



# Regenerative Principles

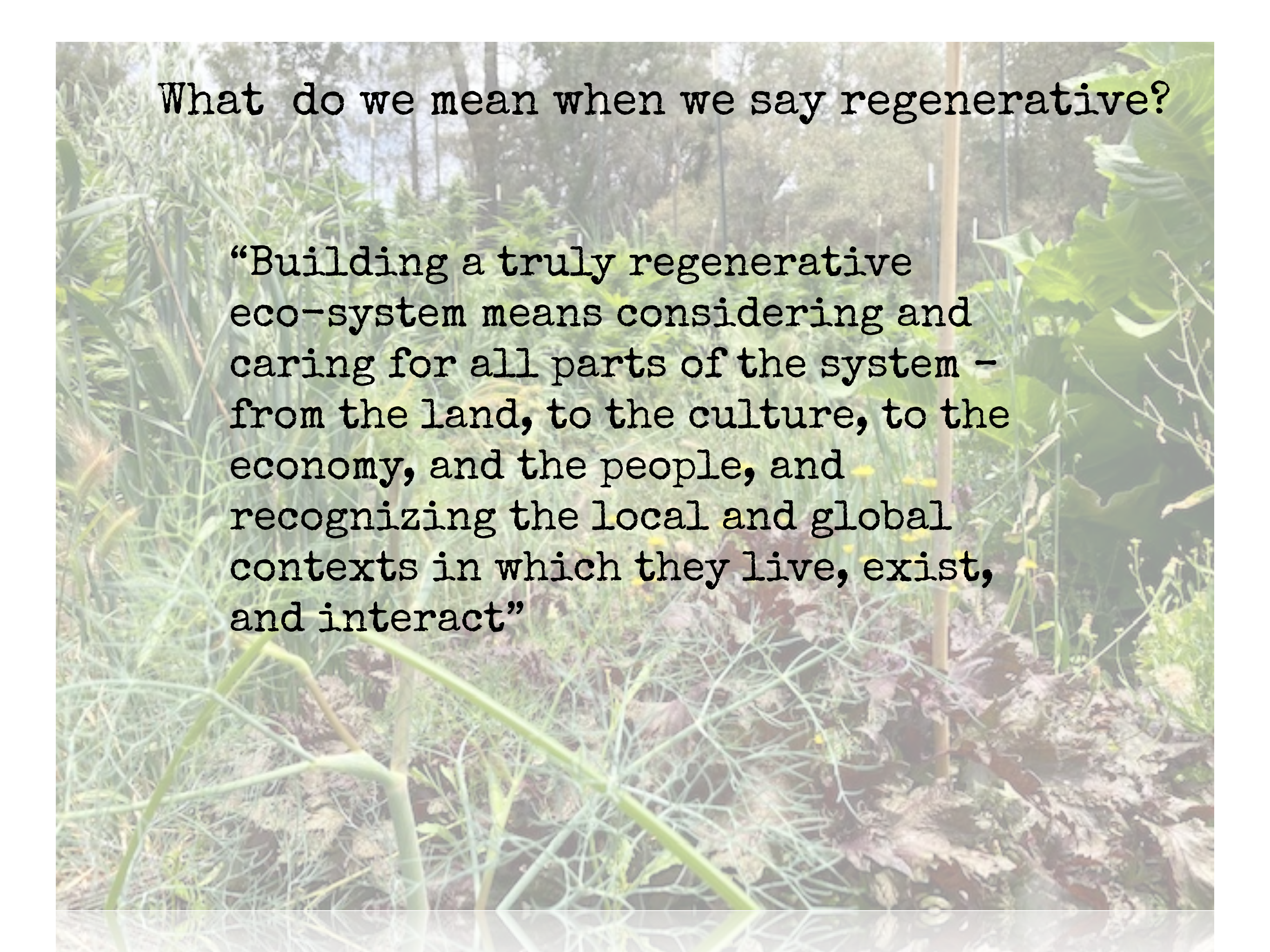
Guiding Resilient Communities

Holistic Health Community

December 16th 2021

# Program

- Regenerative? What do we mean?
- Building soil- Regen - Agri - Culture  
examples of the basics Regenerative  
Agriculture Principles
- The Cannabis economy as a vehicle for  
economic and community vitality
- Planning Community Based Agriculture
- Next Steps for HHC
- Discussion/Q&A



What do we mean when we say regenerative?

“Building a truly regenerative eco-system means considering and caring for all parts of the system – from the land, to the culture, to the economy, and the people, and recognizing the local and global contexts in which they live, exist, and interact”

# Extractive Model

Linear /Materialist

Extraction

Manufacture

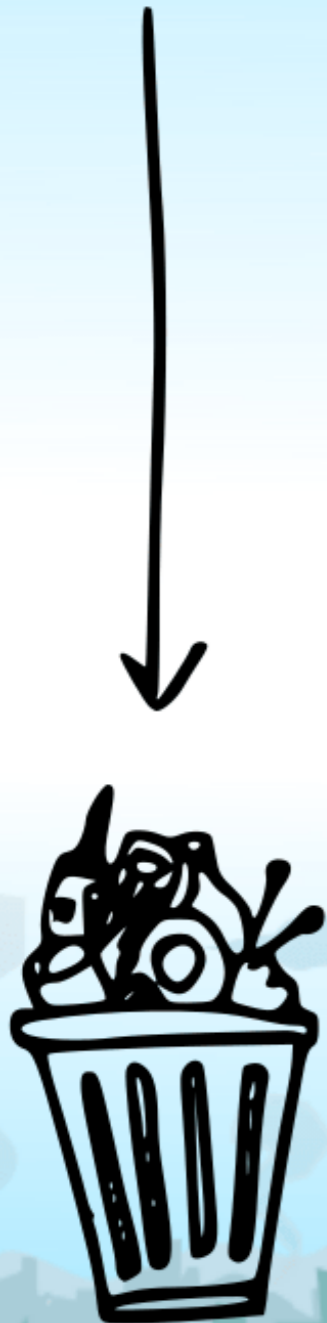
Consume

Discard

Self Terminating

# Linear Economy

Global industrial production, single-use, trash paradigm, petro-capital powered  
Cradle-to-grave design, local disposal



