# REGENERATION PROCLAMATION

**Growing Nebraska's Communities From The Soil Up** 



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### RegeNErate Nebraska:

## Our Land, Our Water, Our Food, Our People, Our Way

Everything comes from the soil — all that feeds us, nourishes us, provides us with strength and community. It's who we are. Nebraskans know, as well as anyone, that soil is soul.

Even our values are rooted in the soil. Working with the land has given us independence, our sense of shared responsibility and purpose, and our devotion to each other and future generations. Whether we are farmers and ranchers or urban consumers, those Nebraska values are engrained deep in our hearts. It's how we go about our day-to-day lives, and it's how we do business.

But over the last several decades, agriculture has become increasingly industrialized. The result: we've lost control of our food system to a handful of large corporations. Industrial Ag's extractive business model, more concerned with profits than people, continues to degrade the soil, poison water and defoul the air. And in the process, this model exploits workers and animals alike, while threatening our health, safety and the well-being of our communities.

Many people have been left behind as Industrial Ag has replaced cooperation with competition, separating us from our connection to the soil and also our connection to each other. We've seen rural communities erased from the map, urban communities transformed into food deserts, and Native communities prevented from growing their traditional crops on lands that have belonged to them for thousands of years.

Just as the soil itself is under threat, so is the Nebraska way of life. It seems there is nothing left for these Industrial Ag corporations to take but our souls.

This is the way it has been — but it's not the way of the future.

RegeNErate Nebraska is a community of Nebraskans who are bucking the system, in favor of the solution which lies in the soil: regenerative agriculture.

(continued)

Cover photo and all photos by Alexis Bonogofsky

Regenerative is about going back to the way farming was, so that our future can be the one we know it can be. Studies are showing farmers can achieve great benefits by adding diversity through techniques such as cover cropping, prairie restoration, forestry, and augmented livestock grazing. For example, a recent lowa State Study shows that by simply adding another crop rotation besides corn and soybeans a farmer could eliminate 96% of chemical herbicide applications and 86% of synthetic nitrogen applications, while increasing yields. Adding diversity saves farmers money and protects our water.

Regenerative practices draw down carbon from the atmosphere and sink or sequester it in the ground. Agriculture can be our best chance to removing rising greenhouse gas emissions that exacerbate climate change, rather than being a catalyst of it.

Furthermore, going regenerative has the potential to address a myriad of intersecting crises. When farmers prioritize care of the soil, they put high-quality, nutritious food directly into the hands of people who most lack access. Regenerative farmers can partner with communities to help reclaim the urban consumer's connection to the land, and each other. And together, the farmer and

the consumer can unleash food democracy, instead of succumbing to food scarcity.

Nebraska is already home to a flourishing network of regenerative farms, and many have joined together under the farmer-owned co-op model, allowing them to pool a wide variety of products and satisfy growing demand. By giving back to the land and water what they take from it, these farmers are finding drastically reduced input costs, and even achieving higher yields.

Industrial Ag would have you believe that nutritious food is more expensive. What they don't tell you is that they have manipulated the system through perverse subsidies which artificially lower the cost of food and encourage the use of inputs such as fertilizers and pesticides that cost us all more in the long-term. They don't tell you that a vast majority of subsidies go to the top two percent of industrial farm operations, instead of smaller independent farms producing food crops, and they don't tell you that our nation could save \$8 billion per year by investing in small scale, regenerative operations.<sup>1</sup>

1. Meyers, Norman and Kent Jennifer. Perverse Subsidies: Tax \$\$ Undercutting our Economies and Environments Alike.
The International Institute for Sustainable Development. 1998.

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## Regenerative is a Native Concept

When it comes to cooperation and harmony between the land and the people, Indigenous peoples are the world's leading experts. Chief Looking Horse, great-grandson of the venerable Chief Sitting Bull, and keeper of the sacred pipe of the Lakota, Dakota and Nakota tribes teaches us of the sacred hoop between time, nature and humans. It is our responsibility as temporary inhabitants of the earth to maintain, strengthen and repair the sacred hoop. To this end, Native leadership and knowledge are a key aspect of Regenerate Nebraska. We are honored to be joined in partnership by local tribes, including the Winnebago, Ponca and the Omaha Nation, who have commenced local initiatives to increase food sovereignty and quality, while preserving and protecting the soil for future generations.

