Native Farm to School
A Project of First Nations Development Institute

HEALTH SOILS, HEALTHY NATIVE COMMUNITIES
Good nutrition is crucial. Native school-aged children battle social and health issues such as poor nutrition, childhood obesity, and minimal nutritional knowledge. Education can provide various ways fruits and vegetables are essential components of the diet and give the human body antioxidants, energy, fiber, minerals, and vitamins. Healthy produce begins with healthy soil. Growing healthy soil allows for a healthy garden and community. It’s as easy as adding compost and other organic amendments to your soil. Compost is the dark, earthy material naturally produced by decaying plants and animal waste. This mix of living and dead organic matter supports an intricate web of soil life, which in turn keeps your soil loose, moisture-holding, fertile, and well-drained.

Soil Analysis reveals several things like nutrient content, composition, fertility, or the soil’s expected growth potential, which shows nutrient deficiencies. It can also detect potential toxicities from excessive fertility and inhibitions from the presence of non-essential trace minerals and other characteristics such as acidity or pH level. To achieve successful soil analysis, follow the steps below.

1. **PREPARATION FOR SOIL COLLECTION**

   Be sure to clean the tools used to collect the soil sample thoroughly. (e.g., trowel, bucket, soil spade, garden shovel, and soil probe)

2. **SOIL COLLECTION**

   In the planting area, dig a minimum of 5 holes 6 to 8 inches deep. Collect samples from different regions that will be growing similar plants.

   **SAMPLE PATTERN**

   Take a 1/2-inch slice along the side of a hole and place it in the bucket. Repeat this process for all spots.

   Mix the soil in the bucket and spread on a newspaper to dry out. Collect a pint for a sample.
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**SOIL SAMPLE SUBMISSION**

After mixing samples, remove 1 pint of soil per area. Place this sample in a clean and labeled container. Next, download and fill out a Chain of Custody form from iaslabs.com. Once complete, ship your soil collection to a testing lab for analysis.

**SOIL ANALYSIS RESULTS**

Once soil analysis is complete, the laboratory will provide a Soil Analysis Report.

**RECORD KEEPING**

Soil Analysis Reports are a part of record keeping. We recommend re-sampling every three years and creating a chart of what is planted yearly to compare Soil Analysis.
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