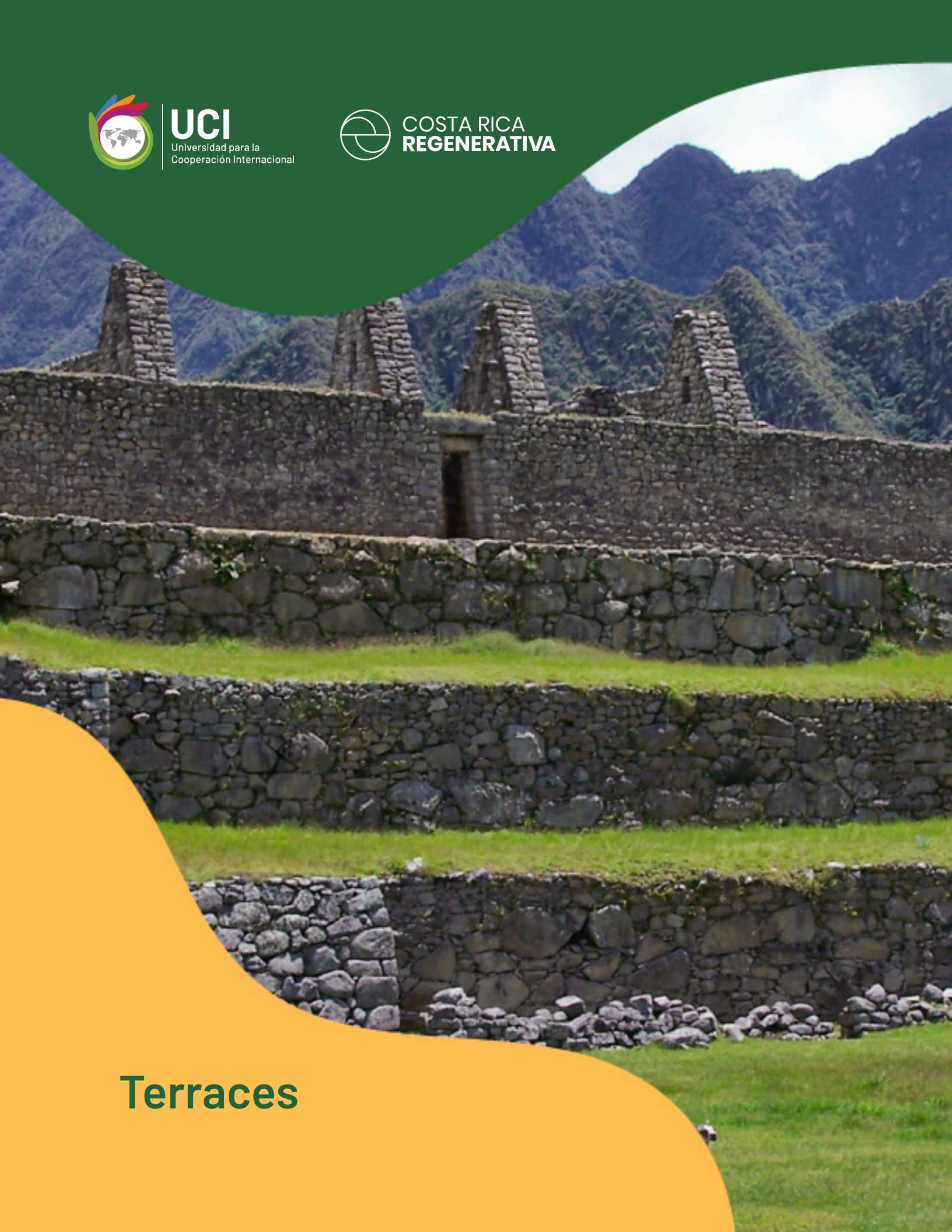




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**COSTA RICA
REGENERATIVA**



Terraces

Stone Terraces



If you are going to make several terraces, start at the lowest part of the slope.

