

REGENERATION PROCLAMATION

Growing Nebraska Communities From The Soil Up



**A Guide to Regenerative
Agriculture in Nebraska**

2nd Edition • RegenerateNebraska.com

The solution lies in the soil.



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)

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 Iowa 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 of 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. 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.¹

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

**“When I think about
agriculture, I think about
growing food – that’s not
what’s happening now.”**

–Nancy O’Connor



Regenerative is a Native Concept

When it comes to cooperation and harmony between the land and the people, Indigenous people 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.

Former Winnebago Council Member and Sustainable Foods Coordinator for Ho-Chunk, 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.

The Ponca Tribe is in the process of increasing their bison herd 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, "Re-identifying Indigenous plants allows for our people, especially our youth, to know who they are and where they come from. 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 vital to growing food.

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

**“Regenerative agriculture is
actually a native concept.”**

–Vincent Bass, Winnebago Vice Chairman



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.

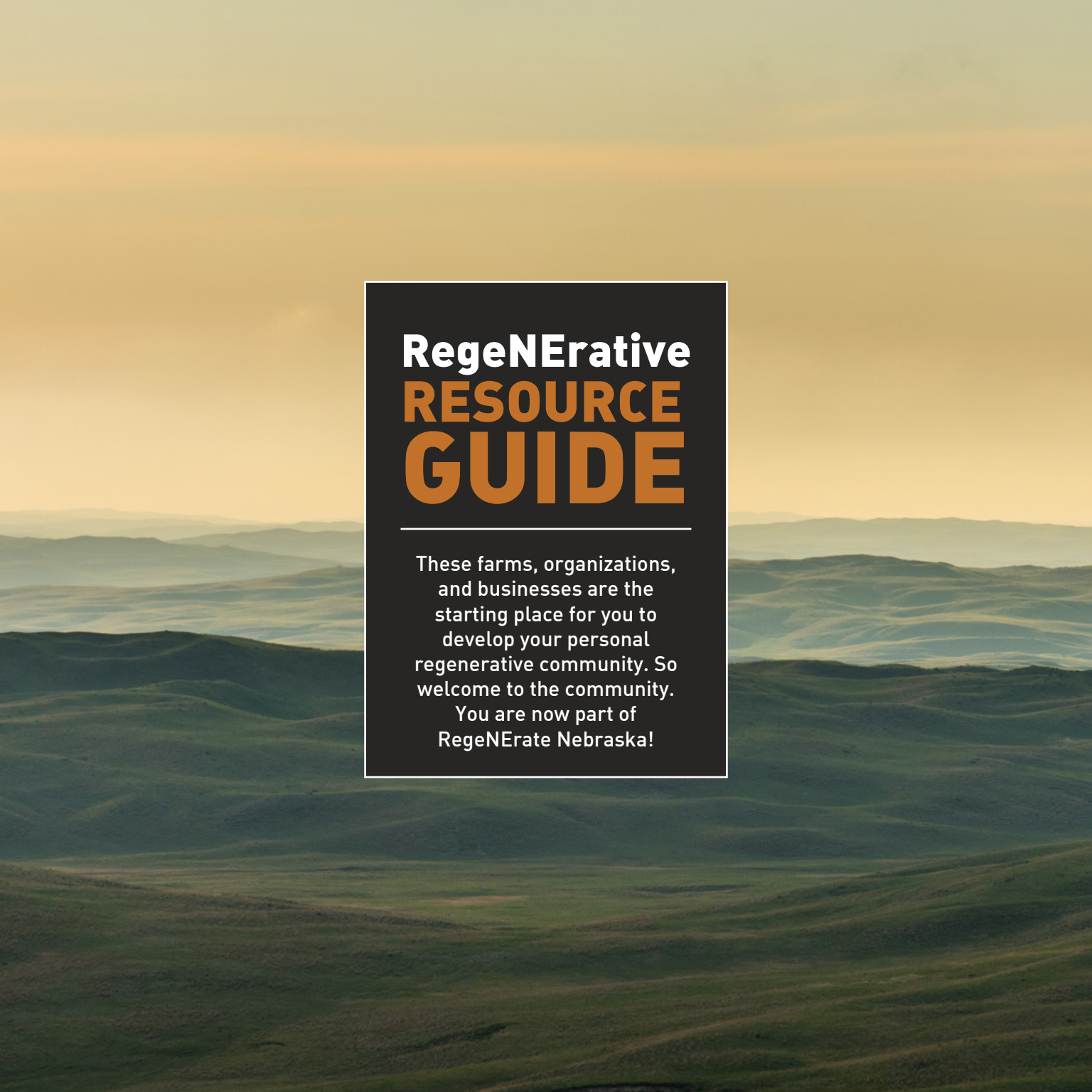
We must shift from building fossil fuel pipelines, school-to-prison pipelines, and all pipelines of oppression, and start building regenerative food pipelines — funneling

