

A SOULFUL TABLE FIELD GUIDE

Building the Earth We Want to Live On

*Nourishing farms, living landscapes
and radical curiosity*

Emerging science · ancestral knowledge · inventive growers
Psychedelic perspectives · practical ways to participate

64 topics / 20 worldwide examples
A practical field notebook and linked source directory

FIRST EDITION · OCTOBER 2026

Find your way in

Read from the beginning, or follow the question that brought you here. Every topic has a number so it is easy to return to, share or develop into a deeper exploration.

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The worldwide field atlas

A field notebook for a more generous farm

Sources and further exploration

Three starting journeys

For more nourishing food: begin with Food that truly nourishes, then Living Soil and the measurement notebook.

For a farm or garden: begin with the soil, forest and water chapters, then choose a small comparison that answers a local question.

For the wonderfully unexpected: begin with Signals and Rhythms, Biodynamics, and Psychedelic Perspectives; follow each claim back to its source.

An invitation to a more alive world

Imagine a farm where food, shade, birdsong, clean water and a good livelihood grow together. Trees soften the heat. Roots remain in the ground. A handful of soil carries the scent of life returning. The harvest feeds people, and the work leaves something generous for the next season.

That is a worthwhile direction for agriculture. It also invites a much larger question: what happens when we stop treating the Earth as a collection of separate parts and begin paying attention to relationships?

Field trials, Indigenous food systems, farmer ingenuity, spiritual traditions and surprising plant science each open another door. We can enter with curiosity and ask what each discovery shows.

This guide brings together 64 topics, 20 worldwide examples and a field notebook for turning inspiration into useful observation. “Psychedelic” has two places here: the scientific study of experiences that can alter a person’s relationship with nature, and the everyday sense of ideas that expand what we thought possible. These are described separately throughout the book.

The most helpful answer to “beyond organic” is a set of better questions. How nourishing is the food? What happens to the soil and water? Who benefits from the work? Which other species have room to live? How much energy and material does the system require? Can the farmer keep doing it with dignity and joy?

Reading the evidence with an open mind

Field-supported means relevant field research or a synthesis supports the particular outcome described. It does not promise the same result on every farm. **Emerging** means a limited field study, laboratory result or developing technology deserves further investigation. **Living tradition** identifies a documented cultural, spiritual or practitioner approach. **Open question** marks an idea for which this source collection does not establish an independently replicated agricultural outcome.

A grower’s account is valuable evidence of what that grower does. A laboratory experiment can reveal a mechanism. A multi-farm study can test whether results travel. A cultural practice can carry meaning that a harvest-weight trial does not measure. Naming the kind of knowledge helps us learn from each source without making it answer a different question.

Research reviewed: 26 October 2026. This first edition begins a continuing exploration. Source numbers link to the research, official programmes and practitioner accounts listed in the directory.

A compass for harmony

The working meaning of harmony in these pages is practical: enough nourishing food, functioning ecosystems, fair human relationships, compassion for animals and a way of farming that can endure. A person may also understand harmony spiritually, through gratitude, reciprocity or belonging. Those meanings can guide a life while measured outcomes help guide a field.

Sunlight, seasons and biological clocks connect farming to the wider cosmos. Lunar calendars, subtle energies and consciousness belong in the inquiry too, with their proposed mechanisms and evidence stated plainly.

CHAPTER 01

Food that truly nourishes

Look past the label and follow the crop from seed to plate.

01 Organic as a foundation

FIELD-SUPPORTED / REGULATED PRACTICE

Organic certification sets production rules, including restrictions on genetic engineering and many inputs. It can tell us something meaningful about how food was grown. It does not certify the vitamin, mineral or protein concentration of an individual harvest. A 2014 meta-analysis found differences in several crop compounds and residues; those findings do not establish that every organic food contains more of every nutrient. Ask which outcome a label actually verifies. [\[S01\]](#) [\[S02\]](#)

02 Non-GMO, heirloom and nutrition are different questions

ESTABLISHED DISTINCTION

A seed's breeding history, its cultural importance and the nutrient composition of its harvest are distinct attributes. Non-GMO and heirloom can be useful sourcing preferences, while nutrition still needs crop-specific evidence. HarvestPlus offers an instructive example: its released biofortified crops have been developed through conventional breeding to improve particular nutrient traits. We can honour seed diversity and also ask for measured nutritional results. [\[S59\]](#)

03 Measure the part people eat

PRACTICAL RESEARCH METHOD

To compare two harvests, use the same variety, similar maturity and a consistent sampling method. Ask a qualified laboratory for the nutrients relevant to that crop, and report fresh-weight versus dry-weight results. Water content can make a vegetable appear richer or poorer per 100 grams. An edible-tissue analysis answers a different question from a soil test or leaf test; collect the measures that match the claim. [\[S03\]](#) [\[S05\]](#)

04 Brix is a clue, not a complete nutrition score

EXTENSION INTERPRETATION

A refractometer measures soluble solids through their effect on light. In many fruits, sugar makes a large contribution. Variety, ripeness, irrigation and sampling affect the reading. Brix can help follow crop development, but a sweet reading does not reveal the full mineral profile, protein quality, pesticide residues or human health value. Keep it as one useful observation beside taste, harvest records and appropriate laboratory tests. [\[S04\]](#)

05 Soil health and crop composition

PROMISING COMPARATIVE EVIDENCE

The 2022 paired-farm study by Montgomery and colleagues found differences in some vitamins, minerals and phytochemicals associated with contrasting farming systems. The authors called it preliminary because the sample was small. It provides a strong reason to investigate soil-to-food relationships, with larger studies that separate variety, geography and management. The exciting question is which soil conditions improve which nutritional traits, for which crops. [\[S03\]](#) [\[S61\]](#)

06 Seed choice and diversity on the plate

PROGRAMME EVIDENCE / PRACTICAL DESIGN

Nutrition begins partly with the crop's inherited potential. Iron-rich beans, zinc-enhanced cereals and vitamin-A-rich staple varieties illustrate targeted breeding. A diverse garden can also widen the foods available through the year. Choose seed for local adaptation, flavour, maturity, cultural value and useful nutrient traits together. Save seed thoughtfully, and explore seed stewardship further in The Living Grain. [\[S59\]](#) [\[S26\]](#)

07 Harvest, storage and preparation belong in the comparison

WHOLE-SYSTEM RESEARCH QUESTION

Food quality continues changing after the field. A meaningful “most nutritious” comparison should state harvest stage, storage duration, temperature and preparation. A fresh-weight mineral result alone cannot describe the whole meal. For Soulful Table, a useful investigation would follow one crop through harvest and ordinary cooking, recording nutrients, flavour, waste and the amount people enjoy eating. This is a proposed study design, rather than a finding about one farming label.

