



INTERNATIONAL
COTTON
ADVISORY
COMMITTEE

GROW DIVERSE CROPS

FACT SHEET

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Environmental and Economic Performance of Cotton Production (SEEP)

Key Farm Practice

Growing diverse crops is the foundation of resilience in Regenerative Agriculture. It emulates the success of natural plant diversity, where mixed species stands are more resistant to stress and better use available resources.

Benefits of Crop Diversity

- Disrupts pest and disease cycles.
- Adds fibrous roots and organic matter.
- Enhances soil fertility and nutrient cycling.
- Provides economic stability when weather or markets fluctuate.
- Improves environmental quality by reducing excess nitrogen in water or air.

Additional Diversity Tools

- Cover crops introduce more plant species (grasses, legumes, mustards).
- Interseeding before cotton harvest accelerates both the next crop and cotton harvest with boll opening and firmer soils.

Diverse cropping builds healthier soils, stabilizes farm income, and strengthens cotton's role in resilient, climate-smart agricultural systems.



In Cotton Systems

- Diversity is most easily achieved through crop rotation.
- Cotton is ideally suited for rotation because it enhances weed control and suppresses diseases in rotational crops.
- Cotton benefits from prior crops that add residue or nitrogen and uses leftover soil nitrogen efficiently, reducing pollution risks.

