

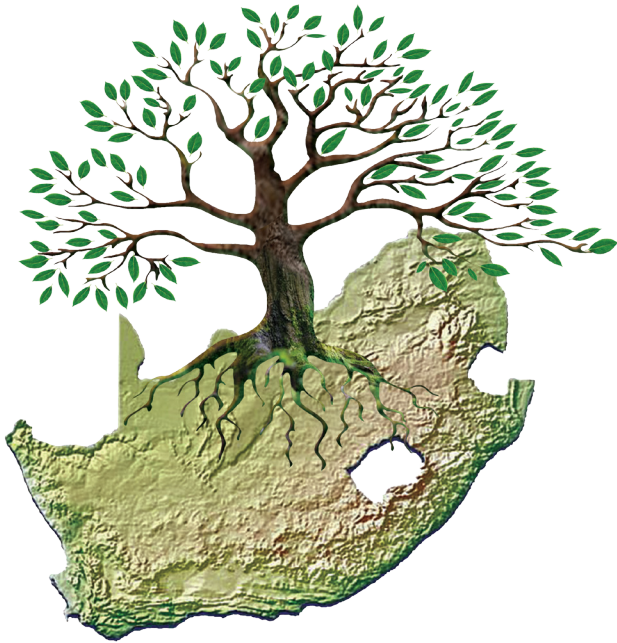
Welcome to the 1<sup>st</sup> Edition

*January download version of the*

# 2021

## SUSTAINABLE

### *Living Diary*







*We are alive, here and now, each of us for a reason  
Just as the year is complete with each season*





# January 2021

Log daily Rainfall, Temp & pH for Hydroponics

1	New Years day		F
2			S
3			S
4			M
5			T
6	Half waning 11:38		W
7			T
8			F
9			S
10			S
11			M
12			T
13	New moon 7:01		W
14			T
15			F
16			S
17			S
18			M
19			T
20	Half waxing 23:03		W
21			T
22			F
23			S
24			S
25			M
26			T
27			W
28	Full moon 21:17		T
29			F
30			S
31			S

January						
S	M	T	W	T	F	S
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February						
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March						
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April						
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May						
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June						
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						1
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23	24	25	26	27	28	29
30	31					



Friday

1<sup>st</sup>

January

New years day

2021

DAY 1

WEEK 53

A good braai explains the great mystery of why man found fire.  
- James Clarke, journalist

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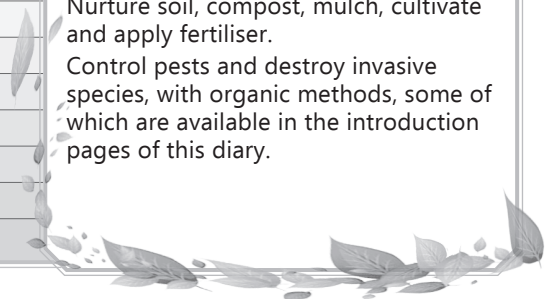
*Waning*

*Garden Guide*

Nurture soil, compost, mulch, cultivate and apply fertiliser.

Control pests and destroy invasive species, with organic methods, some of which are available in the introduction pages of this diary.

*My Homestead Activities*



2021

DAY 2  
WEEK 53

January

Saturday  
2<sup>nd</sup>

Across the years, our musical tradition has survived, connecting us with a past, tradition and unity we didn't know existed.  
- Iain Harris, SA journalist

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*Waning*



*Garden Guide*

Nurture soil, compost, mulch, cultivate and apply fertiliser.

Control pests and destroy invasive species, with organic methods, some of which are available in the introduction pages of this diary.

*My Homestead Activities*



2021

DAY 4  
WEEK 1

January

Monday  
4<sup>th</sup>

Surrender, let silence have you. Surrender to the source,  
surrender to awareness, this is the only place of protection.  
Surrender your heart and you will know all. - Mooji

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*Waning*



*Garden Guide*

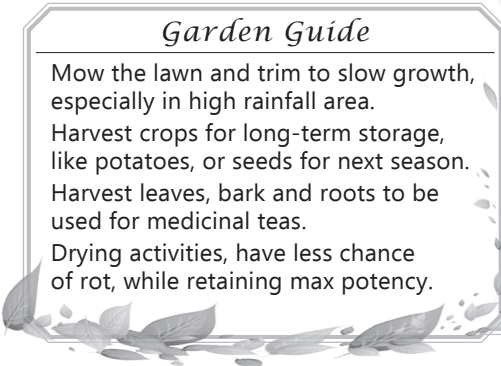
Mow the lawn and trim to slow growth, especially in high rainfall area.

