

## Healthy Soils, Healthy People, Healthy Planet

**April 25, 7-8:30. Kiss the Ground Film Discussion.** Our Zoom panel and discussion on April 25 will focus on actions you can take to promote food justice and nurture healthy soils both in your backyard and in the Commonwealth. Our panelists will be [Kannan Thiruvengadam](#) from Eastie Farm and [MassRenews.org](#) and [Allison Houghton](#) from the Northeast Organic Farmers Association. For details look here. **Register for discussion:** <https://tinyurl.com/KTG-Discussion> We encourage you to view Kiss The Ground (see below for details) BUT it is not necessary to have watched the film to benefit from this expert panel and discussion!

**Allison Houghton** is a statewide educator and author on organic gardening topics. Her past work includes serving as the [NOFA/Mass](#) Education Director; Assistant Grower and High Tunnel Supervisor for [The Food Project](#) in Lincoln, MA; and as the Director of Horticulture at [Green City Growers](#). She is also the author of the free NOFA/Mass publication "The Carbon Sequestering Garden" and "The Urban Bounty: How to Grow Fresh Food Anywhere." She currently runs a micro nursery for edible and native plants and a consultancy for growing abundant and resilient gardens at her home in Cambridge, Massachusetts. She wrote *The Carbon Sequestering Garden: Gardening for the Planet While Growing the Best Food*



Possible. Available here:

<https://www.nofamass.org/wp-content/uploads/2020/12/The-Carbon-Sequestering-Garden.pdf>

**Kannan Thiruvengadam** is a Community Preservation Committee member. He is the director of Eastie Farm, an urban farm in East Boston focused on community resiliency. He also hosts "What's up Eastie?", a radio show about local issues in a larger context, at Zumix, a youth organization in East Boston. Kannan is also a Climate Ready Boston Leader. He has a technology background, has studied climate science, permaculture, and community engagement, and is passionate about regenerative and sustainable practices in agriculture and urban design.



**April 10-26, Kiss the Ground Movie.** (83 minutes with options for smaller segments for schools) Sponsored by LexGWAC and LexZeroWaste. Watch this inspiring star-studded new film at home (Click [here](#) for trailer). It's about how regenerating the world's soils has the potential to rapidly stabilize Earth's climate, restore lost ecosystems, and create abundant food supplies. **This film explains why transitioning to regenerative agriculture could be key in rehabilitating the planet, while simultaneously invigorating a new sense of hope and inspiration in viewers. Get inspired to take action in your locale to care for the earth and support food justice!**

Sign up to see the free on-line video:

<https://www.faihcclimateactionweek.org/featured-film-kit/>

(Note: You do not need to fill in the “Congregation” space to register) You will be able to view the film at home at your leisure between April 10-26. You can also find the video on Netflix. Click here for more details.

**Resources:** <https://kisstheground.com/5-ways-to-make-your-garden-regenerative/>  
<https://kisstheground.com/find-your-path/>