Production & Management of Crop Residues, Healthy Roots & Cover Crops (i.e., increased Organic Matter accumulation) will result in:
- Improved Soil Tilth (good aeration & drainage)
- Increased Infiltration (no runoff)
- Higher Water Holding Capacity
- Increased & Sustained Biological Activity, Diversity & Nutrient Cycling
- Higher Yields and Crop Quality
- Cooler Soil Temperatures (i.e., increased water use efficiency & better crop growth)
- Water Stable Soil Aggregates (i.e., reduced water & wind erosion potential)
- Reduced Fuel Costs & Save Time
- And many more benefits (e.g., resource sustainability)

Soil Health Agricultural soils are a dynamic & living ecosystem that needs high-end management to achieve sustainability

Excessive Cultivation (i.e., causes Organic Matter levels to decline) will result in:
- Poor Soil Tilth (decreased aeration and drainage)
- Decreased Infiltration (forms soil crust; compaction)
- Reduced Water Holding Capacity (increased soil bulk density; high soil surface evaporation losses)
- Reduced Biological Activity, Diversity & Nutrient Cycling (decomposition of organic matter is primarily by bacteria)
- Hotter Soil Temperatures (decreased water use efficiency & reduced biological activity)
- Poor Soil Aggregate Stability (increased water & wind erosion potential)
- Higher Fuel Costs & Time required
- Lower Soil Organic Matter leads to poor Soil Health & a myriad of other problems

Agronomy Tech Note 76 (http://www.nm.ncrs.usda.gov/technical/handbooks/iwm/nmiwm.html)