

## **Wise Choices**

First in *Wise Choices*, we are told that we are soil. They don't mean that we're actually made of clay, but that the nutrients in our bodies are the same ones that plants harvest from the soil. After that, they discuss how we can “get soil savvy” by learning how to properly use soil. Then there is an example of how humans have messed up soil, by putting water-retaining soils from a river into the parks of Washington DC. They are now having to put different soils in because the wet soil was killing the cherry trees in the park. Another thing we do wrong is dumping garbage into wetlands, filling in areas that could be cleaning our water supply, and farming the soil in fields by plowing it until it loses all its nutrients. One smart thing we can do is fertilizing naturally, with compost and without chemicals. Lastly, we learn how to restore soil fertility, by fertilizing plants and slowly increasing the health of the soil.