



Version 2.0: September 2023

Learning Sources

Movies, books, social media

Disclaimer

The information provided in this document, published by “MyTreehood” (Treehood España S.L. and MyTreehood Limited), offers insights into sustainable agriculture and organic farming, based on the author’s understanding and available market research. By engaging with this document, readers acknowledge that MyTreehood is not responsible for any financial losses, damages, or liabilities resulting from decisions made based on this content. The information is for informational purposes only and does not constitute a recommendation or inducement to invest.

Tree adoption supports sustainable farming but is not a financial investment and does not confer legal ownership of the tree or orchard. Outcomes may vary due to seasonal and environmental factors, and harvest proceeds depend on weather, soil conditions, and market demand. MyTreehood does not provide financial products, investment advice, or legal counsel. Participants should make informed assessments and seek independent professional advice if necessary. In compliance with FCA and AML obligations, MyTreehood transparently communicates potential risks and adheres to Customer Due Diligence (CDD) procedures, reporting suspicious activity to relevant authorities.

By continuing to engage with this document, readers confirm their understanding and acceptance of these disclaimers and release MyTreehood from related liability.

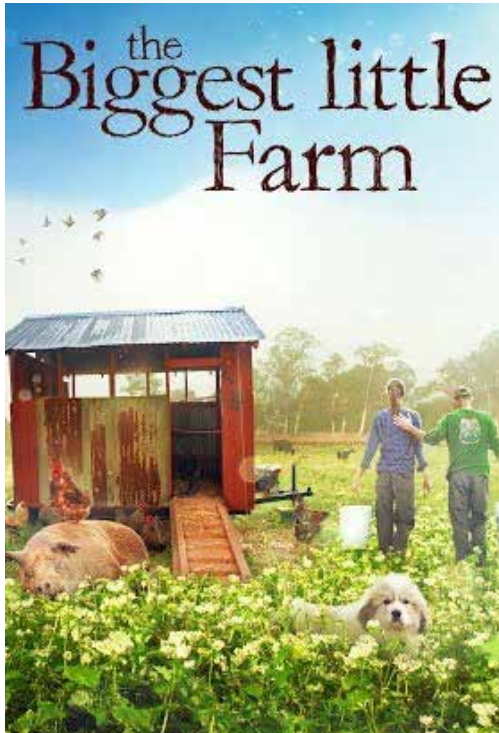
Movies & documentaries



The Biggest¹ little farm



Dir. by: Rebecca and Josh Tickell



Documentary about the eight-year quest of John and Molly Chester where they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature.

Through dogged perseverance and embracing the opportunity provided by nature's conflicts, the Chester's unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination.

Featuring breathtaking cinematography, captivating animals, and an urgent message to heed Mother Nature's call, THE BIGGEST LITTLE FARM provides us all a vital blueprint for better living and a healthier planet.

Key words: Biodiversity, regenerative agriculture, organic farm

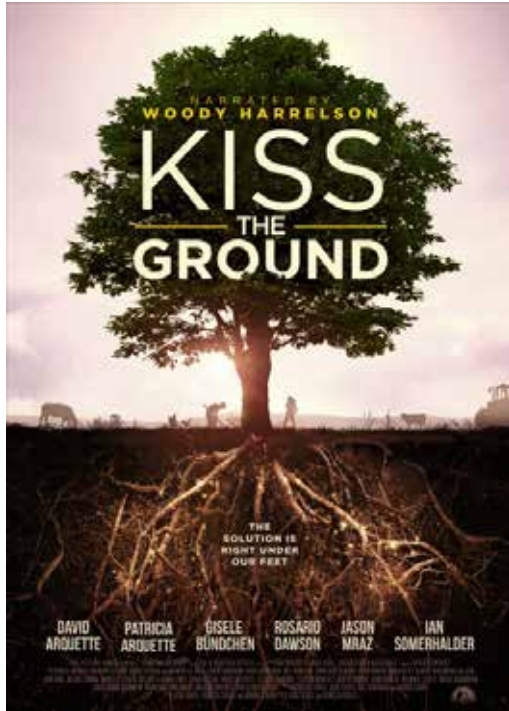


Regenerative agriculture follows the models of nature, which involves understanding ecosystems while trying to control them less. Have some patience, give nature the chance to adjust on its own

Kiss² the ground



Dir. by: John Chester



Documentary revealing that, by regenerating the world's soils, we can completely and rapidly stabilize Earth's climate, restore lost ecosystems and create abundant food supplies.

