

REGENERATIVE AGRICULTURE AS A CLIMATE SOLUTION

Regenerative agriculture, when scaled up and combined with reforestation and other regenerative land-use practices, has the potential to generate a net decrease in atmospheric carbon. How? By allowing photosynthesis to do its job. Carbon drawn from the atmosphere by living plants helps build soil organic matter. When soil organic matter is disturbed or destroyed, the carbon is released back into the atmosphere where it contributes to global warming. Regenerative farming practices help preserve and build soil organic matter, so the carbon drawn down through photosynthesis remains sequestered in the soil.

If regenerative practices are implemented on enough land, along with 100% renewable energy, we'll reach zero net emissions by 2030 and begin to reverse global warming.

Principles of Regeneration

LEAST DISTURBANCE

Reducing tillage protects soil biology, reduces soil carbon oxidation into the atmosphere, and maintains soil aggregates which reduces water runoff and soil erosion. Avoiding synthetic fertilizers and pesticides maintains healthy soil microbial communities.

LIVING ROOTS

Maintaining a cover of living roots keeps a constant source of food (carbon) pumped down to the bacterial and fungal communities in the soil. These organisms form the aggregates that sequester carbon.

INCREASED BIODIVERSITY

Regenerative agriculture nurtures a diversity of plants, trees, animals, and microorganisms to create a naturally resilient ecosystem.

ANIMAL INTEGRATION

Well-managed grazing practices improve soil biology, leading to increased plant growth, carbon sequestration, and soil fertility.

SOIL ARMOR

Maintaining a living cover on the soil (ex. through cover crops or trees) reduces wind and water erosion, maintains the moisture needed for healthy soil biology, and prevents microbes from oxidizing carbon back into the atmosphere.



the Solution is in the Soil!

REGENERATIVE PRINCIPLES IN ACTION WILL...

Reduce GHG emissions and reverse global warming by drawing down excess atmospheric CO₂.

Eliminate dependence on synthetic chemical fertilizers and pesticides and reduce input costs.

Produce healthier, more nutrient-dense food.

Produce higher yields compared to chemical agriculture, especially in times of extreme weather, which increases food security.

Revitalize local economies, support small farmers and preserve traditional indigenous knowledge.

Safeguard and increase biological diversity.

Promote healthy soils that can hold up to 20 times their weight in water, replenishing water tables.

How You Can Regenerate

- 1 Vote with your fork. Support your local farmers who use regenerative agriculture and land-use practices.
- 2 If you choose to eat meat, choose to consume grass-fed and pasture-raised meats.
- 3 Grow your own food. Plant a home or community garden. Compost your kitchen, garden and yard waste.
- 4 Stay Informed! Visit [organicconsumers.org](https://www.organicconsumers.org) and subscribe to our newsletters.
- 5 Become an activist for regenerative food, farming and land use. Work on state and local ordinances that promote regenerative agriculture and land use. Educate yourself to educate others.



RESOURCES AND MORE INFORMATION:

[organicconsumers.org/regenerative-agriculture](https://www.organicconsumers.org/regenerative-agriculture)
[regenerationinternational.org/resources](https://www.regenerationinternational.org/resources)

Turn this leaflet over for grassroots action ideas

REGENERATIVE AGRICULTURE AS A CLIMATE SOLUTION

Regenerative agriculture, when scaled up and combined with reforestation and other regenerative land-use practices, has the potential to generate a net decrease in atmospheric carbon. How? By allowing photosynthesis to do its job. Carbon drawn from the atmosphere by living plants helps build soil organic matter. When soil organic matter is disturbed or destroyed, the carbon is released back into the atmosphere where it contributes to global warming. Regenerative farming practices help preserve and build soil organic matter, so the carbon drawn down through photosynthesis remains sequestered in the soil.

If regenerative practices are implemented on enough land, along with 100% renewable energy, we'll reach zero net emissions by 2030 and begin to reverse global warming.

Principles of Regeneration

LEAST DISTURBANCE

Reducing tillage protects soil biology, reduces soil carbon oxidation into the atmosphere, and maintains soil aggregates which reduces water runoff and soil erosion. Avoiding synthetic fertilizers and pesticides maintains healthy soil microbial communities.

LIVING ROOTS

Maintaining a cover of living roots keeps a constant source of food (carbon) pumped down to the bacterial and fungal communities in the soil. These organisms form the aggregates that sequester carbon.

INCREASED BIODIVERSITY

Regenerative agriculture nurtures a diversity of plants, trees, animals, and microorganisms to create a naturally resilient ecosystem.

ANIMAL INTEGRATION

Well-managed grazing practices improve soil biology, leading to increased plant growth, carbon sequestration, and soil fertility.

SOIL ARMOR

Maintaining a living cover on the soil (ex. through cover crops or trees) reduces wind and water erosion, maintains the moisture needed for healthy soil biology, and prevents microbes from oxidizing carbon back into the atmosphere.



the Solution is in the Soil!

REGENERATIVE PRINCIPLES IN ACTION WILL...

Reduce GHG emissions and reverse global warming by drawing down excess atmospheric CO₂.

Eliminate dependence on synthetic chemical fertilizers and pesticides and reduce input costs.

Produce healthier, more nutrient-dense food.

Produce higher yields compared to chemical agriculture, especially in times of extreme weather, which increases food security.

Revitalize local economies, support small farmers and preserve traditional indigenous knowledge.

Safeguard and increase biological diversity.

Promote healthy soils that can hold up to 20 times their weight in water, replenishing water tables.

How You Can Regenerate

- 1 Vote with your fork. Support your local farmers who use regenerative agriculture and land-use practices.
- 2 If you choose to eat meat, choose to consume grass-fed and pasture-raised meats.
- 3 Grow your own food. Plant a home or community garden. Compost your kitchen, garden and yard waste.
- 4 Stay Informed! Visit [organicconsumers.org](https://www.organicconsumers.org) and subscribe to our newsletters.
- 5 Become an activist for regenerative food, farming and land use. Work on state and local ordinances that promote regenerative agriculture and land use. Educate yourself to educate others.



RESOURCES AND MORE INFORMATION:

[organicconsumers.org/regenerative-agriculture](https://www.organicconsumers.org/regenerative-agriculture)
[regenerationinternational.org/resources](https://www.regenerationinternational.org/resources)

Turn this leaflet over for grassroots action ideas