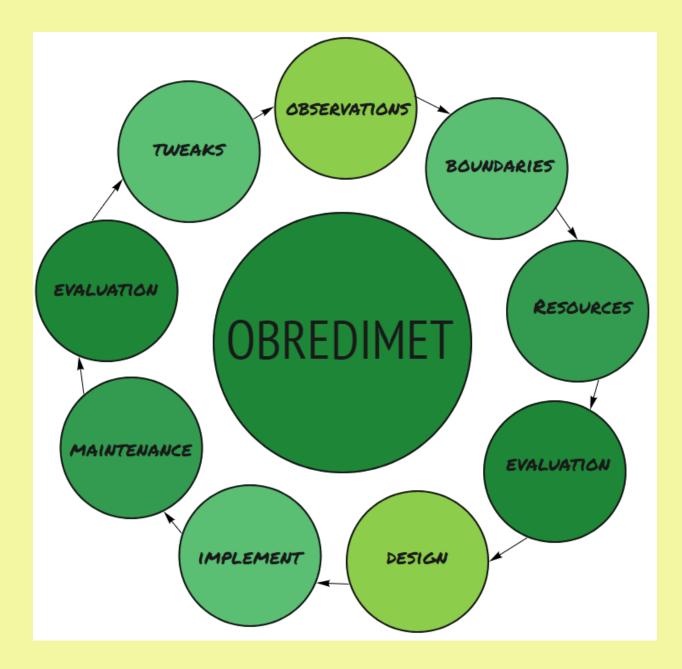
Peace Bliss Within New Hampshire Design 6

Annette Argabright



Completion Date 9/22/2022

Framework





This design for client "K", was created with Chanel Smith as my partner for the company, Food Forest Abundance

(FFA).

Once the design was completed, it was sent to our team leader, Kevin, for approval. The design, a <u>narrative</u>, a <u>plant list</u>, and a booklet (standard from FFA) filled with basic permaculture education, was then sent to the client and the installer was contacted. Once the design was sent to the client, the designers' part of the project was complete.

Client "K's" vision was to grow food, medicine, attract pollinators, and create a haven for her family at her property on Lake Winnipesaukee in New Hampshire in the United States. As a holistic healer and meditation instructor, "K" wanted to create a peaceful haven. The name for her business is Peace Bliss Within.

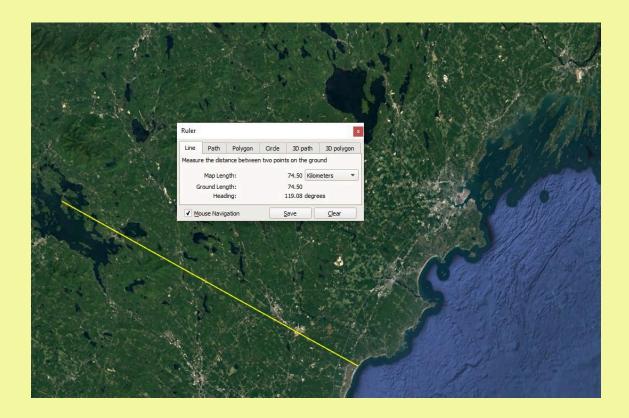
"K" and her husband live in the house and have 4

children with partners; the oldest is 32, 30, 28 and 21. 1 grandchild just born in February- not close by but they do stay here for a while when visiting.

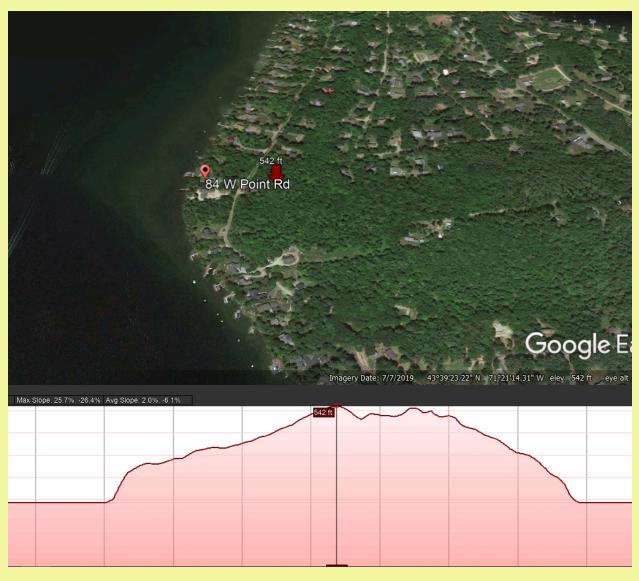
The property is .85 acres or .34 hectares and borders Lake Winnipesaukee. The lake creates a microclimate at the back of the property due to the lake wind effect. Temperatures in this area tend to be colder and the wind much harsher than in the rest of the property.



