Healthy Food Starts with Healthy Soil

The healthier the soil, the healthier—and tastier—the fruits and veggies. Makes perfect sense, doesn’t it?

But healthy soil isn’t a given.

Every year, more than 25 billion tons of fertile soil across the world are lost due to erosion. And the use of chemical fertilizers and pesticides has continued to grow over the years, degrading 33% of the soil worldwide by destroying its natural nutrients. Unhealthy soil means that the nutritional value of many fruits and vegetables has been dropping.

Here in the South Sound, folks are working together to change this!

The livelihoods of our local farmers depend on excellent stewardship of the soil. There are many local resources readily available to help backyard gardeners and farmers learn how to compost, manage pests and diseases with alternatives to pesticides and herbicides, and assure that the soil is healthy so they can grow the best produce possible and keep our land, our food, and our families healthy!
Learn How To Boost Soil Health!

WSU Extension
Through its diverse programs, WSU Extension improves the sustainability of agriculture and food systems in Washington State and leads efforts in sustainable agriculture, food, and natural resource systems that are economically viable, environmentally sound, and socially responsible. extension.wsu.edu

WSU Extension - Master Gardener Foundation
The foundation raises funds for and awareness of the WSU Master Gardener and the Master Recycler Composter Programs. They offer composting workshops at demonstration gardens in Closed Loop Park, Dirt Works, and the Olympia Farmers Market. mgftc.org

Conservation Districts
Washington conservation districts can assist with erosion control, habitat restoration, manure management, wildfire prevention/mitigation, stormwater management, forest plans, irrigation efficiency, noxious weed control, fish barrier removals, livestock stream crossings, and more! thurstoncd.com

Washington Organics Recycling Council
The WORC provides professional composting courses, coordinates workshops on composting food waste, and advocates for improved soil quality through compost application. compostwashington.org

ssfoodsystemnetwork.org