08 Climate is part of nourishment

EXPERIMENTAL EVIDENCE

Experiments reported in Nature found that elevated carbon dioxide can lower concentrations of important nutrients in some major crops, with differences among species and cultivars. More plant growth therefore does not automatically mean more nourishment per serving. Climate protection, crop breeding, soil stewardship and dietary variety belong in the same conversation. Food abundance and nutrient quality both deserve a place in agricultural goals. [\[S60\]](#)

CHAPTER 02

The living soil beneath the harvest

Grow the conditions that allow fertility to keep returning.

09 Cover crops and diverse rotations

FIELD-SUPPORTED, CONTEXT-DEPENDENT

Keep living roots in the ground when a suitable season allows, and vary the crops that follow each other. Cover crops can serve different jobs: soil protection, nitrogen contribution, biomass, weed competition or a habitat bridge. Choose the species and termination method for the actual water budget and next crop. A practice that works in a humid vegetable rotation may use scarce moisture in a dryland grain system. [\[S13\]](#)

10 Reduced disturbance, with the whole system visible

FIELD-SUPPORTED / OPERATOR EXAMPLES

No-till can protect soil structure, yet the label says little about herbicide use, imported compost, plastic or labour. Compare a complete system. Singing Frogs Farm describes intensive ecological no-till vegetable production; the NRCS handbook provides a broader agronomic reference. The useful question is how a particular farm manages weeds, feeds crops, handles residues and earns its living while limiting disturbance. [\[S58\]](#) [\[S13\]](#)

11 Plant-based fertility and stockfree growing

DOCUMENTED PRACTICE / CERTIFICATION ROUTES

Green manures, legume rotations, plant composts and carefully selected amendments offer a serious route for growers who want fertility without livestock farming or slaughter by-products. Biocyclic vegan and Stockfree Organic give this intention an organised home. Plant-based inputs still need a nutrient budget: the crop removes nutrients, and the system needs an accountable way to replace them. Compassion and agronomy can be designed together. [\[S11\]](#) [\[S12\]](#) [\[S05\]](#)

12 Compost as a material with a history

ESTABLISHED AGRONOMY

Ask what went into a compost, how it matured, how it was tested and how much phosphorus, salts and available nitrogen it adds. “More compost” is not a universal soil prescription. A plant-based farm can build a consistent compost stream and track its contribution over time. The aim is enough fertility for healthy crops while protecting water and avoiding a slow accumulation of unwanted materials. [\[S05\]](#) [\[S13\]](#)

13 Mycorrhizal relationships

ESTABLISHED BIOLOGY; SPECIFIC CLAIMS VARY

Many plants exchange resources with mycorrhizal fungi, and some fungal networks connect multiple plants. The scale and significance of particular transfers require careful measurement. A 2023 critical review found popular “mother tree” stories often travelled beyond the supporting evidence. These relationships are already remarkable without assigning a human intention to every underground exchange. Protect habitat and investigate the actual plant–fungus partnership in front of us. [\[S10\]](#)

14 Microbial inoculants, indigenous cultures and JADAM

MIXED FIELD RESPONSE / LIVING PRACTICE

In a 54-field Swiss maize study, mycorrhizal inoculation responses ranged from reduced growth to substantial improvement; soil microbiome indicators helped predict the response. That makes targeted use more interesting than a universal bottle recommendation. JADAM and other local microbial traditions offer additional farmer-led questions about cost, adaptation and nutrient cycling. Their practitioner reports describe practice; replicated local comparisons are needed to establish the particular benefits claimed. [\[S09\]](#) [\[S56\]](#)

15 Mineral balancing and remineralisation

TEST-LED AGRONOMY

A soil can lack an essential nutrient even when it contains abundant organic matter. Begin with a suitable soil test, crop needs and local interpretation. Rock powders differ in chemistry, weathering rate and contaminants. Adding every mineral to every field can waste money and create imbalances. A more useful goal is correcting a demonstrated constraint and checking whether the crop, soil and water respond as intended. [\[S05\]](#)

16 Biochar and long-lived carbon

EVIDENCE WITH MATERIAL-SPECIFIC TRADEOFFS

Biochar is produced by heating biomass under limited oxygen. Feedstock and production conditions influence its stability, chemistry and behaviour in soil. Potential benefits include particular soil and carbon-management outcomes, while contaminated feedstock, unsuitable pH or salts and production emissions can change the result. Treat biochar as a characterised material to test in a suitable setting. Its carbon story begins with where the biomass came from. [\[S14\]](#)

CHAPTER 03

Farming with forests and perennial life

Let structure, succession and diversity do more of the work.

17 Agroforestry

FIELD-SUPPORTED FAMILY OF PRACTICES

Trees can share agricultural land through alleys, boundaries, shelterbelts, orchards or multistorey systems. Their value depends on species, spacing, rainfall, root competition, management and markets. Farm research supports opportunities to combine ecological and human benefits. A 2026 synthesis of 184 meta-analyses found several benefits increased with the duration of diversification, without a significant overall yield effect. Design the harvests and the relationships: food, shade, habitat, biomass and access. [\[S07\]](#) [\[S08\]](#)

18 Syntropic agriculture

DOCUMENTED PRACTICE / DEVELOPING COMPARATIVE EVIDENCE

Associated with Ernst Götsch and taught by centres such as CEPEAS in Brazil, syntropic systems work with ecological succession, vegetation layers, dense planting and purposeful pruning. Biomass becomes a resource for the next stage of growth. A compelling research question is how these systems compare with simpler agroforestry in labour, food output, water, biodiversity and profit over time. The living practice is rich; outcomes should remain site-specific. [\[S16\]](#)

19 Food forests and permaculture design

PRACTICE FAMILY WITH LOCAL EVIDENCE

A food forest brings useful plants into a layered perennial landscape. Permaculture offers a broader design tradition concerned with relationships, flows and human needs. The US Forest Service documents community food forests and the much longer history of forest gardens. Public access, harvesting rights, irrigation and long-term care matter as much as the planting plan. A beautiful design becomes a food system when someone can keep tending it. [\[S17\]](#)

20 Perennial grains and Kernza

CROP DEVELOPMENT / FIELD EXPERIMENTATION

Kernza is harvested from selected intermediate wheatgrass. The Land Institute describes it as a crop still in development, with experimental growers and evolving markets. Perennial grain systems invite questions about roots, erosion, nutrient losses, yield and income across several years. Their promise should be evaluated across the whole rotation. Kernza contains gluten. [\[S18\]](#) [\[S66\]](#)

