

GROUNDING

LAND CARE = SELF CARE





Hello GROUNDING

... is a small independent magazine to spread love for South Germany's plants & wildlife and to share my perspective on their unique beauty.

It's inspired by a similar newsletter from my cousin, Fort Lauderdale artist Stephanie McMillan.

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Hello DEAR PEOPLE

Topsoil and humus are the foundation of our lives. The soil feeds plants who feed us; and soil is fed in turn with crumbling leaves and rotting fruit and broken down wood.

Fungi, insects, and other organisms break these down into accessible nutrients. A thriving garden is supported by countless intertwined multifaceted lives. We should feed and tend all those who make ourselves possible.

We know more about space than we do about our own Earth, what really happens deep underground, how fungi and plants communicate with each other, and what an important role they play in all our lives.

Let's get grounded.





Hello MUSHROOMS

I'm allergic to mushrooms. They just make me feel sick. But I think they're really beautiful. I'm always amazed when I come across a strange specimen I've never seen before while out walking in the fall.

What we see of mushrooms are just the small fruiting bodies on the surface. The true, gigantic mass lies hidden in the forest floor: A single underground fungal network can stretch across square kilometers and, worldwide, weighs six times as much as the entire animal kingdom combined.

It is precisely this invisible underground world that brings the forest to life. Beneath the ground, microscopic fungal threads connect with tree roots to form a highly developed network.

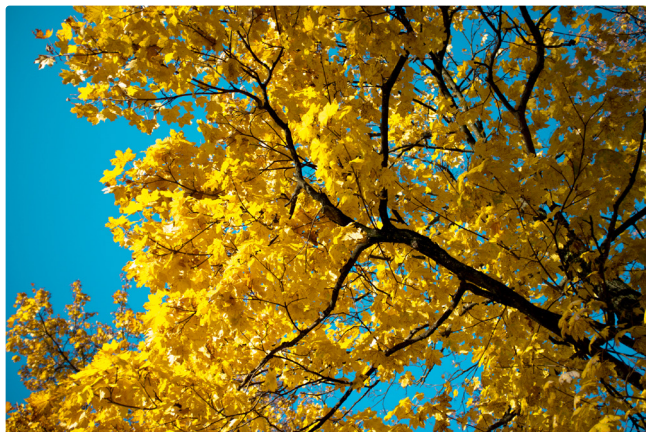
This vital marketplace supplies trees with water and nutrients such as nitrogen and phosphorus, while the fungi, in return, receive essential sugars.

Far more than a simple barter system, the mycelium network functions as a kind of underground internet. Warning signals about insect infestations are relayed via the fungal threads, allowing neighboring trees to produce defensive substances in time. Even weakened trees are nourished through this green social system.

It is only through these invisible helpers that the forest becomes a true superorganism, in which the community ensures survival.

MUSHROOMS





Hello

NORWAY MAPLE

For me, the bright yellow leaves of the maple tree against a clear, deep blue sky are the very essence of fall.

This splendor of color is the result of a clever recycling process: Before winter, the tree removes the green chlorophyll from its leaves and safely stores the valuable nutrients in its trunk and roots.

It is only through this process that the yellow pigments in the foliage become visible before it is finally shed. In the spring, it pumps the stored sugar back up to the top to fuel new buds.

Its winged seeds, the well known “helicopters” travel long distances on the wind.

Hello

NARROW LEAVED WILLOWHERB

In the fall, its fascinating fruit clusters are truly a work of art. After the plant’s summery, purplish-red blooms, its long capsules burst open and curl backward, releasing the delicate, white tufts of seed hairs. As a pioneer plant, willowherb colonizes bare areas, such as clear cuts, burned areas, or forest edges, in the blink of an eye. It stabilizes the exposed soil and paves the way for future generations of the forest. In summer, it is one of the most important sources of nectar for bees and butterflies.

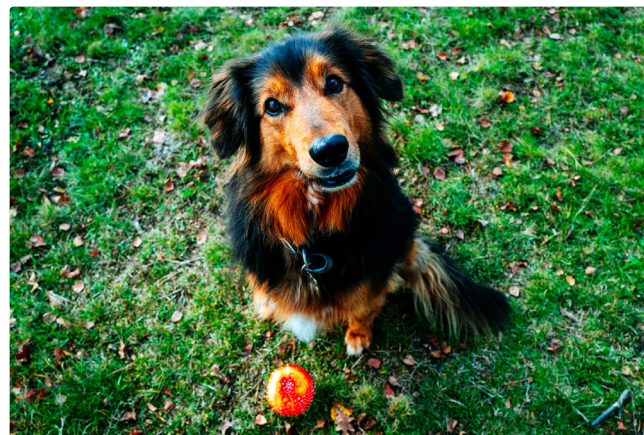
In the fall, the fine, woolly seed hairs serve as insulating material for birds and small mammals to build their nests. The plant impressively demonstrates how a seemingly insignificant weed asserts itself as an indispensable pioneer and habitat shaper in nature’s dynamic cycle.





Hello FLY AGARIC

With its red cap and white spots, the fly agaric, toadstool or death cap is a very well known, but also extremely misunderstood forest dweller. Contrary to popular belief, it is rarely fatal, but it does have a strong hallucinogenic and psychoactive effect. Consumption does not lead to classic patterns like those seen with LSD, but rather resembles a state somewhere between a dream, a trance, and severe alcohol intoxication. Users report a distorted sense of space and time, visual hallucinations, and extreme mood swings ranging from euphoria to deep panic. This is often followed by a deep sleep accompanied by vivid dreams. The trip, however, is unpredictable and dangerous. The dosage is virtually impossible to control, which is why consumption poses an incalculable health risk. This also applies to dogs...



FLY AGARIC





Hello AUTUMN ANEMONE

...is a staple of every Bavarian cottage garden, beautifying it well into the fall. Its delicate, white petals frame a dense center of bright yellow stamens, which serve as a late source of food for insects.

The flowers sit on long, slender stems that sway elegantly in the wind, lending the plant a sense of lightness.

While many summer blooming plants fade away in the fall, the autumn anemone is at its best. It defies the dropping temperatures and brings fresh life to shady areas of the garden.

After flowering, woolly, cotton-like seed heads develop, which protect the seeds and look decorative in winter.

Hello RICO

...was our first family dog. And Rico was just plain cool. The coolest dog in Haidhausen. Everyone loved and admired him. He was independent, yet he always kept an eye on his pack and protected them.

The Australian Kelpie is a fascinating, tireless herding dog that was originally bred for the demanding work of herding huge flocks of sheep in the Australian outback. This breed is characterized by an athletic, agile build and an extremely dense, weather resistant coat. Kelpies are considered working dogs through and through. They possess nearly inexhaustible stamina, lightning fast learning ability, and a strong eagerness to please their owners.

They are famous for their unique ability to run directly over the backs of sheep other.





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