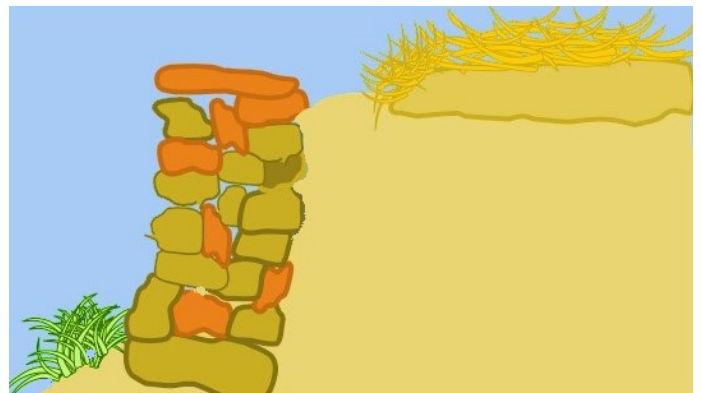
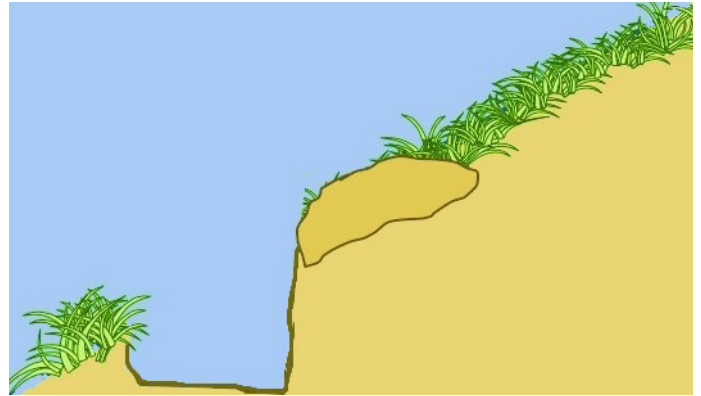
For stone terraces, they begin by making a trench about 25 centimeters deep.

The land that is taken out from there is put behind it since it will form the era in which the crops will be planted.

The stones with which the wall will be formed are placed inside the trench: stones of different shapes and sizes. The height of the wall will be equal to twice the width of its base.

The base will remain inside the trench, and will rest a little against the wall, which will give it stability.

The wall should be a little higher than the land behind it, where a threshing floor could be made. Once the era is finished, apply biochar (if you have it) and then organic mulch. And it will be ready to be cultivated.





We invite you to watch this video to expand your knowledge about the construction of stone terraces: <https://www.youtube.com/watch?v=Rawt14mNXJE>

Vetiver Terraces

If the slope is gentle, the terraces can be made with vetiver grass. Vetiver roots penetrate deep, binding and retaining the soil. As it develops, the vetiver becomes bushy and, although it retains water, a little of it can still flow through the bush, but without dragging the soil.

Vetiver can be sown directly in moist soil, but if the climate is dry, it is best to sow it first in paper pots so that it develops roots, and then transplant it to the terrace.



To build the vetiver terraces:

1. After identifying the gently sloping area you want to cultivate, mark with stakes where the vetiver rows will be planted following the contour of the land.
2. Plant the seedlings with a distance of 10 centimeters between plants and 180 centimeters between rows. In less than a year the plants will have grown so much that there will no longer be spaces between them.

The best time to make these terraces is at the beginning of the rainy season.

3. When the plants are well established, the beds are made between the furrows. In vetiver terraces it does not matter whether you start making the beds at the lowest or highest part.

4. The trench for the threshing floor is made 10 centimeters in front of the furrow that is highest, forming the threshing floor between this one and the next one (with the measurements and following all the steps already recommended).

The following illustration shows the measurements of the threshing floor that you could make between two vetiver terraces.



Stone terraces illustrations: Mel Landers. Vetiver Terrace: Mel Landers and Claudio Escorcía.

