



Regenerative Agriculture: Strengthening Food Security Through Sustainable Farming Practices

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Agriculture remains fundamental to global food security, rural livelihoods, and economic development. However, the sector faces growing challenges arising from climate change, declining soil fertility, biodiversity loss, and unsustainable farming practices. Intensive agricultural production has increased food supplies over the past decades, yet it has also contributed to soil degradation, water pollution, and ecosystem imbalance. These concerns highlight the need for farming systems that sustain productivity while protecting natural resources. Regenerative agriculture has emerged as a promising approach that seeks to restore ecological health, improve farm resilience, and support long-term food security. Rather than focusing solely on maximizing yields, regenerative agriculture integrates environmental stewardship with agricultural productivity to ensure that farming systems remain sustainable for future generations.

Regenerative agriculture encompasses a range of farming practices designed to improve soil health, enhance biodiversity, strengthen ecosystem services, and increase resilience against environmental stresses. Common practices include reduced tillage, crop rotation, cover cropping, compost application, agroforestry, and the integration of livestock into crop production systems. These practices aim to restore natural ecological processes while maintaining economically viable agricultural production. Newton et al. (2020) explained that regenerative agriculture is best understood through both the farming practices it promotes and the ecological outcomes it seeks to achieve, particularly healthier soils, improved biodiversity, and sustainable food production. As interest in regenerative farming continues to expand globally, researchers also recognize the need for consistent frameworks to evaluate its environmental, social, and economic impacts. Jayasinghe et al. (2023) noted that although regenerative agriculture is increasingly adopted worldwide, differences in definitions and assessment approaches remain a challenge for comparing outcomes across agricultural systems.

Healthy soil serves as the foundation of productive and sustainable agriculture. Years of intensive cultivation, excessive tillage, monocropping, and overreliance on synthetic fertilizers have contributed to declining soil quality in many farming regions. Soil degradation reduces nutrient availability, weakens water retention, and diminishes the biological activity necessary for healthy crop growth. Regenerative agriculture addresses these problems by increasing soil organic matter, encouraging beneficial microorganisms, and improving soil structure. According to Schreefel et al. (2020), restoring soil health strengthens ecosystem functions, enhances nutrient cycling, improves water infiltration, and increases agricultural resilience to drought and other climate-related stresses. Healthier soils also support greater biodiversity while reducing dependence on costly agricultural inputs.



Climate change has further emphasized the importance of sustainable farming systems. Rising temperatures, prolonged droughts, unpredictable rainfall, floods, and stronger storms continue to threaten agricultural productivity worldwide. Farming systems characterized by degraded soils are particularly vulnerable to these environmental changes. Regenerative practices improve resilience by enhancing soil water-holding capacity, reducing erosion, and supporting more stable crop production under variable climatic conditions. Furthermore, improved soil management contributes to carbon sequestration, allowing agriculture to play an important role in climate change mitigation. Rai et al. (2025) highlighted that regenerative agriculture demonstrates considerable potential for improving environmental sustainability while supporting climate adaptation, although continued scientific evaluation remains necessary to understand its long-term ecological and economic outcomes across diverse farming contexts.

Food security depends not only on increasing agricultural production but also on protecting the natural resources that sustain farming. Productive soils, clean water, healthy ecosystems, and resilient agricultural landscapes are essential for ensuring a stable food supply for growing populations. The Food and Agriculture Organization (FAO, 2022) emphasized that transforming agrifood systems requires sustainable agricultural practices that improve productivity while conserving natural resources, strengthening resilience, and supporting rural livelihoods. By restoring degraded farmland and improving ecosystem services, regenerative agriculture enables farming communities to produce nutritious food while reducing dependence on external chemical inputs. These benefits are particularly important for smallholder farmers, whose livelihoods are often most vulnerable to environmental degradation and climate variability.

Despite its many advantages, the widespread adoption of regenerative agriculture faces several challenges. Transitioning from conventional farming systems requires technical knowledge, financial investment, supportive government policies, and access to extension services. Farmers may initially encounter uncertainty regarding productivity, profitability, or the effectiveness of unfamiliar farming practices. Educational institutions, research organizations, and agricultural extension agencies therefore play essential roles in supporting farmers through scientific research, demonstration farms, technical training, and knowledge-sharing initiatives. Continued collaboration among researchers, policymakers, and farming communities will help ensure that regenerative agriculture is adapted to local environmental conditions while remaining economically viable.

In conclusion, regenerative agriculture represents an important pathway toward strengthening food security while protecting environmental resources. By restoring soil health, enhancing biodiversity, improving climate resilience, and promoting sustainable agricultural production, regenerative farming contributes to the long-term sustainability of food systems. Although implementation challenges remain, scientific research, farmer education, supportive policies, and collaborative innovation provide strong foundations for expanding regenerative agricultural practices. As global agriculture confronts increasing environmental pressures, regenerative agriculture offers a practical and science-based framework for achieving productive, resilient, and environmentally responsible farming systems capable of sustaining both present and future generations.



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ARTICLE DETAILS

STL-0000023; Received: June 9, 2026; Accepted: June 12, 2026; Published: June 15, 2026

CITATION

Sali, Benhar S. (2026). *Regenerative Agriculture: Strengthening Food Security Through Sustainable Farming Practices*. *Sci-Tech Lens: Essays and Reviews*. DOI: 10.64591/f0dsw069

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