Rewilding (particularly gardens)

The traditional approach (how we have been doing things around our garden); the wildlife gardening approach (a mixture between us letting nature do her thing while helping her a bit along the way to speed things up), and the full rewilding approach (where we fully remove ourselves from the space and let time, sun, wind, rain and the wild find their own way).

The rewilding movement can often feel beyond our reach. It’s usually associated with vast landscapes of remote wilderness and large carnivores. While this is often the case, we can apply rewilding principles to our own lives. By rewilding your garden, balcony, or window boxes, you can help native plants and animals, no matter how small the area.

what is rewilding?**It is the act of restoring an area of land to its natural uncultivated state then letting nature take over.**This can be reintroducing wild animals, planting native plants and trees, or helping natural processes to occur freely, such as removing fencing to create corridors for wildlife. All have the intention of repairing damaged ecosystems, large or small.

There are many inspiring examples of large-scale rewilding out there: [Knepp Estate in Sussex](https://www.houseandgarden.co.uk/gallery/knepp-castle-in-sussex), [Monks Wood Wilderness Experiment](https://www.positive.news/environnent/rewilding-sixty-years-ago-scientists-let-a-farm-rewild-heres-what-happened/), and [Faia Brava in Portugal](https://www.visitportugal.com/pt-pt/content/area-protegida-privada-da-faia-brava). However, rewilding isn't reserved for big organisations and landscapes.

The good news is that we can do our bit without owning a huge property or becoming an activist. We can start rewilding on a small scale with as little as a windowsill, balcony, or front yard.

***Regardless of the size of your plot or how much you set aside for rewilding,*** ***there are benefits for insects, birds and other animals, native plants, your soil, and your wellbeing.***

<https://mossy.earth/rewilding-knowledge/rewild-your-garden>

**11 Ways to Rewild Your Garden**

1. Observe what is already there
2. Stop using fertilizers or pesticides
3. Rewild your lawn
4. Choose the right plants
- Which seeds are right for your rewilding project?
- Native or non-native plants?
- Plant insect-friendly plants
5. Create layers
6. Build woodpiles
7. Create a compost
8. Set up wildlife corridors
9. Install feeders and nest boxes
10. Build a pond
11. Reduce, reuse, recycle

 if even the smallest of outdoor spaces have a wild area it will help to make a difference to biodiversity.

https://www.gardeningetc.com/advice/rewilding-your-garden

t’s the restoration of ecosystems so that biodiversity is encouraged, wildlife thrives and nature is allowed take care of itself.

It used to be a term applied to large areas of land allowed to return to nature, but now, we’re also being encouraged to do our bit to rewild domestic gardens too. That doesn’t necessarily mean allowing your entire outdoor space to revert to its natural state, but instead to leave some parts of it undisturbed and to manage the rest in a wildlife-friendly way.

In the past 50 years, more than half of the world’s wildlife is thought to have been lost. That’s thanks largely to deforestation, grazing, industrialisation, pollution and the excessive use of natural resources

As a farm, Knepp was no longer viable. We were throwing fertilizer, pesticides and herbicides at the land, and it wasn’t helping. So we decided to stop intensive farming. Suddenly, we heard surround-sound insects for the first time and birds returned. We were looking out onto fields of wildflowers and it was so thrilling, as if the land was breathing a sigh of relief. We began to roll it out across the whole estate, and released free-roaming cows, ponies, deer and pigs. They rootle, trample and disturb the soil, creating a mosaic of different habitats with complex vegetation – and that’s rocket fuel for biodiversity.’

On a smaller scale, the same effect can be achieved in gardens. If you go down the route of [organic gardening](https://www.gardeningetc.com/advice/organic-gardening) and ditch the fertilizers, herbicides and pesticides and let nature find its own balance again, you’re likely to be amazed at the increase in birds, insects and even small mammals that start visiting.

Even the tiniest of gardens can become more biodiverse – and if we all do our bit in our own individual gardens ad backyards, our joint efforts could have a massive positive effect on the natural world.

‘The more people who take action to boost biodiversity and encourage wildlife on the own patch, the better,’ says Richard Bunting of [Rewilding Britain](https://www.rewildingbritain.org.uk/)(opens in new tab). ‘We tend to like our gardens to be neat and tidy but a slight change in mindset can make all the difference.’

