ENCORE: Leyla Weighs In: From Soil Health to Food Security—The Role of Regenerative Agriculture

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The Importance of Regenerative Agriculture: Nutritionist Leyla Muedin discusses the concept of regenerative agriculture in response to a listener’s question. She explains how regenerative agriculture goes beyond organic practices by enhancing soil quality and promoting a healthier ecosystem. Leyla covers various methods such as composting, crop rotation, and water management, emphasizing the importance of soil health in producing nutrient-dense food and combating global warming. She also highlights the economic advantages of regenerative practices and encourages listeners to support local farmers engaged in sustainable agriculture.