

MEF

Metta Earth Farm, LLC is the farm and retreat business, which hosts the nonprofit programs of the institute, as well as the work of other land based enterprises that serve the larger community. This entity is set up to function as a worker owned cooperative business for future residents.

Metta Earth Farm serves four main purposes:

The farm provides a large percentage of **organically grown, nutrient dense** food for guest, team, and resident meals both fresh in season and preserved for the long winters.

As a working farm and permaculture site, Metta Earth Farm facilitates **educational experiences** in carbon farming, restorative agriculture, plant medicine, and regenerative food systems.

MEF attends to **accommodations and teaching spaces**, creating beautiful, healthy, and clean sanctuary environments for all the programs.

The farm also regularly offers **food to the larger community** with a small CSA, seasonal farmstand, small store, occasional sales to local schools and other markets, and seasonal donations to local food shelves.

The farm is located on Metta Earth's 158 acres of mixed woodlands, fields, and pastures. The small scale diversified farm utilizes all 35 acres of pasture and field with some use of the forest land as well. The farm includes a restored timber frame heritage barn, a greenhouse, chicken tractors used in rotational grazing, a one-acre biodynamically nourished garden, various other flower and herb gardens, and a run-in animal shelter. MEF owns flocks of heritage breed animals, including a herd of Milking Shorthorn cows, a flock of Icelandic sheep, laying hens, bees, and two lovable barn cats.

Continuing Lifeways

With the enjoyment and embodiment of a life close to the land, MEF residents work together to nourish community and explore the rejuvenation of ecologically committed village culture. By intertwining the paths of gardeners, farmers, permaculturists, homesteaders, cooks, herbalists,

beekeepers, laundry tenders, hand- crafters, those in this endeavor may find meaning in the humble tasks of land and home steward- ship, practicing mindfulness, beauty making, and the creation of art in the daily round.

Through wholesome, land based lifeways, these stewards are teachers and educators passionate about creating sanctuaries for experiential learning, living, and loving. With a fierce commitment to vital, healthfully grown food, they want to support learning communities in permaculture, biodynamic gardening, and organic, restorative agriculture. The hosting of all the MEI programs is guided by this intent.

Farm Coop Design

Next Phase: Residential Farm Cooperative

Metta Earth Farm is intended to be a worker-owned farm cooperative, supporting residential membership through the Metta Earth Community with a goal of ten to fifteen co-op members, each of whom may purchase a share in overall farm assets. MEF is currently opening to residential farm co-op members.

Each resident of Metta Earth Community may purchase a share in the farm cooperative, which provides basic food access. Beyond this, co-op members can develop possible enterprises, which may include plant medicine, tea making, mushroom cultivation, nursery, wool products, and other farm-to-table enterprises.

The Metta Earth Main house, which may also be the common house for Metta Earth Community, provides common dining space, commercial kitchen, and food preservation and storage areas to support food processing enterprises. The existing timber-framed heritage barn is also a common space to support farm enterprises.

Metta Tea page has video of dried herbs

Kombuch page has photo of home made jugs of pooch on a table

MEC-Community

Metta Earth Community is a small, residential, contemplative, eco-community in the early stages of

development. The community supports the cultivation of ecological thriving with the practices of restorative agriculture, biodynamic farming, permaculture, alternative and appropriate energy technologies including solar power, composting systems, green and natural building, and locally sourced hand crafts.

The Earth Charter, as a global document, as well as other ecovillages around the world, such as Auroville and Findhorn, are strong guides in this project in creating a just, sustainable, and peaceful future. Metta Earth Community is a forum for collaborative inquiry and the rich development of social permaculture.

The interweaving of an enlivened contemplative consciousness, with the ecology of daily life, nourishes sensitivity to earth and its inhabitants, renewing a compassion for all life.

The seasonal team community, beginning in 2007, has been consistently comprised of 5-8 resident members living here and carrying on the first phase of community development work both on the farm and in the institute. The further development of MEC offers MEF members and MEI staff the opportunity to have their own long term dwellings clustered in two zones on the land.

Emerging Building Design

Metta Earth Community has been formed as an LLC and is structured similarly to the cohousing model. Members have a share in the overall property and own their own dwelling.

