



## Courses and workshops that come to you!

Working with native plants over the past 25 years has led to a deep appreciation of the interconnectedness of all living things and how our mind set can act to dislocate us from this relationship or bring peace and concord to how we relate to the world. To foster the process of connecting with the inherent richness of both ourselves and the world, we have created and provide mobile workshops related to ecosystem restoration, sustainable living, ecology, nature connection, self-inquiry, discovery, and mindful action.

**Paul Morris**, an expert in the fields of **ecology, botany, ecosystem restoration, regenerative agriculture** and **gardening with native plants**, is an engaging speaker who has presented at a wide variety of venues, including colleges, the Royal Botanical Gardens, Society for Ecological Restoration, naturalist and horticulture groups. His depth of knowledge of native plants is inspiring and practical. Through the use of multimedia and interactive strategies, Paul enables participants to leave the workshop with the knowledge and know-how to create their own masterpieces.

Paul spent time with his father and grandfather landscape painting in his youth, these times fostered a passion for the outdoors and natural history. Later he completed his undergraduate degree at **Waterloo University** in biology and then went on to complete his **Masters at Acadia University** in Nova Scotia. His extensive experience in wetland and prairie restoration ecology and conservation biology makes him a leader in the design and planting of restoration areas. In 1997, Environment Canada asked him to co-author a manual on prairie and meadow restoration. He restored sections of his 95-acre farm and completed numerous projects across Ontario, including Eco-parks, wastewater and storm water ponds, and naturalization for private homeowners.

**Sophia Ortiz Carrillo** is an Agronomy Engineer from Mexico with a deep knowledge of growing plants, traditional wisdom and regenerative living. Her degree from the University of Veracruz focused on micropropagation and floriculture. She ran her own laboratory where she was in charge propagating orchids and worked on restoring jungles destroyed by cement mining. She ran a living wall business in Merida before Co-directing Earth Connection Center and restoring tropical dry forest in the Yucatan. She has a passion for biochar, food forests and her organic super powerful brew to restore the soil!

### Workshop Menu

Below is a sampling of some of the workshops that we offer.  
If you would like to enquire about these offerings for in person or Zoom  
Please Email: [planethealer1@yahoo.ca](mailto:planethealer1@yahoo.ca)

### Four years in the Jungle

Paul and Sophia have spent the last 4 years creating Earth Connection Center, a biological reserve in the Yucatan. They will talk about the challenges of living in the jungle, living a low impact life, their efforts to restore the jungle damaged by cattle ranching and the return of diversity to the land.

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## **Acorus Restoration Native Plant Nursery**

### **Propagating Wild Plants**

Learn how to release the life contained within tiny seeds. The workshop will look at how you can grow many species of wild plants from seed, germination and stratification techniques, soils, transplanting. Each species has specific conditions or cues that need to be met for them to know when to burst free and start growing. Learn about these conditions and how to be a detective to figure out new species!

### **Attracting Birds and Butterflies to Your Sanctuary**

Urbanized properties for the most part are deserts to birds and butterflies. What are the conditions needed to attract those denizens of the sky? We will explore the elements of food, cover, and water to make sanctuaries for our flying friends.

### **Beginners Plant Identification**

Weed or Wildflower? Ever wanted to figure out what that interesting plant is? Learn how to identify plants for yourselves. We will look at the plant characteristics that help us identify a variety of plants and work with plant keys to figure out just what that plant is.

### **Natural Foods and Wild Edibles**

Come and explore the bounty of nature as we explore the culinary treasures of the wild lands around us. We will look at the edible plants of Ontario and sample some treats!

### **Ecological Restoration of Prairie and Meadow**

Since 1995 Paul Morris has been a leader in the ecological restoration of Prairie and Meadow ecosystems. Learn how to establish and manage a Prairie and the diversity of species available!

### **Ecological Restoration of Wetlands**

Since 1995 Paul Morris has been a leader in the ecological restoration of wetland ecosystems. Learn how to establish and manage a wetland and the diversity of species available!

### **Backyard Habitats Wetlands and Watergardens**

Why spend money on tropical plants when native plants are hardy and attractive! Paul Morris will teach us how to create beautiful ponds that are functional ecosystems and attract wildlife.

### **Backyard Habitats Prairies and Meadows**

Ever wanted to enhance your property by making it wildlife friendly and greener? Need plants that can survive a watering ban? Paul Morris will discuss techniques to add that Country feel to your yard.

### **Wild Seed - Collection, Cleaning and Stratification**

Collecting and growing native plants is a rewarding practice. Over 25 years seed master Paul has intimately worked with native plants and will share his wisdom to help restore the planet.

### **Biochar - Healing the soil and recapturing carbon!**

With years of experience using biochar, we will be talking about the biochar burn, how to properly inoculate the carbon and turn it into biochar and its application on the land to enhance the microbiome, fertility and water holding capacity of the soil.

### **Presentation Considerations:**

We will need access to electricity to give our PowerPoint presentation. We have a projector and computer that we will bring.

People may order plants that we can bring and distribute.

For fundraising purposes your group may sell our plants at retail prices and you will pay for the plants at wholesale prices.

We ask to cover travel expenses and a Donation to our Biological-reserve in the Yucatan

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