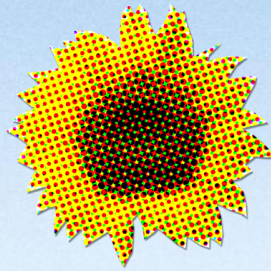


Rachel's
Farm



EDUCATIONAL RESOURCES

FOR

COMMUNITY GROUPS



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RESOURCE OVERVIEW

INTRODUCTION

Screening *Rachel's Farm* is a fantastic way to start conversations with your community about regenerative agriculture and farming. Whether you want to improve your land and water management, produce healthy livestock with less inputs, or grow your own food, this real world case study shows how farmers and landowners can future proof their business.

OVERVIEW OF THE RESOURCES

Rachel's Farm shows the real world experience and benefits of switching to regenerative farming practices. Whether you want to increase your profitability, improve your land and water management, produce healthy livestock with less inputs, or grow your own food, this film is a practical, real world case study that shows how regen farming is done and the benefits that can be realised in just 12 months.

Through various experts featured in the film, you will learn about the science behind the practice, including biodiversity, soil health, rotating stock, and water management. The film also shows how regen farming helps to combat climate change and can deliver additional income to farmers in the form of carbon trading.

Screening *Rachel's Farm* is a fantastic way to start conversations with your community about the principles of regenerative agriculture and practice of regenerative farming and help farmers future proof their farming business. The accompanying resources are presented in four parts:

- | | |
|----------------|---|
| 1. WHAT | WHAT is regenerative agriculture? |
| 2. WHY | WHY is it a better alternative to conventional farming? |
| 3. HOW | HOW do you make the switch? |
| 4. WHO | WHO is pioneering this approach? |

Resources provided:

- How to access the film
- Fact sheets and top tips
- Expert quotes and highlighted scenes
- Worksheets with suggested activities
- Discussion topics
- Additional activities

WATCHING THE FILM

- You can host virtual or in-person screening events in any venue of your choice. To share *Rachel's Farm* (1 hour 27 minutes) with your local community, simply fill in this [form to book a screening](#) and the team at Regen Studios will touch base to help you with your booking.
- Screening fees are applicable and you will be provided with a quote as well as toolkits and resources to make it 'more than a screening' - but a chance to connect and deepen the experience with your audience.
- In each section (WHAT, WHY, HOW, WHO) there are time-coded scenes from the film that are referenced. This means you can revisit and watch these scenes with your group to refresh learning and support discussion pertaining to these sections.

FACTSHEET

WHAT

So, what is regenerative agriculture all about?

INTRODUCTION

In the film Rachel is introduced to the concept of regenerative agriculture (or 'regen ag') by her neighbour, Mick, who is challenging the conventional ways his father has farmed. Through Mick and other regen experts Rachel learns about the importance of healthy soil, how to better manage water, rotating livestock to foster healthy paddocks, and the importance of supporting biodiversity and planting native plants. And by doing all this she is making her farm more sustainable, and more profitable.

"It doesn't have to be the way we've got caught doing things. We can make a profit and we can do it right. The more people that farm this way, the more we're going to heal our landscapes. So, I feel incredibly hopeful." – Rachel Ward

DEFINITION

Regenerative agriculture is an approach to farming and land management that focuses on restoring and enhancing the health of the ecosystem while promoting sustainable agricultural practices.

Regen ag can mean different things to different people and there's an array of regen farming practices that are being employed by farmers around the world. Each practice has the potential to help restore the soil's natural ability to sequester carbon.

The goal of regenerative agriculture is to improve soil health, biodiversity, and ecosystem resilience, while also aiming to mitigate climate change and foster sustainable food production.

"Regeneration means putting LIFE at the centre of every action and decision." – Paul Hawken

The SIX pillars of regenerative agriculture are:

- **Soil health:** Practices that promote the development of healthy soil through techniques such as cover cropping, reduced tillage, composting, eradicating or reducing use of chemicals, and agroforestry.
- **Biodiversity:** Encouraging a diverse range of plant and animal species within the agricultural system to support a more robust and resilient ecosystem.