Harvest crops for long-term storage, like potatoes, or seeds for next season.

Harvest leaves, bark and roots to be used for medicinal teas.

Drying activities, have less chance of rot, while retaining max potency.

*My Homestead Activities*



Tuesday  
5<sup>th</sup>

January

2021  
DAY 5  
WEEK 1

In order to be happy, human beings must feel they are continuing to grow.  
Clearly, we must adopt the concept of continuous improvement  
as a daily principle. - Anthony Robbins

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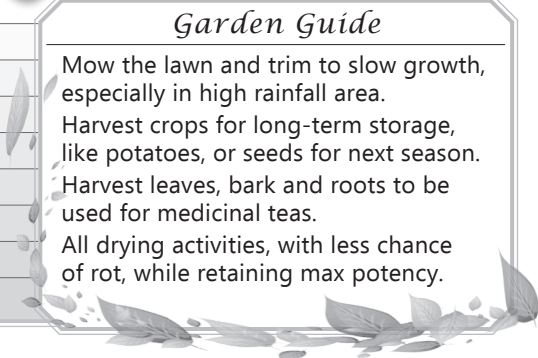
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*Waning*

*Garden Guide*

- Mow the lawn and trim to slow growth, especially in high rainfall area.
- Harvest crops for long-term storage, like potatoes, or seeds for next season.
- Harvest leaves, bark and roots to be used for medicinal teas.
- All drying activities, with less chance of rot, while retaining max potency.



2021

DAY 6  
WEEK 1

January

Wednesday  
6<sup>th</sup>

Small deeds done are better than great deeds planned.  
- Peter Marshall

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Half waning



*Garden Guide*

Mow the lawn and trim to slow growth, especially in high rainfall area.

Harvest crops for long-term storage, like potatoes, or seeds for next season.

Harvest leaves, bark and roots to be used for medicinal teas.

All drying activities, with less chance of rot, while retaining max potency.

Simplicity is the ultimate sophistication. - Leonardo da Vinci

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*Waning*

*Garden Guide*

Mow the lawn and trim to slow growth, especially in high rainfall area.

Harvest crops for long-term storage.

Harvest leaves, bark and roots to be used for medicinal teas.

All drying activities, with less chance of rot, while retaining max potency.

Irrigate during sunrise and sunset.

2021

DAY 8  
WEEK 1

January

Friday  
8<sup>th</sup>

How is life measured? Is it by the passage of time? Or, is it by the very instantaneous moments that life is paraded in our minds eye?  
- Annabelle Marie Haines

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*Waning*



*Garden Guide*

Mow the lawn and trim to slow growth, especially in high rainfall area.

Harvest crops for long-term storage.

Harvest leaves, bark and roots to be used for medicinal teas.

All drying activities, with less chance of rot, while retaining max potency.

Irrigate during sunrise and sunset.

*My Homestead Activities*

Saturday  
9<sup>th</sup>

January

2021  
DAY 9  
WEEK 1

Be happy for this moment. This moment is your life.  
- Omar Khayyam

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*Waning*

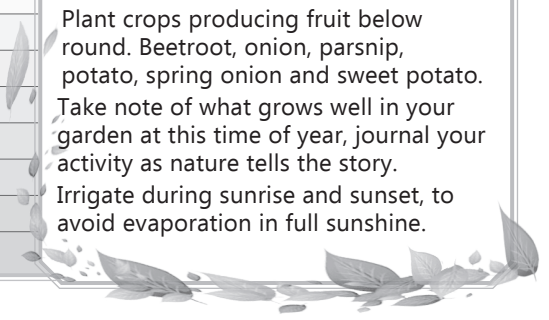
*Garden Guide*

Plant crops producing fruit below round. Beetroot, onion, parsnip, potato, spring onion and sweet potato.

Take note of what grows well in your garden at this time of year, journal your activity as nature tells the story.

Irrigate during sunrise and sunset, to avoid evaporation in full sunshine.

*My Homestead Activities*





Monday  
11<sup>th</sup>

January

2021  
DAY 11  
WEEK 2

How wonderful it is that nobody need wait a single moment  
before starting to improve the world. - Anne Frank

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*Waning*

### *Garden Guide*

Allow your garden to rest during the new moon phase, as if it were the plants 'sleep' time. End the cycle, rest for new.

You may add compost and mulch over the beds, to protect and nurture the soil.

Prepare new beds for the fertile period.

Fertilise for potassium absorption.

Good time for fishing.

