



REGENERATIVE ORGANIC AGRICULTURE IN THE PRAIRIES

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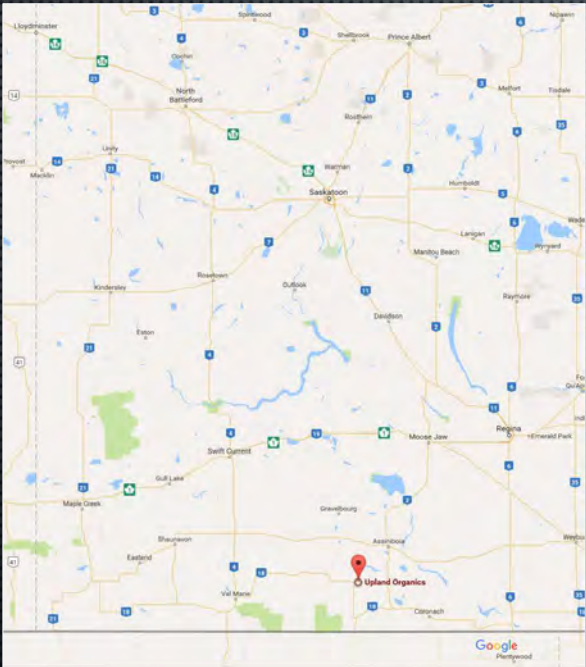


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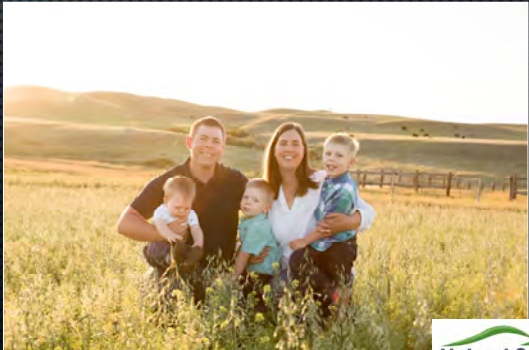



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Location: Wood Mountain, SK
Soil Type: Loam/Sandy Loam
Average Rainfall: 10-13 inches
Mixed Farm with crops and cattle

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- Started our certified organic grain farm in 2010
- Started our journey to Regenerative Organic Practices in 2016
- Most of what we learned about, and our network was made up of conventional producers
- Completed the Soil Food Web courses in 2018. Learned all about the soil food web, compost, compost tea and how to use the microscope
- We started our cow herd in 2019
- Achieved Silver Level ROC in 2021



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5 PRINCIPLES OF SOIL HEALTH

1. MINIMIZE SOIL DISTURBANCE
REDUCE THE INTENSITY AND THE FREQUENCY
2. KEEP THE SOIL COVERED
3. BIODIVERSITY
4. CONTINUOUS LIVING ROOT
5. LIVESTOCK INTEGRATION



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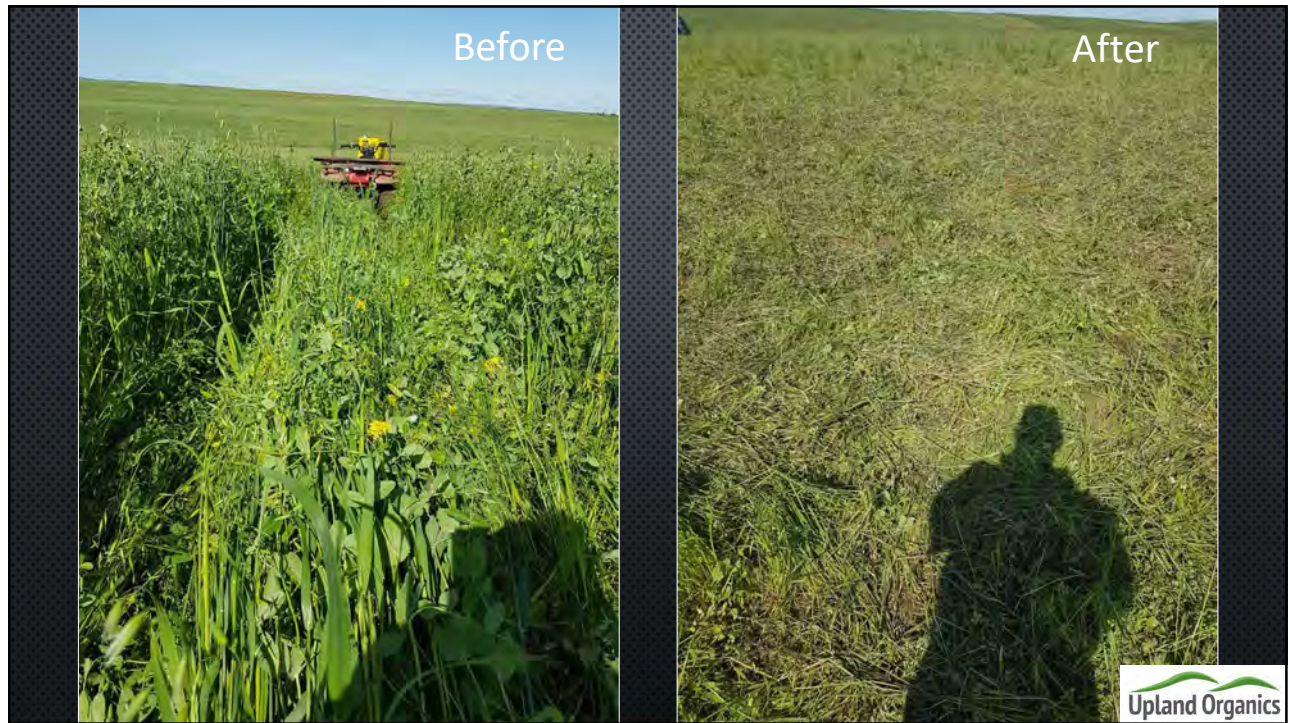
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REGENERATIVE ORGANIC CERTIFICATION (ROC)TM

