

# Regenerative practices



Association for  
**Sustainable Agriculture  
& Food in Poland**



Applying regenerative practices in agriculture:

- ✓ **helps prevent climate change**
- ✓ **reduces farm sensitivity to the effects of climate change**



## Regenerative practices

are all agricultural practices aimed at recreating nature's cycles, improving soil fertility and water status, increasing biodiversity and reducing greenhouse gas emissions



## Sustainable agriculture

refers to all activities reducing the environmental impact of agriculture while retaining its profitability and securing its societal acceptance

## Regenerative practices:



**precise use of production means** such as fertilizers, plant protection products, machines or seeds



**prudent soil management** and no tillage



**covering soil with vegetation all year round** by adding cover crops to crop rotation



**biodiversity development** in the field, its outskirts and the entire farm



**appropriate use of the terrain around the farm**, e.g. exclusion of permanent wetland areas from cultivation



[sustainableagriculture.pl](https://sustainableagriculture.pl)

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## Benefits of using regenerative practices:



**reduction of greenhouse gas emissions** by optimizing production processes and increasing CO<sub>2</sub> sequestration in soil



**higher yields** as a result of improved soil health, due to an increase in soil organic matter



**improvement of the competitive position of the farm** by meeting the climate protection requirements of the EU policy and the food industry



**additional source of income** for the farmer thanks to carbon credits



**Koalicja  
Klimatyczna**



EUROPEAN CARBON  
**FARMERS**