Adopt Principles of
Organic and Regenerative
Agriculture to Protect and Improve Soil

Cover the Soil

The first principle of good farming is to keep the soil covered, either with mulch (a layer of woodchips, leaves or semi-composted material) or cover crops (grow plants that cover and protect the soil -- for instance, peanut covers the soil and also adds nitrogen to the soil).

Ensure Land-ownership Security

While many farmers have consistently dedicated themselves to sustainable practices, a significant challenge they face is the uncertainty surrounding land ownership, which often leaves them vulnerable to potential deprivation for development purposes. It is crucial for governments to step in and provide support by securing the ownership rights of these farmers to acknowledge and appreciate their efforts.

No Dig, No Till

As far as possible avoid digging, ploughing or walking on soil, or driving heavy machinery over the growing beds, so as to reduce compaction and enable the soil to remain soft and aerated. Small holes can be poked into the soil to plant seedlings.

Composting

Food and plant waste such as leaves can be composted. Good composting recycles waste and turns it into nutritious organic matter; mixing this into the soil can increase the microbial biodiversity and encourage aggregation of soil.

Sustainable Grazing

Moderate grazing activities can improve soil and increase the organic carbon level, as animals can help control weeds and increase soil carbon and nutrients through providing animal dung. Thus, holistic grazing techniques play a crucial role in bringing damaged soils back to good health.

Keep Living Roots in the Soil

Plant roots not only provide stability to plants but microbe communities form along the new roots of plants and interconnect plants into the soil. It is better to cut plants such as vegetables off above the soil and leave the plant roots to rot naturally in the soil, providing air passages and homes to more microbial life.