- **Water conservation and management:** Employing strategies to conserve water resources and prevent soil erosion, such as rainwater harvesting and contour farming.
- **Waste reduction and recycling:** Minimising waste and recycling organic materials to improve nutrient cycling within the system.
- **Integration of livestock and crops:** Combining livestock and crop production in a mutually beneficial manner, such as rotational grazing and using animal manure as natural fertiliser.
- **Community and economic resilience:** Supporting local communities, promoting fair labour practices, and fostering economic viability for farmers.

PHILOSOPHY

Small actions have big consequences.

Regenerative agriculture is based on a holistic system of farming that nurtures a harmonious relationship between agricultural activities and the natural environment, with the understanding that a healthy ecosystem will ultimately lead to more sustainable, resilient and abundant food production. It is an invitation to rethink our place in the world and to embrace a more holistic and sustainable way of living.

While 'regenerative' may be the new buzz word, many of these methods aren't new, and have been used by Indigenous cultures for many thousands of years. Indigenous cultures have long understood the importance of working with nature to nurture the land and ensure sustained health and productivity across all systems.

KEY SCENES

The following scenes explain regenerative farming as shown in the film:

Scene 1 A New Way Forward

Description

In this scene, Mick comes to Rachel and tells her that their conventional way of farming is not working, financially or ecologically. He points her to the state of their degraded soil and explains that he wants to try a new way - regenerative farming.

Timecode: 10.12.26 - 10.14.33 **Duration:** 02:07

Scene 2 Livestock as a Tool

Description

In this scene, Rachel and Mick discuss how overgrazing their cattle means their soil doesn't have enough time to recover. They work together to rotate their combined livestock through smaller paddocks, something Mick's Dad struggles with as a concept.

Timecode: 10.19.46 - 10.22.34 **Duration:** 02:48

Scene 3 The Secret Life of Soil

Description

In this scene, renowned scientist and author Charles Massey talks about the complex ecosystem under the ground and how traditional farming destroys that healthy biology. Soil is not just dirt, it's a living complex substrate that has to be nurtured and fed and protected.

Timecode 10.34.49 - 10.37.33 **Duration** 02:44

"I think the collective power of us all, when we're conscious about the world that our grandchildren are inheriting and that we need to do something quickly to turn it around, that power when harnessed, is incredibly powerful. And everybody has their particular bit that they can do. And now is the time to do it." – Rachel Ward

FURTHER INFORMATION

Regenerators

[A collection of resources for Farmers](#)

Regeneration International

Regeneration International (RI): A global nonprofit organisation promoting regenerative agriculture, RI offers valuable information, resources, and articles on regenerative farming practices. [Regeneration International](#)

Farmers for Climate Action

Farmers for Climate Action Farmers grew out of a meeting of frustrated farmers in the Blue Mountains in 2015 and now represents more than 6000 farmers across Australia. Their mission is to influence Australia to adopt strong economy-wide climate policies and realise a prosperous and sustainable future, full of opportunity for farmers and farming communities. [Farmers for Climate Action](#)

The Savory Institute

Founded by Allan Savory, the Savory Institute promotes the holistic management framework, which emphasizes regenerative grazing practices to restore soil health, increase biodiversity, and combat desertification. They work with farmers and ranchers worldwide to implement these practices. [The Savory Institute](#)

For a list of further learning resources, [please click here.](#)

WORKSHEET

WHAT

So, WHAT is regenerative agriculture all about?

SUMMARY

This resource is for rural and regional councils who want to engage with local farmers and landowners about making the switch to regenerative farming. They are designed to be part of a screening of the film *Rachel's Farm*.

In addition, the activities described here can also be applied to smaller scale community groups who have gardens, including Country Women's Association, Men's Sheds, local park groups, schools, and community gardens.

Rachel's Farm highlights the positive changes that occur when farmers and landowners embrace sustainable practices to improve their land and future proof their businesses.

1. Pre-viewing discussion topic (provocative)

Is regen farming the key to a sustainable and resilient future for agriculture, or are conventional methods still the most viable option?

2. Post Viewing discussion topic (reflective)

How has learning about regen farming transformed your perspective on the relationship between conventional agriculture practices and sustainability?

WORKSHOP ACTIVITY

Regen for Farmers and Landowners - Screening Seminar

This one day seminar includes a screening of the film, panel with industry experts and farmers implementing regen best practice, followed by a planning workshop for attendees with practical advice on how to future proof their farms at a time of climate change.

