



# WELCOME TO SYNTROPY!

ONLINE COURSE BY ANAËLLE THÉRY

## INTRODUCTION

**Life in syntropy:** A must-see presentation of Ernst Götsch's work.

**Become a multiplier of abundance:** An introduction to the levers of abundance.

**Nothing stops an idea whose time has come:** What is syntropy?

**We begin as gardeners and we die as apprentices:** The instructor's journey and reasons for the training.

## MODULE 1• **The seed** *Winter garden and Fundamentals*

### PART I

#### **Syntropy, a return to Life's natural rhythms** 🎥

Revisiting a video filmed by Opaline Lysiak, founder of Agron'hommes. The mission statement, the general vision, and the invaluable vocabulary all remain as relevant as ever!

#### **The Big Little Web** 🎯

Diving into interdependence to grasp the fundamentals of life.

#### **Post tree exercise podcast** 🔊

#### **Mind map review** 🗺️

#### **Photosynthesis** 🌿

The first key: The foundation of everything.

#### **Planting a turtle family** 🐢

We will gather organic matter, plant material, water, attention, and knowledge inside a small space in order to create a lush green carapace where biodiversity and production can flourish, all the while recreating a self-sustaining world.

#### **Evolution of a turtle over time and space** 🎯

From meadow to forest or how to develop production from scratch. A global vision.

## **PART II**

### **Welcome to the Mini Syntropic Forest 🎬**

Winter visit and the MSF planting structure.

### **Colonisation System 🎬**

Environment and plant characteristics inside the first system. From bedrock to the foundations of ecological succession.

### **Winter Eucalyptus 🎬**

Historic records and questioning of the so-called "eucalyptus zone," where blackcurrants and white mulberries remain the primary productions.

### **Accumulation System 🎬**

The story continues and life and soil become more complex... laying the foundations of abundance.

### **Welcome to the bee turtle 🎬**

An experiment designed for small gardens and those who don't want to become lumberjacks!

### **Abundance System 🎬**

A rich, soft and deep soil with a pleasant fungal scent, featuring multi-centennial trees and wild herds—an incredible network of interdependent organisms.

### **Disturbance 🎬**

The five consequences of one of the fundamental pillars of syntropy.

### **Disturbance calendar 🕒**

Pruning at the right time throughout the year.

## **PART III**

### **Winter Disturbances 🎬**

Woody biomass from the previous cold periods. From sage to aster, including willows, dogwoods, and goji berries.

### **Levers of abundance 🎬**

A deep dive into animal mass and the trophic cascade.

### **How wolves are changing rivers 🎬**

An illustration of the trophic cascade showing the succession of systems and the impact of animal mass across countries and entire landscapes.

### **How whales are changing the climate 🎬**

A pillar of Earth's balance, ocean dynamics also revolve around the trophic cascade.

### **Creating a scenario, planting a film 🎬**

A focus on succession over time, stratification in space and abundance through densification and biomass disturbance.

### **Observation game: plant strata and light requirements** 🎯

An exercise to understand and manage plants' need for light inside a system.

### **Inclusive/Exclusive worldview** 🧑🧑

Words and stories about our approach and our perception of the living world.

### **After the frost** 🧑🧑

Complexification and stratification to mitigate impact.

### **Mistakes Museum** 🧑🧑

Learning from our mistakes. You need to get it wrong before you can get it right.

### **Life first** 🧑🧑

Thank you for leaving the soil richer than you found it.

## **MODULE 2 · The Growth** *Spring, summer and in-depth learning*

### **PART I**

#### **From Vegetable Garden to Forest Garden** 🧑🧑

When vegetables give way to berries and fruits over time and space.

#### **Tools, Function, and Inner Pleasure** 🧑🧑

Based on a proposal by Ernst Götsch, these notions help to understand the living web's dynamic equilibrium as well as the interactions between all organisms.

#### **Spring Planting in a Zebra Turtle** 🧑🧑

Beginning the fourth year and final vegetable planting before the forest garden.

#### **Deepening Disturbance, Holistic Management** 🧑🧑

Where we rediscover, without naming it, the trophic cascade, the impact of animal mass, system regression, and the fundamental role of disturbance applied to vast areas.

#### **Commentary on Holistic Management** 🔊

#### **Holistic Management and Processes** 🧑🧑

An example of possibilities through an overview of Madagascar.

#### **Water can be Planted** 🧑🧑

How to cultivate water in syntropy and increase resilience in the face of extreme rainfall and drought? Introduction to the Frankenstein syndrome.

#### **Water Status** 🔊

The state of water worldwide, water meditation, and regenerative hydrology.

### **Bee and Zebra Visit** 🎬

Turtles update at the end of spring.

## **PART II**

### **The Syntropic Vegetable Garden at the Joala Nursery** 🎬

A flashback to discover or rediscover the vegetable garden on a summer's day. For you to watch or rewatch.

