



Regenerative Adoption Roadmap (Field-Ready Checklist)

A one-season transformation blueprint for farmers, FPOs, and cooperatives.

Season 1: Foundation (Weeks 1–4)

Soil & Water Diagnostics

- Test **pH, organic matter, NPK**, and take a soil texture sample.
- Do a **1m x 1m infiltration test** after the first rain.
- Map **compaction zones** using a simple rod/penetrometer.
- Identify your **existing biomass sources** for composting.
- Walk your field at sunrise — observe dew, earthworms, fungal threads.
- Document everything in a field diary.

Planning & Plot Selection

- Select **10–20% of your land** as a regenerative pilot.
 - Identify risk zones: eroded patches, slopes, low organic-matter strips.
 - Mark repurposable farm waste: crop residues, cow dung, leaf litter.
 - Speak to neighbouring farmers to form a **peer learning group**.
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☞ *Season 1: Practices (Weeks 5–12)*

★ *Build Living Soil*

- Start **1 community or on-farm compost heap** using residues + dung.
- Apply **mulch** on exposed soil (leaves, straw, husk).
- Add a **legume intercrop** (cowpea, moong, pigeon pea).
- Protect **2–5 metres of riparian edges** if applicable.

★ *Increase Plant Diversity*

- Introduce **cover crops** after harvest (mix at least 3 species).
- Plant **boundary pollinator strips** (sunflower, marigold, sesbania).
- Start a **small native tree edge** (agroforestry micro-belt).

★ *Improve Water & Microclimate*

- Use **moisture sensors or manual probes** in two comparison plots.
- Create **2–3 small contour lines** or trenches on slopes.
- Redirect greywater for drip irrigation of tree edges.

☞ *Season 1: Marketplace & Economics (Weeks 12–16)*

★ *Cost Savings & Inputs*

- Reduce synthetic fertiliser by **10–20%** in the pilot zone only.
- Compare water use in mulched vs. unmulched patches.
- Track labour & input costs weekly.

★ *Early Market Gains*

- Approach local retailers for **mixed produce or regenerative bundles**.
- Explore **peer-to-peer barter** with other regenerative farmers.
- Collect receipts, photos, and soil data for carbon/PES eligibility.

☞ *Season-End Review (Weeks 16–20)*

★ *Measure Outcomes*

- *Soil organic matter — compare to baseline.*
- *Infiltration — repeat the test.*
- *Crop resilience — pest pressure, wilting days, heat stress tolerance.*
- *Profit — net margin difference vs. conventional plot.*

★ *Decide Next Steps*

- *Scale from 20% → 40% next season.*
- *Join/expand a **community compost hub**.*
- *Begin **seed saving** of best-performing varieties.*
- *Explore **regenerative certification** or collective branding.*



Dharma Decision Card

A 10-second ethical filter for every agricultural, financial, or technological decision.

Use this before buying an input, adopting a tool, leasing land, signing a contract, or altering a farming practice.

The 5 Dharmic Questions

★ **1. Duty (Svadharmā):**

Does this decision honour my responsibility to soil, community, and future generations?

★ **2. Reciprocity (Rna):**

Will this action give back to the land more than it takes?

★ **3. Non-harm (Ahimsa):**

Does this choice reduce chemical load, water waste, or biodiversity loss?

★ **4. Integrity (Satya):**

Is the vendor, contract, or data-sharing process transparent and fair?

★ **5. Stewardship (Lokasangraha):**

Does this strengthen community wellbeing — livelihoods, knowledge, shared assets?

☞ *Rapid Traffic-Light Method*

- **Green** → If 4–5 answers are YES → proceed.
- **Yellow** → 2–3 YES → seek alternatives, negotiate terms.
- **Red** → 0–1 YES → reject immediately; the decision is extractive.

☞ *Anti-Exploitation Guardrails*

- ★ Never adopt a technology that **locks you into proprietary data**.
 - ★ Never sign contracts without reviewing **water, soil, and minimum-price implications**.
 - ★ Never grow a crop whose **input cost > predictable market price**.
 - ★ Always require **local repairability** for devices & machinery.
 - ★ Always prioritise **community-owned tools** (seed banks, compost hubs, nursery units).
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Field Adoption Roadmap (Step-by-Step Implementation Guide)

A practical, farmer-friendly, district/cluster-ready plan.