Winnebago Vice Chairman, Vincent Bass, reminds us, regenerative agriculture "is actually a Native concept." He continues, "If the tribe cannot produce its own food with traditional practices, the Winnebago will never be truly sovereign." This applies to all Nebraskans who understand that we must be the ones in control of our food systems, and this starts with regenerating our relationship to the land and all it provides for us. In this vein, the Winnebago Tribe of Nebraska recently launched their own Food Sovereignty Initiative in October.

The Ponca Tribe is in the process of increasing their bison herd, using regenerative practices, with plans to purchase land in northeastern Nebraska near their original sovereign territory. Additionally, the Ponca plan to open a Tribal health clinic in South Omaha that will incorporate contemporary and holistic approaches to health care. It will also include Tribal programs and services that include cultural and ceremonial activities for all Natives in the Omaha metro area. The clinic will also be utilized as a location to distribute their agricultural products and educate young people about traditional land practices and Indigenous plants. Ponca Cultural Director Dwight Howe states, "Reidentifying Indigenous plants allows for our people, especially our youth, to know who they are and where they come from. And this gives them a sense of direction of where we are going into the future, while reaffirming our sense of place in the sacred circle." In the Omaha Nation, activities around reclaiming food sovereignty are also taking place including aquaponics, and increasing the planting and use of Indigenous plants seen as sacred and necessary for medicinal purposes, while also increasing pollination, an important natural process for the growing of food.

We look forward to learning more from Indigenous partners and incorporating their knowledge and approaches as we continue to grow RegeNErate Nebraska statewide.

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# A Transformational Transition

The food choices you make impact the environment — but you can be part of the soil solution.

Whether you raise regenerative foods yourself, reclaim a vacant lot in your city to start a community garden or food forest, or help to develop a rural-to-urban food pipeline in your community, this RegeNErative Resource Guide will connect you with other Nebraskans that can get you started in a regenerative direction.

Even if — especially if — you live in a town or city and don't have a background in farming, you are part of the soil solution, because your choices control what the farmer produces, and give you access to regenerative farmers.

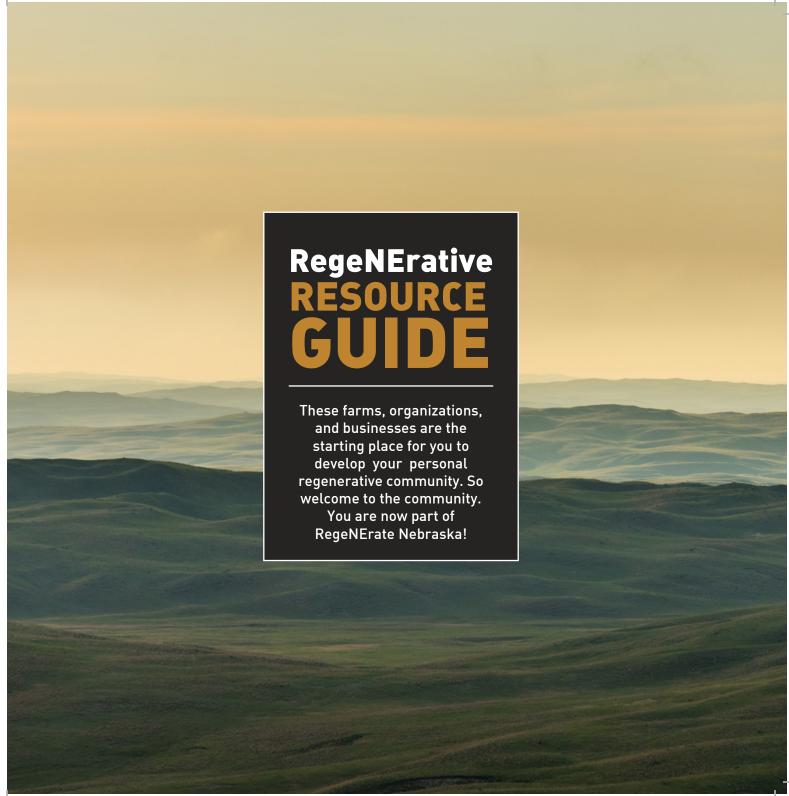
We must shift from building fossil fuel pipelines, school-to-prison pipelines, and all pipelines of oppression, and start building regenerative food pipelines — funneling

connection, community, and care to everyone living in their path. This is the regenerative way; this is the Nebraskan way.

