

MEETING WITH REMARKABLE PLANTS

A series of Plant-Based Retreats at Trill Farm



By Jonathan Code

Winter – and most plants have given away their summer green, have blushed with reds and yellows, copper browns and burnt umbers before giving their leaves altogether to the ground. Bare branches and naked trunks are now exposed to the wind, the weather and the eye of the walker. But not the ivy! Not the Holly and nor the Yew! How is it that you have defied this season of 'letting go'? How does your green seem to darken while all other greens have flamed and flared away in the colours of fire? You three are both mystery and 'open secret' at one and the same time – I would like to know you better!

A winter walk and a meeting with the holly, the ivy and the yew brings to mind the following phrase: "Our task is to look at the world and see it whole". These words can be found in a slim, quite unassuming book, published over four decades ago under the title 'A Guide for the Perplexed'. I have found this book to be an absolute (and invaluable) gem in times that are – if nothing else – pretty perplexing. At times like this we can be well served by immersing ourselves in nature, by returning to the serenity of the plant world. Surrounded by plants we can come to our senses. We can, also, potentially come closer to our own wholeness while we strive to see the world whole. After all what (or who) is a plant? What gives rise to the myriad flavours, flowers and forms that make up the plant world? What does the life of plants tell us – and teach us – about our own life? We must find ways of knowing that are adequate to these questions. These we will seek by delving into art, dipping into holistic science, making and taking foods and medicinals provided by plants. It will also include conversation, contemplation and an enquiry undertaken together in the gardens, forests and fields of Trill Farm.

Join us at Trill on these four seasonal plant-based retreats as we delve to know more deeply the wonderful world of plants.

PLANT-BASED RETREATS

Spring time – 9-10 March 2019

Summer stirrings – 18-19 May 2019

Autumn approaches – 28-29 September 2019

Cusp of midwinter – 14-15 December 2019

Jonathan Code is a gardener, teacher, researcher and author, and Director of the Crossfields Institute International. He teaches our new plant-based retreat and the Art of Soap Making courses here at Trill Farm.

