

## Keys to Soil Health

- No synthetic chemicals
- Cover the soil—either have plant mass or mulch cover
- Plant diversity—try to have at least 4 species in a square meter
  no monoculture different root structures and different leaf shapes and sizes legume, herb, allium, grass
- Disturb the soil as little as possible—no plowing
- Grow plants 365 day a year if possible living roots in the ground all year
- Integrate livestock—This can be simulated by adding compost and aerating the soil

















