

An aerial photograph of a farm. In the foreground, there are several rows of young plants in a field, some with stakes. To the right, there is a large, white, arched greenhouse. The background is a dense forest of green trees on a hillside.

HOW TO SUPPORT
REGENERATION
WITH YOUR FOOD CHOICES

COMMON GROUND

E-BOOK

SOUL FIRE FARM, NY

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PREFACE

Welcome to this e-book on how to support soil health and regenerative agriculture farmers and ranchers with your food choices. This book serves as a complement to the website commongroundfilm.org and aims to be a source of information and inspiration for anyone interested in exploring the power of regenerative nutrition.

In a time when the consequences of climate change and ecological degradation are becoming increasingly apparent, it is essential that we take action to restore and protect our planet. Regenerative eating is an approach to food production and consumption that focuses on how improving soil health can improve nutrition levels in food as well as restoring ecosystems, promoting biodiversity, and reducing climate change impacts.

In this e-book, we talk about:

- **Why Soil Health is Critical for Our Health:** discover the principles of regenerative eating and its positive impact on your health and the environment.
- **Finding Regeneratively-Grown Food:** learn where to find high-quality regeneratively-grown food, from local markets to community-supported agriculture programs.
- **Shopping on a Budget:** get practical tips for shopping regenerative food on a budget without compromising quality or sustainability.
- **Healthy, Affordable Recipes:** explore a collection of delicious and budget-friendly recipes that incorporate regenerative ingredients.
- **Additional Resources:** find recommended books, documentaries, websites, and organizations for further research on regenerative eating and sustainable food systems.

It is our belief that regenerative eating not only offers a solution to the challenges we currently face, but also serves as a source of hope and possibilities. By making conscious choices in our food system, we can contribute to restoring the health of our planet and creating a sustainable future for generations to come.

We invite you to explore this e-book, absorb the knowledge shared here, and embark on your own journey toward regenerative eating. Together, we can bring about positive change and make a difference. Let us raise our voices, kiss the ground, and nourish ourselves with a vision of hope, health, and resilience.

Best regards,

Josh & Rebecca Tickell

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1

**HEALTHY FOOD COMES
FROM HEALTHY SOILS**

**HEALTHY SOIL =
HEALTHY FOOD =
HEALTHY PEOPLE =
HEALTHY PLANET**

EAT CLEAN BY AVOIDING CHEMICALS

“Clean eating” focuses on consuming food that is minimally processed and free from artificial additives, while prioritizing fresh, whole ingredients. One essential aspect of clean eating is being mindful of pesticide contamination in produce, as this directly impacts our health, the farmers & farmers health, and the health of the soil. In case of animal products, think about what the animal was fed and how it was raised. By being mindful of how our food is grown, we can help reduce our exposure to potentially harmful chemicals, and in some cases, directly support soil and ecosystems regeneration at large.

So what does this look like when you go food shopping at a store or farmers market?

- Be mindful of the “Dirty Dozen and Clean Fifteen”, the Environmental Working Group’s free resource (see example below). By referencing this list, you can make informed decisions about which foods to prioritize as part of our clean eating journey, promoting both our personal well-being and the sustainability of our environment.
- Choose fruits and vegetables with lower pesticide levels or none at all. Choose foods that are certified as organic, biodynamic, and regenerative whenever possible. In the case of farmers markets, ask vendors if they spray their fields and how they raise their animals.
- Choose pasture-raised animal products, and look for words that describe grazing practices. As illustrated in *Common Ground*, planned animal grazing can drastically improve soil health and ecosystem regeneration.



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**WHERE CAN I BUY
REGENERATIVE FOOD?**

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WHERE CAN I BUY REGENERATIVE FOOD?

- **Local Farmers' Markets:** Explore the vibrant world of local farmers' markets, where farmers and producers gather to offer an array of fresh, seasonal, and locally-sourced food. Engage with your community, support local agriculture, and enjoy the opportunity to connect directly with the people who grow your food. Farmers' markets are not only a great place to find regeneratively-grown produce but also offer an enjoyable shopping experience filled with unique flavors and a sense of community.
 - [USDA Local Food Directories](#)
 - [Farmer's Market Finder \(West Coast only\)](#)
- **[Regenerative Farm Map](#):** Find farms and ranches around the world practicing regenerative principles with this free tool. Plug in your zip code and see who is practicing regenerative agriculture near you! Many of the farms and ranches on the map have websites where you can learn how to buy their products directly from them. This is a powerful resource to help you connect with the people producing your food.
- **Community Gardens:** Discover the joys of community gardening, where individuals come together to cultivate shared plots of land. Community gardens provide a space for people to grow their own food, fostering a sense of community and connection with nature. By participating in a community garden, you can contribute to regenerative practices, learn from experienced gardeners, and enjoy the fresh produce you help cultivate.
 - [Community gardens](#)
- **Food Co-ops and Buying Clubs:** Join a food co-op or a buying club to access a wide range of regenerative and organic food options. These community-based initiatives allow members to collectively purchase food in bulk directly from farmers or distributors. By pooling resources and supporting local producers, food co-ops and buying clubs offer affordable access to high-quality, sustainable food while promoting regenerative farming practices.
 - [Find a co-op](#)
- **Look for labels that support building soil health:** More and more consumer labels are being created to help grow the regenerative movement. When shopping, be mindful of labels like [Demeter Biodynamic](#), [Regenerative Organic Certified](#), [Land to Market](#), and [Regenified](#) that go beyond organic. Support the brands who have these certifications and verifications whenever possible.

