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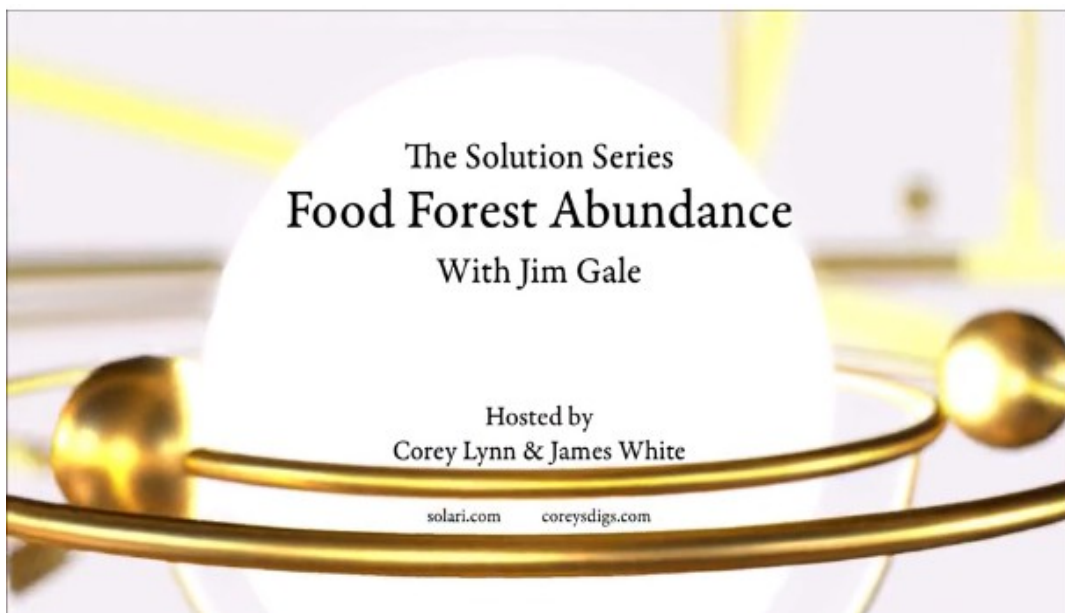


The Solari Report

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Solution Series: Food Forest Abundance with Jim Gale

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James White: Hi, this is James White, along with my cohost, Corey Lynn, and this is the *Solution Series* brought to you by *The Solari Report*. We are delighted to have our guest on with you today. Jim Gale has a wonderful story about growing food, about abundance, and about growing actual edible food in your garden. He has a tremendous story and a tremendous background.

Jim, thank you so much for joining us today on the *Solution Series*.

Jim Gale: Thank you, James, and thank you, Corey Lynn, for helping spread the message.

What I am going to frame today on this show is the solution to all of the world's biggest problems, including to the individual and the family. I'm going to frame it in a very logical way that will inspire and empower your audience.

Corey Lynn: I love it!

White: Before we get there, Jim, give us a little of your background; you have a very interesting background. Could you go over that briefly? I think that is something that the audience would like to hear.

Gale: I grew up in Minnesota. My mom, who is actually here now, had her first podcast an hour ago. She grew up on a farm in southern Minnesota. When I was a youth, we would go home to the farm. Those were the most incredible weekends of my life. They called me 'nature boy' growing up; I loved being outside in nature.

I got into wrestling around 9, and that was a 'big deal'; it was a major thing in my life. Around 19, I wrote my goals for the first time. This is very relevant because when we create and envision and feel an inspiring future – a future that brings us joy that compels us to action – that is the first and most important thing that we can do for ourselves and therefore, our families and our world.

So, I wrote those goals. My coach laughed at me because he thought they were impossible for me to achieve. I thought that was even more inspiring and motivating.

About four years later, thanks to writing my goals, I became a four-time All-American national champion. Again, it was because I wrote the goals.

The two years previous to that, I 'sucked'. I was actually written up in the state as the biggest upset, and it was me losing. So, a lot of times it's the pain and the struggles in life that get us to ask new questions. That is what is happening in our society; we are having more struggles than we've ever had as a society.

History is written by the winners. Much of written history is false. This is the most incredible apocalypse that we've ever had. 'Apocalypse' simply means 'lifting the veil'; it means becoming aware of what is going on, and therefore, becoming aware of new choices. It's a beautiful thing.

Lynn: I was watching a video recently on the 52 acres, which you will talk about later, and you were indicating how you were doing very well. You had earned quite a living. Then you lost everything, and you got into this: The Food Forest Abundance, which is only about a year and a half to two years old.

Gale: We launched 14 months ago. I've been planning this and working towards this for 15 years. In 2007 when I first learned what was going on in the world, I learned permaculture. We will get into permaculture throughout this discussion. When I learned permaculture along with what was happening, it put me down a 'rabbit hole' of fear and worry and concern because we are destroying our planet.

My question is: What is the catalyst for this destruction? Then there was the question of: Whatever the mind of man and woman can conceive and believe it can achieve, the question became what can I conceive and believe for our world? Basically, that has been my obsession for 15 years. The 'cool' thing is that has led us to a very clear path to freedom.

