



PAI SEEDLINGS FOUNDATION

# LOCAL FOOD NETWORK

A COMMUNITY SUPPORTED  
AGRICULTURE PROJECT



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FOOD WISDOM

*Growing your own food may  
be the most significant step  
you can take for the health of  
yourself, your community  
and the planet.*

HELENA NORBERG-HODGE



# Why Do We Garden?

A WONDERFUL HOBBY



*Walking in the garden is feeling directly the energy of Mother Earth. It is a wonderful experience to wake up everyday in the middle of the nature and know that one of our main purpose is to enjoy Presence, and Work with her.*

*It is also a great hobby: fun and energetic for our bodies, relaxing for the mind. It lifts up our mood and helps find balance in our daily life.*

*We garden to grow our own food. Organically, following the principles of Permaculture: taking care of Nature, taking care of Humans, sharing fairly.*

*We do gardening as a regenerative practice for the soil, plants, trees, animals, for our body, our mind and the spirit.*

*Lyse and Damien*





## GETTING TOGETHER

Getting together allows our passion for Nature to be shared. It nourishes our interpersonal connection. It allows a few families to have access to organic veggies and fruits. It financially supports the foundation and the local community. It also allows us to share knowledge and skills through cocreative educative.

## GROWING FOOD

is the ultimate harmony between caring for ourselves, while caring for the Earth, fulfilling our most basic needs while having fun. It brings all-important nutrients to our bodies. It creates diversity and abundance on the land while feeding us. Growing our own food is the most significant act towards self-reliance.





## SUPPORTING FARMERS

We believe farming is the most honorable of jobs. To provide those who feed us every day with good work conditions, financial stability, and the gratitude they deserve is a responsibility for each and all of us .

For agriculture to transition to regenerative practices, we must support our local farmers.



## FOOD AS MEDICINE

The agro-industry has poisoned our food supply and is the most polluting human activity on the planet. We need to reverse this and come back to considering food as our main medicine. Organic, local & nutrient-rich food is THE ANSWER!



# Why Local Food Networks?

1 SOLUTION TO MANY PROBLEMS

## INDUSTRIAL FARMING

Poisoning our Food Supply

Destroying ecosystems &  
biodiversity

Exploiting farmers & communities

Keeping us disempowered and at  
their mercy

## CSA MODEL

Food is Medicine

Regenerating ecosystems &  
biodiversity

Supporting farmers & building  
communities

Empowering us through food  
sovereignty and resilience



# Types of Food to Grow



1

## FRUITS

Fruit trees are growing but will still take few years to give fruits (avocado, mango, litchi...and we want to plant more lime, kaffir lime, orange, guava, dragon fruits, passion fruits, bananas, papayas, watermelon...

2

## VEGETABLES

Pumpkin, salads, rocket, greens (local greens, spinach...), tomatoes, cucumbers, aubergine, carrots, broccoli, cauliflowers...

3

## HERBS/TEA

Rosella, papaya leaves, dill, mint, coriander, basil (kaprao / lemon or holy)...