9:00am Introduction, followed by screening of the film *Rachel's Farm*

11:00am Morning tea

11:30am Panel with industry expert(s) and local farmers and landowners currently using regen farming methods. Discussion around the principles of regenerative agriculture (e.g., soil health, biodiversity, water conservation, livestock management) that were key to Rachel's farm's success, and what lessons we can take away from the film.

12:15pm Lunch Break

1:00pm Breakout rooms/tables with our panellists. Attendees are divided into four groups and meet for 45 mins with the expert/panellist to discuss how to practically apply the principles of regen farming.

1. **Soil Health:** How to assess and improve soil health including utilising cover crops (e.g. clover) to fix nitrogen in the soil and improve its fertility.
2. **Biodiversity:** Implementing agroforestry systems that integrate fruit trees, crops, and livestock, and the conserving of woodlands to create a diverse and resilient ecosystem.
3. **Water Conservation:** Employing contouring and harvesting techniques to capture and store rainwater for irrigation during dry periods.
4. **Livestock Management:** Reconfiguring paddocks and rotating livestock to ensure groundcover recovery.

After 45 minutes groups rotate to the next group.

2:30pm Afternoon Tea

3:00pm Groups attend another two workshops, rotating at the 45 minute mark.

4:30pm Final Discussion and Close

- Conclude the day with a whole-group discussion.
- Encourage attendees to share their reflections on the principles of regenerative agriculture and how they see these practices as potential solutions to their own land management challenges.
- Handout list of resources and tools as takeaway

FURTHER INFORMATION

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[Regeneration International](https://regenerationinternational.org/why-regenerative-agriculture/)

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[Farmers for Climate Action](#)

<https://farmersforclimateaction.org.au/>

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[The Savory Institute](#)

<https://ata.land/savory-institute/>

For a comprehensive list of further learning resources, [please click here.](#)

FACTSHEET

WHY

So, WHY is it a better alternative to conventional agriculture?

IN THE FILM

In the film we learn that Rachel's neighbour Mick Jnr took over from his Dad ten years ago and has been farming the way his father had always done. But with his soil turned to dirt and the farm losing money, he can see that conventional farming is not sustainable. He wants to shift to regenerative farming and Rachel, always up for a challenge, and loving the idea of using their farm to fight climate change, is all in.

"If you're observant, you can see things aren't getting better. They're getting worse. And no matter how many new chemicals come out you realise I'm just treating a symptom of something that's underlying. That it's easy to start letting go of some of those old things and head another way." — Mick

THE RATIONALE

The adoption of regenerative agriculture (or 'regen ag') promotes environmental stewardship and addresses some of the challenges posed by climate change and resource depletion. Practising regenerative farming offers numerous benefits to both farmers and the environment.

- By prioritising soil health, farmers and landowners will see increased organic matter, water retention, and nutrient content, resulting in more productive and resilient land.
- Regenerative practices sequester carbon dioxide from the atmosphere, helping to mitigate global warming and offering farmers additional income in the form of carbon trading.
- Focusing on increasing biodiversity promotes natural pest control and reduces the need for chemical inputs, leading to healthier food and land. Farmers can also be rewarded for improving the biodiversity on their land.
- Regenerative farming enhances water management, improves water quality, and cultivates long-term sustainability while offering economic advantages for farmers.
- As well as the eradication or reduction of harsh chemicals and pesticides, new research confirms the link between soil health and nutrient density of our food, making regeneratively farmed food the healthier choice.

With its potential to create healthier food, restore ecosystems, and address climate challenges, regenerative agriculture emerges as a transformative solution to build a sustainable future for agriculture and the planet.

FACTS AND STATS

Climate change is already affecting farmers and rural communities throughout Australia, with 2016 and 2020 tied as the hottest years on record at 1.2°C above pre-industrial times. Australia has experienced changes in extreme weather, with more frequent and intense heat waves, storms, flooding and bushfires. Government departments, private organisations and community groups are planning, developing and implementing strategies to address current and projected changes to our climate.

Climate Change Impact: The changing climate poses serious threats to global food security. Erratic weather patterns, increased frequency of extreme weather events and national disasters and shifting growing seasons can disrupt crop yields and supply chains. Regenerative farming's emphasis on resilience can help agriculture adapt to these challenges.

Opportunity to balance the climate: According to the Rodale Institute, if the world's farmlands converted to regenerative farming, more than 100% of global CO₂ emissions would be sequestered.