Lynn: Tell us all about the Food Forest Abundance and what you are doing. I love the whole blueprint concept, which is my favorite part.

Gale: The blueprint is the culmination of it all. I built equal villages in Central America, and I learned so much about how to grow food, and the interaction of people. This idea of building all sorts of new communities in the world is not

logical. What we get to do to change the world is bring the regenerative agriculture to the backyard.

We have 44 million acres of lawn in the United States. The lawn is the foundation of enslavement; it's the biggest mass brainwashing scam in the history of the world. It takes more poisons and more resources than any other crop, and it does not provide food. It's really ridiculous.

When we turn 50% of lawn into regenerative, edible landscapes, that is when we reverse mass extinction, we reverse deforestation, and we reverse cancer, heart disease, and diabetes. We end hunger and end tyranny simply by doing what is best for us in our backyards.

Lynn: What 'blew me away' was when I first heard you talk about the lawns. That was one of those 'Aha!' moments. That is not something I've ever thought about, and I've been covering the food industry for a while. That's astounding. It's genius! I'm looking around my neighborhood going, "Why do we have all of these lawns?" They are pretty, and have pretty trees, but why do we not have nuts growing or fruits growing? What are we thinking? We have been completely brainwashed. You are so right.

Gale: It's by design. Fifty years ago, Kissinger said, "If you want to control nations, control oil. If you want to control people, control food. If you want to control the world, control the world's currency."

That wasn't just the ramblings of a mad man; that was the strategy of the head of the World Economic Forum.

This is what 'busted me out' of my cognitive dissonance about thirteen years ago. When you study the problem, it's 'icky', it's disgusting, and it's incomprehensible that there are people who are destroying our world like this intentionally. I read Bill Mollison's quote, "Though the problems of the world are increasingly complex, the solutions remain embarrassingly simple," and I started to bawl. From that day forward, I tweaked my energy to focus on the solution, and that is what led to here.

White: I would imagine your plans are probably tailored to different climates.

For example, there would be a different gardening map or layout for a Florida home or a Florida piece of property than it would in Montana. Is that accurate?

Gale: That is exactly right. So, there are agricultural Hardiness Zones for everywhere. The first thing that we do as permaculture designers is look at what zone the property is in. Then we look at microclimates within the zone. You might be at the bottom of a big hill on the north side or the south side. That makes a huge difference.

You can go one zone away by simply being on the other side of a hill, or you might have water running through your property, or have a big rock. One big, black rock can change the dynamics of a property significantly.

That is what we do: We look at all the different elements, and find a way to stack the functionality of them by putting logical design to work.

Lynn: I especially love for people, such as myself, who are very busy, I say, “Oh my gosh! How am I going to take care of all of this?” but you explain it, and you show it on videos in such a way and put together this ecological system.

Explain to people how it takes care of itself, and talk about someone having just a quarter of an acre versus two acres because that is also important.

Gale: That’s why I’m in Minnesota. One of the reasons is I grew up here, my mom was from here, and I have many friends here. I also came here to video all the food forests around the cities. In fact, we drove to Duluth, Minnesota where my friend, Chad Johnson, has about 30 acres. He has an intense permaculture food forest on about five acres. This food forest has over 300 different species of edible and medicinal plants growing on the property. He started about five or six years ago to stack all the different plants.

I asked him, “What would happen if you walked away from this property and let it be for ten years?”

He said, “It would expand for miles out into the forest because it already is.”

What I’m saying is that a food forest can be absolutely zero maintenance and

continuously provide more and more food.

Lynn: That's incredible! If someone is in a home that has an eighth of an acre to a quarter of an acre versus two acres, what would that look like? Tell us some of the plants and how those plants can feed one another to help take care of the whole system. I think that some people get overwhelmed by the idea of how much upkeep and work they will have to do.

Gale: That is the ultimate 'BS' belief system that is programmed by the same people who are intending to program the minds of the people. It's the easiest thing in the world.

Our average backyard design is probably a tenth of an acre. In a permaculture design, we mimic nature. That is what 'permaculture' is; it's observing and interacting with natural systems, then asking the questions. If we design this plant here and this plant here and we stack them, they are all functional plants. We start underground with the roots and tubers. Then we go to the herbaceous layer.

We did an interview recently with our friend Jerry. He has five different kinds of mushrooms growing in the forest near his house. Then go up to the smaller shrubs, the smaller berry bushes, the smaller fruit trees, and the bigger fruit trees. So, you have seven layers of food growing in the same vertical space.

Lynn: What about watering systems? Do you work with irrigation or rain water? Some states don't let you, but we won't get into that.

Gale: Water is job one. The first thing we look at is: How is the plant going to survive? We especially look at the first eighteen months. The first month is the most critical, and then it goes on and on and on. After about eighteen months, most plants are completely established – even the longer-lasting, bigger, slower-growing fruit trees and nut trees.

