



LAUREN JORGENSEN
Live Oak, Florida



Starlight Farm
Live Oak, Florida





CONNECTING
FARMERS
RANCHERS
RESEARCHERS
CONSUMERS

FloridaSoilHealth.org

WHEN YOU'RE AT A PARTY

**AND NO ONE WANTS TO TALK ABOUT
SOIL HEALTH**

Cover Crops are the Rockstars of Regenerative Agriculture

Farming and ranching in synchrony with nature to repair, rebuild, revitalize, and restore ecosystem function, beginning with all life within the soil and moving to all life above the soil.

—Gabe Brown



SIX PRINCIPLES OF SOIL HEALTH

1



Know your context.

Our soil health practices are a reflection of ourselves and our stewardship of the land.

2



Do not disturb.

In nature, there is no mechanical or chemical disturbance.

3



Cover and build surface armor

to protect the soil's "skin."

4



Mix it up

with a diversity of plants, microbes, insects, wildlife, livestock. Mother Nature did not grow monocultures so why should we?

5



Keep living roots in the soil

as long as possible each year. Roots feed soil microorganisms, which feed our plants.

6



Grow healthy animals and soil together.

Grazing has been an essential component of all soils at one time or another.

UnderstandingAg.com
SoilHealthAcademy.org

DIVERSITY! – Gabe Brown



GABE BROWN ON DIVERSITY:

- ❖ You need fibrous roots, tap roots
- ❖ Medium, shallow, deep
- ❖ How many people think of that? No.
- ❖ Why do you think in a native ecosystem – there is such diversity?
- ❖ That's the natural cycle
- ❖ And the deeper you can move aggregates, the deeper you're going to move biology, **the more minerals and nutrients you're going to cycle**
- ❖ **At the Soil Health Academy in AL, May 2022**

COVER
CROP
TRIALS
May 2006
Burleigh
Co. ND

Single
Species –
Less than 1
inch of rain

TURNIP JULY 31



GFE 2016 – GABE BROWN "Cover Crops for Grazing on YouTube"

COVER CROP MIX JULY 31



GABE BROWN
Grassfed Exchange GA

2006 PRODUCTION ON DISTRICT PLOT

- Oilseed Radish 1260 Lbs.
- Purple Top Turnip 1513 Lbs.
- Pasja Turnip 2070 Lbs.
- Soybean 1496 Lbs.
- Cowpea 1914 Lbs.
- Lupin 1232 Lbs.
- Cocktail Mix (1/2 Rate) 4785 Lbs.
- Cocktail Mix (Full Rate) 4350 Lbs.

GABE BROWN
Grassfed Exchange GA



WHITE OAK PASTURES,
Bluffton GA



AYAVALLA RANCH
Tallahassee FL
5,000 Acres - Half in Preserve



AYAVALLA RANCH
Cover Crop Mixes Lead to
Perennial Diversity



DANA CLARKE
Graziers Cottage Farm
Monticello, Florida

Dr. Jonathan
Lundgren



**1000
FARMS**




ecdys

Ecdysis deploys teams across North America to generate comprehensive environmental inventories of operations in various stages of regenerative adoption.



ECDYSIS.BIO

Project AVALANCHE is coming to North Florida!



**ONE PEBBLE CAN START AN
AVALANCHE OF CHANGE.**

Project Avalanche is about enabling
farmers to take science into their own
hands.



REGENERATE



FLORIDA

www.FloridaSoilHealth.org

Connecting farmers, scientists, consumers, lawmakers, & educators.



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