Loss of Arable Land: The United Nations estimates that we are losing 12 million hectares (30 million acres) of arable land every year due to factors such as erosion, urbanisation, and desertification. The organisation predicts that by 2050, without changes to agricultural practices, the world could lose another 5 to 10 million hectares of arable land due to soil degradation. Regenerative farming practices can help restore degraded lands and make them productive again.

Pesticide Use: The Pesticide Action Network reports that over 5 billion pounds of pesticides are used globally each year. Pesticide residues can affect human health and ecosystem balance.

Loss of Agricultural Diversity: Over the past century, an estimated 75% of plant genetic diversity in agriculture has been lost, primarily due to the shift toward uniform, high-yield crops.

Loss of Biodiversity: The United Nations Environment Program reports that our global food system is the primary driver of biodiversity loss, with agriculture alone being the identified threat to 24,000 of the 28,000 (86%) species at risk of extinction. The global rate of species extinction today is higher than the average rate over the past 10 million years. Regenerative agriculture's focus on diverse plantings and habitats can help preserve and restore biodiversity.

Global Food Security: As the global population continues to grow, there's increasing pressure on agriculture to produce more food. Meanwhile, the increasing frequency of extreme weather events adversely affects the productivity of farmlands and centralised food supply chains are exposed to the risk of global and national disasters, like we experienced during the COVID-19 pandemic. Regenerative agriculture, with its focus on sustainable practices and localised food supply chains, can contribute to long-term food security.

KEY SCENE TIMECODES

The following scenes speak about why regenerative farming is beneficial as outlined in the film:

Scene 1 Combat Climate Change

Description

In this scene, Mick and Normie talk about soil as a storer of carbon, but the soil has to be healthy. Cattle are walking compost heaps so moving them around improves the soil's ability to absorb carbon, something we desperately need to combat global warming.

Timecode 10.14:44 - 10.16:13 **Duration** 01:29

Scene 2 Gain Healthy and Fertile Soil

Description

In this scene, Mick explains how water storage and filtration is key to a healthy soil. He introduces us to Landscape scientist, Peter Andrews who will help Rachel add contours to hold onto her water and ensure any rain does not wash the soil fertility away.

Timecode 10:59:08 - 11.01:27 **Duration** 02:19

Scene 3 Carbon as Income

Description

In this scene, Dr Terry McCosker talks about how trees and plants pull down carbon dioxide and then healthy soil sequesters that carbon which is accumulated and can be measured. This carbon offset can then be traded, giving farmers a welcome opportunity to earn additional income.

Timecode 11.07.58 - 11.09:46 **Duration** 01:48

"It really was not until I heard about how responsible agriculture had been for our climate crisis and how much regenerative farming could be responsible for fixing so many of the problems that I actually went, 'That is it. That is the most hopeful thing I've heard and that is what I'm going to commit every part of my being to". — Rachel Ward

FURTHER INFORMATION

Regeneration International

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Farmers Footprint

Farmers Footprint are a national not-for-profit organisation whose vision is to transform Australian agriculture to a more regenerative system that recognises and respects our interdependence with nature. They work with their sister organisation in the USA, Farmer's Footprint US, to create global programs and initiatives that support the regeneration of human and planetary health. [Farmers Footprint](#)

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WORKSHEET

WHY

So, WHY is it a better alternative to conventional agriculture?

SUMMARY

This resource is for rural and regional councils who want to engage with local farmers and landowners about making the switch to regenerative farming. They are designed to be part of a screening of the film *Rachel's Farm*.

In addition, the activities described here can also be applied to smaller scale community groups who have gardens, including Country Women's Association, Men's Sheds, local park groups, schools, and community gardens.

Rachel's Farm highlights the positive changes that occur when farmers and landowners embrace sustainable practices to improve their land and future proof their businesses.

3. Pre-viewing discussion topic (provocative)

What compelling factors are motivating a growing number of farmers and communities to challenge conventional farming practices and transition towards regenerative agriculture?

4. Post Viewing discussion topic (reflective)

Why did Rachel Ward make the bold decision to adopt regenerative agriculture on her farm, and what concerns might have driven her towards this significant shift in farming practices?

GROUP ACTIVITY

Why Should I Switch to Regenerative Farming?