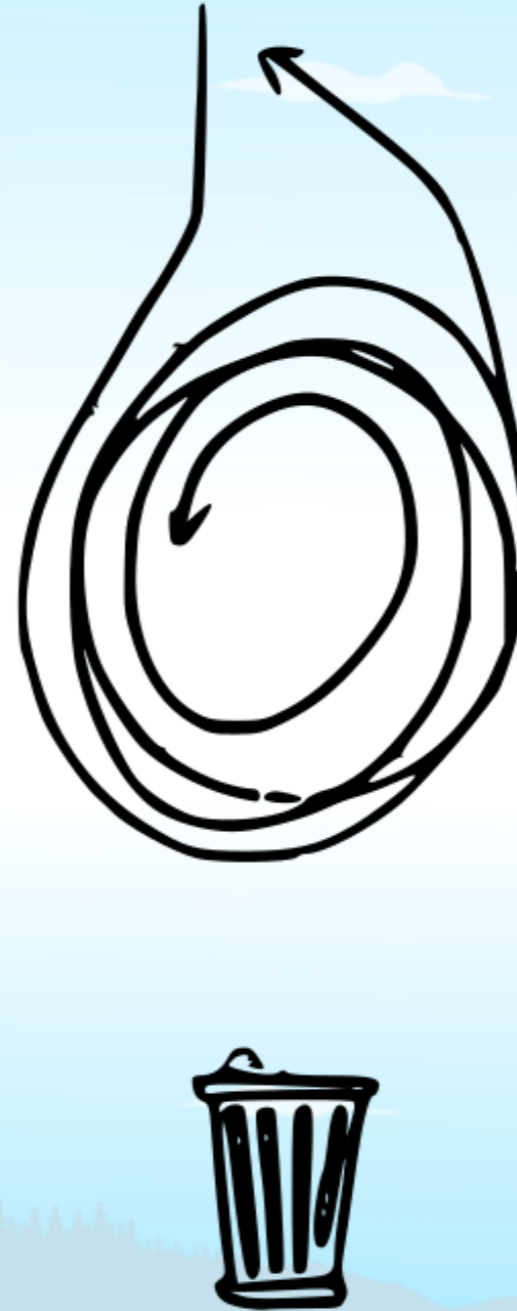
# Industrial Recycling

Global industrial production, multiple-use, trash paradigm, local disposal, petro-capital powered



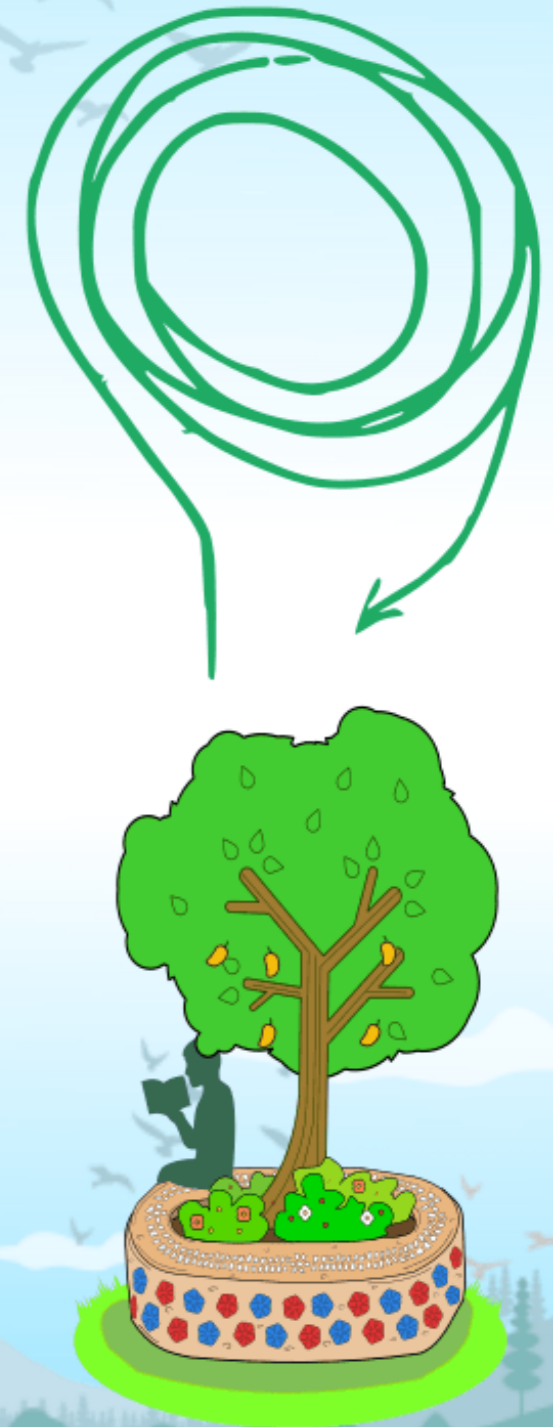
# Circular Economy

Global industrial production, indefinite-use, trash paradigm, local disposal, petro-capital powered



