

Livestock Series: Building your Farm on a Strong Foundation

Session I: The Foundation

Thank you for joining us for the first session in this series. See below for the main points, for ATTRA resources to help you deepen your learning, and contact information for the teachers. Please join us for the next session on November 11, where we learn more about grazing and about how to plan, and for the third session on November 18, "Choosing Livestock for Your Farm."

Soil health principles

- Keep the soil covered year-round
- Increase diversity of plants, microbes, insects, birds
- Minimize soil disturbance
- Maintain living roots in the soil year round
- Integration of livestock (and adaptive grazing)

Grazing Management 101

- Grazing is good—but not too short and not too often
- Maintain adequate residual after grazing
- Watch rest and recovery time
- Don't do the same thing all the time (disruption)

Regenerative, Adaptive Grazing Principles

The Principle of Compounding – our actions result in a series of compounding and cascading events that are either positive or negative.

The Principle of Diversity – highly diverse and complex pastures create positive compounding effects.

The Principle of Disruption – planned, purposeful disruptions build resilient systems with more vigor and diversity and create positive compounding effects.

Allen Williams, PhD

Resources for Digging Deeper into Soil Health and Regenerative Grazing

[Building Healthy Pasture Soils](#)

[Nutrient Cycling in Pastures](#)

[Adaptive Grazing – You Can Do It](#)

[Soil for Water](#)

[Soil Health Indicators and Tests](#)

[ATTRA Regenerative Grazing webpages](#)

[ATTRA Soil Health webpages](#)



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Meet the Teachers

Contact your presenters for one-one-one assistance:

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Topics taught in this session:

Session Coordinator



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Topics taught in this session: Adaptive Grazing Principles



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Topics taught in this session: Soil Health Principles



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Topics taught in this session: Forage Management 101



Adaptive grazing is goal-oriented, focuses on stock density and not stocking rate, and is necessarily flexible. Rotations, grazing-residue heights, rest periods, and grazing seasonality are never the same throughout the year. Adaptive grazing uses frequent movement and adequate pasture rest for plant root-system recovery, and is highly reliant on temporary fencing.

Allen Williams, 2016.

