

Things You Can Do to Help the Earth

[Climate Action Now Regenerative Farms, Forests & Food Systems](#)

Garden for pollinators and biodiversity

- Landscape with native plants which have evolved with native pollinators
- Don't use pesticides/herbicides. Use regenerative growing practice.
- Leave dead trees, stumps and logs - homes for birds, bees and other pollinators
- Transform some of your lawn into a pollinator garden or meadow
- Cut grass higher, every other week
- Turn off outdoor lights when not using them
- Replace noisy, polluting gas mowers and leaf blowers with electric equipment

Protect and Restore Ecosystems

- Preserve forests as wild so they can become "old growth"
- Preserve and restore wetlands so they can store carbon and support wildlife
- Preserve farmland. Support soil health and regenerative eco-agriculture

Support a local healthy food system

- Join a food coop and CSA
- Buy local organic food and support eco-regenerative farmers
- Compost your food waste - support universal food waste curbside pickup
- Buy only food you will use
- Eat less beef and dairy, huge sources of emissions

Transportation is the largest source of CO2 emissions

- Drive less - use public transportation, bike, rideshare, bundle errands
- Make your next car purchase an electric one
- Keep tires properly inflated. Drive your car gently
- Don't idle your vehicle and remind others

Make your home climate friendly

- Convert gas and oil heating to solar panels and electric heat pumps
- Insulate your house
- Turn off appliances when not in use
- Build efficiently - solar-ready roofs, heat pumps, insulated walls.
- Buy local, buy less, recycle, upcycle
- Buy chemical free, plastic free products
- Contact Mass Save for a free energy audit - masssave.com

Collective political action raises awareness and makes change

- Work for and vote for politicians who are climate champions
- Support climate, environmental, and food justice legislation
- Call, write, talk to your local officials and state representatives

Join with others to build the climate movement and feel hope

Climate Action Now: www.climateactionnowma.org

Regenerative Farming, Forests and Food Systems

<http://climateactionnowma.org/farms-forests-food/>

Northeast Organic Farming Assoc./Mass. <https://www.nofamass.org/>

<https://www.nofamass.org/mass-pollinator-network/>

Elders Climate Action: www.eldersclimateaction.org

Extinction Rebellion (XR): <https://rebellion.global>

Hadley Climate Committee: <https://www.hadleyma.org/climate-change-committee>

Mothers Out Front: www.mothersoutfront.org

Save Mass Forests: <https://www.restore.org>

Massachusetts Sierra Club: <https://www.sierraclub.org/massachusetts>

Wendell State Forest Alliance: <https://wendellforest.org>

Spend time in nature! Let forests and wild places heal your spirit!

About the Farming, Forests and Food Systems Working Group of Climate Action Now

<http://climateactionnowma.org/farms-forests-food/>

Our purpose is to preserve a liveable climate and the biodiversity of our planet. Stopping fossil fuel emissions is essential, but it is not enough to address the climate crisis and restore ecosystem balance.

We work to foster a deeper understanding of the causes of climate change and biodiversity collapse, and to support comprehensive strategies that focus on often overlooked nature-based solutions to mitigate climate change and restore ecosystem health. In collaboration with our allies we educate about and advocate for practices, policies, and systems that:

- Expand the understanding that climate change, land abuse, loss of biodiversity, food insecurity, environmental and racial injustice, human and planetary health are all inextricably linked.
- Protect forests, those complex living social communities which provide a multitude of essential eco-functions, such as carbon sequestration and storage, air and water purification, flood control, and support of terrestrial biodiversity
- Counter the myth that woody biomass is a clean and renewable energy source and support policies and legislation that remove government biomass incentives
- Use natural processes to remove carbon from the atmosphere and store it in soils, forests, and plant life, thereby restoring health to the soil food web
- Support regenerative eco-agriculture, farmers, and land stewards;
- Oppose practices such as the use of toxic pesticides and synthetic fertilizers that destroy the soil microbiome and negatively impact the health of all living things
- Transform food systems to give everyone access to healthy and nutritious food, food security, and local food sovereignty.