2021

DAY 12

WEEK 2

January

Tuesday

12<sup>th</sup>

Self-discipline is the ability to organise your behaviour over time in the service of specific goals. - Nathaniel Branden

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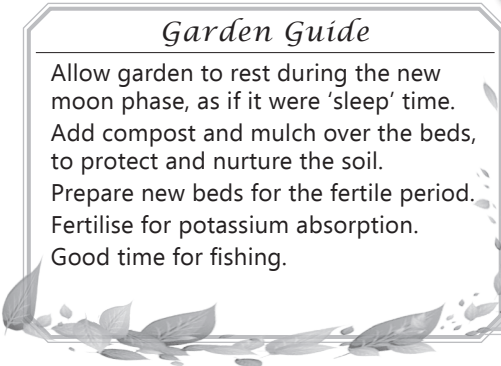
18:00

*Waning*



*Garden Guide*

Allow garden to rest during the new moon phase, as if it were 'sleep' time.  
Add compost and mulch over the beds, to protect and nurture the soil.  
Prepare new beds for the fertile period.  
Fertilise for potassium absorption.  
Good time for fishing.



Wednesday  
13<sup>th</sup>

January

2021  
DAY 13  
WEEK 2

South Africa has become a testament to the fact that people are fundamentally good. - Desmond Tutu

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*New moon*

*Garden Guide*

Allow garden to rest during the new moon phase, 'sleep', rejuvenate, recharge in preparation to embrace a new cycle.

You may add compost and mulch over the beds, to protect and nurture the soil.

Prepare new beds for the fertile period.

Good time for fishing.

2021

DAY 14  
WEEK 2

January

Thursday

14<sup>th</sup>

Ideas are at the heart of shaping the course of history.  
- Mamphela Ramphele, UCT academic 1999

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*Waxing*

*Garden Guide*

Allow garden to rest during the new moon phase, recharging for new cycle. You may add compost and mulch over the beds, to protect and nurture the soil. Prepare new beds for the fertile period. Good time for fishing.

Friday  
15<sup>th</sup>

January

2021  
DAY 15  
WEEK 2

Comedy is like saying thank you for being alive.  
- Lydia Koniordou, tragedienne

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*Waxing*

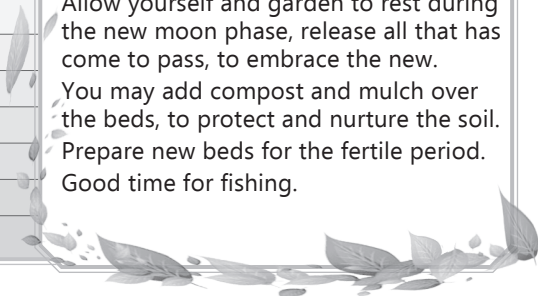
*Garden Guide*

Allow yourself and garden to rest during the new moon phase, release all that has come to pass, to embrace the new.

You may add compost and mulch over the beds, to protect and nurture the soil.

Prepare new beds for the fertile period.

Good time for fishing.



2021

DAY 16

WEEK 2

January

Saturday

16<sup>th</sup>

Did you ever stop to think, and then forget to start again?  
- Winnie The Pooh

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*Waxing*

*Garden Guide*

Plant crops that produce fruit above ground. Transplant. Plant succulents, drought-resistant and indigenous plants. Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate. Take cuttings to propagate. Once rooted, pot in same moon time frame.

### Urban gardens

... can be up to 15 times more productive than rural holdings.

An area of just one square metre can provide 20kg of food each year.

With the right guidance, anyone can apply what is needed to make the most of any size land. There is value in what you have, even in an apartment.

As urban populations throughout the world are growing more than twice as fast as rural populations, there is an increasing realisation that urban food farming can potentially play a crucial role in making cities more sustainable.

Urbanfarmer-Ediblegardens.co.za

### Waxing

#### Garden Guide

Plant crops that produce fruit above ground. Transplant. Plant succulents, drought-resistant and indigenous plants.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame. Log your gardening activities.

2021

DAY 18

WEEK 3

January

Monday

18<sup>th</sup>

Our life is frittered away by detail... Simplify, simplify, simplify!  
Simplicity of life and elevation of purpose. - Henry Thoreau

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Waxing



*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame.

Log your activity in the plant planner.

Tuesday  
19<sup>th</sup>

January

2021  
DAY 19  
WEEK 3

What worries you, masters you. - John Locke

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*Waxing*

*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame.

Use the Plant Planning pages to log activity and progress, easy to track back.

2021

DAY 20

WEEK 3

January

Wednesday

20<sup>th</sup>

What is a hero without love for mankind?  
- Doris Lessing, SA writer

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Half waxing



*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame.