The Nebraska state motto is "Equality Before The Law". Nebraskans even had a ban on corporate agriculture as of recently, won by a grassroots people's initiative to get it on the ballot. This is an example of how Nebraskans do business...by principle. We must continue to hold our public servants accountable to us — and ask them if they will stand with Nebraskans or the corporations that have put good people at risk.

The Emancipation Proclamation was about freeing bodies and sustaining war. The RegenEration Proclamation is about freeing ourselves from the injustice of Industrial Ag by regenerating the soil, and the Nebraska way.

We hope you will use this guide to connect with the folks who are already making this vision happen, and we hope you'll use it to grow your home community — from the soil up.



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# FARMER FOOD CO-OPS

How can you access local, regeneratively raised foods? The answer is by teaming up with farmer food co-ops to build rural-to-urban regenerative food pipelines. Food co-ops make food accessible no matter where you are, and can provide food for individuals, families, or for larger groups such as church congregations and businesses.



#### Nebraska Food Cooperative | nebraskafood.org

Nebraska's online, year-round farmers market and local food distribution service. The Nebraska Food Cooperative (NFC) brings together producers and consumers who care about the land, share an enjoyment of simple food, and seek equitable relationships.

Beth Kernes Krause am@nebraskafood.org 1-800-992-2379



#### Lone Tree Foods | lonetreefoods.com

Lone Tree Foods connects local farmers with wholesale and individual food buyers in Nebraska and Iowa. We work with small and medium sized farms who embody thoughtful and sustainable agricultural practices. Our mission is to make local food convenient and accessible.

Justin Jones, General Manager info@lonetreefoods.com 402-613-2035

### REGENERATIVE BEEF

Nebraska used to be known as "The Beef State". These regenerative cattle farmers are helping Nebraska reclaim that title with steak that never calls for steak sauce.



#### Ficke Cattle Company - Graze Master Genetics | fickecattle.com

We offer regenerative beef consulting for farmers, and a great selection of holistically-raised fresh beef, straight from our farm to your table.

Del Ficke fickecattle@outlook.com 402-499-0329

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#### Davey Road Ranch | daveyroadranch.com

Davey Road Ranch is a Certified Organic, Certified Grassfed, and Animal Welfare Approved farming operation that produces organic grass-fed beef, organic grass-fed dairy, and grass-fed pork. We use rationed, rotational grazing, silvopasture, and conservation corridor management to maximize soil water retention and minimize runoff while providing wildlife habitat and building soil integrity.

Ben Gotschall daveyroadranch@gmail.com 402-705-8679

## REGENERATIVE DAIRY

Regenerative dairies are hard to come by these days, but there is a hidden gem in Eastern Nebraska that uses advanced regenerative techniques such as ultra high density grazing and silvopasture, and hasn't seen a chemical in over a decade.



#### Branched Oak Dairy | branchedoakcreamery.com

Branched Oak Dairy uses milk produced by Davey Road Ranch to craft artisan cheeses for local restaurants and farmers markets.

Ben Gotschall branchedoakdairy@gmail.com 402-705-8679

### REGENERATIVE BISON

The demand for bison is growing, but it is still hard to find true regeneratively raised bison. However, there are some solid providers in Nebraska, and Nebraska's Tribes are also starting to grow their herds.

#### Straight Arrow Bison - Broken Bow | straightarrowbison.com

The Straight Arrow Bison Ranch began raising bison in 1995. The operation is strictly grassfed, no medications, vaccinations, etc. They are certified grassfed through "A Greener World" (formerly Animal Welfare Approved). Bison meat

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is sold through the website, by direct sales in central Nebraska, and through distributors such as Lone Tree Foods in the Lincoln/Omaha area.

Marty & Karen Bredthauer mail@straightarrowbison.com 308-872-3066

# REGENERATIVE POULTRY

Consumers are turning away from the degenerative chicken sold by large companies like Costco, Tyson, Pilgrims Pride, and others, but some farmers are showing that returning chickens to a more native habitat can also produce chickens to scale.



#### Main Street Project | mainstreetproject.org

Main Street Project works to increase access to resources, share knowledge and build power in order to create a socially, economically and ecologically sustainable food system. Main Street provides culturally compatible Spanish-language training and support to aspiring Latino farmers, including business planning, production coaching, and access to financing. Main Street will provide training and technical assistance on system production to established farmers in the region.

