

# Build Resilience Into your Farm



*Healthy soil, healthy planet, healthy people*





FARMERS & ACTIVISTS

By far the most terrifying film  
you will ever see.

# an inconvenient truth

A GLOBAL WARNING





2007



# Connecting to Our Community







**NOT EASY**



An aerial photograph of a vast tea plantation on rolling green hills. The tea bushes are arranged in neat, winding rows that follow the contours of the land. In the background, the hills are shrouded in a soft, white mist, creating a sense of depth and tranquility. The overall color palette is dominated by various shades of green, from vibrant emerald to muted forest greens, with a touch of white from the mist.

# Regenerative Agriculture

A photograph of a plant with its roots and soil, symbolizing soil health. The plant is green and has a large, dark brown soil mass attached to its roots. The background is a plain, light gray.

# The Biggest Solution

Solving our food, water, health and climate crisis by  
rebuilding soil.

**Stopping 100% of CO2 emissions =**

**200 Years**



**HIGHER YIELDS**

**LESS INPUTS**

**INCREASED  
PROFITS**

**CARBON RICH  
FARMLAND**



**Least  
Disturbance**



**Living  
Root**



**Soil  
Armor**



**Animal  
Integration**



**Increased  
Biodiversity**











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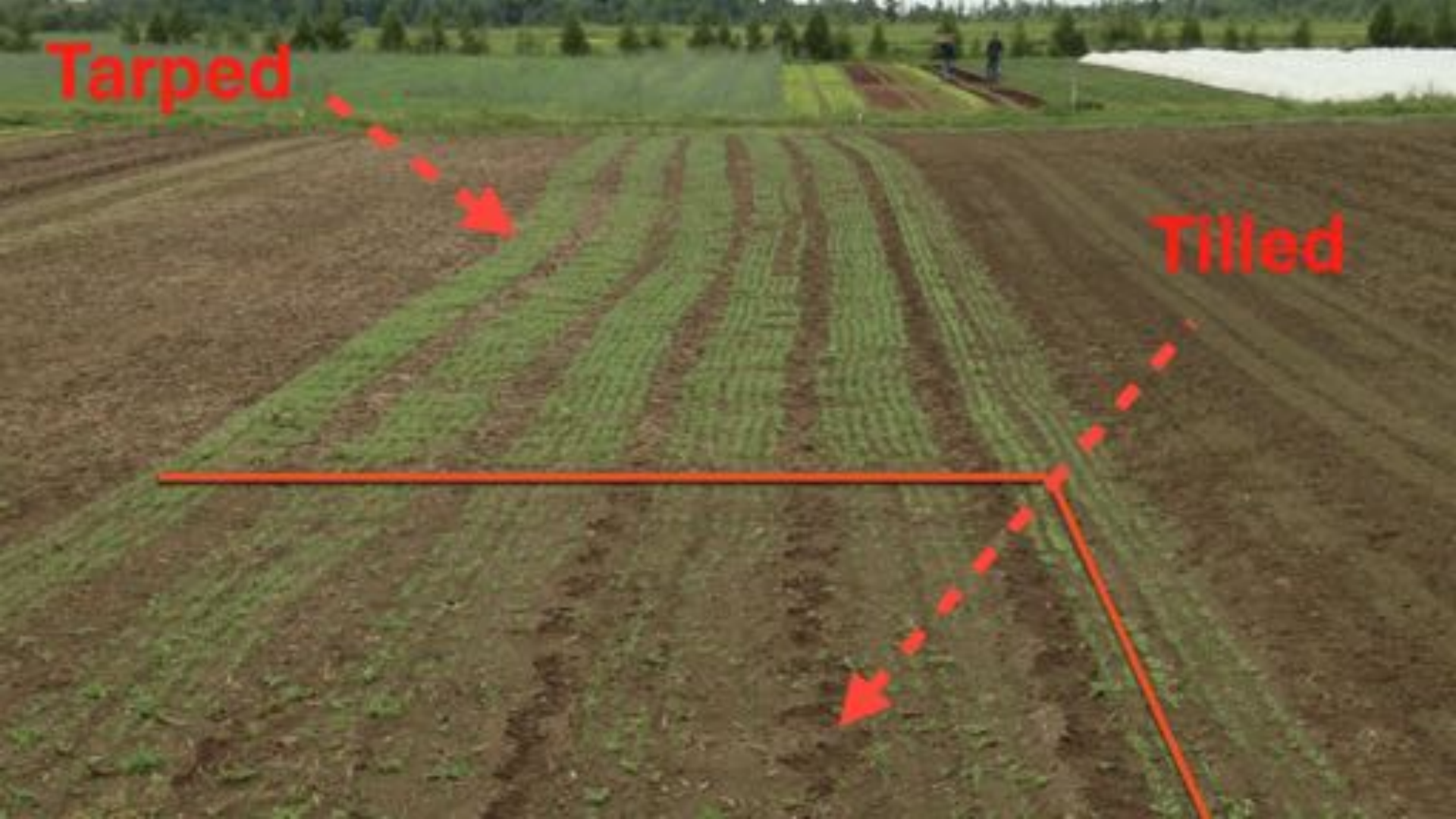






