



Soil Savers in Southern Sunlands: Maize Farmers and Sustainable Conservation Practices

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Abstract

This review examines a book that explores sustainable soil conservation practices among maize farmers in southern Mozambique. The study employed qualitative interviews and participatory workshops with local farmers to document sustainable conservation practices. Farmers reported a significant increase in maize yields by 20% after adopting recommended soil management techniques. The book underscores the importance of farmer-led initiatives for enhancing soil health, which can contribute to food security and environmental sustainability. Local governments should support farmers with training and resources to adopt sustainable practices, emphasising community-based approaches.

Keywords: *Southern Africa, Soil Conservation, Participatory Research, Sustainable Agriculture, Maize Farming, Land Degradation, Community-Based Interventions*

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