

# Day 28: Mobilize

Team Name: Eco Express

Username: Kristenay

Email: [kristenyang02@gmail.com](mailto:kristenyang02@gmail.com)

School: Jericho High School



# **The Solution: Regenerative Farming**

Regenerative agriculture is an old practice that allows the field to grow naturally, and keeps the soil fertile. It includes no tillage of the crops, growing of diverse cover crops, crop rotations, and no pesticide spraying. This causes carbon rich soil, which causes microbes to cause healthier plants, better water retention, and pest resistant crops.

I am actually already familiar with this solution (see next slide) and know the results of this method. I feel like this is a brilliant way to rejuvenate our soil and grow healthier crops. It helps the environment, and ultimately it helps us!



# Polyface Farms- An Example of Sustainable Farming

Polyface farms is a working example of sustainable farming. They grow a variety of grazing plants, such as red clover, fescue, foxtail, timothy, lupines, bluegrass, and orchardgrass, which the animals eat. It is all organic, and no hormones are injected.

They also rotate their animals, so each day a new pasture is grazed on. They move the cows first, so they get their pick of the grasses, then cycle the chickens so they can eat all the grubs that they enjoy. The chicken coop is movable and dubbed "The Eggmobile." Polyface farms also grows many different crops to ensure variety, and use chicken guts from the chickens they kill in order to fertilize the grass.

It doesn't stop in the winter, either. Fermented cow bedding is mixed in with corn as a tasty meal for pigs, which aerate the pile. The pile turns into fertilizer, which is then used on the fields as a natural way to fertilize the soil! (PICTURES ON NEXT SLIDE)





**The “Pigerator!”**



**The Chicken Mobile ^**

**<< Fresh humanely killed  
chicken**

# Social Media



<< Post

Caption >>



eco.express

Following

eco.express Regenerative agriculture is an old practice that allows the field to grow naturally, and keeps the soil fertile. It includes no tillage of the crops, growing of diverse cover crops, crop rotations, and no pesticide spraying. This causes carbon rich soil, which causes microbes to cause healthier plants, better water retention, and pest resistant crops. For an example on this, check out Polyface Farms! They incorporate both plants and animals into their farming system, which keeps the land fertile and the animals healthy. They even kill their animals humanely!

-

-

#turninggreenorg @projectdrawdown  
@sambazon #PGC2017 #sustainablefarming