The property is about 75 Kilometers from the Atlantic Ocean in the northeast portion, in New England, of the United States.







The highest elevation point on the island is 542 feet or 165 meters.



Watershed and Contour

Part of our observation process took place in the client interview. Chanel and I met with "K" through Zoom, May 31st for one hour. In this meeting we asked her vision and story in regards to the land. We wanted to get to know her and for her to get to know us. Then we went through our questionnaire to learn more and pulled up her address on Google Earth to verify the boundaries. (A link to a blank interview is included later in this document-"K's" interview is not included due to confidentiality).

"K's" relaxed demeanor, ease with conversation, and love of her land and family, equipped us to personalize the design to meet her personality and needs.

"K" also sent photos and videos for us to be able to see her property from her perspective. These are a few from about 20 that she sent.



Front of the house where the food forest will be



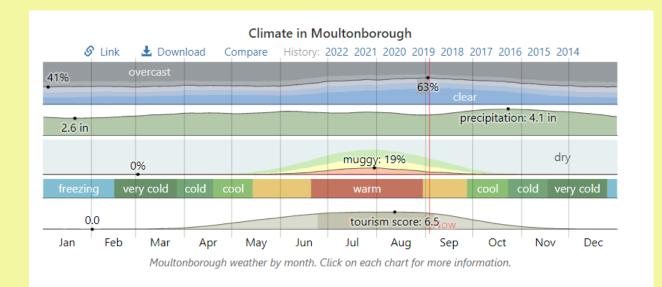
From the driveway at the beginning of the Serenity Path



The back of the property on the lake where the wind effect is

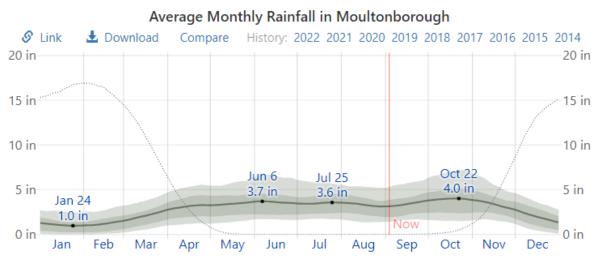
Further observations made as we researched were:

Climate



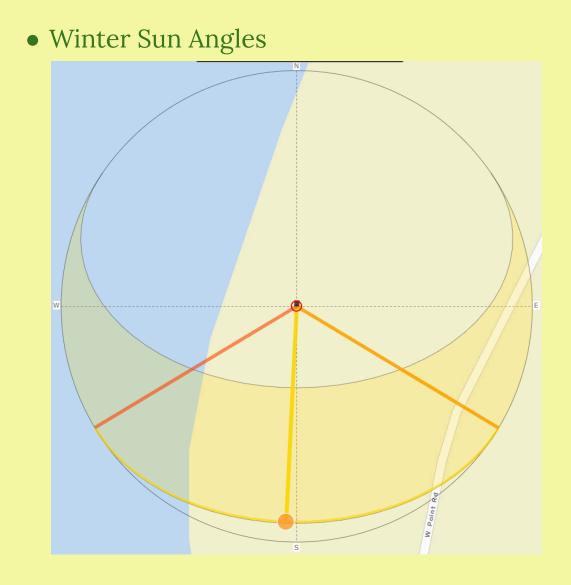
- Soil Type: Metacomet fine sandy loam, 3 to 8% slopes, very stony
- Prevailing wind direction: west

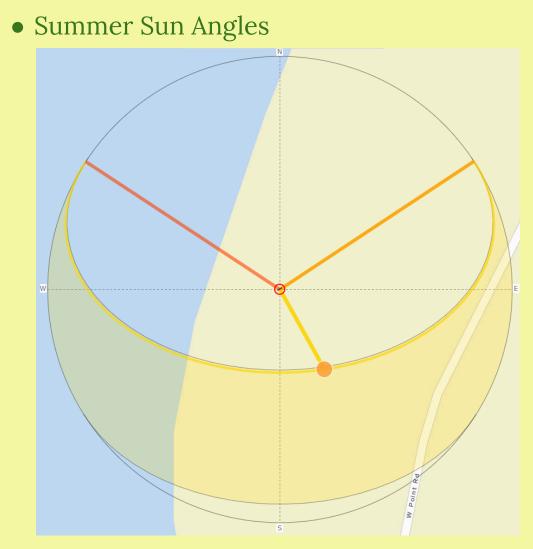
• Average annual rainfall: 44.68 inches or 113.49 cm



