

# HEART & SOIL

ISSUE 12

MAGAZINE

*Food  
Forests*

*Observe  
Nature*

*Asian  
Greens*

*Healthy  
Soil*

## *Sprouted in* **Regeneration**

**ZERO WASTE FARMING  
INDIGENOUS-LED  
REGENERATION**

**Discovering  
Biodynamics**

**WHAT  
FEEDS US**

**Meet  
REFEED  
FARMS**

**AGROFORESTRY  
JMS JADAM**

# HEART & SOIL MAGAZINE

ISSUE 12 SPROUTED IN REGENERATION

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ReFeed Farms. Made in partnership with The Greater Vancouver Food Bank, Rich&Jay Creative and Dear Friend Productions.

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# IS YOUR SOIL HEALTHY?

What every farmer wants to know...

**By Marisa Flannery, Soil Scientist**



**D**etermining the health of your soil can be tricky, and on top of that, lab results can be complicated and take weeks to get back to you.

It's important to know what's happening in your soil so you know how to properly feed your soil microbial life. Feeding soil microbes is crucial as they build soil structure – helping to mitigate drought and flooding risk

and play a huge role in nutrient cycling and acquisition. When you feed the soil ecosystem – from microbes to earthworms to mammals – that's when you achieve the healthiest soil. A healthy soil is integral for a healthy ecosystem.

The microBIOMETER® soil test was created to combat those challenges. This rapid, easy-to-use, on-site soil test will show you how much fungi and bacteria are living in your soil and the amount of carbon contained within those fungi and bacteria. We interviewed a few farmers and farming consultants and asked how they use the microBIOMETER® to benefit their clients and their farms.

For over two decades, Jim Pingrey has been a resource and consultant for California farmers. He is currently consulting for farmland predominantly made up of almond trees but include various other nuts and grains. Throughout the years, his goal has been to increase beneficial soil biology and monitor progression. However, he did minimal soil biology testing and monitoring due to the high cost of frequent lab testing. This changed once he began using the microBIOMETER® a little over two years ago. He's grateful he can now obtain a fungal to bacterial ratio and be able to test inoculant or fertilizer application efficiency in a quick, accurate, and consistent manner.

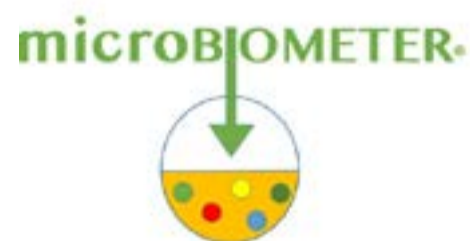
Citrus farmer Herb Young owns a high-density farm located in southern Georgia. Herb's goal is to produce high quality, nutrient-dense citrus using purely regenerative growing practices. Within the last 2 years of starting his grove, he



previously used several other popular soil tests to help him compare different treatment applications but found they quickly became cost prohibitive. This led him to search for a more rapid and economically feasible method of measuring microbial life and the progress of his production practices. While he hasn't been using the microBIOMETER® for very long, he was able to quantify a starting point by doing some initial testing throughout his 6-acre farm. Throughout the upcoming seasons, Herb plans to use the microBIOMETER® in multiple trials to make quantifiable measurements between different organic treatments and regenerative farming practices.

Bronwyn Holm is a syntropic farming consultant working with a 10-acre organic farm based in Queensland, Australia. They grow everything under the sun, and their main goal has been to provide quality, organically certified produce to surrounding farmers' markets. Though it wasn't ideal, Bronwyn used to frequently have their soil tested from semi-local academia-based labs, as that was the only available option. However, after learning about the microBIOMETER®, she's been able to consistently test their soil once a month for the past two years and track the seasonal fluctuations of microbial life. Since her first use of the microBIOMETER®, Bronwyn has been a strong advocate - so much that she promotes it to local farmers! She fell in love with its ease of service, the hand-in-glove reality of it, and the fact that it shows instant results - which is always a bonus for her clients.

The microBIOMETER® is currently being used by hundreds of different types of growers, consultants, and researchers around the world to help determine their soil's health. And the microBIOMETER® can help you get there.



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LIGHT

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