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, and “The Good Life” at risk.

The Emancipation Proclamation was about freeing bodies. 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.



RegeNErative RESOURCE GUIDE

These farms, organizations,
and businesses are the
starting place for you to
develop your personal
regenerative community. So
welcome to the community.

You are now part of
RegeNErate Nebraska!

Farmer Food Co-Ops & Distribution Services

How can you access local, regeneratively raised foods? The answer is by teaming up with Farmer Food Coops to build rural to urban regenerative food pipelines. Food Coops 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.



Lone Tree Foods

lonetreefoods.com

Justin Jones

General Manager
info@lonetreefoods.com
402-613-2035
Lincoln, NE

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.



Nebraska Food Cooperative

nebraskafood.org

Roy Guisinger

am@nebraskafood.org
1-800-993-2379
Belgrade, NE

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.

RegeNErative Markets

Grocery stores that provide access to local, regeneratively raised foods are growing across the Midwest. There are a handful of incredible markets in Nebraska. With the number of cooperatively-owned grocery stores on the rise, it seems Omaha is likely to be next.



Natural Food Co-op

facebook.com/Natural-Food-Co-op-207897132570059

chadronfoodcoop@gmail.com
308-432-6595
Chadron, NE

The Natural Food Co-op has been owned and operated by the co-op membership since 1976, currently supporting 1500 member households and 20+ volunteers. The mission is simple: healthy food.



Norfolk Natural Market

norfolknaturalmarket.com

Sharon Steadman

ssteadman1@hotmail.com
402-992-8626
Norfolk, NE

Norfolk Natural Market is the place to go for anyone wanting to celebrate life with simply good food. We provide the best of local, natural and/or organic food. Stop in for a glass of wine, cup of tea, healthy meal, class, event, or just to say hi.



OPEN HARVEST
CO-OP GROCERY

Open Harvest

openharvest.coop

Amy Tabor

harvest@openharvest.coop
402-475-9069
Lincoln, NE

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.

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.



Hub Cafe
hubcafelincoln.com

Doug Dittman
hubcafelincoln@gmail.com
402-474-2453
Lincoln, NE

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.



Prairie Plate
prairieplaterestaurant.com

Renee and Jerry Cornett
info@prairieplaterestaurant.com
402-786-2239
Waverly, NE

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.

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.



Davey Road Ranch

Davey Road Ranch
daveyroadranch.com

Ben Gotschall
daveyroadranch@gmail.com
402-705-8679
Raymond, NE

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.



