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What can I do?

As I mentioned previously, my dad has a garden back in his home town and he visits it every weekend. This weekend I will be joining him to analyze the soil. But before we do, I have asked some questions about his farming and gardening methods:

1. Have you ever used organic fertilizers?

No, I haven't really! How do you do that?
(I will be explaining it later)

2. How much have you tilled already? Do you do it often?

No, we actually avoid tilling, I read somewhere that it was harmful to the soil and therefore harmful to the crops and plants.

3. What about Pesticides or Herbicides?

Yeah, we do use them; however, I figured that because they are basically chemicals, we avoid using too much of them.

1. I realized that there is a lot of uncovered spaces here, is it always like that? Are you familiar with the damage that it causes?

Yes, it has always been like that, mostly because we focus on our main crops, I never saw the point of filling the other spaces. We only remove the weed and other harmful plants and that is it.

Well, when you leave these spaces uncovered during the winter or other non-growing seasons, you are putting the good soil at risk.

2. Are you open to try regenerative agriculture for the next farming season?

Yes, sure. Why not? But you might need to elaborate a little more.

Following this, I introduced my dad to regenerative farming and how the process works. He actually liked the idea of agroforestry. He said that in addition to the helping the climate, I think it looks very pretty and healthy.

I am also familiar to the neighboring farmers, so I will be introducing these methods and facts with them as well, and encourage them to do the same as my dad.

I particularly know that one of the farmers has been going through a rough harvest season and everybody knows that it is because of the damaged soil. So, I want to take a look at his garden too. Moreover, the last time I visited his garden, I vividly remember that he was constantly tilling, so I'm guessing that is one of the main causes of this.

I will mostly focus on this community of farmers and encourage them to follow regenerative agriculture. The reason why most people don't try regenerative agriculture is because they don't know about it!

What I found:

Technically, most of the process is connected.

- 1) When we use fertilizers, we are killing the beneficial organisms under the ground, or when we till, we are ruining their habitats; these microorganisms break down the carbon in the soil, and when they are gone, the soil is at risk.
- 2) Leaving soil uncovered (without any vegetation) during the winter and non-growing seasons, means we are putting the soil at risk.
- 3) We should avoid monoculture, meaning that we should diversify our crops and plant various types of our vegetables.
- 4) If you don't want it in your body, don't put it in your food, is a great reason to avoid using chemicals for the growth of our crops.
- 5) The main reason why a lot of people don't use agroforestry and regenerative agriculture techniques is because they don't know about it. **So, educating others is key!**

Caption:



If you don't want it in your body don't put it in your food, if you don't want it in your food then don't put it your soil. A healthy soil stores the carbon inside and the microorganisms beneath can break it down. There is a whole ecosystem beneath our feet and we don't even realize it. So, complete your own soil quest and let's work to save or soil, food, water, and planet. #PGC2023 @turninggreenorg @kisstheground @captainplanetfdn @soilhealthacademy

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