



Soil: Building Resilience and Strength

By Dave Phillips
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You know how sometimes we have “ah-ha” moment? One of mine appeared a couple years ago after I received the results of a soil test from garden beds. The profile illustrated not only the macro components, calcium, nitrogen, phosphorus and sulfur, but also the micro-nutrients, which include iron, manganese, zinc, magnesium, copper, selenium and more.

At this point, I thought to myself....hmmm? Isn't that the basic profile of a multi-vitamin supplement? Sure enough, an almost perfect match.

This led me down the tangled path of research to decipher what has deteriorated our food supply that now requires a supplemental approach to reap the health benefits. The sobering conclusion was that due to industrial use of monocultures, our soils have been neglected and depleted of their innate power to maintain and sustain our fundamental health and immune systems.

In the fall of 2018 I attended a soil and health conference in Massachusetts sponsored by the Bio Nutrient Food Association. This devoted group of farmers and soil/health advocates, led by Dan Kittredge, started to attract other community groups countrywide. This grassroots movement's mission is to find out how we can reverse the deterioration of our environment and its inhabitants' wellbeing

through proper management and regeneration of our most precious gift: our soil. I belong to The Westchester County chapter of the **BFA. This chapter includes gardeners, landscapers and professional farmers. Due to their involvement, there are now particular strategies being implemented to grow nutrient-dense food in gardens and farmland. The Bronxville Giving Garden has also implemented these strategies. It's time for us to take better care of our beloved universe and regain control of our health through her blanket of soil!

Dave Phillips is a member of the Bronxville Green Committee; since the inception of the Bronxville Giving Garden he has played an essential role in its design, construction, and maintenance.