

# 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.

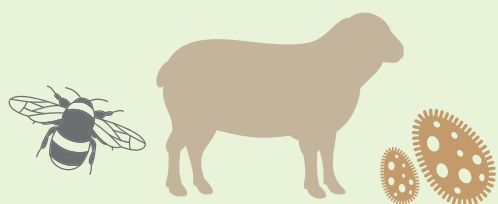
3



### 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?

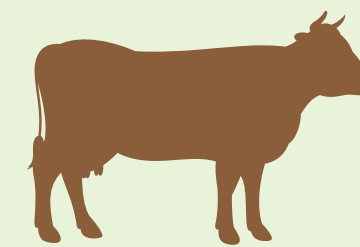
5



### 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.