Using compelling graphics and visuals, along with striking NASA and NOAA footage, the film illustrates how, by drawing down atmospheric carbon, soil is the missing piece of the climate puzzle. This movie is positioned to catalyze a movement to accomplish the impossible – to solve humanity's greatest challenge, to balance the climate and secure our species future.

Key words: Soil, regenerative agriculture



Soils are misunderstood and undervalued; their importance is enormous in order to keep an ecological balance thus, the ecosystem's survival. Next time you're stepping on a natural ground, think about all the life that lies under your feet

Fantastic³ fungi



Dir. by: Louie Schwartzberg



Fantastic Fungi is a consciousness-shifting film about the mycelium network that takes us on an immersive journey through time and scale into the magical earth beneath our feet, an underground network that can heal and save our planet. Through the eyes of renowned scientists and mycologists like Paul Stamets, best-selling authors like Michael Pollan, Eugenia Bone, Andrew Weil and others, we become aware of the beauty, intelligence and solutions that the fungi kingdom offers in response to some of our most pressing medical, therapeutic, and environmental challenges.

Key words: Soil, regenerative agriculture

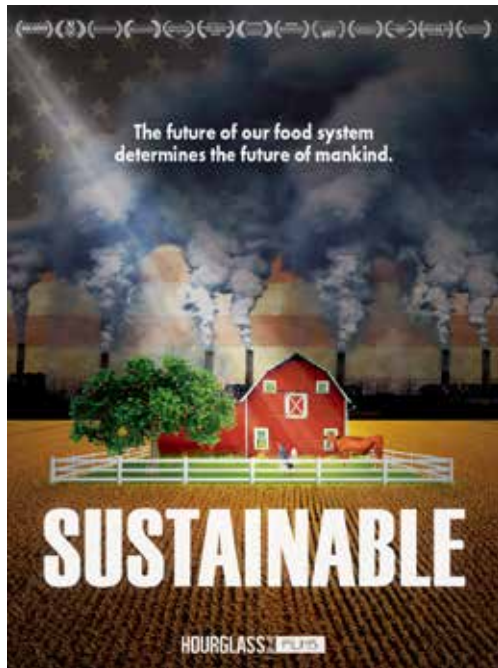


Next time you're in the forest, stop looking up, take a look down to the ground and try to understand why it's so important that all these organisms are keeping it alive

Sustainable⁴



Dir. by: Matt Wechsler



This documentary weaves together expert analysis of America's food and farming system with a powerful narrative of one extraordinary farmer who is determined to create a sustainable future for his community. The film unearths the future of agriculture – a marriage of age-old tradition and groundbreaking science. Sustainable empowers audiences and gives them hope for the future – that through this food revolution, we can all save humanity.

Key words: Food crisis, sustainability, local



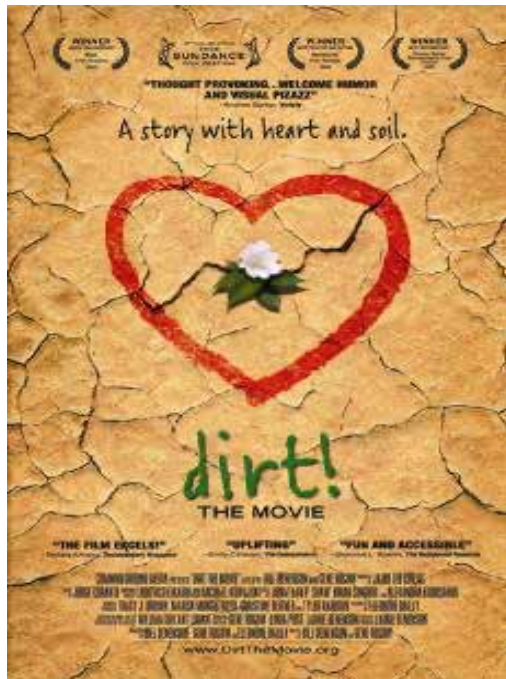
We are what we eat. Food has much more impact in our lives than we realise. It's easy to go crazy with so many diets. Well, what about if you blend a diet that makes you feel better with one that is aligned with the environment?

