

A background image showing four young people (two men and two women) of diverse backgrounds smiling and working together to plant small green seedlings into a large garden bed filled with dark brown soil. They are outdoors, with trees and foliage visible in the background. The image has a dark, semi-transparent overlay to make the text stand out.

May 2025: Grow What You Can: Practical Sustainable Action from the Ground Up

Spring is nature's reminder that change often starts quietly—in seeds, in soil, in slow shifts. But growth doesn't only happen in gardens. It happens in our habits, our minds, and our communities. This month is about sustainable, self-directed growth—on your terms, from where you are.

"Grow what you can" doesn't mean do everything. It means start where you are. Use what you have. Trust small actions to add up.



Grounded in Action: Grow Something—Anything

No matter your space, time, or experience—you can grow life.



Why it matters:

- Reconnects you to life cycles and the climate
- Reduces food miles and waste
- Gives you something to tend—a powerful metaphor for change

Tool to try: [From Seed to Spoon App](#) - Learn what you can grow in your local conditions.

Try:

- Sprouting lentils in a mason jar (3-5 days, no soil required)
- Growing herbs on a sunny windowsill (basil, mint, or green onions in water)
- Starting a micro wildflower patch or pollinator pot
- Composting food scraps (even on a small scale or via drop-off)

7-Day Personal Waste Audit

Track what you throw away or recycle for just one week. Be honest. No shame.



What to look for:

- Which items show up the most?
- Which are easily avoidable?
- What can be replaced with a reusable, repairable, or "less" solution?

Challenge yourself: Pick one thing to swap out for the rest of the month—e.g., no more plastic water bottles, or always bringing a tote bag.

Log categories like:

- Food waste
- Packaging (plastic, paper, etc.)
- Single-use items (cups, straws, takeout containers)
- Clothing or electronics disposal

Green Your Digital Footprint

Your tech habits matter more than you think. Data centers = high energy usage.



Unsubscribe from unnecessary emails

Each one contributes to carbon emissions!



Use Ecosia to plant trees while you search

A simple switch with positive impact



Power down your devices fully once a day

Reduce phantom energy usage



Turn off auto-play on streaming platforms

Mindful media consumption saves energy



Set a digital Sabbath

A half or full day off tech each week

Bonus: Try a minimalist phone screen—fewer icons = fewer temptations = more clarity.



One-Day Climate Fast

Dedicate one day this month to intentionally reduce your impact. No need to be perfect. Just be mindful.



Reflect afterward:

- What did you learn?
- What was easier than expected?
- Could this become a weekly ritual?

Options:

- Meatless and local food only
- No driving or rideshares—walk, bike, or use public transit
- No fast fashion or online shopping
- Zero new media (streaming = emissions too)
- Solar-only electricity use (if you have access)

Activate Your Voice: Write One Message



To an elected official

Write about a green issue you care about



To a company

Call out unsustainable practices or applaud meaningful ones



On social media

Share one thing you've learned or changed this month



A thank-you note

To someone who's inspired your climate journey

Your voice is a renewable resource. Use it.

Tools of the Month



Earth Hero App

Personal climate action planner. Track progress. Take new steps weekly.



The Future We Choose

By Christiana Figueres & Tom Rivett-Carnac. Realistic, motivating, and packed with practical frameworks for changemakers.



How to Save a Planet

Podcast archives. Episode rec: "Is Your Carbon Footprint BS?" - tackles individual vs. systemic impact.



Kiss the Ground

Netflix documentary about how soil health is climate health.



Buy Nothing Project

Give and receive goods within your local community. Circular economy in action.



Monthly Challenge: Bloom Where You Are

Pick one area of your life and take a single visible action this month:

| Area | Example Action |
|-----------|---|
| Food | Cook a meal using only local produce from a farmers market or co-op |
| Energy | Replace 5 light bulbs with LEDs OR unplug all unused devices nightly |
| Fashion | Host or attend a clothing swap OR mend one item of clothing |
| Finance | Open an account with a credit union or ethical bank OR donate to a climate org |
| Influence | Start a group chat or Discord channel around eco action at your school or workplace |

✔ Post your action using #GrowMay or #MayWeChange, & tag @youngplanetleaders_

We'll feature some highlights (anonymously if preferred) in next month's dispatch!

"To plant a seed is to believe in tomorrow." –Audrey Hepburn

You don't need to do everything this month. But do one thing that brings you closer to the world you want to live in. Water it. Stay with it. Let it grow.