



# Reconnecting With Nature Through Shumei Natural Agriculture

*Oxford Real Farming Conference Workshop  
January 2020*

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[www.shumei-international.org](http://www.shumei-international.org)

Shumei 



# A Movement to Reconnect

The Natural Agriculture movement started in Japan in the early 20<sup>th</sup> century by Mokichi Okada, a philosopher, naturalist and art connoisseur.

It was in response to society's lost connection with nature and the negative impact of conventional agriculture on human health and the planet.



## What is Natural Agriculture?

Natural Agriculture is a way of cultivating wholesome food with pure seeds and without the use of any fertilizers, chemicals or additives.

More importantly, it is a way of living in harmony with nature.

The core principle of Natural Agriculture is an overriding respect and concern for nature.





## Key Components

- Trusting in the soil – soil has all the nutrients needed.
- Preserving the purity and diversity of seeds – using heirloom varieties and saving seeds from each harvest.
- Respecting Nature's ability to adapt – continuous cropping.
- Maintaining balance in ecosystem – understanding the interconnectedness of all elements and beings.

Shumei believes in the inherent power of the soil to produce healthy crops.



# Healthy Soil Ecosystem



<b>First trophic level:</b> Photosynthesizers	<b>Second trophic level:</b> Decomposing Mutualists Pathogens, Parasites Root-feeders	<b>Third trophic level:</b> Shredders Predators Grazers	<b>Fourth trophic level:</b> Higher level predators	<b>Fifth &amp; higher trophic level:</b> Higher level predators
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## Supporting Soil Health Naturally

- Minimizing soil disturbance – protecting ecosystem below the surface
- Mulching – utilizing organic matter from the surrounding area to keep soil moist and temperate
- Avoiding additives – maintaining pure, healthy soil to prevent soil erosion





## Preserving Natural Seeds

- Utilize pure, living seeds to grow healthy and nutritious crops.
- Plant indigenous seeds which are suited for the local climate and resilient to changing weather conditions.
- Preserve crop diversity with wide range of heirloom varieties.
- Save seeds to increase self-sufficiency.



## Trusting in Nature's Resilience

- Soil and seed adapt and improve with each harvest.
- Crops develop deeper root system naturally to access nutrients and water needed.
- Saving seeds increases resilience, self-sufficiency and food security for future generations.



## Maintaining Balance and Respecting Natural Law

- Everything has a role. Farmers learn to observe nature and follow natural law.
- Insects are not seen as pests and infestations are a sign of imbalance.
- Pure, healthy soil increases water retention and carbon sequestration.



## Appreciation of Beauty and Nature

- Helps us to recognize the beauty in every aspect of life.
- Cultivates a deeper respect, love and appreciation of nature.
- Develops gratitude and appreciation between farmers and consumers.



## Cultivation of Spiritual Values and Attitudes

- Encourages people to commit to creating a harmonious environment.
- Helps to foster inner reflection and spiritual upliftment.
- Supports a mindset and behaviors in a more sustainable and peaceful world.

# Natural Agriculture Around the World



- We are building sustainable communities all around the world through Natural Agriculture projects in Africa, Asia, South America, North America and Europe.
- It is helping farmers become self-reliant and resilient by planting and saving natural indigenous seeds, improving soil health and ecosystem balance.
- It demonstrates a way of living that is in harmony with nature and one another.
- It is providing opportunities for the next generation to connect with nature and their cultural traditions and knowledge.

# Natural Agriculture around the World



Zambia



Philippines



United Kingdom



United States



Turkey



Italy



## Key Benefits

- Produces healthy diverse, nutritious foods.
- Supports natural law and regeneration.
- Reconnects us to Nature and one another.
- Promotes a conscious mindset and sustainable lifestyles.



“Nature Can  
Teach Us  
Everything.”

- Mokichi Okada