Dirt!⁵

The movie



Dir. by: Gene Rosow, Bill Benenson



This movie brings to life the environmental, economic, social and political impact that the soil has. It shares the stories of experts from all over the world who study and are able to harness the beauty and power of a respectful and mutually beneficial relationship with soil. But more than the film and the lessons that it teaches, it is a call to action. "When humans arrived 2 million years ago, everything changed for dirt. And from that moment on, the fate of dirt and humans has been intimately linked." How can you affect that relationship for the better?

Key words: Soil, origins, natural resources



Whenever you feel disconnected from your surroundings, think that all organisms share the same origin. We started our journey together as stardust, swirled by cosmic forces into our galaxy, solar system, and planet. We are made of the same stuff.

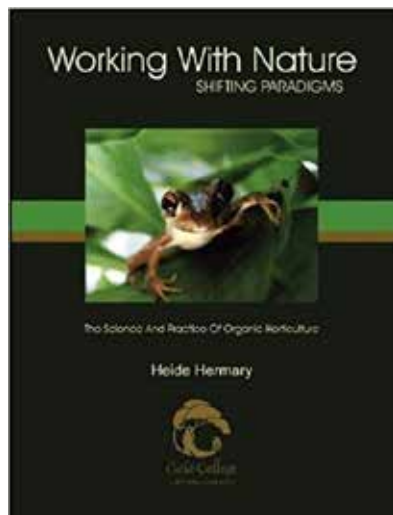
Books & magazines





Working¹ with nature

Written by: Heide Hermary



This book provides an insight into the existing mind-sets of the present-day farmers who feel the need to fight nature. In order to indulge in organic farming practices we have to stop fighting Mother Nature.

Different ideas about spraying artificial pesticides and introducing GMO crops to boost yields are challenged by the book. The modern farmer needs to change his entire mind-set before he starts getting involved in organic farming practices.

It also provides insights into facts related to farming practices, including easy composting methods to enrich soil fertility and boosting productivity.

Key words: Organic farm



What if we start asking new questions instead of simply attempting to find new solutions for the old questions?

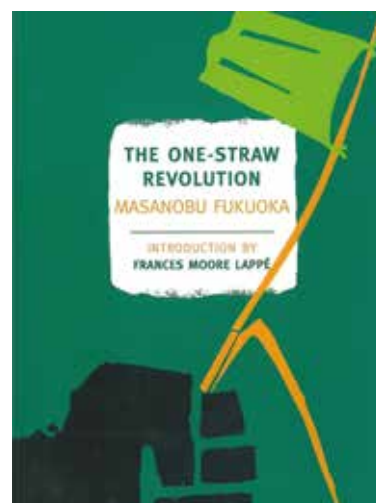


The one straw² revolution

Written by: Masanobu Fukuoka

Few books on organic farming are so revered as this one written by a Japanese scientist turned natural farming pioneer. First published in 1975, The One-Straw Revolution has inspired countless organic farmers to set conventional wisdom aside and learn through observation and partnership with the natural forces at their farms. Part personal meditation, part scientific exploration, this book explains how the author evolved from a brazen young plant pathologist into an eccentric farmer who baffled his neighbors by not plowing or flooding his rice fields, nor applying fertilizers or pesticides. Fukuoka's philosophical musings sprinkled among observations from his fields make this a profound and educational read.

Key words: Natural farming, natural rhythms, philosophy



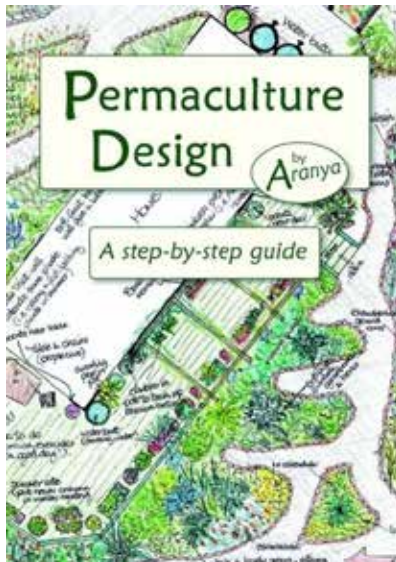
Have you heard about the “do-nothing” technique? It's based on commonsense, sustainable practices and wasteful effort.





Permaculture³ design

Written by: Aranya



Maybe you've heard the word "permaculture" but get too overwhelmed by it. This is a full colour guide where an experienced permaculture teacher leads you through the design process from beginning to end, using clear explanations, flowcharts and diagrams.

Linking theory to practice, he places the ethics, principles, philosophies, tools and techniques directly into the context of the process itself. While written for anyone with a basic grasp of permaculture, this book also has plenty to offer the more experienced designer.

