

About regenerative farming

One of the things that all people on earth have in common is their need to eat.

Where possible, the food we need to survive and thrive should be healthy and fresh.

The population of the world is growing every day, and this is why we must find ways to grow more fresh and healthy food.

Some ways we grow food can make our soils less healthy than they should be, and this can make it harder to grow healthy plants and food.

But there is a range of ways that we can grow food while also caring for our soils, such as regenerative farming.

Regenerative farming is a way of farming that looks at the natural systems in the soil and tries to work with these natural systems.

Where other farmers might add chemicals to stop pests from eating plants, regenerative farmers work with nature to control the pests.

Where other farmers might use chemicals to feed the plants, regenerative farmers work with the natural systems in the soil to feed the plants.

Regenerative farmers are interested in looking after the whole environment, including the trees, birds, insects and mammals visiting the farm.

Regenerative farming can help to keep food chains strong and healthy.

Regenerative farmers are interested in looking after the waterways on their farms.

Healthy soils are important to keeping the environment strong and healthy.

Healthy soils are full of living things; there are so many living things in soils that we can think of soils as being alive.

Thinking about our soils as being alive can help us to understand that they need to be cared for.



Living things need to be cared for to stay alive and healthy.

Caring for soil means thinking about what to plant.

Caring for soil means trying to stop the soil from becoming compacted.

Caring for soil means not using chemicals to **control pests** because these chemicals can harm the organisms in the soil.

Caring for soil means not using chemicals to **help the plants grow** because these chemicals can harm the organisms in the soil.

Being a regenerative farmer means caring for the environment while growing healthy food.