

Javi and Liliane's Garden, La Puebla de Fantova, Spain

Years ago, I had the privilege of meeting an exceptional woman, Liliane Spendeler, a French woman living in Spain who was part of the "Friends of the Earth Spain" staff and who decided to move to the Pyrenees to be closer to nature. Since then, she has radically changed her lifestyle and is now a prominent Biointensive Specialist. Below is her letter from last December and photos of her garden. Note the beautiful compost that Javi and Liliane make.

Juan Manuel

Dear Juan Manuel,

I hope you and your family are all well. I wish you all the best for 2026.

Everything is going very well here. We had a very good year for the garden in 2025; we finally managed to produce all the vegetables we consume (2 people, a diet mainly of vegetables). I am very happy about this. I've also set up a corner with aromatic and medicinal herbs, which we use every day. This autumn I dedicated a lot of time to preserving the summer's produce: tomato preserves, beans, olives, various jams, corn, dried figs, quince, and other berries. I've learned a lot. The challenge for this year is to continue improving the soil (we still have to double digging some beds) and to plant more flowers, to see if I can create flower borders around the vegetable garden areas. And to continue diversifying; for example, so far we haven't been able to grow carrots because the soil is very clayey, it gets very hard, and there's no way to get the carrots to sprout. As you can see, this year is shaping up to be interesting again.

Sending you a big hug,

Liliane.



