

# UNLOCK THE SECRETS IN THE SOIL

## Basics & Benefits



### Healthy, fully functioning soil is balanced to provide an environment that sustains and nourishes plants, soil microbes, and beneficial insects.

Managing for soil health is one of the most effective ways for farmers to increase crop productivity and profitability while improving the environment. Positive results are often realized within the first year, and last well into the future.

#### Soil Health

Soil is made up of air, water, decayed plant residue, organic matter from living and dead organisms, and minerals, such as sand, silt and clay. Increasing soil organic matter typically improves soil health since organic matter affects several critical soil functions. Healthy soils are also porous, which allows air and water to move freely through them. This balance ensures a suitable habitat for the myriad of soil organisms that support growing plants.

It's not difficult to improve soil health when utilizing the 4 soil health management principles. Here's how: **minimize disturbance** – for example, till the soil as little as possible; **maximize biodiversity** – for example, integrate livestock and grow as many different species of plants as possible through rotations and a diverse mixture of cover crops; **maximize living roots** – for example, by keeping living crops and cover crops in the soil as long as possible; and **maximize soil cover** – for example, by keeping the soil surface covered with residue year round.

#### Soil Health Benefits

Farmers who manage their land in ways that improve and sustain soil health benefit from optimized inputs, sustainable outputs and increased resiliency. Healthy soils benefit all producers regardless of the size or type of their operations. Healthy soils provide financial benefits for farmers, ranchers and gardeners, and environmental benefits that affect everyone.



Healthy soils lead to:

- **Increased Productivity** – Healthy soils typically have more organic matter and soil organisms which improve soil structure, aeration, water retention, drainage and nutrient availability. Organic matter provides and holds more nutrients in the soil until the plants need them.
- **Increased Profits** – Healthy soils may require fewer passes over fields because they are only minimally tilled and they aren't over-reliant upon excessive inputs to grow crops. Healthy soils can increase farmers' profit margins by reducing labor and expenses for fuel and optimizing inputs.
- **Natural Resource Protection** – Healthy soils hold more available water. The soil's water-holding capacity reduces runoff that can cause flooding, and increases the availability of water to plants during periods of stress. Good infiltration and less need for fertilizers and pesticides keep nutrients, sediment, and agrichemicals from loading into lakes, rivers, and streams. Groundwater is also protected because there is less leaching from healthy soils. Additionally, fewer trips across fields with farm machinery mean fewer emissions and better air quality.

### Soil Health Management Systems

Implementing Soil Health Management Systems can lead to increased organic matter, more soil organisms, reduced soil compaction and improved nutrient storage and cycling. As an added bonus, fully functioning, healthy soils absorb and retain more water, making them less susceptible to runoff and erosion. This means more water will be available for crops when they need it. Soil Health Management Systems allow farmers to improve profitability because they spend less on fuel and energy while benefiting from the higher crop yields resulting from improved soil conditions.

### More Information

To learn more about Soil Health Management Systems and the technical and financial assistance available visit [farmers.gov/conserve/soil-health](https://farmers.gov/conserve/soil-health) or contact your local NRCS office. To find your local NRCS office, visit [farmers.gov/service-center-locator](https://farmers.gov/service-center-locator).