



3 Visions Farm

Cocoagranola LLC

Regenerative Agriculture: Our Future

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Good afternoon everyone!

We talked a bit about the some of the plants we wanted to have but it's certainly for more than just delicious and nutritious eating. We do this with a greater mission; to get closer to regenerative organic agriculture. One of the issues beginning to pop up in agriculture is the loss of soil due to chemicals such as pesticides, synthetic fertilizer and over tilling. There's still a lack of policies that protect it despite how integral it is to all life and it's not just in the US. In a study from the Thomson Reuters Foundation in 2017, they found that it takes 1,000 years to naturally generate 3 inches of topsoil once it's gone and if we don't act soon, we'd only have about 60 years left of farmable soil *in the world*. But there's a way to curb it.

Regenerative agriculture, named so by Robert Rodale, seeks to put back the compounds that are often stripped out of the soil through modern farming. This practice is far from new as many indigenous cultures have been doing so for



thousands of years. However, due to colonization and the rise of machinery, these practices have either been lost or phased out and replaced. In order to combat this, we have to take a step higher; listen and learn to create soil that can cycle and produce naturally flourishing life far

into the future. This includes familiar things like no pesticides, no-tilling and growing nutrient rich plants but also recognizing the importance of the death cycle of organisms.

One of the most important elements isn't just oxygen; it's carbon. While yes it's bad to have too much in the air, it improves soil integrity, allowing for both air flow and water retention. Without it, it would erode and lose nutrients. This is another reason why we're using the no-till method as tilling spills valuable carbon into the air and that contributes a great deal to the current issues. Manure and composting, the latter of which we'll be making, infuses the soil directly with not only carbon but important microorganisms. There's a lot of elements that are created as decay takes over and those microorganisms do it better than any synthetic.

Regenerative organic methods focus on cover crops like our garlic chives and arugula to boost nutrients and even act as pest control. Annual plants are harvested and their roots, seeds and other materials (crop residue) are left in the dirt to break down or grow anew. Our cabbages, year round cauliflower, even our onions will serve our farm this way. We must never forget that there truly are layers to how soil operates; there is life in death and vice versa. To let the carbon soak in and hold will ultimately help us just as, if not more, than the trees do.

These are just a few ways to regenerate life back into the dirt we took it from. In many nations we've spent so much time producing and furthering ourselves from the natural cycle than understanding we're still a part of it all. We need to learn what the ecosystem does naturally and treat it carefully as such. We should move with it

as we grow so that our food becomes more nutritious and our air cleaner; not only for humans but the ecology around the world. That's the most important part. It must last far beyond ourselves or the price we pay will be dear. We have one planet. Our time is growing shorter without these actions but we CAN do this together.



As always, thank you for reading and stay tuned for next week.

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- Celena Meland

Resources:

NFU- What Can Farmers Do About Climate Change? No-Till : [Click Here](#)

Regeneration International: [Click Here](#)

SEJ- Worlds Topsoil Could Be Gone in 60 Years: [Click Here](#)

Rhodale Institute- Why Regenerative Agriculture: [Click Here](#)



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