

Systems Change: Public Health & Sustainability Costa Rica, Summer 2023



planting pineapples

- Food shed/Food web mapping
- Appropriate Technologies
- Natural Building
- High functioning buildings
- Permaculture
- Soil health & restoration
- Carbon cycle & sequestering
- Urban ecology
- Indigenous medicines
- White supremacy



University of Washington at University of Costa Rica



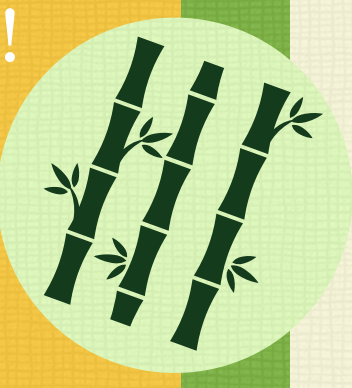
on the bus!



Urban Studies Applications

Approaches to Sustainable Urban Development:

1. Natural building/passive building
 - Place responsive/location specific design
 - Geographic availability of resources
 - Pattern languages
 - Place identity
2. Soil restoration in public space
 - Gardens & parks
 - Sequestering carbon
3. Increase access to nutrition & wellness through urban environmental justice
 - Community members build local economy
 - Bottom-up vs top-down
 - Envisioning agricultural systems not based on the oppression of people
 - Principles of permaculture: people care; fair share; transition ethic



Lessons from Costa Rica

- In 2011 the United Nations named Costa Rica the world's leading country in pesticide use
 - Water in surrounding towns is toxic and undrinkable
- The pineapple industry is responsible for most deforestation in Costa Rica
- 1/4 of pineapple profits go to international companies, less than 10% go to laborers
- There is a species of bamboo native to Central America! Great for natural building
- *Hüetares* people of Costa Rica pass down indigenous knowledge through traditional foraging and medicinal practices, among other ways