**Tarped**

**Tilled**





## METHODS

Brent and Gillian compared three methods of bed preparation for succession plantings of lettuce, spinach and mustard greens:

1. Tarp without tilling first, then till or tine weed if necessary before direct seeding (minimum tillage, MT)
2. Till then tarp, then till or tine weed if necessary before direct seeding (till, tarp; TT)
3. Till and leave uncovered, and till before direct seeding (control)

Control beds were beside the tarped beds and they planted the **same crop at the same time in all beds.**

**5x throughout growing season**

Table 1

Tillage scores for bed preparation in Brent and Gillian's tarp trial

Treatment	Tillage Score
No-till after harvest, tarp, till if needed (minimum tillage; MT)	0 no-till before tarp + 0.2 for tine weeding + 1 for tillage <b>Min 0, Max 1</b>
Till after harvest, tarp, till if needed (till, tarp; TT)	1 till before tarp + 0.2 for tine weeding + 1 for tillage <b>Min 1, Max 2</b>
Till after harvest, till before planting (control)	2 till before bare <b>Min 2, Max 2</b>



Tine weeding, rated here at 20% the impact of tillage, is shallow but thorough for prepping a seed bed.

A photograph of a field of harvested leafy greens. The plants are arranged in rows, with a mix of dark red and light green varieties. The text "Harvested Greens" is overlaid in white, bold font across the center of the image.

