

Stewards of Creation - List of Related Resources

This document is not being updated - it was shared on March 27, 2022

*To submit your questions, comments or share related contributions,
submit a Contact Us form at lordofthemountains.org*

Disclaimer: We are not responsible for accuracy or truthfulness of any of these Resources.

Local Experts participating in Stewards of Creation at LOTM on March 27, 2022:

- John Longhill, Executive Director, Blue River Horse Center (BRHC)
- Dan Schroder, County Extension Agent/Director (CSU Extension)
- Tom Koehler, Board of Directors, Friends of the Lower Blue River (FOLBR)

RESOURCES

Movies/Documentaries

- [The Need to Grow Trailer](#) - stories of individuals' solutions.
- [Kiss the Ground Trailer](#) - stories of farmers/ranchers results adopting regenerative agriculture. "Science experts and celebrity activists unpack the ways in which the earth's soil may be the key to combating climate change and preserving the planet. Narrated by Woody Harrelson, this documentary features interviews with Gisele Bündchen, Tom Brady and Patricia Arquette."
- [Wasted: The Story of Food Waste Trailer](#) - Through the eyes of famous chefs, audiences will see how they make the most of every kind of food, transforming what most people consider scraps into incredible dishes that create a more secure food system
- [Sustainability and Environmental Protection: 3 Documentaries From Mid 2020 You Shouldn't Miss](#) (recommendations)
 - **A Life On Our Planet** by David Attenborough (Netflix, 2020) [Trailer](#)
 - **Kiss the Ground: Regenerative Agriculture** (Netflix, 2020) [Trailer](#)
 - **Public Trust** by Patagonia Films (Youtube, 2020) [Trailer](#)
- [The Hidden Life of Trees](#) - Official Movie Trailer (2021). Most of us know that trees are living beings, but do many of us actually think of what that life entails? Forests are full of mysteries, even for those who have studied them their whole lives. German forester Peter Wohlleben paints a vivid picture about the fascinating world that lays just outside our doors. As we learn more about trees, it becomes abundantly clear that we have more in common with this fixed, steady plant life than we think. Trees are capable of forming relationships and communities. They are capable of making mistakes, and equally capable of adapting and changing to suit their environment.
- [Fantastic Fungi](#) - Official Movie Trailer (2019) - A descriptive time-lapse journey about the magical, mysterious and medicinal world of fungi and their power to heal, sustain and contribute to the regeneration of life on Earth that began 3.5 billion years ago.

A Global Expert - Sadhguru is the leader of the global **Save Soil Movement**. The website is savesoil.org where you can read about him, his amazing and famous supporters, and the worldwide [Events](#) he leads. Watch the Interview on The Daily Show with Trevor Noah [SOUNDING AN ALARM WITH THE SAVE SOIL MOVEMENT](#), 3/8/22, (8 min.)

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Books

- [Grain Brain: The Surprising Truth about Wheat, Carbs, and Sugar--Your Brain's Silent Killers](#), by Dr. David Perlmutter
- *Topsoil and Civilization* by Tom Dale and Vernon Gill Carter (a classic history book published 1/1/75 - now out of print) - chronicles the history of the rise and fall of civilizations during the past 2000 years based upon human interactions with the land and food production.

Comment by unknown reader: "David Montgomery's book [Dirt: The Erosion of Civilizations](#) is essentially an update [of Topsoil and Civilization]. It includes all of the important points from Topsoil, leaves out many of its redundancies, and goes on to explore hundreds of pages of great expansions of the thesis. Topsoil was great, but I would say that anyone interested in its content would be best served by jumping straight to Montgomery's superior text."

