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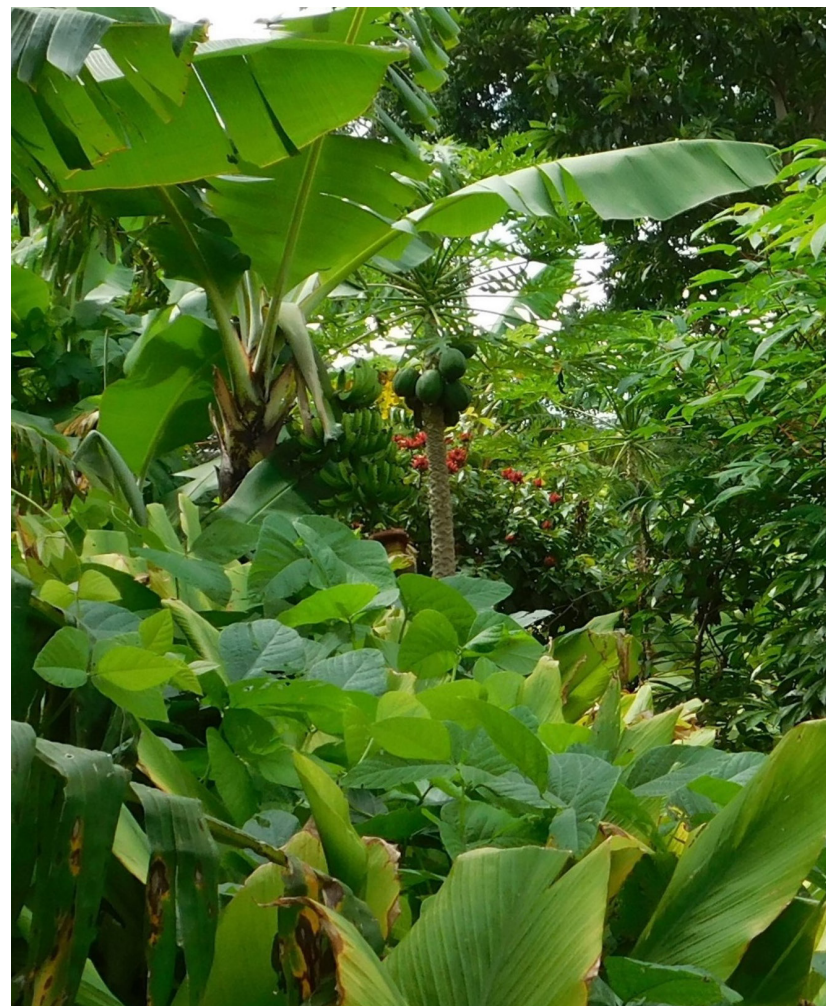
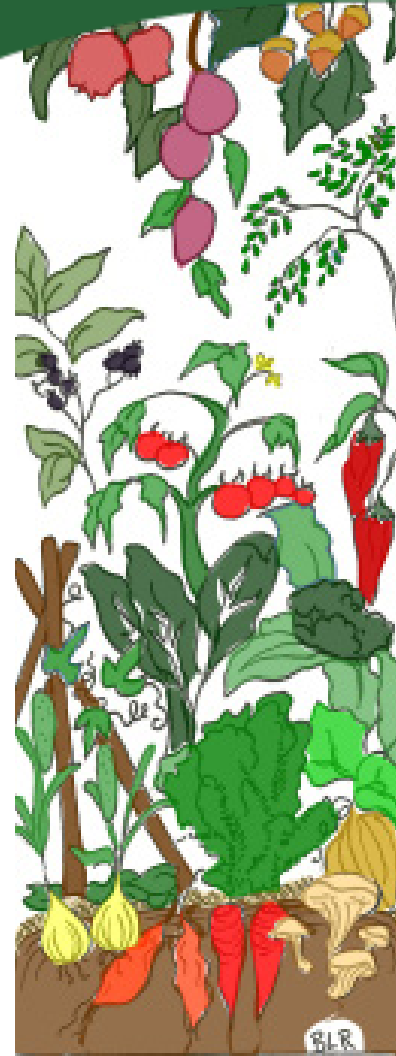
**COSTA RICA
REGENERATIVA**