Ficke Cattle Company - Graze Master Genetics
fickecattle.com

Del Ficke
fickecattle@outlook.com
402-499-0329
Pleasant Dale, NE

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



Fulton Farms
Kevin Fulton
fultonfarms@hotmail.com
308-390-4449
Litchfield, NE

Fulton Farms is a certified organic, holistically managed crop and livestock operation located in the Loess Hills and Clear Creek Valley of Central Nebraska. Over the last 20 years we have moved away from conventional farming practices and focused on regenerating our soils and landscape while helping others do the same. We've hosted visitors from around the world and have been featured in numerous publications, books, and documentaries. Fulton Farms is one of your best regenerative, grass-fed and finished beef options in Central Nebraska

RegeNErative Beef



McKnight Grass-Fed Beef

Evelyn McKnight

evelynmcknight1@msn.com
402-708-7951
Fremont, NE

We started raising grass-fed beef as a way to pursue better nutrition for ourselves. Our small herd is rotated among several pastures through spring, summer and fall. The herd is fed hay throughout the winter months, and is never fed any grains or supplements.



Range West Beef

rangewestbeef.com

Luke or Lori Jacobsen

rangewestbeef@gmail.com
402-854-3104
Marquette, NE

Some of the richest soils in Nebraska are found in Hamilton county. Our long-rotations of perennial grasses produce deeply flavored grass fed beef. We are committed to healthful beef and long term soil vitality.

RegeNErative Dairy

As they say, “Milk does your body good.” Regenerative dairies are hard to come by these days, but there is a hidden gem on the edge of the Nebraska Sandhills that is worth checking out.



Clear Creek Organic Farms
clearcreekorganicfarm.com

Robert Bernt
clearcreekorganicfarm@hotmail.com
308-750-1086
Spalding, NE

Living in the sandhills and witnessing soil erosion and water contamination has led us to use Allen Savory’s intensive grazing system with our dairy, beef and hog operations. We have also implemented the layer farming practice on our farm ground and garden. Both have improved our soil and increased the nutrient density of the food we produce at Clear Creek Organic Farm. A few of our high in-demand items include grass-fed beef, pastured pork, and cheese.

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
straightarrowbison.com

Marty & Karen Bredthauer
mail@straightarrowbison.com
308-872-3066
Broken Bow, NE

The Straight Arrow Bison Ranch began raising bison in 1995. The operation is strictly grass-fed, no medications, vaccinations, etc. They are certified grassfed through "A Greener World" (formerly Animal Welfare Approved). Bison meat is sold through the website, by direct sales in central Nebraska, and through distributors such as Lone Tree Foods in Lincoln/Omaha areas.

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.



Erstwhile Farms
erstwhilefarm.com

Lanette Stec
erstwhilefarm@gmail.com
402-897-4065
Columbus, NE

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.

RegeNerative Poultry

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



Bluff Valley Farm
bluffvalleyfarm.com

Kenneth Thiltges
bluffvalleyfarm@sento.net
402-245-5460
Rulo, NE

We are a 6th generation family farm that settled the land in 1865. We use a mix of organic and conventional methods, and raise beef cattle, sheep and poultry, using natural methods. We feed all certified organic hay and non-GMO grains to our meat animals, using no added hormones or antibiotics. We use crop rotation, cover crops and rotational grazing.



Pasture 2 Table
pasture2table.net

Giovanni Sanchez
pasture2table@gmail.com
651-328-1630
Raymond, NE

We aim to bring Nebraska the highest quality pasture raised chicken and pork there is. Pasture raised means living outside soaking up the sun and eating all the good things that the earth has provided them. With plenty of fresh grass and freedom to move, they flourish! Our animals are raised on good ol' Nebraska pastures, and are hormone and vaccine free.

Cover Cropping

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



Green Acres Cover Crops
greenacrescovercrops.com

Nate Belcher
nate@greenacrescovercrops.com
402-580-0015
Omaha, NE

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.



Green Cover Seed
greencoverseed.com

Keith Berns
keith@greencoverseed.com
402-469-6784
Bladen, NE

“Helping farmers to regenerate God’s creation for future generations” - that is our mission and the reason that we started Green Cover Seed in 2009; to provide the cover crop seeds to help fuel the Soil Health and Regenerative Ag Movement. We carry more than 120 different species of cover crops and specialize in custom blending for producers of all sizes. We have a heavy focus in education and offer a free 64-page full color soil health and regenerative ag guide that is free for the asking!