- Local Farm CSAs: Consider joining a Community Supported Agriculture (CSA) program offered by local farms. CSAs provide a direct relationship between consumers and farmers, where members receive regular shares of fresh produce throughout the growing season. By participating in a CSA, you support regenerative farming practices, receive a variety of seasonal produce, and gain a deeper understanding of where your food comes from.
 - [USDA CSA Directory](#)
- Online Farmers' Markets and Delivery Services: Embrace the convenience of online farmers' markets and delivery services that bring fresh, regeneratively-grown food directly to your doorstep. These platforms connect consumers with local farmers and artisans, offering a wide range of products that prioritize sustainability and quality. With just a few clicks, you can access a diverse selection of regenerative food and support local producers without leaving your home
 - [Misfits Market](#)
 - [Thrive Market](#)



- Food Cooperatives and Discount Stores: Discover the benefits of food cooperatives and discount stores that focus on providing affordable, sustainably-sourced food options. These community-oriented establishments often prioritize regenerative and organic products, making them accessible to a wider range of consumers. By shopping at food cooperatives or discount stores, you can support both your health and the health of the environment through conscious purchasing decisions.
- Gardening and Growing Your Own Food: Start a small garden at home or participate in a community garden plot
 - Tips: Use Youtube! Make your own compost and use it to fertilize your garden.
 - Test your soil for [heavy metals](#). Make sure you have enough sunlight and water.
 - Composting: food, paper, yard trimmings, wood... Layer “browns” (dead leaves, twigs, paper) with “greens” (grass clippings, food scraps, coffee grounds) in a compost pile or bin to close the nutrient cycle and put these materials to good use in the form of rich gardening soil.

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SHOPPING FOR
REGENERATIVE FOOD ON A
BUDGET

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SHOPPING FOR REGENERATIVE FOOD ON A BUDGET

- **Plan Ahead:** Take a few minutes each week to plan your meals and create a shopping list. This helps avoid impulse buys and ensures you only purchase what you need
- **Buy in Bulk:** Consider buying staple items such as rice, beans, oats, and pasta in bulk. These items are often cheaper when purchased in larger quantities and provide long-lasting pantry staples.
- **Seasonal and Local Produce:** Look for seasonal fruits and vegetables, as they tend to be more affordable, nutrient dense, and flavorful. If possible, explore local farmers' markets or community-supported agriculture (CSA) programs for budget-friendly fresh produce.
- **Frozen and Canned Options:** Frozen and canned fruits and vegetables can be more affordable and still offer nutritional value. Choose options without added sugars or sodium, and prioritize vegetables with minimal processing.
- **Affordable Protein Sources:** Consider buying your protein in bulk to get the most meat for your buck. Many regenerative ranchers sell animal shares, which can be a great option to get nutrient dense meat for a lower price point than at the store. Some US based ranches we like are: Markegard Family Grass-Fed, Aldersprings Ranch Grassfed Organic Beef, Perennial Pastures Ranch, White Oaks Pasture, and Force of Nature Meats. For those who do not consume animal-based protein, be sure to consider the farming practices of the ingredients of plant-based protein sources.

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- Check for Sales and Coupons: Keep an eye out for sales and coupons in local grocery stores or online. Take advantage of discounts!
 - Comparison Shop: Compare prices at different grocery stores in your area to find the best deals. Consider visiting discount stores or ethnic markets, which often offer lower prices on certain items.
 - Prepare Meals at Home: Cooking meals at home allows you to have control over the ingredients and portion sizes, saving money compared to eating out.
 - EBT Card Holders: Did you know that your EBT card works at Farmers Markets? In some states like California, you can double your money at Farmers Markets with EBT purchases. Some caveats apply, learn more [here](#).

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**HEALTHY, AFFORDABLE
RECIPES**

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HEALTHY, AFFORDABLE RECIPES

*For these to be regenerative, do your best to buy regeneratively sourced products

**Quantities are excluded to allow you to make as much as you want. If you want more specifics, click on the title links to be redirected to a more detailed recipe

BREAKFAST:

Overnight oats - A quick and simple breakfast
(\$2.26 RECIPE / \$0.57 SERVING) *Prices are approximate

- Ingredients
 - Oats
 - Milk - cow or alternative
 - Any topping to spice things up - we suggest fruit, dried, frozen, or fresh, nuts, honey, peanut butter, chocolate chips, and cinnamon
- Recipe
 - Pour oats into a container (you can use any old container, including a glass or a jar with a lid if you want to take it to go)
 - Add toppings (I like to layer the toppings with oats)
 - Pour milk until it covers the oats
 - Put it in the fridge and let it rest overnight, it'll be ready by morning!





