



**Herb Young**  
Squeeze Citrus LLC  
Thomasville, GA



## **REGENERATIVE:**

- \* Cover Crops year-round
- \* Inoculate with Microbes
  - \* Soil transformation
  - \* Microbes feed tree
- \* 5 Flushes / year
  - \* Healthy tree
  - \* No disease

**= Nutrient Dense fruit**





## MULTI-SPECIES COVER CROPS:

### WINTER:

- Clovers (Crimson, White, Arrowleaf, Balansa)
- Hairy Vetch
- Austrian Winter Pea
- Buckwheat
- Diakon Radish
- Annual Ryegrass
- Black Oats

### SUMMER:

- Brown Top millet
- Oats
- Clovers
- Sunn Hemp
- Buckwheat
- Spring pea



Mow – n – blow for nutrition  
and mulch (benefits microbes)

### Squeeze Citrus Mix

Lot Number: 0422-SSSB-031

Net Wt.: 50 lbs

Kind	Variety	Origin	Pure Seed	Germination	Hard Seed
Medium Red Clover	VNS	OH	3.75%	80.00%	19.00%
Spring Oats	VNS	OH	34.77%	94.00%	0.00%
Meadow Yellow Peas	Certified #1 CDC	CANA	34.80%	93.00%	0.00%
Sunn Hemp	VNS	India	7.46%	78.00%	6.00%
Turnip	Purple Top	OR	1.24%	90.00%	0.00%
Buckwheat	VNS	NY	7.49%	87.00%	0.00%
Browntop Millet	VNS	GA	5.80%	88.00%	0.00%

Total Inert: 0.53%  
Total Weed: 0.06%  
Test Date: Jun-21

Total Other Crop: 0.11%  
Total Coating: 0.00%  
Noxious Weeds: None

Distributed By:  
Sustain Seed + Soil  
739 S. Vandemark Rd  
Sidney, OH 45365  
(855) 667-3943



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seed + soil

cover crops  
forage  
turf

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## Spring Mix

- - Spring: No-Till Seeder
- Winter Mix with fertilizer spreader

www.sustain.farm (855)667-3943



## Soil Changes:

- Permeability
  - Measured with a “Penetrometer”
  - increased from 3” to 30”
- Organic Matter
  - increased from 1.1% to 2.2%
  - 44% increase in Regen vs. Conv trial



Page Mandarin



Conventional



Regenerative

Full explanation at [squeezecitrus.com](http://squeezecitrus.com)





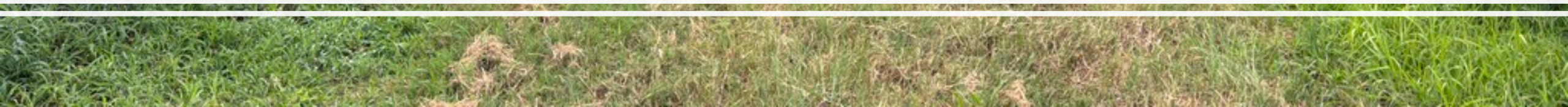
**Conventional: 2X–3X Growth rate**



Regenerative

vs.