21 Breadfruit and tropical perennial staples

ESTABLISHED CROP / CONTEMPORARY SYSTEM DESIGN

The National Tropical Botanical Garden's breadfruit programme connects a productive tree crop with agroforestry knowledge. Breadfruit invites a different picture of a staple food landscape: trees, companion crops and many years of harvest rather than an annual bare-field cycle. Climate suitability, variety, storm exposure, processing and market access shape the opportunity. The published agroforestry guide is a useful starting point for learning the system in its proper setting. [\[S19\]](#)

22 Coppice, pruning and a farm's biomass budget

DESIGN PRACTICE

A tree or shrub can provide mulch and compost material as well as a harvested product. Syntropic growers make pruning central to managing light and succession. In a proposed farm comparison, weigh the biomass produced, record the labour and track the response of neighbouring crops. Keep the source of fertility visible: importing mulch from elsewhere can move ecological costs beyond the edge of the photographed field. [\[S16\]](#)

23 Farmer-managed natural regeneration

LANDSCAPE PRACTICE WITH REGIONAL RESEARCH

FMNR works with existing tree stumps, roots and natural regeneration. Farmers select, protect and manage useful growth rather than assuming restoration must begin with nursery planting. Niger offers an important large-scale history, documented by ICRISAT and the US Geological Survey. Tenure, access to wood and local governance help determine whether people can benefit from caring for trees. Regeneration is a social arrangement as well as a biological process. [\[S20\]](#) [\[S64\]](#)

24 Habitat and push-pull pest management

RESEARCH-BASED REGIONAL PRACTICE

Push-pull systems developed with icipe use companion plants to influence pest behaviour and manage constraints such as Striga in suitable cereal systems. They illustrate a wider opportunity: design plant relationships before reaching for a pesticide. Species choice and local ecology are essential. A plant that serves a useful role in one region may be unsuitable elsewhere. The ecological principle is portable; the exact planting recipe requires local knowledge. [\[S21\]](#)

CHAPTER 04

Water that stays in relationship with the land

Observe where water arrives, moves, rests and leaves.

25 Zaï pits, half-moons and small catchments

ESTABLISHED REGIONAL PRACTICE

In parts of the Sahel, planting basins and related earthworks concentrate runoff and organic material where plants can use them. The Kenya field guide explains several water-harvesting approaches and their settings. These practices ask a generous question: can a short rainfall event support a longer season of life? Soil depth, slope, overflow and labour determine the design. Large claims of desert transformation deserve dated landscape evidence. [\[S22\]](#)

26 Contours, swales and keyline ideas

DESIGN METHODS; SITE PERFORMANCE VARIES

Contours can help people read a landscape and slow selected water flows. Swales and keyline-inspired designs are tools within that larger practice. Their value depends on infiltration, slope stability, catchment size and safe overflow. In a small trial, compare soil moisture and downstream flow before expanding. Water crossing a property boundary is part of a shared watershed, so design for the whole path rather than a single greener patch. [\[S22\]](#)

27 Natural Sequence Farming

PRACTITIONER FRAMEWORK

Australian Natural Sequence Farming training emphasises reading the landscape, vegetation and the movement of water through a farm. It is a valuable lead for place-based field study. A strong feature would follow one restoration project through rainfall events, recording water tables, vegetation, stream condition, labour and neighbouring effects. Provider descriptions establish what is taught; a measured before-and-after record would establish the outcomes of that project. [\[S23\]](#)

28 Rainwater harvesting and the right water for the job

ESTABLISHED DESIGN PRINCIPLE

Separate the uses of water before designing the supply: irrigation, washing produce, household use and ecological habitat have different requirements. Rainwater storage can buffer a dry period when catchment and demand are well matched. Begin with a seasonal water budget and include overflow. A useful community project would compare litres collected, litres used, pumping energy and reliability through the driest weeks. [\[S22\]](#)

29 Drip irrigation, sensors and crop-specific decisions

ESTABLISHED PRACTICE / TECHNOLOGY INTEGRATION

A sensor is useful when its reading changes a sound irrigation decision. Compare soil moisture at relevant depths, crop response and water applied. Hydroponic systems add precise nutrient delivery to the conversation; Penn State explains why water chemistry belongs in the recipe. The central question is how much saleable, nourishing food a system delivers for its water, energy and material use. [\[S15\]](#)

30 The System of Rice Intensification

DOCUMENTED AGRONOMIC METHODOLOGY

SRI changes the management of plants, soil, water and nutrients, with attention to root development and appropriate spacing. Cornell's SRI-Rice resources explain its principles and variations. Intermittent irrigation can be part of the approach, but water and greenhouse-gas outcomes depend on the actual management. Compare methane, nitrous oxide, yield, labour and irrigation together when evaluating a rice system. [\[S24\]](#)

31 Chinampas and wetland food landscapes

LIVING AGRICULTURAL HERITAGE

Mexico's chinampas combine productive raised plots and canals within a cultural landscape. FAO documents their agricultural diversity and continuing significance. They invite us to see water, settlement, habitat and food production as connected. A modern adaptation needs its own water-quality and ecological assessment. The achievement lies in the whole managed landscape and community knowledge, rather than in copying the shape of a raised bed. [\[S25\]](#)

32 Halophytes and biosaline agriculture

ACTIVE CROP RESEARCH

ICBA investigates Salicornia and other crops adapted to saline environments. This opens possibilities for particular marginal lands and water sources. Salt tolerance does not remove the need for a salt budget: where will accumulated salts and drainage go? Explore edible quality, sodium, water chemistry, processing and markets together. Protect freshwater soils and habitats while studying a different agricultural niche. [\[S27\]](#)

CHAPTER 05

Solar farms, circular systems and emerging tools

Ask each technology what it gives back, and what it requires.

