On the Road to Sustainable Agriculture:

Suggestions FOR farmers BY farmers on ways to improve…

Nutrient Management	Water Conservation	Biodiversity	Emissions	Image	Profit Margins	Sustainability	Animal Health	Yield

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1) COMPOST & MANURE
"I have been able to reduce my costs on fertilizer through a liquid and solid manure system from my cows."

2) NO OR LOW TILL

"Good soil increases biodiversity which helps create chemical-free food for plants."
"No tillage practices, or minimal till, can increase the amount of organic matter."

3) CROP ROTATION & INTERCROPPING
"I have a mixture of 30% legumes, which makes it unnecessary to use fertilizer."

4) REDUCED CHEMICAL DEPENDENCE
"Recently many of my workers have been getting sick from years of spraying…I might be talking organic more often."

5) FOCUS ON LOCAL SALES
"We are handicapping people and animals by purchasing from overseas."

6) HEDGEROWS
"We've seen great benefit to farmers who choose specific hedgerow species that attract pollinators and increase biodiversity and crop yields."

7) RIPARIAN MANAGEMENT & WOODLOT CONSERVATION
"The woods act as a barrier between our animals and the water. If we didn't do this, we would see far more algae in the water, and this is not good for anyone."

8) RAINWATER COLLECTION & LOW-VOLUME IRRIGATION
"I have a retention pond on my property and it supplies me with much of my water needs for the season… A drip irrigation system significantly reduces the amount of water you need to irrigate your field."

9) GRASS FED & REGULAR ANIMAL CARE
"I spend time with my animals and I know that they are healthy… It is really nice to know that my animals are happy, but I also spend less on medications and truly believe I have a better selection of heifers."

10) MARKETING/BRANDING YOUR BEST PRACTICES
"My farm's name is my brand and is known beyond the region."
"Why don't you start marketing milk "from cows that are well cared for"?"

(Reynen et al., 2010)