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Benefits of introducing inter cropping for perennial plants are numerous; profitability. The same area of land with less coffee or cocoa plants may provide lower respective yields. This is compensated by the harvest of additional crops. Agroforestry systems can reach higher combined yields and better economic viability as mono cultures. Initial investments are generally higher for inter cropping systems. However, benefiting from the healthy ecosystem in inter cropped plantations, perennial crops are more resilient over time and can produce for longer. Farmers benefit from secondary crops as food supply for household use or as additional source of income where market for these products can be accessed.

Long term benefits

Inter cropping leaves more roots in the ground, improves soil health and farm productivity in the long term. Tree roots protects from soil erosion. Fallen leaves enhance humus content and soil life.

Trees generally support water infiltration and water holding capacity of soils. They can reduce vapor transpiration and improve micro climate in the plantations in addition to sequestering carbon and mitigating climate change.

Long considerations

Leguminous plants lower fertilizer needs as they fix atmospheric nitrogen and increase its availability for other crops. Compared to mono cultures, bio diverse coffee and cocoa systems have more pollinators and beneficial organisms. In such an ecosystem pest and diseases incidences are lower.

Increased complexity of inter cropping requires not only a high initial workload but also more knowledge, technical skills and the ability to continuously evolve and adopt decision making.

Landscape stewardship

For more substantial impacts of regenerative farming we need to look beyond single farm. Landscape and management approaches when addressing critical environmental, social and climate issues that extend beyond individual farm boundaries into surrounding communities and forests.

We should integrate inter cropping and functionally connect intensive land use with areas of high ecological value. This offers better option to achieve multiple goals of food security and biodiversity.