50 Resources to Leading A More Sustainable Lifestyle/ Tome Shaaltiel

To celebrate the 50th anniversary of earth day coming up on April 22nd, I have compiled 50 resources to guide you to a more sustainable lifestyle. It includes my recommended movies, clips, songs, websites, articles, and blogs. The topics include permaculture, the wood wide web, soil and fertility, regenerative agriculture, natural farming, urban farming, waste solutions, natural building, water conservation systems and miscellaneous. I was exposed to many of these resources thanks to the Center for Creative Ecology in Kibbutz Lotan while I was there as an eco-volunteer. These resources have led me to be who I am today, they inspired me to keep an open mind and think outside the box. They have showed me a different perspective on how humans can take better care of the earth. I have learned how to deepen my connection with the earth and become its steward, educating others through its lens.

I hope they move you as they have moved me. Please keep an open mind, heart and soul while scrolling through them. If you have any comments or questions, feel free to contact me. Enjoy!

Permaculture:

1. The Biggest Little Farm (2018) [https://www.youtube.com/watch?v=UfDTM4JxHI8](https://www.youtube.com/watch?v=UfDTM4JxHI8)
   https://www.biggestlittlefarffarmovie.com/
2. Permaculture Principles by David Holmgren [https://permacultureprinciples.com/](https://permacultureprinciples.com/)
4. Formidable vegetables soundtracks [https://soundcloud.com/formidablevegetable](https://soundcloud.com/formidablevegetable)
   https://www.youtube.com/watch?v=tSTFfKHJg4Y&list=RDtSTFfKHJg4Y&start_radio=1&t=23
5. Permaculture Song [https://www.youtube.com/watch?v=XYIBYQy-h1Q](https://www.youtube.com/watch?v=XYIBYQy-h1Q)
6. “Back to Reality” Documentary series [https://www.youtube.com/channel/UCVQCQJyZOcioTDQ4SACvZQ](https://www.youtube.com/channel/UCVQCQJyZOcioTDQ4SACvZQ)
7. John D. Liu “What If We Change” Documentary series [https://www.youtube.com/watch?v=6JkiFSQLn4&list=PLwhnFOGxflMMQzQ0IMjXDp6mVQh05oM&index=2](https://www.youtube.com/watch?v=6JkiFSQLn4&list=PLwhnFOGxflMMQzQ0IMjXDp6mVQh05oM&index=2)
8. How to green the world’s deserts and reverse climate change | Allan Savory Ted Talk [https://www.youtube.com/watch?v=vPiTHj7O6gI](https://www.youtube.com/watch?v=vPiTHj7O6gI) Running out of Time- Documentary on holistic management (2014) [https://www.youtube.com/watch?v=q7p11IyJaLI](https://www.youtube.com/watch?v=q7p11IyJaLI)
9. Sepp Holzer’s Permaculture - 3 Films: “Farming with Nature" + "Aquaculture" + "Terraces and Raised Beds" [https://vimeo.com/ondemand/seppholzerspermaculture/](https://vimeo.com/ondemand/seppholzerspermaculture/) The Agro Rebel (2001) a film about Sepp Holzer, the Austrian farmer and forester [https://www.cultureunplugged.com/documentary/watch-online/filmmedia/play/930/The-Agro-Rebel/Vm0xMG8wMudTbqQVm1SU1rVndVbFpyVWtKUFVUMDr](https://www.cultureunplugged.com/documentary/watch-online/filmmedia/play/930/The-Agro-Rebel/Vm0xMG8wMudTbqQVm1SU1rVndVbFpyVWtKUFVUMDr)
10. The God’s Must Be Crazy (1980) [https://www.youtube.com/watch?v=1agNMvccQYc](https://www.youtube.com/watch?v=1agNMvccQYc)


The wood wide web:


14. How trees talk to each other | Suzanne Simard Ted Talk https://www.youtube.com/watch?v=Un2yBglAxYs


Soil and fertility:

16. Soil is precious “Let’s talk about soil” https://www.youtube.com/watch?v=invUp0SX49g https://globalsoilweek.org/

17. Importance of compost https://www.youtube.com/watch?v=ufsbrz8IRgY

18. Dr. Annard Karve, ARTI, India, Biogas from food waste - Ashden Award winner https://www.youtube.com/watch?v=BGSJ72xZHKnk

19. Homebiogas, biogas digester that anyone can install at home https://www.homebiogas.com/Products/HomeBiogas2


Regenerative agriculture, Natural Farming:


