



PHOTOS: SEICHO-NO-IE USMHQ



Let's start
 a healthy,
**ENVIRONMENTALLY-
 FRIENDLY**
 lifestyle
 with the
**Seicho-No-Ie
 Organic
 Vegetable
 Gardening
 Club!**

**SNI
 ORGANIC
 VEGETABLE
 GARDENING
 CLUB**



For more information,
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LET'S BEGIN A LIFE OF GARDENING!

Blessings of the sun, blessings of soil, blessings of water, the work of insects and microorganisms that provide nutrition for the soil—we are sustained in life within the magnificent workings of nature. Seicho-No-Ie is promoting a no-meat diet, which prevents environmental damage that takes animal life and also deprives people of their food. Seicho-No-Ie also encourages growing vegetables in home gardens and similar places without pesticides and chemical fertilizers, thereby enjoying the **BLESSINGS OF NATURE**.

This movement will help you understand, how all creatures in nature help and give to one another. The **SEICHO-NO-IE (SNI) ORGANIC VEGETABLE GARDENING CLUB** is a group of Seicho-No-Ie members who are trying to practice and propagate this lifestyle.

Some members of the Seicho-No-Ie Organic Vegetable Gardening Club have changed their long-standing lifestyle in which they often ate out or bought food at convenience stores into a new one—where they have started home gardening, choosing organic vegetables. You will realize the rhythms of nature by growing vegetables yourself. It takes a certain time until the seeds you sow bud, bloom, and are reaped. In contrast, seeds or nursery plants not in season do not grow well. In addition, organic vegetables have a stronger taste

and better scent than vegetables grown hastily and bigger with chemical fertilizers, simply because the former were grown within the **RHYTHMS OF NATURE**.



It is quite easy to buy all kinds of well-shaped vegetables regardless of the season if you go to a supermarket these days. However, these are grown with lots of pesticides and chemical fertilizers just for the sake of efficiency, ignoring the rhythms of nature without taking the season into consideration. These agricultural methods rely heavily on petroleum. Fossil fuels, including petroleum, are finite and cannot continue to be used endlessly. They have bad effects on the environment, such as soil pollution and global warming.



On the other hand, **WE CAN PROTECT THE ENVIRONMENT** through and our consumption patterns. Various kinds of vegetables can be grown in planters if you do not have a garden. Rental plots are also available in urban areas. Try



to feel the rhythms of nature by growing even just one kind of vegetable. When shopping, keep in mind the idea of local production for local consumption

and buy seasonal items. Choose ingredients low in food mileage and natural foods grown without pesticides or chemical fertilizers. Let us propagate a lifestyle like this.

The Seicho-No-Ie Organic Vegetable Gardening Club members are practicing vegetable gardening connecting and exchanging information on the internet, teaching one another, and trying to propagate this dietary lifestyle in order to relieve the burden on the environment. This helps to satisfy one of the guidelines for a “new civilization” in the religious sense by the appropriate control of desire.

Organic vegetables are grown within the rhythms of nature.

