Background

- Industrial agriculture is generally characterized by monocropping and relies heavily on tilling, pesticides, and synthetic fertilizers.
- These methods are destroying the world's fertile soil and biodiversity.
- Fortunately, people are beginning to build parallel agricultural systems using regenerative principles and techniques.
- But sometimes regenerative farming can be difficult or overwhelming for new farmers.

Regenerative Agriculture Is

- A collection of farming practices that helps to sequester carbon, improve soil quality, reduce erosion and runoff, and generally offer a more sustainable way of growing food.

Regenerative Agriculture Should

- Nurture Relationships Within the Ecosystem
- Understand Social and Environmental Context
- Prioritize Soil Health
- Reduce Reliance on Synthetic Inputs
- Nurture Communities and Reimagine Economies

Research Question

- What are some best practices for introducing regenerative techniques to small farms?

Internship & Methods

- Interned with The Organic Farm School
- Created a calendar to help define, quantify, and track progress towards regenerative goals
- Conducted a literature review on current best practices in regenerative agriculture

Results

Planning

- Regenerative farming doesn’t have to be an all or nothing proposition
- Set achievable regenerative goals
- Identify where you can get the most bang for your buck

Monitoring & Track Progress

<table>
<thead>
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<th>Biological</th>
<th>Year 1</th>
<th>Year 2</th>
<th>Year 3</th>
<th>Year 4</th>
<th>Year 5</th>
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<tbody>
<tr>
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Results (Continued)

- Create a framework to monitor progress
- Identifies key variables to measure
- Organize variable coherently i.e.: Chemical, Biological & Physical, Whole Farm
- Use consistent testing methods year over year
- Track both quantitative & qualitative data
- Identify possible relationships between variables
- Use data to continue refining techniques

Sharing Insights & Building Community

- Share data and insights with broader regenerative community in order to learn and strengthen ties
- Build ties with local community, success relies on active relationships between growers and eaters

Implications

- Need to change current incentive structures that values quantity over quality
- More work needs to be done to build and strengthen localized food systems
- More funding for research into and teaching of regenerative farming techniques
- Shift the way we think about the food we eat, and are relationship to it

Acknowledgements

- The Organic Farm School
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