



90-Day Regenerative Recovery Sprint (Week-by-Week Checklist)

(Use as printable table or spreadsheet; column headers: Week | Focus | Key Tasks | Notes/Observations)

Theme: “Failure is fertilizer — 90 days to restore soil, spirit, and systems.”

Structure: 12 weeks → 4 cycles (Soil, Seed, Water, Systems)

★ Phase 1: Soil Awakening (Weeks 1–3)

Goal: Diagnose, detox, and aerate the soil

Week	Focus	Key Tasks	Notes / Observations
Week 1	Soil Audit & Mapping	• Dig 3–5 test pits per acre • Note smell, compaction, worm count • Record pH, moisture	Identify worst beds for triage
Week 2	Aeration & Detox	• Broadfork or slit compacted rows • Apply compost layer (1–2 cm) • Mulch with dry biomass	Add moisture sensor if possible
Week 3	Microbial Revival	• Spray or drench with compost tea / jeevamrit • Sow green manure (sunn hemp, cowpea) • Keep soil covered	Watch temperature and early growth

✿ Phase 2: Seed & Biodiversity (Weeks 4–6)

Goal: Diversify genetics, rebuild resilience

Week	Focus	Key Tasks	Notes / Observations
Week 4	Seed Audit & Plan	• List all varieties lost • Collect seed samples from neighbors / seed library • Start seed germination tests	Record % germination
Week 5	Sow Diversity	• Mix fast & slow-growing crops • Test drought- and flood-tolerant species • Stagger plantings by 10 days	Track rainfall forecast
Week 6	Seed Sovereignty	• Dry & store saved seeds • Label jars with date, location, and traits • Begin seed ledger	Note landrace varieties used

✿ Phase 3: Water Wisdom (Weeks 7–9)

Goal: Capture, conserve, and recharge

Week	Focus	Key Tasks	Notes / Observations
Week 7	Hydrology Mapping	• Walk fields post-rain • Identify runoff and stagnation zones • Sketch contour plan	Use local youth volunteers
Week 8	Build Swales & Micro-Catchments	• Dig 20–30 cm swales along contour • Use mulch + stone bunds • Install percolation pits	Track infiltration rates
Week 9	Irrigation Efficiency	• Retrofit or repair drip systems • Train staff on night irrigation • Start water-use log	Compare water saved

✿ Phase 4: Systems & Sharing (Weeks 10–12)

Goal: Build social, financial, and cooperative resilience

Week	Focus	Key Tasks	Notes / Observations
Week 10	Transparent Ledger	• Create shared expense & income sheet • List loans, repayments, yields • Display on farm board	Builds trust post-failure
Week 11	Community Repair & Field Day	• Host open field day: show soil recovery progress • Share field report template • Invite local extension officer	Take photos for report
Week 12	Documentation & Scaling	• Write 2-page summary of recovery data • Archive photos, rainfall logs, soil tests • Plan next 90-day sprint	Submit to cooperative or blog

🔗 Mini Reflection 🔗

“At the end of 90 days, write one line beginning with: *‘The land taught me to...’* — keep it as your next season’s mantra.”



Templates for Action & Collaboration

Outreach Email 1: Local Extension Officer Invitation

Subject: *Collaboration Request — Field Day on Post-Failure Recovery & Regenerative Practices*

Body:

Dear [Officer Name],

I hope this finds you well. I am writing from [Farm / Village Name], where we recently experienced significant crop losses due to [short description—e.g., delayed monsoon and soil compaction]. Rather than hide the failure, we are turning it into a learning opportunity through a **“90-Day Regenerative Recovery Sprint.”**

We would like to invite you (or a member of your team) to our **Field Day** on [date], where we’ll share soil data, repair protocols, and early recovery results. Your technical feedback and local policy insights would be invaluable.

Attached are:

- Our brief field report summary (2 pages)
- Recovery Sprint checklist (for farmer distribution)

Kindly let us know if you can attend or share resource persons for soil testing or community training.

Warm regards,

[Your Full Name]

Farmer & Community Organizer

[Phone] | [Email] | [Farm Name]

“Failure is the farm’s most honest teacher.”

Outreach Email 2: Regenerative Blog / Media Pitch

Subject: *Story Pitch* — “*When Failure Became Fertilizer: A Dharmic Economy Case from [Region Name]*”

Body:

Dear [Editor / Blog Team],

I’m reaching out to share a real farming story from [Region] that could resonate deeply with your readers. My recent season ended in crop failure — but instead of despair, it became the foundation for a **Dharmic Economy recovery model** focused on soil, community, and ethics.

Our story, titled “**Lessons from My Failed Farming Season,**” traces the journey from biological collapse to regenerative recovery. It blends technical repair (soil, seed, water systems) with social design (labor transparency, local cooperatives, shared ledgers).

We’ve built a **90-Day Recovery Sprint checklist** and open-source **Field Report Template** that your readers can download and adapt. The story aligns with themes like *regenerative farming*, *agro-entrepreneurship*, *sustainable learning from failure*, and *community economics*.

Would you be open to featuring it as a guest long-form article or interview?

I can provide visuals (farm photos, infographic mockups) and practical tips for smallholders.

With respect and gratitude,

[Your Name]

Adikka Farms / AddikaChannels Contributor

[Website or Linktree] | [Email] | [Phone]

“The soil failed my crop—but saved my soul.”

Outreach Email 3: Grant or Funding Request

Subject: *Proposal: Community Resilience Project — Post-Failure Regenerative Recovery at [Farm/Village]*

Body:

Dear [Program Manager / Foundation Name],

I am submitting this concept note for your consideration under your **Rural Resilience / Sustainable Agriculture** program.

Following a major crop loss in [month/year], we designed and tested a **90-Day Regenerative Recovery Sprint** combining soil rehabilitation, community governance, and financial transparency.

The pilot involved [# of farmers / acres / village name] and resulted in measurable outcomes:

- Soil moisture increased by [x%] after micro-catchment installation
- Yield recovery of [x tonnes] compared to control beds
- Formation of [#] local cooperatives and a seed library

We seek support to scale this model across [district/region] — specifically for:

- Training 200+ farmers in soil diagnostics and green manure cycles
- Establishing 3 compost hubs and 2 shared irrigation maintenance funds
- Publishing and distributing Recovery Sprint playbooks in vernacular language

Attachments:

1. Field Report Summary (2 pages)
2. 90-Day Sprint Framework (week-by-week)
3. Budget Sheet & Timeline

We believe this aligns with your goals on climate adaptation, smallholder capacity building, and regenerative economy transformation.

Looking forward to your response and an opportunity to discuss the project further.

Sincerely,

[Your Full Name]

Founder, [Farm/Community Name]

[Address] | [Email] | [Phone]

“We can fix this—together.”