



# FARMER LED, FARMER DRIVEN

**East Lothian**

Carbon from every angle

11th June 2024



# Carbon From Every Angle



## Stuart McNicol, Monitor Farmer

Stuart shared some of the changes he's made recently including a Nitrogen Use Efficiency project the Monitor Farm has been running throughout the summer.

This project aims to assess the influence of ploughing versus direct drilling on nitrogen uptake efficiency in spring barley. Through soil sampling, nutrient planning, plant tissue testing, yield analysis, and grain nitrogen sampling, we seek to understand the agronomic implications of tillage practices on nitrogen utilisation throughout the crop cycle. .



## Dr Ken Loades, James Hutton Institute (JHI)

Next up was Dr. Ken Loades from the James Hutton Institute, who broke down what soil carbon actually is and why it matters.

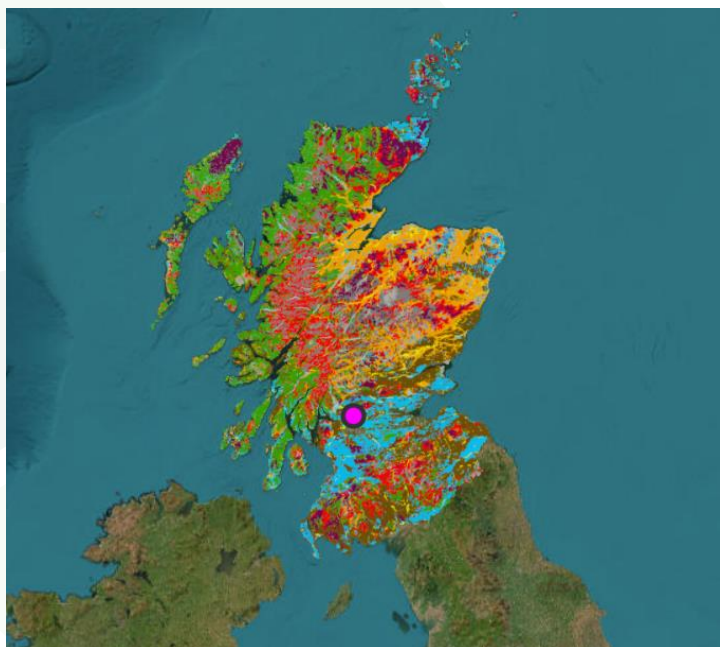
- Soil carbon is basically organic matter in the soil that's crucial for healthy crops and retaining water.
- Keeping soil carbon levels healthy not only helps our crops but also benefits the environment by locking away carbon.
- Look at multiple soil health indicators, healthy soils have the most carbon storage potential.

Find out more about Soil Carbon from the British Society of Soil Science [click here](#).

**You can also use SoilFinder designed by the JHI which allows you to**

- Compare your soil to national averages calculated from the Scottish Soils Database
- Find out what soil type is in your area.
- Discover the differences in soil characteristics between cultivated and uncultivated soils
- Examine a range of key indicators of soil quality

[Click here to use SoilFinder online.](#)





### Kitty Grubb, Agreena

Kitty Grubb from Agreena talked about how farmers can earn carbon credits by switching to more regenerative farming practices. AgreenaCarbon is the largest soil carbon programme in Europe, helping farmers adopt practices that are positive for soil health while generating carbon credits. Kitty explained that traditional farming methods can damage the soil, but by moving towards regenerative practices, we can improve soil health and get paid for the carbon we capture.

To find out more about Agreena [click here](https://www.agreena.co.uk).

### Alix Ritchie, Farmstrong Scotland

Alix Ritchie from Farmstrong Scotland led a session focused on farmer wellbeing, introducing the "5 Ways to Wellbeing" – Connect, Take Notice, Give, Keep Learning, and Be Active. She encouraged us to think about how we keep our own wellbeing 'bank account' full, whether that's through swimming, playing football, or just being part of the farming community. Alix reminded us that by simply attending meetings like this one, we're already ticking off a few of these wellbeing boxes, which is crucial in our busy lives.



#### CONNECT

**Talk & listen,  
be there,  
feel connected**

**1.**

Making friends and spending time with your mates makes a big difference to how you feel. Even when life is busy, try and make it a priority. When you do, the rewards will be huge.

#### TAKE NOTICE

**Remember the  
simple things  
that give you joy**

**2.**

Take notice of the small things in life that make you happy. Each day take a few moments to stop and think about what's most important to you, and what you have that you really appreciate.

#### Give

**Your time,  
your words,  
your presence**

**3.**

When you give to others, not only do they benefit, but it also makes you feel a lot happier. Consider the ways you can give back to the people around you, and don't forget about yourself too.

#### KEEP LEARNING

**Embrace new  
experiences, see  
opportunities,  
surprise yourself**

**4.**

Being curious and learning about all sorts of things on or off the farm will help you farm and craft smarter. At whatever age, learning new things, keeps your thinking open and flexible.

#### BE ACTIVE

**Do what you  
can, enjoy  
what you do,  
move your mood**

**5.**

Keeping active is a great way to feel good. Working up a sweat releases endorphins in your system that make you feel fresher and better able to cope with challenges.

## Joe Ritchie

UNDO Carbon introduced us to Enhanced Rock Weathering (ERW), a natural process they've sped up to capture carbon.

By crushing silicate rock into a fine powder and spreading it on fields, this process locks away CO<sub>2</sub> and enriches the soil with nutrients. The team explained the difference between atmospheric carbon and soil carbon.

[Click Here](#) to find out more about UNDO.



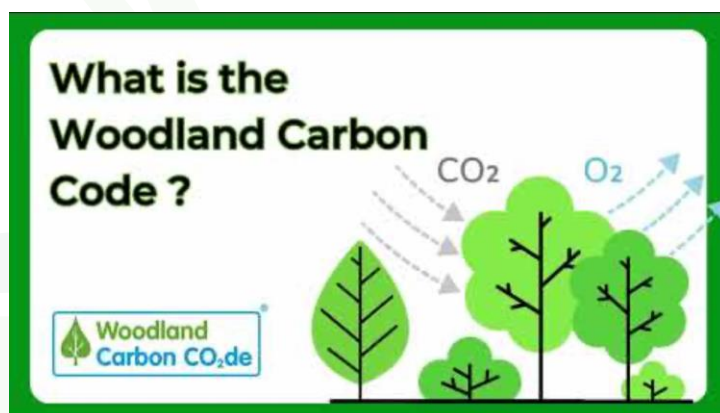
## Will Chadwick & Ben Quarcoo, Scottish Forestry

Will and Ben from Scottish Forestry talked about the role of trees in capturing carbon and how farmers can get involved.

Trees are great at absorbing CO<sub>2</sub> and storing it, making them a natural solution for carbon capture.

Scottish Forestry offers free Farm Woodland Assessments for farmers within the Central Scotland Green Network, helping us explore how trees can fit into our land management plans. Applications for this are open until December 20, 2024.

[Click here](#) to take you direct to the application page



Scottish  
Forestry  
Coilltearachd  
na h-Alba



**MONITOR  
FARM**  
Scotland

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