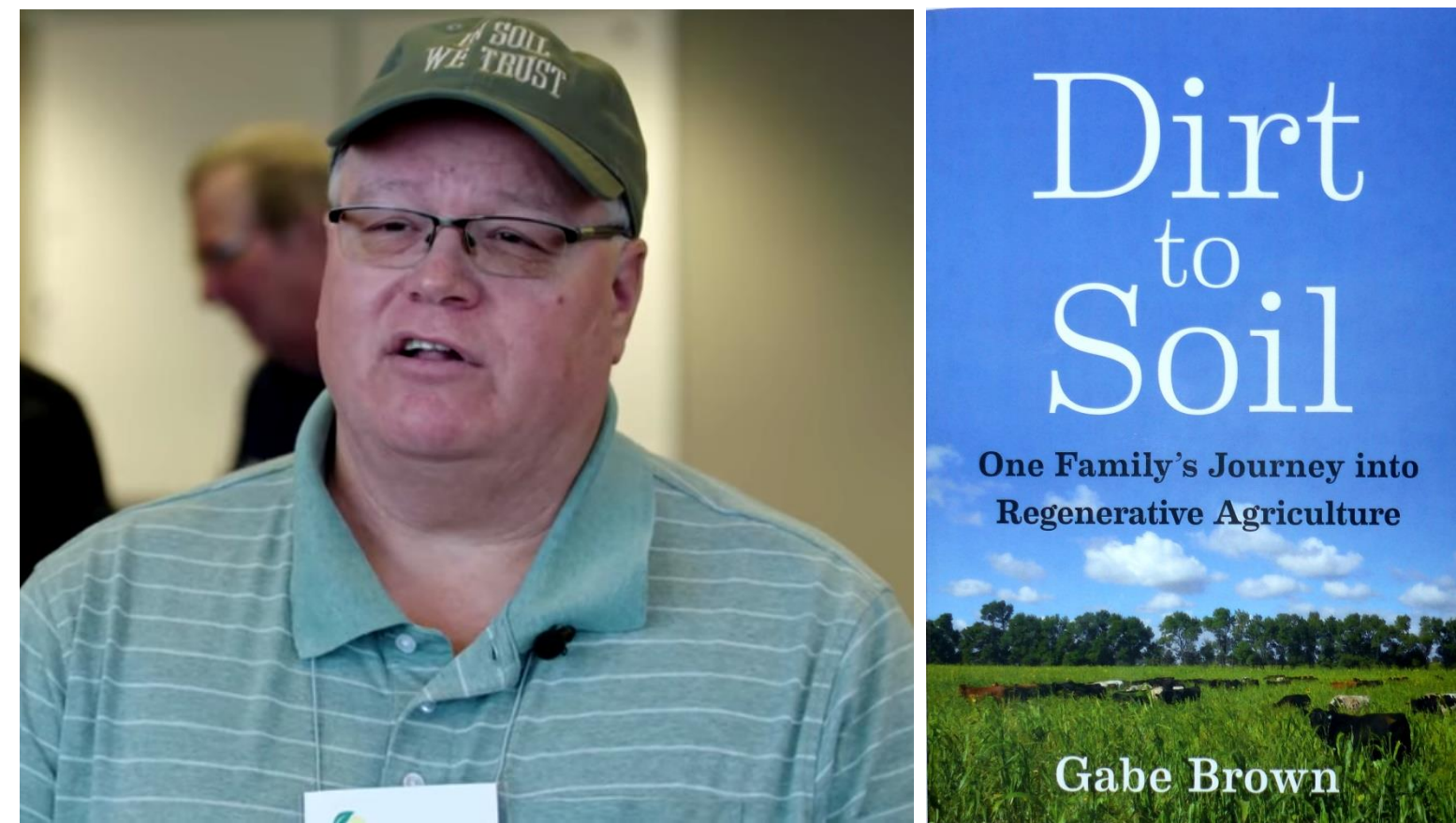
