



## *The Impact of Regenerative Farming* *Part 1*

When you think about farming, there are mainly two ways to do it: the conventional way that's been around for a long time, and the regenerative way, which focuses on caring for the earth. Conventional farming often uses a lot of chemicals and methods that can harm the environment, and damage soil. On the other hand, regenerative farming tries to fix these problems through methods that help your farm thrive today and ensure it can keep doing so in the future. Adopting this strategy might be challenging, with the need to change many processes and spend more money upfront. But, in the long run, you can blend profitability with regenerative practices.

### **What are the long-term benefits of regenerative farming as a business strategy?**

#### **Reduced Costs**

External inputs like synthetic fertilizers, pesticides, and water are some of the expenses in conventional farming. Hence, you can reduce costs by minimizing their use through regenerative practices. For instance, by adopting crop rotation and cover cropping and introducing biodiversity, you naturally enhance soil fertility and suppress weeds, reducing the need for chemical fertilizers and herbicides.

#### **Added benefits**

Moreover, regenerative farming practices build carbon that helps store rainwater that significantly lowers irrigation usage, a considerable expense for many farms.

Additionally, these sustainable practices reduce the farm's energy consumption by lessening the need for pumping irrigation water and applying fertilizers, further decreasing operational costs.

By integrating regenerative methods, you also make your farm more resilient to the impacts of drought, which can reduce the risk of crop failure and the need for emergency interventions.

#### **Increased Productivity**

Regenerative farming practices improve the health of your soil to grow stronger plants that can fight diseases and pests better and produce more fruits and vegetables.

For example, when you rotate crops, you naturally break the cycle of pests and diseases, meaning you don't have to rely on expensive chemicals to control them.

In addition, composting and using organic fertilizers add essential nutrients back into the soil, making it more fertile.

More produce means more to sell and better profits for you. It's a win-win situation where you help the environment and boost your farm's economic health.

*To be continued...*

***Soil Lovers say: Focus On A Healthy Soil For Your Future Successes***

*Ref: Green and Prosperous Lea Erastus*