

# 7 Tips for Improving Soil Health

Regenerative agriculture is about creating healthier, more climate-resilient soils.

Regenerative practices that increase soil organic matter also increase soil organic carbon, which makes up well over half of soil organic matter. Scientists have identified numerous best management practices for terrestrial carbon sequestration through the drawing down of atmospheric CO<sub>2</sub>. Here are 7 best practices.

## #1

Reduce or eliminate mechanical tillage and adopt no-till (NT) or minimum-till.



## #2

Use crop residues or synthetic materials with cover crops in the rotation cycle.



## #3

Adopt conservation-effective measures to minimize soil and water losses from surface runoff and accelerated erosion.



## #4

Enhance soil fertility through integrated nutrient management.

## #5

Conserve water in the root zone by reducing losses through runoff and evaporation with the efficient application of drip irrigation/fertigation techniques.



## #6

Improve the grazing systems that enhance the diet of livestock and reduce their emissions.



## #7

Use mixed crop-livestock and agroforestry techniques to enhance biodiversity.