



*Free yourself;
Free the Earth!*

by James Robertson

Athens group educates on the art of sustainable living

On a country full of processed foods that are high in high fructose corn syrup, hyper rewarding, packed with artificial ingredients and refined carbohydrates, and low in nutrients, we find ourselves getting sick more often. But processed food doesn't just take a toll on our health; it takes a toll on our finances, our happiness, and our entire livelihoods.

A young group of individuals from Athens are working to educate, empower, and inspire the community to live a more sustainable lifestyle, while providing an example for others to learn from.

The Free Earth Project wishes to help people discover ways to live in harmony with our environment where both can benefit and prosper.

"If all of your needs for survival are met, you can use your time seeking out your passions and evolving yourself as a person," said Cody Robson. "True freedoms are when you can pursue all your interests and live the life you desire, while still having what you need, and helping others along the way. This is what we would love to see in the world."

Three individuals share the load at the Free Earth Project, Cody Robson, Brandon Bachor, and Tricia Johnson. Johnson is the most recent to get involved and has become a great asset to the team, loving to learn and create.

"She's passionate about our work and wants to spend her time doing what she loves already, while also teaching her two young daughters how to live sustainably and responsibly," said Robson. "Brandon got on board immediately after hearing

the first ideas, before we even had a true concept of what we were going to bring into being. Loving the idea of working together as a community and not just by oneself, he hopes to inspire people to come together to benefit each other."

Robson originally came up with the idea that would become the Free Earth Project while living in Colorado as a member of the AmeriCorps, growing food in a large garden for a local food bank and homeless shelter. Tired of seeing people working jobs they do not enjoy to pay for things necessary for survival, he wanted to help others find a way to make a living and not just make ends meet.

"We only have one life and one shot here on Earth, so why not find a way to make all aspects of life enjoyable and fulfilling," says Robson.

The Free Earth Project's plan for educating the community involves workshops, school programs, and hands on training. They plan to attend community events, meeting people and showing them what they do and how to do it themselves. The project is currently working on partnering with local schools to provide credit for students through hands on work at the farm, equipping them with valuable life skills and hopefully the fulfillment that comes from hard work and seeing the fruits of their labor manifest.

The project hopes to connect with other local organizations to do the same thing and offer workshops that will be both educational and a hands-on approach to acquiring new skills.

"We aim to cover a broad array of topics in the realm of sustainability," said Robson. "Our workshops will be



interesting and unique as we are always on the hunt for learning new skills that help us strive towards living free lives.”

As the Free Earth Project progresses they hope to empower others by providing an example of a sustainable lifestyle that is beneficial for us, as well as the planet. Their goal is to love one another, teach one another, and grow one another.

“We are starting out on a new journey and our desire is to have as many people experience it along with us,” says Robson. “In turn, our hope is that others may have a spark ignited in them to do what they love and live a free and passionate life.”

Their products will be available at the Farmer’s Market in Athens, local restaurants, and directly from those behind the project. They are planning to start a Community Supported Agriculture (CSA) program next season and will be looking for people interested in purchasing shares for fresh weekly produce.

Updates on projects, workshops, and products will



be announced on the Free Earth Project Facebook page and on their website at www.freetheearth.org.

Summer 2016 is jammed packed for the Free Earth Project. Harvesting food, starting a community garden for the city, preparing Camp Earth, building Walipini’s, and incorporating Hugel Mounds into their working farm is a look at their to-do list. They also have plans to learn worm and lightning bug farming and increase their knowledge in all aspects of permaculture.

“This summer will be a busy time for us as we are also in the early stages of preparing for our first annual Free Earth Fall Harvest Festival,” said Robson. “We have so much in the works, but we want to keep some surprises to ourselves, so, stay tuned and live free!”

