



# Healthy Soil = Healthy Foundation



## Cover Crops

Cover crops keep the soil covered during the winter and other periods of time when crops are not growing, reducing the risk of erosion and the biomass produced is usually returned to the soil, enhancing organic matter levels.



## Reduced Till

Tillage increases oxygen in the soil which stimulates microbial activity, resulting in the decomposition of organic matter. Using reduced-till systems, in conjunction with herbicides to manage weeds, protects the soil surface, increasing organic matter over time.



## Crop Rotation

Diverse crop rotations will help break up soilborne pest and disease life cycles, improving crop health. By diversifying crops, pests that thrive within a certain crop are not given a chance to build their populations.



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