



Sustainable Living



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Living in the countryside isn't the same as living from the countryside. At the Ecotros estate, we live in and from the countryside. We try to make use of all the resources that the estate provides. Waste doesn't exist here, only resources. The olives, almonds, carobs, vegetables from the garden, wild plants, fruit trees, and eggs from the chickens and the ducks are our main resources, but there are many more: like the sun that feeds the solar panels, the rainwater that waters the vegetable garden, the firewood that warms the house and allows us to cook, but the biggest resource at our disposal is the community: we help and care for each other and this is the most important.

It isn't simple to explain in few words what permaculture is, because it encompasses so many aspects of life. Sometimes it's been pigeonholed into a trend of organic farming, but it goes far beyond that, as it doesn't just look for a different means of farming, but also looks for answers and ways to make our lives on this planet more sustainable, incorporating the economy, bio-construction, renewable energy, natural treatment of water, social relations and the development of community. Permaculture is sustainability, it's a life philosophy where caring for the Earth and all beings that inhabit it is the most important.

Permaculture is a holistic system that aims to repair the damage made to natural systems and at the same time manage resources in a sustainable way for the mutual benefit of the human species and nature, **working with nature and so favouring biodiversity instead of working against it.**

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