Farmers need to understand their own 'why' in terms of responding to climate change – whether it's because they want to build a more resilient business, plan for the implications of future policy on-farm, or they want to have additional income and meet the demands of consumers.

This 1 hr information session invites a local regen farmer to present after the film, speaking to the benefits he or she has gained from switching to regen and including 15 mins to answer questions. Topics for the presentation could include:

- **Why I got into it** – what led the farmer into making the switch to regenerative farming practices
- **Step by Step** – the process taken and the prep and practice of switching to regenerative practices including how they addressed:
 - Soil health**
 - Water conservation**
 - Livestock management**

Biodiversity

- **Results** – where are they now, what changed, and how long did it take
- **Challenges** – what was the toughest or trickiest part of making the switch
- **Benefits** – key takeaways and recommendations for fellow farmers and landowners
- **Q&A** – questions from the audience

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[Farmers for Climate Action](#)

For a list of further learning resources, [please click here.](#)

FACTSHEET

HOW

So, HOW is regenerative farming done?

IN THE FILM

In the film, Rachel engages Tony Hill and his team from Land to Market to assess her farm and gain accreditation to show the farm's health is improving. The low score she receives from Tony is all the motivation Rachel needs to make significant changes to her farm practices, with the goal of improving her soil health, water conservation, biodiversity of plants and animals, and carbon sequestration, and hopefully receive an EOV (Ecological Outcomes Verification) certificate.

"It was pretty confronting when he just said, 'If you've got no life in your soil, you've got dead soil'. Both Mick and I felt like very bad parents. We had not looked after our soils. And he was going to come back the following year to see how we were improving." – Rachel Ward

FOUR PILLARS – Soil, Livestock, Water and Vegetation

By implementing regenerative farming practices, farmers and landowners can improve soil health, protect water resources, support biodiversity, and foster sustainable agricultural systems to future proof their land.

Soil

Soil health is at the core of regenerative farming. Healthy soil is teeming with diverse microorganisms, such as bacteria, fungi, and animals such as earthworms and dung beetles, which contribute to nutrient cycling and soil structure. Here's why soil is important:

- **Nutrient Cycling:** Regenerative practices, like cover cropping and crop rotation, enhance nutrient cycling, ensuring essential nutrients are available to plants and minimising the need for synthetic fertilisers.
- **Carbon Sequestration:** Healthy soil acts as a carbon sink, absorbing and storing carbon dioxide from the atmosphere. This helps mitigate climate change by drawing down greenhouse gas emissions.
- **Water Retention:** Improved soil structure and organic matter content enhance water-holding capacity, reducing soil erosion and increasing resilience during droughts and heavy rainfall events.
- **Biodiversity Support:** Healthy soils support diverse plant and microbial life, contributing to overall ecosystem health.

Livestock

Livestock integration in regenerative farming is based on mimicking natural grazing patterns and ecosystem dynamics. Here's why livestock are important:

- **Nutrient Cycling:** Grazing animals help fertilise the land with their manure, contributing to nutrient cycling and soil health.
- **Grassland Restoration:** Properly managed grazing can restore grasslands and improve biodiversity by mimicking the natural grazing behaviour of wild herbivores.
- **Carbon Sequestration:** Integrating livestock with regenerative practices can improve soil carbon storage, as grazing stimulates plant root growth and organic matter deposition.
- **Economic Benefits:** Livestock can provide farmers with additional income streams and contribute to a diversified and resilient farming system.

Water

Water management is critical in regenerative farming, as water scarcity is a significant challenge in many regions. Here's why water is essential:

- **Water Efficiency:** Regenerative practices like conservation tillage and mulching help retain moisture in the soil, reducing water usage and increasing water efficiency.
- **Erosion Control:** Practices such as contour farming and terracing help prevent soil erosion, protecting water quality and reducing sedimentation in water bodies.
- **Flood and Drought Mitigation:** Regenerative practices can improve the water-holding capacity of soils, reducing the risk of both floods and droughts.

Vegetation

Plant diversity and healthy vegetation are crucial in regenerative farming. Here's why vegetation matters:

- **Biodiversity:** Diverse plant species promote beneficial insects, pollinators, and wildlife, fostering a more resilient ecosystem.
- **Crop Resilience:** Crop diversity reduces the risk of crop failure due to pests, diseases, or extreme weather events.
- **Ecosystem Services:** Plants contribute to various ecosystem services, including carbon sequestration, soil stabilisation, and water retention.
- **Companion Planting:** Strategic planting of compatible crops can improve soil fertility, pest management, and overall yields.

