

INTRODUCTION

The increase in world's population and the need to meet its food requirements are creating pressing and urgent issues for agricultural and agroforestry ecosystems.

 What are ecosystem services?

Ecosystem services are the benefits that humans obtain, directly or indirectly, from natural ecosystems. These services include **provisioning services** like food and water, **regulating services** such as climate regulation and disease control, **supporting services** like nutrient cycling and soil formation, and **cultural services** that provide recreational, aesthetic, and spiritual benefits.

While some authors propose enhancing the effectiveness of agricultural technologies like biotechnology and precision farming, others argue that the disparity in food production and ecosystem preservation, along with social equity, can only be addressed through the application of more sustainable socioecological agroecosystems.

The implementation of agroecological practices can successfully respond to these two crucial action strategies.

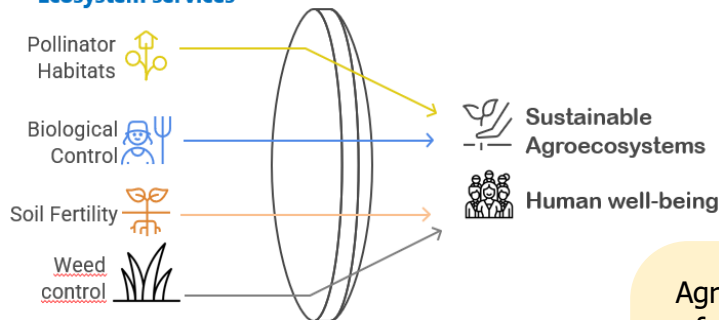
Why? Agroecology is an approach to farming that works with natural processes and plays a crucial role in maintaining and enhancing these ecosystem services by integrating socioecological principles into agricultural practices, ultimately benefiting both the environment and human well-being.

Some examples of agroecological practices' benefits:

Examples of agroecological practices

maintenance of hedgerows
crop rotation
green manuring
crop diversification
composting
mulching
cover crops

Examples of provided Ecosystem services



KEY TAKEAWAY

Agroecology is a holistic approach to farming that enhances ecosystem services, supports biodiversity, builds climate resilience, and promotes sustainable agriculture, offering a path **towards more sustainable and resilient food systems**.