Reginaldo Haslett-Marroquin info@mainstreetproject.org 507-786-9900

## REGENERATIVE PORK

Have you tried regeneratively produced pork? If you haven't you should. There is a night and day difference between retail pork, and that raised on a regenerative farm. We strongly recommend you give it a try for yourself.

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#### Erstwhile Farms - erstwhilefarm.com

Erstwhile Farms has been a family operation for 115 years. Our pigs are rotationally gleaning/grazing on organic acres, cover crops or forested areas through all seasons...so they are never just in a bare dirt lot. Our mission is to adhere to practices that protect the environment and the welfare of the animal, while providing food for year round meals on family tables. We even have an inspected kitchen on the farm for preserving our farm grown foods.

Lanette Stec erstwhilefarm@gmail.com 402-897-4065

### **FOOD FORESTS**

A young child was hungry, but even though he didn't always have food waiting at home, he knew where every apple tree, strawberry patch, and raspberry vine was. This was North Omaha in the late 1960's. Not only do food forests provide increased access to nutrition, they also feed wildlife, provide shelter from the wind and sun, and sink lots of carbon. Food forests are also a great alternative crop on the farm.



#### Omaha Permaculture | omahapermaculture.org

Omaha Permaculture (OP) is helping to elevate the discussion of regenerative agriculture in Nebraska. Human populations and natural ecosystems of the world are depending on our ability to recognize a more harmonious course of cohabitation. OP looks forward to helping Nebraska's agricultural communities network and coalesce behind the vision of a healthier future.





#### Nebraska Forestry Service | nfs.unl.edu

Our mission is to enrich the lives of Nebraska's citizens by protecting, restoring and utilizing Nebraska's tree and forest resources.

trees@unl.edu 402-472-2944

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#### Nebraska State Arboretum | plantnebraska.org

Nebraska Statewide Arboretum is a member-based nonprofit that believes in grassroots efforts to achieve our mission. Over the last 39 years of work we have come to understand that landscapes can have a dramatic impact on quality of life—they renew our environment, improve our health, increase social interactions, deepen our sense of place and provide opportunities for learning. Landscapes open up possibilities for on-the-ground transformation and purposeful beauty.

arboretum@unl.edu 402-472-8478

### **COVER CROPPING**

One of the most important principles of regenerative farming is cover cropping because it sinks lots of carbon, increases organic matter — which leads to less reliance on synthetic nutrients and chemicals — and increases productivity. More roots in the ground also means cleaner water.



#### Green Acres Cover Crops | greenacrescovercrops.com

Our focus is helping farmers build resiliency into their farming operations. Ecological/regenerative farming is what we specialize in, with an emphasis on soil health, nutrient cycling, increased yields, water infiltration and holding capacity, and most importantly, producing nutrient dense crops and forages. When we focus on growing for nutrient density, we automatically get the yields as quality increases.

Nate Belcher nate@greenacrescovercrops.com 402-580-0015

# REGENERATIVE SMALL GRAINS

Regenerative popcorn, dog food, quinoa, rice and sunflower are just a few products that come from this amazing farm.

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#### Grain Place Food | grainplacefoods.com

The mission of Grain Place Foods is to provide its customers with grain products that are grown and produced in an ecologically sustainable and socially responsible manner — with the conviction that how your food is produced does matter!

Dave Vetter info@grainplacefoods.com (402) 854-3195

#### Roberts Seed, Inc. | robertsseed.com

Roberts Seed is a specialty grain and grain related products company located in Nebraska, in the heart of the USA. We supply certified organic and non-GMO grain, and grain-related products for food, seed and feed markets. Our products travel to domestic and international markets. 308-743-2565

### REGENERATIVE NON-GMO & ORGANIC SEED CORN

One of the best natural corn breeders is now selling bags of non-GMO and organic corn in Nebraska.



#### Prairie Hybrids | prairiehybrids.com

Prairie Hybrids was started by our grandfather, H.W. Hostetler in 1970. Two generations later, we are fortunate to carry on the family business. We believe non-GMO is a healthier choice for us and our families. Our goal is to provide seed that enables the farmer to grow a crop that is environmentally healthy for the soil, animals, and humans.