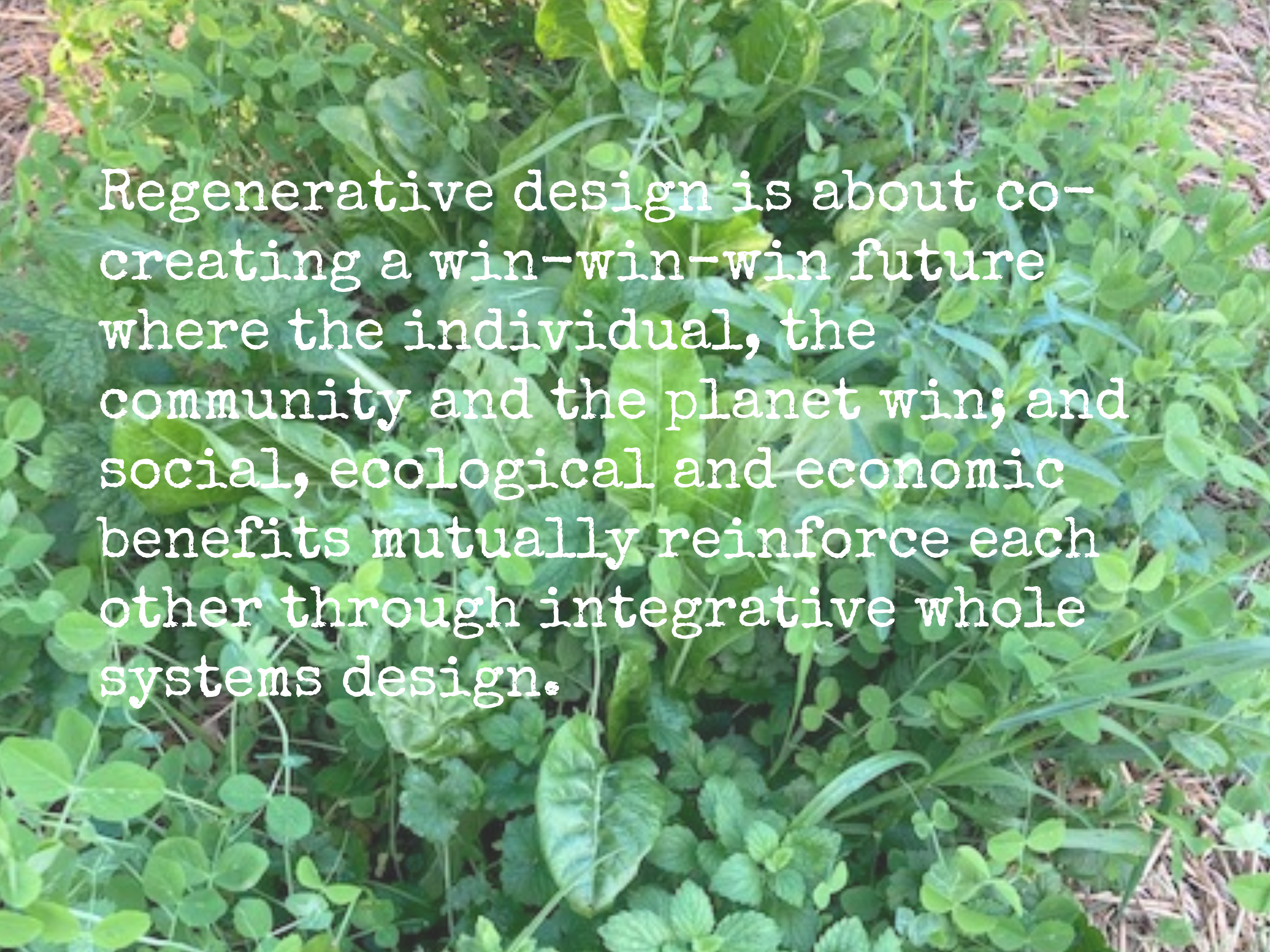
# Regenerative Living

Local production, indefinite-re-use, local enrichment, community & household empowerment  
trans-petrocapital, ayeyaw paradigm



# Regenerative Model

- Design as nature
- Maintaining ecosystem integrity
- Safeguarding diversity
- Nurturing systemic health
- Strengthening the planetary life support system

A dense field of green plants, likely a cover crop, with white text overlaid. The plants are various types of leafy greens, some with small yellow flowers. The text is centered and reads: "Regenerative design is about co-creating a win-win-win future where the individual, the community and the planet win; and social, ecological and economic benefits mutually reinforce each other through integrative whole systems design." data-bbox="67 168 896 743">

Regenerative design is about co-creating a win-win-win future where the individual, the community and the planet win; and social, ecological and economic benefits mutually reinforce each other through integrative whole systems design.

# REGENERATIVE AGRICULTURE SHIFTS THE PARADIGM

Compete with Nature

Disturb Soil

Monoculture

Reductionist



Partner with Nature

Protect Soil

Diversity

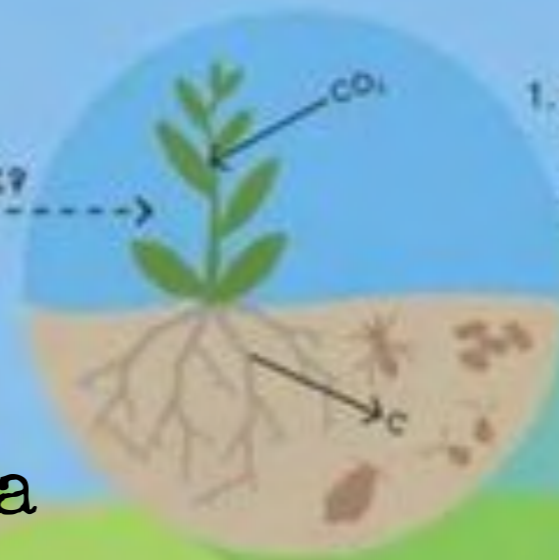
Holistic



# RE(STORE) IT!

STORING CARBON  
RESTORING SOILS

## HOW DOES IT WORK?



1. Plants absorb carbon dioxide & turn it into a carbon-based sugar
2. These sugars allow the plant to grow & absorb more carbon
3. Roots store & release some sugars deep into the soil
4. Organisms eat the sugars & build healthy soil

