



Free Starter Checklist



Regenerative How to Start Regenerative Farming



Soil Health Baseline

“Understand where you are, so you can measure where you’re going.”

- Identify your primary growing areas (zones to test)
- Order a Haney Soil Test or equivalent regenerative panel
- Record key baseline indicators:
 - Soil respiration
 - Water extractable organic carbon (WEOC)
 - Microbial activity
 - pH / N-P-K (basic fertility)



Core Regenerative Practices to Begin

“Start small. Go deep. Let the land respond.”

- Cover bare soil with mulch, straw, or cover crops
- Reduce or eliminate tillage in key areas
- Apply your first compost tea, FPJ, or natural input
- Identify 2 crops you can rotate for diversity
- Walk your land weekly—journal plant health and signs of soil life
- Bonus: Include space for notes, sketches, or before/after photos.



Reflection & Documentation

“What you track, you transform.”

- Write a short farm reflection:
- Why do you want to move toward regenerative practices?
- Take 3-5 photos of your land as it looks now (for future comparison)
- Note any immediate goals or challenges (e.g., erosion, pests, fertility)
- Set a date for your next soil test (12 months out)