Ted Talks

- [Patriotism on a Plate by Robyn O'Brien](#), TEDX 2011 - Robyn has been called "food's Erin Brockovich" by Bloomberg and the New York Times. Genetically Modified Organisms (GMOs) "This presentation changed my life" - Nancy Spears.
"O'Brien turns to accredited research conducted in Europe that confirms the toxicity of America's food supply, and traces the relationship between Big Food and Big Money that has ensured that the United States is one of the only developed countries in the world to allow hidden toxins in our food—toxins that can be blamed for the alarming recent increases in allergies, ADHD, cancer, and asthma among our children. Featuring recipes and an action plan for weaning your family off dangerous chemicals one step at a time *The Unhealthy Truth* is a must-read for every parent—and for every concerned citizen—in America today." *copied from summary on Amazon.com*

Robyn O'Brien [Website](#) - resources, articles, podcasts, books

Robyn's [Facebook page](#)

Robyn's Books:

[The Unhealthy Truth: How Our Food Is Making Us Sick - And What We Can Do About It](#), 2009

[The Unhealthy Truth: One Mother's Shocking Investigation into the Dangers of America's Food Supply-- and What Every Family Can Do to Protect Itself](#) - 2017

Related Websites/Webpages

- [YouMatter](#) website "...Our purpose is to analyze and decrypt all the major issues shaking and shaping our societies...Questions regarding society, citizens, policies, the ecological transition, economic changes or even health, responsible consumption, technological challenges and opportunities or territorial issues")
- [Food Revolution Network](#) - Educational webinars about the microbiome and gut health
- [Food and Water: What You Eat Matters for People and the Planet](#)
- [Svalbard Global Seed Vault](#) - opened by the Norwegian Government in February 2008. From all across the globe, crates of seeds are sent here for safe and secure long-term storage in cold and dry rock vaults

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- [Serious Sustainability](#) - Learn from Dr. Doug Muschett what sustainability is and how it relates to everyday life and consumer decisions. Descriptions of sustainability tools to help effect more sustainable practices. The “Hot Topics” commentary helps explain significant public issues.

Summit County Programs:

- [High Country Conservation Center: Home page](#)
 - [Summit County Community Gardens](#)
 - [Food Scrap Program](#) (composting)
 - [CSA Food program](#) - partnership with local farmers to provide locally grown fresh produce for the Community Supported Agriculture program called “The Share”
- [Summit County Cooperative Extension](#) - part of Colorado State University Extension. Provides local programs and resources for nutrition and growing food in conjunction with the U.S. Department of Agriculture.
- [PANTS - Physical Activity and Nutrition Team Summit](#) - The PANTS coalition is a group of Summit County, Colorado residents and businesses committed to promoting healthy lifestyles in our community.
- [CAFE Food Rescue](#)- Their mission is to serve, partner and engage the community to make the best use of food surplus by improving food equity and the [health of people and the planet](#).

Summit County Supporters:

- Friends of the Lower Blue River (FOLBR)
- High Country Conservation Center (HC3)
- Middle Park Conservation District
- Blue River Horse Center (BRHC)
- Colorado State University Extension (CSU)
- Physical Activity and Nutrition Team Summit (PANTS)
- Summit County Garden Club
- Summit Interfaith Council
- Rotary Club and Rotary Climate Action Team (RCAT)
- Mountain River Naturopathic Clinic

“Need to Grow” - Stories of Main Characters since the movie was made

Michael Smith - rebuilt Green Power House - [article 2015](#), established [Regenitech](#) (non-profit). Its purpose is to assist farmers in their conversion from destructive chemical based agriculture to regenerative farming practices.

David King - established Seed Library of Los Angeles

Girl Scouts - are now selling GMO-free cookies in addition to their usual cookies

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Erik Cutter, Micro Farm Master

- [Alegria Farms - Taking Urban Farming to a Whole New Level](#)
- [Article June 17, 2021](#) - IRVINE'S FARM + FOOD LAB IS PIONEERING THE FUTURE OF URBAN FARMING
- Erik is board member for Solutions for Urban Agriculture, and the Managing Director of Alegria Fresh [Alegria Farms] said he joined the Farm + Food Lab in 2019 specifically to help develop new techniques for urban agriculture. Educating schools, consulting on urban gardens

Related Experts

- **Dr. Andrew Weil**, founder and Director of the Andrew Weil Center for Integrative Medicine at the University of Arizona - article: [What's the Planetary Diet?](#)

Consequences of Success Could Be

- Concern - Disruption of current infrastructure and systems owned by "Big Ag" for food production and distribution, oil & gas industry threatening powerful interests
- Triumph - Avoid wars over water and food, improve health of all living creatures, and decrease carbon dioxide in our atmosphere, improving the climate of earth.