Introduction

Volumes 1 and 2 in this series address how to find your place in intentional community by either creating or joining one. But how can this experience—and communities themselves—last past the "honeymoon" phase? How can groups turn long-term ideals into reality within their lives together?

A combination of "soft" and "hard" skills and systems must be present for intentional communities and their members to endure, evolve, and thrive. Sustainability in both human and ecological relationships is key to developing a cooperative culture that lasts—and is the focus of *Wisdom of Communities Volumes* 3 and 4.

The stories in this final volume focus on the "hard," practical skills and approaches that allow communitarians to live more ecologically now while preparing for the future. Authors share experiences, tools, advice, and perspectives that will benefit anyone who wants to help their community endure through changing local and planetary conditions.

Articles explore the nuts and bolts of developing eco-resilience: food, water, and permaculture; shelter and eco-building; energy and ecological footprint; ecovillage design and implementation; eco-education; and finding resilience in cooperative culture. These areas will prove more and more essential in allowing communities to navigate changing circumstances on our planet while growing into new, regenerative ways of living. Learning about these "hard" sustainability skills from others engaged in similar work can help communities immeasurably.

All articles are drawn from the past decade of Communities magazine. For this volume we drew heavily from our specifically eco-themed issues, of which we publish at least one a year. Some of these issues proved so popular that they are out of print and available (until now) only digitally.

Every issue of Communities contains further treatments of these and similar themes, so we hope that you'll not only learn from these past stories, but also keep up with new ones by subscribing to the magazine (ic.org/subscribe).

Thanks for making use of these resources, and good luck on your community journey!

Chris Roth Editor, Communities June 2018

SUSTAINABILITY IN COMMUNITY

(Wisdom of Communities, Volume 4)

CONTENTS

Introduction
I. FOOD, WATER, AND PERMACULTURE
Community Composting: A Transformative Practice
Water Is Life
Food Security in Community
To Learn Sustainability Is To Learn Community: An Example from South Portugal 16 Communities 147, 26–29 Leila Dregger Strained by difficult economic and ecological conditions, farmers Claudio and Fernando discover new avenues toward prosperity and land restoration through alliances with a peace community dedicated to regional renewal.
The Gift of Compost
Permaculture at The Farm: Climate Prophylaxis
Hugelkultur on the Prairie, or Learning from Our Mistakes
The Future of Water: Halting desertification, restoring ecosystems, and nourishing communities

Permaculture on Low to No Budget
Permaculture as a Tool for Ecological Community Design
How Permaculture Stole My Community!
Doing It, or Are We?
Southern Exposure Seed Exchange Wrestles with Growth
The Dirty Business of Growing a Cohousing Community Farm
Recipe for Community
How the Kitchen Is the Heart of a Community
Cookin' Dinner for the Revolution
Hot Topic, Raw Emotion, and the Spice of Life: Chewing over Food Choice in Community 56 <i>Communities</i> 167, 18–21 Tracy Matfin At La'akea, members' various approaches to food reflect the quest for emotional as well as physical sustainability.
My Journey with Food in Community: A Banquet, in Five Courses

Make Food, Make Hygge, Make Happy64 Communities 167, 26–27 Jane Moran The art of creating intimacy, conviviality, and contentment is an essential ingredient in vibrant community.
Discovering the Joy of Communal Food: Camaraderie and Work at Maitreya Mountain Village
The Community's Garden Orchestra
How Do We Eat As If We Plan to Be Here for Another 10,000 Years? Cultivating Food Culture in Stewardship of Place
Fours Ways to Grow at Heartwood
Belfast Ecovillage Produces Farm
The Balancing Act of Farming in Community
Cardboard, Control, and Catch-22s: Community and the Food Production Dilemma
Glimpsing the Wild Within: the Sacred Violence of Eating
Cool Pickles
Small and Large Miracles: Food, Land, and Community at Kibbutz Lotan

Celebrating the Local, Shared Bounty at Groundswell Cohousing
II. SHELTER AND ECO-BUILDING
Beyond Sustainability: Building for Health
Tiny Houses as Appropriate Technology
It Takes All Kinds to Raise a Village
My Struggle to Legalize Sustainable Living
Adventures of the Mini Moon: Realities of building your own earthen house with reused materials and volunteer labor 115 Communities 179, 8–11 Jenny Leis Becoming a general contractor for a project way beyond one's abilities can be a powerful, humbling, community-building learning adventure, especially when the house is made of horse manure.
Building Collectively Is Greener, Easier, and Cheaper
Harmonious Homemade Habitat
Building in an Ecovillage: Lessons Learned
Ionia's Barn Project: Where Community and Natural Building Meet

Building with Respect
Eco-Building at the Ecovillage (I Have Built a Home)
Good Neighbours with Earth: Using natural building materials in community-scale construction
A High-Performance Building for Cohousing: From Vision to Move-In
From Blight to Beautiful: Renovating an Urban House By and For Community
III. ENERGY AND ECOLOGICAL FOOTPRINT
III. ENERGY AND ECOLOGICAL FOOTPRINT Sharing and Climate Change
Sharing and Climate Change
Sharing and Climate Change

