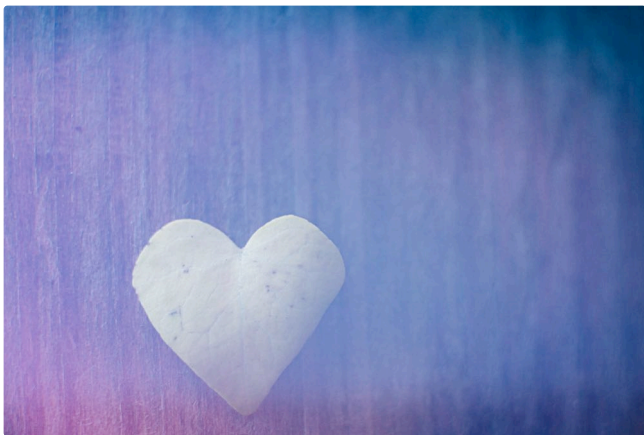


A close-up photograph of various colorful tomatoes and peppers on a wooden surface. The tomatoes are in various shades of red, orange, and yellow, some with green stems. There are also some dark purple or black peppers. The background is a light-colored wooden surface with visible grain.

GROUNDING

OUR HOME IS THE WEB OF LIFE



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.

✉ steph@stephaniemcmillan.com

Published by Alex Fischerkoesen, dop and photographer, based in Munich.

✉ alex@fischerkoesen.com

Vol. 1, Issue 4, September 2026

Hello DEAR PEOPLE

Everyone belongs within the web of life. Even the ones who frighten or confuse us. Even the ones who taste bad. Even the ones who bite. Even us.

So let's honor our place in the biosphere by helping care for, repair, and maintain the whole. It's irreplaceable. It's our home. There is only one.

This summer here in Munich was the hottest and driest summer I've ever experienced. We're feeling firsthand just how dependent we are on the environment, how vulnerable and defenseless we are.

Let's get grounded.



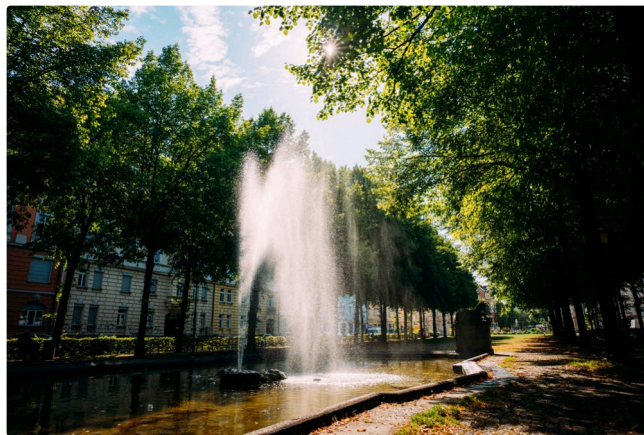


Hello LINDEN TREE

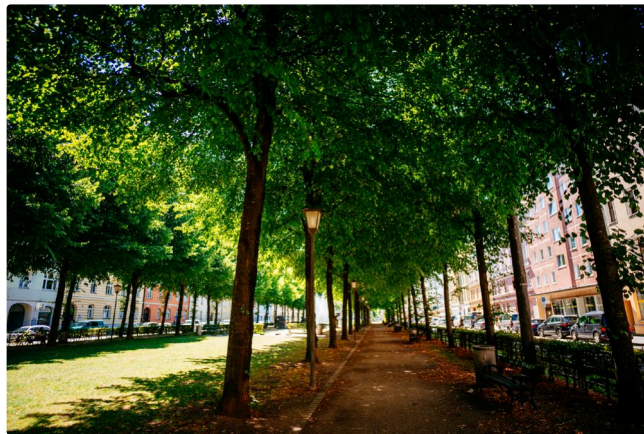
When we lived here on Bordeauxplatz in 1994, some wise people from the city made a wise decision. Young linden trees were planted along the paths.

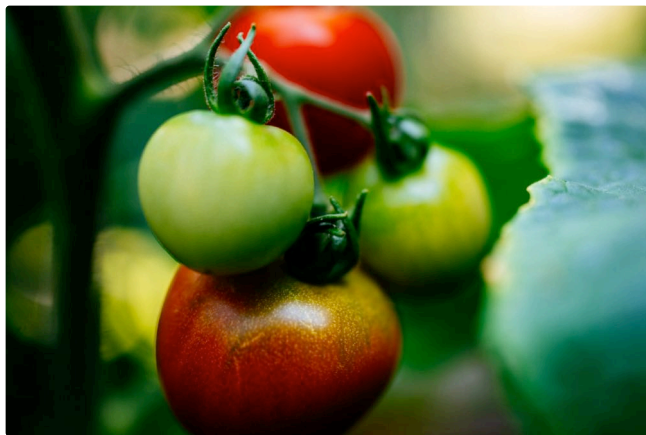
Today, they form a beautiful avenue and provide wonderful shade in the summer. Urban climate protection takes time and is all the more important in the face of climate change. When you walk from the scorching asphalt of midsummer onto this square toward the fountain, you immediately feel the difference.

