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## **Principles, Rules and Processes of Regenerative Organic**

### **6 Regenerative Organic Principles:**

*Although the practices you implement on your farm may differ, the principles remain universal.*

**1. Context:**

- Place-based and person-based considerations affect us all.

**2. Minimize Disturbance:**

- Disturbance (physical, chemical or biological) is a tool to be used sparingly and intentionally.

**3. Armor on the Soil:**

- Continuous groundcover (living plants or mulch) protects the soil microbiome from the elements.

**4. Diversity:**

- Plants feed and heal the soil, a greater diversity of plants will support a greater diversity of microbes - this is how you build resilience.

**5. Living Roots Year-Round:**

- If plants are not growing, microbes aren't being fed (may die) and soil structure begins to fall apart.

**6. Livestock Integration:**

- An important tool for applying disturbance and cycling nutrients. A great way to convert waste into food for people.

### **3 Rules of Adaptive Stewardship:**

*Regardless of how you farm, these rules apply to everything you do - so put them to work for you!*

#### **1. Rule of Compounding:**

- Everything we do (on-farm) has an effect, positive or negative - but never neutral.
- When we implement multiple practices, the whole is often greater than the sum of its parts.

#### **2. Rule of Disruption:**

- Too much disruption can destroy a system, too little lets it stagnate.
- Employ disruption discerningly, observe the impacts your disruptions are having and make sure that for every step backwards, you take two steps forward.

#### **3. Rule of Diversity:**

- Nature doesn't grow monocultures. Enhancing diversity strengthens natural feedback mechanisms.

### **4 Ecological Processes:**

*These natural system processes are the foundation of every ecosystem and every farm system.*

#### **1. Energy Flow:**

- Harness the power of the sun: boost photosynthesis year round.

#### **2. Water Cycle:**

- Transform total precipitation into effective precipitation.
- Rain is only useful to us when the soil can infiltrate and hold it and plants can use it - otherwise it becomes a detriment as runoff and erosion.

#### **3. Mineral Cycle:**

- Fuel nutrient exchange between the soil, atmosphere, plants and animals.

#### **4. Community Dynamics/Diversity:**

- Build resilience through diversity by focusing on functional groups.
- Greater diversity above ground supports greater diversity below ground.