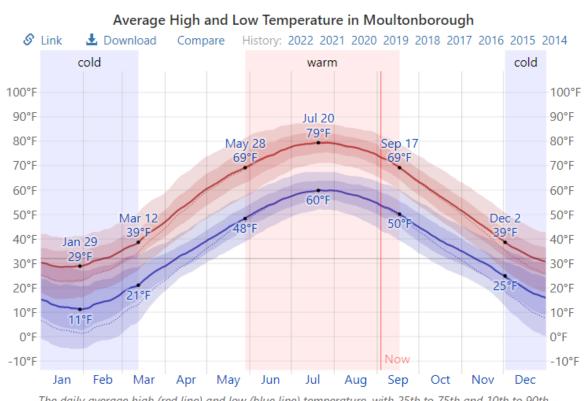
The average rainfall (solid line) accumulated over the course of a sliding 31-day period centered on the day in question, with 25th to 75th and 10th to 90th percentile bands. The thin dotted line is the corresponding average snowfall.

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Rainfall	1.0"	1.2″	2.1"	3.1″	3.4"	3.6″	3.5″	3.3″	3.4"	4.0"	3.4″	2.0"



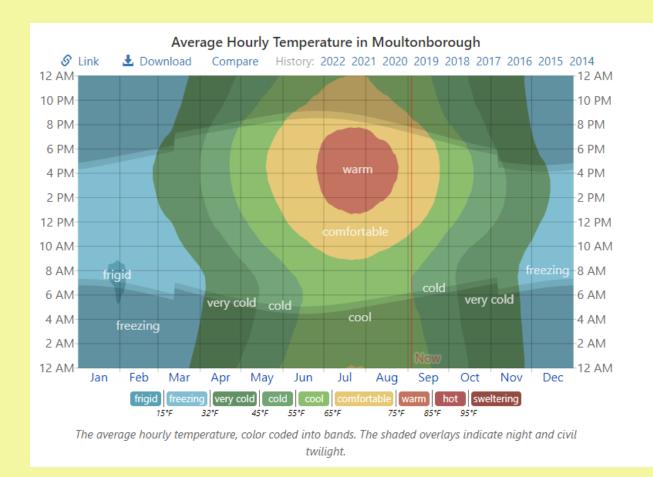


- Plant Hardiness Zone: 4b-5a
- Koppen Climate: DWB Humid Continental, mild summer, wet all year
- Summer temperatures: Low 53 °F (11.6 °C, High 80 °F (26.7 °C)
- Winter temperatures: Low 5 °F (-15 °C), High 29 °F (-1.6 °C)



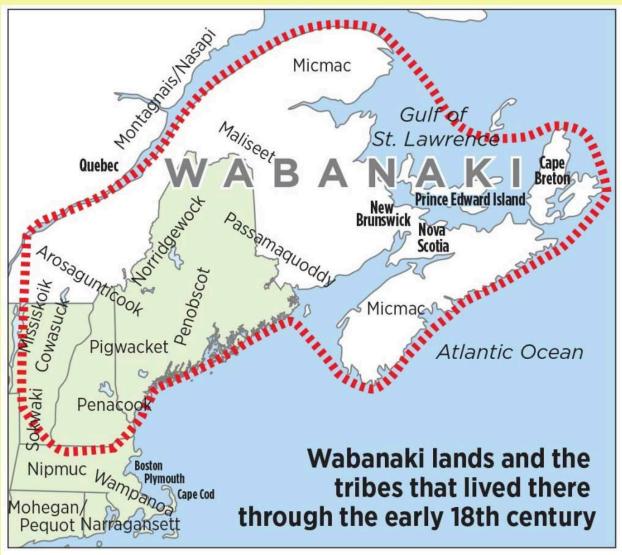
The daily average high (red line) and low (blue line) temperature, with 25th to 75th and 10th to 90th percentile bands. The thin dotted lines are the corresponding average perceived temperatures.

Av	/erage	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
	High	<u>29°F</u>	32°F	41°F	54°F	66°F	74°F	<u>79°F</u>	77°F	69°F	57°F	45°F	34°F
	Temp.	<u>20°F</u>	23°F	31°F	43°F	55°F	64°F	<u>69°F</u>	67°F	59°F	47°F	37°F	26°F
	Low	13°F	14°F	24°F	35°F	45°F	54°F	59°F	57°F	50°F	39°F	30°F	20°F



Historical

Moultonborough, NH is on Abenaki / Abénaquis and Wabanaki Confederacy land.