### PERENNIAL PLANTS & DIVERSE CROPS

Provides harvests for several growing seasons from a single planting

Kernza

### COMPOSTING

Supplies nutrients to improve the health of soils and crops

### MANAGED GRAZING

Rotation of livestock according to forage availability & soil health

### FARMERS USE THESE METHODS

### COVER CROPPING & CROP ROTATION

Covers exposed ground between plantings

### ZERO OR LOW TILLAGE & MULCHING

Reduces ground disturbance & protects soils with natural cover

## BENEFITS OF REGENERATIVE AGRICULTURE

These practices have many benefits, from local to global.

Farmlands are restored for long-term sustained use, making surrounding communities & environments more resilient.

Research shows that regenerative agriculture could sequester 100 percent of yearly CO<sub>2</sub> emissions, a significant step towards reversing climate change.

### BUILDS HEALTHY FARMLANDS

- improves soil health & structure
- improves water holding capacity of soil
- reduces erosion
- increases production
- improves adaptation to climate change

### SUPPORTS FARMERS & FARMWORKERS

- reduces exposure to harmful chemicals
- improves & revitalizes rural economies
- reduces time, labor, input, & fuel costs
- improves quality of life

### PROTECTS LOCAL ENVIRONMENTS

- improves biodiversity & wildlife habitats
- reduces air & water pollution from dust, manure, & pesticides
- reduces use of synthetic chemicals
- reduces unused plant & animal wastes

### BENEFITS CONSUMERS & THEIR FAMILIES

- improves nutritional quality of food
- improves diversity of diets
- improves food security
- reduces exposure to toxic chemicals

### REVERSES GLOBAL CLIMATE CHANGE

- reduces respiration of carbon from soil
- improves capacity of soil to store carbon
- reduces emissions from input production
- reduces on-farm fuel use

Implementation is site specific and depends on soil characteristics, crops grown, & local climates. Practices are rooted in organic methods and can be integrated into farms and pastures transitioning from conventional to organic.

Learn more: <https://greatwork.org/restore-it>





Building soil as a  
way to build  
community

“Soil to Soul”

“Healthy Soil  
Healthy Food/Plants  
Healthy People”.

# Core Principles

- Keep the soil covered,
- Minimize soil disturbance,
- Maximize crop diversity,
- Maintain living roots in the ground year-round,
- Integrate livestock.
- CLOSE THE LOOPS

Keep the soil  
covered



A photograph of a young green plant growing in a field of dry, brown stubble. The plant is in the center, and the background is filled with dry, brown stalks of previous crops. The text "Minimize Disturbance" is overlaid on the image in a large, black, monospace font.

# Minimize Disturbance

- Planting into stubble or decomposed earlier plantings
- Hand Planting or minimal use of machinery



“In community, we create something grander and more complete than any one of us alone, like cells in the body that together create coherent being.”