Conventional



After freeze 23.8F



Conventional

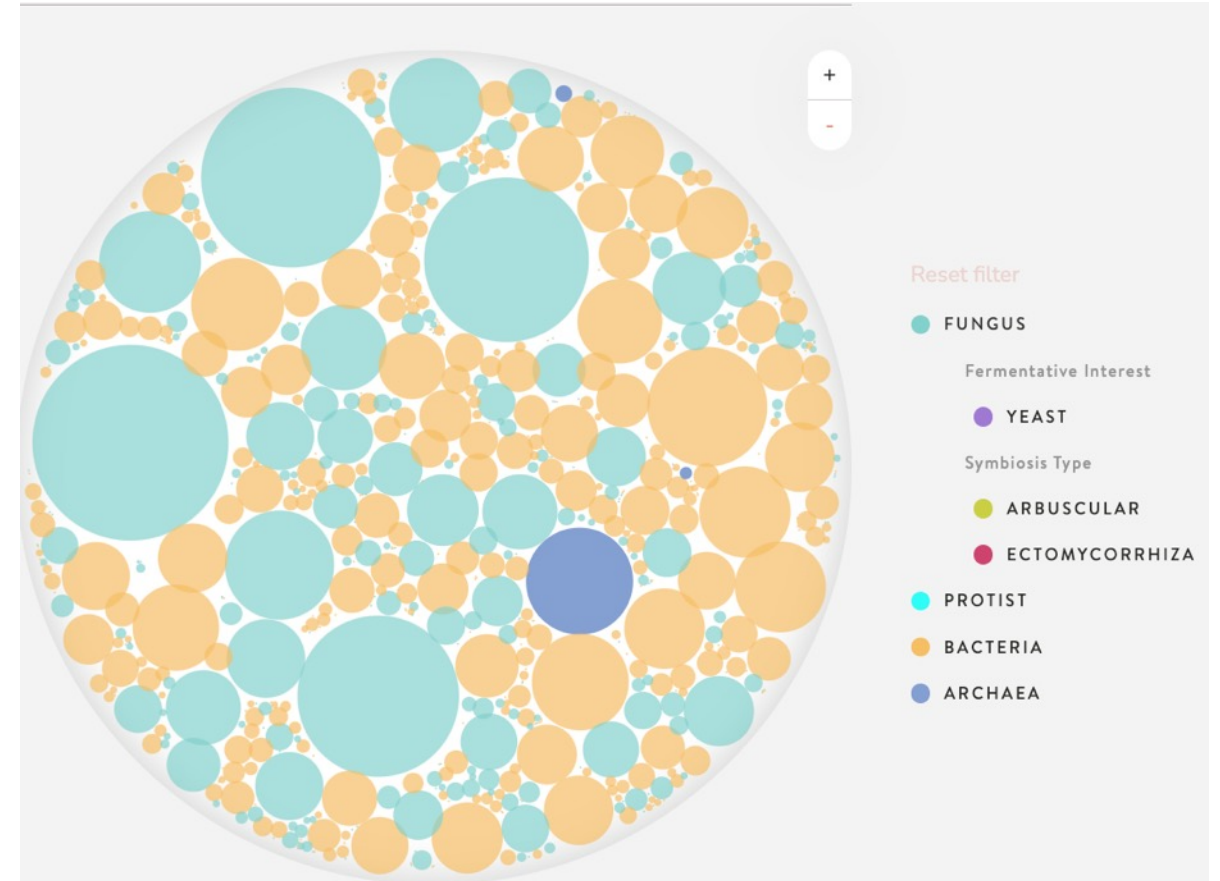
Regenerative



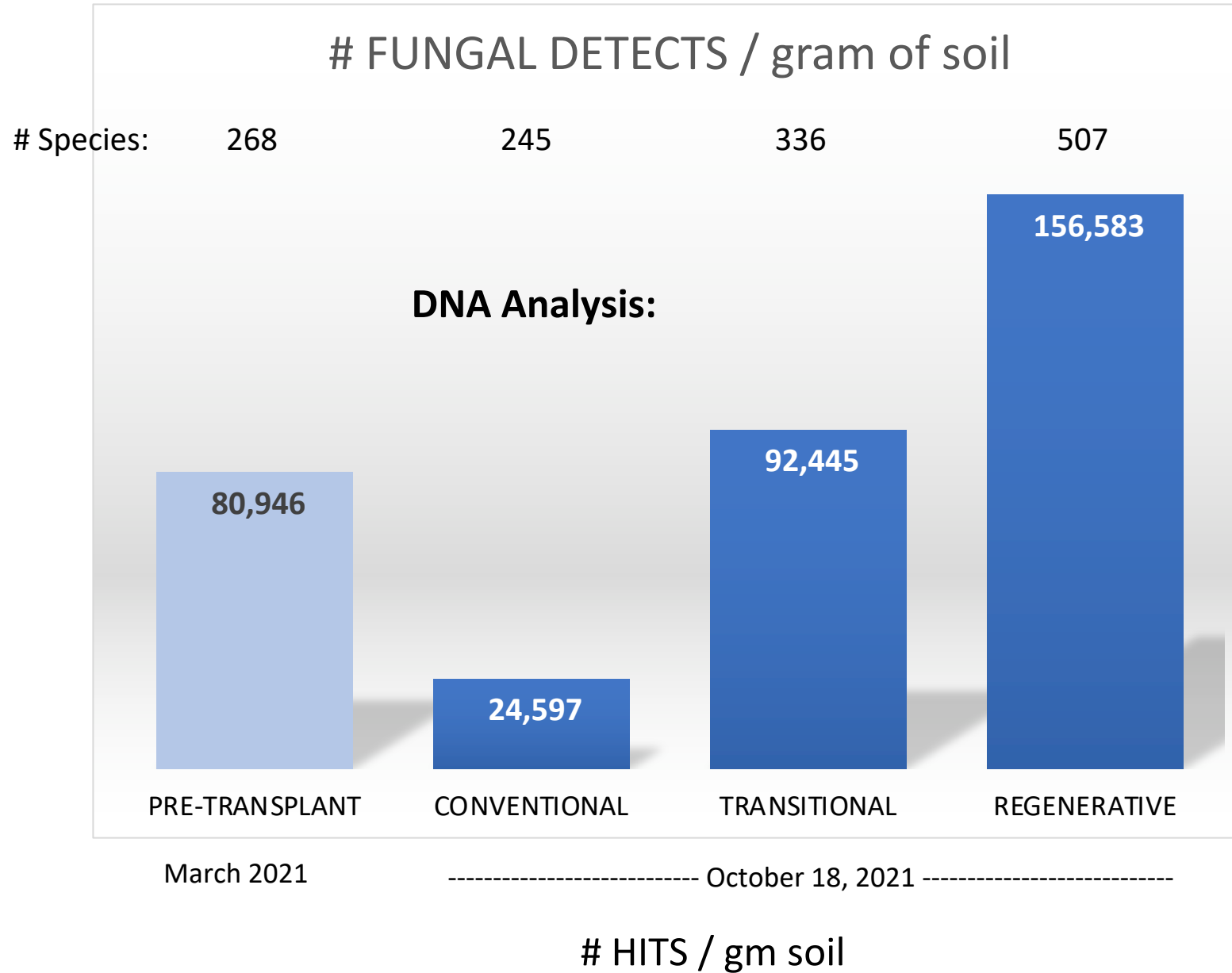
# BiomeMakers DNA Analysis



Trial conducted 2021-24

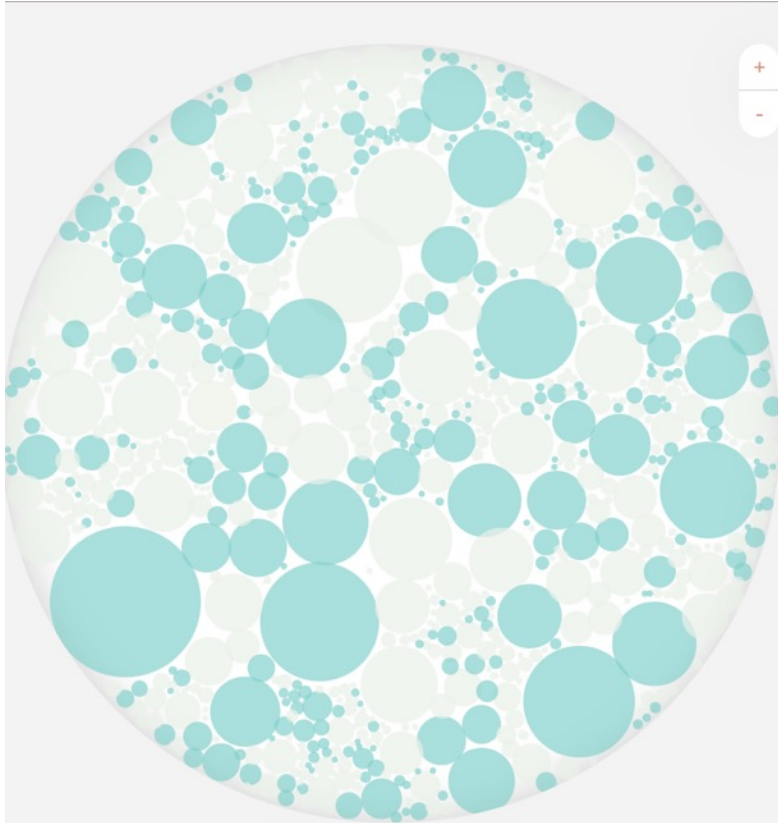


Each circle represents a unique fungal species. The size indicates the fungal Biomass proportion of that species in the soil.