KEY SCENE TIMECODES

The following scenes show how Rachel took up regenerative farming practices as outlined in the film:

Scene 1 Rotating Your Livestock

Description

In this scene, Rachel and Mick watch a talk by Allan Savory, scientist and farmer about overgrazing and that it has nothing to do with numbers, it is the movement and the timing that matters. Inspired, they decide to adopt Allan's methodology and combine their herds.

Timecode 10.17.03 - 10.20.22 **Duration** 03:19

Scene 2 Increasing Your Biodiversity

Description

In this scene, Rachel speaks with local Gumbaynggirr man Kenny about native grasses and the importance of caring for Country. As he says, the more diversity you have in trees, plants, insects and nutrients for the soil, the more life we get in the bush.

Timecode 10.52.29 - 10.54:13 **Duration** 02:08

Scene 3 Managing Your Water

Description

In this scene, Landscape Scientist Peter Andrews guides Rachel and Mick on how to contour their land so rain will filter into the soil instead of running off into the Nambucca River. They check the land after a big rain and it has worked!

Timecode 11.01.57 - 11.04:01 **Duration** 02:04

"Our soil health, our landscapes, our biodiversity, our water retention, our microbial health are all moving in the right direction. And we got it - our EOY came through." – Rachel Ward

FURTHER INFORMATION

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Greening Australia

Greening Australia is a national not-for-profit committed to restoring Australia's diverse landscapes and protecting biodiversity in ways that benefit communities, economies, and nature. With projects spanning the breadth of the country – from city suburbs to remote rural

locations – they apply a science-led, collaborative approach to deliver nature-based solutions addressing the twin crises of climate change and biodiversity loss.

[Greening Australia website](#)

For a list of further learning resources, [please click here.](#)

WORKSHEET

HOW

So, HOW is regenerative farming done?

SUMMARY

This resource is for rural and regional councils who want to engage with local farmers and landowners about making the switch to regenerative farming. They are designed to be part of a screening of the film *Rachel's Farm*.

In addition, the activities described here can also be applied to smaller scale community groups who have gardens, including Country Women's Association, Men's Sheds, local park groups, schools, and community gardens.

Rachel's Farm highlights the positive changes that occur when farmers and landowners embrace sustainable practices to improve their land and future proof their businesses.

1. **Pre-viewing discussion topic (provocative)**
What challenges might arise during the process of a farm attempting to transition to regenerative farming?
2. **Post Viewing discussion topic (reflective)**
After witnessing the transformative journey of Rachel's farm transitioning to regenerative farming, what key insights or lessons have you gained about the practical steps and challenges involved in adopting regenerative practices?

GROUP ACTIVITY

Regeneration in Action

To really understand how regeneration works, go to where the action is and meet the people putting the theory into practice.

This **one day field trip is for a small group of 8-10 people** and includes a tour and on farm field walk of **2-3 local regen farms** hosted by a regenerative agriculture expert and including talks by the farmers they are visiting.

For landowners, farmers and other community members interested in seeing in practice how they can improve farm sustainability, reduce input costs, improve resilience to climatic extremes and apply management tools that allow them to work with nature.

To find an Australian regen farm there are good maps at [Open Food Network](#), [Sustainable Table](#) and [Organic Consumers](#).

You can find farms and case studies by state here at [Soils for Life](#).

Read more by the experts in the film – [take action resources](#).

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The Regenerators

More than just a film, Rachel's Farm is the entry point into a growing movement of people and readily available solutions that are working to support farmers and regenerate our soils, food and climate systems - and everyone is invited to join. Check out these resources for farmers and consumers from the team behind the film. [The Regenerators](#)

For a list of further learning resources, [please click here](#).

FACTSHEET

WHO

So, WHO is pioneering this change?

IN THE FILM

In the film Rachel talks about how regenerative farming started with Australia's traditional custodians, First Nations peoples and how much we have to learn from them. She also talks about how regen ag offers a role for women not as prevalent in conventional farming and that any farmer wanting to try new techniques can be a part of the regen movement.