4

## LEGUMES/ROOT

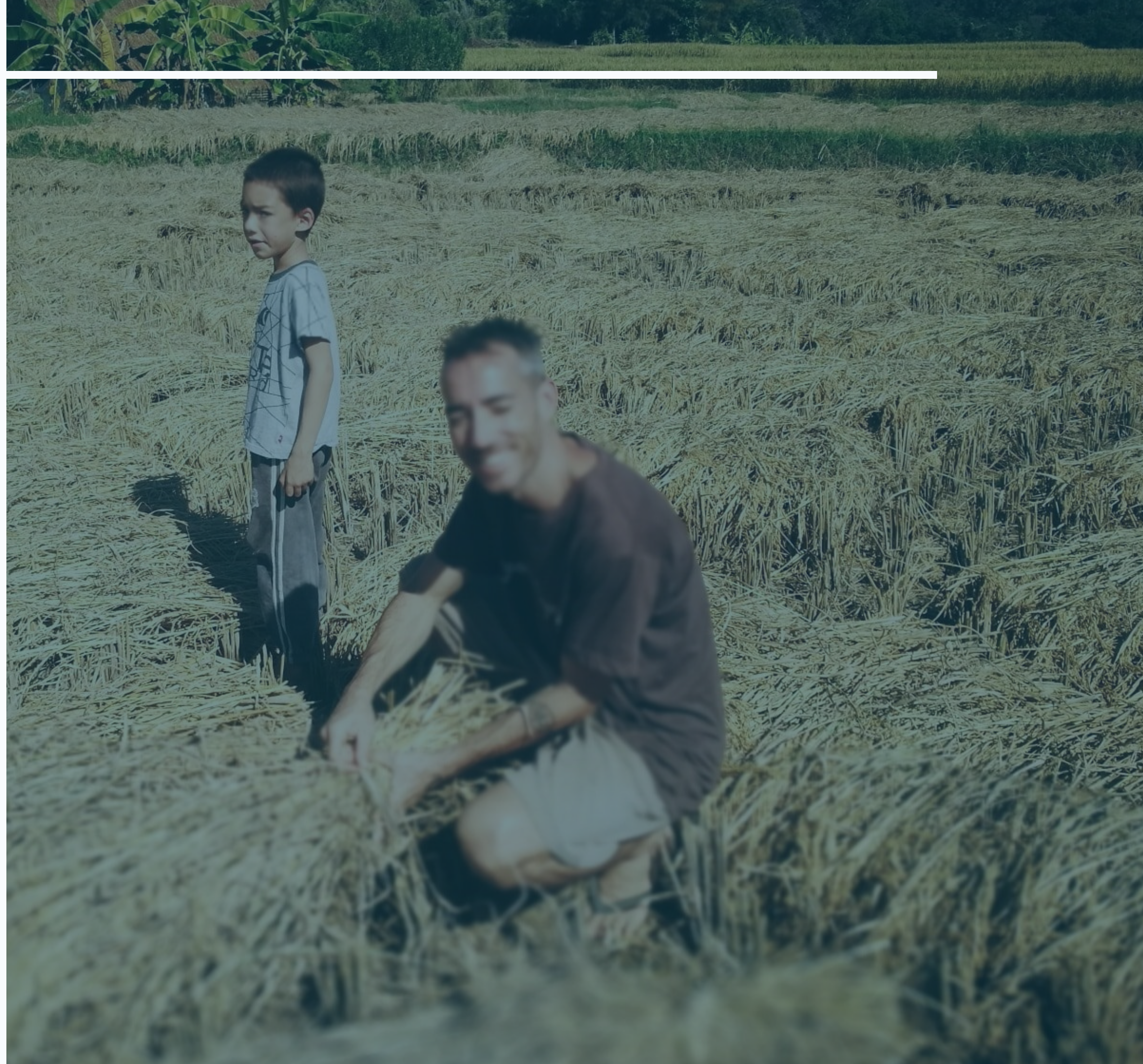
Beans (mung / red / black), pigeon peas, ginger, galangal, tumeric, potatoes, sweet potatoes...



# GRAINS

JASMIN RICE / CORN

TEST FOR SESAMI / BUCKWHEAT







# VEGETABLES

FRESH SEASONAL VEGGIES

TOMATOES, PUMPKINS, CUCUMBERS, ,  
EGGPLANTS, CAULIFLOWER,  
BROCOLIES, ALL KINDS OF BEANS,  
SALADS, PEPPERS, CHILIS, POTATOES &  
SWEET POTATOES, BEETROOTS,  
CAROTS, OCRA, LADYFINGERS,

...



# HERBS

6 KINDS OF BASILS, 3 KINDS OF MINT,  
OREGANO, LEMONGRASS, DILL,

...





