



AGROECOLOGY

Definition:

"Agroecology is an integrated approach that simultaneously applies ecological and social concepts and principles to the design and management of food and agricultural systems." -FAO



Agroecology is considered jointly as a science, a practice and a social movement.

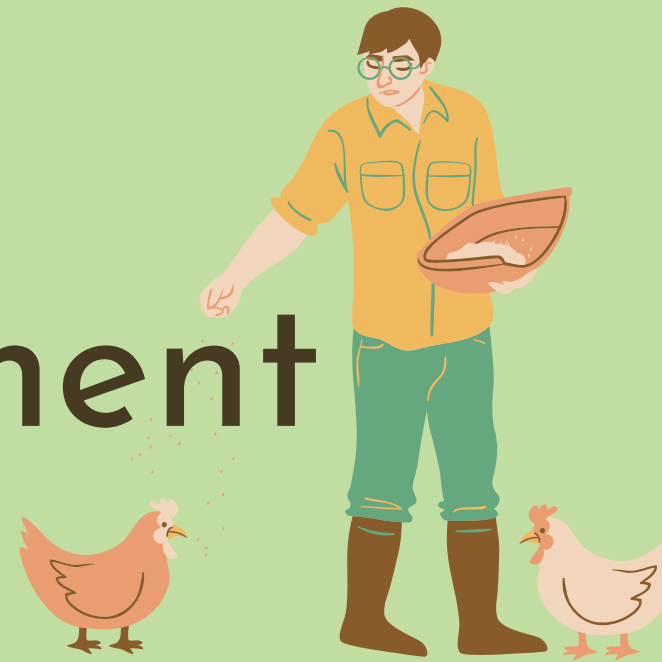
As a Science

It gives priority to action research, **holistic and participatory approaches**, and transdisciplinarity that is inclusive of different knowledge systems.

-Agroecology Europe



As a Movement



It defends smallholders and family farming, farmers and rural communities, food sovereignty, local and short food supply chains, diversity of indigenous seeds and breeds, healthy and quality food.

-Agroecology Europe



As a Practice

It aims to:

- optimise ecological processes, environmental and public health and well-being.



- minimise social ecological costs from agriculture such as soil degradation, water contamination, greenhouse gas emissions, exhaustion of nonrenewable resources, and inequitable social structures .

Agroecology and nutrition

Agroecology, which emphasises the diversification of agricultural systems at the farm-level, presents an unique approach to reorienting agricultural systems **to co-deliver agricultural diversity and dietary diversity for improved nutrition.**

-Moses Mosonsieyiri Kansanga, 2021

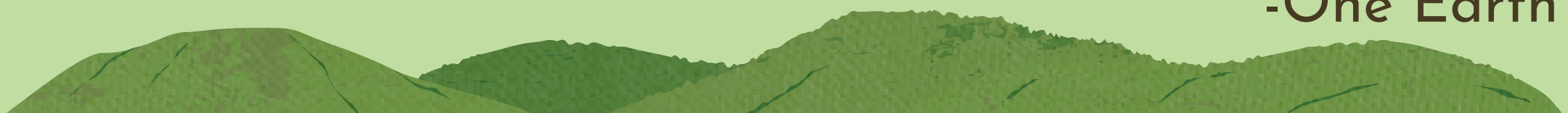


Agroecology and regen ag

Although no fixed definitions exist, regenerative agriculture is defined by many in ways that closely resemble agroecology.

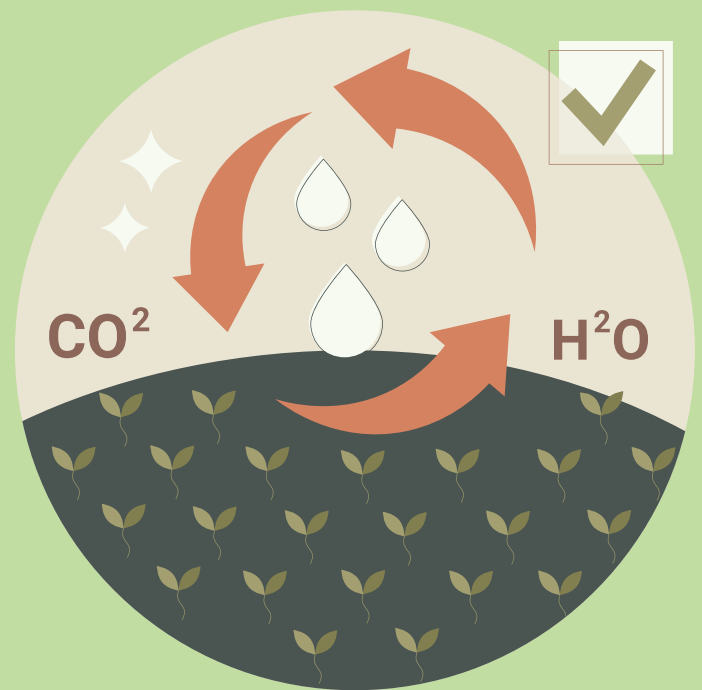
"Regenerative agriculture today describes farming, ranching, and pastoral practices that stabilize our planet's climate and carbon cycles by rehabilitating organic matter and microbial activity in the soil, thereby increasing carbon storage, retaining moisture, and safeguarding biodiversity and living systems."

-One Earth



Agroecology and regen ag

In general, regenerative agriculture advocates do not tend to focus on the social and political dimensions of the food system as much as the agroecology movement does.



“Regenerative agriculture includes far more than just livestock. It’s a different ethos, one that seeks to respect and mimic natural cycles and processes.”

Agroecology in EU



Agroecology Europe is an european association with the aim to **promote the agroecological transition** at local, national and international levels.



One of their projects is the mapping of all European Initiatives divided into the three agroecological pillars.

Farms, social movements, research institutes etc, have all been mapped! Write a comment under this post if you want the link for the mapping!

Agroecology can play an essential role in ensuring sustainable and healthy diets for all now and in the future.

We are on a mission to spread awareness amongst **health professionals** about the connexion between **soil-human health**.

Join us in our mission!



Coalition of Health Professionals
for Regenerative Agriculture