

One Oak Farm

Regenerative Farming Principles

Overview for Context: In brief, **Regenerative Agriculture** recognizes the degradation of soil, farmland, and food systems and seeks to address these issues through building healthy soils and resilient and just food pathways.

Learn More:

- <https://regenerationinternational.org/why-regenerative-agriculture/>
-

Importance to the Umstead: In addition to being important to me and part of my personal farming philosophy, sustainable and regenerative agriculture perfectly aligns with the Umstead's vision and commitment to sustainability, nature, and wellness. The way that we farm at One Oak Farm focuses on building healthy soil for healthier food which means healthier people. More and more people are buying organic and looking to source their produce from locally-owned and operated farms and businesses. The Umstead and Herons stand out in their respective industries and the farm is part of that uniqueness.

Possible Website Additions:

Good food begins with good soil. One Oak Farm practices a regenerative farming approach, focusing on building healthy and resilient soils to better nourish the land we steward and the guests we serve.

Our Sustainable Practices:

- **No-Till:** 'Tilling' refers to the disruption and turning over of soil, often by a tractor or other mechanical means, to fight weeds and prepare a field for planting. This also directly and indirectly depletes soil nutrients and harms soil biology. At One Oak Farm we choose a 'No-Till' approach, choosing to build our soil with as minimal a disturbance as possible. Weeds are pulled by hand, plants are cut out at the soil level (leaving roots intact), compost is layered on the tops of beds, and permanent mulched pathways are used to keep growing beds undisturbed.
- **Crop Rotation:** Plants and soil communicate, often exchanging nutrients to better support one another. Some plants, like tomatoes and corn, are 'heavy feeders', taking more nutrients from the soil than they replenish. Other plants, like peas and buckwheat, can be used as 'soil builders', replenishing the soil with nutrients. At One Oak Farm we "rotate crops" so that the same crop is not grown in the same location year after year, allowing time for 'soil building' crops to help replenish soil nutrients. In addition, this also confuses pests and diseases, which often live in soil and target specific plants. All of this adds up to healthier soils and less human input. Through crop rotation, less fertilizer and pest control is needed.
- **Organic Amendments:** When fertilizer is needed, One Oak Farm follows organic practices. All of our fertilizers are OMRI listed (organic approved), created from natural processes and naturally occurring minerals, and feed our soil slowly and intentionally, without running off into nearby water sources.
- **Beneficial Plants and Insects:** At One Oak Farm we practice 'polyculture' which means we grow a variety of different plants together in the same soil or near one another. This helps to balance nutrient and water demands on our soil while also attracting pollinators like bees to our

food-producing crops. In addition, we use beautiful flowers, herbs, and native plant species to attract beneficial insects to our farm. These insects, like ladybugs and lacewings, feed on pests which may otherwise damage or destroy crops.

At its core, Regenerative Farming is a philosophy rooted in nature and natural processes, which aligns perfectly with The Umstead's sustainability initiatives. One Oak Farm is committed to building healthy soils and producing nutrient-dense foods for this generation and the next.