

On the occasion of International Compost Awareness Week 2021,
please join us for

PREPARING ^{the} GROUND for **HEALTHY SOIL**

Webinar #5: Soil Health, Plant Health, and Human Health

Date: May 5th Time: 7:00 PM CST (one hour in duration)

No Fee • Advance Registration Required

In the first four webinars, we investigated:

- the *soil food web* – the tiny soil creatures that deliver many benefits;
- *soil structure*, one of the most important of these benefits;
- *soil and climate* – how healthy soils can slow climate change;
- *Composting and vermicomposting* – how you can support your tiny workforce with food and garden scraps.

In this webinar, the fifth and final in the series, you will learn how soil health, plant health, and human health are intricately and vitally connected. The expression “you are what you eat” is more apt than ever, as the science illuminating the parallels between the soil food web and the human gut microbiome grows larger and more exciting every day.

Join us and learn what “nutrient density” means, why it is important for you and your family, and how it is another of the myriad of benefits delivered by our invisible work force in the soil. And here is a hint: all health has a lot to do with diversity.

REGISTER **HERE** FOR THE MAY 5th Webinar

For more information, please visit **www.compost.org** or email: **info@compost.org**



The soil connects us all. Not just we humans, but all life on earth.

Through plants and their roots, air that is breathed and exhaled,
water that seeps into the soil from rain and snow,
and the organic matter that is returned to the soil,
living connections are made and sustained.

Twenty-five percent of the world's species live in the soil.
They clean our water, feed the plants that feed us and calm our climate.
Like us, they need food, water, air and shelter.

When we add compost to the soil,
we give them what they need to keep their world and ours going.