Thank you so much, dear linden trees. Even though you're a bit sticky in the spring, I really like you. During the cold season, linden blossom tea helps induce sweating, soothes irritation, and acts as an expectorant for colds.



LINDEN TREE





Hello TOMATOES

If there's one positive aspect of climate change, it's the joy I get from my tomato plants in my own little garden. They grow here in a raised bed that my son and I built using clinker bricks.

They're doing really well here in the middle of the city. Even without a greenhouse, they're thriving. It's pure luxury on a warm September day to pick the ripe tomatoes straight from the plant, slice them up, and eat them with just a little olive oil and sea salt. I love the subtle differences in flavor among the various varieties.

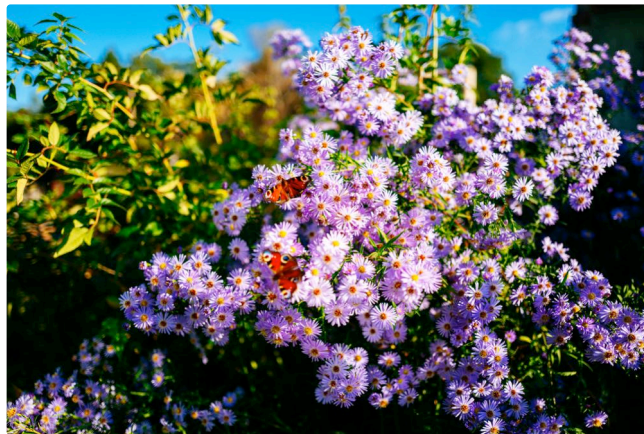
I use part of the harvest to make pasta sauce. How wonderful it is then, in winter, to open a jar and bring a little bit of summer back to your plate.

Hello FALL ASTERS

As the days grow shorter and nature slowly prepares for winter, fall asters come into their full splendor. With their countless delicate blooms in shades of purple, pink, and white, they bring a final burst of vibrant color to gardens.

Many of these late-blooming asters are native to North America. They often bloom well into October and are an important food source for bees, bumblebees, and butterflies when other plants have long since faded.

Fall asters look especially beautiful in warm, low-angled sunlight. Their delicate flowers resemble little stars, a final, colorful flash of summer before winter sets in.



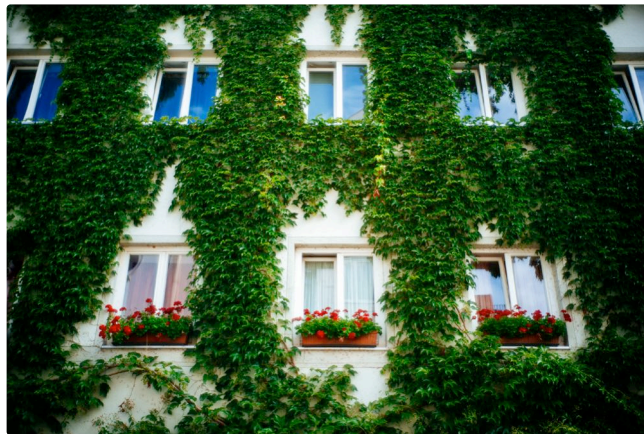


Hello GREEN CITY

We can only combat climate change if we actively work to increase green spaces in our city and generate our own electricity from renewable energy. Even a green facade significantly lowers the temperature inside a building. Virginia creeper or English ivy are particularly well-suited for this. For the past two years, in addition to a solar thermal system, we've also had a photovoltaic system. In addition to the panels on the west and east sides of the roof, we've also installed five panels at an angle on the south facade. These are innovative solar panels that are slightly translucent, allowing them to generate electricity even from behind while still providing shade. The attic rooms, in particular, have become noticeably cooler during the hot summer months.



GREEN CITY





Hello HEMP

I just can't get high on it, really, it makes my head feel weird, and I don't like it. I just think the plant is beautiful, and I also like the smell.

When you think of hemp plants, cannabis, marijuana and hashish surely comes to mind immediately, world famous intoxicants.

As an important crop, however, cannabis also yields essential oil, valuable cooking oil, sturdy fibers for making strong ropes.

You'll probably be surprised to learn that hops belong to the hemp family, the most important ingredient in beer brewing.

In short, without the hemp family, the world of indulgence would be a whole lot poorer.

In the fall, almost all of our neighbors definitely enjoy its strong scent...:-)

Hello MANGATITZA PIGS

My good friend Stefan runs a small Demeter farm between Lake Ammersee and Landsberg. He has many free range chickens and ducks, as well as a large area with woolly pigs.

With their thick, curly coats and curious snouts, they almost look like a cross between a sheep and a pig.

Originally from Hungary, Mangalitza pigs are among the oldest European pig breeds and are a true rarity today. Their extraordinary coat protects them from the cold and makes them particularly hardy. These robust animals feel most at home outdoors, where they can root, sniff, and wallow in the mud to their heart's content.

Four times a year, a few pigs are slaughtered on site and processed by a butcher in the neighboring village. I will never again in my life eat meat from factory farmed pigs, because such meat tastes of fear and death.





GROUNDING

VOL. 1, ISSUE 4, SEPTEMBER 2026