So we say, "Where are the water sources?" Then we stack them. Most houses don't have rainwater collection off the roof, but it's the simplest and most logical thing. Just capture that rain and separate it. They have gutters that are especially made for this. Collect some in a big barrel. That is the first layer. The

second layer would be to have a pond. If you can stack that along with a pond; a pond is an incredible resource. Now you can have a little aeration, and have fish. You don't even need aeration if you have a lot of plants in the pond.

In fact, at Galt's Landing, we have a six-acre pond. We put aeration in because it's a brand-new pond. All along the pond, we have edible water plants. Later we are putting seven different species of fish in the pond. Then we are taking the water from the pond, and fertigating the food forest around the pond. Fertigation is fertilizing and irrigating at the same time.

We have strawberry guava trees and sea grape trees all along the one edge, and we have mulberry and about 30 or 40 different types of food growing along the other edges of the pond. When that food drops into the pond, it becomes fish food.

Lynn: Tell us more about Galt's Landing and what you are doing there. It's 52 acres, right?

White: Before we do that, I want to ask Jim a question. Do you have to soil prep? There are some soils that are more nutrient-rich than others. Do you do a soil analysis of an area first to get an idea of the nutrients? Do you have to sometimes supplement those for certain locations? Or is it all hydroponics where you just put the nutrients right into the hydroponic solution so you don't have to worry about that? Is that something that you come across?

Gale: Great question. Most of the time we do recommend a soil study. No matter what, we always build soil. Soil is the immune system of the whole planet. When your soil is rich in diversity and nutrients, then the trees and plants are very healthy and they don't get attacked by the animals and the creatures and the funguses. That is what disease is in plants and in the human body; it's the same process.

So, we build soil no matter where we are. At Galt's Landing, we had to build up one of the areas to be out of what is considered wetlands. So, we took that material from the pond and dug the pond 27 feet deep. That material went to cover and raise up everything by about seven feet. So, we had inert sand. There was no life in this at all; there is life in it, but it would have taken years. So to

speed up time, we ordered loads and loads of black gold soil. We mixed it with mushroom composting soil and with a small amount of fertilizer.

We also do what is called ‘compost tea-brewing’. We have a 50-gallon barrel and put a compost tea bag in it – like a big cup of tea. Then we bubble that water for 24 hours. In the Florida heat, it’s about eighty-degree water. So within 24 hours, it is loaded with good bacteria. Then we pour that good bacteria on the roots of the plants, and they absolutely love it.

In the last six months, we’ve taken a patch of sand, and now it probably has 300 fruit trees and over 1,000 different plants growing on this sand.

White: That’s incredible!

Lynn: I would like to live on that 52 acres!

Gale: It’s a miraculous thing that happened in my opinion.

About four years ago, we wanted to buy a piece of land to have two houses. Then we thought, “We could have five houses. We could sell a couple of lots and get some neighbors.”

I went to all the realtors and all the people in the area and said, “We would like a lake, we would like pasture land, and then we would like a runway or the ability to have a runway because my buddy is a pilot”.

They all laughed at me. Every single one of them said, “That’s not possible in this area,” because we wanted it to be within an hour of the Orlando International Airport because he’s a pilot. They laughed.

I got a call two weeks later, and the person said, “Jim, I can’t believe this. A property just popped up that has a 430-acre private lake.” We have the only dock on the lake. It’s at the end of a road, and it has a mile-long paved runway on the east side of it.

Lynn: Amazing! That’s the universe working for you.

Gale: That's the key! Whatever the mind of man or woman can conceive and believe and can achieve, that is a true statement.

Lynn: Absolutely. Walk me through it. Let's say that I purchased a home on a quarter or a half acre. When I do get land, I'm definitely calling you.

I would say, "I want you and your team of permaculturists to help me with designing this for my property." So, how does the process start for the blueprint stage of it?

Gale: Awesome question! It starts with a conversation. Once somebody decides and purchases the blueprint, then one of our designers – and we have 45 of the most incredible people around the world who make a living by studying and designing freedom into the landscape. Greg Knibbs, who toured with Bill Mollison 40 years ago, is collaborating with us on a mega design.

The questions we ask the customer for permanent culture (contraction for Permanent Agriculture)– whether it be a suburban homeowner or a major community or an HOA or even a political campaign – are, "What are your goals? What is your vision? What do you want to do?"

Then they tell us what they want to do. Here is where it gets 'crazy fun'. When we share with them what is possible, it's 'mind-blowing'; it's eye-opening; it expands the potential.

I'll give you an example. This person, Jerry, lives in southern Minnesota. We went to his place, and he is an avid grower. Mushrooms are his specialty, and canning and preserving food is another specialty.

I said, "How about this: Why don't we turn your property into a showcase and an educational center?" He's around 70 years old, and doesn't want to be farming in the dirt all day. He's doing some of it the traditional way.

I said, "Why don't we turn your property into an educational center? That way we can get our teams to go there, and we will collaborate and show people how to can and store food, and how to do mushrooms, and how to design and install a permaculture landscape?"

He can make thousands of dollars per month simply by hosting this. So, that is what our design does.

Most people simply want to design their landscapes beautifully so their HOA approves of it, which always happens when it's beautiful, and that is what we love to do as well.

