

Do you know the 4 principals of soil health?



1. **Keep Soil Covered** - It's the first step in protecting it from erosion, but also buffers soil temperature, slows rainfall runoff, and aids rainfall infiltration.



2. **Minimize Soil Disturbance** - Both physical and chemical. This proactive measure can heal and protect properties of the soil and ultimately enhance the biological component of soil life.



3. **Maximize Living Roots** - Doing this longer throughout the year fuels biological activity, aids nutrient cycling, and contributes to improved soil structure.



4. **Energize with Diversity** - Use different crop species and integrate livestock where possible for specific purposes to enhance chemical, physical and/ or biological aspects of the soil. It improves the whole system.