- WHY?
 - ORGANIC IS THE ORIGINAL “REGENERATIVE” AGRICULTURE
 - THE ORGANIC SECTOR NEEDS TO FOCUS ON HIGHLIGHTING THE GREAT THINGS WE ARE DOING VS HIGHLIGHTING ALL THE THINGS WE AREN'T DOING
 - TAKES THE COS ONE STEP FURTHER BY PROVIDING CONCRETE BENCHMARKS
 - 3RD PARTY VERIFIED



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• WHY?

- FOCUS ON BUILDING SOIL AND STORING CARBON
- INCLUDES THE ASPECT OF SOCIAL FAIRNESS
- PROMOTES THE CERTIFICATION OF THE ENTIRE SUPPLY CHAIN (REQUIRED AT GOLD LEVEL)
- DEFINED MEASURES OF PROGRESS AND ACHIEVEMENT
- PROMOTES INNOVATION AND OUT OF THE BOX THINKING
- CONSUMERS ARE INTERESTED AND BUYERS ARE ASKING FOR PRODUCT



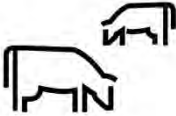
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The Three Pillars Of Regenerative Organic Certification



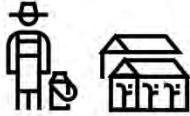
Soil Health

- Builds Soil Organic Matter
- Conservation Tillage
- Cover Crops
- Crop Rotations
- No GMOs or Gene Editing
- No Soiless Systems
- No Synthetic Inputs
- Promotes Biodiversity
- Rotational Grazing



Animal Welfare


- Five Freedoms
 - Freedom from discomfort
 - Freedom from fear & distress
 - Freedom from hunger
 - Freedom from pain, injury or disease
 - Freedom to express normal behavior
- Grass-Fed / Pasture-Raised
- Limited Transport
- No CAFOs
- Suitable Shelter



Social Fairness

- Capacity Building
- Democratic Organizations
- Fair Payments for Farmers
- Freedom of Association
- Good Working Conditions
- Living Wages
- Long Term Commitments
- No Forced Labor
- Transparency and Accountability

All images taken directly from the Regenerative Organic Certified website: www.regenorganic.org



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REGENERATIVE ORGANIC CERTIFICATION (ROC)TM

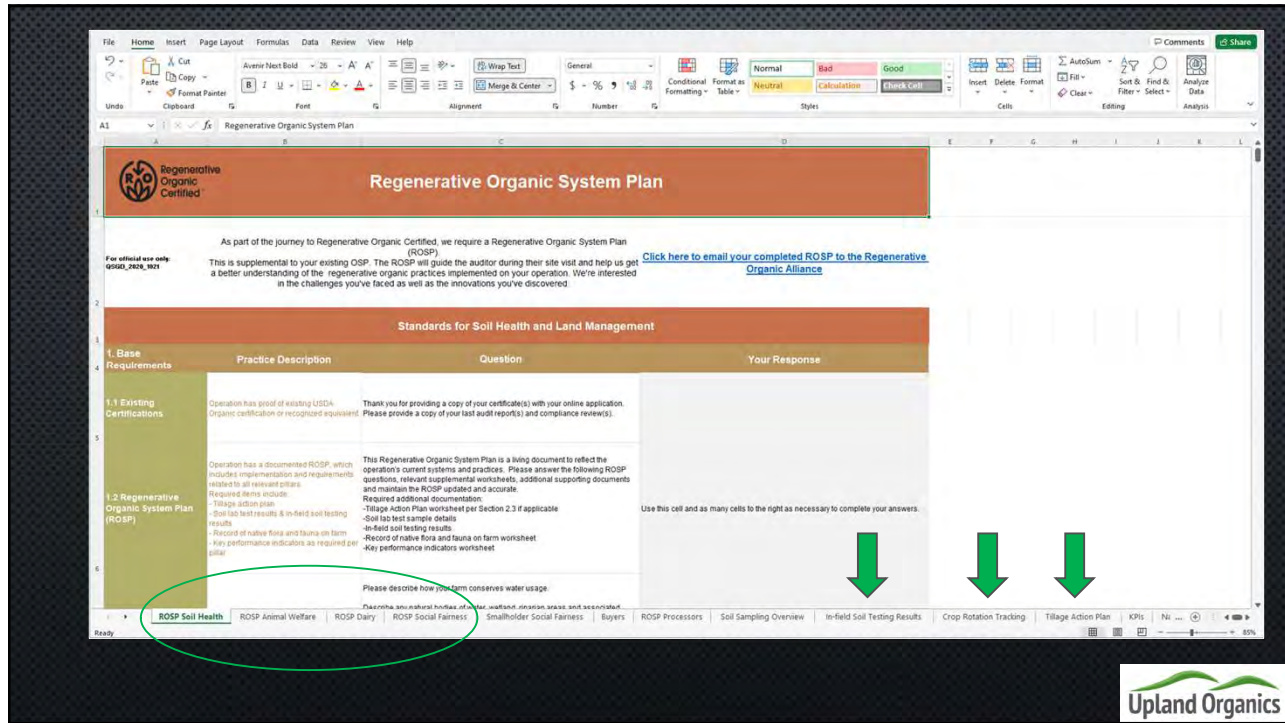
- How?
 - MUST ALREADY HOLD A VALID ORGANIC CERTIFICATE
 - ADDITIONAL AUDIT/INSPECTION TIME
 - ADDITIONAL FEE STRUCTURE
 - ADDITIONAL PAPERWORK (ROSP)
 - [HTTPS://REGENORGANIC.ORG/RESOURCES/](https://regenorganic.org/resources/)