33 Agrivoltaics

FIELD RESEARCH / RAPID DEVELOPMENT

Crops and solar panels can share land when light, access and crop needs are designed together. Dryland research has found useful interactions among shade, crops and water. The outcome changes with climate, crop and panel arrangement. Compare energy produced, crop quality, yield, water, habitat, lease terms and farmer control. The sun can serve several purposes on the same ground when the relationship is well designed. [\[S28\]](#)

34 Hydroponics and aeroponics

ESTABLISHED GROWING METHODS

Soilless systems can deliver water and nutrients precisely and bring fresh produce close to people. Their performance depends on the crop, power supply, infrastructure, disease management and nutrient sources. Hydroponic nutrition requires a complete crop-specific formulation; “without soil” does not mean “without minerals.” A comparison with outdoor growing should include energy, materials, quality and losses across a full season. [\[S15\]](#)

35 Light recipes and protected cultivation

ESTABLISHED PHYSIOLOGY / DEVELOPING APPLICATION

Plants respond to day length and the timing of light as well as its intensity. Controlled environments can investigate how light schedules affect flowering, growth and harvest quality. Useful innovation starts with the crop’s biology and includes the electricity bill. A proposed trial could compare two schedules using the same daily light input, measuring edible yield and quality rather than leaf size alone. [\[S63\]](#)

36 Precision tools with a defined ecological job

DESIGN AND EVALUATION OPPORTUNITY

Small robots, imaging and sensors could reduce repeated labour or make early problems easier to detect. Choose the job first: identifying a weed, measuring water or documenting a crop. Then compare the tool with ordinary practice in hours saved, repair needs, energy, crop injury and accessible ownership. This is an evaluation framework for future features, rather than a recommendation to purchase an untested device.

37 eSoil and low-power electrical stimulation

CONTROLLED SEEDLING EVIDENCE

Researchers developed a conductive cellulose-based growing scaffold and reported increased dry biomass in electrically stimulated barley seedlings. That is a specific experimental result in a specific substrate. It raises questions about nutrient uptake and future controlled-environment growing. It does not establish higher harvested grain yields in soil or validate passive garden antennas. A mature-crop, full-energy comparison is a useful next research step. [\[S31\]](#)

38 Plasma-activated water

EMERGING SYNTHESIS, 2026

Plasma treatment changes water chemistry, including reactive oxygen and nitrogen species. A 2026 meta-analysis reports favourable pooled plant responses across published studies. The practical questions include reproducible chemistry, dose, storage time, energy use and field-scale performance. This is a measurable chemical treatment, with results tied to its production conditions. It should be studied separately from claims about water retaining an intention or a permanent energetic imprint. [\[S32\]](#)

39 Enhanced rock weathering

FIELD EVIDENCE AND ACTIVE SCIENTIFIC DEBATE

A four-year Corn Belt experiment reported agronomic benefits and carbon-removal potential from basalt application. A 2026 scientific commentary questions how farming benefits and carbon-removal claims should be weighed. Follow both threads. Rock chemistry, trace metals, transport, grinding energy, field conditions and carbon accounting matter. A local crop response and a verified net removal of atmospheric carbon are different findings. [\[S29\]](#) [\[S30\]](#)

40 Circularity without moving the burden

SYSTEMS DESIGN

A circular farm accounts for the sources and destinations of nutrients, water, packaging, energy and biomass. Nutrient recovery, plant residues and local processing can become useful research topics. Check the entire loop: a waste material may also carry salts, persistent chemicals or pathogens. FAO's agroecology framework connects recycling with social values and governance, which helps keep "circular" grounded in the lives and landscapes affected. [\[S06\]](#)

CHAPTER 06

Signals, rhythms and the hidden lives of plants

There is already enough astonishing biology to keep us curious.

41 Listening to stressed plants

EXPERIMENTAL EVIDENCE

A 2023 Cell study recorded airborne ultrasonic sounds from stressed tomato and tobacco plants, with patterns informative about plant condition. This suggests possible sensing applications. It does not establish that a plant experiences pain as a person does, or that the sounds are intentional speech. An excellent public feature could explain the recording method and the difference between detecting a signal and understanding its biological meaning. [\[S33\]](#)

42 Sound and growth-promoting fungi

LABORATORY EVIDENCE

A 2024 study tested a defined acoustic stimulus on Trichoderma and found changes in fungal growth and sporulation under laboratory conditions. That is an intriguing soil-biology lead. It remains a different question whether field sound treatments improve crop performance, and at what energy and ecological cost. The tested fungus, sound conditions and outcome should travel with every retelling of the result. [\[S34\]](#)

43 Plant bioelectricity

ESTABLISHED PHYSIOLOGY; APPLICATIONS DEVELOPING

Living cells maintain electrical gradients, and plants transmit electrical signals. Agricultural research can ask how stimulation or measurement interacts with those processes. Separate a well-specified electrical experiment from a broad claim that any copper object improves a garden. In 2025, a controlled container study found no consistent growth or yield benefit from the passive copper-rod arrangements tested. Its result is bounded to those systems and conditions. [\[S31\]](#) [\[S62\]](#)

44 Fungal signals controlling robots

ENGINEERING DEMONSTRATION

Researchers connected recorded electrical activity from fungal mycelia to robot control. The work demonstrates an unusual living interface that responds to environmental stimuli. It is a wonderful example of biology expanding engineering ideas. It does not show a fungus consciously piloting a machine or establish a ready-made farm technology. Follow the methods and imagine specific sensing jobs that could be tested next. [\[S35\]](#)

45 Circadian clocks and photoperiod

ESTABLISHED BIOLOGY

Plants coordinate development with daily and seasonal rhythms. Research on circadian and light-signalling systems explains how day length helps govern flowering in model plants and crops. This is a concrete way agriculture participates in a planetary rhythm. Learn the local season, the crop's day-length response and its temperature needs. A calendar becomes more useful when it follows the organism and the place. [\[S63\]](#)

46 Lunar planting calendars

LIVING TRADITION; EFFICACY REMAINS UNSETTLED

Lunar and biodynamic calendars organise work around celestial cycles and have devoted practitioners. A 2020 physics-and-biology review found no reliable scientific basis for the agricultural timing claims it examined. A careful trial would separate planting date, temperature, moisture and crop age from the proposed lunar effect, with repeated cycles and blinded assessment. The calendar's cultural or reflective value can be described in its own terms. [\[S37\]](#)

47 Biophotons and the language of vitality

OPEN MEASUREMENT QUESTION

Ultraweak light emission is a legitimate research topic in living systems, associated with oxidative processes. The larger claim that a single photon measurement ranks the nourishment or spiritual vitality of food requires its own validation. A useful investigation would specify the instrument, sample temperature, dark adaptation, handling and the outcome predicted. A "vitality score" remains a proposed measurement question, rather than an established replacement for composition testing. [\[S65\]](#)

48 Magnetic seed priming

EMERGING, HETEROGENEOUS EVIDENCE

A research synthesis has examined plant responses to uniform and nonuniform magnetic fields. Field strength, exposure and species are important parts of the experimental treatment. Magnetopriming deserves crop-specific replication and comparison with ordinary seed priming. It should be evaluated separately from a claim that a buried stone or tower directs a beneficial planetary energy. A shared word such as "magnetic" does not make two methods equivalent. [\[S36\]](#)

A wider sky: learning from space agriculture

Researchers have grown *Arabidopsis* in small samples of Apollo lunar regolith; the plants showed substantial stress. Lettuce grown on the International Space Station has also been studied for composition and microbiology against ground controls. These are concrete investigations into growing life beyond Earth. They bring the solar-system question into experiments about light, water, roots, microbes and material limits. They do not establish a method for increasing the cosmic energy of food. [\[S38\]](#) [\[S39\]](#)

CHAPTER 07

Biodynamics, Hugo Erbe and radical field inquiry

Read the original traditions, then ask precise questions of the land.

