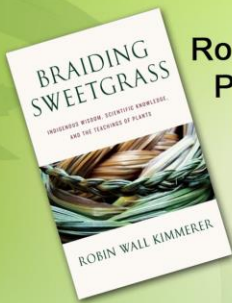


earth walk

We're celebrating our 5th Anniversary with "EarthWalk".

We invite you to walk our trails to find 15 signs featuring our favorite quotes from "**Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teaching of Plants**" by Robin Wall Kimmerer.

In this inspirational book Robin draws on her life as an indigenous woman and scientist, to show how other living beings offer us gifts and lessons, even if we've forgotten how to hear their voices.



Robin is a scientist, decorated professor, and enrolled member of the Citizen Potawatomi Nation. She lives in Syracuse, New York, where she is a SUNY Distinguished Teaching Professor of Environmental Biology, and the founder and director of the Center for Native Peoples and the Environment.



See all quotes, videos of Kim and more at natureattheconfluence.com/earthwalk or scan QR code.



The Earthwalk Trail Walk Quotes from Braiding Sweetgrass

Interested in purchasing Braiding Sweet Grass? [Click here to go to Amazon.](#)

We hope you are inspired by Robin's insight into being connected caretakers of the natural world.

- "People often ask me what one thing I would recommend to restore relationship between land and people. My answer is almost always, "Plant a garden." It's good for the health of the earth and it's good for the health of people. A garden is a nursery for nurturing connection, the soil for cultivation of practical reverence. And its power goes far beyond the garden gate—once you develop a relationship with a little patch of earth, it becomes a seed itself. Something essential happens in a vegetable garden. It's a place where if you can't say "I love you" out loud, you can say it in seeds. And the land will reciprocate, in beans."
- "To love a place is not enough. We must find ways to heal it."
- "We need acts of restoration, not only for polluted waters and degraded lands, but also for our relationship to the world. We need to restore honor to the way we live, so that

when we walk through the world we don't have to avert our eyes with shame, so that we can hold our heads up high and receive the respectful acknowledgment of the rest of the earth's beings."

- "The trees act not as individuals, but somehow as a collective. Exactly how they do this, we don't yet know. But what we see is the power of unity. What happens to one happens to us all. We can starve together or feast together."
- As we work to heal the earth, the earth heals us."
- "The land knows you, even when you are lost."
- Knowing that you love the earth changes you, activates you to defend and protect and celebrate. But when you feel that the earth loves you in return, that feeling transforms the relationship from a one-way street into a sacred bond."
- "This is really why I made my daughters learn to garden—so they would always have a mother to love them, long after I am gone."
- "For all of us, becoming indigenous to a place means living as if your children's future mattered, to take care of the land as if our lives, both material and spiritual, depended on it."
- "In some Native languages the term for plants translates to "those who take care of us."
- "Among our Potawatomi people, women are the Keepers of Water. We carry the sacred water to ceremonies and act on its behalf. "Women have a natural bond with water, because we are both life bearers," my sister said. "We carry our babies in internal ponds and they come forth into the world on a wave of water. It is our responsibility to safeguard the water for all our relations."
- "Ruined land was accepted as the collateral damage of progress."
- "The land is the real teacher. All we need as students is mindfulness."
- "Plants are also integral to reweaving the connection between land and people. A place becomes a home when it sustains you, when it feeds you in body as well as spirit. To recreate a home, the plants must also return."
- "Transformation is not accomplished by tentative wading at the edge."