

Regenerative agriculture helping small scale farmers make more from a limited space – part 1

Regenerative agriculture focuses on growing more food on small land portions by small holder farmers.

A bio-secular economy is whereby farmers recycle resources they produce within their farms so that they are able to reuse them into the farms and increase production using simple technologies. Crop diversification helps reduce on pests and diseases and can be achieved by practising companion planting. An example of companion planting is having spinach and onions together whereby onions are known for repelling pests hence an organic way of pest control.

Bed system

The regenerative systems uses growing beds and they are double dug. Double digging of beds allows for water to penetrate the beds deeply.

Crops should not overstay on the beds because they will lose economic value and with this crop rotation is followed. This is to change the crop after harvesting to avoid pest and disease infestation. Bio pesticides can be obtained organically from shrubs grown by drying the leaves to obtain powder.

Crop production

Crop production for research on the system is measured in 100 square feet so as to make informed decisions for small holder farmers to adopt. Data is also collected for each crop under

different soils in the system.

Indigenous crops adapted to the climate and environment of the area of the farm and are encouraged because they are drought resistant and require little water.

Allocation system

For highest production, a farmer is encouraged to use 60% on carbon crops, 30% on special root crops and 10% on vegetable crops in the system. Compost can be produced by carbon crops whereas the special root crops include sweet potatoes.