Stage 1 — Orientation & Trust Building (Weeks 1–2)

- ★ Conduct a **community meeting** introducing regenerative principles.
- ★ Map all farmers' **pain points**: water costs, soil issues, market dependency.
- ★ Form a **peer learning circle** (5–10 farmers).
- ★ Identify **one leader** to document baseline photos & data.

Stage 2 — Baseline Assessment (Weeks 3–4)

- ★ Conduct soil tests: **pH, OM, NPK**, microbial smell test.
- ★ Map water patterns: runoff, pooling spots, erosion lines.
- ★ Record existing practices, labour availability, livestock integration.
- ★ Conduct a short **economic baseline**:
 - fertiliser cost
 - pesticide cost
 - irrigation cost
 - yield stability
 - income volatility (last 3 years)

☞ *Stage 3 — Farm Design (Weeks 5–8)*

★ Create a **pilot layout map** (20% of land).

★ Identify zones for:

- *composting*
- *mulching*
- *intercrops*
- *cover crops*
- *tree belts (native species)*

★ Plan **water recharge features** (trenches, bunds).

★ Identify **local materials** to reduce cost.

☞ *Stage 4 — Implementation (Weeks 9–16)*

★ Build compost heaps using cow dung + crop residues.

★ Plant **legume intercrops** and **cover crops**.

★ Install simple **moisture sensors** or manual probes.

★ Begin **mulching** across all exposed soil surfaces.

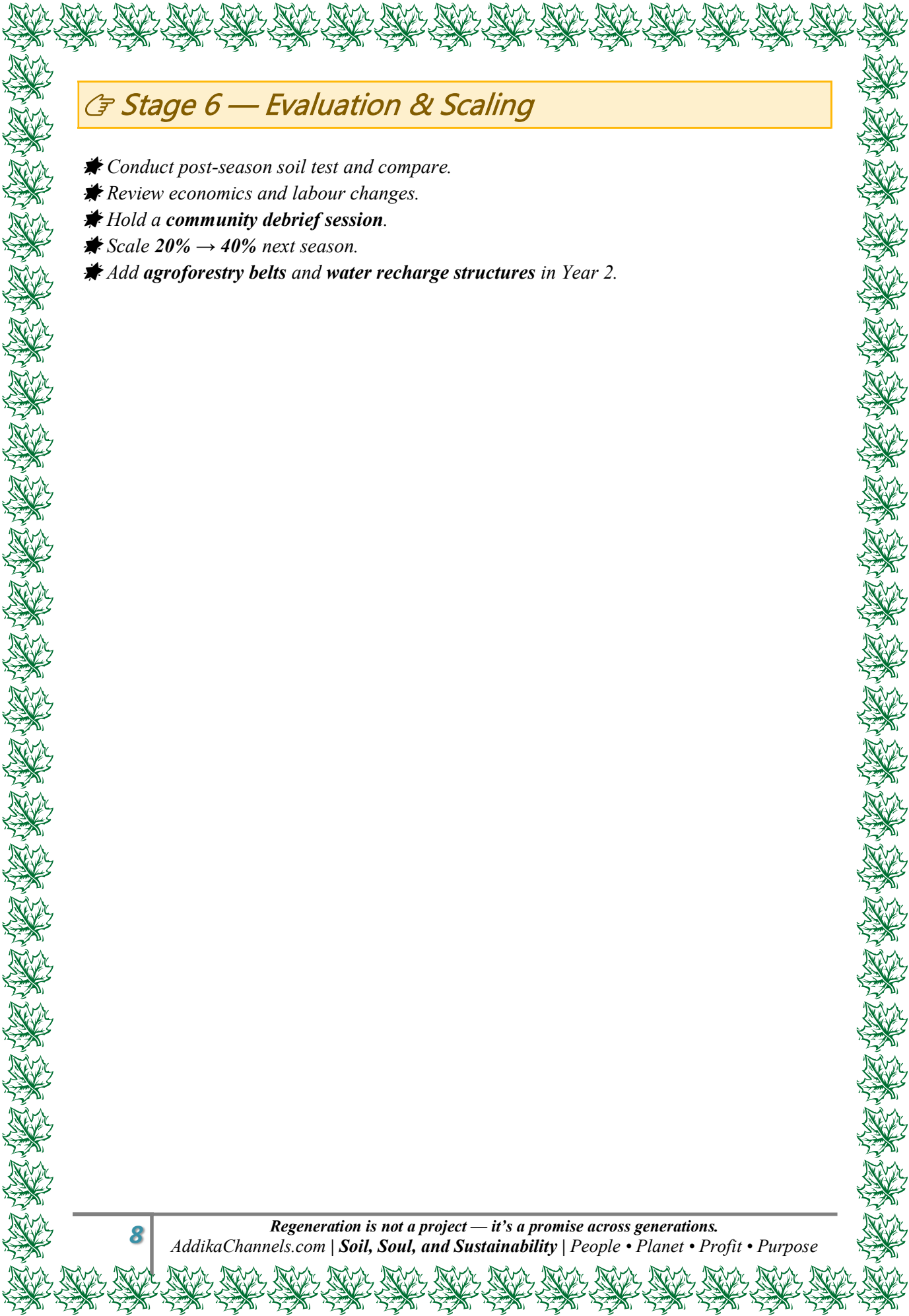
★ Protect any water bodies or riparian areas.