Lynn: Then do you send in photos, or do you go out? Do you just send in photos and work from there and start drawing up what it is that the person has in mind?

Gale: Yes, it starts with a conversation where we gather the information. Photos and video of the land are the most important things, along with what the customer wants. Then we also do Google Earth and a survey or measurements.

The designs are very detailed. You can see that this photo was taken before they install. Then if you go to the other picture, that is after. (*Solari* website)

On the right, is a Chinese medicine herb spiral; every direction has a different color and a different type of medicine in the spiral. The piece in the middle is a vineyard. It can do over 300-500 bottles of wine per year out of that vineyard.

Lynn: Really? Wow!

Gale: Isn't that 'cool'?

Lynn: We should tell people that you are at your friend's in Minnesota, so that's why his name, Travis, is showing up on your screen. But this is Jim Gale, everyone.

Gale: Yes, Travis is a cofounder of the company with me, and I'm at his house.

Lynn: What about the install part of it? Let's say that I want to have certain types of edible trees and plants and I want a medicinal garden. Maybe I want to do a little Koi pond. Then you have that drawn up. Now am I working with

installers locally, or do you have people you connect with?

Gale: This is the most exciting business model in the world today; it's the Food Forest Abundance Cooperative.

To give you a little backstory: When I started the mortgage company at about 30 years old, I didn't like the way the mortgage industry operated, and I didn't know anything about mortgages. I thought 'outside the box'. I thought, "Why do it this way? Why don't we do it this way? Everybody wins if we do it this particular way."

So, we created a mission to serve our loan officers. So, all the designers and all the people internally were like, "Let's serve the loan officers." The loan officers are the people who are out in the field putting food in the ground, and that is what we are all about.

So, we went from zero to \$1.3 billion in sales. We grew from zero to 480 loan officers in three years. So, that is the model I've taken on here. Our designers are the most amazing and intelligent people. They are the detail people, and are the ones who take time with the customer to go through every square foot of the backyard and say, "This plant will go here, and this is how much soil it needs and this is how much mulch it needs."

Then we send that to the cooperative. A cooperative is like a landscaping business except that it is freedom-scaping or food-scaping. The cooperative is the one with the small crew of two to three people who install the food forest.

We have one of the fastest growing cooperatives in the world. We've gone from zero to 140 cooperative partners in just 14 months.

Lynn: That is incredible! One of your members- I'll call him 'Scott'-is the one who connected me with you. Then I saw the interview you did with Del Bigtree, and how you actually went to his property and built a little food forest for him. That was very 'cool'.

Tell us about Thunderclap (internet event). You had this event on July 4th that you livestreamed. Tell us how that all went.

Gale: It was ‘mind-blowing’ for me personally because it was all of my heroes – people I respect most in this industry. There was Greg Knibbs and David Holmgren, the founder of permaculture, and Joel Salatin, America’s most loved farmer – at least for the ethical people around the world.

Lynn: Yes, I would like to get Joel on at some point.

Gale: All these people are amazing. Joel has shown that raising animals – cows and pigs and chickens – can be done in such a way that radically increases the profit margin per acre, that creates far more jobs, and builds soil all at the same time. So, it’s literally a way of using natural design systems to build life in every way; it’s abundance creating.

That model is one that we are exposing to the world. He has TED Talks where he even speaks to the carbon footprint narrative, which I realize is a control narrative. But the fact that we even saw that narrative is going to ‘blow people’s minds’ because this is the idea whose time has come.

Then there is Dr. Andy Wakefield. This man is one of the most genuine, courageous people I’ve ever met. Sayer Ji and Darin Olien, Jean and Kristin Nolan from Inspired, and all of us came together. Even Paul Check was there and so many more.

All of us came together, and we discussed the solutions to what is happening right now. In fact, Sayer Ji asked me for the film of it. It’s a three-hour live stream that we compacted down from twelve and a half hours of content. We are going to send this out, and it’s going to go out to millions of people, and it will change the world.

Lynn: Is that going to be available publicly for everyone to watch?

Gale: Yes, everyone.

Lynn: Send me the link and we will put it out and share it.

If you are on a quarter acre with a home, if it is done right with the food forest

and the edible plants, how much can that feed a family in a year's time?

Gale: There are models in the world now that produce 6,000 pounds of food on a tenth of an acre. They can feed a family and make money on a tenth of an acre.

That is more of a farm-to-market situation, but even a permaculture food forest a quarter acre can grow over 100 different species of food. You can have three or four dozen fruit trees and berry bushes and roots and tubers. So, you could easily get a meal to a meal and a half – even two meals per day – out of a quarter acre food forest.

White: It sounds like there is great abundance, and a lot of food will be left over. Do you encourage a freeze-dry? Can all of this be canned, frozen, or vacuum-sealed? Is that something that is practiced? What do people typically do with the abundance?

Gale: It completely depends on what type of food and what their goals are. Canning is fantastic; it's so simple to can. You heat some up, put a lid on them, make sure that the seal is good, and as it cools, it pops in. Now you have something that you can put on your shelf for years. That is the number one way.