Findhorn's Incredible Shrinking Footprint
Svanholm in Denmark Goes Carbon-Neutral
Car-Reduced and Car-Free Rural Communities
Community Makes Renewable Energy Work
Putting Our Lives on the Line
Generating Your Own Electricity: Why and How179Communities 161, 24–25Mary WildfireEvery community can benefit from producing renewable power.
Going For the Grid: A Community Ditches Energy Independence to Get Greener
Burlington Cohousing's Excellent Solar Adventures
Establishing and Incorporating Renewable Energy Technologies in Camphill Communities: A Personal Journey
Energy Efficient Heating, Renewable Electricity, and Community Renaissance at ZEGG 192 <i>Communities</i> 161, 36–37, 77 Achim Ecker A German ecovillage derives new energy from a solar-assisted biogas plant, photovoltaic panels, and holacracy.
Energy Efficiency in Cohousing
The Sun Touches Heartwood
The Personal and the Planetary: Spiritual and Planetary Renewal at Lama Foundation 200 Communities 161, 52–53 Scott Shuker In northern New Mexico, active and passive solar meet almost all of a community's energy needs.

Loving Earth Sanctuary: Two Women's Quest for a Low-Tech Life
Technology in Service of Community
Life with the Solar Kitchen
Living Energy Farm: An Answer for Climate Change
Limiting the Damage of Climate Change: Lessons from Dancing Rabbit
Addressing Climate Change: Two Generations at Heart-Culture Farm Community
Eco-Energy at Heartwood Cohousing
IV. ECOVILLAGE DESIGN AND IMPLEMENTATION
Triumphs and Struggles at Los Angeles Eco-Village
Ecologically Speaking Communities
An Ecovillage Future
Off the Grid and Out of the Trash Can

Aspiring to the Working Class
Ecovillage Infrastructure: The Skeleton of Community
From Camp to Village
Good Neighbors: Top 10 Reasons to Live Next to an Ecovillage
Getting Ecovillages Noticed
Creating eCohousing
Coming of Age: 21 Years of EcoVillage Planning and Living
Growing Up in EcoVillage at Ithaca
Fifty Years On: Living Now in the Findhorn Foundation Community
Earthsong Eco-Neighbourhood — Rebuilding Community within the City
Dandelion Village: Building an Ecovillage in Town
Living the Questions

Nashira: An Ecovillage from the Grassroots
Ecovillages and the FIC
Around the World in 80 Pages
Overcoming Apartheid—the Global Ecovillage Network
Ecovillages Worldwide—Local Solutions for Global Problems
Creating Carbon-Negative Communities: Ecovillages and the UN's New Sustainable Development Goals
Learning in Ecovillages AND Getting a College Degree
Yarrow Ecovillage: Cohousing as a Building Block to the Ecovillage
Want an Ecovillage? Stay Put!
Land and Culture Collaboration
Cloughjordan Ecovillage: Modeling the Transition to a Low-Carbon Society
True Sustainability: Indigenous Pathways

V. ECO-EDUCATION

Seeking an Alternative Education
Education for Sustainability
Live and Learn: O.U.R. Ecovillage Builds Learning Community
Teaching Hands-On Workshops in Community.
Seeing the Good in the World: Connecting Communities and Students for Sustainability Education and Transformation 339 Communities 147, 30–31, 75 Joshua Lockyer After several years teaching about community in the abstract, an anthropologist and environmental studies teacher finds that direct student engagement with intentional communities provides the spark needed for personal inspiration, connection, and the potential for social transformation.
Sustainability: Reflections from an Eco-Warrior
Ecovillages and Academia
Leadership for Social Change: Living Routes in Action at Huehuecoyotl
Olympic-Sized Community
Intentional "Colonies" and Tropical Sustainability

Towards a Seventh Generation
Busted, Almost Bludgeoned, Possibly Broke: Hard Lessons from the Trenches of Sustainability Education
VI. FINDING RESILIENCE IN COOPERATIVE CULTURE
The Nature of Our Work
How Ecology Led Me to Community
Environmental Activism: Securing Your Community's Quality of Life into the Future372 Communities 143, 44–46, 75 Chant Thomas With a long history of protecting the local watershed, Trillium Farm Community in southern Oregon grows not only organic food, but ecological activists.
Software, Hardware, and Ecology at Ganas
The Transition Initiative Comes to Cohousing
Work Less, Simplify More
Social Permaculture
Self-Reliance, Right Livelihood, and Economic "Realities": Finding Peace in Compromise 392 <i>Communities</i> 158, 12–15 Abeja Hummel Life in a small rural ecovillage can mean embracing complex choices while balancing idealism with necessity.

Communities, Political Empowerment, and Collective Self-Sufficiency
Climate Changes: Turn to Face the Strange
Confessions of a Fallen Eco-Warrior
Land Management and Lifesharing at Innisfree Village
Technology, Nature, and Community
Back to Life: Returning from the Virtual to the Real
Technology on the Path to Reality: Snapshots from the Pre-Post-Digital Age
Ridgewood Ranch: A Mecca For Adaptive Community
Economy, Community, and Place431Communities 175, 31–33Lindsay HagamenEconomy and stewarding our home were once synonymous, and can be again.
Together Resilient: Why This Book? Thoughts on Building Community in the Age of Climate Disruption 434 Communities 175, 76 Sky Blue Collectively, humanity has the answers, tools, and pieces of the puzzle—we just have to put them together.
The Virtues of Unsettling