

# Soil Health Assessment: Suggested Resources

## Lab and/or Third-Party Tests:

**SOM & General Soil Tests:** NOFA recommended lab: Logan Labs, using Bionutrient Food Association package: <https://bionutrient.org/site/soil-test>

**Cornell Comprehensive Assessment of Soil Health:** Nutrient analysis, SOM, exchangeable carbon, bulk density, and soil respiration. Gives a soil health score: <http://soilhealth.cals.cornell.edu>

**Haney Test:** Weak organic acid (plant H3A) nutrient analysis, water-extractable N and C, Solvita soil respiration. Based on these figures a soil health score is given. [www.wardlab.com/haney-info.php](http://www.wardlab.com/haney-info.php)

**NOFA Soil Carbon Proxy Tests:** Available in MA, nine field tests for soil health including aggregate stability, soil respiration, compaction, bulk density, average root depth and more. <https://www.nofamass.org/soil-carbon-testing>

**NRCS Soil Quality Indicators/ Assessment:** An overview of various soil health indicator and assessment models: [www.nrcs.usda.gov/wps/portal/nrcs/main/soils/health/assessment/](http://www.nrcs.usda.gov/wps/portal/nrcs/main/soils/health/assessment/)

## Farmer Soil Health Self-Assessment / Field Tests:

**NOFA/Mass Soil Health Grower's Manual Growers' Protocols:** Do it yourself methods for tracking soil health, with data sheets and guide to interpreting your results. [www.nofamass.org/sites/default/files/GrowerCarbonPTestManualV.4.pdf](http://www.nofamass.org/sites/default/files/GrowerCarbonPTestManualV.4.pdf)

**NRCS Soil Quality Indicator Sheets:** Twenty soil health indicator sheets providing overview, context and instructions for how to conduct tests, many of which can be done on-farm with simple tools: [www.nrcs.usda.gov/wps/portal/nrcs/detail/soils/health/assessment/?cid=stelprdb1237387](http://www.nrcs.usda.gov/wps/portal/nrcs/detail/soils/health/assessment/?cid=stelprdb1237387)

## **Basic Recordkeeping for Soil Health:**

- Top soil depth (Dig a hole, see where soil color lightens to subsoil, and record depth)
- Days in living cover: Record # of days each field has a living plant canopy

