

January 30, 2025

# Transform your yard or courtyard into a carbon sink!

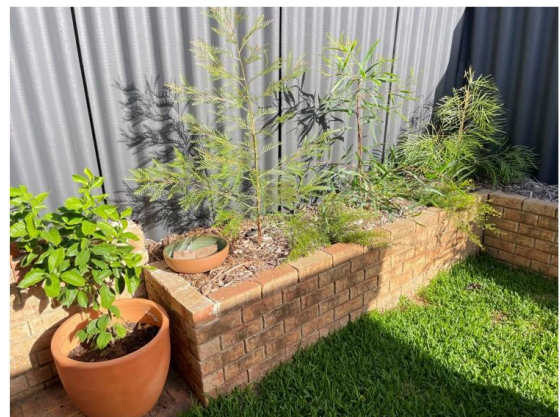
Transition Town Vincent's My Healthy Soils Project aims to empower local residents to transform their yards and courtyards to capture carbon into the soil to support healthy plant growth and to create a cooler, healthier and more sustainable environment. We focus on supporting the addition of locally available organics (e.g. biochar, compost, worm castings/juice and microbes) to improve the carbon, nutrients and water holding capacity of your soil. [Read more...](#)

After a year of getting ready we are about to start the project in earnest. This will commence with a workshop on **Sunday 16th March 3-5pm** at the **Floreat Athena clubrooms** where we will:

- Introduce the basic principles for transforming your yard or courtyard into a carbon sink
- Use local case studies to show how it can be done
- Identify your objectives and resourcing requirements
- Outline a process for supporting you in achieving your objectives



October 2024



December 2024 – 3 months later

Above is one case study where one of our members - Katie - planted natives in planter boxes treated with FOGO compost, biochar and roo poo juice (yes, you read correct) in October and three months later voila! Most plants had doubled in height while the acacias had more than tripled in height and

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already are attracting birds!! She also de-paved the courtyard and covered the sand with water saving FOGO compost and then planted it with lawn. Katie's next healthy soil project is to transform her paved front yard into a [pocket forest!](#)

We will have a line up of speakers including [Professor Lyn Abbott](#) who has dedicated her career to World leading research, education and communication associated with soil health and specifically, soil biology. We used one of her innovations, permeable biomass barriers and wells, in the food forest with good effect. I have also put them into our garden. These will be featured in the case studies presented on the day. Details are still being formulated and will be made available closer to the date but until then please mark this date in your calendar.

# Restoring a Black Cockatoo Forest

Last year's showing of the documentary [Black Cockatoo Crisis](#) shocked many of us while Dr Grey Coupland's talk [Pocket Forest's for the Inner City](#) provided inspiration and a pathway for restoring Black Cockatoo habitat (aka Rewilding), starting with the underlying soil and associated carbon. Consequently Transition Town Vincent have resolved to establish a Black Cockatoo Food Forest on a 60m<sup>2</sup> site at the existing food forest. [This page](#) provides a brief outline of the Pocket Forest project and links to some resources. Opportunities for residents to be involved and to develop a pocket forest in their own yard or courtyard will also be discussed at the workshop on Sunday 16th March.



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# Movie night: The Need to Grow

Join us on Monday 10th February for an environmental film that gives the world hope. 🌍

The UN estimates that at current rates of depletion, we have fewer than 60 years of soil left on Earth. It's not too late to change the future and save the planet and people we love - if we act NOW.

The New to Grow takes you inside the hearts and innovation of three very different leaders.

- 👧 An 8 year-old girl challenges the ethics of a global organisation
- 👨 A renegade farmer struggles to keep his land as he revolutionises resource-efficient agriculture
- 👨 A visionary inventor faces catastrophe in the midst of developing a game-changing technology

The film will make you laugh, make you cry, give you chills, and inspire you to participate in the restoration of this beautiful Earth. [Get tickets here.](#)



After the film we will get a brief presentation from local resident Katrina who has transformed her 400m<sup>2</sup> ornamental garden into a vibrant permaculture food garden. Katrina will share her insights into cultivating vegetables and fruit in small spaces and reflect on what has shaped her connection to food and the land in an urban environment.

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# Potting Shed Opening Times

The [Potting Shed](#) is located conveniently next to the [Tools n Things Library](#) and has been established to support the activities of the [My Healthy Soils project](#) and the nearby [Community Food Forest](#).

From 15th February, opening hours will be:

- Saturday mornings 10am to 12noon
- Wednesday afternoons 4 to 6pm

Things you can get from the Potting Shed:

- Quantities of [biochar for trialing](#)
- Vegetable and herb seedlings
- Worm juice
- Tips and advice

We are also looking for volunteers to help out at the Potting Shed:

- Plant and re-pot seeds and seedlings
- Water the seedlings
- Make up soil i.e. mix sand, compost, biochar, worm castings/juice
- Make and turn the compost
- Feed the worms
- Package up the biochar

[Contact me](#) if you would like to help out.

Want biochar with your pizza?

We were very pleased to receive donation of a biochar maker aka wood fired pizza oven from John Carey MLA at our Open Day on 24th November. The transportable wood fired pizza oven is easily capable of reaching temperatures of over 400 degrees celsius which is the sweet spot for producing biochar. The biochar maker will be kept at the tool library and will be available to members to use to make biochar, initially at the Potting Shed during and during normal opening hours. It will also be used for training and demonstrations and for researchers/students. We may also make the odd pizza with it 😊. [Watch this Youtube video](#) to see our first trial of the wood fired pizza oven for making biochar.



# Biochar Shorts

In December we had a showing of biochar shorts - a series of documentaries on biochar! The event was well attended by about 25 people. For those that missed the videos here is a link to some of them as well as to a page with some more which we didn't have time to show.

[What is biochar](#) - A very good, short (2 minutes) introduction to the features and benefits of biochar.

[The Secret of El Dorado \(Horizon 2002\) Discovery of Terra Preta - short version](#) - This is a short, 15 minute version of the BBC Horizon documentary of 2002 about Terra Preta soils which inspired the biochar movement and a generation of soil scientists.

[Stockholm Biochar Project](#) - Made in 2015, this short 3 minute video provides a good introduction to this project which is inspiring many other cities worldwide.

[Go to this page](#) and scroll down for more videos.

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# Social media

[Webpage](#) - My Healthy Soils Project

[Facebook](#) page (It is a closed group so it may take a day or so to approve your membership)

[Youtube channel](#)

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