

Regenerative farming and gardening *What does that mean ?*



Regenerative farming and gardening are holistic, eco-centric approaches to agriculture that prioritize the health and vitality of the soil, ecosystems, and communities. They aim to mimic natural processes and create resilient, productive landscapes that can support life for generations to come.

At the core of regenerative practices is the understanding that healthy soil is the foundation of a healthy ecosystem. This involves increasing soil organic matter, improving soil structure, and enhancing soil biodiversity.

Techniques to achieve this include:

Cover cropping and crop rotation to prevent soil erosion and improve fertility.

Minimal tillage or no-till farming to preserve soil structure and microbial life.

Using compost, manure, or other organic materials to enrich the soil.

Growing a variety of crops and including native plants and habitat areas to support a diverse range of insects, birds, and other wildlife. This enhances ecosystem services like pollination, pest control, and nutrient cycling.

Regenerative practices focus on capturing and conserving water, reducing runoff, and improving water quality. This can involve techniques such as: Contour farming and terracing to slow water flow and prevent erosion. Building swales and ponds to capture and store water.

Using mulch and cover crops to reduce evaporation and improve water infiltration.

For farmers raising livestock, regenerative practices involve managing grazing in a way that mimics the natural behavior of herds and improves pasture health.

Some ways to do that are:

Rotational grazing to give pastures time to recover.

Integrating livestock and crops to create a symbiotic relationship (e.g., using chickens to scratch and fertilize soil after a crop has been harvested).





Regenerative farming and gardening also emphasizes the importance of community and cultural connections to the land like:

Building relationships with local consumers, farmers, and educators.

Sharing knowledge and resources to create a supportive network.

Considering the long-term impacts of farming decisions on future generations and the environment.

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