

# 10 Things You Can Do in 2022 to Think More About Soil And Food

## 01 Feel the earth beneath your feet!

Connecting organically to the earth's natural electrical charges grounds your body and stabilizes its natural electrical system – regulating circulation, blood flow, brain, and heartbeat – lowering stress and inflammation, while invigorating mind, body, and soul.



## 02 Pick foods and products made naturally

Wherever possible, choose products made from the ground up. Look for clues to the stories behind labels and seek out locally made items. Whether food, clothing, or home goods, ask yourself which products have histories closest to the soil.



## 03 Get to know more of the soil

Hang out with the soil in your own backyard – without pulling, tilling, or spraying. Think about ways to feed the soil with the immediate environment – adding leaves, dead branches, grass cuttings, or other organic layers for fortifying mulch.



## 04 Forage for native foods and herbs

Discover useful plants growing naturally in nearby landscapes. Check with your local agricultural extension office for a list of useful or edible roots, plants, or herbs. Take a ramble to find some of nature's timeless surprises to harvest, store and prepare for your pantry.



## 05 Shop more organics

Now is the time to seek out more organic foods as conventional costs have climbed 15% and more since 2020. Comparing prices and shopping sales pays off in an increasingly competitive organic market. Don't forget, too – farmers often share surplus deals with loyal patrons buying direct.



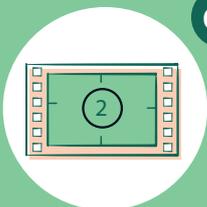
## 06 Locate local farmers and food producers

Look up farmers, small businesses, or community-supported agriculture (CSA) groups. Connect online, call and get to know what they offer and what sets them apart. Arrange a visit, take a tour, and get to know more about where your food comes from!



## 07 Watch a list of movies and documentaries

Learn more on soil and food with some down-to-earth, wholesome entertainment. Some titles to add to your movie list: Soil the Movie; Kiss the Ground; dirt! The Movie; Symphony of the Soil; Food, Inc; The Biggest Little Farm; Fantastic Fungi.



## 08 Get your hands dirty and more dirt in your diet

Get to know the soil first-hand in the garden and even in the kitchen. Don't wash away life-giving soil-based organisms by over-sanitizing your skin or removing too much residue from organic vegetables and fruits. Soil holds precious minerals.



## 09 Try homesteading

Create your own soaps from oils, tallow, or lard with lye – or make cleaners out of vinegar, baking soda, essential oils, and even toothpaste. Or just cook from scratch – even if it's a stew from vegetables about to go bad.



## 10 Find out about soil policies in your area

Get informed on soil policies through local universities, departments of agriculture, or organizations like Soil Policy Network. Track current soil policies with models like Nerds for Earth. Then get involved to educate local legislators on building healthy soil for healthy communities.