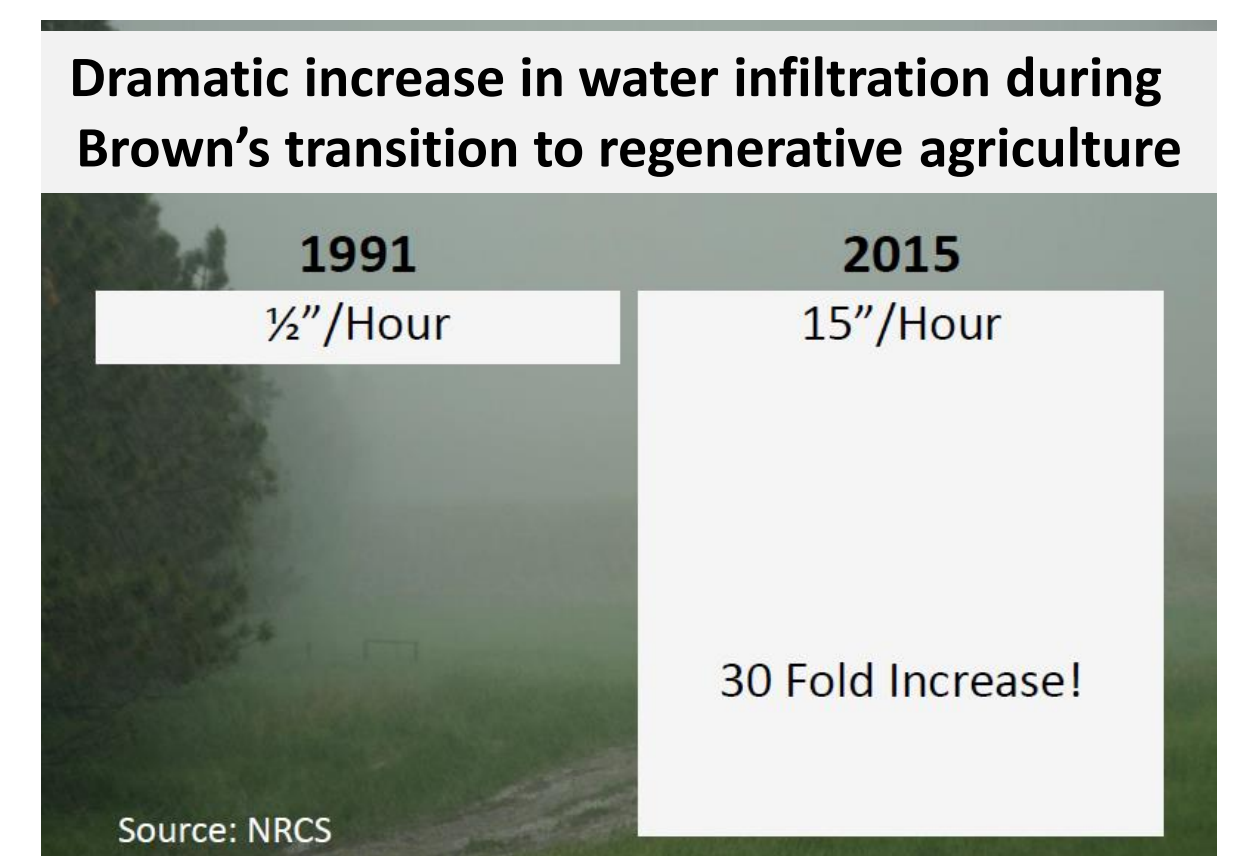
