Organic and Regenerative

Organic is regenerative

HEALTHY SOILS ARE AT THE HEART OF ORGANIC SYSTEMS

Organic farmers use a range of regenerative practices to build soil fertility without relying on artificial fertilisers.
Studies show that, on average, soil on organic farms store more carbon[1] and have higher levels of soil microorganisms[2]

Long and diverse crop rotations

Growing nitrogen fixing legumes

Applying manure and composts

Cover cropping

[1] Climate Xchange "Organic farming, net zero targets and the impact of a changing climate – an evidence review" (2023)
[2] Henneron, L et al. (2015) 'Fourteen years of evidence for positive effects of conservation agriculture and organic farming on soil life', Agronomy for Sustainable Development, 2015, 35:1 169 –
    181 doi:10.1007/s13593-014-0215-8.

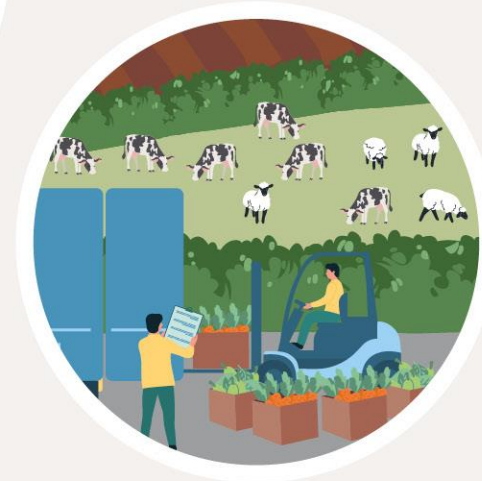# Organic regenerates soils, and also...

Soil Association CERTIFICATION

Avoids artifical inputs derived from fossil fuels

Works in harmony with nature by avoiding pestcides

Has the highest animal welfare standards

Has standards which cover the entire supply chain

Has fewer additives and preservatives

Organic farming is a whole system approach to sustaining the health of soils, ecosystems, and people

Organic is regulated by law

Organic regulations

"Sustains and enhances the health of soil, water, plants and animals"

"A sustainable management system for agriculture"
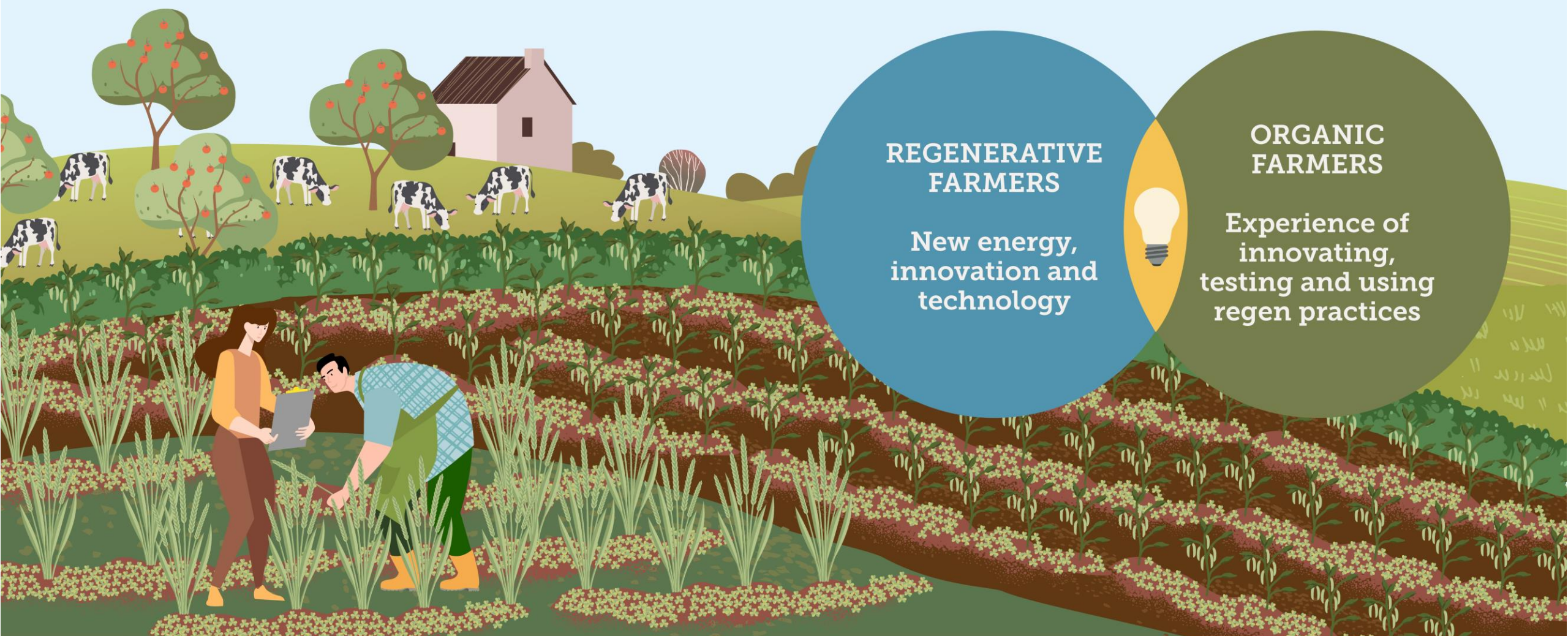
"Respects high animal welfare standards"

"Makes responsible use of energy & natural resources"

View organic regulation
https://www.legislation.gov.uk/eur/2007/834/article/3

Organic standards cover the way items are produced, prepared, stored, imported, exported and sold, helping to protect against greenwashing

Soil Association CERTIFICATION

Farmers learn from farmers

REGENERATIVE FARMERS
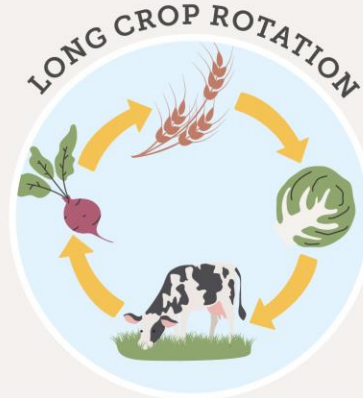
New energy, innovation and technology

ORGANIC FARMERS

Experience of innovating, testing and using regen practices

Regenerative and organic farmers can share knowledge and innovate to help achieve common goals.

Caring for soil and managing weeds

FARMERS MUST MANAGE WEEDS AND DEPLOY A RANGE OF TECHNIQUES TO DO SO.

CHEMICAL WEEDKILLER

PLOUGHING

LONG CROP ROTATION

MIN-TILL

HAND WEEDING

MECHANICAL WEEDING

Organic farmers **cannot use chemical weedkillers** so must rely on other non-chemical weed management techniques. Some non-organic, regenerative farmers prefer to use chemical weedkillers to control weeds than to disturb the soil with a plough.

All techniques impact the environment to different degrees but through innovation and knowledge sharing, organic farmers lead the way in finding positive and less disruptive techniques for managing weeds and regenerating soil health.

On average, organic farms have healthier soils which store more carbon