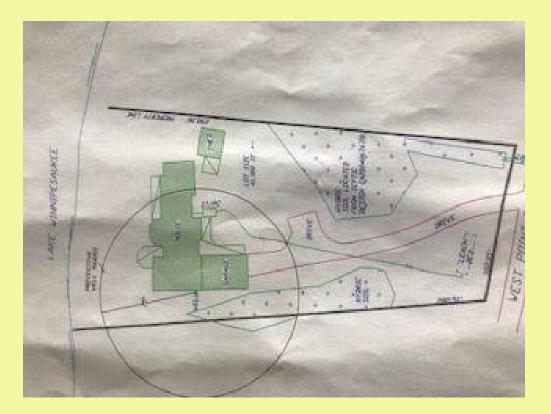


STAFF GRAPHIC I MICHAEL FISHER

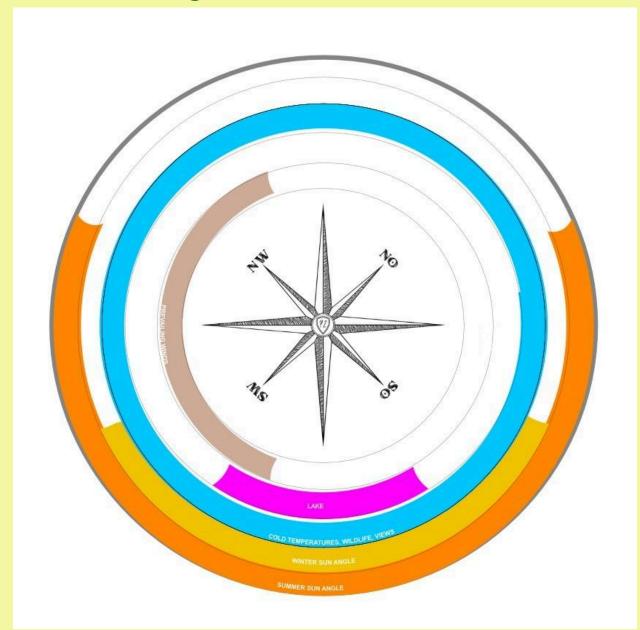


"K's" property boundary is within .85 acres or .34 hectares. Other physical

boundaries include living on a group of islands in New Hampshire and the property backing to Lake Winnipesaukee.



Sectors to be considered are the summer and winter sun angles, the extreme cold temperatures during winter, wildlife encounters (primarily deer), and protecting the views of the lake, other islands, and the surrounding trees.





FFA typically focuses on Zones 1-3 or 4 with properties less than 1 acre or .4 hectares. Client "K's" property in New Hampshire is .85 acres or .34 hectares.

Zone 0 would be the house and Zone 5 would be the thick outer edge of trees along their property line and the lake.

Boundaries for us as designers included the expectations of FFA as discussed above, and the design template we created the design within. To help streamline the design process, I created a <u>checklist</u> to help guide our steps in one place.



Within FFA, there is a team of about 45 designers and several leaders. There are weekly webinars and classes to either attend and learn from or build

and teach. Other resources include:

- Affinity or Adobe Illustrator design software
- Google Earth
- My permaculture knowledge
- My design partner, Chanel
- Design installer
- Nearby plant nurseries
- The FFA team
- Internet and books
- The client, "K"
- Lusi Alderslowe
- Our design checklist and the links within

Ethics and Principles

Ethics or Principles Used for Planning	How They were Used
People Care	These gardens were designed for "K's" family, herself, and wildlife. The final design brought her, as well as us as designers, great joy.
Earth Care	Soil, tree and plant health was the first priority
Fair Share	The gardens and the path are for the use of the family and friends
Observe and Interact	Discussions with our client, researching her property and the region, carefully studying her pictures
Catch and Store Energy	The experience of this design will store energy and knowledge to improve the process for the next client. The food forests and gardens will create food long term.
Obtain a Yield	The yields are the food available for pollinators, wildlife and people. Another yield is the enjoyment of the path. Our yield was from learning more about designing and from bringing "K" joy.
Apply Self Regulation and Accept Feedback	Active listening was used frequently in order to provide the design, plant list and narrative. Changes were made as requested.
Use and Value Renewable Resources and Services	Using deer resistant, perennial plants allows for less maintenance in the garden. As designers, we were able to use and rely on online resources, and the design team.
Produce No Waste	Existing plants and trees were left in place and perennial plants were used as much as possible. Travel was eliminated by designing virtually.
Design From Patterns to Details	The pattern began with an overview of "K's" property on Google Earth. After speaking with her, the pattern narrowed into a concept design and further narrowed into the details of the final design.
Integrate Rather than Segregate	A team of people were involved in this design such as the client, ourselves, the team at