Dehydrating – whether through an electric dehydrator or what is called a turbo-solar dehydrator, which is plexiglass and a black box where the air comes in and heats up, and it's caged up with racks – is awesome. I did that in Costa Rica, and I turned a whole shipping container into a big dehydration system. It's really important and wonderful to learn how to preserve food.

Lynn: Or if you are in a community setting, like you were saying with other goals, then everyone can be sharing with one another.

Speaking of community, aren't you working with schools and other places to try to do this in public settings as well?

Gale: 'Bigtime'. My favorite thing – which will change the world more than any other one thing at scale – is putting food forest education standards at schools. You can teach every class from economics to any other class through a

food forest; a food forest is an abundance factory.

For instance, a food forest is a nursery by its very nature. It produces more so nursery plants can be grafted and propagated in such a way where it could produce tens of thousands of dollars' worth of value to the community or to the school per month.

Lynn: Are your members approaching public places in their areas as well throughout various states?

Gale: We are right on the edge. The pioneers have been doing this forever. The early adopters are going up like a 'rocket ship' right now because of the need in our society. The supply chain is in big trouble, so people are becoming aware of that. They are starting to ask new questions. We are right on the tip of mass adoption.

I've heard the number somewhere between 9.2 to 9.6%. When it hits that number, it's a good idea, it's done, and it's mass adoption. We are probably three to six months away – maybe twelve months on the outskirts – from mass adoption of growing food. We are positioned to help in many ways.

Lynn: Speaking of help, I might have to take one of your courses. What are they exactly? Are they courses or are you actually learning and getting certified as a permaculturist? What all is involved with this?

Gale: It's all of the above. Education is at the core of our business. Allan Campbell, our partner and amazing educator, came aboard. He and his wife are already doing this, and we need that.

Katie and Dr. Andrew and all these other people are educators. In fact, thanks to John Wright and Charles Lawson and many other people, we just wrote a book, *The Down and Dirty*, about growing food at home – or something like that. It just came out, and it took us a month. It's the simplest thing. There are around twelve different sections on how to grow potatoes, how to grow microgreens at home, and so on. It's two to three pages each.

To answer your question: Yes, yes, yes. We are all about educating in any way

that makes sense.

Lynn: I love that. It's such a well-rounded, thought-out program that you've implemented. Kudos for that.

I have a question regarding fertilizers. Are you working towards trying to move away from fertilizers? How are you handling the fertilizer situation?

Gale: In permaculture, we will design fertilization into the system. There are certain green 'chop and drop' plants. In some places, you put a Moringa tree up, and when the leaves fall, they are loaded with nutrients. You put Comfrey on the ground, and that becomes a fertilizer. Chickens are number one, though. There is nothing better for a food forest than chickens – depending on the size, of course.

They eat many of the bugs, and create the perfect environment as long as they are used properly. You can let the chickens go in the garden for one day, and the plants won't be bothered at all, but there will be no more bugs. If you let them go for three days, there will be no more plants or bugs.

Lynn: That's interesting. I hadn't even thought about that with chickens. That was one of the things that I was going to ask you: How are you handling bugs and pests and whatnot?

For example, I'm in a townhome right now, and I have this tiny section on the side of my house where I can grow. I decided to try growing some foods I've never grown before. I tried acorn squash, which was absolutely delicious. The vines grow like 'crazy'. I didn't realize how long they were going to get. But then, about halfway through the growth process, when the other ones started growing, all the leaves suddenly turned white and powdery. I thought, "Oh no! What am I going to do?"

How do you combat issues like that?

Gale: Here is how you combat it: You take a picture of it or a ten-second video of the leaves curling, drying, or any mildew or anything. You place it on one of our websites, like Telegram or Food Forest Abundance. You say, "What

is happening, and how do I solve this?”

Usually, within minutes, somebody will answer, saying, “This is what is happening, and this is how to solve it.”

Isn't that 'cool'?

Lynn: That is very 'cool'. So that is on Telegram and <http://FoodForestAbundance.com>. Are there any other places that people can find you?

Gale: Everywhere. The ones that I want to get away from are YouTube and Facebook, but there are ways to get out there. We are also on Telegram, which is a good one, and we will be going everywhere.

We are also on Thrive Solutions and Foster Gamble's new one. He is one of our collaborators, and is an amazing human being. So is Sayer Ji's new one, Unite. These are going to be very much decentralized platforms of free speech.

Lynn: If someone needed to do this in phases because they are on a tight budget and want to start with the design and work with you on getting information for that part, but they are only going to start with a couple of plans, when they do get to talk with you and get the blueprint, what kind of information comes with that which will help them to understand? Does it give them just the drawing, or is it going to lay out, “This is how you want to plant it. This is how you want to do the soil”?

Gale: It's going to lay out all of it. It's about a 45-page document. Within the document is the custom design. It will basically give every single plant and where it goes. It will provide the layers of sheet mulching, soil, and woodchips and details about exactly what they are. Then it will give a list of every plant – sometimes by code – and where they are. Some plants like more shade, and some plants like full sun. There are all of these different combinations. That is what permaculture design is.

