



Submission Lab# (Lab Use Only)

1. Fill all fields if possible
2. Print two copies of this form. Save one for your records. Place the second copy into a plastic bag and send it with the samples.
3. Pack the samples well inside a cardboard box.
4. You can send an excel file of this form via email (carashl@telus.net)
5. Ship samples immediately to the lab; ensure that the samples will arrive at the lab during regular business hours.
6. Allow 3-4 weeks for results.

### IMPORTANT Information:

Please check the [CARA-Soil Health sampling protocol](#) before taking your samples. Each sample should be bagged individually in a medium plastic (Ziploc) bag. Label each bag properly with its Field Unit ID\*. Double bag your samples if it is necessary. Several individual sample bags can be placed in a larger plastic bag. When temperatures are warm, you may need to include an ice pack(s) with the samples. All samples should be kept cool (4 °C) if they are not sent to the lab right after they have been collected.

Soil Chemical Indicators will be evaluated at the chosen commercial Lab (price will be added to each package separately). See Note on Page 2 for more information.

First & Last Name			Email Address:		Complete address			Payment Included		
Farm name/Organization			Phone #:					Check <input type="checkbox"/>		
			Fax #:					Please Invoice <input type="checkbox"/>		
SAMPLE #	Field Unit ID* or Unique Sample Name (as written on sample bag)	DATE SAMPLED (mm/dd/ yy)	Legal Land Description Required	Lab Assessment Package (see page 2 for packages) Chemistry: Yes/No	Management: Chemfallow, no till, use of herbicide, use of Biological admendments, etc	Soil depth (inch)	2023 Crop (with Chem)	Crop History		
								2020	2021	2022
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

Mail or Courier Samples to: CARA Soil Heath Lab.  
Highway 41 E  
P.O. Box 690,  
Oyen, Alberta, T0J 2J0

Email: [carashl@telus.net](mailto:carashl@telus.net)

[illegible]

**NOTE:**

If Soil Penetrometer, Infiltration and/or Bulk Density information for each field are available, please record them using the CARA' Soil Health Infield Data Sheet found here. [www.CaraSoilHealthLab.ca](http://www.CaraSoilHealthLab.ca)

For the Benchmark to be completed with all the soil health indicators, in addition to the on-site assessments, the soil chemical properties should be also assessed. If you have done any soil evaluations within the last 3 years, please send a copy of your reports to enable us to complete your soil health benchmark assessment. Crops and yields information for those years is also valuable.