



3-Day Regenerative Agriculture Class

Uniontown, Alabama

Soil Health Academy

Participants

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Anne Miller

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Anne Miller

- You are not feeding the animals – you are feeding the soil.



6 PRINCIPLES

Of Soil Health

1



Know your context.

Our soil health practices are a reflection of ourselves and our stewardship of the land.

2



Do not disturb.

In nature, there is no mechanical or chemical disturbance.

3



Cover and build surface armor

to protect the soil's "skin."

4



Mix it up

with a diversity of plants, microbes, insects, wildlife, livestock. Mother Nature did not grow monocultures so why should we?

5



Keep living roots in the soil

as long as possible each year. Roots feed soil microorganisms, which feed our plants.

6



Grow healthy animals and soil together.

Grazing has been an essential component of all soils at one time or another.

4 ECOSYSTEM

PROCESSES



Energy flow is all about solar energy or photosynthesis. Unlike the water cycle and mineral cycle, solar energy does not cycle. It flows from the sun to the earth. It is necessary for everything on the planet to survive. Leaving enough plant material behind for its process to occur is crucial to all life.



When rain or snow falls on our land, we are responsible for its fate from that point forward. Will it infiltrate and be retained? Will it pond and pool and evaporate or runoff? Will it cause erosion and harmful runoff to others? Can we keep it or do we lose it?



The three phases of an effective mineral cycle are: 1. moving minerals from below to above the soil surface; 2. placing those minerals on the soil surface; and 3. moving minerals from above the soil surface back into the soil. This is a crucial part of a larger carbon cycle and is enabled by a highly functioning water cycle. Grazing, foraging and browsing animals are an important part of this process.



This is also sometimes called biological succession. It involves the changes in the development of all living things. There is a fundamental rule of succession that is defined by the statement from the Bruce Ward Legacy Trust, "A species will move into an environment when the conditions are suitable for its establishment and will move out of that environment when conditions become unsuitable for its reproduction."



THREE RULES OF ADAPTIVE STEWARDSHIP



Jessica Hurley

The Million Pounds per
Acre Method

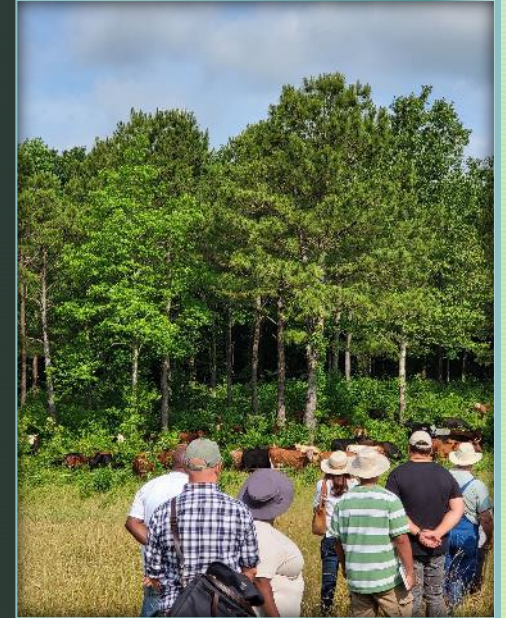


Before and After

The Million Pounds per Acre Method

- To use this method, cordon off a long and narrow strip of land. It is the most effective way to get them into a high density paddock.
- While the livestock are in the paddock, their main impact will be trampling grasses and creating manure in a concentrated area.
- Only leave the livestock in the paddock for 30 minutes or less. Release them into another enclosure when you have the desired impact on the pasture.

Donna Isaacs





My Big Take Away