49 The biodynamic farm as an organism

LIVING TRADITION / COMPARATIVE SYSTEM RESEARCH

Biodynamics combines an ecological farming programme with preparations and a spiritual understanding of the farm. Reviews describe findings across soil, crops and biodiversity, alongside variation in study design. Whole-system comparisons cannot automatically isolate the effect of a preparation. An older USDA compost comparison reported no crop or soil differences after two years between prepared and ordinary compost treatments. The distinct research questions deserve separate treatment. [\[S41\]](#) [\[S42\]](#)

50 Steiner 500 and 501

DOCUMENTED PREPARATION TRADITION

Horn manure, BD 500, and horn silica, BD 501, are the principal biodynamic field sprays. Practitioners assign them different roles in soil–root and light–plant relationships. Traditional production uses bovine horns, and BD 500 uses manure. A vegan publication can explain the tradition accurately while pursuing plant-based fertility methods for its own practical growing work. Changing an ingredient creates a different treatment that needs its own account. [\[S40\]](#)

51 Compost preparations 502–507 and horsetail 508

DOCUMENTED PREPARATION TRADITION

The six compost preparations use yarrow, chamomile, nettle, oak bark, dandelion and valerian; traditional preparation methods can include animal materials. Horsetail is associated with BD 508 and has a separate place in practice. Read original instructions for what practitioners actually do. If testing an effect, compare equivalent compost feedstocks and maturity rather than attributing every difference between two composts to their preparations. [\[S40\]](#)

52 Hugo Erbe #5: Cow Stomach

HISTORICAL AND PRACTITIONER RESEARCH LEAD

Erbe's numbering is a separate preparation system; #5 is not Steiner's 505. JPI lists Cow Stomach #5 among its preparations, providing a direct lead into Erbe's approach. Its animal-material basis matters for Soulful Table's values. Explore the original text and maker's explanation before interpreting the intended soil or compost role. A listed preparation establishes a living practice; its agronomic effects need their own research. [\[S45\]](#)

53 Hugo Erbe #8: Three Kings

LIVING SPIRITUAL-AGRICULTURAL TRADITION

JPI publishes instructions for the Three Kings preparation, associated with gold, frankincense, myrrh and seasonal boundary work. It offers a vivid example of agriculture understood as ceremony and relationship. Describe the maker's intentions as the maker's account. A comparative farm study would still need a defined treatment, ordinary management controls and independently assessed outcomes to establish an agronomic effect. [\[S43\]](#)

54 Hugo Erbe #9: Harmonizing

LIVING SPIRITUAL-AGRICULTURAL TRADITION

The Harmonizing preparation is described by JPI within Erbe's approach to gratitude and the elemental world. Traditional descriptions include animal-derived ingredients, which should remain visible in a vegan discussion. Its meaning as a seasonal practice and its proposed effects on a crop are different subjects. We can explore the tradition respectfully and design a plant-based gratitude ritual without claiming it is the same preparation. [\[S44\]](#)

55 Agricultural radionics

PRACTITIONER METHOD / OPEN EFFICACY QUESTION

Radionics practitioners describe working with witness samples, instrument settings and intention in relation to farms. Lutie Larsen's agricultural course is a direct source for her method. This research collection does not establish independently replicated field evidence that a remote radionic broadcast improves crop nutrition, yield or pest control. A useful investigation would include concealed random assignment, a sham condition and independent harvest measurements. [\[S46\]](#)

56 Agrohomoepathy and high-dilution plant research

RESEARCH NICHE; FIELD APPLICATION UNCERTAIN

The University of Bern describes plant-based bioassays used in homeopathy research, including stressed plants and field models. This establishes a real research niche, rather than a proven general farming method. Study quality, reproducibility, contamination control and the transfer from an assay to a farm are central questions. Explore the actual papers and controls before turning a positive plant experiment into a crop recommendation. [\[S47\]](#)

CHAPTER 08

Psychedelic perspectives and a culture of belonging

Let an expanded sense of relationship become a question about how we live.

57 Psychedelics and nature connectedness

OBSERVATIONAL EVIDENCE / EMERGING SYNTHESIS

A prospective naturalistic study reported changes in self-reported nature relatedness after psychedelic experiences. A 2025 review brings this work together with research on social connectedness. Selection effects, expectancy, small samples and reliance on self-report complicate interpretation. Feeling more connected is an important experience to study; lasting changes in ecological behaviour and land stewardship require separate measurement. [\[S50\]](#) [\[S51\]](#)

58 Context, perception and the 2026 brain research

CONTROLLED NEUROSCIENCE; AGRICULTURAL IMPLICATIONS UNTESTED

A 2026 Nature paper investigated how psilocybin changes the relationship between brain activity and the context of experience. It gives contemporary scientific substance to questions about immersion and self-world boundaries. It does not demonstrate improved farming decisions or a direct connection to cosmic information. For this project, the practical inquiry is how experiences of belonging become observable choices, relationships and care over time. [\[S52\]](#)

59 Reciprocity and Indigenous authority

ETHICAL PRACTICE / COMMUNITY-LED PROGRAMMES

Chacruna's Indigenous Reciprocity Initiative connects plant-medicine discussion with land rights, food security, cultural autonomy and ecological wellbeing. That makes the relationship more demanding and more meaningful than borrowing a ceremony or an aesthetic. Invite Indigenous people to define how their knowledge is represented, credited and supported. A public feature should be built with the people whose living traditions it discusses. [\[S53\]](#)

60 Nature connection without substances

RESEARCH-INFORMED PRACTICE DIRECTION

A 2025 review examines nature connectedness through a human ecological perspective. For a garden or community project, we can propose a simple practice: return to the same place, notice a different living relationship, record it and do one act of care. That sequence is an editorial exercise, not a validated treatment protocol. Its value can be explored through participation, learning and sustained stewardship. [\[S54\]](#)