Non-GMO & Organic Seed Corn

Every year there are more options for a farmer to choose from when it comes to non-GMO or organic seed. Here is one of the best known breeders in the Midwest.



Prairie Hybrids
prairiehybrids.com

Toby Schweitzer
thegoodlifene@gmail.com
402-416-7772
Central City, NE

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

Organic Diverse Grains

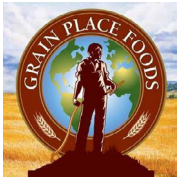
Regenerative popcorn, quinoa, rice, lentils, chickpeas, oats and sunflower are just a few products that come from these seed dealers. These businesses are diversified and offer a wide variety of products that provide a lot of great super options too!



AgriForce Seed
agriforceseed.com

Steve Tucker
Steve@agriforceseed.com
308-289-4853
Venango, NE

An advocate for soil health, Tucker Farms incorporates soil health principles in its diverse seed, crop and livestock operation. Twelve different crops, four types of livestock and an emphasis in supporting healthy soil biology help drive the decisions for the farm. Through these strategies, Tucker Farms searches for many different markets to sell our regenerative produced products.



Grain Place Foods
grainplacefoods.com

Dave Vetter
info@grainplacefoods.com
402-854-3195
Marquette, NE

The mission of Grain Place Foods is to provide to its customers 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!



Roberts Seed Inc.
robertsseed.com

Joe Roberts
robertsseed@gtmc.net
308-743-2565
Axtell, NE

It is hard to put this business into one category because they do so many cool things. Roberts Seed is a specialty grain company located in the heart of the USA, Nebraska. Roberts supplies certified organic and non-GMO grain, and grain related products for food, seed and feed markets. Roberts supplies native grass species and pollinators, and they raise heritage pigs. Whatever your need, Roberts seed has you covered.

Permaculture

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 1960s. 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. More farms are adding permaculture principles to their operations these days too.



Omaha Permaculture
omahapermaculture.org

Gus Von Roenn
omahapermaculture.gus@gmail.com
402-689-5509
Benson, NE

Omaha Permaculture (OP) is helping 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.

Trees

To truly feed the world we must grow beyond the linear farming model, but rather grow food in the space above the reach of today's monoculture cropping practices. Trees are the answer for drawing down carbon, stopping erosion, improving water holding capabilities, offering protection from the neighbor's chemical drift, improving livestock habitat, plus they offer new profitability opportunities for farmers. With emerging agro-forestry and silvopasture practices growing in popularity, trees will have an increasing presence in modern day agriculture.



Nebraska Forestry Service

nfs.unl.edu

trees@unl.edu

402-472-2944

Lincoln, NE

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



Nebraska State Arboretum

plantnebraska.org

Bob Hendrickson

arboretum@unl.edu

402-472-8478

Lincoln, NE

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.

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. This resource has restored more native prairie than anyone else in the neighborhood.



**Prairie Plains Resource
Institute**
prairieplains.org

Bill Whitney
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402-694-5535
Aurora, NE

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 to diverse seed mixes in 56 counties. Our aim is to create multi-purpose native plant communities which are ecologically functional and diverse, and which are well-managed. Our management on prairies 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 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.

Women RegeNErators

Several 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 Farm

commongoodfarm.com

Ruth Chantry

farmers@commongoodfarm.com

402-783-9005

Lincoln, NE

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 and 100% grass-fed/grazed beef and a pasture-based laying flock...all certified organic.



Harmony Nursery

harmonynursery.net

Jenni Harrington

jenharrington@hotmail.com

402-732-6633

Bradshaw, NE

Harmony nursery is a full-service garden center and landscaping business that holds a special emphasis in growing 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.



Jerry Glaser, Inc.

