

What is regenerative agriculture?



Regenerative Agriculture 101: Everything You Need to Know

22 / 7 by Cristen Hemingway Jaynes

Key Facts

- Regenerative agriculture, the physical, biological and chemical integrity of the soil is preserved through minimal disturbance.
- Indigenous cultures maintain and have maintained a regenerative relationship with their natural environments, including for thousands of years.
- Regenerative farming helps build healthy soil and increases plant diversity.
- High regenerative agricultural practices like using cover crops and no-till farming, nutrient-dense, chemical-free produce.
- Healthy soils maintained through regenerative farming trap water and nutrients and maximize the efficiency of water.
- Regenerative agriculture improves water quality and helps to restore and protect rivers, lakes and streams.
- In the 1980s, Pennsylvania's Rodale Institute began using the term "regenerative agriculture"; its founder, Bob Rodale, did not only incorporate sustainability into farming, but regeneration.
- Regenerative soil practices can reverse climate change by restoring the degraded biodiversity of soils and rebuilding the carbon cycle, resulting in increased carbon sequestration and a healthier water cycle.



Introduction

Regenerative agriculture enhances and sustains soil organic matter content. This improves productivity and resilience of the farm.

The Soil Carbon Drawdown defines our Regenerative Annual Cropping solution as any cropping system (excluding rice production) that includes at least four of the following regenerative practices: compost application, cover crops, crop rotation, green manures, no-till or reduced tillage, and/or organic production. These practices increase soil organic carbon in soils and reduce emissions at modest rates, but have wide mitigation potential and thus impressive mitigation potential.



Regenerative Organic Alliance About Get Started Resources Directory



We imagine a world in which farmers, brands, policymakers, educators, researchers and individuals come together to create a healthy food system that respects land, animals, empowers people, and restores communities and ecosystems through regenerative organic farming.

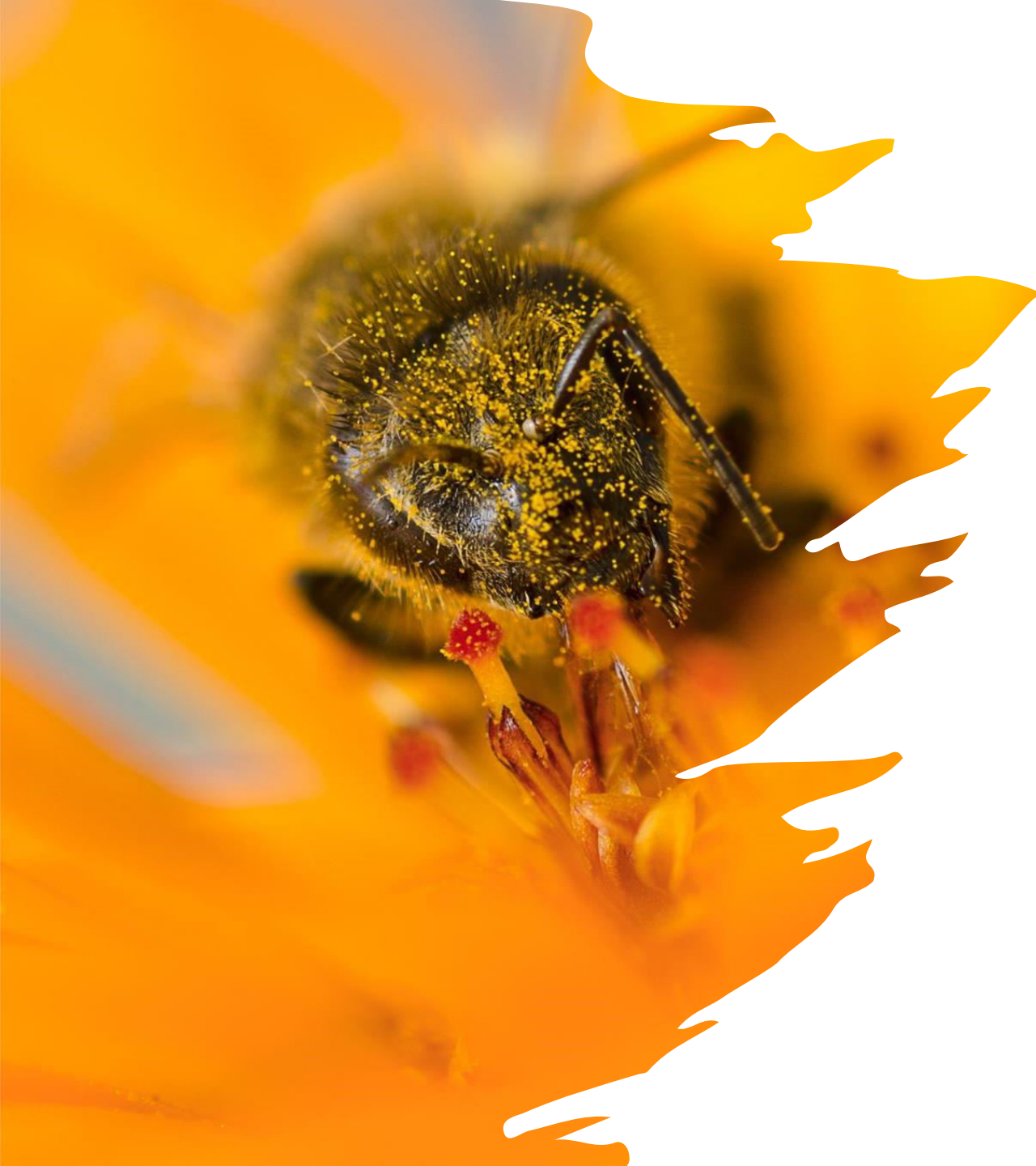
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Organic Agriculture is a production system that sustains the health of soils, ecosystems, and people. It relies on ecological processes, biodiversity and cycles adapted to local conditions, rather than the use of inputs with adverse effects. Organic Agriculture combines tradition, innovation, and science to benefit the shared environment and promote fair relationships and good quality of life for all involved.