Thursday  
21<sup>st</sup>

January

2021  
DAY 21  
WEEK 3

When nature is viewed as a source of profit and gain,  
this has serious consequences for society. - Pope Francis

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**Waxing**

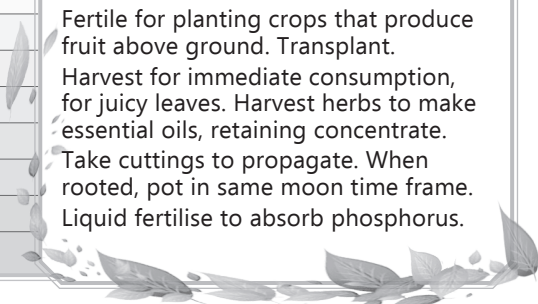
*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame.

Liquid fertilise to absorb phosphorus.



2021

DAY 22

WEEK 3

January

Friday

22<sup>nd</sup>

Books are our lifeline to civilisation. - David Biggs, SA journalist

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Waxing



*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. When rooted, pot in same moon time frame.

Liquid fertilise to absorb phosphorus.

Saturday  
23<sup>rd</sup>

January

2021  
DAY 23  
WEEK 3

To be separated from nature is to be separated from life.  
- Noel de Villiers, SA businessman

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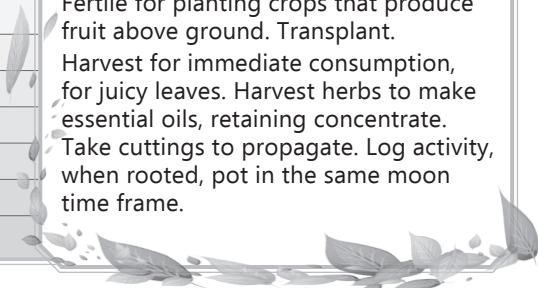
**Waxing**

*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. Log activity, when rooted, pot in the same moon time frame.



### Going green can make a big difference

.... in how you perceive the world around you.

Taking a few small steps at a time can make a big impact on your immediate environment and beyond. Each small effort ripples out, reaching so much further and touching so many people in ways you may never know was a result of your momentary glow. It does not take much time, just a little compassion and effort to light your own lamp, to allow your lil light to shine. If not prompted by a need or knowing where to plant your seed, then take a moment to explore the initiatives in your neighbourhood, discover how your skills can contribute to those projects.

Use the Directory as a guide, you'd be amazed at the value you can provide.

#### Consolidate skills and resources

Identify your passion and seek that which prompts your hearts delight, as those are the signs provided, to guide our way to fulfill our purpose, to shine our true light.

Lined writing area for notes.

#### Waxing



#### Garden Guide

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. Log activity, when rooted, pot in the same moon time frame.

Lined writing area for notes.

Monday  
25<sup>th</sup>

January

2021  
DAY 25  
WEEK 4

Your time is limited. Don't waste it living someone else's life.  
- Steve Jobs

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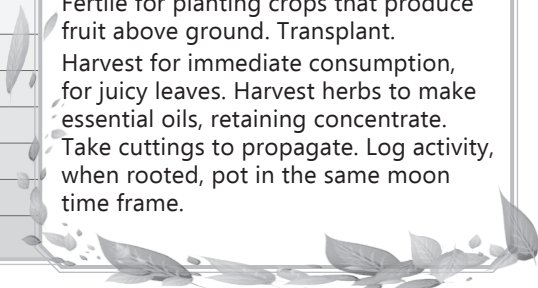
*Waxing*

*Garden Guide*

Fertile for planting crops that produce fruit above ground. Transplant.

Harvest for immediate consumption, for juicy leaves. Harvest herbs to make essential oils, retaining concentrate.

Take cuttings to propagate. Log activity, when rooted, pot in the same moon time frame.



2021

DAY 26

WEEK 4

January

Tuesday

26<sup>th</sup>

Architecture has a critical impact on your state of mind.  
- Sarah Calburn, SA architect

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*Waxing*



*Garden Guide*

Irrigate well, in the shade before 9am and after 5pm, not in direct sunlight. Avoiding evaporation and sun burn. Add compost and cultivate. Quick germination, growth spindly and weak, for seeds planted during full moon period.