61 Ritual, intention and Homa farming

LIVING SPIRITUAL PRACTICE

Homa farming practitioners describe timed fire rituals, mantras and agricultural uses of ash. Those accounts tell us what the tradition proposes. This source collection does not establish independently replicated evidence for its larger healing claims. A field feature could distinguish community meaning from ash chemistry and crop outcomes, while accounting for combustion, air quality and materials. Traditional forms may use animal-derived materials; plant-based adaptations need their own names. [\[S49\]](#)

62 Paramagnetism and the Callahan tradition

HISTORICAL PRACTITIONER THEORY / OPEN AGRICULTURAL QUESTION

Paramagnetism is a physical property of materials. Philip Callahan developed a wider agricultural theory around it, represented in his book and later practitioner communities. A book record establishes the theory's history, not the effectiveness of a field treatment. A useful comparison would separate rock chemistry, particle size and ordinary soil amendment effects from a claimed magnetic mechanism. Quantify the proposed exposure before interpreting the harvest. [\[S48\]](#)

63 Vortices, structured water and memory claims

OPEN QUESTIONS REQUIRING DISTINCT TESTS

Water movement can change mixing, aeration and the delivery of dissolved materials. Claims that a particular vortex, geometry or intention gives irrigation water a persistent beneficial structure ask an additional question. A useful trial would measure temperature, gases, pH, conductivity and contaminants, use identical containers and blind the crop assessment. No independently replicated field outcome for intention-imprinted irrigation water is established by this source collection.

64 Plant consciousness and a wider philosophy of care

PHILOSOPHICAL INQUIRY ALONGSIDE BIOLOGY

Plants sense, respond and participate in intricate relationships. Whether particular terms such as consciousness belong in their description involves scientific definitions and philosophical judgement. The sounds, electrical signals and fungal interfaces described earlier establish particular biological observations. They do not settle that philosophical question. Care can begin with attention to living systems and the consequences of our actions while the inquiry remains open. [\[S33\]](#) [\[S35\]](#)

The worldwide field atlas

Twenty places and networks to learn from. These entries identify documented examples and research leads. They do not claim that the farms have been visited or that tours, products or courses are currently available to book. Follow the original source before arranging an experience.

01 CEPEAS

Brazil

Syntropic succession, pruning, layered planting and farmer education. Follow its project and library pages; ask for multi-year food, labour and income records. [\[S16\]](#)

02 Masanobu Fukuoka Natural Farm, Ehime

Japan

A living connection to natural farming and the practice of reducing unnecessary intervention. Distinguish Fukuoka's philosophy from what the current farm specifically does. [\[S55\]](#)

03 JADAM farmer network

South Korea

Low-cost farmer knowledge, local inputs and diverse small-farm examples. Published practitioner stories are starting points for comparative field inquiry. [\[S56\]](#)

04 Andhra Pradesh natural farming

India

A 2025 matched-landscape study analysed 206 harvests from 128 fields in 26 landscapes. Average yields were comparable and profits higher, with substantial variation. Study the whole programme and its local conditions. [\[S57\]](#)

05 Tolhurst / Stockfree Organic

United Kingdom

Plant-based fertility, green manures and a stockfree production model. Ask about nutrient replacement, rotation length, labour and the sources of imported materials. [\[S12\]](#)

06 Biocyclic vegan growers

Europe and international network

A formal route for plant-based organic agriculture. Use the standard and producer network to understand what is verified and how a farm closes nutrient cycles. [\[S11\]](#)

07 Singing Frogs Farm

United States, California

Intensive ecological no-till vegetable growing. Operator descriptions support a rich feature; independently checked farm records should support any numerical performance claims. [\[S58\]](#)

08 The Land Institute / Kernza

United States, Kansas and grower network

Perennial grain development and experimental growers. Follow harvests over several years and include the realities of processing, market demand and gluten. [\[S18\]](#)

09 National Tropical Botanical Garden

Hawai'i and tropical partners

Breadfruit agroforestry, crop diversity and practical grower education. Learn the local cultural and climatic setting as well as the planting system. [\[S19\]](#)

10 Chinampa farmers

Mexico City

A continuing wetland agricultural heritage with diverse crops and strong cultural relationships. Water quality, urban pressures and farmer livelihoods are central reporting questions. [\[S25\]](#)

11 Mayan milpa communities

Mexico, Yucatán Peninsula

Maize, beans, squash and a broader food landscape. Learn the living system with community authority, including seed, cuisine, fallow and local ecological knowledge. [\[S26\]](#)

12 Farmer-managed natural regeneration

Niger

A major place to study farmer-led tree recovery and governance. Investigate who can manage and benefit from regenerated trees, alongside soil and harvest changes. [\[S20\]](#)

13 Zaï and related water-harvesting traditions

Burkina Faso, Niger and regional adaptations

Small catchments and planting basins offer a grounded route into dryland restoration. Local practitioners and regional field guides carry the design knowledge. [\[S22\]](#)

14 icipe and push-pull farming partners

East Africa

Companion-plant pest management and climate-adapted variants. Follow the research programme and ask which crop, pest and companion species match a proposed location. [\[S21\]](#)

15 Natural Sequence Farming teachers

Australia

Landscape reading and water relationships. Use the provider's current programme to identify teaching content, then examine project-level evidence. This is a research lead, not a verified travel booking. [\[S23\]](#)

16 International Center for Biosaline Agriculture

United Arab Emirates

Salicornia and saline-land crop research. Follow water and salt budgets as closely as plant growth and possible food uses. [\[S27\]](#)

17 On-farm mycorrhizal research

Switzerland

The 54-field maize experiment offers a strong lesson in variable responses and targeted microbial treatments. Ask what predicts success before buying an inoculant. [\[S09\]](#)

18 Linköping University eSoil researchers

Sweden

A bioelectronic substrate and a controlled barley-seedling result. The next questions concern mature crops, reproducibility, substrate lifecycle and energy use. [\[S31\]](#)

19 Josephine Porter Institute

United States, Virginia / international learners

Preparation-making, Hugo Erbe texts and biodynamic education. Read maker sources as primary accounts of the tradition, with efficacy claims assessed separately. [\[S43\]](#)

20 Nature-connectedness and reciprocity researchers

International research and community networks

Psychedelic research, non-substance approaches and Indigenous-led ecological priorities. Build features around evidence, consent, representation and observable stewardship. [\[S51\]](#)

A field notebook for a more generous farm

The best first experiment is small enough to understand and useful enough to matter. Choose one question and keep an ordinary comparison. A single vigorous plant can inspire us; a repeatable pattern can change how we grow.