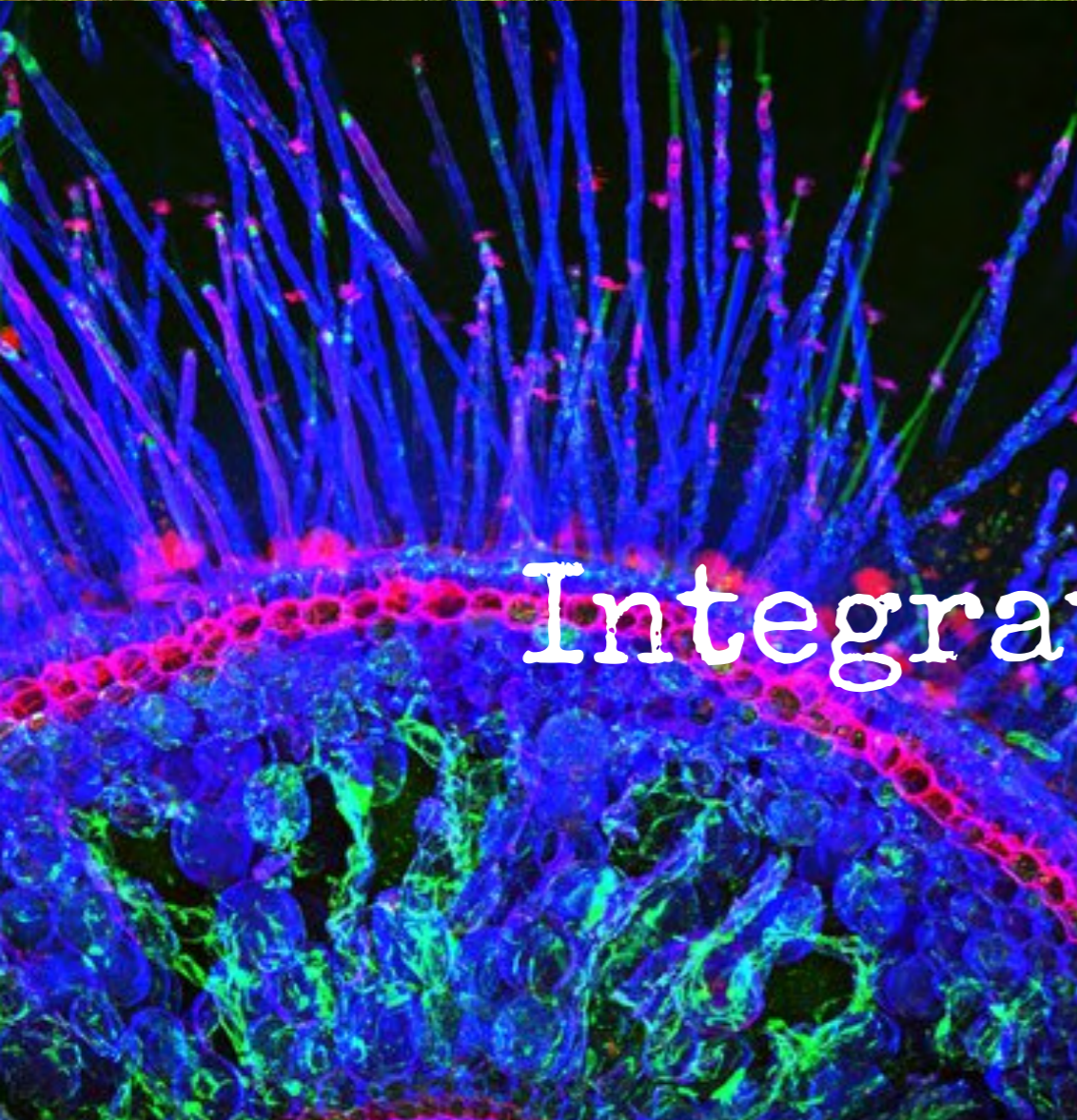
# Maximize Diversity

- Plant Guilds
- Companion Planting
- Native and Cultivated
- Money Making
- Restorative
- Heritage-Heirloom
- Multi use
- Look for Strengths in existing systems



Maintain Living  
Roots



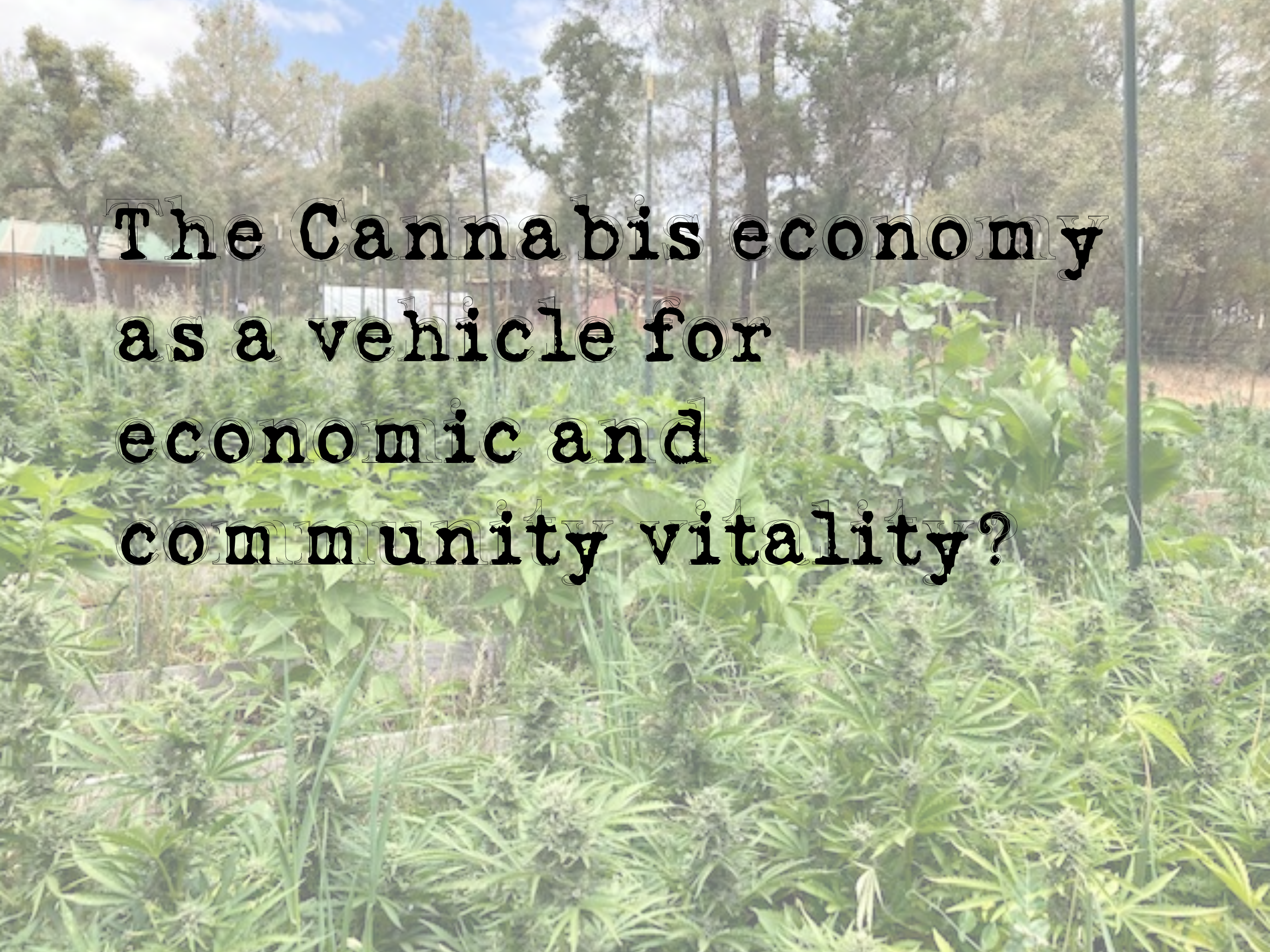


Integrate Livestock

# Close The Loops

Circulate energy/ Financial resources within a local economy/ecosystem as much as possible. Minimize externally obtained inputs.

