



SERVICEMEMBER AGRICULTURAL VOCATION EDUCATION (SAVE)

Monthly Newsletter

Volume 02 | Issue 05 | Servicemember Agricultural Vocation Education

Announcement

Engaging with the land promotes a holistic pathway to healing and coping, one that encompasses mind, body, and spirit. SAVE provides our students with behavioral health counseling, if requested, free of charge from Konza Prairie Community Health and Dental Center.

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Fort Riley Soldier Recovery Unit Leadership Visit



The Fort Riley Soldier Recovery Unit (SRU) is a temporary unit for wounded, injured and ill warriors who have combat and noncombat conditions that are expected to require at least six months of rehabilitative and have complex case management.

The Soldier's mission while assigned to the SRU is to focus on healing resulting in a successful return to their unit or transition into civilian life. The leadership of the SRU took time to tour the Training Farm in order to understand the assets and resources available to the Soldiers of the SRU.

“Our Soldiers have been and continue to be our primary focus,” said Col. Curtis Douglass, Deputy Chief of Staff for the Army Recovery Care Program, U.S. Army Medical Command. “Every day, they approach their recoveries with bold determination, and we are committed to doing the same as we provide them with the vital support and resources needed to truly overcome.”

A SRU closely resembles a “line” Army unit, with professional Cadre and integrated Army processes that build on the Army's strength of unit cohesion and teamwork so that wounded Soldiers can focus on healing before transitioning back into the Army or civilian status. Within a SRU, wounded, ill and injured Soldiers work with their Triad of Care – primary care manager (normally a physician), nurse case manager, and squad leader – who coordinate their care with other clinical and non-clinical professionals. SAVE Farm proudly agrees to work with the SRU as a non-clinical asset to assist with their healing and transitioning.



Why We Should Embrace Regenerative Gardening

The ideas behind regenerative gardening are simple, but the impacts are immense.

By Elizabeth Waddington Published April 12, 2021 08:30AM EDT <https://www.treehugger.com/embrace-regenerative-gardening-5176159>

Over the last decade or so, you may have heard a lot about regenerative farming or regenerative agriculture. But you may not realize you can implement the ideas it espouses in your own garden. If you are not already practicing regenerative gardening, you might consider taking steps to begin exploring it. Many of the world's problems can be solved in a garden — and you can play your part through the practices and methods you choose, and what and how you grow.



What Is Regenerative Gardening?

When we talk about regeneration, we are talking about renewal, restoration — systems that are cyclic, and restored to a better state that is more enduring.

Over time, land has been degraded by harmful human practices. Regenerative agriculture sets out to right these wrongs through holistic land management. It involves maximizing natural photosynthesis in plants to sequester carbon and protect the soil. It is about boosting biodiversity, managing water wisely, and growing healthy soil, which leads to healthy plants, which leads to healthy people. The ideas are simple, but the impacts are immense.



And what can be achieved on farms can also be achieved on a domestic scale in our gardens. Taking the ideas of regenerative agricultural production and implementing them at home is what regenerative gardening is all about.

Regenerative gardening takes its name from the concepts of regenerative agriculture. It draws from the ideas of organic gardening, no-dig gardening, permaculture, and other sustainable gardening movements. It recognizes that everything comes back to the soil.

What Does it Involve?

Regenerative gardening first and foremost involves taking care of and improving the soil — it involves not treating soil like dirt and recognizing that it is a living ecosystem upon which all of our efforts in the garden depend.

