REGENERATIVE AGRICULTURE

To re-generate:

To develop and grow strong again.
To bring new and more vigorous life.
To make it more active and successful.

Regenerative agriculture is capable of being productive AND regenerating ecosystems: soils, water, biodiversity, microbiology, plants, animals, people.

Regenerative Agriculture is made up of a variety of agricultural practices. However, there is no **standardization** on the definition. Regenerative will be **context specific.**

Regenerative Agriculture is **outcome-based,** meaning that we define regenerative by the results measured in the field.

Common regenerative farming practices:

- no-till cropping
- conservation agriculture
- holistic grazing
- agroforestry
- crop rotations and crop diversification
- biofertilisers
- microbial inoculants and stimulants
- precision plant nutrition

Regenerative agriculture benefits

- Improved soil health
- Resilience on farms
- Increased biodiversity
- Restoration of watersheds
- CO2 sequestration

- Higher nutritional value in crops
- Health of ecosystems
- Environmental, social, and economical benefits

Regenerative agriculture and health

Regenerative agriculture practices have been correlated with **enhanced nutritional profile** of plant and animal foods.

✓ Healthy soil produces more **nutrient dense** food.

✓ Nutrient dense food has more **beneficial health effects**.

Healthy Soils
Healthy Crops
Healthy Humans

Join us in our mission!

Coalition of Health Professionals
for Regenerative Agriculture