I think one of the bonuses of regen farming is it has a much more active and valuable role for women. I just don't think it's as reliant on heavy machinery and brute strength and conventional farming is. It seems to just have a lighter touch. And I think that it's going to be a sort of revolution for women to be able to join this space. — Rachel Ward

THE PEOPLE EMBRACING REGEN AG

Communities around the world are increasingly embracing regenerative farming as a way to address environmental challenges, enhance food security, and promote sustainable livelihoods.

There has been an increasing presence of younger, indigenous, and female regenerative agriculture farmers. This trend is part of a recognition of the valuable contributions these groups can make to regenerative farming practices along with consumers who are looking for more sustainable and healthy food sources.

The First Farmers

Indigenous communities around the world have a long history of traditional agricultural practices that are inherently regenerative and sustainable. Many indigenous farmers are reclaiming and reviving their traditional knowledge and practices. Integrating indigenous wisdom into modern regenerative agriculture practices can yield valuable insights and contribute to sustainable land management.

Younger Farmers

Many young farmers are embracing regenerative agriculture as a means to address environmental challenges and build sustainable farming systems. They bring fresh perspectives, technological savvy, and a willingness to experiment with innovative practices.

Female Farmers

Women have always played a crucial role in agriculture, yet they have often been underrepresented in decision-making roles and have faced gender-specific challenges. In recent years, there has been a growing recognition of the vital role women play in agriculture and the need to promote gender equality in the sector. More female farmers are actively

engaging in regenerative agriculture, and organisations are supporting their participation through training, resources, and advocacy.

Consumers

Consumers are quickly becoming an important part of the shift to regenerative farming as they are looking for products that are grown and sourced in a way that does not contribute to climate change and supply follows demand. Regenerative agricultural systems produce healthier and tastier food, support clean air and water, and make consumers feel good about regenerating the planet through conscious purchasing decisions.

Community Gardeners

Regenerative farming is also not just for farmers and landowners – the practices involved will work anywhere people are growing, including community gardens, veggie gardens, school gardens, Men's Sheds, and Country Women's Associations gardens. Even the smallest backyard will benefit from improved soil showing that a regenerative approach benefits the entire community as well as combating climate change.

KEY SCENE TIMECODES

The following scenes show how Rachel and Mick feel regenerative farming has much to offer different communities as outlined in the film:

Scene 1 The First Farmers

Description

In this scene, Rachel talks with Ngambri Elder Shane Mortimer about indigenous farming practices including fire-stick farming, and with Dr. Charles Massey OAM, Scientist, Sheep Farmer and Author about how Traditional Custodians were farming for millennia, not harming the land, but as part of the land.

Timecode 10.33.16 - 10.35.30 **Duration** 02:14

Scene 2 Regen for Women

Description

In this scene, Rachel talks about the traditional role of women in farming and how regenerative farming is not as reliant on heavy machinery and is more inclusive for women to get involved. And it's not just the farm, the process has made Rachel herself feel regenerated.

Timecode 11.17.14 - 11.20.15 **Duration** 04:01

Scene 3 The Role of the Consumer

Description

In this scene, Rachel says one of the most powerful things that consumers can do is to know their farmer and to buy from farmers that are using best practice. Not only are they competitive pricewise, you can feel good knowing you are making a difference.

Timecode 11.23.46 - 11.25.53 **Duration** 02:07

"This regenerative movement, it's not exclusive. Anyone can do it. So, once you can unlearn all the stuff that's been so ingrained and open your mind a bit and see, it just starts to flow." – Mick

FURTHER INFORMATION

Initiatives, organizations, and platforms are emerging to promote the involvement of younger, indigenous, and female regenerative agriculture farmers:

Young Farmers Connect

A network that supports young farmers in Australia. They provide resources, training, and networking opportunities to help young farmers succeed in their agricultural ventures. The organisation also advocates for policies that promote the interests of young farmers and sustainable farming practices.

<https://sustain.org.au/directory/organisations/young-farmers-connect>

Regenerative Agriculture Alliance

A collaboration of farmers, researchers, and organisations dedicated to advancing regenerative agriculture in Australia. They advocate for policies that support regenerative practices and promote the adoption of sustainable farming methods.

<https://farmingtogether.com.au/our-work/regenerative-agriculture-alliance/>

Future Farmers Network

An organisation that represents and supports young people involved in agriculture. They aim to empower young farmers through education, training, and networking opportunities, including those related to regenerative agriculture.