Cindy Glaser

glaserjc@hotmail.com
308-750-2879
Spalding, NE

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 grass-finished operation. Through the use of livestock, cover crops and biological inputs they have seen a marked improvement in the soil profile.



Meadowlark Hearth

meadowlarkhearth.org

Beth Corymb Everett

bcorymb@gmail.com
308-632-3399 (Farm)
308-631-5877 (Mobile)
Scottsbluff, NE

MH is a certified organic farm practicing regenerative agriculture suggestions made to European farmers requesting aid for farm problems from Rudolf Steiner during the 1924 Agricultural Course. That course resulted in the Biodynamic farming movement. At MH, animals, crops, and people weave a farm tapestry together, using Biodynamic treated compost and field sprays, and ensuring 10%+ of the farm as haven for undomesticated life. Grass-fed and grass-finished beef, vegetables, and vegetable seed marketed through a CSA are the main resulting products. Farm visits, internships, educational programs and hands-on workshops are happening at MH through The Living Environment Foundation: livingenvironmentfoundationne.org.



Shadowbrook Farms

shadowbrook.com

Charuth Van Beuzekom

dutchgirlcreamery@gmail.com
402-499-7584
Lincoln, NE

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.

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.



Comunidad Maya Pixan Ixim
pixanixim.org

Luis Marcos
lmarcos@pixanixim.org
402-630-8106
Omaha, NE

Regenerative Farming is consistent with the Spirituality of the Maya Nation; our mission as a human family is to coexist in harmony and equilibrium with Mother Earth, the Universe and all forms of life. We will survive as a human family only if we practice regenerative agriculture.



HoChunk Farms
Aaron Lapointe
alapointe@hochunkfarms.com
402-922-3721
Winnebago, NE

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 in the process of transitioning hundreds of acres to organic. We are currently planning stages for an indoor farm, and a Tree-Range Poultry Egg Laying Unit.



Sacred Seed
sacredseed.org

Taylor Keen
taylorkeen7@gmail.com
402-960-5689
Omaha, NE
South Omaha, NE

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.

Urban RegeNErators

To keep up with growing populations, we don't need GMOs, rather we need to find more creative ways 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 their respective communities.



Big Garden

biggarden.org

Nathan Morgan

nmorgan@biggarden.org
402-898-9862
Omaha, NE

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.



Big Muddy

bigmuddyurbanfarm.org

Brent Lubbert

info@bigmuddyurbanfarm.org
402-213-9646
Omaha, NE

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.



City Sprouts

citysprouts.org

Roxanne Williams

director@omahasprouts.org
402-504-1910
Omaha, NE

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.

Urban RegeNERators



Community Crops

communitycrops.org

info@communitycrops.org

402-474-9802

Lincoln, NE

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.



Hidden Harvest

Gavin J. Johnston

hiddenharvestllc@gmail.com

402-992-8638

Omaha, NE

Hidden Harvest, LLC is a start-up urban farm revitalizing Omaha's vacant land with crop rotation and cover cropping. Being in an urban environment we focus on connecting families to their food by bringing sustainable farming systems to the classroom and the market.



Keipos

keipos.org

Jonathan Dodd

jonathan@keipos.org

402-339-1384

Papillion, NE

Keipos uses food, farming, and education to transform lives. That means we grow food, eat together, give abundantly from the garden in the kitchen and at the table, with hands-on and classroom education. We provide youth programs, distributing produce supplied by our five community gardens and five-acre perennial poly-cultured, multi-species, livestock grazing educational farm, hosting events, internships and tours with 222 volunteer/team/group opportunities.



Rhizosphere Farm
rhizospherefarm.org

Terra & Matt Hall
rhizospherefarm@gmail.com
402-616-1531
Omaha, NE

Our goal is to steward the land by focusing on soil fertility in the annual vegetable field and permaculture design in perennial areas of the farm to partner with nature in the enrichment of the soil biology and local ecosystem. We use cover cropping, compost, interplanting with flowers for pollinators, intensive management and thoughtful tillage with the intention to grow food in harmony with nature. Along with annual vegetable crops, there is a food forest, perennial garden, spiral herb garden, and a high tunnel. We sell the food, herbs, and flowers grown to Omaha farmers markets and several restaurants in the Omaha area.

