



# Looking after your soil

## Some simple, practical advice



These five practices help restore soil health and, when combined, deliver the best results.

Reduce soil compaction and disturbance

Increase organic material by adding compost, fym, crop residues, etc.

Diversify crops and rotations

Minimise synthetic inputs

Keep soil covered

Based on a report by RISE Foundation

CUT FARMERS' COSTS BY REDUCING USE OF FUEL, FERTILISERS AND PLANT PROTECTION PRODUCTS

PRODUCE FOOD OF HIGHER NUTRITIONAL VALUE

INCREASE ABOVE- AND BELOW-GROUND BIODIVERSITY

CAPTURE CARBON AND STORE MORE WATER

Soil that works for the farmer, for nature, and for the planet



# FARMING FOR nature

Farming for Nature seeks to acknowledge and support farmers who farm, or wish to farm, in a way that will improve the natural health of the countryside.

We do this by:

Building a **network** of exemplary farmers

**Celebrating the positive role** that these farmers play in supporting biodiversity

Making sure that this **'can do' attitude** is reflected in the discourse around farming & the environment

Enabling farmer-to-farmer **knowledge exchange**






Developing **practical resources** in easy-to-digest format

Providing **advisory** services

**Advocating** on behalf of this growing farming community

## Want more information?

Go to [www.farmingfornature.ie](http://www.farmingfornature.ie) or email [info@farmingfornature.ie](mailto:info@farmingfornature.ie)

Follow us on    Subscribe to our channels on  YouTube  Spotify