Wednesday  
27<sup>th</sup>

January

2021  
DAY 27  
WEEK 4

An understanding of the natural world and what's in it is a source of not only a great curiosity but great fulfilment. - David Attenborough

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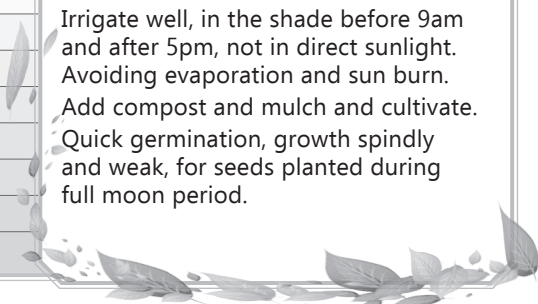
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*Waxing*

*Garden Guide*

Irrigate well, in the shade before 9am and after 5pm, not in direct sunlight. Avoiding evaporation and sun burn. Add compost and mulch and cultivate. Quick germination, growth spindly and weak, for seeds planted during full moon period.



2021

DAY 28

WEEK 4

January

Thursday

28<sup>th</sup>

It is the privilege of age to find the exceptions to most rules.

- Andre Brink, writer, 2004 novel, 'Before I Forget'

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Full moon



### Garden Guide

Turn and add compost, mulch and cultivate.

Quick germination, growth spindly and weak, for seeds planted during full moon period.

Destroy invasive species. Control pests with organic methods, found in the introduction pages of this diary.

My Homestead Activities

It is, in essence, a state of mind and requires a leap of faith to understand that genuine change is beneficial to everyone. - The Sunday Independent leader

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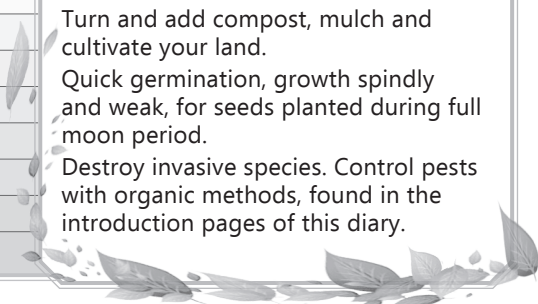
*Waning*

*Garden Guide*

Turn and add compost, mulch and cultivate your land.

Quick germination, growth spindly and weak, for seeds planted during full moon period.

Destroy invasive species. Control pests with organic methods, found in the introduction pages of this diary.



2021

DAY 30

WEEK 4

January

Saturday

30<sup>th</sup>

We are whatever we believe ourselves to be.  
- Cry of the Eagle, Théun Mares

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*Waning*



*Garden Guide*

Harvest to store for long time, food like potatoes or seeds for next season.  
All drying activities, effective now, with less chance of rot, retaining potency.  
Mow the lawn to slow down growth.  
Cut back invasive growth.



# Living with Purpose

What drives your passion  
What ticks you off?

If not your current vocation  
what do you do in retaliation  
to the calling you hear within?

Be still, these are your pages  
to express your life journey...

My wish for you is to journal your way to your brighter day  
boldly say what you wish to display as your gift

You are a gift, to be present  
where you are now, is exactly how



Our current global and national situation calls forth the need to localise our activities. The question is, where and how do we go about implementing sustainable solutions.

## What would your solution look like?

Here in lies the reason behind, why I have created this book, if not already, it shall soon reach your hands. It's what I feel I have been 'called' to present as part of my purpose, as part of a plan, that contributes to our collective solution, we are here to co-create. These are your personal pages for your passion to present itself upon, as your heart calls forth the expressions of purpose unfolding within, knowing that your journey has begun.

## Your diary and guide to Sustainable Living in SA

Tune out from the noise and go within. Consolidate your skills, resources and most of all, identify your passion and that which prompts your hearts delight. Those are the signs that guide the way, so you know what to do to fulfill your true purpose on this planet.

This is your life, your time, your moment that you can embrace one step at a time. Rising with the sun, engage the moons motions, flowing with the tides of change, experience your surroundings, activate each moment. Setting intention, to follow your heart.

This diary is designed specially for you, to embrace your path, reflect and journal your dreams and desires, uninhibited, as raw as it all rolls out. Acknowledge your self value.

When you consult with your own thoughts, then you tune in to where you can hear your inner voice, your own ideas come to mind from what I believe is actually a download from the source of life itself, connecting all while sending each one of us special instructions to guide our actions. Notice where taking those actions can lead you.

Guided by that which sparks your passion, operate in the space where you flow the most, where you implement your strongest skills, where you feel needed most, where your actions are effectively adding value to those around you. This I feel worthy to note.



*I am, Julisa Petersen, blessed be with you on this journey of our lives...  
honoured that this book will be held in your hand, sharing the love for our land,  
grateful to reach this moment, that you are in right now, reading these words I share.  
This is what I wish for you to do, be it a dare, to just write your hearts truth without a care.*