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

omaha@paradigmgardens.com
402-339-4949
Omaha, NE

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.



Prairie Star Botanicals
prairiestarbotanicals.com

Aaron Hill
Sales Account Manager
info@prairiestarherbs.com
402-533-4433
Blair, NE

We are a small manufacturer of herbal products, based in Blair, Nebraska. Prairie Star ensures the viability of our native plant populations through ethical harvesting practices, training our local growers of medicinal plants, trees, and mushrooms to do the same. Our manufacturing processes include recycling and composting, and regular review allows us to improve our yields, using only as much plant material as needed. We take seriously our mission to connect with nature to heal body, mind, soul, and planet.

Food Waste, Composting & Soil

Elimination of food waste is one of the most important components to reducing greenhouse gas emissions. For both rural and urban farms, composting is another way to produce healthy nutritious soil. Instead of dumping our food waste into the local landfill, let's turn our excess waste into fertilizer that helps plants grow.



Big Red Worms
bigredworms.com

Jeremiah Picard
worms@bigredworms.com
402-476-9340
Lincoln, NE

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 vegetation.



Hillside Solutions
hillside.solutions

Brent Crampton
brent@hillside.solutions
402-965-1342
Omaha, NE

Transforming trash into a resource is the mantra of Hillside Solutions. From offices, schools, multi-family housing communities, churches, and events—Hillside Solutions consults organizations in the surrounding Omaha area on sustainable options, helps implement new practices through education, and hauls materials to be recycled or composted. Farms, both rural and urban, can also contact Hillside Solutions in order to purchase soil made from food waste.

Aquaponics

Breaking down food access barriers can come in many forms. One Omaha-based business is providing another option to grow food where land isn't always available proving yet another tool to battle hunger, and improve food security.



Whispering Roots
whisperingroots.org

Greg Fripp
admin@whisperingroots.org
402-321-7228
Omaha, NE

Whispering Roots, Inc. is a 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.

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.



**Alliance for a Better Omaha
(Heart Ministry Center,
Together, & Food Bank for the
Heartland)**

Craig Howell
chowell@togetheromaha.org
402-669-9315
Omaha, NE

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.

RegeNErative Culinary Education

It is important to 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

Metropolitan Community College Horticulture
mccneb.edu/horticulture

Kristina Engler
klengler1@mccneb.edu
531-622-2310
Omaha, NE

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.

RegeNErative Development, Mobilization & 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 focus on green infrastructure development at most local levels.



GC Resolve
gcreolve.com

Graham P. Christensen
graham@gcreolve.com
402-217-5217
Omaha, NE

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.

RegeNErative Startup Investment

Everyone's regenerative dream has to start from somewhere. The Let's Eat Investment Group is here to help the next young aspiring farmer get started down the road of setting up his or her regenerative operation.



Let's Eat Investment Group

letseatinvest.com

Jack Round

letseatinvest@gmail.com

402-630-5492

Omaha, NE

Let's Eat is a group of 17 local individuals who feel it is important to support local, regenerative food production. We provide low hassle, low interest loans of up to \$10,000 from anything to equipment or supplies to working capital to help take local food producers to the next level.

RegeNErative Living

How we live on the day-to-day has a big impact overall. One creative regenerator is offering a unique vision on how we can live more efficiently.



Tallgrass Vernacular

tallgrassvernacular.com

Jim Schalles

tallgrassvernacular@gmail.com

402-981-1554

Omaha, NE

Named for the tallgrass prairie where Jim calls home and referencing the vernacular architecture of the Great Plains. This young startup specializes in sustainable strawbale construction and carbon neutral wood-fired appliances. Offerings include consultation, educational workshops, and contracting.