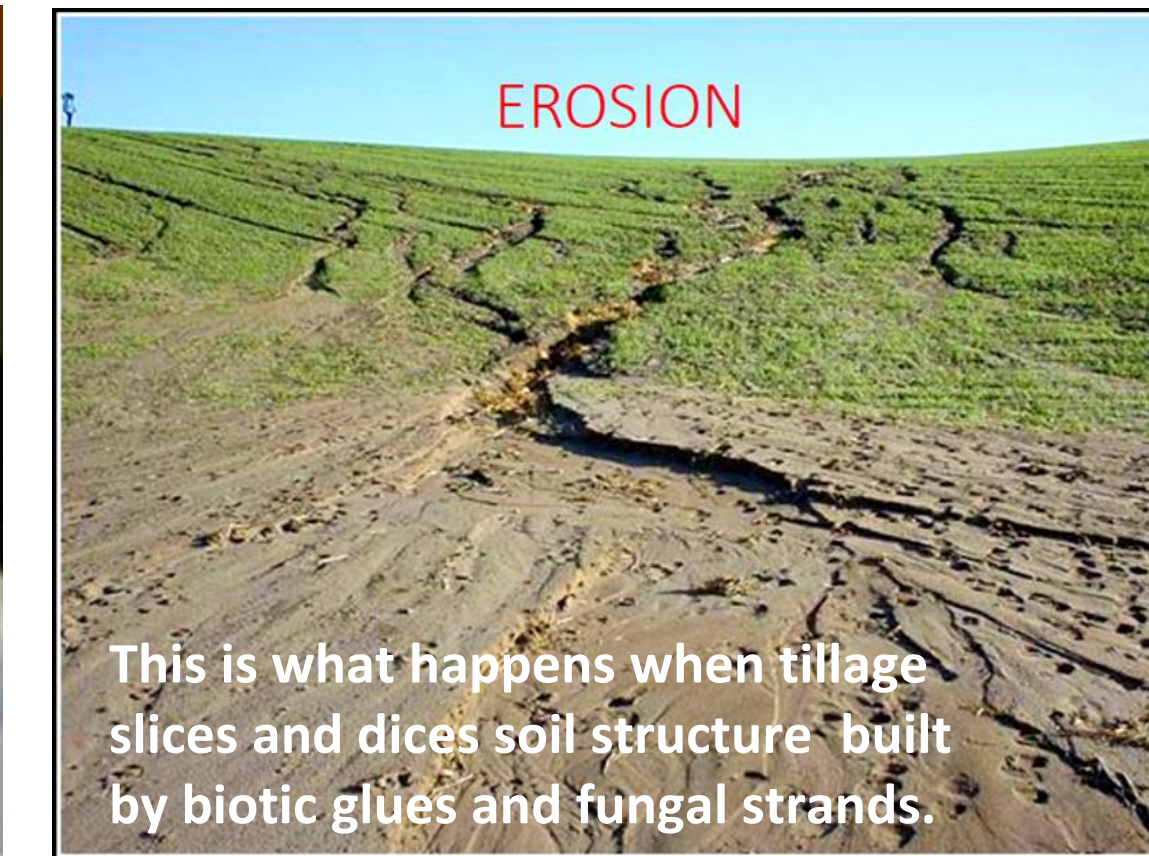