Ten steps to rewilding your garden <https://www.gardeningetc.com/advice/rewilding-your-garden>

put onto the website!

South African rewilding your garden

<https://www.thegardener.co.za/the-gardener/garden-design/rewilding-your-garden/>

Everyone has a vested interest in rewilding, therefore every individual should at least be aware of and somewhat knowledgeable about rewilding

Rewilding encourages a balance between people and the rest of nature so that we thrive together. It can provide opportunities for communities to diversify and create nature-based economies; for living systems to provide the ecological functions on which we all depend; and for people to reconnect with wild nature.

eversing biodiversity loss and enabling nature to bounce back, helping us adapt to climate change as our complex ecosystems find their own answers.

The goal is to help nature, for us to live better with nature and take our place as part of nature.

Rewilding is about all of us finding ways to work and live within healthy, flourishing ecosystems. Rewilding can enrich lives and help us to reconnect with wild nature

Rewilding is a developing concept in ecosystem stewardship that involves reorganizing and regenerating wildness in an ecologically degraded landscape, with present and future ecosystem function being of higher consideration than historical benchmark conditions. This approach differs from ecosystem restoration but the two concepts are often conflated because (i) they both rely on similar management actions (at least initially) and (ii) it can be erroneously assumed that they both aim for similar states of wildness. Rewilding and restoring both influence biodiversity, and common management actions such as species reintroductions (e.g. beavers or wolves) can be integral to a rewilding project. However, in contrast with restoration, rewilding has lower fidelity to taxonomic precedent and promotes taxonomic substitutions for extinct native species that once underpinned the delivery of key ecological functions. We suggest the adaptive cycle as the appropriate conceptual framework in which to distinguish rewilding from ecosystem restoration. The focus of restoration ecology is to return an ecosystem to as close to its former state as is possible after a major disturbance, by directly reinstating it on the ‘foreloop' of the adaptive cycle. In contrast, rewilding draws from the ‘backloop' by promoting reorganization and redevelopment of the ecosystem under changing environmental conditions. If environmental conditions have changed so significantly that a regime shift is inevitable, then rewilding can facilitate the development of a novel ecosystem to sustain the provision of ecosystem services. Synthesis and applications. Rewilding and restoring both have their places in biodiversity conservation. In each case, their respective merits should be weighed in relation to stakeholder priorities, prevailing and predicted environmental conditions, the level of biological organization targeted for management, and existing and future management capacity. We provide simple schematic decision‐pathways to assist in exploring whether an ecologically degraded landscape might be a candidate for restoration, active rewilding, or passive rewilding.

Johan du Toit and Natalie Pettoreli The differences between rewilding and restoring an ecologically degraded landscape<https://www.researchgate.net/publication/335221971_The_differences_between_rewilding_and_restoring_an_ecologically_degraded_landscape#:~:text=1%20Another%20suggested%20key%20difference,du%20Toit%20%26%20Pettorelli%202019)%20>.

The Bosco Verticale is an example of urban rewilding, the growing global trend of introducing nature back into cities. There are consequences to the pace of today’s urban growth, [which is the fastest in human history](https://www.nature.com/articles/s41893-019-0436-6), including loss of biodiversity, urban heat islands, climate vulnerability, and human psychological changes. The U.S. Forest Service estimates that [some 6,000 acres of open, undeveloped space](https://www.fs.usda.gov/science-technology/loss-of-open-space) become developed each day. Globally, past urban planning decisions like the prioritization of the car have given rise to cities that, but for scattered parks, tend to be divorced from nature. Rewilding aims to make cities better and more sustainable for people, plants, and animals.

most definitions agree that rewilded spaces should get little or no maintenance

These spaces can be as small as an outdoor feral cat shelter (like those Adams’s firm [built in a Chelsea, Massachusetts](http://www.landing-studio.com/projects#/feral-cat-shelters/), junkyard). They can be as urban as Manhattan’s High Line, a 1.5-mile park built on an elevated, abandoned railway above city blocks, or Germany’s Mauerpark, constructed along a stretch of what was once the Berlin Wall. They can be as big as a 560-acre native forest, penned in by an 8.6-kilometer mesh fence, in Wellington, New Zealand. More than a dozen native wildlife species have returned to the Wellington forest, [Zealandia](https://www.visitzealandia.com/), since the early rewilding initiative was completed in 1999.

