

POST-SCREENING DISCUSSION GUIDE

The following post-screening discussion guide can be used during a conversation with your community to incite further introspection and deeper thinking about regenerative agriculture. Feel free to use the below questions to get your participants engaged, share a few calls to action with them, and point them towards resources for further learning.

GENERAL QUESTIONS

Do you know a local farmer to source from? If so, do you know about their practices? Here are a few great questions to dive deeper with your farmer or local farmers market liaison:

- Have you thought about implementing regenerative farming practices, or is your farm already partially or wholly regenerative? Or organic?
- Do you use pesticides, herbicides, fungicides, antibiotics or chemical fertilizers?
- Do you use cover crops?
- Have you tried no-till or low till?
- Do animals help create the ecosystem of your farm, perhaps as a part of well-managed grazing systems or regeneration?
- What are your main challenges with going organic/regenerative?

What is the main point that stood out from the Regeneration: The Beginning that you didn't know before?

If we fail to transition from conventional to regen agriculture, what do you feel is at stake? Beyond the environmental factors, consider the social implications as well.



Have you had a personal health experience that is connected to the exposure of toxins or conventional food?

Do you know the difference between organic and regenerative farming?

Our friends at the Rodale Institute are spearheading the certified regenerative organic agriculture initiative, using organic as a baseline. Learn more about it [here](#).

DIVING DEEPER QUESTIONS

Have you experienced benefits from eating seasonally? This [Seasonal Food Guide](#) is a great resource to check if a food is in season. They also have a mobile app for when you're on the go!

Help viewers connect the dots between [soil health](#) and [human health](#). We can't grow as nutrient-dense food unless our soils are teeming with biodiversity and lovingly cared for by the farmers. How do you view soil health contributing to community health or planetary health?

At Farmer's Footprint, we've realized the importance of place time and time again. It shapes the food we grow and eat, the places we call home, and the communities we thrive in. How can place-based foods, or foods historically native to a particular region, foster a greater understanding of food, land, and community?

- Do you know which foods are native to where you live? The [Ark of Taste](#) is a living catalog of delicious and distinctive foods facing extinction. It highlights indigenous and native foods from around the world to create a bridge between heritage and biodiversity.
- Have you tried foraging? This is another powerful way to discover seasonal and local foods. To get inspired, check out [Pascal Baudar](#) - he's a wild food foraging legend with many great books. The [Picture This](#) plant identification app is also a great tool for your foraging adventures.



The benefits of farming regeneratively at scale are clear, but there are also steps you can take to do your part at home. It's estimated that 20 million 'victory gardens' popped up during World War II, producing more than 40% of the country's fruits and vegetables. This movement towards independently grown food had a tremendous impact on the US's food supply. We are inspired by seeds selling out across the US and the resulting increase in home gardening since the novel coronavirus in 2020.

- Do you have a home garden? Do you compost? Are you facing any specific challenges? Our [Aspiring Farmers resources](#) can help you begin or start your own victory garden journey.

Pondering this quote from the film *Regeneration: The Beginning* "At least 90% of what we ate everyday came from the farm, but my education told me that we weren't doing things right. Suddenly, all of the things that we didn't seem to need when I was growing up like the antibiotics and a lot of the farm chemicals and the livestock pharmaceuticals and feed supplements all of a sudden became very important and I was convinced that if we were going to keep up with the times, we had to have that. And over the years what I discovered was that we were having more and more problems, not less. That in spite of all the research we were doing... things were not going well. Instead of solving the problem, what we were really doing was constantly putting band aids on what I now understand is a gushing wound." - Dr. Allen Williams, Soil Health Consultants, LLC.

- Regenerative principles and practices originate from generations of wisdom within Indigenous cultures and tribes; today, we've lost connection to these ancient principles of land stewardship. What can we learn from looking at the agricultural experiences of Indigenous Peoples and those who came before us? Do you remember the techniques your grandparents used when farming?



As Karlie Breitzkreutz shared, “what we’re doing here is setting our property up for my kids and grandkids to farm it, because the biggest thing I’ve ever learned is we never own this land we simply rent [it] from the next generation.”

- According to Sun Rose Iron Shell from the Rosebud Indian Reservation, Indigenous Peoples always plan for the next 7 generations. Do you engage in conversations and problem solving from a legacy mindset, keeping the next 7 generations in mind? What benefits are there to viewing our possessions as borrowed or rented rather than owned?

Over 26 million kids play sports on fields and 65% of fields are sprayed with harmful pesticides (specifically glyphosate). Find out if your public parks, schools, HOA’s, and landscapes are being sprayed with glyphosate, and check out [Non-Toxic Neighborhoods](#) to learn how you can get glyphosate banned in your community.

Our Farmer’s Footprint [Resources](#) and [FAQ](#) have some good topics and further research.

Read more about some of our [favorite farmers](#) here.

If people are inspired to donate, they can kindly [give here](#).

View the next page for a list of ‘Ways You Can Make The Regenerative Movement a Part of Your Life’.





SOIL POLICY ACTION TOOL

Contact your government representative and encourage them to learn about the importance of improving soil health through regenerative agriculture!



FARMER'S FOOTPRINT COMMUNITY

A gathering space for people to get involved and catalyze action around regenerative agriculture.

Join us today!



CONNECT WITH LOCAL FARMERS

Enter your city/zip code on Local Harvest or Regeneration International to find a farm, share program (CSA) near you. Or simply search an organic farm in your area and ask them if they sell direct-to-consumer!



NON-TOXIC NEIGHBORHOODS

Leverage the Non-Toxic Neighborhood Playbook to ban glyphosate in your community.

Visit here to learn more.