

## **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)

### **YouTube talks and films**

The Biggest Little Farm (a young couple buys a rural property with damaged soils and returns it to health) <https://youtu.be/dRBoXE3pw80>

Several talks by Walter Jehne on soil recovery and climate change

### **Organizations working on improving biodiversity and soil health**

The Lands Council – <https://landscouncil.org>

Restoring and revitalizing the Northwest's environment

The Land Institute – <https://landinstitute.org>

Igniting a global movement for perennial agriculture

Spokane Conservation District - <https://www.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 – <https://youthops.org>

Provides opportunities for youth in their neighborhoods. Spokane youth, ages 12-18, learn about planting, tending, harvesting, soil management, farm ecology and food safety. Produce harvested from RCYO gardens is sold at farmers markets and given to food banks.

Energy savings challenge through Spokane's Sustainability Action Initiative –

<https://sustainable Spokane.org>

For those outside Spokane City limits <https://brightaction.app/newashington>

### **Water Savings Assistance**

<https://my.spokanecity.org/publicworks/water/water-wise-spokane> for help reducing your water usage.

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

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

Kris Major at (509) 625-6521

Vets on the Farm – <https://www.spokanecd.org> email <mailto:ailto:mailto:VetsontheFarm@gmail.com> 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 while using regenerative and organic techniques.

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?