<https://futurefarmers.com.au/>

National Farmers' Federation (NFF) - Young Farmers Committee

The NFF is the peak national body representing farmers in Australia. Their Young Farmers Committee focuses on addressing the needs and challenges faced by young farmers. While not exclusively dedicated to regenerative practices, they play an essential role in advocating for policies that support sustainable agriculture, including regenerative methods.

<https://nff.org.au/>

Landcare Australia

Landcare is a community-driven movement that works to promote sustainable land management and conservation in Australia. They support farmers in adopting regenerative practices and play a crucial role in building networks and sharing knowledge among the agricultural community.

<https://landcareaustralia.org.au/>

RESOURCE FOR COMMUNITY GARDENERS

Sustainable Gardening Australia

Sustainable Gardening Australia (SGA) is a not for profit social organisation committed to inspire, empower and connect individuals, communities and organisations to garden sustainably, including providing information, education and research on soil conservation, water quality, biodiversity and ecologically sustainable development.

<https://www.sgaonline.org.au/>

RESOURCES FOR CONSUMERS

Sustainable Table

An organisation that encourages sustainable food choices and practices in Australia. they promote regenerative agriculture and sustainable farming practices and offer resources and information to farmers and consumers alike, including a buying guide.

[Sustainable Table](#)

Kiss the Ground Purchasing Guide

This non-profit organisation focuses on regenerative agriculture education and awareness. They offer online courses, webinars, and resources to help people understand and implement regenerative practices. [Kiss the Ground](#)

For a list of further learning resources, [please click here.](#)

WORKSHEET

WHO

So, WHO is pioneering this change?

IN THE FILM

This resource is for rural and regional councils who want to engage with the community about making the switch to regenerative agriculture. They are designed to be part of a screening of the film *Rachel's Farm*.

Rachel's Farm highlights the positive changes that occur when farmers, landowners and everyone in the community embrace sustainable practices to improve their land and future proof their businesses.

3. Pre-viewing discussion topic (provocative)

What challenges might arise during the process of a farm attempting to transition to regenerative farming?

4. Post Viewing discussion topic (reflective)

After witnessing the transformative journey of Rachel's farm transitioning to regenerative farming, what key insights or lessons have you gained about the practical steps and challenges involved in adopting regenerative practices?

GROUP ACTIVITY

For Everyone Who Grows

Regenerative agriculture is also not just for farmers and landowners – the practices involved will work anywhere people are growing, including community gardens, verge gardens, school gardens, Mens Sheds, and Country Women's Associations gardens.

This **3 hour field trip is for a group of 10-15 people** and includes a garden walk and soil demonstration at a **local community garden** hosted by a regenerative agriculture expert. Aim to structure the field trip experience with the assistance of your chosen expert for best results. Further guidance and links for contacting a local regen expert and/or educator can be found via groups such as the Australian Holistic Management Coop and Landcare. Note that engaging a regenerative agriculture expert and/or educator will incur a fee for their service.

As a group, discuss the various ways people can purchase their food in your local area. Identify the sources of regenerative farming produce. In what ways can the community support these farmers to promote the purchase and consumption of regenerative farming products?

For community members interested in seeing in practice how they can improve sustainability, improve resilience and apply management tools to work with nature and be part of the movement addressing climate change.

Invite an expert from the film – [take action resources](#).

FURTHER INFORMATION

Sustainable Gardening Australia

Sustainable Gardening Australia (SGA) is a not for profit social organisation committed to inspire, empower and connect individuals, communities and organisations to garden sustainably, including providing information, education and research on soil conservation, water quality, biodiversity and ecologically sustainable development.

[Sustainable Gardening Australia](#)

Greening Australia

Greening Australia is a national not-for-profit committed to restoring Australia's diverse landscapes and protecting biodiversity in ways that benefit communities, economies, and nature. With projects spanning the breadth of the country – from city suburbs to remote rural locations – they apply a science-led, collaborative approach to deliver nature-based solutions addressing the twin crises of climate change and biodiversity loss.

[Greening Australia website](#)

Landcare Australia

Landcare is a community-driven movement that works to promote sustainable land management and conservation in Australia. They support farmers in adopting regenerative practices and play a crucial role in building networks and sharing knowledge among the agricultural community. [Landcare Australia](#)

For a list of further learning resources, [please click here](#).