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**Reflecting back on which aspects I can apply locally:**

- Healthy soils typically have a good amount of organic matter, which improves soil structure, water retention, and microbial activity. I can apply this concept locally by incorporating organic materials like compost, mulch, and cover crops into my gardening or farming practices. These additions not only enhance soil fertility but also promote a thriving ecosystem of beneficial microorganisms.
- Crop rotation and cover cropping are sustainable practices that help maintain soil health by reducing the risk of nutrient depletion and disease buildup. Implementing these strategies locally can lead to improved soil conditions and higher agricultural productivity. Crop rotation involves changing the type of crops planted in a specific area each season, while cover cropping involves planting specific cover crops during non-production periods to protect and enrich the soil.
- The adoption of no-till practices can promote community engagement and knowledge sharing. Local farmers and gardeners can learn from one another, share experiences, and collectively work toward more sustainable and environmentally friendly agricultural practices.

**Three interesting findings from my quest:**


1. Soil from overgrown fields has a lot of roots, parts of plants, worms, and other creatures. It's also dark and a little wet. This soil is healthy. The soil from organized fields is lighter in color and doesn't have a lot of roots or creatures in it. It's also dry. This soil is not that healthy.
2. Scientists have estimated that soil is home to about a third of all of Earth's living organisms. One tablespoon of healthy soil has more individual living organisms than the total number of humans on Earth!
3. The carbon cycle is a fundamental natural process that plays a crucial role in regulating the Earth's climate and supporting life on our planet.


**A photo that encapsulates healthy soil on Instagram:**

<https://www.instagram.com/p/CySDC--seG0/>

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sjonnie\_sensei Healthy soil often contains worms and other soil-dwelling organisms. Worms, such as earthworms, are considered indicators of good soil health. They play a crucial role in improving soil structure, aeration, and nutrient cycling. Their presence is a sign of a well-balanced and fertile soil ecosystem. Worms help break down organic matter, making nutrients more accessible to plants, and their burrowing activity enhances soil porosity and drainage. So, when you see worms in your soil, it's generally a positive sign that your soil is in good condition for plant growth.

Image credits: eco farming daily

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