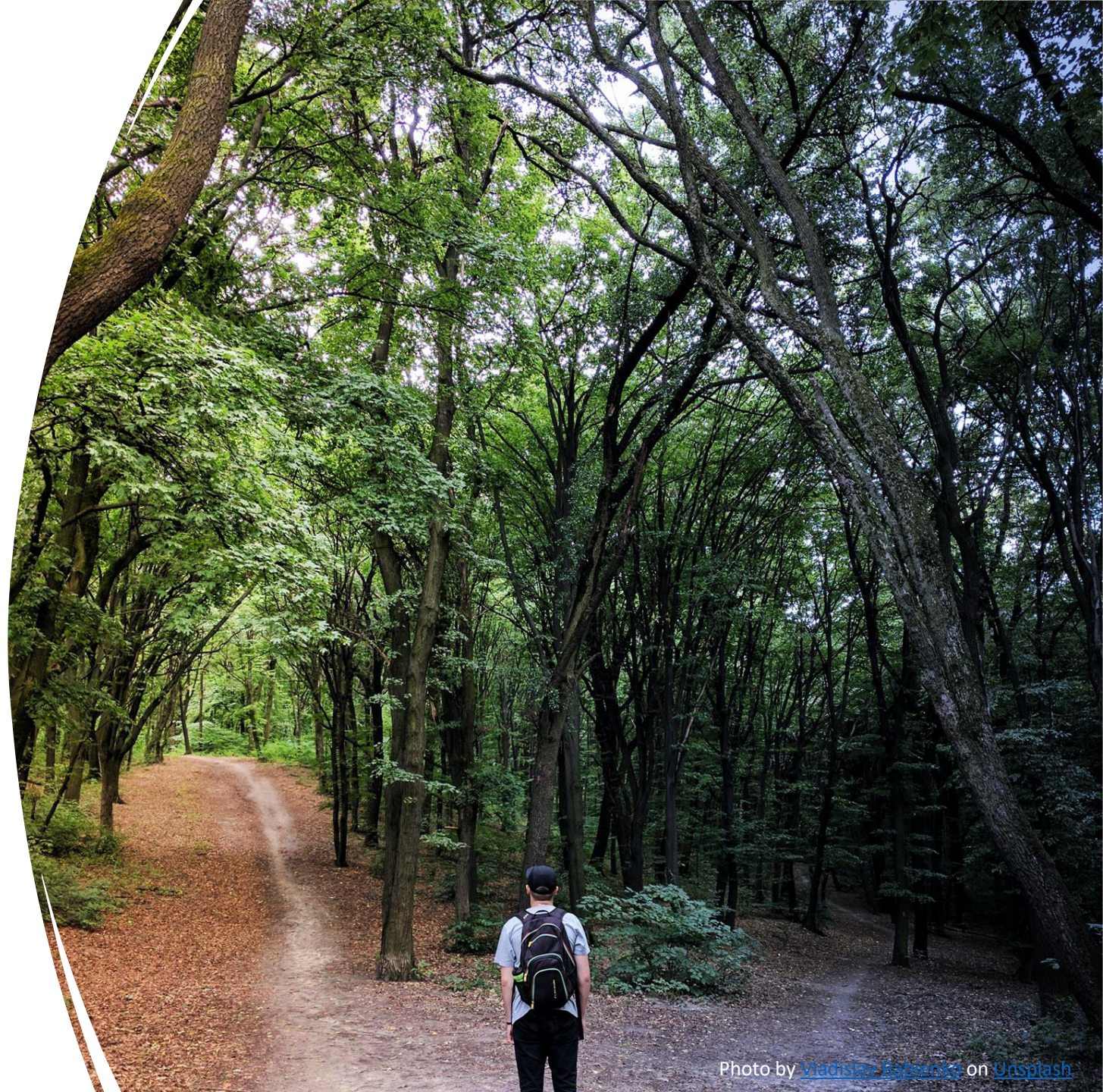
IFOAM General Assembly | 2008

Organic delivers on regenerative...