Here are some of the key strategies of regenerative gardening:

- Plant perennials, not just annual crops, to sequester more carbon and keep soil covered.
- Choose the right plants for the right places, to maximize plant productivity and create symbioses. Recognize that sometimes even "weeds" can be the right plant in the right place.
- Layer plants and add biodiversity to maximize photosynthesis on a site. (A forest garden with layers, from the tree canopy down to the rhizosphere, is one example of this.)
- Keep a living root in the soil as much as possible, avoid leaving areas of bare soil. Use cover crops, green manures, living mulches, crop rotations, successional planting, sown pathways, etc.
- Garden organically: Avoid all synthetic pesticides, herbicides, and fertilizers.
- Don't dig or till — disturb the soil as little as possible.
- Avoid stepping on growing areas to reduce compaction issues.
- Sheet mulch to add organic matter and use no-dig techniques to make new growing areas.
- Embrace wildlife, nurturing beneficial interactions, and valuing nature's cycles. Working with nature rather than fighting it to maximize plant growth.
- Consider integrating garden livestock (such as backyard ducks or chickens) wisely into the system.

Why We Should Embrace Regenerative Gardening

One thing for us all to remember is that the health of the soil in our gardens is directly linked to the health of the edible crops we grow, and when we eat the food we grow at home, to our own health. When nutrients are lacking and soil is degraded, those nutrients will not be made available to us through the food we grow and eat. Simply put healthy soil means healthy ecosystems, means healthy people.

But beyond this, the health of the soil, on a global and local scale, also has wider ramifications. Healthy soil with plenty of organic matter teems with beneficial soil life. It catches and stores water more effectively and sequesters more carbon from the air — an important carbon sink. By keeping living roots in the soil, and living, photosynthesizing plants in active growth at all times, we catch and store more water, and sequester more carbon too.

A regenerative garden is a healthy and beautiful natural system, tailored and harnessed by us to meet our own needs and the needs of the wider world. Sun, water, soil, and plants in regenerative systems work holistically, providing us with what we need not just to survive, but to thrive. And crucially, they will not just do so for a short while, but perpetually over the years to come.

EVENTS AND OPPORTUNITIES



America's Warrior Partnership Launches the 2021 Community Integration Annual Survey

Veterans - do you and your family feel engaged and connected within your community? Let us know the good and bad so we can improve services. Our 2021 Community Integration Annual Survey allows your input to directly influence our program growth and help us better serve our community's veterans, their families, and caregivers.

The first 2,000 participants will also receive a \$5 Starbucks Card!

[Take our quick survey!](#)



America's Warrior Partnership, 1190 Interstate Pkwy, Augusta, GA 30909

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Open Trail Days At Prairiewood

PRESENTED BY: PRAIRIEWOOD, INC
 DATES: MAY 2, 2021
 LOCATION: PRAIRIEWOOD, INC
 ADDRESS: 1484 WILDCAT CREEK RD., MANHATTAN, KS 66503
 PHONE: (785) 341-6000
 TIME: 3:00 PM TO 8:00 PM
 PRICE: FREE

Spring/Summer hours for weekly open trail days at Prairiewood, every Sunday 3pm-dusk. This event is free and open to the public. Check in and grab a trail map at the Blue Sage Gallery, part of our Blue Sage Barn at 1484 Wildcat Creek Rd. All trails are natural surface, so grab the right footwear for the weather conditions! Walking routes can suit any length - we have about 6 miles of trail in total. Please leave pets at home.

Explore the Flint Hills Day

May 8, 2021 - events and programs all day!

Off-Site Activities

Guided Konza Prairie Hikes at the Konza Prairie – 9am - 12pm

Native Stone Scenic Byway Driving Tour with volunteer guides at select stops – 1 - 4pm

On-Site Activities*

Live raptors from the Milford Nature Center – 11am - 3pm

Kids Nature Crafts – 10am - 5pm

Live Reptile Program – 3 - 4pm

*regular admission rates apply

Learn more at: www.flinthillsdiscovery.org/explore

Explore The Flint Hills Day

PRESENTED BY: FLINT HILLS DISCOVERY CENTER
 DATES: MAY 8, 2021
 LOCATION: FLINT HILLS DISCOVERY CENTER
 ADDRESS: 315 S 3RD, MANHATTAN, KS 66502
 PHONE: (785) 587-2726
 TIME: 10:00 AM TO 5:00 PM
 PRICE: REGULAR ADMISSION RATES APPLY; OFF-SITE PROGRAMS ARE FREE

