healthy, productive soils checklist for growers

unlock the SECRETS IN THE SOIL

Managing for soil health is one of the easiest and most effective ways for farmers to increase crop productivity and profitability while improving the environment.

Results are often realized immediately, and last well into the future. Using these four basic principles is the key to improving the health of your soil.

1. Keep the soil covered as much as possible
2. Disturb the soil as little as possible
3. Keep plants growing throughout the year to feed the soil
4. Diversify as much as possible using crop rotation and cover crops

Use the checklist on the back of this page to determine if you're using some or all of the core Soil Health Management System farming practices.

It is important to note that not all practices are applicable to all crops. Some operations will benefit from just one soil health practice while others may require additional practices for maximum benefit. But these core practices form the basis of a Soil Health Management System that can help you reduce your inputs costs, protect against drought, and increase production.

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Soil Health Management Systems Include:

What is it?		What does it do?	How does it help?
Conservation Crop Rotation Growing a diverse number of crops in a planned sequence in order to increase soil organic matter and biodiversity in the soil.		• Increases nutrient cycling • Manages plant pest (weeds, insects, and diseases) • Reduces sheet, rill, and wind erosion • Holds soil moisture • Adds diversity so soil microbes can thrive	• Maximize nutrients • Decreases use of pesticides • Improves water quality • Conserves water • Improves plant production
Cover Crop An un-harvested crop grown as part of planned rotation to provide conservation benefits to the soil.		• Increases soil organic matter • Prevents soil erosion • Conserves soil moisture • Increases nutrient cycling • Provides nitrogen for plant use • Suppresses weeds • Reduces compaction	• Improves crop production • Improves water quality • Conserves water • Maximize nutrients • Decreases use of pesticides • Improves water efficiency to crops
No Till A way of growing crops without disturbing the soil through tillage.		• Improves water holding capacity of soils • Increases organic matter • Reduces soil erosion • Reduces energy use • Decreases compaction	• Improves water efficiency • Conserves water • Improves crop production • Improves water quality • Saves renewable resources • Improves air quality • Increases productivity
Mulch Tillage Using tillage methods where the soil surface is disturbed but maintains a high level of crop residue on the surface.		• Reduces soil erosion from wind and rain • Increases soil moisture for plants • Reduces energy use • Increases soil organic matter	• Improves water quality • Conserves water • Saves renewable resources • Improves air quality • Improves crop production
Mulching Applying plant residues or other suitable materials to the soil surface to compensate for loss of residue due to excessive tillage.		• Reduces erosion from wind and rain • Moderates soil temperatures • Increases soil organic matter • Controls weeds • Conserves soil moisture • Reduces dust	• Improves water quality • Improves plant productivity • Increases crop production • Reduces pesticide usage • Conserves water • Improves air quality
Nutrient Management Managing soil nutrients to meet crop needs while minimizing the impact on the environment and the soil.		• Increases plant nutrient uptake • Improves the physical, chemical, and biological properties of the soil • Budgets, supplies, and conserves nutrients for plant production • Reduces odors and nitrogen emissions	• Improves water quality • Improves plant production • Improves air quality
Pest Management Managing pests by following an ecological approach that promotes the growth of healthy plants with strong defenses, while increasing stress on pests and enhancing the habitat for beneficial organisms.		• Reduces pesticide risks to water quality • Reduces threat of chemicals entering the air • Decreases pesticide risk to pollinators and other beneficial organisms • Increases soil organic matter	• Improves water quality • Improves air quality • Increases plant pollination • Increases plant productivity

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