food, and they all were very much involved in their community. They all were very much living with purpose, so you definitely hit the nail on the head with those three.

Nathan, let's switch gears, and let me ask you a little bit, as we start to wrap this up. You've done "The Search for Sustainability", are pretty excited and fired up about that. What's next on the horizon, and how can people get in touch with you?

Nathan: Yeah, good question. Two things are next. One is we're doing "The Search for Sustainability", but we're taking it global. We're working on interviewing people all over the world and interviewing different communities, and permaculturists, and farmers, and schools in other countries that maybe have been doing this for a long, long time, and bringing in a whole new perspective. That's one thing we're working on right now.

The other thing that's coming out this year, which will be in September, is a four day retreat expo, conference, festival. It's really a combination of all four. It's called UNIFY FEST, and it's for all of us who want that hands-on experience, that hands-on training, that getting connected to the community, learning permaculture, learning from world leading educators that are coming from all over the world, and also having a whole ton of fun. Listening to just amazing, uplifting music, actually working on the land, doing workshops, and getting to know other people who are involved in this community and in this work and people who maybe have been doing it a very, very long time, that have a lot to share and a lot to teach.

Marjorie: When and where is that going to be at? That sounds exciting.

Nathan: Yeah. Santa Fe, New Mexico.

Marjorie: Nice.

Nathan: It's September 22nd through the 25th. The website is Unify. U-N-I-F-Y, unifyfest.com, and all the details are there. The presenters are there. It's a party with a purpose. We're going to have a lot of fun, but we're actually going to do something meaningful for the planet and get connected and really learn all this next level sustainability, self reliance, food-growing education, and get a hands-on experience. For me, that's probably one of the most important things that we're working on right now.

Marjorie: I love that. Party with a purpose. Man, that is my new motto. I can definitely get up for that.

For those that have missed "The Search for Sustainability", the series that just aired, and who would like to get on the list for when the global quest comes out, where can they reach you for that?

Nathan: Nathancrane.com is probably the best place. You can always join my newsletter there, and I'll send you an email with the details.

Marjorie: Awesome. We'll have a button off to the right there, for people to click on. That will take you right to Nathan's website then, so they can get in touch with you there and "The Search for Sustainability". That's pretty awesome, Nathan. I really appreciate your time today, talking with us.

Nathan: I appreciate being here. This is a lot of fun. I appreciate everyone tuning in as well, everybody who's part of this community and wanting to grow their own food and get to the next level of sustainability. Just some final 30 seconds of thought I'm having right now. It doesn't really matter where you're at individually. The main thing is that we're all working towards that next step of sustainability. It's doing one more thing, right? Maybe it's growing some herbs in the windowsill. Maybe it's doing a hugelkultur bed in your backyard. Maybe it's starting to shop at your local farmers market. Whatever it is, we're taking little steps moving forward. If we're all doing that together as a collective, just imagine the change that's going to happen. I encourage everybody tuning in today to think about what that next step is for you, and just start doing it. You'll be amazed at what happens. Yeah, thank you, Marjorie, and thank you everybody for tuning in.

Marjorie: Thanks so much, Nathan. Well, this is Marjorie Wildcraft, and you're at the Home Grown Foods Summit. If you definitely want to connect up with Nathan Crane, click on the button over there to the right with his website, at nathancrane.com. Also, some of the presentations that we referenced here in our conversation, Doug Simons on how to make sandals. I have to say, they are very comfortable and functional. You definitely can hit that presentation up. Ronnie Cummins, the founder of the Organic Consumers Organization and "Seven Ways Growing Your Own Food Saves the Planet", that was an amazing presentation that shows you how unbelievably destructive commercial agriculture is. You really won't want to eat the commercial food supply after listening to that.

Then, of course, we've got a whole bevy of other presentations on practical how to do things. "How to Grow Great Garlic" is one of my favorite, from Ira Wallace at the Southern Exposure Seed Exchange. Anyway, this is Marjorie Wildcraft, and we will catch you at the next presentation at the Home Grown Foods Summit.