27. Sow True Seed - seed company with high quality, open-pollinated seeds in support of sustainable food production and regenerative agriculture [https://sowtrueseed.com/pages/catalog](https://sowtrueseed.com/pages/catalog) Southern Exposure- seed exchange company [https://www.southernexposure.com/](https://www.southernexposure.com/)

**Urban farming:**

28. How urban agriculture is transforming Detroit | Devita Davison Ted Talk [https://www.youtube.com/watch?v=G88JZ1DIdg8](https://www.youtube.com/watch?v=G88JZ1DIdg8)

29. Ron Finley: Urban Gangsta Gardener in South Central LA | Game Changers [https://www.youtube.com/watch?v=7t-Nbf77ceM](https://www.youtube.com/watch?v=7t-Nbf77ceM)


**Waste solutions:**

32. Trash Me with Rob Greenfield - Wearing his own trash for 30 days [https://www.youtube.com/watch?v=KH20tkp_EhY](https://www.youtube.com/watch?v=KH20tkp_EhY) Growing & Foraging 100% of His Food WITHOUT LAND OF HIS OWN: 1-Year Challenge w/ Rob Greenfield [https://www.youtube.com/watch?v=xB7UK7uyW5g](https://www.youtube.com/watch?v=xB7UK7uyW5g) Rob Greenfield TV [http://robgreenfield.tv/](http://robgreenfield.tv/)


34. Loop Industries turns plastic waste to reusable packaging [https://www.loopindustries.com/en](https://www.loopindustries.com/en)


36. Precious Plastic - Open source machines, tools and infrastructures to fight plastic pollution from the bottom up. For free [https://preciousplastic.com/](https://preciousplastic.com/)

37. 4Ocean- The global ocean cleanup operation that’s stopping plastic pollution at its source [https://4ocean.com/?gclid=Cj0KCQiAxZPgBRCmARIsAOrTHSaNdR5uiCO-XL_bBQovUU6CH%20-kjb4f1O8i2v9Bu7u-sk89a47pHlaAmCJEAlw_wcB](https://4ocean.com/?gclid=Cj0KCQiAxZPgBRCmARIsAOrTHSaNdR5uiCO-XL_bBQovUU6CH%20-kjb4f1O8i2v9Bu7u-sk89a47pHlaAmCJEAlw_wcB)

38. Mr. Trash Wheel is a sustainably powered trash interceptor invented in Baltimore, Maryland by Clearwater Mills, LLC. [https://www.mrtrashwheel.com/](https://www.mrtrashwheel.com/)

39. How to Make Biodegradable Plant Pots from egg crates, newspapers and toilet paper rolls- Homemade Seed Starting Pots. [https://www.youtube.com/watch?v=IP5Fa6ASiFM](https://www.youtube.com/watch?v=IP5Fa6ASiFM) [https://www.youtube.com/watch?v=7dIgQP81yfo](https://www.youtube.com/watch?v=7dIgQP81yfo)
40. Self-watering planters made from used plastic bottles. [https://www.youtube.com/watch?v=OJJvghf1E7A](https://www.youtube.com/watch?v=OJJvghf1E7A)
41. How to build an upside-down tomato planter from buckets. [https://www.youtube.com/watch?v=jFLYLp1RIN0&t=11s](https://www.youtube.com/watch?v=jFLYLp1RIN0&t=11s)

**Natural Building:**

43. Natural Building: Build a Beautiful Swimming pool & House Villa Using wooden in Will [https://www.youtube.com/watch?v=eUU3KfVKCgk](https://www.youtube.com/watch?v=eUU3KfVKCgk)
44. Primitive Technology: Tiled Roof Hut [https://www.youtube.com/watch?v=P73REgl-3UE](https://www.youtube.com/watch?v=P73REgl-3UE)

**Water conservative systems:**

45. Grey Water Central: The web’s information central on all aspects of grey water systems from the leading innovators and producers of greywater information By Art Ludwig [http://oasisdesign.net/greywater/](http://oasisdesign.net/greywater/)
46. Just Water Solutions: sells pumps, rainwater tanks, and all sorts of fittings and valves. They are specialists in Greywater Re-use Units [https://justwatersolutions.com/](https://justwatersolutions.com/)
48. Rainwater Harvesting for Drylands and Beyond by Brad Lancaster [https://www.harvestingrainwater.com/](https://www.harvestingrainwater.com/)

**Miscellaneous:**

49. This Crazy Tree Grows 40 Kinds of Fruit | National Geographic San Van Aken [https://www.youtube.com/watch?v=ik3l4U_17bl](https://www.youtube.com/watch?v=ik3l4U_17bl)
50. Bee Movie (2007) [https://www.youtube.com/watch?v=VONRQMx78YI](https://www.youtube.com/watch?v=VONRQMx78YI)