



The Growing Green Series

A Healthier Environment, One Meal at a Time

SOIL PROTECTION CROPS

Feeding our Soil for Better Food

Who We Are

Pennsylvania crop producers and vegetable farmers often use soil protection crops in their fields. These farms grow crops used to prepare food products found in grocery stores as well as to provide feed for their livestock. The vegetable farmers sell produce on farm, at market or through various distributors.

What Have We Done

On a farm, healthy soil translates to a healthy and bountiful crop. Farmers work to feed and nourish the soil by planting soil protection crops. Soil protection crops are planted in fields after a crop has been harvested or where the quality of the soil needs to be improved. These plantings nourish the soil and their roots hold the soil in place when the winter snows melt and the spring rains arrive.



When and Where We Did It

Farmers experiencing soil loss through wind or water erosion often search for options to help keep the soil in place. As early as the first season, farmers may notice that not only is their soil staying in place but the soil quality has improved, enabling them to grow more crops. Each year farmers select cover crops that will help the soil by increasing soil fertility and water holding capacity.



Cover crops growing in our fields



Crimping cover crops to prepare to plant our next crop

Why You Should Care

Farmers believe that the care of land and water contributes to the care and safety of your family. When you buy from farmers using soil protection crops, you are helping us to do our part to make clean, healthy food available to you without harm to the environment.



Fresh and locally produced food is better for our local economy and environment.



Fresh food is healthier for kids of all ages.



As a result of the improvements described here, the waterways that run through these farms are cleaner, benefitting everyone downstream.



Wildlife neighbors appreciate the cleaner waterways even more than you do!

Capital RC&D's Growing Green Series promotes local farms that produce fresh, high quality, healthy foods using farm practices that keep our water clean and our families healthy.