# How does this work?

WIN - WIN - WIN

## GIVE

**CSA Members:** 5000thb / month  
(or 12000thb for 3 months)

**Farmer:** works 5 days /week, local  
expertise

**Seedlings Foundation:** land, tools,  
permaculture expertise

&

## RECEIVE

**CSA Members:** fresh veggies,  
herbs, fruits and rice 2x/week

**Farmer:** 10k THB /month + social  
security + good work conditions

**Seedlings Foundation:** education  
workshops, gardening club



# 1 Membership, 2 Offers

## OPTION 1 - FRESH VEGGIES

Perfect for people who love to cook!

Get fresh veggies from our permaculture garden twice a week !

Enough to cook at least 1 full meal/day!

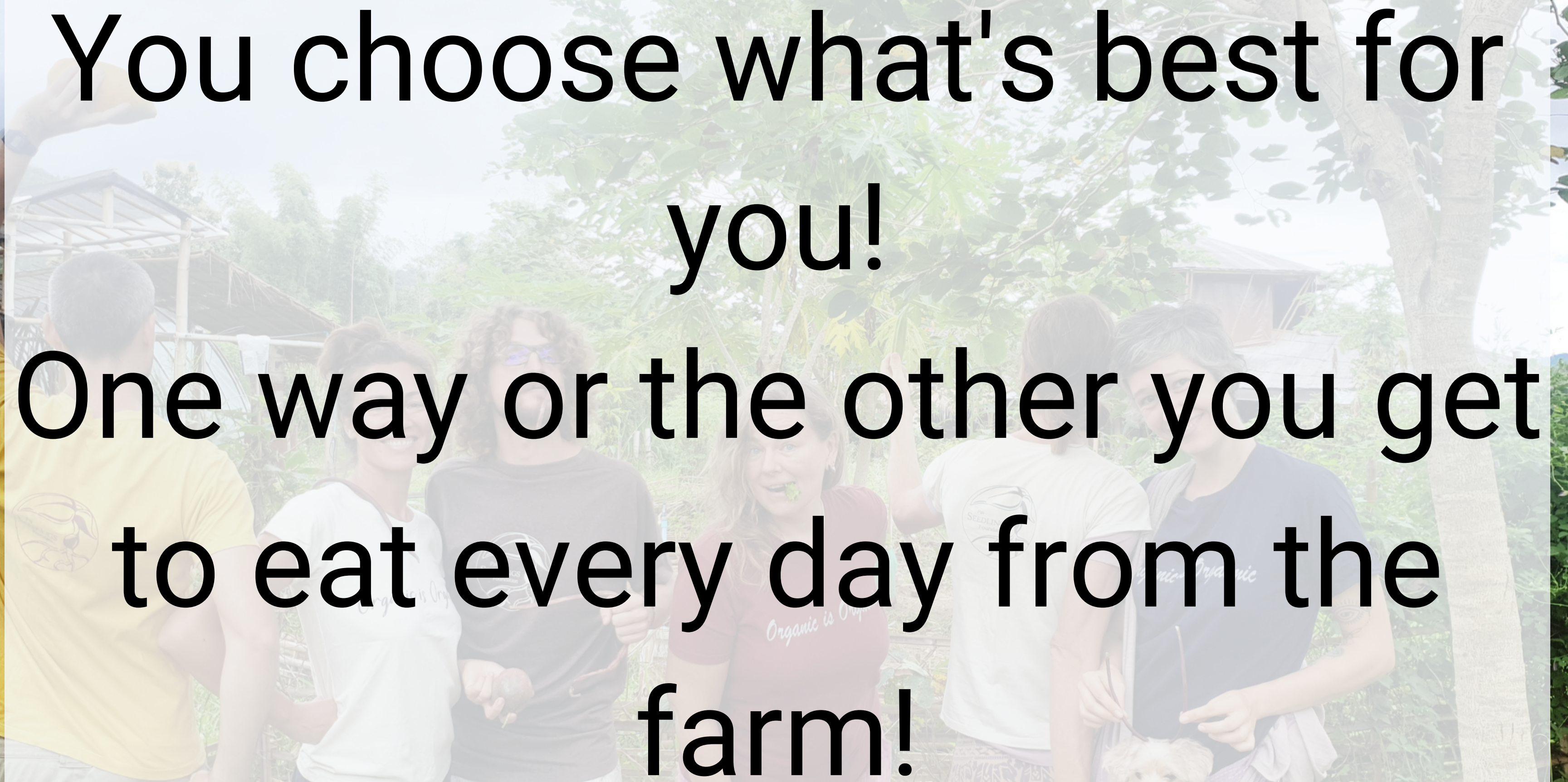
## OPTION 2 - COOKED MEALS

No time for cooking? No worries, we've got your back!

