



What is Soil Health?

Soil Health is defined as the continued capacity of soil to function as a vital living ecosystem that sustains plants, animals and humans.

-USDA NRCS

4 Principles of Soil Health

Soil Builders

Soil Protectors

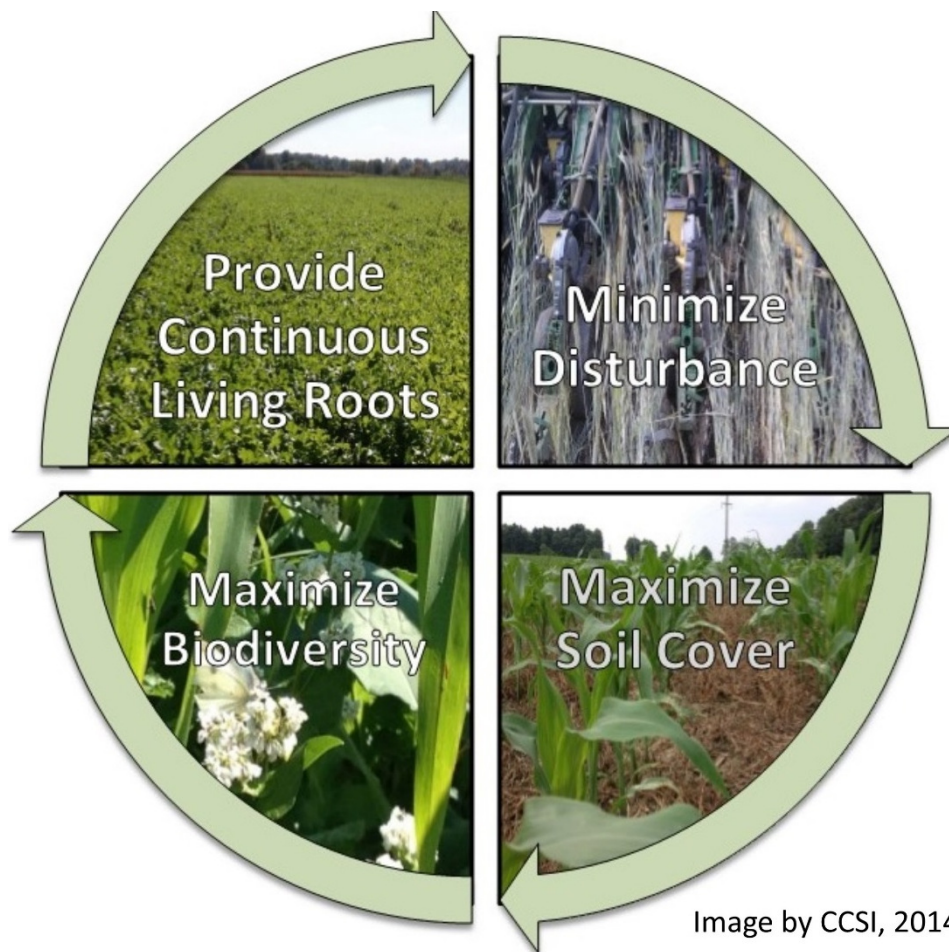
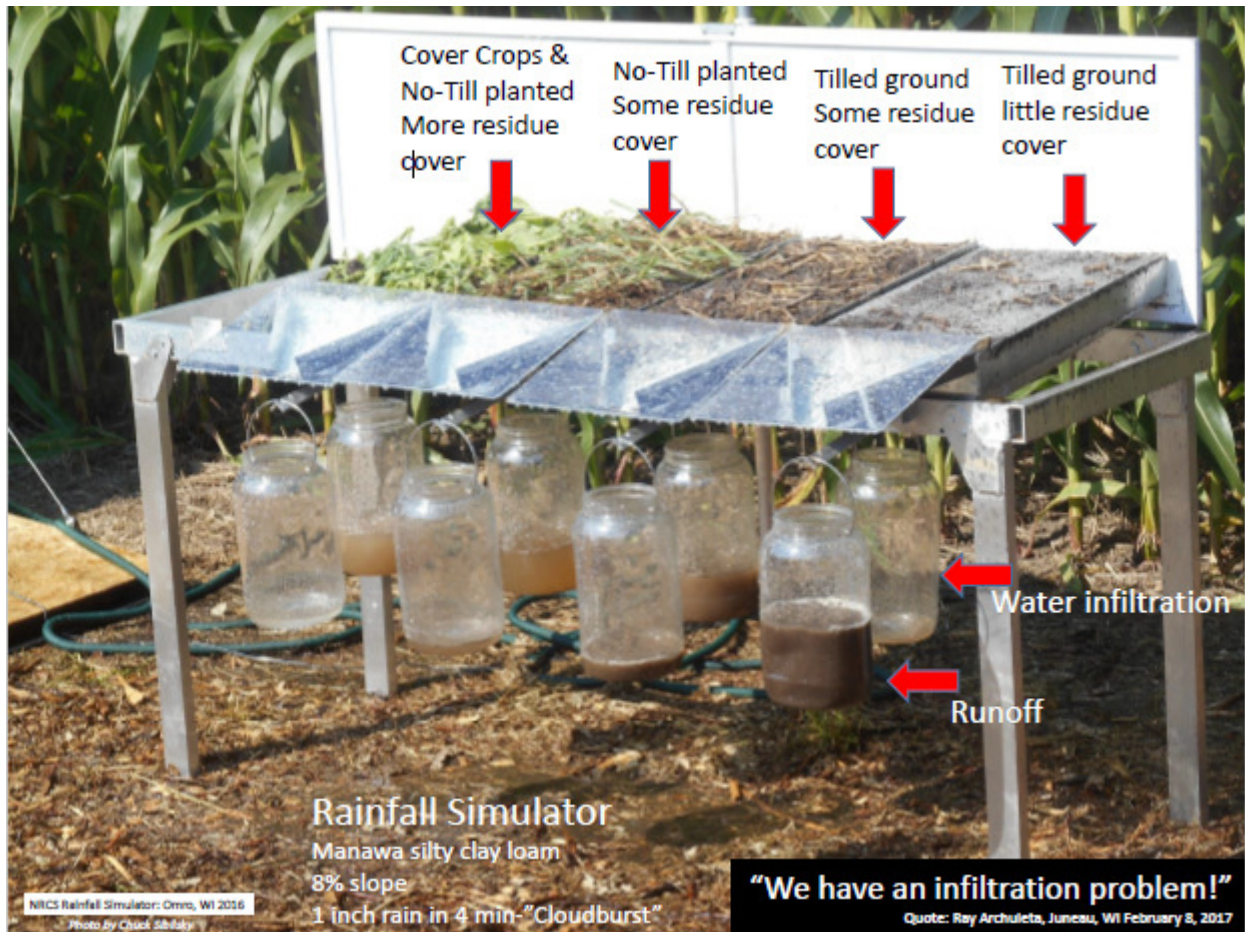


Image by CCSI, 2014

Benefits to Soil Health

- Soil Aggregation
- Organic Matter Content
- Decreased Runoff
- Increased Infiltration
- Increased Biological Activity
- Carbon Sequestration
- N and P cycling
- Increased Soil Structure
- Increase Weed and Pest Resistance
- Promotes beneficial fungi
- Improved Water Quality

HEALTHY SOILS ARE: *covered all the time.*



4 Soil Health Principles:

- Keep the soil covered as much as possible.
- Disturb the soil as little as possible.
- Grow a living root in the ground before and after the cash crop to feed soil life through the integration of cover crops.
- Diversify as much as possible using different crop types, cover crops, and/or proper integration of livestock.