# Harvested Greens



Tarp

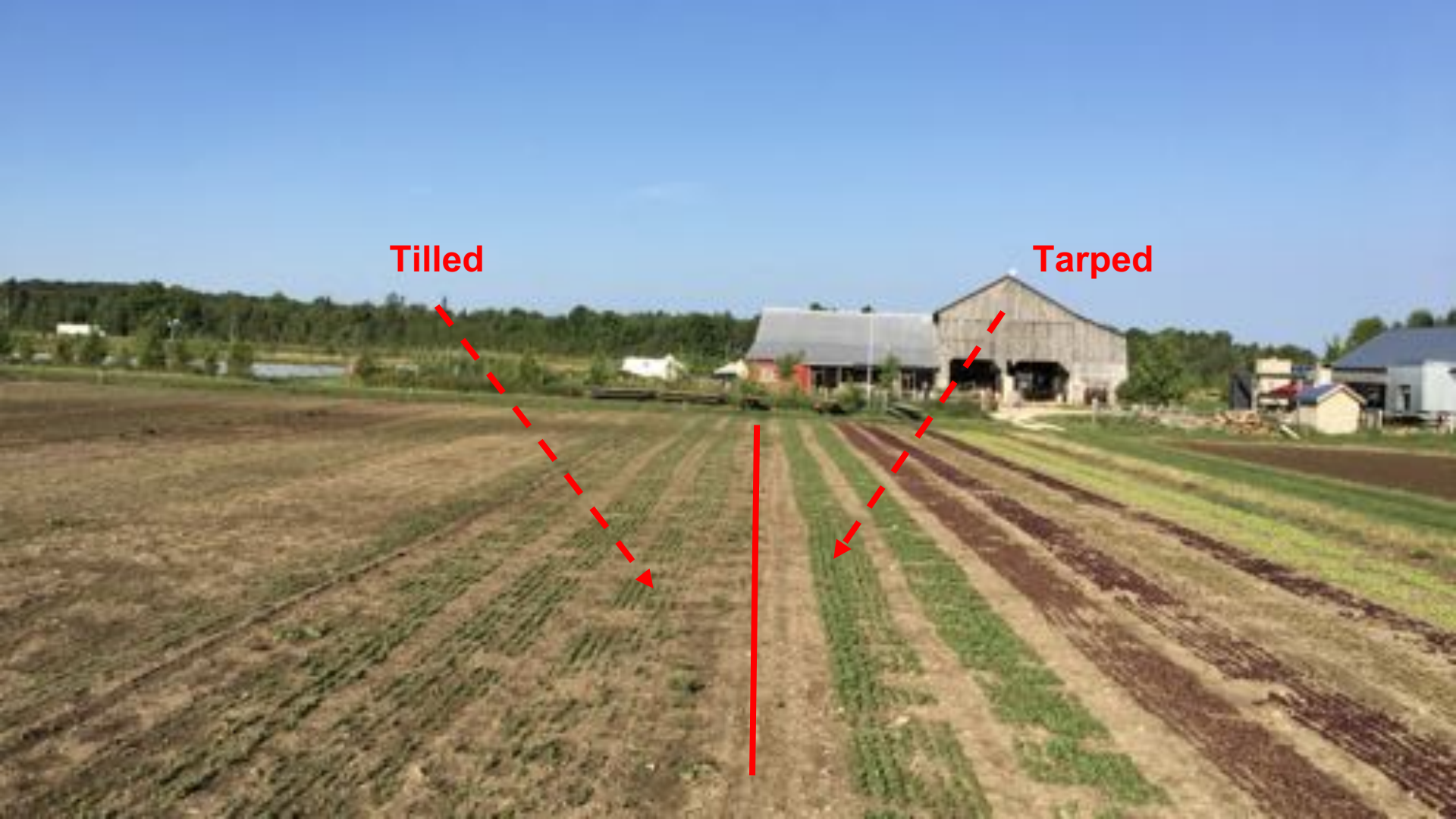




**After 2 Weeks**

**Tilled**

**Tarped**















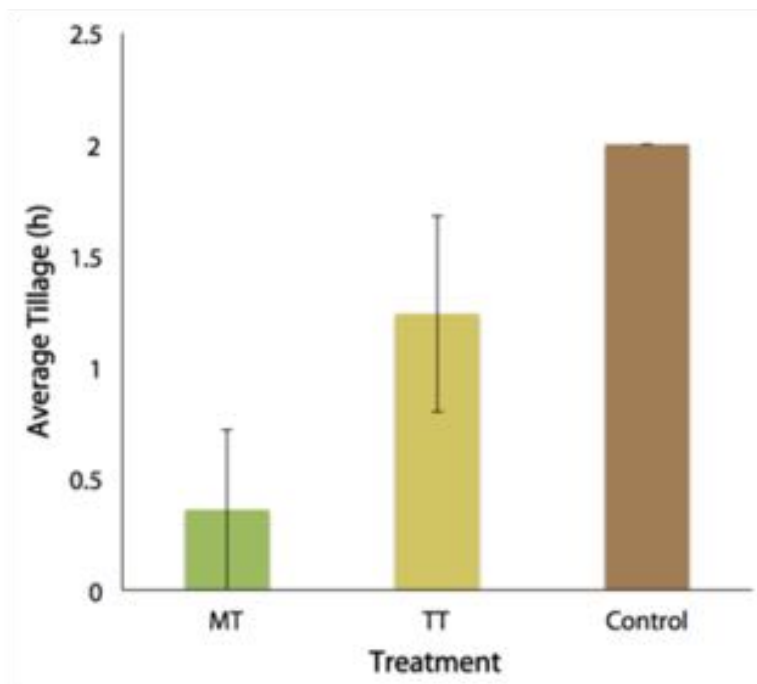
NO Till

Till





**RESULTS:**  
**Tillage**



Tarped beds, without tilling before and with minimum tillage after (MT), reduced tillage by 82%.

Tillage before taring (TT) reduced tillage by 39%.

**RESULTS:**  
Tillage

Table 2

**Crop growth comparison for tilling before tarping (TT), no-till before tarping with minimum tillage before direct seeding (MT) and tilled control.**

	Treatment	Lettuce	Spinach	Greens
Weeks to harvest	MT	4	3	2.5
	TT	5	4	3
	Control	5	4	3

All greens grew faster when soil was managed with tarps and minimum tillage (MT).

There was **no** difference in growth of greens when soil was tilled before tarping (TT).