- Starts with the soil
- Holistic approach – recognising interconnections in the system:
 - Biodiversity
 - Water
 - Soil health
 - People
- Legal guarantees



At a
crossroads...



Risks and opportunities

Risks

- Greenwash
- Confusion
- Distraction and delay

Opportunities

- Provide the path
- De-risk the journey
- Elevate organic



<https://www.soilassociationexchange.com/>



Measure

Get accurate and trusted data on your farm's impact on soil, climate change, biodiversity, water, animal welfare and society.



Improve

Get expert advice, tailored to your land, on how you can boost your farm's sustainability and profitability. Delivered online and on-farm.

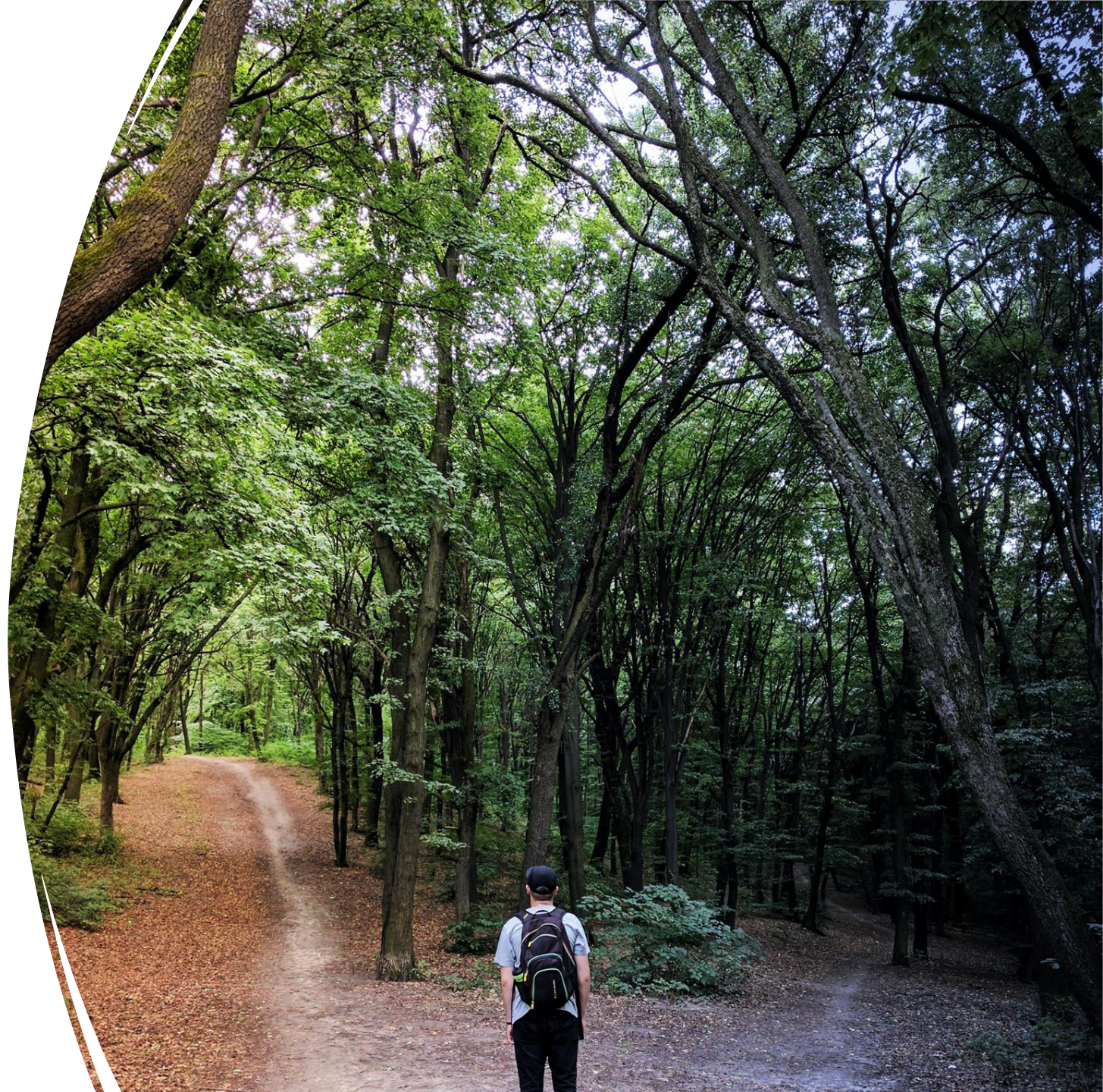


Reward

Pinpoint and benefit from the financial opportunities available to you from farming more sustainably.

In summary

- Organic is regenerative
- The regenerative movement must take the right path
- Work together where it's meaningful to do so
- Hurry up!





Read more:

<https://www.soilassociation.org/blogs/2022/october/24/can-organic-and-regenerative-co-exist/>

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