★ Document each change with **photos** and **weekly notes**.

☞ *Stage 5 — Market Preparation (Weeks 12–20)*

★ Form a **collective selling strategy**:

- *mixed vegetable baskets*
- *regenerative cereal bundles*
- *direct-to-home subscription*
- ★ Identify buyers open to **regenerative premiums**.
- ★ Attend any district-level buyer-producer meets.
- ★ Explore carbon/PES eligibility.

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Stage 6 — Evaluation & Scaling

- ★ *Conduct post-season soil test and compare.*
- ★ *Review economics and labour changes.*
- ★ *Hold a **community debrief session**.*
- ★ *Scale 20% → 40% next season.*
- ★ *Add agroforestry belts and water recharge structures in Year 2.*



Regenerative Business Canvas

A simple but powerful strategic tool for farmers, FPOs, cooperatives, and agri-startups.

1. Purpose (Why You Exist)

- ★ *Steward soil*
- ★ *Improve livelihoods*
- ★ *Grow nutrient-dense food*
- ★ *Build climate resilience*
- ★ *Create long-term regenerative profits*

2. Soil & Ecological Strategy

★ *Core Practices:*

- *composting*
- *mulching*
- *cover crops*
- *mixed cropping*
- *agroforestry*
- ★ *Ecological KPIs:*
 - *organic carbon*
 - *infiltration*
 - *biodiversity score*
 - *input reduction %*

☞ 3. Value Proposition

- ✳ *Regenerative, chemical-free, ethical produce.*
- ✳ *Soil-positive supply chains.*
- ✳ *High nutrition density.*
- ✳ *Traceability & transparency.*

☞ 4. Customer Segments

- *Local households*
- *Retailers*
- *Schools & institutions*
- *Premium regenerative markets*
- *Food processors*
- *CSA subscribers*

☞ 5. Enterprise Activities

- *Farm planning*
- *Production*
- *Processing*
- *Packaging*
- *Direct marketing*
- *Community workshops*

☞ 6. Key Resources

- ✳ *Soil fertility*
- ✳ *Local seeds*
- ✳ *Family/community labour*
- ✳ *Water recharge structures*
- ✳ *Compost hubs*
- ✳ *Agroforestry assets*
- ✳ *Digital presence (basic)*

☞ 7. Partnerships & Ecosystem

- *FPOs*
- *Cooperatives*
- *Nurseries*
- *NGOs*
- *Local markets*
- *Regenerative certifiers*
- *Carbon/PES aggregators*

☞ 8. Revenue Streams

- *Direct produce sales*
- *Regenerative bundle boxes*
- *Value-added processing*
- *Agroforestry fruits & timber*
- *Carbon credits*
- *Workshops & farm visits*

☞ 9. Cost Structure

- *Seeds*
- *Tools*
- *Labour*
- *Water management*
- *Organic inputs*
- *Packaging*
- *Distribution*
- *Certification (optional)*

☞ 10. Dharmic Impact Indicators

- ★ *Soil health improvement*
- ★ *Community prosperity*
- ★ *Biodiversity gains*
- ★ *Water recharge*
- ★ *Equitable profit-sharing*
- ★ *Intergenerational benefit*