

Human Gut

Six Principles of ~~Soil~~ Health

SOIL MICROBIOME

HUMAN GUT MICROBIOME



1 CONTEXT

Consider the context of your **own farm**, i.e. standard operations, environmental conditions, etc.

Consider the context of your **own body**, diet, nutrition, health, and wellbeing.



2 MINIMIZE SOIL DISTURBANCE

Minimize tillage to keep soil aggregates together which have the capacity to infiltrate, filter, and store water.

Minimize or "WEED" out gut disturbances to maintain a healthy gut microbiome which has the capacity to improve digestion and absorption



3 ARMOR YOUR SOIL

Keep the soil covered to protect it from the elements and moderate temperatures.

Armor your gut - "**SEED**" it with **prebiotics and probiotics** for extra protection from disturbances.



4 PLANT DIVERSITY

Use a **diverse rotation of cover crops** for added plant, wildlife, and biological diversity.

Consistently "**FEED**" your gut **diverse sources of prebiotics and probiotics**. Supercharge nutrient diversity with nutrient density.



5 KEEP A LIVING ROOT

Keep a living root in the soil as long as possible to feed the soil biology, thus feeding the plants.

Keep a living root in your gut when you can - "**FEED**" it **real, fresh food**. Nutrients are at peak density when the produce is harvested.



6 INTEGRATE LIVESTOCK

When **livestock graze on plants**, photosynthesis increases and supplies nutrients for regrowth.

Animals are the only species that provide **essential amino acids** not found in plant proteins. Amino acids are the building blocks that support all functions of the body.

Jolene Carlson, MS, MEd, Licensed Nutritionist, adapted from *Principles of Soil Health* (Minnesota Soil Health Coalition, 2023)
Designed by Kelly Bloedorn, MS (Basil's Harvest, 2025)