### **Vegetable Garden Opening** 🎬

Program presentation.

### **A Season in the Vegetable Garden** 🎬

Evolution and comments on a full season in a syntropic vegetable garden.

### **Market Gardening Trials** 🎬

Experimentation feedback, mistakes, and potentials.

### **Vegetable Bed Over Time and Space** 🎬

How to design and imagine a succession of vegetables and annual plant strata.

### **Courgettes and co** 🎬

Experimentation feedback.

### **Squash Happens** 🎬

Successions for the pumpkin family.

### **Experimentation Feedback** 🎬

### **Tomatoes and Peppers** 🎬

Succession for ratatouille.

### **Experimentation Feedback** 🎬

### **Courgettes crates** 🎬

And more!

### **Experimentation Feedback** 🎬

### **Beans!** 🎬

Green, white, golden, kilometer beans, or mogettes...

### **Experimentation Feedback** 🎬

### **Cabbaged** 🎬

Brassicae successions and other possibilities.

## Notes on Fennel 🎧

### Pépinière essaimeuse

Vegetable succession examples in Vendée.

## Tips and Tricks 🎧

What works and what doesn't.

## PART III

### End of May Disturbance 1 🎧

Overview of experimental zones undergoing spring disturbance.

### End of May Disturbance 2 🎧

Inside the world of population Corn: history, selection, and processes.

### The Meta Super Organism 🎧

Deconstructing the concept of an organism and the recursive nature of systems.

### MSF Evolution 🎧

From planting to growth.

### MSF Visit in May 🎧

Progress update on growth and greenery.

### Pest or Invasive? 🗣️

Exploring whether an issue is caused by a species or an individual, or whether it's a disrupted system and the impact of short-term environmental changes.

### Spring Eucalyptus 🎧

Living border disturbance, site visit, and soil microbiology.

## **MODULE 3 · And the Possibilities !** *Autumn, Perennial planting and Space-Time Integration*

## PART I

### Pruning during the summer solstice 🎧

Understanding this particular moment for pruning and a spontaneous cinematic nod!

### Food resilience and economic applications 🗣️

Ways to integrate syntropy into today's socio-economic system, with insights on pick-your-own gardens and democratised deployment in food gardens.

## Revisions 🎬

## Reviewing the 3 systems 🎯

## Tool overview 🎬

## Space-time and perennial plantations 🎬

Scenarios designed to grow over centuries! Production objectives and context development, maximising photosynthesis in time and space. Boundary structure considerations for disturbance support.

## Plantation structure 🎬

Understanding a system's evolution over time and space.

## Building a space-time table 🎯

Learning to translate production goals and plant strata from early growth to climax.

## Climax valorisation 🎬

How to optimise and prune emerging species for various uses, including coppicing, pollarding and timber production.

## Emergent reminders 🎯

Exploring possibilities for protective trees.

## System design presentation in Belgium

## Scenario: Back to the Future 🎬

Developing spatial organisation within a scenario: a practical and logical approach.

## Notes on Goji shrubs 🎬

Highlighting a versatile and highly adaptable plant.

## PART II

## Nanjing cherry (*Prunus Tomentosa*) 🎬

A Succession proposition for this cherry variety.

## Vines 🎬

A potential vineyard concept in Vendée.

## Persimmons and Co 🎬

How to plant persimmons, lime trees, and cherry trees.

## Notes on Raspberry bushes 🎬

Challenges of integrating biomass, planting density, and raspberry cultivation—opportunities and pitfalls.

## Soft fruits 🎬

Highly sought-after crops such as blackcurrants, red currants, and more.

## Context and Borders 🎯

Interactive exercise for understanding and applying border logic within planting systems.

### **Nuts and Firewood Production** 🧑🏫

How to incorporate walnut, almond, and hazelnut trees over time while maximising space usage.

### **A Biomass Mass** 🧑🏫

The culmination of this year's reflections—exciting and experimental insights ahead!

### **Chicky chickens** 🎯

Grab your pencils and sketchbooks—practical exercise to design plantations suited for laying hens.

## **PART III**

### **Catch-Up Plantations** 🧑🏫

How to manage an inherited traditional orchard or when early plantations were done in a more conventional manner.

### **Victory Gardens** 🔊

Exploring the potential of salads and other garden crops, with meditative reflections on the zebra turtle in midsummer.

### **Preparing the Ground and Group Plantations** 🧑🏫

Quick pointers to review tricks and best practices for efficient preparation before planting day.

### **Thouaré Castle Project**

Presentation of an associative planting initiative in Nantes.

### **Change of mind** 🔊

Going even further for a radical paradigm shift.

### **Late-Season Disturbance** 🧑🏫

Welcoming autumn as we conclude the training and add another layer of biomass to the ground to finish the year.

### **Speed Planting** 🎯

Ready, set, go! Exploring the possibilities in rapid succession.

### **Acknowledgements**

A joyful wrap-up of our learning journey.