Get freshly cooked fully organic meals twice a week to fill your fridge with good stuff!

Amounts to about 1 full meal/day!



A group of people, including men and women of various ages, are standing outdoors in a lush, green environment that appears to be a farm. Some individuals are wearing t-shirts with logos, including one that says "Organic is Original". One woman is holding a small, light-colored dog. The background features trees, a wooden fence, and a building. The entire scene is overlaid with a semi-transparent white rectangle containing text.

You choose what's best for  
you!  
One way or the other you get  
to eat every day from the  
farm!



# Some Conditions for Success

1

## COMMITMENT:

Without a 6-12 months commitment from the members we can not guarantee a safe position to our farmers.

3

## EDUCATION

Ultimately we want to empower our members to learn how to grow their own food and to partake in the education workshops.

2

## SHARED VISION

This is not a money-for-veggie commercial project but the building of a long-term vision with environmental & socioeconomical value.

4

## CO-CREATION

It takes 3 families to make it viable for 1 farmer to make his transition:  
 $3 \times 4000 = 12000 \text{thb} \Rightarrow 10\text{k for the farmer} + 2 \text{ kg for farm material.}$



START PLANTING

# Our Garden Guide

IT DOESN'T STOP HERE

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Hydroponics

Biochar  
(Stop the Smoke)

Wood Composting  
(woodchipper)

**SEEDLINGS**

**CSA**

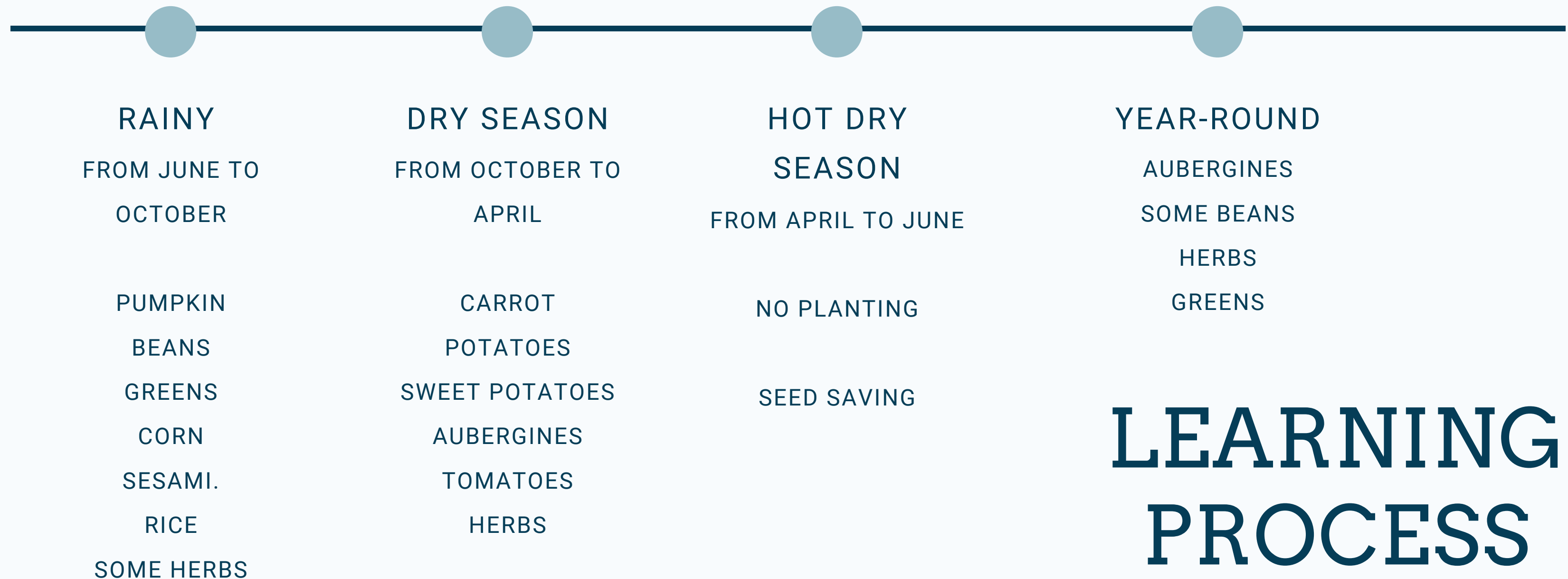
Ongoing Education  
for children of all  
age

