

A person wearing a hat and a plaid shirt stands in a field of tall, golden-brown grass, looking out over a vast landscape under a cloudy sky. The scene is bathed in warm, golden light, suggesting a sunrise or sunset. The person is positioned in the middle ground, slightly to the right of the center.

**KISS**  
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**GROUND**

# FARMER RESOURCES *guide*

**The most common question we get when it comes to farmers looking to transition to regenerative agriculture is “where do I start?”**

Kiss the Ground, with the help of many other organizations and individuals, has curated this guide to answer this question and provide information for farmers, ranchers, and land stewards transitioning to regenerative agriculture. Once you are familiar with these resources, we encourage you to take a deeper dive into our Farmer Resources Hub, which has a more comprehensive list of regenerative farming resources across many fields and regions of the United States and world.

We provide these resources knowing that each individual and organizational entity brings their own unique context and perspective to this topic, and it is up to them to decide how best to incorporate this knowledge into their specific context and lifestyle.

*This is a collaborative document with a multitude of resources and opinions. Inclusion in this guide does not signify Kiss the Ground's endorsement of the listed organizations, the views they express, or the products and/or services that they offer.*

## Resources by Region

Search through our database to find organizations and technical service providers in your region that can support you in your transition to regenerative agriculture. This is by no means an exhaustive list, but a starting point for farmers and ranchers curious about transitioning.

For U.S. Farmers and Ranchers, your local conservation district, state department of agriculture, and land-grant universities/cooperative extension may have helpful resources for you. These agencies typically have soil health and other conservation grants and/or assistance programs for farmers and ranchers. In California, for instance, **UC Cooperative Extension** agents provide free grant writing assistance for farmers applying for specific programs through the **California Department of Food and Agriculture, Office of Environmental Farming & Innovation**.

## Training & Education

In addition to our **Stewardship courses** and **partner courses** you can find various trainings and online courses to help you better understand the principles and practical implementation of regenerative agriculture in your context. There is a vast selection of resources available for free on YouTube and other platforms to get you started. If a formal education program is right for you, dive deeper into this list of training courses.

## Farm Financing & Planning

Finding the capital to grow your farming or ranching business and develop financial and succession plans can be challenging. We have provided a list of resources to help you find loans, investors, and grants. You can also get help drafting lease agreements, writing financial plans, and/or documenting succession plans that align with your values.

## Equipment & Technology

Transitioning to regenerative agriculture can be difficult as it often requires a different set of lower, disturbance tools (i.e. no till seed drills, roller crimpers, etc) – or some re-fabrication of your old tools! This list provides opportunities for acquiring equipment that can help get a regenerative operation off the ground. Also included are various mobile apps and online programs to help farmers and ranchers implement and track their regenerative farming transition.

## Food and Farm Policy

When it comes to shaping farm policy, farmers' voices matter the most! Stay up to date on food and farm policy so you can weigh in on legislation that will impact your operation and community at large. Sign up for newsletters to stay connected to organizations leading the charge on policy change. Through **Soil Policy Action** we provide simple and quick ways for you to engage with your local representatives and become an advocate for laws that support small-scale farmers and ranchers.

## Carbon & Ecosystem Markets

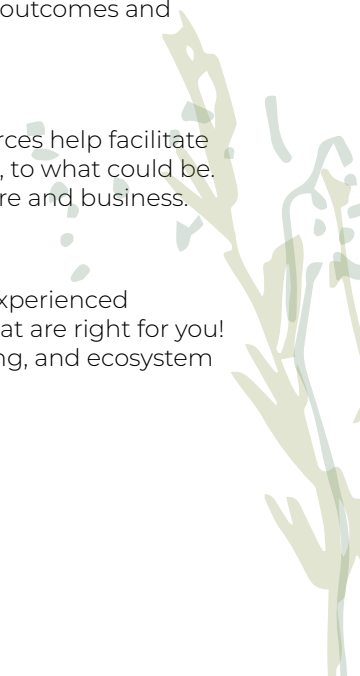
Regenerative farmers and ranchers are increasingly being recognized for the climate benefits of their land stewardship, including improved water quality, increased biodiversity, and carbon sequestration. Identify financial incentives and opportunities for scaling up regenerative agriculture that yields positive ecological outcomes and learn how to get paid for the ecosystem services your operation provides.

## Thought Leaders

This list includes pioneers and people at the forefront of the regenerative movement. These resources help facilitate the conversation around regenerative agriculture, illuminating the potential to move from what is, to what could be. These thought leaders are exceptional communicators and practitioners of regenerative agriculture and business.

## Consultants

While regenerative principles are universal, the practices are place and context dependent. Find experienced professionals in your area who can help you get started implementing regenerative techniques that are right for you! Consultants offer a range of services: farm planning, financial planning, financing, soil health testing, and ecosystem monitoring.



## Land Access

The following resources are specifically for beginning farmers and ranchers, without land to farm. These resources provide information for buying or renting land and equipment in certain states.

## BIPOC & Women

These resources are geared toward farmers and ranchers who identify as Black, Indigenous, or a Person of Color and/or as women. The following resources are run by or geared specifically toward historically underserved communities in the hopes of encouraging a more just and equitable food and agricultural system, with opportunities for all. Most of these resources are courtesy of [Soul Fire Farm](#).

## Case Studies & Research

Regenerative agriculture may seem like a hot new trend, but it actually has a long, evidence-based history; with deep roots in Indigenous communities all across the world and re-emerging to prominence with the work of George Washington Carver in the early 1900s and the Rodale Institute in 1983. While terms like agroecology and climate smart agriculture are more common in the scientific literature, the principles and practices explored go hand in hand. Find the latest research and peer reviewed articles on regenerative agriculture [here](#).

## Soil Testing Labs

Monitoring and observation are key elements of a truly regenerative, adaptively managed system. When implementing new practices on your farm or ranch it is important to monitor and observe the impacts, so you can quickly identify what's working, what's not, and adapt! [Qualitative assessments](#) are useful day-to-day tools, but quantitative tests can help unpack what's going on at a micro or a molecular scale. Find a soil testing lab to help process your samples and translate your data into actionable, on farm management decisions.

## Podcasts

These food, farming and nutrition podcasts share hopeful perspectives and stories about how we can heal and regenerate our earth and ourselves.

## Webinars

These webinars cover a range of regenerative agriculture topics, including soil carbon sequestration, soil biology, agroforestry, cover cropping and much more. Webinars are great free educational resources and learning tools for farmers and ranchers looking to transition.

Kiss the Ground hopes this document helps to orient you to the wealth of resources available to support you in your transition towards a system of agriculture that regenerates land, people, and planet. We understand the value of shared knowledge, but we also see the value of grounding that knowledge in an experiential learning process that ultimately leads to deep understanding. Our intention is that these resources are not just read, but used, put into practice, questioned, and contributed to. If you find that you want to engage with this discussion on a deeper level, we invite you to join our online [Farmland Community](#), which allows for a continual sharing of wisdom and resources between land stewards of all kinds.

Kiss the Ground acknowledges the indigenous origins of regenerative agriculture. We further recognize the invaluable contributions of Indigenous people and societies to the preservation and enhancement of ecological processes, as well as the promotion and deepening of our relationships with soil, water, plants, animals, and each other. We honor and respect these communities; in immense gratitude for the wisdom they have shared and the practices they have upheld and passed down from generation to generation.