Toby Schweitzer thegoodlifene@gmail.com 402-416-7772

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# REGENERATIVE GARDENING

If you are in the city limits you can still grow foods regeneratively. Luckily you don't have to look far to access good seed, organic compost, and find professional help and solutions for your very own personal regenerative experience.

#### Paradigm Gardens - paradigmgardens.com



"Paradigm Gardens is a retail garden store that provides sustainable growing solutions for growers and producers of every size. Whether indoors or out, we specialize in everything to take you from seed to harvest, and back again. We carry hundreds of certified organic products including potting mixes, plants, pest controls, and over 600 seed varieties year round."

omaha@paradigmgardens.com Ph: 402-339-4949

### REGENERATIVE WATERWAYS, PRAIRIE RESTORATION & POLLINATORS

Nebraska was once covered by vast grasslands, but much of the land has been turned over by conventional farming, and soil quality has gradually been on the decline.

Grasses restore soil quality, are grazable, and offer plant species valuable for bees to pollinate.

# Prairie Plains RESOURCE INSTITUTE

#### Prairie Plains Resource Institute | prairieplains.org

Prairie Plains Resource Institute pioneered high diversity local wild ecotype prairie restoration in Nebraska in the early 1980s and since then has planted more than 12,000 acres of diverse seed mixes in 56 counties. Our aim is to create multi-purpose native plant communities which are ecologically functional, diverse, and well-managed. Our prairie management stresses the use of fire and, where possible, grazing, through practices that are aligned with enhancing dynamic ecological function and biodiversity. Our long-term aim is to increase our restoration and educational involvement with rangeland threatened by shrub and tree

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invasion, urbanization, fragmentation and sod busting due to misplaced economic incentives. We want to see diverse Ribbons of Prairie along the streams and rivers across farm country.

Bill Whitney ppri@hamilton.net 402-694-5535

# REGENERATIVE COMPOSTING

We need to look to alternative options of fertilization rather than that of mining and extraction. Worm farming is one way to get the job done, and it is regenerative because worms can do magical things with food waste that would traditionally just go to the landfill and gradually convert to harmful methane emissions. Composting offers a more efficient use for food waste that can protect the environment, while adding valuable nutrients back to the soil.



#### Big Red Worms - bigredworms.com

At Big Red Worms, we understand how important it is to minimize our impact on the environment as a community. That's why we convert over 390 tons of food and 800 tons of animal waste into rich living compost each year with the assistance of Eisena fetida (Red Wigglers) worms. We partner with many local businesses to reduce food waste to the landfill and our Community Composting Initiative allows members to drop off their food waste throughout the City of Lincoln. We believe that educating our community on the importance of how composting reduces waste to the landfill can create an improved soil structure for all types of vegetetation.

Jeremiah Picard Worms@bigredworms.com 402-476-9340

### REGENERATIVE MARKETS

Grocery stores that provide access to local, regeneratively raised foods are growing across the Midwest. Right now, Open Harvest in Lincoln stands alone in Nebraska, but with the number of cooperatively-owned grocery stores on the rise, it seems Omaha is likely to be next in the market.

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#### Open Harvest | openharvest.coop

At Open Harvest, we've built a grocery store around the idea that great food and community go hand in hand. Inside you'll find the best local, fresh, and Certified Organic foods grown by farmers and ranchers we know, and made by brands we trust. Our in-house Bakery and full-service Deli prepare fresh, delicious foods that can satisfy every craving and fit any diet.

harvest@openharvest.coop (402) 475-9069

# REGENERATIVE CHEFS/CATERERS

The texture and taste of fresh, local food is just better than processed food. These local food caterers can assist you in providing the highest quality foods in a way that will make your mouth water.



#### Prairie Plate | prairieplaterestaurant.com

Prairie Plate Restaurant is a farm-to-table restaurant located in a rural lakefront setting where guests enjoy a seasonal menu based on products from the co-located Lakehouse Farm and regional providers.

info@prairieplaterestaurant.com (402) 786-2239



#### Hub Cafe | hubcafelincoln.com

Hub Cafe's approach to food is simple: use the best ingredients that we, as local farmers, have to offer. Sourcing from the farmers in our local food community allows us to serve the freshest, best-tasting produce, dairy products and meats to inspire creative dishes and connect us and our customers to our landscape and the seasons. Above all, we strive to treat our guests and staff alike with care, sharing our mission to transform the bounty of this land into exceptional modern farm fare.

hubcafelincoln@gmail.com 402-474-2453

# SNAP FOR REGENERATIVE

Regeneratively raised and nutritious foods can be made even more affordable by using creative benefits like SNAP to increase food access in lower income areas.