Food waste  
composting  
(Black Soldier Flies)



# Seasonal Farming and Eating

FOLLOWING THE RYTHMS OF NATURE



## LEARNING PROCESS



# MEET THE TEAM

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## The Production Team



LYSE  
FARM MANAGER



DAMIEN  
PROJECT  
MANAGER

LUNG NO  
VEG PRODUCTION



JAI  
RICE PRODUCTION





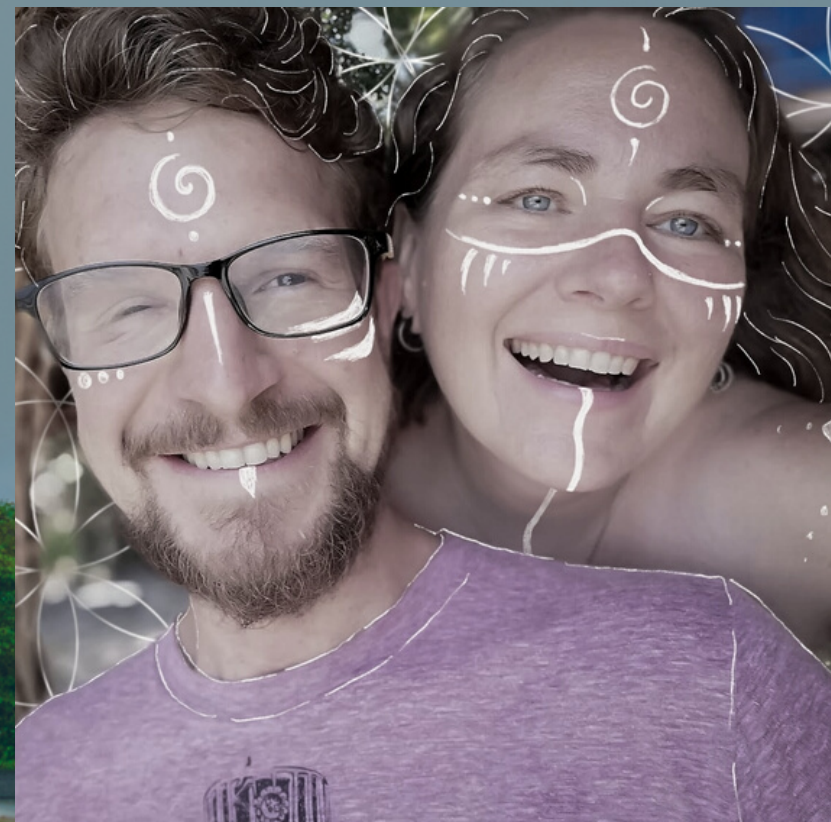
# The CSA Members



GEMMA



IDO



SARAH &

RICHARD



MATTHEW



PATRICIA



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# Some Gardener's Resources

THE VISION OF NATURAL FARMING

By Bharat Mansata

THE ONE STRAW REVOLUTION

By Masanobu Fukuoka

PERMACULTURE 1 & 2

By Bill Mollison







# CONTACT

INFORMATION & CONSULTING

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