- Composting
- Seed Saving/Breeding
- Nitrogen Fixing and Nutrient Trapping Cover Crops
- On Farm Mulching Materials/Chop and Drop
- Compost Teas and Simple Ferments
- Korean Natural Farming—Farming Local Microbes
- Water recycling
- Materials Creation and Reuse

A photograph of a large field of green cannabis plants growing in a garden or farm setting. The plants are densely packed and appear to be in the early stages of growth. In the background, there are trees and a fence, suggesting an outdoor cultivation environment.

**The Cannabis economy  
as a vehicle for  
economic and  
community vitality?**

# Why Cannabis?

- Paradigm Shifter
- Economic Driver
- Rich Cultural History
- Multi Use Plant
- Good addition to polyculture Systems
- **CULTURAL MOMENTUM**

# Paradigm Shifter

- Social Transformation
- Reparative Justice
- Plant Based Medicine
- Self Empowerment
- Shift away from Corporate Culture
- Public Perception

# Economic Driver

- Coops
- Micro-business
- Value added products
- Cannabis Tourism
- Education and Training
- Community Controlled

# Coops

- Increased Power in Marketplace
- Shared Vision and Resources
- Regional Emphasis





# Micro Business

Producers  
Small Scale processing-Value  
added products  
Drying and Processing  
Facilities  
Delivery





# Cannabis Tourism

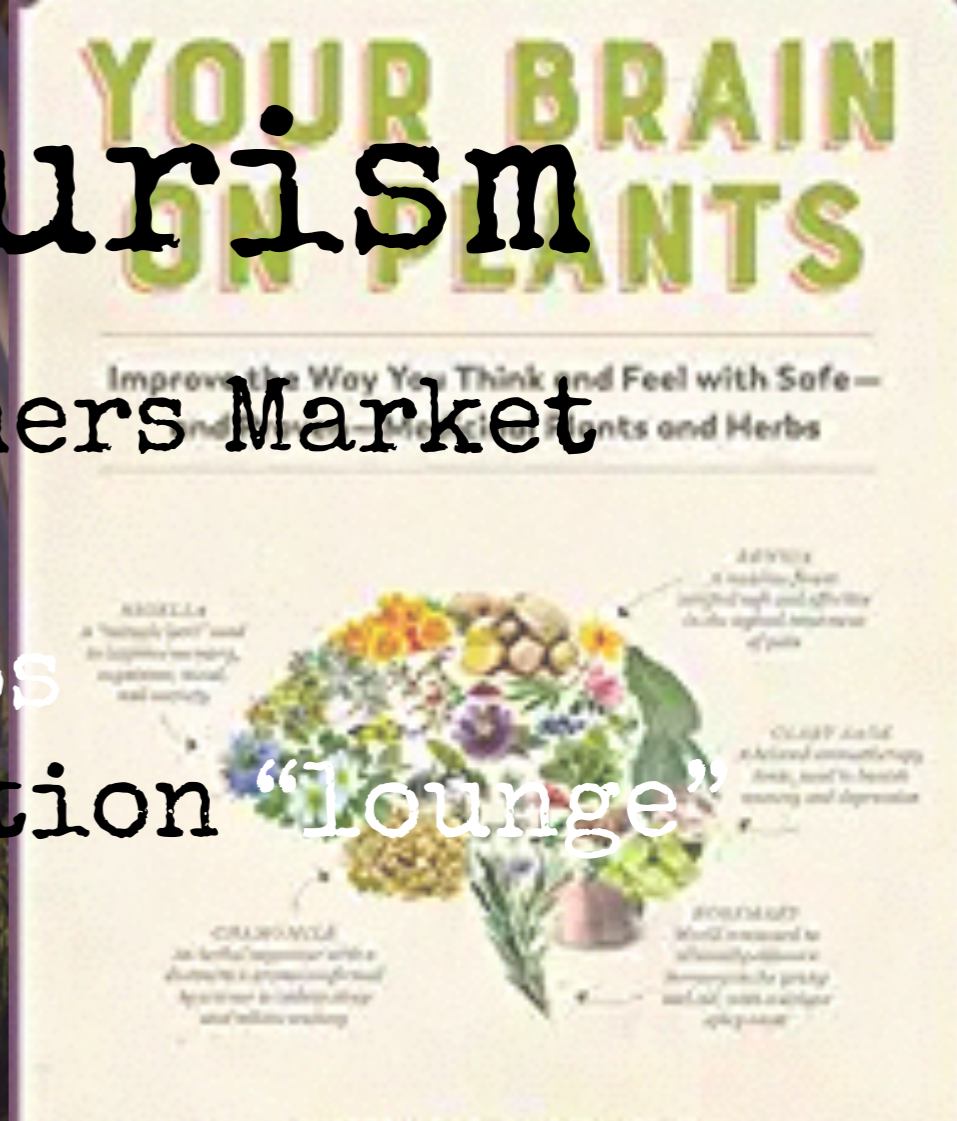
On Farm Dispensary/Farmers Market

Farm internships

Plant Medicine Workshops

Arts Venue with Consumption “lounge”

Cannabis Friendly BnB





Sol Spirit Farm  
Glamping Sites



# Education and Training



Workshops  
Growschool  
Nursery and Breeding  
Seed Production



# Rich Cultural History

- 5,000 year history of use
- Regionally adapted
- Culturally significant for healing and Transformation

麻實音實味辛平有毒主五勞七傷利五藏下血寒氣  
 破積止痺散膿多食令見鬼狂走久服通神明輕身  
 一名麻勃此麻花上勃勃者七月七日採良○麻  
 子味甘平無毒主補中益氣中風汗出逐水利小便  
 皮黃白夏且求七月七日採良○麻子

麻實麻子



火麻仁

huǒ má rén

GOVT.  
AUTHORISED  
**BHANG**  
**SHOP**



COME & ENJOY  
GOVT. AUTHORISED  
**BHANG SHOP**



"If the people let government decide what foods they eat and what medicines they take, their bodies will soon be in as sorry a state as are the souls of those who live under tyranny."