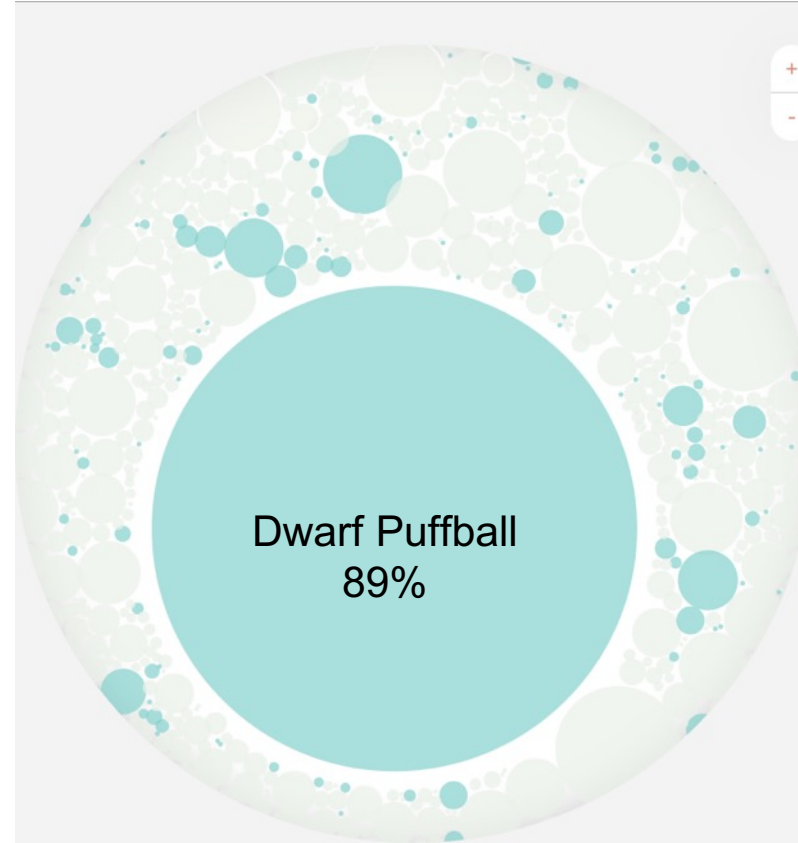
# 3<sup>rd</sup> Season

## Regenerative



Organic + Cover crops  
+ Inoculants

## Conventional



Bare ground herbicide strip maintained  
with glyphosate and synthetic fertilizers.



# Allelopathy

- Secrete compounds to inhibit competitors
- Sorghum Sudan grass
- Removed from my cover crop mix
- 3 years later, still digging up with a shovel





2026: revive "dead zone" with Cover Crops and microbes





# Q & A

## CONCLUSIONS:

- Continuing research to link Nutrient Density to Soil Microbes
- Need a more adapted Cover Crop blend for the SE

## Contact Info:

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