

Additional Resources to increase your knowledge
or provide ways to take action

Books:

Kiss the Ground by Josh Tickell

The Hidden Life of Trees by Peter Wohlleben

The Soil Will Save Us by Kristin Ohlson

Growing a Revolution: Bringing our Soil back to Life by David R. Montgomery(U of WA)

These Documentaries can be found on Netflix

Kiss the Ground (the complete film)

Gather (a film on Native American tribes returning to traditional foods)

The Biggest Little Farm (YouTube)(a young couple buys a rural property with damaged soils and returns it to health)

Organizations working on improving biodiversity and soil health

The Lands Council – landscouncil.org

Restoring and revitalizing the Northwest's environment

The Land Institute (landinstitute.org)

Igniting a global movement for perennial agriculture

Spokane Conservation District - spokanecd.org

Promote the sustainable use of natural resources within Spokane County by using available technical financial, and educational resources to meet the needs of the local landowner for the conservation of soil, water, trees and other natural resources.

River City Youth Ops – <http://www.youthops.org>

Spokane Edible Tree Project -

Energy savings challenge through Spokane's Sustainability Action Initiative –

<http://sustainable Spokane.org>

Master Composter Program – <http://spokanecounty.org>

search for Master Composter/Recycler Program or you can find it under solid waste programs

Kris Major at (509) 625-6521

Farms that follow organic practices

Vets on the Farm – spokanecd.org email: Vetsonthefarm@gmail.com

Farm is located at 7501 S Palouse Hwy with a farm stand open during the production season. This program helps our veterans to learn to operate a farm and manage animal husbandry.

LINC – www.lincfoods.com

Local inland Northwest Cooperative is a worker and farmer owned food hub based in Spokane, working to create a robust local food system and a vibrant ecosystem. LINC through subscription provides a weekly box of locally grown and produced foods from their small farm members. Many small farmers and orchardists follow organic and agriculture practices without going through the hoops and costs of getting certified. By choosing to buy directly from the farmer whether at farmers markets or by going to farm stands you can ask questions that help you find the producer who is following regenerative practices.

Here are a few sample questions you could ask to be sure you're buying from a farmer committed to practicing regenerative methods:

Do you practice low till or no till farming?

How do you manage insect pests and weeds on your farm?

Are you practicing regenerative agriculture techniques on your farm? Such as what?

How have regenerative practices changed the way you farm?