 Rewilding areas in cities has become a powerful strategy to bring back butterflies, insects, birds, and wildlife. In contrast to highly managed parks and gardens, these rewilding initiatives are leaving allotted spaces mostly uncultivated and self-regulated. Contact to nature is essential for human existence, urban wellbeing, and good quality of life.

ME: ecosystem services, linking corridors, seeding, pollinators and habitat, maintaining biodiversity --- and the recognised well-being from being part of a wild space.

Lehmann says rewilding can help solve three challenges: loss of biodiversity (“rewilding has become a powerful strategy to bring back butterflies, insects, birds, and wildlife”),

using soils and plants to act like a sponge. Its[“stormwater park”](https://www.asla.org/2012awards/026.html) in a developing area on the edge of Harbin, for example, is designed so that mounds and ponds in the area’s degraded natural wetlands guide stormwater into a nearby aquifer.

loss of biodiversity entwined with climate change presents “a profound, existential planetary emergency

* Because science (ecopsychology) argues that "people need nature" for the mental and physical well-being gained by experiencing nature, particularly the subjective and emotional essence of "the wild" or wilderness.
* The very easiest first step, I think, is to just go ahead and plant a native plant,” says Laura. “It may not be the perfect one for the space, but I think the best way to learn is to get your hands dirty and not be afraid to make mistakes
* At the end of the growing season, many homeowners preemptively [cut back their plants and trees](https://www.bobvila.com/articles/best-time-to-trim-trees/) at times when most trees are dormant. Instead, leave them be until new growth starts in the spring. These few extra months allow [birds](https://www.bobvila.com/articles/pro-tips-5-ways-to-bring-songbirds-to-your-backyard/) to continue perching on dead branches or feeding from them, and insect friends can also use them as a safe, protective place to stay through the winter. When the time comes for a spring trim, be on the lookout for tiny [hummingbird nests](https://www.bobvila.com/articles/hummingbird-nest/) and other animal homes.
* Rethink Your Definition of a Beautiful Yard.
* Stop Using Fertilizers and Pesticides.
* Leave the Leaves.
* Let Weeds Grow.
* Add a Small Meadow of Wildflowers.
* Trim Your Plants and Trees in Spring.
* Allow Small Creatures Safe Passage.
* Stop Digging in the Garden. Instead of digging, [add mulch regularly](https://www.bobvila.com/articles/best-mulch/) to keep things in balance. All it takes is a little organic matter, like compost, added to the topsoil to keep it nice and healthy.
* In the wild, elements at different heights build out an ecosystem, offering more hiding places, food sources, and organic material for organisms to thrive. When you add multiple heights and surfaces of wilderness to your urban plot, you’re imitating the different layers that appear in nature.
* For example, the ground layer may be composed of [moss](https://www.bobvila.com/articles/how-to-grow-moss/) and [fungi](https://www.bobvila.com/articles/how-to-grow-mushrooms/). On top of that, you’ll find the understory layer made of flowers, grasses, weeds, and herbs. Higher still is the shrub layer of bushes, and high above all of it is the [canopy layer of trees](https://www.bobvila.com/slideshow/6-fast-growing-shade-trees-45802). All of these layers work together to create a more well-rounded home ecosystem.
* Rewilding your plot of land doesn’t mean you have to give up gardening, but you should be mindful about the [seeds you plant](https://www.bobvila.com/slideshow/set-up-your-garden-for-success-by-ordering-online-from-these-seed-companies-579584).
* Insects are drawn to scents, shapes, colors, and variety, which lure them to the nectar. Selecting flowers that are blues, purples, and pinks helps insects find them during the day, and [white flowers can be seen at night](https://www.bobvila.com/slideshow/these-11-fascinating-garden-flowers-bloom-only-at-night-52160). Additionally, be sure to select [plants that are native to your area](https://www.bobvila.com/articles/native-alternatives-invasive-plants/). Choosing seeds or plants that aren’t native or adapted defeats the purpose of a rewilding project
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https://rewilding.org/our-better-nature-essay-excerpt-a-rewilding-story/

Our bodies and minds are attuned to wild nature.[8] Our stress hormone levels show it. The direct, measurable, physiological effects in the human body of time spent in natural settings as well as psychological benefits are the focus of a fascinating and growing body of research.[9]

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