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.