	FFA, the people that created the websites used, and the installer.
Use Small and Slow Solutions	Our part in the design process was somewhat quick, but the overall process with final implementation involved several steps, lots of people, and patience.
Use and Value Diversity	A variety of plants and design elements were used in "K's" design. The entire team, from welcoming "K" to our design process, to the installer brought unique perspectives and yet collaborated together.
Use Edges and Value the Marginal	Edges include fencing, garden boundaries, pathways, property boundaries, and the lake. In the marginal we included some fun elements like macrame chairs in the trees and a slackline.
Creatively Use and Respond to Change	Pathways are always important, but when we learned "K" holistic health coach, we chose to include a reflexology path in the design. As "K" provided new information, we adapted the design.
Work with Nature Rather than Against it	Careful consideration went into choosing plants that would work in that region, be deer resistant, and fulfill "K's" vision.
The Problem is the Solution (everything works both ways)	The 2 biggest issues were deer and wind. Fencing and wind resistant plants helped.
Minimum Effort for Maximum Effect	By purchasing a design, "K" can be assured that she will be planting the best plant options.
The Yield of a System is Theoretically Unlimited	The use of food forest guilds, having protected annual beds, and a peaceful path produce an unlimited yield.
Everything Gardens (or has an effect on its environment)	These gardens offer an opportunity to blend with the environment around them. Wildlife will not be disrupted, but the people will have plenty of food and fun.



STRENGTHS

Privacy Size of property Family gatherings Desire for regeneration Videos and photos

WEAKNESSES

Client's Lack of gardening knowledge Septic field We are unfamiliar with the area

SWOC

OPPORTUNITIES

CHALLENGES

Layout for family spaces Spaces for serenity path We can learn more about the region

Wind Extreme temperatures Wildlife

No site visit

There are 2-3 calls to the client during our design process to evaluate where we are in the design

process. Questions are asked and ideas shared so we can receive feedback from the client. We can then tweak the path we are on to match the expectations. Using the information gathered from those calls, the pictures and videos, and climate and geological data, we are able to evaluate the information and compile design ideas.

During the initial interview, the property boundaries were fine tuned as we were off quite a bit. "K" sent us a survey so we could draw the property lines correctly. This saved us from wasting time designing an area outside of the property lines.

From there we created "Patterns to Details" using "K's" personality and vision, her property's strengths and weaknesses, and the climate data to create a design pattern, or concept design.

Some ideas that changed throughout the design were:

Changed To

Chickens directly behind the shed with the path running along the creek	Chickens to the side because the property line was actually closer to the shed. The path couldn't go there either.
Place a food forest guild right outside the front door	Deer are an issue, plus there is a septic drain in that area. A fence was proposed to the side of the drain and the food forest was moved on the other side of the fence.
More guilds were planned along the south side of the driveway	"K's" videos and sun angle apps showed too much shade in the area
Blueberry guild was slightly out into the back yard	A flag pole is in the area so the blueberries were shifted closer to the tree line.
"K" originally thought we would need to remove some trees	We were able to design around all the trees and not remove any

In sharing our <u>concept design</u> with "K", she was moved to tears showing us that we had captured her vision. (Moving our clients to tears became our ultimate victory goal.)



CONCEPTUAL DESIGN Towards self-sufficiency

For: "K"