The main house, four yurts, and four wall tents have been the primary residence for the community team in the first 10 years. Also in this first phase, the Elder House was completed in 2011. It is a carbon neutral green building, powered by a stationary solar array.

It is the first purchased share in the Metta Earth Community. A septic system has been designed, permitted, and built to accommodate this community. Three wells on the property have been drilled to provide water for the community clusters.

A resonance of community culture has been created over the past ten years that now merits the full development of an ecovillage residential community.

Next Phase: Building Design

To support the work of the institute, farm, and other land-based economies created at Metta Earth, the next step is to more fully design the built environment to include housing clusters in the Plentitude and Quietude zones.

In addition, renovations need to be implemented at the main house in Gratitude to comply with ACT 250 permit requirements including a commercial kitchen, handicap access, fire safety codes, and a hook-up to the ecologically designed, permitted, and installed septic system. Significant design work in this regard has already been accomplished.

Within the two zones of Plentitude and Quietude, thirteen residential shares will be available. These dwellings provide homes for faculty, staff, and family working with MEI, as well as co-op members of MEF. It is possible that family members may create other local economies and/or work off-site, but largely we intend that the Metta Earth Community serves MEI and MEF

Land Design

Metta Earth is located in Lincoln, Vermont at the edge of the Green Mountain National Forest on an alpine plateau renowned for its extraordinary beauty and energetically charged landscape.

With 158 beautiful acres, Metta Earth is nestled in a bowl of mountains with stunning views in all directions. Meadows, pasture land, and horticultural fields are interspersed with hardwood and evergreen forest, old orchards, stonewalls, seasonal streams, and an enormous variety of wildlife habitat. Walking and hiking places abound, and a magnificent, pure river with clear pools and waterfalls is just a short walk down the road.

Metta Earth has been designed with five zones, each with a different purpose. Plentitude and Quietude are designated as residential zones, whereas Interlude/Solitude, Gratitude, and Infinitude are designated as community-use zones. Shares are purchased to allow for greater community participation, ownership, and stewardship of the land.

Metta Earth Zones of Use

Interlude/Solitude

Future Main Site of Metta Earth Institute MEI Hermitage Site

Infinitude

Green Burial Ground

Plentitude

Metta Earth Farm
Metta Earth Community Residences

Gratitude

Metta Earth Community Common House Metta Earth Institute Event Site

Quietude

Metta Earth Community Residences

Green Burial Ground

To counter the adverse effects that today's conventional burial system has on our environment, our Green Burial Ground offers a more ecologically mindful alternative.

As members of the community pass away, we offer the opportunity for their burial to be as in tune with the natural environment as possible.

Over time, the forest can thrive with plants that serve as a memorial for those who have gone before us; a reminder of life's cyclical nature.

Emerging Site Development

The Green Burial Ground is a project of Metta Earth Institute and will be an extension of its non-

profit organization. The Infinitude zone has been designated as the site for this project and is located at the center of the property.

Metta Earth is part of the working landscape Current Use Program and is working with a forester from Vermont Family Forests to create an ecologically sensitive design and implementation.

A committee is forming with local green burial advocates, as well as other support team to actualize this project. The Green Burial Council, a national non-profit, offers guidelines that support this type of development. Because 2015 legislation was passed allowing non-profit green burial grounds in Vermont, Metta Earth Institute is now able to work with legal and financial advisors to implement one of the first projects.

Metta Earth Institute is in the process of designing guided retreats and programs for bereavement, aging, death and dying, as well as various dimensions of green burial.

Next Phase

A business plan and legal/financial documents are needed to formalize this project.

A capital campaign will provide funds to purchase land shares and for the development of the project.

Metta Earth Institute is forming a committee consisting of regional green burial advocates to guide and sustain this project.

Tibetan Book of Living and Dying

by Sogyal Rinpoche

This body is not me.

I am not caught in this body,

I am life without boundaries,

I have never been born and I have never died. Over there the wide ocean and the sky with many galaxies

All manifests from the basis of consciousness. Since beginningless time I have always been free.

Birth and death are only a door through which we go in and out.

Birth and death are only a game of hide-and-peek. So smile to me and take my hand and wave good-bye.

Tomorrow we shall meet again or even before.

We shall always be meeting again at the true source, Always meeting again on the myriad paths of life.