

FOREWORD

Since the 1970s, it has become manifest that Gaia, our Mother Earth, is a living entity and self-regulating organism. Thanks to this newfound awareness, Life has regained its rightful place as the epicenter of our concerns.

This realignment coincides with a new vision of the world. After Louis Pasteur, we perceived our organism to be a sort of citadel that needed to be defended against bacterial intrusions. Today, we know that our bodies contain ten times more bacteria than cells. Incredibly, 99% of the genes we're composed of are not our own. We are, first and foremost, the result of a colossal partnership between our cells and at least 500 species of bacteria. And the same goes for our planet: fertile soil teems with invisible life, which feeds the plants that nourish us.

Everything is interconnected. We are one. Nature is not distinct from us, and we are not distinct from nature.

Present-day gardeners are turning their backs on synthetic chemicals. They want to grow plants free from toxic residues—food that can be enjoyed without a second thought. They want their harvests to be good for them and for Mother Earth. It's now perfectly clear that healthy soil gives rise to robust plants, and that robust plants contribute to the well-being of those who consume them.

This is a remarkable time. The modern organic movement abounds with new ideas. Innovative techniques enrich the gardener's panoply of practices and lead the grower far beyond traditional methods. Revolutionary approaches are being developed, and the great merit of this book is that it invites us to discover them...

So our beautiful planet can prosper.
And we can, too.

Michka