

A Sustainable Solution:

Grow It Yourself

by Jordan Mallah

As Gandhi said, “You must be the change you wish to see in the world.” As yoga practitioners and teachers, we can motivate and create sustainable solutions to help heal our planet. One way to think global and act local is to grow your own vegetables and herbs.

Even well into the fall, the harvest of the garden and the spirit is nourishing and abundant. As I stand in my bio-intensive organic garden here in Brooklyn, I marvel at the breadth of life blossoming right in front of my eyes.

The bumblebees are feeding on luscious eggplant flowers. Snap peas and cucumber plants climb high up the trellises, reaching for the sunlit sky. The glistening peppers magically change color daily, morphing from forest green to golden orange. The burgundy beets dance in the dirt, and all the delicious culinary herbs continue to grow like wildflowers, as

gorgeous varieties of birds hang from the feeders and sing their serenades. The tomatoes explode with a rich aroma, flavor, and color, displaying succulent shades of pink, red, orange, and yellow. The compost has morphed from kitchen scraps into dank, rich soil, and this extensive activity weaves a garland of beauty that soothes the mind, spirit, and stomach.

The Tantra teaches us that we are all free to plant the garden we choose. The possibilities of what we can cultivate are limitless, and it is up to us to create and participate in our reality. As the darker, colder months approach, now is the opportunity to light up on the inside with ideas about what you want to manifest in your garden and in your life.

The first step in planning a garden is to open to the limitless possibilities that exist when you

Jordan Mallah practices asana in his garden.



Steadfast Freedom Roasted Tomato Soup

Make a commitment to open to the vitality of love and light inside, and share your radiance with those around you by preparing this simple, wholesome, and pure soup:

1 pound red, ripe organic tomatoes
2 tablespoons olive oil
1 red or yellow bell pepper, seeded and chopped
1 carrot, grated
2 celery sticks, diced
1 ½ tablespoons fresh oregano, chopped
1 ½ tablespoons fresh basil leaves, chopped
3 ½ cups hot water
Salt and pepper, to taste
Basil and oregano leaves to garnish

1. Preheat the oven to 400°F, and roast the tomatoes whole, turning them often, until the skin melts away, about 15 minutes. Let them cool slightly, then peel and chop.
2. Heat the oil in a pan, and sauté the bell pepper, carrot, and celery over medium heat for a few minutes.
3. Add the oregano and basil, and cook for a few minutes more.
4. Add the water and the tomatoes. Season with salt and pepper. Simmer for about 20 minutes.
5. Transfer to a food processor or blender, or use an immersion blender, and blend for a few seconds.
6. Pour into serving bowls, and garnish with fresh basil and oregano.
7. Offer gratitude, and enjoy!



set our clear intention to grow organic food in ways that heal the earth and its soils. Start to pay close attention to what vegetables and herbs you absolutely LOVE to consume. When you grow food you totally enjoy eating, making the time to farm seems effortless. Once you have an idea of what you want to cultivate, buy the seeds early so your intention starts to manifest and you are prepared for when the warmer weather arrives (one great resource to purchase organic seeds is Seeds of Change (seedsofchange.com)).

In the meantime, try growing herbs inside your home during the fall and winter. It's a great way to practice your skills and prepare for the spring. Indoor herbs are both tasty and fun! Here are three tips to get you started:

1. Select containers that have some sort of drainage and layer the bottoms of your pots with gravel for additional drainage.
2. Use an organic potting mix; proper soil is a crucial part of growing indoor herbs.
3. Place your indoor herbs near a window or skylight. Windows facing south provide the best sunlight.

Embracing yoga, gardening, and healthy eating gives you the opportunity to shift your experience and expand your heart. The forms or asanas you take help shape your consciousness, as do the recipes you cook and the meals you eat.

For more information on Bio Intensive Farming, visit Ecology Action at growbiointensive.org 🌱

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