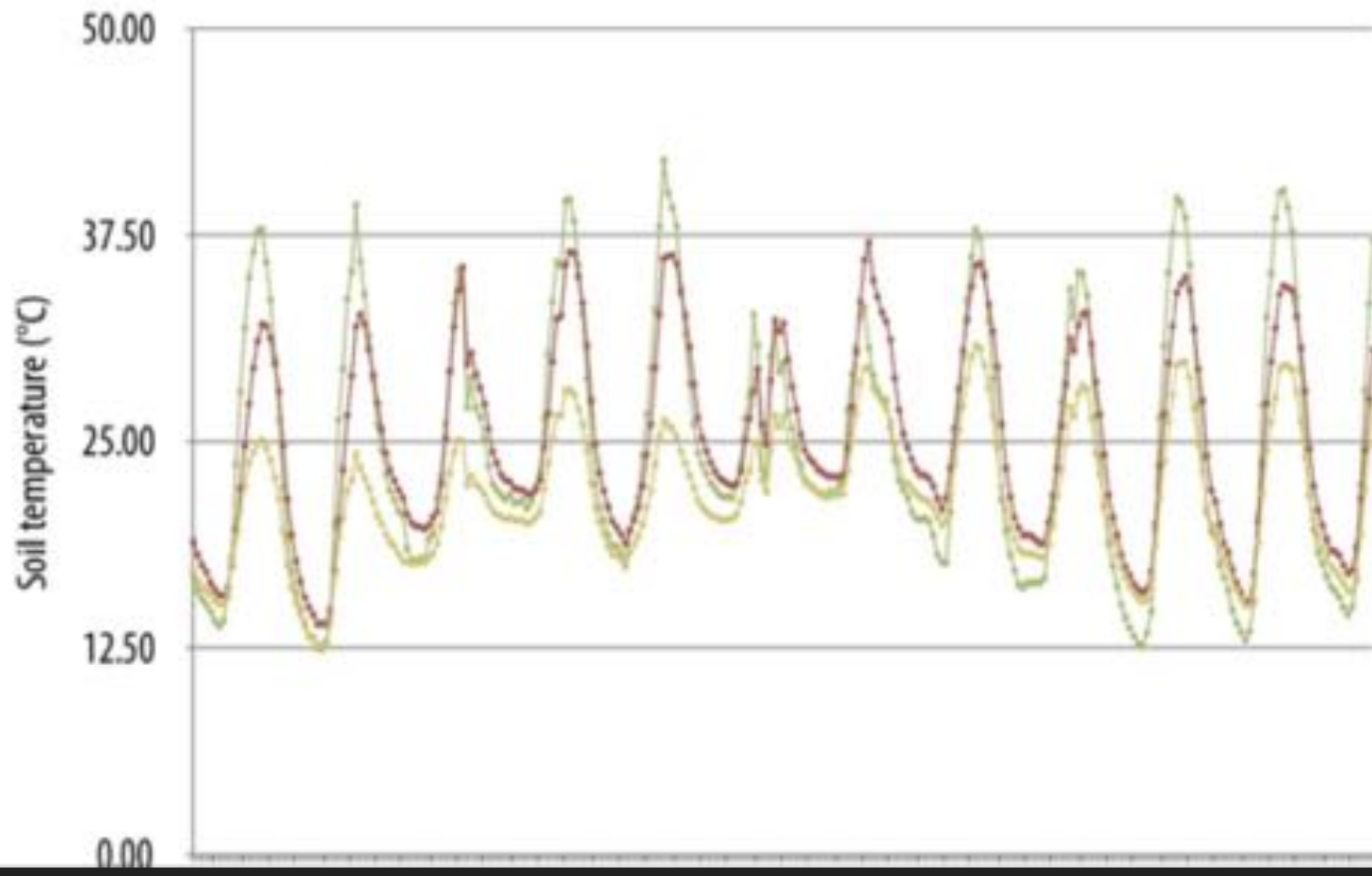




Fabric

Tarp

Control





what's underneath

*healthy* soil has amazing water-retention capacity.



Every

**1%**

increase in organic matter results in as much as



**25,000**

gal of available soil water per acre.

Source: Kansas State Extension Agronomy e-Updates, Number 257, July 6, 2012



United States  
Department of  
Agriculture

Want more soil secrets?

Check out [www.nrcs.usda.gov](http://www.nrcs.usda.gov)

**NO  
Till**



**Till**



**Least  
Disturbance**

**Living  
Root**

**Soil  
Armor**

**Animal  
Integration**

**Increased  
Biodiversity**











INTERNATIONAL  
180

**Building resilience through....**

**COMMUNITY**

**&**

**WELL BEING**

**Breakdown in rural communities**

**Lack of connection to food and the  
land**

**Feeling disempowered**

**Breakdown in rural communities**

**Lack of connection to food and the  
land**

**Feeling disempowered**

**Farmers report DEPRESSION  35%**

**Farm Crisis**

# Connecting Through Education





# Connecting to Industry





















\$1,000,000



Farms for Change







# THE NEW FEAST

A Dinner To Combat Climate  
Change



REGENERATIVE EVENTS



What would it be like if we sat  
down to a meal that helped  
reverse climate change? If the  
food we ate helped heal the  
environment, and ourselves?

It would be delicious.





Canadian Organic Growers  
Cultivons Biologique Canada



ECOLOGICAL FARMERS  
ASSOCIATION OF ONTARIO



FARMERS  
FOR CLIMATE  
SOLUTIONS

A BETTER FUTURE STARTS  
ON THE FARM.

TAKE ACTION

[www.farmersforclimatesolutions.ca](http://www.farmersforclimatesolutions.ca)



# Farms for Change Video - 2019

<https://www.youtube.com/watch?v=85C4KNUshdM&feature=youtu.be>