

Meghan Sapp: regenerative farming is a success story

Meghan Sapp is an accredited Master Field Professional of the Savory Institute, and cofounder of the Savory Network hub Hub del Norte, serving the northern Iberian Peninsula, France and MENA. She has practiced Holistic Management together with her husband for more than seven years on their farm, Curly Creek Ranch, one of the first Ecological Outcome Verification (EOV) verified farms in Spain. She teaches farmers and land stewards as well as provides on-farm advisory and technical support to businesses for the regenerative transition. Meghan is a founding farmer of the European Alliance for Regenerative Agriculture and now serves as its Director of Advocacy and External Relations. She is also a former negotiator as part of the UN Committee on Food Security and is part of many local farming and food sovereignty organisations. Meghan has spent more than two decades dedicated to the energy and food systems transition as a journalist, policy advocate, entrepreneur, community organiser, project developer instructor and farmer.

What is a key challenge you are tackling right now, and what are you doing concretely to move the needle?

Our global and European food system is complex, so the solutions to the polycrisis we are facing must also be multidimensional. I am trying to tackle it from a systemic perspective by moving separate levers with the intention of creating a shift that is greater than the sum of its parts.



Meghan Sapp

Regenerative farmer, EARA's Advocacy and External Relations Director

On our land, we are a learning farm where we welcome people, from producers to researchers and policymakers, to see what we do, what we have learned, and where we still need to innovate. We offer everything from tours of just a few hours to deep-dive residential courses, welcoming participants from the US to Vietnam. In Madrid and in Brussels, I'm working to bring the voice of regenerative farmers to policymakers and stakeholders to share our real-life experiences regarding the transition and co-create solutions that derisk the transition at scale as quickly as possible. I also support food companies and investors to understand how to transition their supply chains with real impact rather than exposing themselves to greenwashing. So yes, I wear quite a few hats.

Share one practice, tool or approach you have tested that delivers real results. Why would you recommend it?

Implementing Holistic Management on our farm saw our horse management costs drop by 80% in the first year, which convinced us to apply it across our businesses and everyday lives. It also led us to wind down the renewable energy consulting business we had run for over a decade and build up our farming enterprise, adapting to market demands and shifting needs to produce place-based, nutrient-dense food that our customers can't get enough of.

A person, failure or pivotal moment that changed your path or perspective.

The COVID pandemic and subsequent lockdowns forced me to stop looking outside for where I could have impact, and look down at my own land. That's when we built our farm business, making regenerative agriculture real for us rather than just a theory in a book. It may sound cheesy, but it quite literally changed our lives, and we have never looked back.

Recommendations

Podcast: [The Regenerative Agriculture podcast](#) by John Kempf.

Book: [Holistic Management: A Commonsense Revolution to Restore our Environment](#) by Allan Savory.

Nearly a decade on, we now have high-density biodiverse market gardens; sell rainbow-coloured eggs from our pastured hens; raise pastured broilers and turkeys; use our overly spoiled horses as ecosystem restoration tools in our pastures; and have a pair of goat lawnmowers and three large Spanish Mastiff dogs that serve as livestock guardians. We market everything within 60 km to high-value direct-to-consumer markets, and we are increasing our garden production fourfold, our poultry production tenfold, and doubling our land base.



Photo credit: Meghan Sapp