
(Eight)finity lessons on learning of growing food

The story of a city girl who did not know how carrots grow, but who is now the head of a permaculture organization - Anastasiya Volkova

by Iryna Kazakova, 2021



Before

Anastasia was an ordinary citizen, a French teacher. She had often got ill since her childhood and did not think about ecology. When Nastya met her future husband, he had been already on a vegetarian diet.

The new relationship was the reason not only for a change of marital status, but also of everyday habits. Anastasia started to think about what she was eating and how it was related to her health. Seeing the results of the change in diet, Nastya asked herself another question: where to get healthy and safe food.



Process

Nastya knew nothing about food growing, even how carrots grow, but had a strong desire to grow her own food. The new family bought a plot in an ecovillage and Nastya started studying.

She was most influenced by a Borys Bublik's books on "nature-friendly" agriculture. Then she came across such a concept as permaculture. Nastya watched all available videos on this topic on the Internet and enrolled in the Permaculture Design Certification Course.

Permaculture fascinated her so much that Nastya joined the work of a NGO, "Permaculture in Ukraine", and founded a permaculture center in her village.

Now

It has been 7 years since Nastya decided to change her life and learn how to grow food. Her background now is biodynamics studying, lectures on organic farming, PDC and permaculture for teachers, and a huge number of courses on agricultural and management topics.

Now Nastya not only provides her family with vegetables, fruits and greens from her own plot, but also runs the Permaculture NGO in Ukraine. Nastya, her husband, and their little daughter live in an ecovillage. The community is constantly expanding. Nastya organizes permaculture courses, conferences, tours and translates thematic literature. Her whole life is connected to permaculture and she likes it.

I.K. Comment

There was a time when we knew nothing. If you do not know how unwashed potatoes look like, or that tomatoes are not immediately red and large, this is not a verdict. If you allow yourself to fall into the rabbit hole of growing food, it may not turn your world into a fairy tale, but will definitely expand your horizons and make way for your own healthy products. And who knows where you will be in a few years? Maybe you become a leader of thoughts or the head of an international movement?