

REGENERATIVE AGRICULTURE

Regenerative Agriculture is a system of farming principles and practices that increases biodiversity, enriches soils, improves watersheds, and enhances ecosystem services. It aims to capture carbon in the soil and above ground biomass (plants), reversing current global trends of atmospheric accumulation and climate change. At the same time, it offers increased yields, resilience to climate instability, and higher health and vitality for farming and ranching communities.
(www.terra-genesis.com)

FUNDAMENTALS OF SOIL HEALTH

While every farm is different, there are several basic principles that farmers use to build healthy soil. As you get to know your local farmers, be sure to ask them about the practices they use! And remember, healthy soil supports vibrant, nutrient-dense plants that draw carbon out of the atmosphere and into the soil via photosynthesis. Purchasing from farmers that are building healthy soil is good for both you and the climate.

Keeping living roots in the ground year-round (or for as long as possible) provides a steady source of food for organisms in the soil. In turn, soil microorganisms help prevent soil erosion, increase water infiltration rates, and provide plants with key nutrients.

Growing a diversity of plants helps cultivate nutrient dense soil, increase soil carbon, and reduce the risk of pests and diseases.

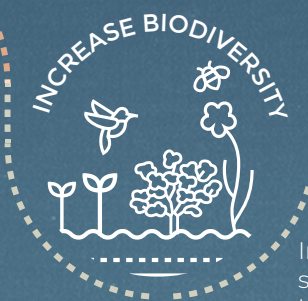
No two farms are alike. From brittle environments to more moist ones, from different crops to livestock, from no funds to extensive funds, context is key. How you will go about regenerating land will vary and depend on many key components. A holistic framework is necessary to successfully transition to regenerative.



It's important to avoid plowing the soil, and abstain from using harmful chemical amendments. These practices make it difficult for a complex soil ecosystem to thrive.



Keeping the soil covered with living plants or trampled/dead plant material reduces erosion and helps lower soil temperatures.



Including animals in farming systems closes the nutrient loop and reduces the need for imported fertilizers. Deciding which are the right species of animals to incorporate depends on each farm's unique ecosystem and climate.



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