


ECO-ACTION FOR THE WEEK

May 28, 2021 – Actions for Our Own Dear Planet



Eat and garden wisely. Being “grounded” has health benefits (chopra.com/articles/grounding-the-human-body-the-healing-benefits-of-earthing). Shortly before her death, Cornelia was planning the plants for the kitchen garden. She sat “hour after hour,” choosing from nursery lists and then planting cuttings. “Tenderly she watched over them...” *A Woman Styled Bold*, Radegunde Flaxman, p. 347.

- **Watch** all growth “tenderly,” as Cornelia did.
- **Deepen belief** in the divine presence living and acting within each flower, each root, each leaf. All life is sacred.
- **Get your hands in the dirt** in your own or a community’s organic garden.
- **Plant** native flowers that provide food, pollen and nectar for birds, pollinators (bees and butterflies), and other wildlife. Planting flowers and nectar plants in clusters is best for caterpillars and bees. Find plants native to your region: [Specify Your Location - Native Plants Finder](#)
- **Learn** the specifics of growing milkweed for butterflies: [The Ultimate Guide to Growing Milkweed for Monarch Butterflies](#)
- **Join** groups like Friends of the Earth (www.foe.org) to sign easy-to-use emails to stop the damage from highly toxic products like glyphosate (Roundup®), chlorpyrifos, and tetraniliprole. They can cause cancer in humans (workers and children, especially) and their endocrine-disrupting chemicals (EDCs) disturb the regeneration of humans, animals, fish, and birds.

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