



The basis of regenerative agriculture is soil health.

Each farm is unique in its soil type, family situation and location, so there is no recipe for soil health. Each farm will develop its own way of changing. However, simple steps can be a useful guide in helping you adopt a change and, if followed, will lead to success.

### **Bananas and other tree crops**

1. Mulch your trees – ensure your ground is covered with living or dead materials
2. Understand and address soil constraints
3. Reduce the herbicides
4. Use your interrow to grow something
5. Reduce disturbance
6. Stimulate the crop-soil system
7. Balance and target your fertilisers – develop a nutrient management plan tailored to your farm

#### **Some references:**

Holligan, E., Cook, S., Poggio, M. and Rattray, D. (2017)

Economic assessment of best management practices for banana growing, Report to the Department of Environment and Heritage Protection through funding from the Reef Water Quality Science Program, RP140B Technical Report. Department of Agriculture and Fisheries (DAF) and the Department of Natural Resources and Mines (DNRM), Queensland.

Pattison, Tony. <https://abgc.org.au/2019/04/18/wanted-dead-or-alive-ground-covers/>  
<http://soilquality.org.au/videos>

This is primarily supporting the grains industry, but the basic principles are the same for all crops.

<http://soilquality.org.au/factsheets/soil-nitrogen-supply>