HOW TO MAKE A REGENERATIVE AGRICULTURE FARM

Healthy Soil • Healthy Plants • Healthy Animals • Healthy People • Healthy Planet

10 STEPS TO BUILD A REGENERATIVE FARM

1. **KNOW YOUR CONTEXT**
Understand your farm's soil type, climate, landscape, resources and goals.

2. **MINIMISE DISTURBANCE**
Reduce tillage, avoid unnecessary chemical use and protect soil biology.

3. **COVER THE SOIL**
Keep soil covered with living plants, mulch or residue all year round.

4. **ENHANCE PLANT DIVERSITY**
Grow a wide variety of plants to improve nutrient cycling, resilience and biodiversity.

5. **KEEP LIVING ROOTS IN THE SOIL**
Maintain living roots in the soil year-round to feed soil biology and build healthy soils.

6. **INTEGRATE LIVESTOCK**
Use livestock to cycle nutrients, stimulate plant growth and improve soil.

8. **IMPROVE WATER CYCLES**
Increase infiltration, store water in the landscape and protect waterways.

9. **BUILD SOIL BIOLOGY**
Feed the soil food web with diverse plants, minimal disturbance.

10. **BE PATIENT & OBSERVE**
Monitor, learn and adapt. Regeneration is a journey!

DIVERSITY IS THE KEY TO RESILIENCE

A mix of grasses, legumes, herbs, shrubs and trees builds healthy soils, feeds livestock and creates a resilient farming system.

DIVERSE PASTURES
A mix of perennial grasses, legumes and herbs for year-round groundcover and productivity.

TREES & SHRUBS
Provide shade, shelter, habitat and improve the microclimate.

SOIL COVER
Protects soil from rain, wind and sun. It keeps moisture in and weeds down.

CLEAN WATER WAYS
Fenced, vegetated and protected waterways support healthy farms and healthy ecosystems.

CELL GRAZING
Livestock are moved frequently in small cells to allow pasture time to rest and recover.

HEALTHY SOILS
Full of life, organic matter and nutrients to support strong plants and productive animals.

PERENNIAL PASTURES & FORBS

- Lucerne (Alfalfa)
- Chicory
- Plantain
- Cocksfoot
- Phalaris
- Rhodes Grass
- Kangaroo Grass
- Wallaby Grass
- Native Wheatgrass
- Tall Fescue

ANNUAL PLANTS & CROPS

- Oats
- Cereal Rye
- Barley
- Millet
- Sorghum
- Buckwheat
- Sunflower
- Field Peas
- Vetch
- Crimson Clover

LEGUMES (perennial & annual)

- White Clover
- Subterranean Clover
- Red Clover
- Biserrula

NATIVE SHRUBS & TREES

- River Red Gum
- Yellow Box
- White Box
- Kurrajong
- Wattle
- Saltbush

BUILDING BLOCKS OF A REGENERATIVE FARM

KEEP SOIL COVERED
Use cover crops, crop residue and mulch.

DIVERSIFY PLANTS
Mix grasses, legumes, herbs and crops.

KEEP LIVING ROOTS
Living roots feed soil biology all year round.

INTEGRATE LIVESTOCK
Livestock recycle nutrients, build soil and improve pasture quality.

MINIMISE DISTURBANCE
Reduce tillage and chemical inputs.

IMPROVE WATER CYCLES
Increase infiltration, reduce runoff and protect water.

BUILD SOIL BIOLOGY
More biology = more nutrient cycling and healthier soils.

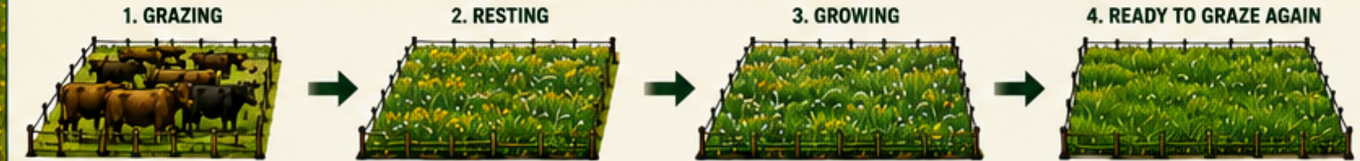
LIFE UNDER OUR FEET – THE SOIL FOOD WEB

Billions of tiny living things work together to build healthy soil.

Bacteria Fungi Protozoa Nematodes Arthropods Earthworms Roots

They break down organic matter, cycle nutrients, build soil structure and support plant growth.

CELL GRAZING IN PRACTICE – PLANNED ROTATION FOR HEALTHY LAND



1. **GRAZING**
All livestock in one cell for a short time.

2. **RESTING**
Pasture rests and recovers.

3. **GROWING**
Roots grow deeper. Soil gets healthier.

4. **READY TO GRAZE AGAIN**
Healthy feed is ready. Move livestock on.

MORE REST = MORE GROWTH = HEALTHIER SOIL = HEALTHIER ANIMALS = HEALTHIER FARM

Tamworth Regional LANDCARE ASSOCIATION

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