A great reference for anyone who has done, or is thinking of doing, any kind of permaculture course.

Key words: Permaculture, Farming



Start small and apply little by little. Permaculture follows the logics of nature and aims to make your life easier



The minimalist⁴ gardener

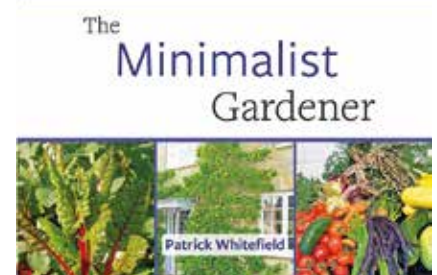
Written by: Patrick Whitefield

This is a friendly guide that will help you grow food in whatever space you have – large or small, rural or urban – with minimal purchased inputs, and maximum satisfaction.

Its minimalist approach uses techniques such as no-dig, raised beds, perennial vegetables and self-seeding salads as ground cover, which minimizes garden maintenance whilst growing an abundance of produce year round.

The author describes how to select plants based on what you like to eat and how to combine them, mixing annual hybrids, heritage varieties and perennial vegetables. There are also tips on fruit growing, from berries to fruit trees, including how to choose rootstocks and varieties.

Key words: Gardening, organic food



If you've been dreaming about producing your own food, even if having a small space, this guide adjusts to your personal context





Organic⁵ farming

The Soil Association



Organic Farming magazine is the UK's leading magazine on organic farming and growing. Published three times a year by the Soil Association, each edition keeps readers up-to-date with the latest news, policy issues and market information. There are technical features and reports on the latest field labs and research, covering all aspects of organic farming and growing.

Yearly subscription for 14.99 pounds

Some topics you can find are latest organic news, horticulture and general farming topics, research, technical articles on soil, livestock, horticulture and arable topics, interviews, case histories, business and market news, update on the research and field labs carried out under the Innovative Farmers banner

Key words: Farming, livestock, horticulture



Sharing is caring ! Not only you're contributing by reading and applying these concepts, but also inspiring your closest people with your knowledge and actions



Permaculture⁶

Written by: Permaculture

This magazine talks about how permaculture is an innovative framework for creating sustainable ways of living through practical methods of developing ecologically harmonious, efficient and productive systems that can be used by anyone, anywhere.

Every issue is packed with inspiring stories and how-to articles. All subscriptions come with FREE digital access to every single past issue.

Key words: Natural farming, natural rhythms, philosophy

Through sources like that you're also able to connect to other people who are willing to do the same as you do and grow together



Website & Social media





Instagram (@farmerama_radio)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/farmerama_radio)

An award-winning podcast sharing the voices behind regenerative farming committed to positive ecological futures for the earth and its people, and we believe that farmers of the world will determine this. By giving producers a voice, they rejuvenate the confidence and vibrancy of farmers and rural communities and demonstrate how their decisions affect us all – from our food, to our health, and the planet



Instagram (@natureisahumanright)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/natureisahumanright)

Instagram account encouraging people to live in harmony with nature, enhancing organic agriculture, sustainable living and bringing nature back into people's lives.



Instagram (@regenerativeorganic)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/regenerativeorganic)

Regenerative Organic Certified® is a label that ensures soil health + animal welfare + social fairness. and promotes healthy soils, organic agriculture and sustainable living.



Instagram (@sunnythefarmer)

Instagram photos and videos

 [instagram.com](https://www.instagram.com/sunnythefarmer)

Instagram account informing about environmental issues and promoting critical thinking about our way of living

References

MOVIES AND DOCUMENTARIES

1. <https://www.biggestlittlefarmmovie.com/>
2. <https://kissthegroundmovie.com>
3. <https://fantasticfungi.com>
4. <https://sustainablefoodfilm.com>
5. <https://www.dirtthemovie.org>

BOOKS

1. <https://ecofriend.org/7-best-books-on-organic-farming-and-gardening/>
2. <https://naturespath.com/blogs/posts/6-books-to-read-about-organic-farming>
3. <https://www.permanentpublications.co.uk/port/permaculture-design-a-step-by-step-guide-by-aranya/>
4. <https://www.permaculture.co.uk/articles/the-minimalist-gardener/>
5. <https://www.soilassociation.org/farmers-growers/low-input-farming-advice/organic-farming-magazine/>
6. <https://www.permaculture.co.uk/back-issues/>