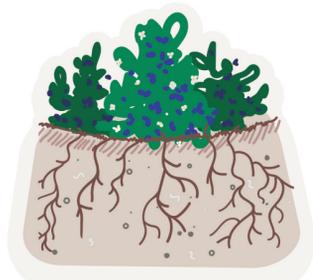




5 PRINCIPLES OF REGENERATIVE FARMING



- 1 DON'T DISTURB THE SOIL.**
Preserve the soil structure by avoiding disruptions such as ploughing, excessive fertilization, or sprays, which can harm the intricate network of wormholes, fungal hyphae, and micro air pockets within the soil.
- 2 KEEP THE SOIL SURFACE COVERED.**
Safeguard the soil from the detrimental effects of burning sun rays, rain drops or heat by maintaining a protective covering, whether it be the growth of crops or the retention of stubble residues.



- 3 KEEP LIVING ROOTS IN THE SOIL.**
Be it spring, summer or fall, actively growing roots feed the soil, essential for sustaining the diverse organisms within the soil food web. These roots support and feed bacteria, fungi, protozoa, arthropods, and mycorrhizal fungi, providing a natural fertilizing and watering service for crops.



- 4 GROW A DIVERSE RANGE OF CROPS.**
Cultivate a varied array of crops simultaneously, emulating the diversity found in natural ecosystems like meadows. Avoid monocultures, and consider practices such as companion cropping and cover cropping to enhance soil health and capture sunlight for subterranean nourishment.
- 5 BRING GRAZING ANIMALS BACK TO THE LAND.**
Integrate grazing animals or wildlife into agricultural practices, following the model of permanent pasture analogy. Allowing arable land to rest periodically and introducing multispecies leys, especially when combined with mob-grazed livestock, it supercharges the impact on the soil.