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“Eating healthy food fills your body with energy and nutrients. Imagine your cells smiling back at you and saying: “Thank you!”.”

– Karen Salmansohn –

HEALTHY, AFFORDABLE RECIPES

LUNCH:

“Spring” Pasta Primavera - A simple, seasonal meal that’s just as good fresh as it is as a leftover

(\$5.96 RECIPE / \$1.49 SERVING) *Prices are approximate

- Ingredients:
 - Pasta - we suggest any short pasta, but any kind will do
 - Seasonal vegetables - if you’re in season, we suggest carrots, squash, zucchini, onion, garlic, cherry tomatoes, peas
 - Lemon juice (as garnish)
 - Olive Oil
 - Salt, pepper, or any other seasoning you might like
- Recipe:
 - Boil a large pot of salted water
 - While the water heats up, cut your vegetables to your preferred length (½ inch is standard)
 - Add the pasta to the boiling water, reduce the heat to a simmer, and follow the instructions on the box to cook the pasta
 - In a large pan, add olive oil and sauté the vegetables over medium heat for about 2-4 minutes
 - Drain the pasta and either add it to the pan with the vegetables or transfer the pasta and vegetables to a large bowl
 - Garnish with salt and pepper, lemon juice, and enjoy!



HEALTHY, AFFORDABLE RECIPES

DINNER:

[Easy teriyaki chicken](#) - An easy, delicious, and low-budget way to cook chicken. Plan ahead and meal prep to make this extra quick!
(\$6.34 RECIPE / \$1.27 SERVING)

- Ingredients:
 - Chicken thighs - as many as you want, boneless, skinless if you prefer
 - Teriyaki sauce - if you want to make your own, check the link to the recipe
 - Steamed broccoli and rice are an easy pairing for teriyaki chicken
- Recipe:
 - Place the chicken in a large bowl and coat with teriyaki sauce
 - Let the chicken marinate for 30 minutes or up to a day
 - If you'd like to pair the chicken with broccoli, rice, or anything else, this is a good time to cook that
 - When you're ready to cook, heat a large pan on medium heat and add cooking oil
 - Add the chicken to the pan and cook for about 5-7 minutes on each side, you can dispose of leftover teriyaki sauce
 - Transfer to a cutting board, cut the chicken, and serve!



HEALTHY, AFFORDABLE RECIPES

More everyday recipes:

Garden vegetable quinoa soup - A nutritious recipe you can easily freeze for rainy days
(\$6.87 RECIPE / \$0.86 SERVING)

- Ingredients:

- Quinoa - Quinoa is a “complete protein”, meaning it contains all nine essential amino acids. Since it may be expensive, you can substitute it for barley, pasta, or rice
- Garden vegetables - we suggest garlic, onions, carrots, celery, tomatoes, spinach, etc
- Beans - we suggest kidney beans
- Spices - we suggest paprika, oregano, black pepper, dried basil
- Water or broth if you have any and olive oil

- Recipe:

- Cut vegetables to desired size
- Add olive oil, minced garlic, and diced onions to a large pot, sauté over medium-low heat until soft/transparent
- Next, add carrots and celery and sauté until they begin to soften
- While the vegetables cook, rinse the quinoa under cold water and drain the beans
- Add quinoa, water (look at quinoa packaging for quantity) beans, diced tomatoes, and spices to the pot. Turn heat to medium high, bring to a boil and then reduce to a simmer.
- Cook for 25 minutes or until quinoa is tender

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**RESOURCES FOR MORE IN-
DEPTH RESEARCH**

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RESOURCES FOR MORE IN-DEPTH RESEARCH

Nutrition Assistance Programs:

1. SNAP (Supplemental Nutrition Assistance Program): SNAP is a federal assistance program in the US that provides eligible low-income individuals and families with funds on an EBT (debit) card to buy food. Eligibility is based on income and household size. Contact local social services or visit the SNAP website for more information.
2. Women, Infants, and Children (WIC): Provides food vouchers, education, and support specifically for low-income families.
3. Local Food Banks and Pantries: Use this [link](#) to find nearby food banks and pantries that can provide additional assistance during challenging times. They often offer fresh produce, canned goods, and other essential items.

Cooking and Nutrition Education:

1. Look out for the Dirty Dozen and Clean Fifteen - Based on tests conducted by the USDA and the FDA, this list represents the produce that is on average more contaminated by pesticides (Dirty Dozen) or less contaminated (clean fifteen).

- Online Budget-Friendly Recipe Platforms:

- [Budget Bytes](#)
- [Good and Cheap \(eBook\)](#)
- [Feeding America's HungerandHealth.org](#)
- [Soul Fire Farm - No Kitchen, No Money, No Time](#)
- [Soul Fire Farm - More recipes](#)
- [Dr Hyman recipes](#)

- Other resources

- [GrassRoots Farmer Coop \(Higher budget meats and recipes\)](#)
- [Regenerative farmers of America guide to regenerative brands](#)
- [Certification Guide](#)

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**WANT TO BE
PART OF THE
REVOLUTION?**

Join the movement!

