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## April 2022 Vitalit-E-News References

### Regenerative Agriculture: A Holistic, Symbiotic Solution for a World in Crisis

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What is Decarbonization of Soil? <http://encyclopedia.uia.org/en/problem/189108>

EarthDay.org presents Regenerative Agriculture. [https://www.earthday.org/campaign/regenerative-agriculture/?gclid=EAlaIqobChMI95KOloeA9gIVtP7jBx1O5ABtEAAYBCAAEgJz0\\_D\\_BwE](https://www.earthday.org/campaign/regenerative-agriculture/?gclid=EAlaIqobChMI95KOloeA9gIVtP7jBx1O5ABtEAAYBCAAEgJz0_D_BwE)

Farmer's Footprint is a website dedicated to helping people understand the problem with monocrops and the dire state of the land from which we are trying to grow food. <https://farmersfootprint.us>

The FILM shows how one community dealt with the devastation caused by conventional farming and how they turned it around with RegAg. WATCH THE FILM | Farmer's Footprint <https://farmersfootprint.us/watch/>

Another film that has been streaming on Netflix is Kiss the Ground. Kiss the Ground | Soil Health Solutions | Join the Movement! <https://kisstheground.com/>

Regeneration International is a website dedicated to showing the world the power of regenerative farming practices and the effect on ecosystems. <https://regenerationinternational.org/why-regenerative-agriculture/>. Their video series is a practical introduction to the power of regenerative agriculture. <https://regenerationinternational.org/resources/>

HumanKind.org Programs. The Diet-Climate Connection: How the Foods We Eat Affect the Planet We Inhabit. <http://humanmedia.org/dcc/>

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The Ecology Center and Planet Natural offer gardening schematics and companion planting tips. <https://www.theecologycenter.org/how-to-design-an-organic-vegetable-garden/> <https://www.planetnatural.com/organic-gardening-guru/design/>

Also check out HGTV's Best Gardening Apps. <https://www.hgtv.com/design/remodel/products/top-gardening-apps-pictures>



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### **Getting Started with Composting**

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NaturalResource Defense Council. "Composting Is Way Easier Than You Think." Accessed on 9 Feb 2022: <https://www.nrdc.org/stories/composting-way-easier-you-think>

Nyman, P. "Master Gardener." Williamsport, PA. Personal Correspondence.

Cornell University Cooperative Extension web page: "Organic Gardening" Monograph compiled by Cunningham, S.J. & Mazza, C.P. Accessed on 6 Jan 2016. <http://www.gardening.cornell.edu/education/mgprogram/mgmanual/09organic.pdf>

There are many video introductions to composting available from Home and Garden TV, Better Homes and Gardens, and there are great resources for kids to learn composting, too. <https://www.google.com/search?tbm=vid&sxsr=APq-WBvw3qfUQGbvPo6vLkYMIIMqo11pm6A:1644514365788&q=composting+for+kids&sa=X&ved=2ahUKEwin3Oa01fX1AhVJMt8KHUrHBz0Q1QIoAXoECAoQAg&biw=1956&bih=1023&dpr=1>

Basics of Gardening.com. Accessed on 9 Feb 2022. <http://www.basicsofgardening.com>

### **Organic Sauerkraut Made from Scratch**

Recipe Source: Created by Erica Kastner of Buttered Side Up, posted on The Pioneer Woman: <https://www.thepioneerwoman.com/food-cooking/recipes/a100555/how-to-make-sauerkraut/>

### **Medicinal and Practical Uses for Rosemary**

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### **Bee Pollen: Nature's Superfood**

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### **Wound Healing with a Carrot Poultice**

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