

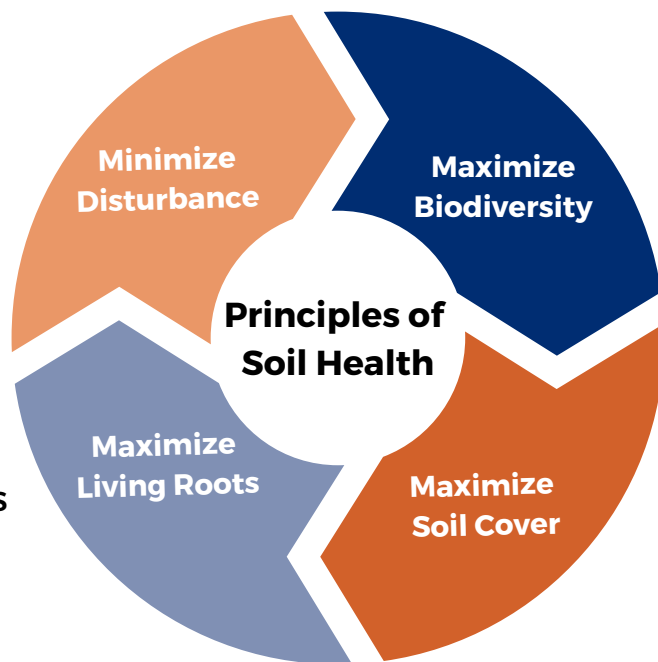
# Soil Science!

Learn about the science of soil and its impact on nutrient density in our food and overall ecosystem sustainability!

## What is Soil Health?

Soil health is a critical aspect of sustainable agriculture and human health. Soil health is defined as the **continued capacity of soil to function as a vital living ecosystem that sustains plants, animals, and humans**. Soil does this by:

- Regulating water
- Sustaining plant and animal life
- Filtering and buffering potential pollutants
- Cycling nutrients
- Providing physical stability and support



## Maintaining Healthy Soil

**Cover crops** are grown for the **protection and enhancement** of soil quality rather than for direct consumption. These crops including, **legumes, grasses, and other green plants**, play a crucial role in sustainable agriculture. By covering the soil, they help prevent erosion, improve water retention, and suppress weeds. Additionally, cover crops can add organic matter to the soil as they decompose, enriching it with **essential nutrients** and fostering a healthy ecosystem for future crops!

## Soil Health and Nutrient Density

**Soil health and nutrients** in crops are intrinsically linked, as soil vitality directly impacts the quality and yield of agricultural produce. Rich, nutrient-dense soil provides essential minerals and organic matter that crops need to thrive, resulting in healthier and more robust plants. Preserving **healthy soil** prevents drops in the average **level of calcium, iron, vitamins A and C, and potassium** in the plants. This improves the **nutritional content** of the food we consume, contributing to better overall health!



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