A practical harmony dashboard

Dimension	What to record	What a better result means
Nourishment	Edible yield; selected laboratory nutrients; flavour; edible losses	More useful food, with the measured trait stated
Soil	Consistent pH and nutrient tests; infiltration; ground cover; erosion observations	Fertility and structure suited to the crop, with less loss
Water	Irrigation volume; soil moisture; runoff; water quality	Reliable harvests with a healthier watershed
Biodiversity	Repeated counts with the same route, season and method	More suitable habitat and useful ecological relationships
Climate and energy	Fuel, power, fertiliser, material imports and credible carbon measurements	Lower whole-system burden for the food produced
People and animals	Paid hours; net return; access; working conditions; animal-derived inputs	A viable livelihood and choices aligned with compassion
Belonging	Participation, learning, stewardship commitments and return visits	Care that continues after the inspiring experience

These dimensions are a proposed decision tool. They should remain visible separately. Combining them into one impressive number can hide a serious loss in water quality, labour conditions or food output.

A simple experiment worth learning from

Question: Does a defined treatment improve marketable yield or a selected quality measure compared with ordinary good management at this site?

Use several independent plots per treatment. Four replicated plots per treatment can be a practical pilot starting point, but sample size should follow expected variation and the smallest effect worth detecting. One bed containing twenty plants is still one experimental bed when the whole bed receives the treatment.

Randomise treatment locations within blocks that account for slope, shade or soil differences. Use the same cultivar, seed lot, sowing date, spacing, irrigation and baseline fertility. Define the main outcome before planting and record the amount, timing, materials, labour and cost of every treatment.

Use coded samples and a person who does not know the treatment to assess quality or weigh harvests when possible. A radionics comparison would need a concealed sham assignment; a lunar-timing study would need repeated cycles and a design that accounts for weather and crop age. Analyse all plots, including failures, and report the range rather than selecting the best photograph.

Keep high-uncertainty ideas outside the essential food-supply area during early investigation. A small comparison can teach without making a whole livelihood depend on a claim. Scaling is a new experiment because labour, equipment and landscape effects can change with area.

A ninety-day beginning

Days 1–14 — Meet the place. Map sunlight, slope, water, vegetation and current uses. Gather suitable soil and water information. Speak with the people who know the land and identify one practical constraint. Choose a small area and a question that can produce an answer in the season available.

Days 15–30 — Make the comparison clear. Select the crop and ordinary-management baseline. Randomise plots, label them and establish a consistent photo and measurement routine. Write down the intended treatment before looking at results. Keep weather, materials and labour records together.

Days 31–60 — Watch relationships. Record growth, water, pests, beneficial organisms, work hours and any crop injury. Take measurements at comparable times. Correct essential crop-care problems consistently across treatments and document the change. Invite another observer to challenge the explanation you most want to be true.

Days 61–90 — Harvest the learning. Weigh all harvests, calculate marketable output and costs, and review the preselected quality measures. State what the comparison can answer and what requires another season. Keep promising methods in proportion to the evidence, and preserve useful negative results.

A reusable observation record

Field	Record
Place and dates	Site, climate context, start date and harvest window
Question and main outcome	One clear comparison and the measure that answers it
Crop and layout	Species, cultivar, seed lot, independent plots, blocks and randomisation
Ordinary management	Soil preparation, fertility, irrigation and pest management
Treatment	Exact material or intervention, amount, timing, supplier or method source
Observations	Weather, photos, growth, water, biodiversity, injury and unexpected events
Harvest and quality	Complete weights, edible losses, laboratory method and sample identifiers
People and costs	Work hours, purchases, energy, repairs and net return
Interpretation	Result, uncertainty, alternative explanations and next useful comparison

Living in better harmony, at ordinary human scale

A balcony can hold a pollinator-friendly plant. A kitchen can waste less of a harvest. A seed-sharing circle can keep a locally useful variety in circulation. A community garden can give people food and a reason to know their neighbours. These are proposed invitations to participate, rather than promises of a particular health or environmental outcome.

For a farm, begin with the pressures that are actually present: erosion, water, debt, labour, habitat or a crop that no longer fits its season. Choose a response that helps the place and the people who must sustain it. Make room for learning, beauty and rest in the design.

There is no single object to buy that proves harmony with the universe. We can live the question through attention and reciprocal action: grow a little, notice more, test an idea honestly, share the harvest, support a good farmer and leave room for other life.

Sources and further exploration

The sources below distinguish research from standards, practitioner descriptions and historical material. Source links throughout the guide open the original destination. A listed paper may be available only as an abstract or through its publisher; a programme page establishes the programme's own account, rather than independent confirmation of its results.

S01 [Organic production standards](#)

USDA AMS · Official standard

S02 [Organic crop composition: systematic review and meta-analysis](#)

Barański and colleagues, 2014 · Research synthesis

S03 [Soil health and nutrient density: preliminary farm comparisons](#)

Montgomery and colleagues, 2022 · Small comparative field study

S04 [Is High Brix for Vegetables Valid?](#)

Sanjun Gu, University of Missouri / Lincoln University Extension, 2010 · Extension interpretation

S05 [Nutrient Management in Organic Farming, G2295](#)

University of Nebraska–Lincoln Extension · Agronomic guidance

S06 [The 10 Elements of Agroecology](#)

FAO · Framework and practice resources

S07 [Joint environmental and social benefits from diversified agriculture](#)

Rasmussen and colleagues, 2024 · Multi-study farm synthesis

S08 [Long-term agricultural diversification benefits](#)

Raveloaritiana and Wanger, 2026 · Second-order meta-analysis; updated publisher text

S09 [Predicting maize response to mycorrhizal inoculation](#)

Lutz and colleagues, 2023 · 54-field experiment; corrected publisher text

S10 [Evidence and overinterpretation of common mycorrhizal networks](#)

Karst, Jones and Hoeksema, 2023 · Critical research review

S11 [Biocyclic vegan agriculture and standard](#)

International Biocyclic Vegan Network · Standard owner / programme

S12 [Stockfree organic growing and Tolhurst example](#)

Stockfree Organic · Practice network; operator information

S13 [National Organic Farming Handbook](#)

USDA NRCS · Agronomic reference

S14 [Biochar in sustainable soil management: potential and constraints](#)

FAO · Technical reference

S15 [Hydroponics: nutrient solution programmes](#)

Penn State Extension · Extension guidance

S16 [Syntropic agriculture: projects and learning resources](#)

