WHAT IS REGENERATIVE AGRICULTURE?

INTERNATIONAL COTTON ADVISORY COMMITTEE

FACT SHEET

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Definition

Regenerative Agriculture (RA) is a holistic system of farming practices that restore and enhance soil health, strengthen ecosystem services, and build resilience to climate change. Unlike prescriptive approaches, RA is outcome-based: it adapts to local soils, climates, and farm conditions to achieve sustainable productivity. RA is continuous improvement as farm resources and opportunities expand.

Key Farm Practices

Minimize Soil Disturbance:	Maintain Soil Cover:	Grow Diverse Crops:
Reducing or eliminating tillage preserves soil structure, prevents erosion, and lowers fuel and equipment costs.	Using cover crops, crop residues, or multi-cropping shields soil from heat, wind, and water loss.	Rotations and intercropping break pest and disease cycles, improve nutrient cycling, and support stable farm income.

Why it Matters

Healthy soils

- store more water, and organic matter, building climate mitigation and resilience from droughts and floods.

Resilient crops

- develop stronger root systems that enhance soil water and nutrient access.

Biodiversity in the soil and crops

- supports natural pest control, nutrient efficiency and multiple harvests.

Economic sustainability

- follows from lower purchased inputs and productivity that is more diverse and stable

Regenerative Agriculture in cotton builds soil health to ensure profitable, resilient, and environmentally beneficial cotton production for generations to come.