Regenerative Organic Certified
 CERTIFICATION ACKNOWLEDGMENT
 THIS IS TO CERTIFY THAT
 Upland Organics Ltd
 Box 113
 Wood Mountain, Saskatchewan S0H 4L0 CANADA
 has been inspected and assessed under the ROC Framework for REGENERATIVE ORGANIC CERTIFIED™:
ROC FRAMEWORK SILVER LEVEL
 FOR THE FOLLOWING PILLARS:
 ✓ Social Fairness
 ✓ Soil Health and Land Management
 CERTIFIED ROC CROPS AND LOCATIONS: See Client Profile
 CERTIFIED BY: EcoCert Environment
 SINCE: 16 Sep 2021
 CERTIFICATION ISSUE DATE: 17 Nov 2021
 ANNIVERSARY DATE: 01 Mar 2022
 CERTIFICATION NUMBER: ROC0221-0946
 AUTHORIZED BY:
Elizabeth Whitlow
 Elizabeth Whitlow, Executive Director
 Regenerative Organic Alliance
 P.O. Box 622
 Orion, CA 95444



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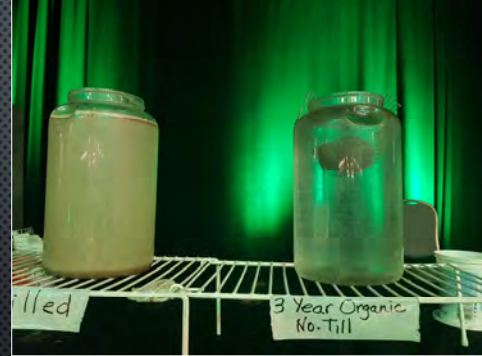
The Three Levels Of Regenerative Organic Certification

Bronze	Silver	Gold
<ul style="list-style-type: none"> at least 10% of fiber- or food-producing land within an operation must be certified at initial certification and must reach at least 50% by year five Minimum three crop rotation Maintains year-round vegetative cover on at least 25% of cultivated land At least three regenerative practices are used 	<ul style="list-style-type: none"> at least 50% of fiber- or food-producing land, or revenue from ROC crops, within an operation must be certified at initial certification and must reach at least 75% by year five Minimum four crop rotation Maintains year-round vegetative cover on at least 50% of cultivated land At least four regenerative practices are used 	<ul style="list-style-type: none"> 100% of fiber- or food-producing land of an operation must be certified Minimum seven crop rotation Maintains year-round vegetative cover on at least 75% of cultivated land At least five regenerative practices are used No-till system where tillage is only done at time of planting Must use computer based GHG modeling tools Must attain social certification at one or more major stages of processing/manufacturing

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WHAT IS DIFFERENT BETWEEN COS AND ROC?

- A FOCUS ON SOCIAL FAIRNESS
 - REQUIRES CERTIFICATION UP THE SUPPLY CHAIN
- SPECIFIC TIMELINES FOR CONVERSION
- REQUIREMENTS FOR VEGETATIVE COVER
- ANNUAL SOIL TESTING REQUIREMENT
- TRACKS GHG EMISSIONS
- SPECIFIC RESTRICTIONS AROUND THE USE OF TILLAGE
- PROVIDES A LIST OF REGENERATIVE REQUIRED PRACTICES



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THANK YOU!



WE LOVE TO HEAR FROM OTHER PRODUCERS! IF YOU'D LIKE TO REACH US OR VISIT OUR FARM PLEASE CONTACT US.

WEBSITE: WWW.UPLANDORGANICS.CA

EMAIL: ALLISON@UPLANDORGANICS.CA

TWITTER: [@UPLANDALLISON](https://twitter.com/UPLANDALLISON)

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