CEPEAS, Brazil · Practitioner research and education centre

S17 [Urban and Community Food Forests and Forest Gardens](#)

US Forest Service · Research and practice reference

S18 [Kernza grower resources](#)

The Land Institute / Kernza · Crop development programme

S19 [Breadfruit agroforestry](#)

National Tropical Botanical Garden · Programme and grower guide

S20 [Scaling Farmer Managed Natural Regeneration in Niger](#)

ICRISAT and partners · Technical brief

S21 [Push-pull technology](#)

icipe · Research institute practice resource

S22 [Water harvesting for resilient livelihoods in semi-arid zones](#)

Kenya Ministry of Agriculture and partners · Field practitioner guide

S23 [Introduction to Natural Sequence Farming](#)

Tarwyn Park Training · Training provider; published programme description

S24 [System of Rice Intensification: methods](#)

Cornell SRI-Rice · Research and practice programme

S25 [Chinampas agricultural system, Mexico](#)

FAO GIAHS · Agricultural heritage documentation

S26 [Ich Kool: Mayan milpa of the Yucatán Peninsula](#)

FAO GIAHS · Agricultural heritage documentation

S27 [Salicornia for biosaline agriculture](#)

International Center for Biosaline Agriculture · Research programme

S28 [Agrivoltaics across the food–energy–water nexus](#)

Barron-Gafford and colleagues, 2019 · Dryland field research

S29 [Enhanced weathering in the US Corn Belt](#)

Beerling and colleagues, 2024 · Four-year field research

S30 [Enhanced rock weathering: farming and carbon-removal questions](#)

Power and colleagues, 2026 · Scientific commentary; not a new crop trial

S31 [eSoil: a bioelectronic growth scaffold](#)

Oikonomou and colleagues, 2023 · Controlled seedling experiment

S32 [Plasma-activated water: global meta-analysis](#)

Ali and Dong, 2026 · Research synthesis

S33 [Airborne sounds from stressed plants](#)

Khait and colleagues, 2023 · Controlled and greenhouse research

S34 [Sonic restoration and growth-promoting fungi](#)

Robinson and colleagues, 2024 · Laboratory study

S35 [Fungal electrophysiology for robot control](#)

Mishra and colleagues, 2024 · Engineering demonstration

S36 [Uniform and nonuniform magnetic fields: meta-analysis](#)

Plant magnetic-field research, 2023 · Research synthesis

S37 [Lunar influence on plants: physics and biology](#)

Mayoral and colleagues, 2020 · Critical literature review

- S38** [Plants grown in Apollo lunar regolith](#)
Paul and colleagues, 2022 · Controlled experiment
- S39** [Lettuce grown on the International Space Station](#)
Khodadad and colleagues, 2020 · Crop microbiology and composition study
- S40** [Biodynamic preparations](#)
Biodynamic Association · Primary description of the tradition
- S41** [Review of scientific research on biodynamic agriculture](#)
Santoni and colleagues, 2022 · Research review
- S42** [Field testing biodynamic compost preparations](#)
USDA Agricultural Research Service · Research abstract; short-term comparison
- S43** [Hugo Erbe #8: Three Kings instructions](#)
Josephine Porter Institute · Practitioner primary source
- S44** [Hugo Erbe #9: Harmonizing preparation](#)
Josephine Porter Institute · Maker description
- S45** [Hugo Erbe #5: Cow Stomach preparation](#)
Josephine Porter Institute · Maker description
- S46** [Agricultural radionics](#)
Lutie Larsen / Radionic School SE-5 · Practitioner course description
- S47** [Plant-based bioassays in homeopathy research](#)
University of Bern, IKIM · Research group and review overview
- S48** [Paramagnetism](#)
Philip S. Callahan, 1995; FAO AGRIS catalogue · Historical practitioner book record
- S49** [Homa farming: practitioner explanation](#)
Homa Organic Farming · Primary account of practice and beliefs
- S50** [From Egoism to Ecoism](#)
Kettner and colleagues, 2019 · Prospective naturalistic observational study
- S51** [Connectedness to natural and social worlds](#)
Psychedelic connectedness review, 2025 · Research review
- S52** [Psychedelics align brain activity with context](#)
Stoliker and colleagues, 2026 · Controlled neuroimaging research
- S53** [Reciprocity, ecological wellbeing and community support](#)
Chacruna Indigenous Reciprocity Initiative · Programme primary source
- S54** [Understanding and promoting nature connectedness](#)
Nature-connectedness research, 2025 · Research review
- S55** [Natural farming and the farm today](#)
Masanobu Fukuoka Natural Farm, Japan · Operator / historical primary account
- S56** [A diverse small farm using JADAM methods](#)
JADAM, 2026 · Practitioner report; not a controlled trial
- S57** [India's Zero Budget Natural Farming programme](#)
Berger and colleagues, 2025 · Matched landscape research; corrected publisher text

S58 [No-till ecological vegetable farming](#)

Singing Frogs Farm, California · Operator description

S59 [Biofortification frequently asked questions](#)

HarvestPlus · Crop breeding programme

S60 [Increasing carbon dioxide and crop nutrients](#)

Myers and colleagues, 2014 · Multi-site experimental research; 2019 correction available

S61 [From soil to health: regenerative agriculture](#)

Rosier and colleagues, 2025 · Research review and agenda

S62 [Passive copper-rod electroculture in container vegetables](#)

Chier and colleagues, 2025 · Controlled experiment with null results

S63 [Circadian and photoperiodic regulation of flowering](#)

Plant timing research, 2024 · Research review

S64 [Farmer-managed restoration of Niger's agroforestry parklands](#)

US Geological Survey, 2018 · Landscape research record

S65 [Ultraweak photon emission: mechanisms and applications](#)

Cifra and Pospíšil, 2014 · Biophysics research review

S66 [Kernza frequently asked questions](#)

The Land Institute / Kernza · Crop programme; gluten information

Continue exploring with Soulful Table

Follow seed and grain stewardship through [The Living Grain](#). Meet people and food landscapes through [The Living Table](#).

Disclaimer

This guide is educational and exploratory. Research findings, cultural traditions and practitioner claims have different kinds and levels of support; their inclusion is not a guarantee of safety, effectiveness, nutritional superiority or environmental benefit. Agricultural interventions need appropriate local assessment, testing and legal compliance. Psychedelic substances carry medical and legal risks; discussion here is not advice to obtain, grow or use them, or a substitute for qualified care. Respect Indigenous authority, ecological limits and the wellbeing of people, animals and other living beings when putting any idea into practice.