Lynn: That's a wealth of information. I'm definitely doing it as soon as I get some land.

What about where James is at in Montana? They have such a shorter growing season. Do you ever suggest greenhouses? You had mentioned before the shipping container.

Gale: I've done all sorts of things like that. There is nothing better on every level than soil – using natural systems. In some cases, green houses are great.

Chad's place in northern Minnesota, which is probably about the same as Montana as far as zone, are 300 different species, and it's epic.

My point is that it can be done. James, is it somewhat dry where you are?

White: Yes, it's quite dry, but not this year; this year it almost flooded, but normally, it's fairly dry.

Gale: Then the first thing we do is swales. Swales are ditches on contour that slow and sink and spread the water so that the land becomes a watery bank, like a battery, full of water. That is one of the most important things in arid and dry land.

White: We talked about areas like I'm at in Montana. There are numerous malls that are out of business and sitting vacant. Is this something that you could perhaps see when this does hit a momentum phase where some of those old buildings like malls, which are perfectly set up and compartmentalized with cubbies and storefronts, could be utilized for this, or do you want to keep it outside?

Gale: It's a 'no-brainer' to use that space! Those are the greenhouses that are already built. I've been thinking about this exact same thing for so many years. When you create this kind of system in a mall, you use the roof of the mall to either do solar, or solar-evacuated tubes. You could heat water in these tubes, and you could have a cycle where this warm water goes down.

In other words, heating and air conditioning a mall is their biggest expense. It's an incredible resource. So, you could do it in a way where you capture and store the energy using natural systems because you don't have to have it be 72 degrees

all the time. It can swing from 45 to 95 or whatever. You just don't want it to go below 32.

It would not only create an incredible place to grow these plants, but now it would bring life back to the mall, and people would want to go to the mall again.

Lynn: That would be so 'cool'. Now my mind is going on it, and I'm picturing these little edible bars, and you have smoothies outside using the herbs right from the little shop.

Gale: It would be an indoor paradise! People would be saying, "Let's go to the mall!"

White: It's a tremendous opportunity for training as well because each stage could be another storefront, and you could run groups through there and train them how to do it themselves at their own place. So, it has tremendous opportunities. It's wasted space; it's there right now just being heated, and it's wasted. It's millions and millions of empty square feet of mall space right now.

Lynn: I think the training aspect to this is really vital, too. I think that it is intimidating to many people because we've been so conditioned to think that it's so much work and it's so difficult. It's probably because of the way that we were doing it.

I remember the interview that you did with Del. When you were planting on his property, what were the little beans that you were inserting that was going to help with the soil or something?

Gale: They were legumes; different types of bean, bush bean, and pea. Legumes fix nitrogen in the soil. So, those are good to have all over the place.

We have bags and bags of legumes, and we threw them everywhere. We'll harvest some of them, but it's not about that; it's about letting that nutrient go into the soil.

Lynn: Things like that are so important, and the average person who wants to

grow food isn't familiar with these little tips and tricks. Just take that across the country and show people hands-on. I love it! I think that the training is an excellent idea.

Gale: I have a 'cool' business model to share with you. Right now, we are adding another layer to our model. We are doing these million-dollar food forest education centers on public-facing land. These could be at schools, at churches, at community centers, in parks, and each one of them becomes its own abundance factory and its own nursery and teaching center to teach everything that we are talking about – how to prepare food, how to graft trees, and how to create new plants.

You could do tens of thousands of dollars per month out of every one of these nurseries, and all the community members can now have easier access to healthy food. It's a win on many, many levels.

So, if anybody wants to be in that business with us, let's do it. It's a 'no-brainer', especially right now.

Lynn: Absolutely right now. We need to be planting as much edible food as we can with the agendas that they are 'rolling out' here. We see what is happening in the Netherlands and whatnot. I don't want to get into negative things, but it is very important. This is an exciting thing, but I think it is also a necessity. It is absolutely necessary to be doing this.

Gale: It sure is. I was just talking to a friend, and she was saying, "You are 'freaking out' about what is going on."

I said, "I'm not freaking out at all. Winter is coming, and it's time to prepare and store food for winter. It's not a freak-out thing; it's just a knowing thing." I've actually never been more alive in my life; I've never been more focused in my life; I've never felt better in my life.

It's not 'freak-out'; it's awareness. It's very different.

White: What has been the response from the elected officials? The general thought of the people in that class is they don't want people to be self-sufficient;

they want the dependency chain to continue.

Have you found that the public officials and the elected officials have been positive? Are they generally behind you?

Gale: I have a fun story about that: About a month and a half ago, this person, Chris Messina, who is running for Orange County Mayor. They have a \$5.5 billion annual budget for Disney and similar things. I'm like, "Oh my gosh!"

I called a meeting, and his campaign managers, Michelle and Chris Paige, have Harvard and Yale law degrees. Chris is Harvard Law.