Gabe Brown's Five +1 Principles of Regenerative Agriculture

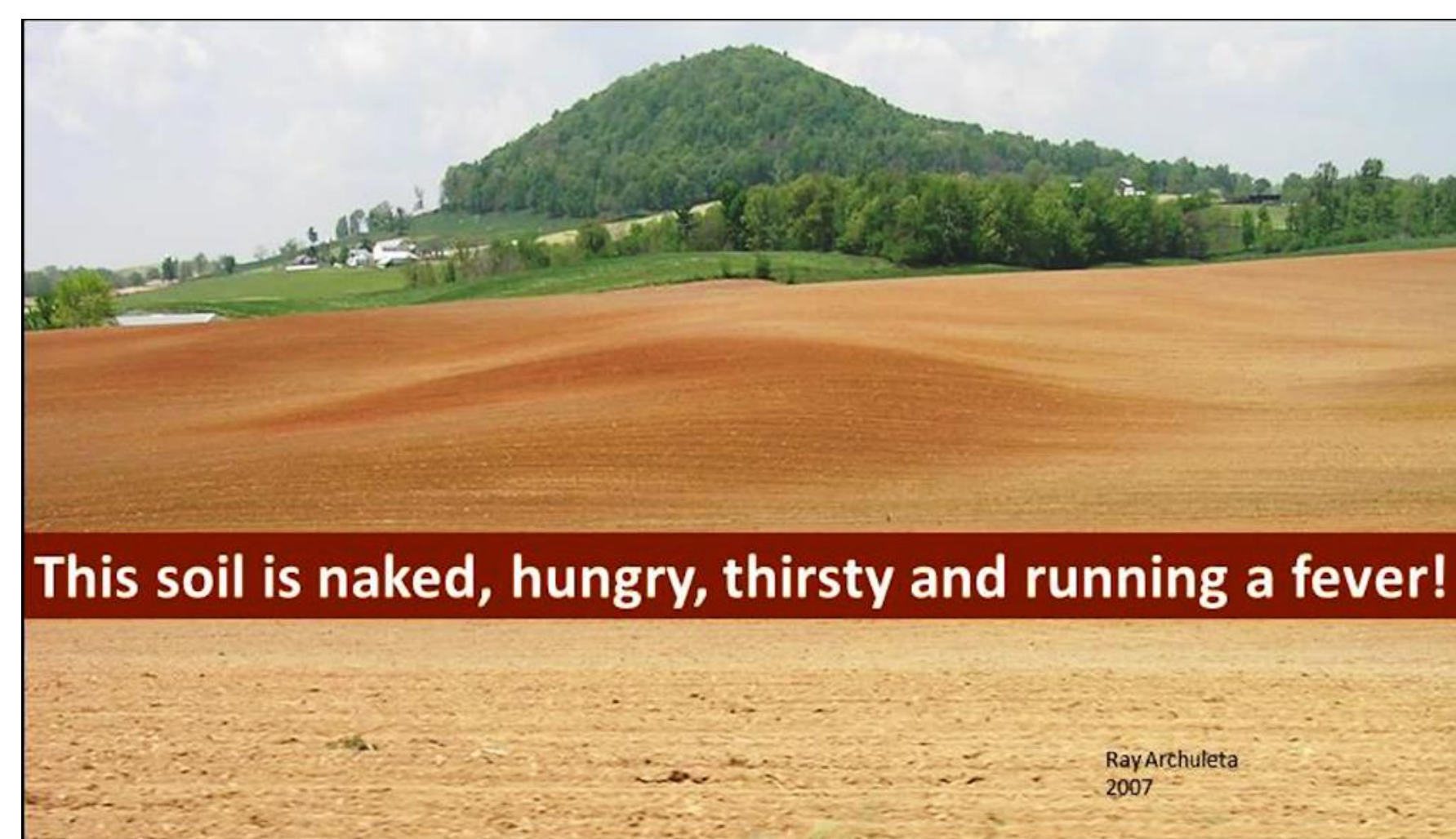
Gabe Brown is a 26 year veteran of regenerative agriculture. His farm is in Bismarck, North Dakota.



1. Limit mechanical, chemical, and physical disturbance of the soil, preferably no-till



2. Cover the soil



Bare soil can become much hotter and evaporate more water



3. Increase diversity



Comparison of monoculture and 9 species mix



1700 beneficial or indifferent insects for every one pest.
(Dr. Jonathan Lundgren)

4. Keep living roots in the ground as long as possible



The seed drill plants the next crop into freshly crimped cover crop mulch, keeping roots in the ground the whole time.

5. Integrate livestock



Gabe found that animal impact onto cropland was the missing link in taking soil health on cropland to another level. Here they are feeding on a cover crop before the cash crop is planted. It turns out hooves and fresh manure play an important role.

Treating the Farm as an Ecosystem with Gabe Brown Part 1, The 5 Tenets of Soil Health <https://www.youtube.com/watch?v=uUmdqD06-A>
Treating the Farm as an Ecosystem Part 3 with Gabe Brown <https://www.youtube.com/watch?v=QwoGCDdCzeU>
Gabe Brown "Regenerating Soil With Diversity" <https://www.youtube.com/watch?v=ZTpYG0rAh8Q>

6. Consider context

What we do needs to be a good fit with our ecological, financial, and social context. This is important so our behaviours create an environment that will sustain a quality of life for future generations and help reduce unintended consequences.



Poster created by Phil Gregory, Professor Emeritus, UBC
Author of "Pathway to Regeneration"
<https://phas.ubc.ca/~gregory/PathwayToRegeneration.html>