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## Alliance for a Better Omaha (Heart Ministry Center, Together, & Food Bank For The Heartland)

SNAP Outreach has proven to be a very effective tool to assist people with food insecurity and reach their individual path to self-sufficiency. SNAP works best when incorporated with a nutrition program. The Alliance for a Better Omaha collaborates with the nonprofit, private and public sectors to open new SNAP applicants to local food production, in season dieting, and wellness programs.

Craig Howell chowell@togetheromaha.org 402-669-9315

# INDIGENOUS REGENERATORS

Area Tribes are setting food sovereignty goals to help regenerate Native nutrition, as well as their communities and the environment. From sacred seed savings to cultural food centers, Indigenous leaders have a longer history in regenerative farming than anyone.



#### Sacred Seed | sacredseed.org

Sacred Seed works to grow and spread the seed of traditional Indian corn. These beautiful crops contain so much history that needs to be preserved. Each variety has a story behind its color or origin.

Taylor Keen Taylorkeen7@gmail.com 402-960-5689



#### Thunder Valley | thundervalley.org

Thunder Valley Community Development Corporation's Lakota Food Sovereignty Initiative has developed a 2.5 acre poultry-centered regenerative agricultural training farm on the Pine Ridge Indian Reservation, which includes a year round geothermal greenhouse, Poultry Unit, paddocks, and an organic gardening outdoor classroom. The Lakota Food Sovereignty Initiative is focused on re-connecting to the land and cultural values and language by creating a food system on the reservation. The Lakota Food Sovereignty Initiative mission is to, "Empower the People

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to build regenerative food systems that improve health, protect the planet, and created prosperity."

Ernest Weston, Jr. ernest@thundervalley.org 605-455-2700

### URBAN REGENERATORS

The only way to truly feed to world is if we find more creative ways and places to grow food, including inside city limits. This also increases urban food security. Omaha and Lincoln have several urban farming organizations that are leading the way at developing urban farms to serve the surrounding community.



#### Big Garden | biggarden.org

The Big Garden cultivates food security by developing community gardens, creating opportunities to serve, and by providing education about issues related to hunger. Through our garden education programs at over 40 sites throughout the city we grow healthy food, healthy kids and healthy communities.

Nathan Morgan nmorgan@biggarden.org 402-898-9862



#### Big Muddy | BigMuddyUrbanFarm.org

Big Muddy Urban Farm is a 501c3 nonprofit dedicated to making sustainable agriculture accessible to all, by connecting and empowering community members of all ages to build an equitable and resilient community food system. We grow diverse fruits and vegetables on six urban lots in Omaha, NE and provide accessible education in sustainable agriculture through the Aspiring Farmer Residency, Summer Youth Garden program, as well as by hosting farm tours to a wide range of groups.

Brent Lubbert info@bigmuddyurbanfarm.org 402-213-9646

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City Sprouts uses different regenerative practices in our community gardens and urban farms. We use cover crops and sheet mulching to build up our soils and crop rotation, intercropping with native plants and companion planting to work with our ecology instead against it. In everything we do we aim to involve our community as that is our greatest resource.

Roxanne Williams director@omahasprouts.org 402-504-1910



#### Community Crops | community crops.org

Community Crops oversees 12 community gardens, directs youth programs, and offers dozens of cooking and gardening workshops each year. We also run Prairie Pines Training Farm, an incubator farm for beginning vegetable growers. Community Crops empowers people to grow food through education, experiences and resources.

info@communitycrops.org (402) 474-9802



#### Whispering Roots | whisperingroots.org

Whispering Roots, Inc. is an IRS approved, 501c3, non-profit organization dedicated to bringing healthy food, S.T.E.M. education and living wage jobs to underserved communities. We use Aquaponics, Controlled Environment Agriculture and Urban Ag to teach children and communities how to sustainably grow nutritious vegetables and fish in impoverished areas.

Greg Fripp admin@whisperingroots.org (402) 321-7228

# WOMEN REGENERATORS

Female farm leaders are leading by example when it comes to developing creative regenerative businesses that put the environment first.