Crop diversification

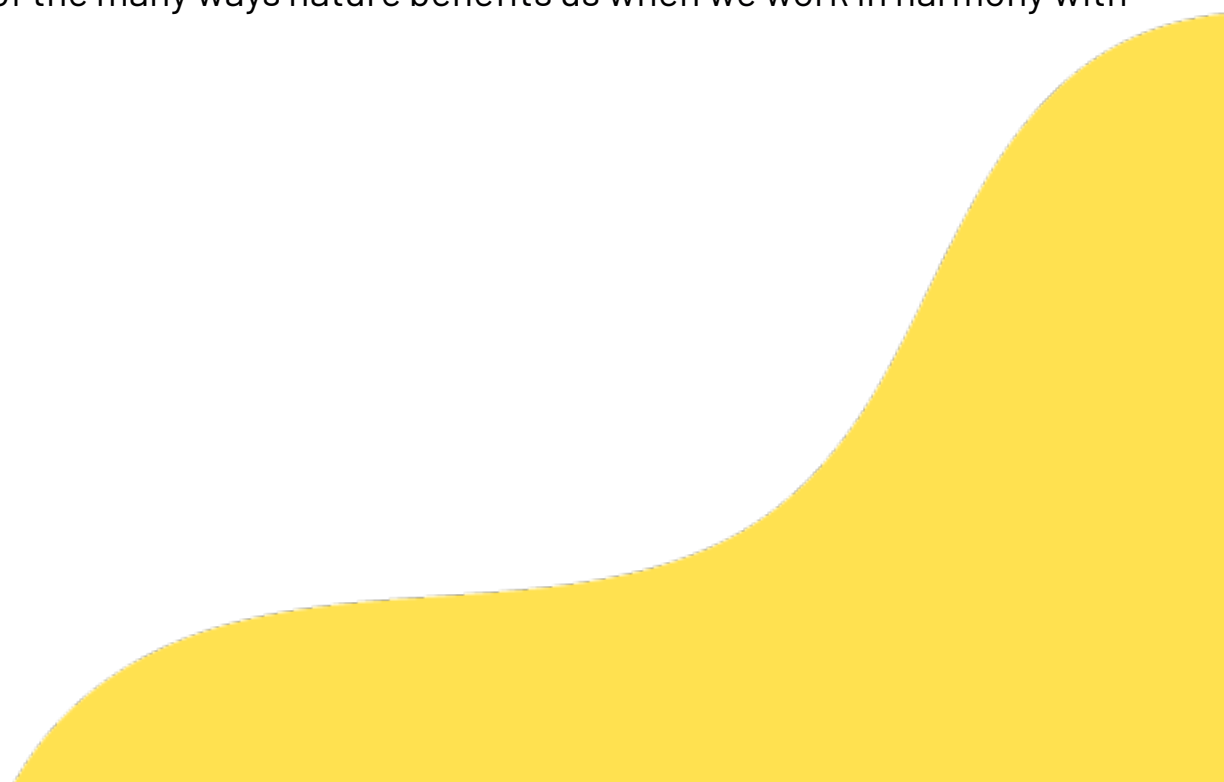
Indigenous farmers and small producers have been the traditional guardians of the diversity of species and crop varieties that allow us to continue producing food despite the loss of species caused by climate change and the displacement of agricultural communities.

Diversification that imitates natural ecosystems, where many types of plants grow side by side in the same space, is what could help to regenerate soils. Many smallholder farmers in different parts of the world still practice diversification as a livelihood strategy.



One of the advantages is that different crops make use of nutrients from different levels of the soil, since some have roots that reach deeper. They extract nutrients there and leave shallow nutrients available for other crops.

Diversification or planting polycultures is a strategy that offers many benefits to families:

- A varied and more nutritious diet.
 - Having more products to sell provides a greater capacity to recover from productive losses or drops in the price of main crops (economic resilience).
 - A lower risk of losses due to drought or excess rainfall. Productive losses can be catastrophic for families that barely grow crops to survive, especially if they only grow monocultures.
 - It helps to distribute the workload, since different crops are planted and harvested at different times.
 - Since production costs are distributed among several crops grown on the same site, the cost per crop is reduced.
 - Polycultures have the potential to generate higher yields than monocultures, which is important for small properties, but also for medium and large farms.
 - For all these reasons, polycultures are usually more profitable than monocultures.
 - Crop diversity also contributes to increasing the biodiversity of large organisms and microorganisms under the soil, as well as animal and plant species above the soil; mainly those that are beneficial for productive systems and ecosystems.
 - Diversification is also a regenerative strategy for pest and disease control. In the image we can see a caterpillar that is feeding on the tomato plant, but it has been parasitized by wasp eggs.
 - That's just one of the many ways nature benefits us when we work in harmony with her.
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We invite you to watch the video "Crop Diversification": <https://www.youtube.com/watch?v=71XAwVB2uPU>

And read the article "Crop Diversification: a more than necessary practice." Of Ximena Rojo Brizue.

<https://www.casafe.org/diversificacion-de-cultivos-una-practica-mas-que-necesaria/>