

# THINKING ABOUT REGENERATIVE FARMING?

## An introduction to the principles, benefits and first steps

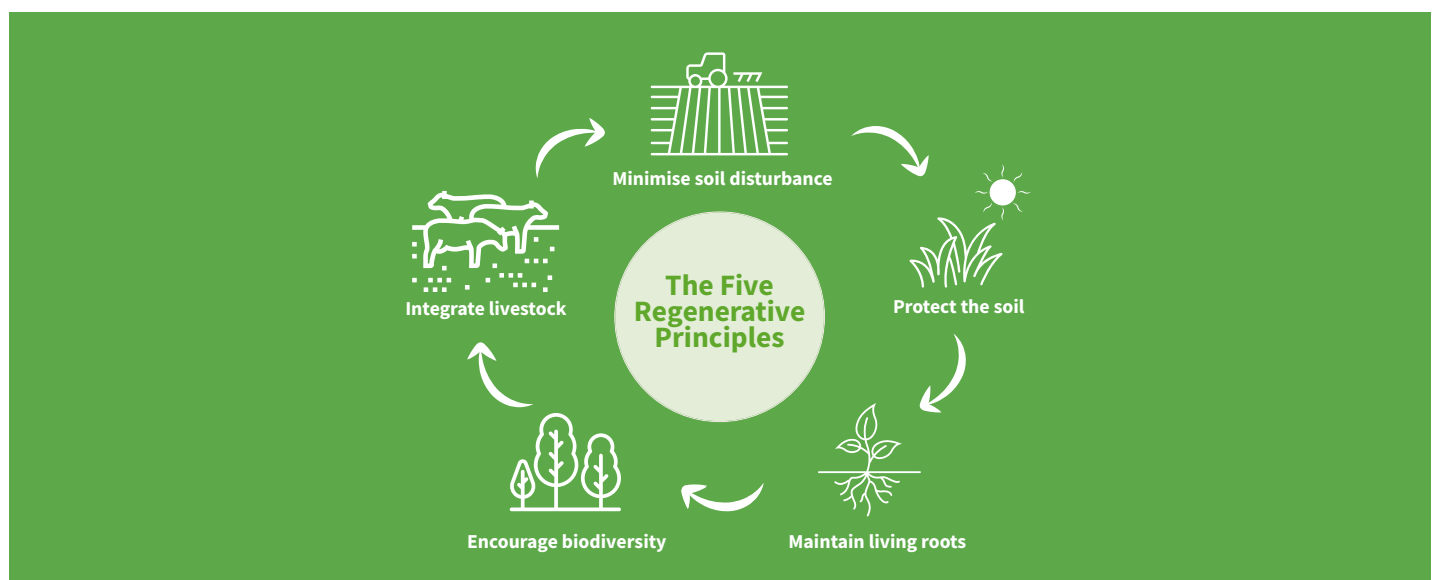
### WHAT IS REGENERATIVE FARMING?

It's a system of agricultural practices that seeks to restore soil health, biodiversity, and climate resilience.

### WHY GO REGENERATIVE?

The potential key benefits:

- › Build soil organic matter, creating a healthy, fertile foundation for crops and grasslands and improve the carbon storage
- › Better soil structure for better drainage, aeration, and root growth
- › Encourage a thriving soil microbiome that naturally provides nutrients to plants, reducing the need for artificial inputs
- › Promote natural grazing and diverse forage, leading to stronger, healthier animals including reduced parasite burdens
- › Create diverse habitats to improve the biodiversity on farm
- › Improve soil's ability to retain water, reducing potential runoff
- › Reducing reliance on synthetic fertilisers and pesticides – cutting costs and improving business sustainability
- › Building resilience to droughts with soils of increased water holding capacity and deep rooting plant species.



- › **Embrace adaptive management:** Observe your soil, grasslands, and livestock closely, then adapt your practices based on what you learn. Monitor and measure where you are now (including soil mineral, carbon, biology and leaf tissue tests) and track your progress.
- › **Master grazing management:** Implement rotational grazing - moving livestock frequently to allow short grazing periods, followed by long rest periods for root recovery.
- › **Boost pasture diversity:** Introduce diverse plant species (grasses, legumes, herbs) suited to your soil type and environment. This enriches the soil, provides varied forage, and increases resilience. Consider bale grazing to spread seeds and nutrients.
- › **Optimise livestock performance:** Choose breeds suited to grazing diverse forages.
- › **Capitalise on nutrients:** Address nutrient deficiencies and feed soil biology by using composted livestock manure / green waste, select biologicals, sugars and integrate cover cropping between crops. Ensure Carbon is a key part of your fertiliser strategy. Measure the effectiveness of inputs by conducting Brix test on leaf sap before and after applications.
- › **Manage risks:** Be aware of initial investments and potential short-term yield fluctuations. Focus on the long-term benefits: reduced input costs, increased resilience, and potentially new market opportunities.
- › **Integrate trees and hedges:** Where applicable, consider planting trees and hedges for shade, shelter and additional forage.
- › **Seek knowledge and support:** Connect with other regenerative farmers and explore services available through Farming Connect to support you with your transition.



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