Proposed by: Annette Argabright & Chanel Smith

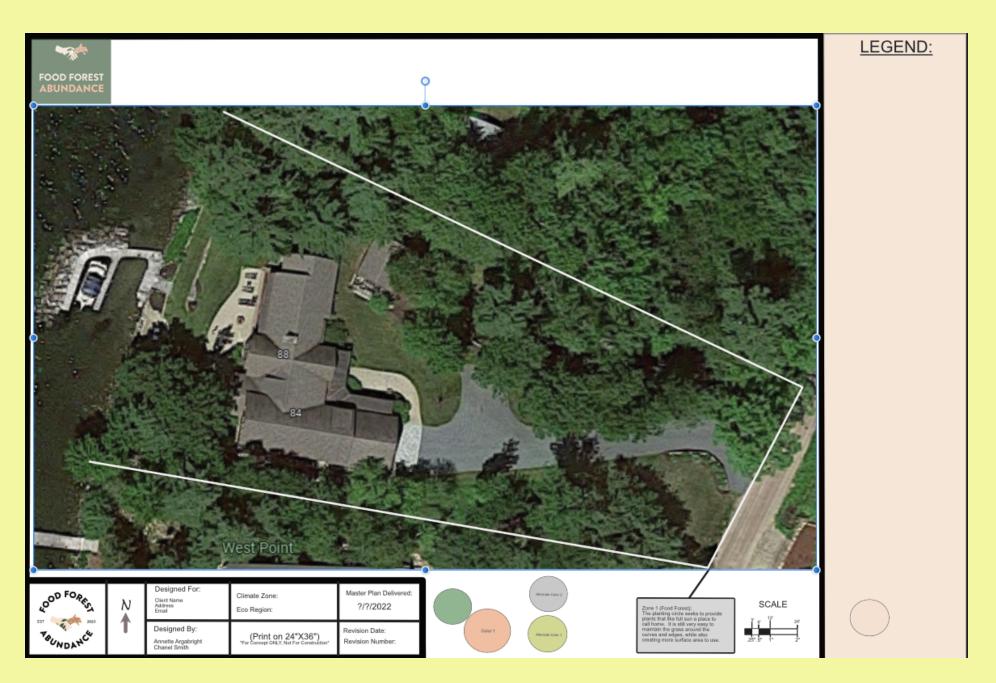
Family Permaculture



Once the property lines were secured and the climate data and vision explored, I was able to scale the base map. Using Affinity, I created this base

map and began to draw in the existing structures and trees. Studying the photos, videos and drawing the map inspired several ideas for her property.

The colored circles at the bottom of the base map are the approved colors for structures and trees.







"K's" food forest garden with fruit tree guilds, berries, and raised annual beds.

The Serenity Path with a reflexology path, sensory plants, fruit tree guilds, mushroom logs and a meditation bench.



With the final design, a <u>narrative</u> and the following plant list were included.

Zone 1A (Reference coordinates with map numbers)

Plant	Latin Name	Amount	Reference	Uses
Apple	Malus domestica	1	8, 9	Food
Aronia	Aronia melanocarpa	1	10	Food
Artichoke	Brassica oleracea var. gemmifera	2	19	Food, Pollinator
Asparagus	Asparagus setaceus	10	10, 22	Food
Basil	Ocimum basilicum	4	10	Food, medicine
Beans	Phaseolus vulgaris	6	10	Food, medicine
Bee Balm	Mondarda fistulosa	13	4, 17, 19, 22	Pollinator, Medicine
Blueberries	Vaccinium angustifolium	2, 8	19, 22	Food
Catmint	Nepeta Cataria	6	15	Pollinator, Medicine, Repellant
Chive	Allium schoenoprasum	5	8	Food, Repellant
Comfrey	Symphytum officinale	9	8, 23	Dynamic Accumulator (DA), Medicine
Coral Bells	Heuchera	5	11	Pollinator
Daylily	Hemerocallis	3	22	Pollinator
Fern	Polypodiopsida	5	11	Food
Grapes	Vitis vinifera	12	16, 20	Food

Hardy Geranium	Geranium sanguineum	4	22	Medicine, Pollinator
Hosta	Hosta 'Guacamole'	11	11	Food
Lamb's Ear	Stachys byzantina	6	15	Medicine, Bandages, Dye
Lavender	Lavandula angustifolia	5	10	Medicine, Food, Pollinator
Milkweed	Asclepias californica	15	23	Pollinator
Mullein	Verbascum thapsus	2	9	Medicine
Nasturtium	Tropaeolum majus	5	11	Food, Pollinator, Trap Crop
Plum (espaliered)	Prunus domestica	1	10	Food
Purple Coneflower	Echinacea Purpurea	2	19	Medicine, Pollinator
Raspberries	Rubus idaeus	2	13	Food
Red Clover	Trifolium pratense	10	4	Nitrogen Fixer, Medicine
Red Currant	Ribes sanguineum	2	4, 20	Food
Sweet Cherry	Prunus avium	2		Food
Swiss Chard	Beta vulgaris subsp. cicla	2	19	Food
Tickseed	Coreopsis	6	15	Pollinator
Viola	Viola Cornuta	5	10	Food, Pollinator
Wild Strawberry	Fragraria vesca	20	8, 9	Food, Groundcover
Yarrow	Achillea millefolium	16	8, 9, 15	Medicine, Pollinator, DA

Zone 1B

Plant	Latin Name	Amount	Symbol	Uses
Lamb's Ear	Stachys byzantina	2	25	Medicine, Bandages, Dye
Yarrow	Achillea millefolium	2	25	Medicine, Pollinator, DA
Coral Bells	Heuchera	5	29	Pollinator
Asparagus	Asparagus setaceus	5	29	Food
Hellebore	Macrosiphum hellebori	5	29	Pollinator
Solomon Seal	Polygonatum Multiflorum	5	29	Medicine
Lemon Balm	Melissa officinalis	5	29	Medicine, Repellant
Oregano	Origanum vulgare	5	29	Medicine, Repellant, Pollinator

