

Take Action to Build the Soil Sponge!

Grow More, Waste Less!

- 1) Buy Read labels. Know your food. Vote with your food dollars
- 2) Gardens Less disturbance. Living roots. No bare ground.
- 3) Hire farmers, foresters and land managers to deepen watersheds.
- 4) Home Aerobically compost all food scraps and yard waste.
- 5) Harvest Water Catch, slow and sink water everywhere.
- 6) Landscapes Swales. More deep-rooted perennials and trees.
- 7) Lawns Mow less. Mow higher. Add more species.
- 8) Community Planning Avoid impervious surfaces. Manage all water to keep it around; don't waste it! More green spaces with rain gardens, especially uphill!
- 9) Learn Get involved with community resilience initiatives.
Become a Soil Carbon Coalition Land Listener and gain skills for monitoring changes over time in landscape function.
- 10) Connect with these groups (and more):
 - Vermont Heathy Soils Coalition www.vermonthealthysoilcoalition.org
 - Soil Carbon Coalition www.soilcarboncoalition.org
 - Land & Leadership, Didi Pershouse www.didipershouse.com
 - Grow More, Waste Less, Cat Buxton growmorewasteless.com
 - Building A Local Economy www.balevt.org
 - Rural Vermont www.ruralvermont.org
 - NOFA-VT (also chapters in NH, MA, NY, ME) www.nofavt.org
 - Soil4Climate www.soil4climate.org
 - Vermont Grass Farmers Association www.vtgrassfarmers.org
 - Voices of Water for Climate, Jan Lambert www.vow4climate.org
 - Community Resilience Organizations www.gocros.org