

Regenerative Agriculture

SMALL-SCALE GROWER

BUILDING HEALTHY SOIL &
SUSTAINABLE PROFITS

YOUR PRACTICAL GUIDE TO GROWING
MORE FOOD WHILE HEALING THE LAND!!



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Why Regenerative Agriculture?

Are you tired of fighting against depleted soil, increasing costs of synthetic inputs, and unpredictable yields? Regenerative agriculture offers a way to work with nature instead of against it—improving soil health, increasing biodiversity, and creating long-term farm resilience. And guess what? It can also boost your bottom line!

This guide will show you how to apply regenerative techniques on a small-scale farm—whether you're growing in a backyard, on a quarter-acre plot, or managing a small market garden.



Unlike conventional farming, regenerative practices prioritize soil health and ecosystem balance, leading to healthier crops, fewer pests, and lower costs over time. By focusing on long-term sustainability, you not only enhance your farm's productivity but also contribute to a healthier planet. Best of all, these methods are practical and adaptable, meaning you can start small and scale up as you see results.



LET'S DIG IN AND GET DIRTY

Building Healthy Soil

The Foundation of Everything

The Secret Life Beneath Your Feet

Healthy soil isn't just dirt—it's a living, breathing ecosystem teeming with microbes, fungi, and organic matter. If you improve soil health, everything else falls into place: stronger plants, higher yields, and fewer pest issues. Here's how to do it. teeming with microbes, fungi, and organic matter. If you improve soil health, everything else falls into place: stronger plants, higher yields, and fewer pest issues. Here's how to do it.

Stop Tilling Or At Least Minimize It

Tillage breaks up soil structure, kills beneficial microbes, and releases carbon into the atmosphere.

Instead, try:

- **No-Till or Low-Till Methods:** Use a broad fork or shallow cultivation instead of deep plowing.
- **Cover Crops:** Plant rye, clover, or radish in off-seasons to keep roots in the soil.
- **Mulching:** Apply straw, wood chips, or compost to protect soil and retain moisture.

Compost Like a Pro

Compost adds organic matter, nutrients, and beneficial microbes back into the soil. Tips:

- Use diverse materials (greens: food scraps, manure; browns: leaves, straw).
- Keep it moist but not soggy (like a wrung-out sponge).
- Turn it every 1–2 weeks for fast decomposition.

Add Life with Microbial Inoculants

Boost soil health with biological amendments like:

- **Compost Tea:** A liquid extract of compost full of beneficial microbes.
- **Mycorrhizal Fungi:** These fungi form symbiotic relationships with plant roots, helping them access water and nutrients.
- **Worm Castings:** AKA worm poop, an amazing natural fertilizer.

Rotate Crops & Diversify Plantings

Monoculture farming depletes soil. Instead:

- Rotate crops yearly to prevent disease and nutrient depletion.
- Plant companion crops (e.g., carrots and onions together) to maximize soil efficiency.
- Use polyculture designs instead of single-crop fields.

Increasing Biodiversity for a Thriving Farm

Biodiversity Boosts Farm Success

Diversity isn't just good for nature—it's great for your farm's productivity! The more biodiversity you cultivate, the more natural pest control, pollination, and resilience you'll have. The more biodiversity you cultivate, the more natural pest control, pollination, and resilience you'll have.

Integrate Pollinators & Insects

Encourage bees, butterflies, and pest-eating insects by:

- Planting wildflowers around your farm.
- Using hedgerows instead of fences.

Avoiding pesticides that kill beneficial insects.

Incorporate Animals

Animals improve soil health and provide additional income streams.

- Chickens: Great for pest control and fertilization.
- Ducks: Eat slugs and provide eggs.
- Bees produce honey while boosting pollination rates.

Agroforestry & Perennial Crops

Instead of planting only annuals, mix in trees, shrubs, and perennials.

- Fruit trees & berry bushes for long-term yields.
- Nitrogen-fixing plants like clover and legumes to enrich soil.
- Living mulch with ground cover plants instead of bare soil.

Water Management

- Water is a precious resource, so use it wisely.
- Rainwater harvesting: Collect runoff from roofs into barrels.
- Swales & berms: Contour ditches that capture water instead of letting it run off.
- Drip irrigation: uses 50% less water than traditional methods.



The Economics of Regenerative Farming

Profits & Sustainability

One of the biggest myths about regenerative farming is that it's expensive or doesn't pay off. The reality? Many farmers reduce costs and increase profits by going regenerative!. The reality? Many farmers reduce costs and increase profits by going regenerative!

Cutting Costs with Nature's Help

Instead of buying synthetic inputs, regenerative farmers:

- Use cover crops instead of synthetic fertilizers.
- Let compost and microbes do the work of expensive amendments.
- Reduce irrigation costs with better soil health and water retention.



Premium Pricing

Consumers care more about how their food is grown than ever before. Use this to your advantage by marketing your produce as:

- Regeneratively Grown (Use this term in branding!)
- No-Spray, No-Chemical Farming (Appeals to organic-conscious buyers.)
- Locally & Sustainably Grown (Builds a loyal customer base.)

Direct to Consumer Sales

Instead of relying on grocery stores, sell directly to:

- CSA (Community Supported Agriculture) customers who pay upfront.
- Local chefs & restaurants looking for high-quality produce.
- Farmers' Markets & Online Sales where you control pricing.

Grant & Financial Support

Many programs financially support regenerative farming, such as:

- USDA grants for soil health & conservation
- Local & state sustainability initiatives
- Private funding from eco-conscious organizations

Grow More Heal the Land and Thrive

Regenerative agriculture isn't just a trend—it's the future of small-scale farming. By improving soil health, increasing biodiversity, and using nature-based solutions, you can grow more food, cut costs, and build a farm for generations.

You did it! You're now on the path to urban farming success. Go forth and thrive!