Zone 2

Plant	Latin Name	Amount	Reference	Uses
Fern	Polypodiopsida	16	5	Food
Guacamole Hosta	Hosta 'Guacamole'	15	5	Food
Coral Bells	Heuchera	15	5	Pollinator
Solomon Seal	Polygonatum Multiflorum	6	5	Medicine
Foamflower	Tiarella Cordifolia	26	5	Pollinator
Lungwort	Pulmonaria officinalis	13	5	Medicine, Pollinator
Japanese Spurge	Pachysandra Terminalis	13	5	Food, Medicine
Astilbe	Astilbe Rivularis	13	5	Medicine, Pollinator

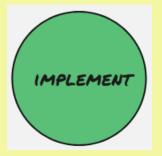
Zone 3

Plant	Latin Name	Amount	Reference	Uses
Fern	Polypodiopsida	12	30, 31	Food
Lemon Balm	Melissa officinalis	9	30	Medicine, Repellant
Asparagus	Asparagus setaceus	8	30	Food
Bleeding Hearts	Lamprocapnos spectabilis	9	31	Pollinator
Hellebore	Macrosiphum hellebori	4	31	Pollinator

Zone 4

Plant		Amount	Reference	Uses
Maidengrass	Miscanthus sinensis 'Huron Sunrise'	11	1, 2, 32	Erosion Prevention
Goldenrod	Solidago	7	1, 2, 32	Medicine, Pollinator
New York Ironweed	Vernonia noveboracensis	12	1, 2, 32	Pollinator
Hellebore	Macrosiphum hellebori	10	1, 2, 32	Pollinator
Tickseed	Coreopsis	13	2, 32, 24	Pollinator
Mullein	Verbascum thapsus	2	32	Medicine
Brown Eyed Susan	Rudbeckia Goldstrum	6	32	Pollinator
Yarrow	Achillea millefolium	9	24, 32	Medicine, Pollinator, DA
Sage	Salvia Officinalis	6	32	Food, Medicine

Catmint	Nepeta Cataria	3	24	Pollinator, Medicine, Repellant
Lamb's Ear	Stachys byzantina	3	24	Medicine, Bandages, Dye



The first step of the implementation process was presenting the design, plant list and narrative to our team

leader for approval. This design only needed a few labels and plants clarified. It went through one final approval process, then was sent to the client and we were cleared for invoicing.

At that point "K" was connected with an installer and introductions made. Meetings began between them and our part as designers was over. Based on "K's" budget and timeline, she will be implementing her design partly on her own and partly with the installer.



Once the implementation connection was made, we followed up with the

client one more time to make sure everything was going smoothly. Other than some expected plant choice changes due to availability, things were good. "K" chose to begin with her annual garden and Serenity Path.

Maintenance of her design is not part of the FFA design process, but is an important piece that should be in the narrative along with phases. Conversations between installers and designers have helped to bridge this gap. This is something that Chanel and I will begin adding into our narrative process in the future.

It was suggested to FFA that "K" be followed up with approximately 6 months after her design was delivered.

Maintenance of the process itself is always in review and is talked more about under Tweaks.



Chanel and I swap roles for each design, one being the project manager, and the other being the designer. There are more small steps

and contact with the client as the project manager, and more creativity with each step taking longer amounts of time. On larger designs we change the roles up a little more.

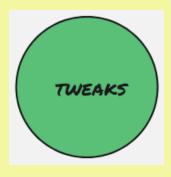
Prior to this design, we realized that we needed a checklist. We borrowed one from another designer and used this design to tweak it to meet our needs. It is our personal evaluation for each design.

"K" was such a joy to work with and brought out our creative nature. She was moved to tears when we presented our conceptual design to her, which was the best reward.

Working with Food Forest Abundance was still fairly new for us with this design. We realized that not only do we need to improve on our design abilities, FFA was still growing, developing, and evaluating their own systems and procedures. We were able to provide valuable feedback and they did the same for us.

Chanel and I have worked together for a few years, but designing together was new for us. We had a few struggles with this design which we reflected in our checklist so we could mitigate those struggles in the future.

Designing a property virtually certainly has its challenges, but there are so many resources available, it is very possible. With the help of video, photos, and all the links shown in the updated checklist, we are able to create the design that fits the client's needs. Meetings along the way help adjust our design and thinking as needed.



Before accepting a new design after "K", we conducted our own review of our system in order to improve our efficiency, knowledge base, and deliverability to clients.

After working on the "K" design, our checklist was updated. We rewrote some of our forms such as the <u>Client Interview</u> to work better for us, updated links to resources, and updated our main plant list. This review of our system process takes place every design.

We also will begin suggesting to clients to do a jar soil and pH test on their own and share the results with us. We will also be asking our clients to create a list of food they would like to eat to help us design their annual food gardens.

Standard additions to our concept design presentations will be a bubble map of proposed garden spaces to give clients a better visual, as well as a sample food forest layout to better explain the plants used.

