



daily GOOD

I bequeath myself to the dirt to grow from the grass I love,
If you want me again look for me under your bootsoles. --Walt Whitman

When I Die Recompose Me

What if our bodies could help grow new life after we die, instead of being embalmed and buried or turned to ash? Join Katrina Spade as she discusses "recomposition" -- a system that uses the natural decomposition process to turn our deceased into life-giving soil, honoring both the earth and the departed.

Be The Change:

You don't have to wait to die to participate in Nature's natural "recomposition" magic. Take one thing usually tossed into the trash and discover a way to allow the natural process of decomposition to unfold.