



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"/>
	Project:		Please Invoice <input type="checkbox"/>

SAMPLE#	Field Unit ID*or Unique Sample Name <small>(as written on sample bag)</small>	DATE SAMPLED <small>(mm/dd/ yy)</small>	Legal Land Description <small>Required</small>	Lab Assessment Package <small>(see page 2 for packages)</small>	Chemistry: <small>Yes/No</small>	Soil depth <small>(inch)</small>	Desired Crop <small>(with Chem)</small>	Crop History		
								2 yrs ago	last year	current year
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										

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

Email: carashl@telus.net



2024 CARA SHLab Assessment Price Information

Tell us your Field Soil Story + Management: Chemfallow, no till, use of herbicide, use of Biological admendments, etc

Package	Description	Recommended for	Sample Size	Cost
Benchmark	Basic-SFW & PHYBIO See below	1 st step for baseline assessment. Monitoring fields or management areas	4 cups	\$210 (Still a good deal). Discount will be available for special projects
Basic-SFW	Total Fungi & Total Bacteria, Protozoa and Nematode Functional Groups	Annual monitoring of fields or management areas Compost, Compost Tea, Compost Extract	1-2 cups soil or compost/ 200 ml liquid	\$ 140
PHY_BIO	Soil Texture, Active Carbon, Wet Aggregate Stability, Soil Respiration, TOC, TC, TN C:N Ratio	Annual monitoring of fields or management areas, as well as for Carbon sequestration	1-2 cups for soil	\$100
Individual Indicator	Active and/or Total Fungi, Active and/or Total Bacteria, Protozoa and Nematode Functional Groups, Spores and/or Root Mycorrhizal colonization, Soil Microbial Respiration, Active Carbon, Texture, C:N Ratio TOC, TC, TN	Annual monitoring of fields or management areas for specific soil health constraints after the field has been assess for baseline parameters (Benchmark PKG), monitoring Carbon sequestration	1-2 cups	Refer to 2023 CARASHLab Assessment Package price for individual pricing
CHEM (Fertility) Custom Request	Minerals (N,P,K, etc.), pH, EC, complete soil fertility. Any other soil test such as: Soil Total nutrients, Plant material digestions, NH4, NO3, Potential Mineralized N (PMN), Total soil Minerals, Total Plant minerals, others	Annual or periodic monitoring of fields or management practices	1-2 cups (can be taken from sample submitted if other packages listed above are chosen)	\$60 plus (depending on tests as well as chosen lab). Please call for more information

* Please add 5% GST to all packages and individual sampling orders

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

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 are also valuable.