~ Thomas Jefferson

**REVOLUTIONNEWS.US**



# Multi Use Plant

## HEMP FARMING FACTS



A photograph of a garden bed filled with various plants. In the foreground, there are green leafy plants, possibly chard or spinach, and some purple-leafed plants. Yellow flowers are scattered throughout the bed. A bamboo stake is visible on the right side, supporting a plant. The background shows a dense line of trees and a fence.

Good Addition to  
Polycultures





Multiple Cash Crops



Hoop house cultivation

# Cannabis Certification Standards



The Cannabis Conservancy SIMPLY ECO Certified standard is a comprehensive Sustainability Standard developed specifically for the Cannabis industry, considering all of its unique components. The Sustainability Standards take a holistic approach to assure TCC Simply ECO-Certified Cannabis is the most sustainably cultivated cannabis on the planet. This standard assesses a cannabis producer based on our Standards' core pillars: policy and implementation, land and infrastructure, cultivation practices, harvesting and processing, water, waste, and energy.

The background of the entire image is a close-up photograph of a cannabis plant, showing green serrated leaves and a developing flower bud with purple and white trichomes. The lighting is soft, highlighting the texture of the leaves and the intricate details of the bud.

# SUN+

# EARTH

# CERTIFIED

The **Sun+Earth Standard** goes beyond current minimum requirements for organic standards incorporating core principles of regenerative agriculture. The Standards encompass three pillars. Earth Care and Cultivation, Human Empowerment and Community Engagement. This new standard was developed when Dr. Bronner's approached The Cannabis Conservancy and Certified Kind to develop regenerative cannabis standards. The vision is a holistic, sun-grown, soil-based standard that includes provisions for human empowerment and community engagement. Dr. Bronner's generously provided funding for the project.

# Planning community based agriculture.

“We also envision organic/biodynamic gardens and a café serving food from our own gardens and other local organic sources.”

- Land Base ( Water, topography, soils)
- Infrastructure/Site ( Power, Roads, Access, Neighbors,
- Labor
- Economic Intention
- Community size



# Land

A photograph of a rural landscape. In the foreground, there is a field with some green grass and brown, dry-looking vegetation. A fence line runs across the middle ground. In the background, there are several large, leafy trees and a small, simple building with a dark roof. The sky is overcast and grey.

- “We agree to maintain a portion of the land in its primordial state.”
- “We share the responsibility for the maintenance of the land.”
- “We use regenerative principles of good stewardship, fostering the health and fertility of the land.”
- “We aspire to achieve beauty, balance and harmony.”

A large flock of white birds, likely terns, is scattered across a field of tall, green and brown grasses. The birds are mostly concentrated in the middle ground, with some visible in the foreground and others extending towards the background. The field is dense with vegetation, and the overall scene suggests a natural, undisturbed habitat. The text is overlaid on the middle of the image.

We agree to maintain a portion of the land  
in its primordial state.

A photograph of a garden with various plants and a quote overlaid. The garden is filled with green plants, some in rows and some in a more wild state. In the background, there are several trees and a small structure. The sky is overcast. The quote is written in a white, typewriter-style font.

“We share the  
responsibility for the  
maintenance of the land.”

“We use regenerative principles of good stewardship, fostering the health and fertility of the land.”




“We aspire to achieve beauty,  
balance and harmony.”



## Questions related to these concepts and Holistic Health Community.

- What regenerative oriented goals do you think are priorities in structuring the initial building of the HHC?
- How much will the agricultural endeavors of the community be oriented to revenue generation?
- Should Cannabis play a key or background role?
- What cultural shifts are you looking forward to related to Cannabis?
- Not Looking forward to?
- What hyper local energies/projects are you cultivating?