Organic Certification

For farmers and ranchers looking to take the next step to value added and chemical free, look no further. OneCert is based close by...in our state's Capital City.



OneCert, Inc.
onecert.com

Sam Welsch
sam@onecert.com
402-420-6080
Lincoln, NE

OneCert is a USDA accredited certification agency based in Lincoln, Nebraska. Our sliding fee schedule makes organic certification affordable for small farms. Our professional staff is dedicated to providing certification services with the highest standards to assure organic integrity.

Organic Pest Control

More and more farmers are getting cancer or other neurological diseases from exposure to harmful pesticides like Glyphosate, Atrazine, and 2-4-D. Luckily there are better alternatives to pest control that can be used on the farm, in the garden, or even around the house that doesn't put your family nor your pets at risk.



Earth Works Health
earthworkshealth.com

Andrew Hemmer
info@earthworkshealth.com
800-228-5836
Norfolk, NE

Our company mission is to provide a quality product! One of our features is Diatomaceous Earth (DE). DE is replacing many chemicals in your home. If you are looking for something without chemicals, DE is mother nature's product. You have no worry of harm to the land, pets, or people.

SPECIAL THANKS TO THESE REGENERATORS



Black Men United blackmenunited.org

To foster black male achievement and unity by increasing economic opportunity, political inclusion and social, personal and educational growth. We support regenerative farming because breaking down food access barriers is fundamental to regenerating our community.



Blue Heart Action blueheartaction.org

Blue Heart believes that the innovation needed to tackle today's critical social and environmental issues resides in the communities most directly affected by their impacts. Thus, we are dedicated to funding organizations that are led by the communities who are most affected by systemic injustice. Blue Heart members play a vital role in enabling these organizations to create a more just and beautiful world.



Center For Rural Affairs cfra.org

Center for Rural Affairs is unapologetically rural. We stand up for the small family farmer and rancher, new business owner, and rural communities. We are committed to the local food system. We offer educational opportunities on business planning, small livestock production, vegetable and fruit production, beekeeping, and conservation practices and programs.



Citizens' Climate Lobby citizensclimatelobby.org

Citizens' Climate Lobby's 4 Nebraska Chapters empower people to work together on climate change solutions. Our supporters are organized in more than 400 local chapters across the United States including in Bellevue, Chadron, Lincoln and Omaha. Together we're building support in Congress for a national bipartisan solution to climate change, and we support regenerative farming as a key part of the climate change strategy.

SPECIAL THANKS TO THESE REGENERATORS



Demmel Farm Collaborative dennisdemmel@hotmail.com

Dennis Demmel managed a grain and livestock farm for some 35 years in southwest Nebraska, emphasizing biological farming. In 2007, the farm began transition to organic certification. After 10 years of organic farming, the farm included some 8 crops and multiple cover crops, striving for improved soil health. In 2016, Demmel transferred the business to a younger couple, but is still involved as a mentor and landlord. Collaboration includes a partner with cattle grazing pasture, cover crops and crops residue. Demmel has made presentations in various seminars on organic farming, weed control, farm business succession and other related topics.



Elders For The Earth elders4theearth.com

Elders for the Earth is a multi-day Chautauqua like event that encourages people 50+ to learn, laugh, engage, enjoy, eat, sing, relax while learning about the environmental crisis. 2019 Elders for the Earth will be held at Platte River State Park October 13-15.



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.



HRI Labs hrilabs.org

Dr. John Fagan is a leading authority on food and agricultural sustainability has pioneered innovative genetic tools that have advanced food sustainability, and helped define the global regulatory and commercial landscape for GMOs. Today, as Chairman of the non-profit Health Research Institute, he and his team investigate the links between regenerative agricultural practices, crop nutritional value, and consumer health and well-being. HRI collaborates widely to catalyze large scale regeneration of the agricultural and food system. HRI is also known for their research on Glyphosates. You can get your test to see what your Glyphosate levels are right here.

