Regenerative Agriculture: A Definition

Terra Genesis International

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regenerativeagriculturedefinition.com
Regenerative Agriculture is a system of farming principles and practices that increases biodiversity, enriches soils, improves watersheds, and enhances ecosystem services.

By capturing carbon in soil and aboveground biomass, Regenerative Agriculture aims to reverse global climate change. At the same time, it offers increased yields, resilience to climate instability, and higher health and vitality for farming communities.

The system draws from decades of scientific and applied research by the global communities of organic farming, agroecology, holistic grazing, and agroforestry.
Regenerative Agriculture Principles

These principles are uniquely applied to each specific climate and bioregion.

1. Progressively improve whole agroecosystems (soil, water and biodiversity).

2. Create context-specific designs and make holistic decisions that express the essence of each farm.

3. Ensure and develop just and reciprocal relationships amongst all stakeholders.

4. Continually grow and evolve individuals, farms, and communities to actualize their innate potential.
Regenerative Agriculture Practices

From the 4 Principles emerge a diversity of Practices

This definition presents these most-explored Regenerative Agriculture Practices, leaving space to articulate Practices for the other Principles in the future. The Regenerative Agriculture Practices that can progressively improve whole agroecosystems are:

- Organic Annual Cropping
- No-Till Farming
- Compost
- Pasture Cropping
- Intercropping
- Silvopasture
- Agroforestry
- Biochar
- Perennial Crops
- Compost Tea

In terms of rapid and effective carbon sequestration, peer-reviewed research shows the following rates for different practices (Data from Toensmeier 2016. See Chapter 3 for a chart with data for 60 practices.)

### Practices - Carbon Sequestered (metric tons per hectare per year)

- **Organic Annual Cropping (with compost & crop rotation)**
  2-6 MT / HA / YR

- **Managed Grazing**
  0-4 MT / HA / YR

- **Silvopasture**
  3-34 MT / HA / YR

- **Perennial Crops**
  1-26 MT / HA / YR

- **Agroforestry**
  3-41 MT / HA / YR

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Regenerative Agriculture develops out of the living system of connection between humans and their ecosystem through agriculture. Like living systems, Regenerative Agriculture will evolve and grow.

This definition is a starting point. We invite a global conversation to continue developing and improving it so we can effectively reverse climate change and regenerate the planet.