For 30 minutes I pitched them on a campaign strategy that would win the election. At the end of this 30 minutes, they completely evolved their campaign strategy. Their campaign strategy is this: For anybody out there running for office, we have the strategy that will win you all of the ethical Republican votes; it will win you all of the ethical independent votes, and it will 'suck over' a large number of Democrats. I know that sounds impossible, but I will share it with you right now.

Using the people's resources wisely is the strategy. How? The more specific and detailed you get, the more you see how real this is.

When we take out the poisons in our communities and supplant those poisons with food, we take the same budget that you are already spending that is going into land management. We plant food-producing crops in all of our city parks, on all of the fences, and in all of our city centers, and we make food free. That solves all of the narratives that both sides pretend they care about.

Lynn: Right, and we put more oxygen in the air. And look at how much more carbon that will be absorbing.

Gale: Bees, plastics, landfills, health, wellness, cancer, diabetes, heart disease; we can make a direct link between what I am talking about and the solution to these problems. We can actually correlate this very directly. This strategy will end deforestation.

Lynn: And it is so beautiful, too. Even though we know the whole carbon emissions thing is absurd, they can't argue with you on this because you are playing right into it. It's perfect.

Gale: Isn't it fun? It's like, "Challenge me, dude!"

Did I tell the Apple story here yet today?

Lynn: No.

Gale: Apple is a big \$2 trillion entity. If Apple really cares about humanity, then I have an investment idea for them. If they invest five percent of their net worth, which is \$100 billion, they could put 100,000 food forest education centers around the world costing \$1 million each. That would radically change the world, and it would create a healthier population; health and education are the two things that lead to population balance.

The idea that we have overpopulation is insane. We do not have a population problem; we have a use of resources problem. That starts at the very top.

So, Apple, if you want to do something good for the world, follow this strategy and help us create food freedom everywhere. You will make more money if that is your goal; this will help you make more money.

White: Let me paint a mental picture here: If you have a community that is involved in the abundance of the edible forest, you can have a walking path from that community where you could be walking with your wife after dinner, and reach down and grab something off a bush and eat it. It's ready to go.

Is it that type of scenario that we are talking about?

Gale: It's like walking through the Garden of Eden. It's like walking where there is food growing.

At Galt's Landing, I could stand in certain spots and have five different types of food in three steps.

Lynn: That is awesome! They did ‘edible landscapes’ or something over in Europe, and they had people come in and do tours. It’s been done, and it has worked well.

This is fantastic! Congratulations!

Gale: It’s not a hypothetical; it’s a proven fact. We can demonstrate that it’s a proven fact, which is a lot of fun.

Warren Buffet said that he was going to give \$97 billion to Bill Gates. Warren, I’ve got another idea for you. If you really want to leave a legacy, you can radically change the world by installing 97,000 food forest education centers around the world with that amount of resources.

Lynn: We know that’s not his goal, but your goal makes the best argument possible because you can show how sustainable it is. It’s regenerative, and it solves all of their so-called issues.

White: You know how if you build a community, you have a spec house where people come and look at the spec house? Do you have any type of scenario where you have a spec garden where you can bring people in and show them the possibilities? Then they can take that, and can adapt it to their own environment.

Gale: We have those all over the world. The permaculture network has been doing this for 50 years. Even before them, there have been wise people who have been doing this.

We are 14 months old, and we have them worldwide with just our entity. But permaculture is all about collaborating. So, yes, we absolutely do.

Lynn: Aren’t you building something on Galt’s Landing where people can come as well?

Gale: Yes, we have tours. It’s called Galt’s Walk, and we give tours. We are using our fence and our pond to show people. Those have different designers.

We have syntropic agroforestry in several locations. We have this incredible food forest coming up, and I don't even know how many fruit trees there are now. There are at least 200 different varieties of edible plants growing already. It's absolutely beautiful.

Lynn: I saw in a video that you did where you were walking on the property, and were walking past the sweet potatoes. You grabbed a leaf and ate it. I thought, "Gosh, I didn't know that you could eat every part of a sweet potato plant."

There are so many things I need to learn.

Gale: It's so much fun. I'm learning every day; it's so fun! I watch the wasps.

People always ask, "What about bugs? What about insects?"

When you have diversity, that is the strength; when you have a monocrop, that is the problem. You have an infestation there that will ravage everything and populate to the trillions. In my gardens, you have a bug that will attack one thing. Pretty soon, here come the spiders and the wasps and the geckos. Suddenly, that bug is halfway through the plant, and now there is a spider web and a bunch of wasps and geckos, and they are eating all the bugs. The frontline colonels and generals are the animals.

Lynn: I see some people do bat houses or bird feeders to help with that. Even with that, it's the placement of them. That's why I think the design aspect is so critical. If you are going to put the work into it and get this going, you want to do it right, right from the beginning.

Gale: That's right. Bat boxes are fantastic for a multitude of reasons. They are the number one predator of the mosquito. If you plant certain types of plants that attract dragonflies, and they lay their larva in those plants, the more dragonflies you have, the better.

Possoms are the wood tick's number one killer. So, we also have possum boxes all over. Possoms also kill snakes. I have a three-year-old and a little dog. The dog is also a snake dog. Possoms are the number one killer of poisonous snakes.

