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Urine My Garden: Why & How to Peecycle

Thursday October 22, 6:00 pm



Discover the age-old practice of “peecycling” – reclaiming the nutrients from your body as part of the food nutrient cycle. Human urine is rich in nitrogen, phosphorus, and potassium, offering a local, renewable alternative to commonly used synthetic fertilizers. Learn how reclaiming the human “waste” as a resource builds resilience for local food systems, while conserving clean water and protecting our watershed from nutrient pollution. Deb Habib and Ricky Baruc will share their local experience with on-farm nutrient cycling at Seeds of Solidarity. Julia Cavicchi of the Rich Earth Institute will share practical tips for peecycling in home gardens, insights from Rich Earth’s 14 years of community and farm-scale implementation in Vermont, and opportunities to get involved in Rich Earth's latest efforts to grow urine diversion in Western Mass (the real “trickle down” effect). Together, we can pee the change!