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Dirt to Soil: One Family's Journey Into Regenerative Agriculture. Final Report

Courtney White
A West That Works

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Dirt to Soil: One Family's Journey Into Regenerative Agriculture. Final Report

Abstract

Numerous scientific studies show that nutrient levels in farmed fruits and vegetables have declined over the past fifty years. The main culprit has been identified as soil depletion and the corresponding loss of microbial biological activity, key to soil health and thus the proper functioning of the nutrient cycle. Regenerative agriculture is a biological system that restores degraded land, improves soil health and repairs nutrient, water, and carbon cycles. It can also produce food with higher nutrient density as well. Gabe Brown believes that producing nutrientdense food is a primary goal of his work on the Brown Ranch and that consumers will respond economically to the availability of these foods.

Final Report Prepared for the Leopold Center for Sustainable Agriculture

January 11, 2018

To: Mark Rasmussen, Director

From: Courtney White, *A West That Works*

Address: 22 Avenida del Monte Alto, Santa Fe, NM 87508

505-470-3992 (cell) courtney@jcourtneywhite.com

Project: Write an additional Chapter to the book *Dirt to Soil: One Family's Journey Into Regenerative Agriculture* (Chelsea Green Publishing) on the link between nutrient-dense food and soil biology and its benefits for plant, animal and human health. The book focuses on the regenerative agricultural practices developed on the Brown Ranch, in Bismarck, North Dakota, and their role in restoring biological health to the soil and nutrient-density to food.

Project Budget: \$4,200

Project Duration: 1 month

Submitted to Chelsea Green: December, 1st, 2017*

Book Publication Date: September 2018

Summary: Numerous scientific studies show that nutrient levels in farmed fruits and vegetables have declined over the past fifty years. The main culprit has been identified as soil depletion and the corresponding loss of microbial biological activity, key to soil health and thus the proper functioning of the nutrient cycle. Regenerative agriculture is a biological system that restores degraded land, improves soil health and repairs nutrient, water, and carbon cycles. It can also produce food with higher nutrient density as well. Gabe Brown believes that producing nutrient-dense food is a primary goal of his work on the Brown Ranch and that consumers will respond economically to the availability of these foods.

A chapter on the link between regenerative agriculture, soil health and nutrient-dense food was not included in the original Proposal to Chelsea Green. The grant from the Leopold Center allowed the necessary research and writing time to add this chapter to the book.

Budget: \$4200

The following are the expenditures for Courtney White's role in writing an additional chapter for *Dirt to Soil: One Family's Journey Into Regenerative Agriculture*:

Category	Budget Projection
Research and Writing (112 hours x \$35 per hour)	\$ 3920
Research materials	\$ 80
Office supplies	\$ 200
<i>Total</i>	<i>\$4200</i>

* Final disposition of text in the book will be determined by Chelsea Green Publishing

Dirt to Soil

**One Family's Journey into
Regenerative Agriculture**

Gabe Brown

Chelsea Green Publishing
White River Junction, Vermont
London, UK

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Chelsea Green Publishing
85 North Main Street, Suite 120
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(802) 295-6300
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