#### common good farm.

#### Common Good Farms | commongoodfarm.com

Common Good Farm is a 20 acre certified organic and certified Biodynamic small family farm in northwest Lancaster County, Nebraska growing good food since 1996. As we prioritize creating a whole farm organism through creating soil fertility on the farm, we work with cover cropping, composts and intensive management, and combine aspects of growing food that work in tandem for farmers, food and the farm. We offer CSA (community supported agriculture — Nebraska's oldest), produce, organic seedlings, pastured pork, 100% grass-fed/grazed beef, and a pasture-based laying flock...all certified organic.

Ruth Chantry farmers@commongoodfarm.com 402.783.9005

#### Shadowbrook Farms | ShadowBrook.com

We own and operate a Farmstead goat dairy and make artisan cheese in our on farm processing facility. We market at local farmers markets, through chefs at local restaurants and nationally through cheese shops and Whole Foods.

Charuth van Beuzekom Dutchgirlcreamery@gmail.com 402-499-7584

#### Jerry Glaser, Inc.

Jerry and Cindy Glaser returned to his family farm in 1985 near Spalding. Upon his father's retirement in 2006, they knew they either had to get bigger or move with their philosophy into organic production. Today they grow organic popcorn, edible beans and cover crops consisting of forages, alfalfa and small grains along with a 300 head organic stock cow and grassfinished operation. Through the use of livestock, cover crops and biological inputs they have seen a marked improvement in the soil profile.

Cindy Glaser glaserjc@hotmail.com 308-750-2879



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#### Harmony Nursery | harmonynursery.net

Harmony nursery is a full-service garden center and landscaping business as well as field-growing daylilies. Two years ago we invested in a solar project, which today runs electricity for our nursery business, greenhouses, retail space and more.

Jenni Harrington jenniharrington@hotmail.com 402-732-6633

### REGENERATIVE DEVELOPMENT, MOBILIZATION, AND EDUCATION

Grassroots community development, mobilization, and education help equip communities with the tools they need to effectively make a difference. An educated and engaged community leads to a more healthy and vibrant state, region and country.



#### GC Resolve | gcresolve.com

GC Resolve was founded to educate and mobilize the general public, build up community, and resolve key issues that impact the day-to-day lives of Nebraskans. GC Resolve consults on environmental issues pertaining to the climate, energy, water, food production and agriculture.

Graham P. Christensen graham@gcresolve.com 402-217-5217

### REGENERATIVE CULINARY EDUCATION

We must teach our young people the importance of soil, food and nutrition. One college has taken the lead in shaping the minds, and culinary skills of our next generation, while integrating a local food vision.



#### Metropolitan Community College Horticulture | mccneb.edu/horticulture

MCC Horticulture offers both a Career Certificate and an Associate's Degree in Small Market Farming. Permaculture and sustainability principles are integrated throughout our curriculum.

Kristina Engler klengler1@mccneb.edu 531-622-2310

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#### Regeneration International | regenerationinternational.org

Regeneration International is a 501(c)(3) nonprofit dedicated to building a global network of farmers, scientists, businesses, activists, educators, journalists, governments and consumers who will promote and put into practice regenerative agriculture and land-use practices that: provide abundant, nutritious food; revive local economies; rebuild soil fertility and biodiversity; and restore climate stability by returning carbon to the soil, through the natural process of photosynthesis. Visit our website for the latest news and resources on regenerative agriculture.



#### The Leap | theleap.org

The Leap exists to inject new urgency and bold ideas into confronting the intersecting crises of our time: climate change, racism and inequality.



#### Lush Charity Pot | lush.com

We believe in making effective products from fresh organic\* fruits and vegetables, the finest essential oils and safe synthetics. We believe in buying ingredients only from companies that do not commission tests on animals and testing our products on humans.



#### Nebraska Farmers Union Foundation | nebraskafarmersunion.org

Founded in 1913, Nebraska Farmers Union is dedicated to protecting and enhancing the quality of life and economic well-being and of family farmers and ranchers, and their rural communities.



#### Malcolm X Foundation | malcolmxfoundation.org

The Malcolm X Memorial Foundation is a non-profit organization headquartered in Omaha, Nebraska. It was established to educate through the teachings of Malcolm X's legacy on a local, national and international scale.

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#### Inclusive Communities | inclusive-communities.org

Through our powerful human relations work, we are providing education and advocacy related to the topics of diversity and inclusion. We work with schools, businesses and in the community. Our critical social justice work would not be possible without strong community partners, donors, advocates and an incredible group of committed volunteers.



