

SOIL HEALTH 101

I. Introduction

a. Soil is the foundation of all life – Principles of Soil Health

1. <https://attra.ncat.org/healthy-soil-structure-the-house-of-life/>
2. <https://www.nrcs.usda.gov/conservation-basics/natural-resources-concerns/soils/soil-health>
- 3.

b. What makes a healthy soil?

1. <https://nrcspad.sc.egov.usda.gov/DistributionCenter/product.aspx?ProductID=1650>
2. <https://ofrf.org/online-courses/>
- 3.

c. The importance of healthy soil in agriculture

1. <https://www.sare.org/publications/what-is-sustainable-agriculture/soil-health/>
2. https://www.youtube.com/watch?v=A_8pNGh2gkE
3. Healthy soil builds resilience and protection from disease, pests, natural disasters, etc. & increases ability to absorb/hold water, absorb carbon, etc.

d. Building a relationship with your soil/changing our perspective/viewing ecosystem as whole and connected etc.

- 1.

e. Healthy soils as a tool for economic success in agriculture

1. https://soilhealthnexus.org/files/2023/09/Financial_Implications_Booklet_083123_FINAL.pdf
- 2.

II. Soil Health Assessment

1. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Evaluando%20el%20Recurso%20Suelo%20para%20Agricultores%20Organicos%20Principiantes.pdf>
2. <https://www.motherearthnews.com/organic-gardening/guide-to-garden-soil-types-zbcz2102/>
3. <https://www.nrcs.usda.gov/conservation-basics/natural-resources-concerns/soils/soil-health/soil-health-assessment>
- 4.

III. How to build healthy soil

1. <https://ofrf.org/soil-health-and-organic-farming-reports/>
2. <https://www.sare.org/wp-content/uploads/Farming-with-Soil-Life.pdf>
3. <https://www.motherearthnews.com/organic-gardening/working-with-nature-to-build-organic-soil-zbcz1603/>
- 4.

IV. How to improve soil health & quality

a. Basics/Introduction

1. <https://www.motherearthnews.com/organic-gardening/soil-improvement-garden-soil-zmaz09amzraw/>
2. <https://www.nrcs.usda.gov/conservation-basics/natural-resource-concerns/soils/soil-health/soil-health-management>
- 3.

b. Composting & Nutrient Management

1. <https://ofrf.org/reports/soil-health-and-organic-farming/>
2. <https://www.motherearthnews.com/organic-gardening/8-steps-to-make-better-garden-soil-zmaz07jjzsel/>
3. <https://teca.apps.fao.org/teca/es/technologies/8368>
4. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Compost.pdf>
5. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Esti%C3%A9rcol%20en%20Sistemas%20de%20Produccion%20Organica.pdf>
6. <https://www.motherearthnews.com/homesteading-and-livestock/manure-fertilizer-zmaz83mazraw/>
7. <https://www.youtube.com/watch?v=A8qTRBc8Bws>
8. <https://www.motherearthnews.com/organic-gardening/8-steps-to-make-better-garden-soil-zmaz07jjzsel/>
9. <https://teca.apps.fao.org/teca/es/technologies/8368>
10. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Compost.pdf>
11. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Esti%C3%A9rcol%20en%20Sistemas%20de%20Produccion%20Organica.pdf>
12. <https://www.motherearthnews.com/homesteading-and-livestock/manure-fertilizer-zmaz83mazraw/>
- 13.

c. Crop Rotations & Cover Crops

1. <https://www.sare.org/publications/what-is-sustainable-agriculture/soil-health/>
2. <https://www.ams.usda.gov/sites/default/files/media/FINAL%20Rotacion%20de%20Cultivos%20en%20Sistemas%20Agricolas%20Organicos.pdf>
3. <https://www.motherearthnews.com/organic-gardening/healthy-soil-crop-rotation-zmaz10fmzraw/>

d. Mulching**e. Manual Weed Control****f. Conservation Tillage**

1. <https://www.sare.org/publications/what-is-sustainable-agriculture/soil-health/#cover-crops>