SPECIAL THANKS TO THESE REGENERATORS



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.



Kiss the Ground kisstheground.com

Our mission is inspiring participation in global regeneration, starting with soil. We create media content that uses beauty and clarity to tell the story of soil and regenerative agriculture. Our media is used by corporations to teach their consumers about regenerative agriculture, by CEO's to present to their boards, by scientists to speak at conferences, by governments to pass initiatives, and by teachers to educate students.



Latino Center of the Midlands latinocenter.org

The mission of the Latino Center of the Midlands is to enhance the lives of the heartland Latino community through education and social supports.



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.



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.

SPECIAL THANKS TO THESE REGENERATORS



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.



NE Sustainable Ag Society (NSAS) sustainablenebraska.org

Nebraska Sustainable Agriculture Society is a non-profit, grassroots membership organization. Initiated over 30 years ago by farmer members, NSAS has grown into a dynamic organization with members from all across Nebraska. The mission of NSAS is to promote agriculture and food systems that build healthy land, people, communities and quality of life, for present and future generations.



Nebraska Chapter Sierra Club sierraclub.org/nebraska

The Sierra Club is the oldest and largest environmental organization in America. Founded in 1892, our mission is to explore, enjoy, and protect the wild places of the earth; to practice and promote the responsible use of the earth's ecosystems and resources; to educate and enlist humanity to protect and restore the quality of the natural and human environment; and to use all lawful means to carry out these objectives. Regenerative agriculture fits this mission and we recognize this model as a better way to produce food while reducing GHG emissions, improving soil quality, and cleansing our water.



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.



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.

SPECIAL THANKS TO THESE REGENERATORS



Nebraska Interfaith Power & Light nebraskaipl.org

Nebraska Interfaith Power and Light works to bring the faith voice to creation care issues. We help to share information with faith communities about how to be more sustainable including how we treat our soil.



Nebraskans for Peace nebraskansforpeace.org

Protection of the environment and the earth we call our home is a cornerstone of peacemaking. As the oldest statewide peace & justice organization in the U.S., Nebraskans for Peace well understands that we will never be able to create a more just and peaceful world unless we first have a habitable place to live and the healthy soils needed to sustain ourselves.



Omaha Together One Community (OTOC) otoc.org

OTOC exists to recreate community in our fragmented society. People are often disconnected and conversations about important issues are difficult. OTOC seeks to reweave the frayed social fabric and connect people across the lines that tend to divide them: race and ethnicity, economics, religion, geography and language. Our Environmental Sustainability Action Team includes in its mission advocacy for sustainable agriculture.



Patagonia patagonia.com

When Patagonia first developed our organic cotton supply chain in the mid-1990s, we knew organic was just one step in a long journey to protect the planet and human health through agriculture. Since then, we've learned a lot and now we're actively working to integrate regenerative organic agriculture into our food and fiber businesses, invest in new regenerative enterprises and nonprofits building the regenerative agriculture movement, and ensuring the rigorous standards that should be applied to regenerative agriculture are upheld through the Regenerative Organic Certification (ROC) we developed in partnership with Dr. Bronner's and Rodale Institute.

SPECIAL THANKS TO THESE REGENERATORS



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.



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.



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.



Regenerative Agriculture Alliance (RAA) regenagalliance.org

The RAA seeks to assist in building support systems and infrastructure enhancing and accelerating the deployment of scalable agriculture models which result in regenerative land-use practices that promote ecological restoration, social justice, and economic prosperity. Services include consulting on regenerative systems and marketplace development, land access and management, and indigenous knowledge recovery.

SPECIAL THANKS TO THESE REGENERATORS



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.



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



United States Department of Agriculture
National Agroforestry Center

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.



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.

“In our every deliberation, we must consider the impact of our generations for the next seven generations.”

**–The Seventh Generation Principle
of the Iroquois Nation**



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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