Science just answered the biggest objection to Regenerative farming - and the results are better than expected!

For years, the yield argument has held regenerative farming back. Science just flipped that narrative on its head.

The most common pushback against regenerative farming - the one that has stalled policy, discouraged farmers from transitioning, and kept industrial agriculture in its dominant position - has always been *the yield argument*.

> "Sure, regenerative farming might be better for the soil. But can it feed the world?"

A new global assessment published in 2026 in "Sustainable Agriculture", part of the Nature family of journals, has just given the most comprehensive answer to that question yet. And the findings challenge the dominant narrative more strongly than most people expected.

What The Research Found : The study - "Where regenerative farming practices could increase yields: a global assessment" - modelled the yield potential of four key regenerative practices across global cropland.

The results:

- **Cover crops**: greatest yield improvement potential at 45% of cropland area
- **Agroforestry**: yield improvement potential at 41% of cropland area
- **No-tillage**: yield improvement potential at 37% of cropland area
- **Organic farming**: yield improvement potential at 5% of cropland area

These aren’t fringe improvements on marginal land. This is a global modelling study showing that regenerative practices, applied at scale, have the potential to increase agricultural yields - not just maintain them - across significant portions of the world’s cropland.

Why This Matters More Than You Might Think

The industrial farming establishment has built its case on two pillars: yield, and input-driven productivity growth. The argument has always been that synthetic fertilisers, pesticides, and intensive tillage are what keep food on tables at scale.

This research directly challenges pillar one. And it does so with peer-reviewed science published in one of the world’s most respected scientific journals2.

Cover crops - one of the simplest and most accessible regenerative practices available - have yield improvement potential on 45% of the world’s cropland. That means nearly half of the world’s agricultural land could grow more food, not less, by adopting this one practice.

No-tillage has potential on 37% of global cropland. That’s the practice that also preserves soil structure, reduces erosion, retains moisture, and dramatically cuts machinery costs3.

The Practical Implication For Farmers

For a farmer weighing up a transition to regenerative practices, the fear of yield loss is real and understandable. Agricultural loans, lease agreements, and business plans are often built on yield assumptions.

> What this research suggests is that the yield risk of transitioning is far lower than the mainstream narrative implies4 - and on many farms, the yield outcome from regenerative transition is actually an improvement.

The key word in the study findings is “potential.” Realising that potential requires good farm planning - understanding which practices suit your land, your climate, and your cropping system, and how to implement them without destabilising your operation during the transition.

CREDIT to : That’s exactly the work we help farmers do. To find out how we support farmers building regenerative business plans grounded in the evidence, visit us at culturedestates.com.

Consumers believe the best way to select the most delicious, nutritious produce is by ‘objective’ measurement – i.e. BRIX and/or NDI (Nutrient Density Indices) so they know what they are buying.

And in 4 secs, a NutriMeter X can also measure Sugar Content Indices (SCI) so you can decided between general ‘sweetness’ and varietal ‘flavour’ by the SCI/NDI Ratio.