Lynn: I did not know that. I once rescued a baby possum out of a garbage can who was stuck.

That is incredible. Do you have any other information that you want to get out to people? I don't want to miss anything.

White: What would be the first thing that people who watch this video should do? People have very different levels of experience when it comes to gardening. Let's say that you are talking to a total novice who has never even put a pair of gardening gloves on before, or to someone who has built gardens in their backyard every year. Where is the first starting point for someone who wants to get going tomorrow?

Gale: The starting point is to decide to grow food. There are infinite ways on how to do this. If you want to learn it, you can go onto YouTube and put in your favorite types of food. Then you can go to the grocery store with \$20. Find the organic section, and find your favorite foods. Grab those foods and eat them, but save the seeds while you are eating them – the seeds of the tomatoes or cucumbers or apples or whatever.

Go onto YouTube and learn how to propagate these seeds. Now you've started your own garden with no money out of pocket. That's one extreme.

If you want to speed up time, then you can get contact us at <http://FoodForestAbundance.com>, and get a design; you can work with one of our designers. Either way, we would love to have you join our Telegram at Food Forest Abundance or our mailing list at <http://FoodForestAbundance.com>. We will continuously share more inspired ideas and wisdom about people from all over the world using different techniques to grow food.

If you want to be in the business – if you are an entrepreneur or a gardener or a grower or a landscaper – and want to add this incredible opportunity for yourself, your family, or your community, then join us in the Food Forest Cooperative. It's awesome.

White: A final thought from me is: Why don't they adopt this? You see

commercials on television where people in these third world countries are starving. Their stomachs are all distended because they don't have any food. Why not just move this to one of those places and feed these people?

Gale: We have farms there right now. When I say 'we', I'm talking about our network that we are helping to design and implement. Then in the permaculture network, in general, these are happening worldwide right now.

We have an abundance of them in Africa. We recently got a big design in Chiang Rai, Thailand and all these different countries. It's amazing because every one of them becomes a demonstration center for what is possible. This spreads because when people see it, they have to have it.

Lynn: Get me the link to the video when you share that from the event because I would like to get that out to people as well.

Thank you so much for coming on. This was fantastic information for people.

Gale: Thank you both so much. I appreciate you. When you are ready for your own designs, let us know and we will do something really special, like we do for everybody.

White: My 'hat's off' to you and your work. Thank you so much.

That is the end of the interview. I'm your host, James White, along with your cohost, Corey Lynn. This has been the *Solution Series* brought to you by *The Solari Report*. Please join us next time on the *Solari Report*.

Until then, this is James White for Corey Lynn and our guest, Jim Gale, saying goodbye now.

Gale: Here are my **Top 10 Reasons for Growing Food Instead of Lawns:**

1. **It's easy.** Perennial edible landscapes – what we like to call food forests – are easier to grow and maintain than an American lawn.
2. **Abundance.** The abundance you can have out of your own backyard is

absolutely incredible. Take one peach tree, for example. One peach tree can produce 150 pounds of peaches per year every year for generations. Now add 20-30 different types of food producers – berry bushes and grapevines, and other fruit trees – and you can have tens of thousands of healthy snacks produced in your own yard every year.

3. **Food Security.** The food supply chain is radically unsustainable. Some say it's in the process of collapse right now. How do we reverse this, and how do we take control? By growing food instead of lawns.
4. **Amazing Flavor.** The taste and nutrient density of fruits and veggies picked off the vine or off the tree are much better because they don't sit on grocery store shelves, and are not picked before they are ripe. Mother Nature knows what she is doing.
5. **Anxiety/Stress Relief.** Anxiety and stress are more common now than ever, and gardening has been found to be as effective in alleviating these ailments as prayer and meditation.
6. **Reverse Deforestation.** When we transform 30% of our 40 million acres of lawn in the United States into food forests, we will reverse deforestation and thereby reverse mass extinction.
7. **Reverse Mass Extinction.** We are in the sixth great mass extinction right now, and this is because of the poisons and monocultures that we use to grow food.
8. **Replenish Soil.** The UN, permaculturalists, and farmers around the world are saying that we are mining and poisoning our topsoil at a rate of 10-40 times the rate of replenishment. In fact, the UN said, "We only have 60 years of topsoil left." How do we reverse this trend? By using our lawns and our yards to grow food.
9. **Reverse Disease.** Disease is the result of the poisons we consume on a daily basis in everything from pesticides to illusory fast foods. With food forests, we eliminate these poisons from our diet, and we eliminate a major factor in disease.
10. **Freedom.** All paths to freedom must include a decentralized, poison-free, and regenerative food supply.

MODIFICATION

Transcripts are not always verbatim. Modifications are sometimes made to improve clarity, usefulness and readability, while staying true to the original intent.

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Nothing on The Solari Report should be taken as individual investment advice. Anyone seeking investment advice for his or her personal financial situation is advised to seek out a qualified advisor or advisors and provide as much information as possible to the advisor in order that such advisor can take into account all relevant circumstances, objectives, and risks before rendering an opinion as to the appropriate investment strategy.