

Earth Day

# My Recovery Garden

BY PATRICK MCEACHERN

At 25 years old, I was headed down a "dead-ended" road from my addictions to cocaine, alcohol, marijuana and sugar. I was abusing myself constantly. One day, I decided to break the drug habit and impulsively threw all the cocaine out the truck window. It became a major turning point in my life in seeking good health and wholeness.

I was fatefully lead to organic gardening through growing marijuana for money. I understood the value of earthworm castings (manure) to enrich the soil and yield higher-quality plants. My intent was to grow the "ultimate" foods and consume them in their fresh, whole state. This was my path towards recovery.

Instead of just building a basic garden, I placed them in designs. My father openly disapproved. To him, it was a "slap in the face." He later explained that one of his goals in life was to work hard and make good money to get himself out of gardening because his parents depended upon what they grew to survive. He wanted his own family to buy all the food from the store.

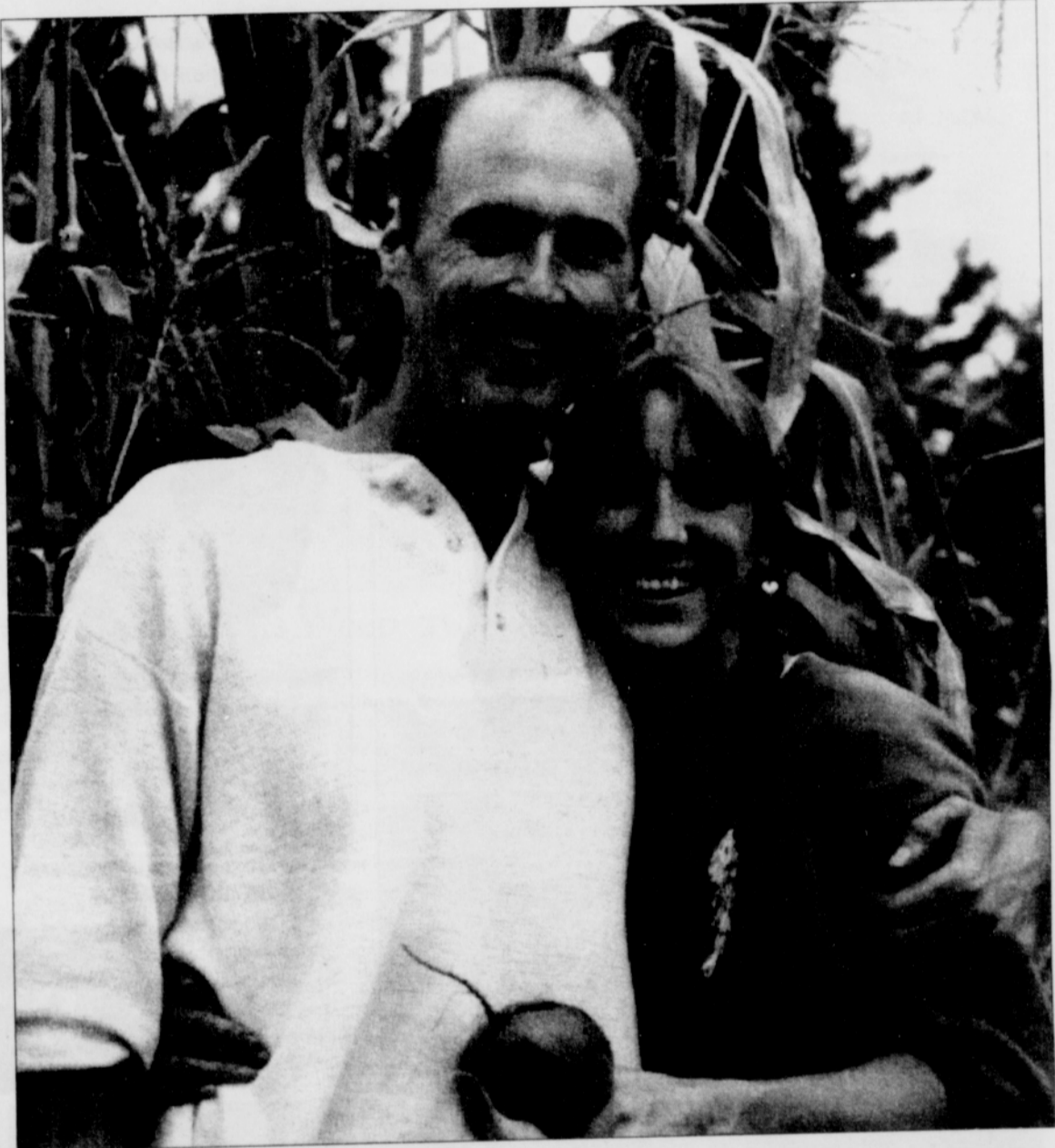
From doing extensive research, I learned that a lot of produce sold in markets are devoid of essential vitamins and full-spectrum minerals from having been grown in poor

quality soil, chemically treated and stored for long periods of time. Much of their "Life Force" in the way of enzymes, water content and nutrients get lost. It takes more energy to digest and assimilate these foods with little nutritional value - draining our own "Life Force."

I began growing the "ultimate" foods by first building the soil back up with red earthworms. These creatures would naturally feed on waste and turn it back into topsoil with their castings (manure). Rock dust, bonemeal and bloodmeal were added to the mix. Using filtered water was also essential.

I consciously cared for my gardens. The foods grown supported me because I was consuming my own loving energy. I ate the foods right out of the ground, as close to the source as possible. Eating better began the process of my many personal transformations.

Once I eliminated drugs and ate organically, my mind and emotions cleared for me to deal better with my deep-seated denials. Loving myself and living authentically was another outgrowth of the recovery process. On a spiritual level, I became more connected to myself. Ultimately, I connected within, understanding God as Universal Truth. Building my garden was truly Heaven on Earth.



Patrick McEachern and Denise Martin (author of "Eating My Way To Heaven") are educational consultants. They passionately teach about the value of organic gardening with earthworms and consuming fresh, whole foods.

## ACTS OF STEWARDSHIP

·Eat more fresh, organic foods. Energized foods, straight from the stalk, bring that vital "Life Force" to your plate. By growing a garden, your family can thrive on these life-giving foods, fresh from the yard as you teach your children how to rebuild the eco-system.

·Buy local. Support your local farmers and organic growers whenever possible. In the new millennium, our goal will be to have the source of the food where the people

are, instead of trucking it around the globe.

·Landscape with edible plants. Fruit and nut trees, berries, herbs and most produce make beautifully decorative plants in addition to being part of your family's wellness plan.

·Learn how to care for your worms as you would a domestic pet. Aristotle said that worms are the guts of the soil. Worms recycle our waste, clean our water, soil and air,

and create pristine soil conditions for growing super organic foods. Your children will love tending this herd of harmless critters.

·Become part of the solution for pollution instead of part of the problem. Raising a generation of children who actively participate in ecological living everyday is the most effective way for most of us to rejuvenate the planet.

To forget how to dig the earth and tend the soil, is to forget ourselves.

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- SpringWater Commons

An elevated approach to responsible living near Johnson Creek. includes 2 & 3 bdrm. Single level & Townhomes. Priced from under \$100,000 (cohousing design also possible)

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