

# Restoring the soil

## A vital element for biodiversity

The soil is a **living and complex system** that hosts approximately 25% of the planet's biodiversity. It directly or indirectly provides 95% of the food we eat.

### Organic matter

Fungi help to **break down** organic matter in soil, balancing carbon and nutrients.

### Healthy crops

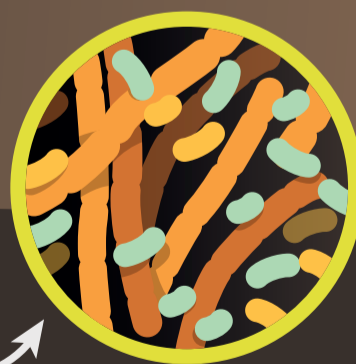
Some insects are essential **pollinators for crops**, while others also act as **natural composters** and **recycle nutrients** in soil.

### Nutrients

Some nematodes are beneficial as they **interact with plants**, contribute to **nutrient cycles**, and control harmful **pests**, ultimately promoting soil biodiversity and improving crop productivity.

### Soil structure

Microorganisms improve this structure by **creating channels** for air and water **flow**. They also provide nutrients the plants need to **grow** and reduce the need for synthetic pesticides and chemicals.



### How can we help our soils?

- 1 Encouraging farmers to **monitor soil health** on their farms.
- 2 Reducing **chemical** product **usage**.
- 3 **Stopping deforestation** and planting more trees.
- 4 Implementing **crop rotations**.
- 5 **Minimizing soil compaction** from livestock and machinery.