#### Refugee Empowerment Center | refugeeempowerment.org

The mission of the Refugee Empowerment Center is to resettle and empower refugees to become self-sufficient through direct services and educational programs.



#### Nebraska Communities United | ncunited.org

Nebraska Communities United was formed to help bring change to the way we see agriculture in the 21st century. We believe that healthy food makes for healthy communities, healthy nations and a healthy world. We can no longer mine our planet for our sole existence.



#### HoChunk Community Capital | hccdc.org

HoChunk Community Capital (HCC) is a certified Community Development Financial Institution. We assist growers and food entrepreneurs to build their credit and secure business loans. We coordinate training and TA for small rural businesses.



#### HoChunk Community Development Corporation | hccdc.org

HCCDC coordinates food sustainability planning and program development for the Winnebago community. We engage tribal and community partners in food, agriculture, and economic development projects focused upon meeting immediate nutrition needs while increasing self-reliance.

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#### HoChunk Farms

Ho-Chunk Farms is primarily a conventional commodity farm, but we are looking to diversify and create new revenue streams. We currently do some organic farming and are in the process of transitioning hundreds of acres to organic. We are currently planning for an indoor farm, but we are in the fund seeking stage of it.



#### Winnebago Tribal Council | winnebagotribe.com

The Winnebago Tribe of Nebraska, as a sovereign Nation, is committed pursuant to its Constitution, to maintain, improve and protect the Tribe; to preserve its resources and cultural heritage; to create opportunities for its members to thrive and become economically and socially self-sufficient as individuals, families and as a tribal government; and, thereby, promote the harmony of traditional values, beliefs which will ensure a positive course of action for future generations.



#### Ponca Tribe | poncatribe-ne.org

We, the members of the Ponca Tribe of Nebraska, in order to restore, preserve and protect all rights aboriginally held by our people and their descendants, promote peace, prosperity, happiness, and the general welfare of the members of our Tribe and our posterity, to exercise home rule, to assert our inherent sovereignty, to protect our right of self-government, to conserve custom, to improve our social order, to protect our rights as individuals, to promote our economic welfare, to promote domestic tranquility, to promote business enterprises both cooperative and individual, to promote educational opportunities for all Ponca people, to consolidate our land holdings by purchase, exchange, transfer, gift, or otherwise, do ordain and establish this Constitution in accordance with our inherent sovereignty, and all previous aboriginal rights of our members and Treaties previously entered into with the United States of America.

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#### HRI Labs | hrilabs.org

Dr. John Fagan is a leading authority on food and agricultural sustainability and a successful entrepreneur, having founded, built and sold the Global ID Group, where he pioneered innovative genetic tools that have advanced food sustainability, and helped define the global regulatory and commercial landscape for GMOs. Today, he works through two organizations: (1) Chairman of the social venture, Global Family Farms (globalfamilyfarms. com), which improves farmer livelihoods and well-being in the developing world, providing training in regenerative organic agriculture and access to international markets; and (2) Chairman, of the non-profit Health Research Institute (hrilabs.org), which investigates the links between (a) regenerative agricultural practices, (b) crop nutritional value, and (c) consumer health and well-being. HRI collaborates widely to catalyze large scale regeneration of the agricultural and food system.



#### U.S. Forest Service | fs.usda.gov/nac

The USDA National Agroforestry Center is a partnership of the USDA Forest Service Research, State & Private Forestry and the USDA Natural Resources Conservation Service. The Center encourages the application of agroforestry through a national network of partners. Together, we conduct research, develop technologies and tools, coordinate demonstrations and training, and provide useful information to natural resource professionals who provide assistance to producers and landowners.



#### **Anthony Karefa Rogers-Wright**

Coordination, development and workshops moderation



#### Alexis Bonogofsky | eastofbillings.com

Event photography and workshop moderation

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The old people came literally to love the soil and they sat or reclined on the ground with a feeling of being close to a mothering power. It was good for the skin to touch the earth and the old people liked to remove their moccasins and walk with bare feet on the sacred earth. Their tipis were built upon the earth and their altars were made of earth. The birds that flew into the air came to rest upon the earth and it was the final abiding place of all things that lived and grew. The soil was soothing, strengthening, cleansing and healing.

- Luther Standing Bear, Oglala Lakota Chief



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