Design Checklist (some links were removed)		
DONE	INFO	TASK Project Manager Designer Both
	STEP 1	Create folder in shared Google Drive with a copy of all TEMPLATES (6). Highlight all the templates to copy all at once. Move them to the new folder. Copy all the EMAIL TEMPLATES (5) and move them to the folder too.
	START DATE	
	CLIENT INFO:	Name:
		Address:
	MONDAY.COM	Cross check client info on monday.com_(package size/payment, site address)
		Check closest Co-op to Client on monday.com: include on all emails if installation is a possibility
		Fee Paid: Fee to Invoice Andrea:
		Amount to be divided:
	HOME / FILE ORGANIZATION	Make contact with client - Triple check time zones and availability.

	Schedule the initial call. In this email, request photos, videos, surveys of property and confirm site size and address (if it has not been done). EMAIL LINK #1
	Who is responsible for what tasks:
SECTOR MAPS	While waiting for a call, build the sector map and start the base map. Add sector map to the Concept Design and the narrative or design. Add climate information to the narrative.
	Open Affinity and pull in design template
	Google earth pro - image grab (drop into Affinity for base map and can use for sector map)
	Contour and watershed map creator (save KML file)
	Soil Mapping: Types:
	Prevailing wind direction: <u>Weather Spark</u>
	Storm wind directions (hurricanes, summer hail storms, winter storms, nor'easters, etc)
	Sun Angles Winter Summer
	Plant Hardiness Zone
	Koppen Climate
	Eco Region (goes on design)
	Average Annual Rainfall: <u>Weather Spark</u>
	Summer temps LHThe Weather YearRound Anywhere on Earth - Weather Spark

	Winter temps LHThe Weather Year RoundAnywhere on Earth - Weather Spark
CLIENT CALL #1 1 hour	Ask Q's from questionnaire found in client's folder (Both write in during call)
	Follow up email to thank them for their time and outline any needed information. EMAIL LINK #2
CONCEPT DESIGN	Create Concept Design based on client call #1. Add in sector and zone maps.
	Start plant lists using our <u>Plant List</u> and <u>Plant List Links</u> document and add to the concept design as well as the plant list template.
	The Plant List document will be used in the FINAL PLANT LIST. Include Latin names in the Final Plant List only (this process is still being tweaked).
	Make contact with the client to schedule client call #2 (1 hour). EMAIL LINK #3 While waiting, continue the base map.
CLIENT CALL #2 (1 hour)	Go over the Conceptual Design answering any questions and confirming the vision. Discuss any outstanding information that is needed.
DESIGN	Send a follow up email after Client Call #2. EMAIL LINK #4
	Scale base map if not already done (Actual distance/measure distance = measurement per 1"). Change scale on map.
	Plot Existing structures, boundary, trees, access, etc
	Continue the plant lists using our <u>Plant List</u> and <u>Plant List Links</u> document and add to the concept design as well as the plant list template.

	This list will be used in the FINAL PLANT LIST. Include Latin names in the Final Plant List only (this process is still being tweaked).	
FINAL DETAILS	 Create narrative documents. Include brief Indigenous history and climate information from sector research. Land Acknowledgement (codeforanchorage.org) (put in zip or city, state and country Or Text your zip code to 1-907-312-5085 Native-Land.ca Our home on native land (native-land.ca) (put in your address) Land Acknowledgement Division of Institutional Equity & Diversity (unt.edu) 	
SUBMISSION	Send final design, narrative and plant list to Kevin. ALL DOCUMENTS NEED TO BE IN PDF FORMAT!	
	When approved, submit everything to Submission Link. Email client to let them know this step has taken place. EMAIL LINK #5	
	Submit the invoice to Andrea when approved. INVOICE LINK	
	Transfer file to the Completed Designs folder and update needed forms.	
	CELEBRATE A JOB WELL DONE!!	
INVOICING	INVOICE \$ DATE: TO ANDREA TO	

FFA is always making efficiency updates to the process and offering training to designers and

installers. Sometimes there is an opportunity for designers to teach the classes and sometimes there are opportunities for designers to take the classes. There are ongoing chats to learn from and share with each other as well.

Reflection

The diploma design process for "K's" design brought to light a few things that are missing from our design process such as:

- Shadow mapping
- The creation of a maintenance schedule
- The need for an ever growing plant list of our own
- Input/output analysis
- More in depth evaluation process
- More follow up with clients (brought to FFA's attention)
- Soil test
- Use all 5 zones

Overall, I loved working with "K" and having the freedom to actively listen to her heart and use my

creativity to offer her a retreat for her family, giving them space to play and grow food, as well as space for the wildlife that visits.