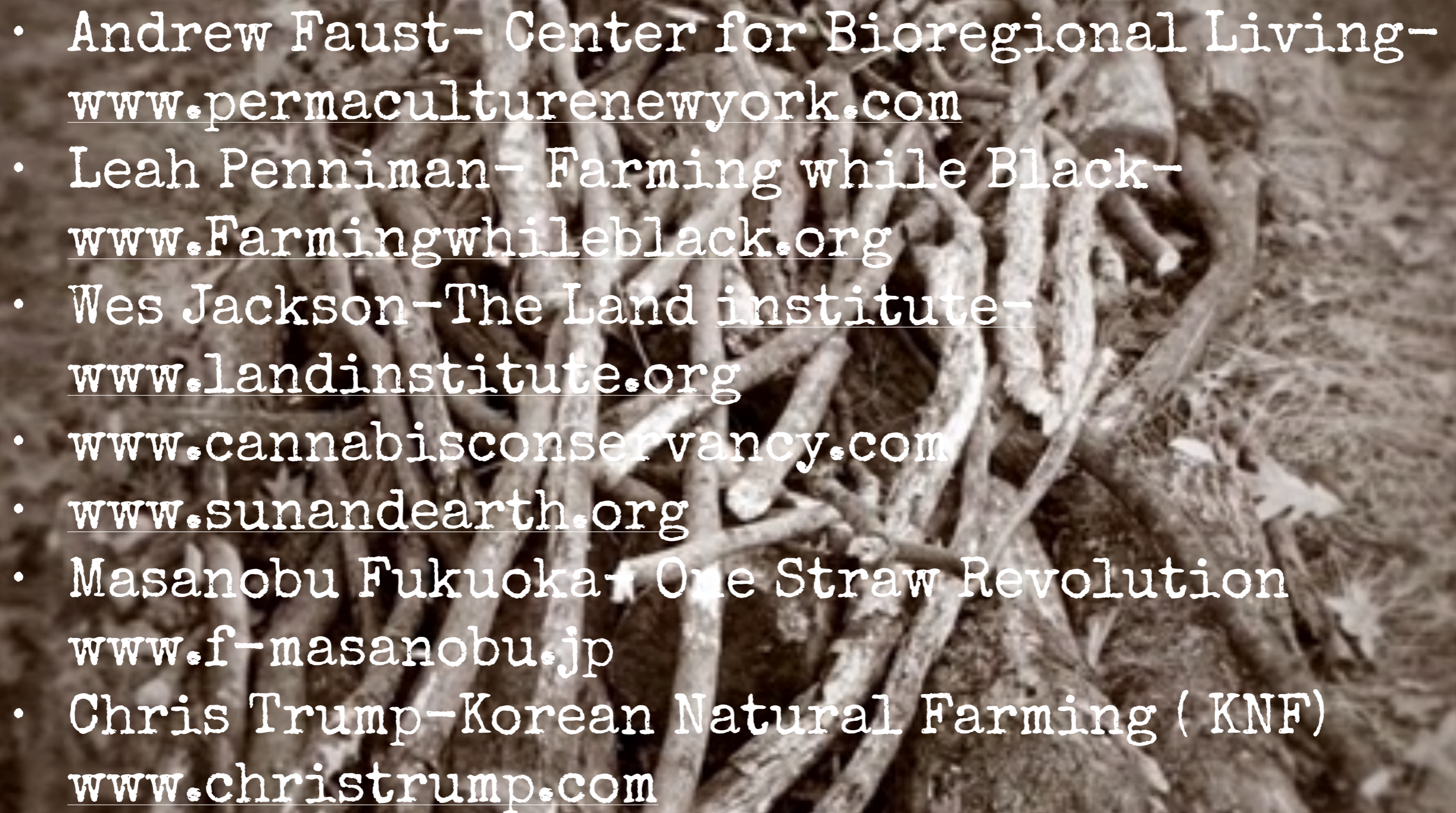
A large flock of white birds, likely terns, is scattered across a field of tall, green and brown grass. The birds are mostly white with dark caps. The background shows a dense line of trees. The text "Q&A, Discussion" is overlaid in the center of the image.

# Q&A, Discussion

# Resources

- NY Small Farma Ltd. [www.nysmallfarma.org](http://www.nysmallfarma.org)
- New York Cannabis Growers and Processors Association  
[www.nycgpa.org](http://www.nycgpa.org)
- Ethan Roland- HowGood - The world's largest product sustainability database [www.howgood.com](http://www.howgood.com)
- Dina Falconi-Falconi Formulations
- RVGA- Rondout Valley Growers Association - Keep Local Farming Strong [www.rondoutvalleygrowers.org](http://www.rondoutvalleygrowers.org)
- Grass Valley Coop [www.grassvalleygrowers.com](http://www.grassvalleygrowers.com) ( Hudson Valley Resident in California)



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- Andrew Faust— Center for Bioregional Living—  
[www.permaculturenewyork.com](http://www.permaculturenewyork.com)
  - Leah Penniman— Farming while Black—  
[www.Farmingwhileblack.org](http://www.Farmingwhileblack.org)
  - Wes Jackson—The Land institute—  
[www.landinstitute.org](http://www.landinstitute.org)
  - [www.cannabisconservancy.com](http://www.cannabisconservancy.com)
  - [www.sunandearth.org](http://www.sunandearth.org)
  - Masanobu Fukuoka— One Straw Revolution  
[www.f-masanobu.jp](http://www.f-masanobu.jp)
  - Chris Trump—Korean Natural Farming (KNF)  
[www.chistrump.com](http://www.chistrump.com)

- 1 [www.regrarians.org](http://www.regrarians.org)
- 2 <http://savory.global>
- 3 [www.rodaleinstitute.org](http://www.rodaleinstitute.org)
- 4 [www.mashumus.com](http://www.mashumus.com)
- 5 [www.whatifwechange.org](http://www.whatifwechange.org)
- 6 <http://tiny.cc/floating-ecosystems>
- 7 [www.regenesisgroup.com](http://www.regenesisgroup.com)
- 8 [www.integrativedesign.net](http://www.integrativedesign.net)
- 9 [www.living-future.org](http://www.living-future.org)
- 10 [www.8shields.com](http://www.8shields.com)
- 11 [www.regenerativedesign.org](http://www.regenerativedesign.org)
- 12 [www.regenterprise.com](http://www.regenterprise.com)
- 13 [www.capitalinstitute.org](http://www.capitalinstitute.org)
- 14 [www.planetaryculture.com](http://www.planetaryculture.com)
- 15 <http://tiny.cc/des-res-cultures>
- 16 <http://tiny.cc/gaia-e-learning>

# Thank You



- Brian Farmer—  
[brian@cannabisconservancy.com](mailto:brian@cannabisconservancy.com)
- 845-303-9725