

**A Challenge to all Growers:**  
step up to fully fertile soil and higher quality food

# Nutrient-Dense Crop Production Principles & Practices

**Five Classes with Dan Kittredge**

professional organic farmer & Director, Real Food Campaign

This course teaches innovative, reliable methods & materials based on soil biology, natural minerals and energy dynamics to produce fully nutritious food to nurture healthy humans



Five 1-day Classes

**9:30am – 4:30pm**

First: **Sunday, October 24, 2010**

the rest: **January 16, March 20, May 22, July 17**

## Hawthorne Valley Farm

Ghent, Columbia County, New York

[www.hawthornevalleyfarm.org](http://www.hawthornevalleyfarm.org)



Cost: **\$300 per person**  
includes 5 classes  
twice monthly newsletter  
comprehensive soil test & consultation

**For farmers growers and gardeners of any type  
to learn proven methods and current research,  
and to go step-by-step through the processes  
that yield optimum crop health and sustainable production**

FOR INFORMATION  
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"Agriculture... is our wisest pursuit  
because it will contribute most to real  
wealth, good morals and happiness."

—Thomas Jefferson  
to George Washington, 1787

**REAL FOOD**  
*Campaign*



## Nutrient Dense Crop Production Introduction to the 2011 Course

### Purpose: 21<sup>st</sup> Century Farming & Food

To teach participants to apply innovative principles and reliable practices of Biological Agriculture to soil stewardship and plant growth management to produce crops with optimum energy and nutrients to feed healthier animals and humans.

### Nutrient-Density: What is it?

In 1940, the USDA began to publish measured nutrient levels in food. This data reveals that minerals have declined 30 to 70% in 70 years. Yet, methods and materials of Biological Agriculture can reliably grow food with superior nutritional content—with all

the minerals, trace elements, vitamins, enzymes, anti-oxidants, and other nutrients essential for optimum health.

“**Nutrient-Dense**” defines farm produce grown by Biological Agriculture principles and practices for maximum growth and optimum health. The goal is to grow food to at least meet USDA 1940 nutrient levels. Smart farmers can consistently grow food to reliably meet that standard.

Nutrient-dense amendments and methods balance soil minerals to create a biological blend of major minerals, with attention to trace elements. This foundation, with careful observation, inoculants, soil drenches and foliar sprays, can sustain high energy and microbial activity to nurse high quality crops in an extended growing season. Crops have better taste, greater density, larger yields, longer shelf life. With optimal conditions, soil and crops are healthy, so insects and diseases disappear.



### Course Description: Community Creation

Course focus is soil minerals and biology, and energy dynamics of photosynthesis and growth. The goal is to revive soil microbiology to stimulate digestion and nutrient cycling, and thus assure maximum nutrient flow for effective crop growth, optimum health and improved yield.

Each session consists of classroom lecture and discussion, followed by demonstrations and practice in the field. Specific topics addressed in each session explore in advance the next season’s cycles of growth and farmwork. October 24 begins with analysis of your soil tests, and discussion of cover crops and soil amendments as ways to build the soil “battery” to power nutrient cycles. A complete course description is sent to all registrants.

Participants are expected ask questions and discuss answers to engage what you already know, and to build on what you already do. Your own observations and insights of interactions among soil, air and plants are the critical data to decide your interventions. In the course of five classes, a gradual immersion occurs to deepen your understanding of soil’s multi-faceted biological community, and to work within this living community. The goal is for you to ask clear questions, have tools to collect data, and implement solutions for issues that arise on your farm.

This course encourages relationships among growers to develop collaboration, information sharing and joint efforts. Our hope is to facilitate a community of nutrient-dense growers who in due time can form organizations to advance this ethical and ecological effort. Cooperative action is needed to educate consumers, cultivate markets, and develop standards and certification for advertising and marketing. A monthly newsletter will foster this network and community.

## THE REAL FOOD CAMPAIGN

- Believes human health can be restored through a renewal of the soil
- Supports the farming community to apply effective soil stewardship principles
- Advocates for nutritious food, and nutritional standards for our food supply



### Dan Kittredge, Director, Real Food Campaign

Son of two prominent Northeast organic farm leaders, Dan has always been an organic farmer. Experience managing organic farms and developing sustainable agriculture connects him to farmers beyond New England across the US to Central America, Russia, India, and Canada. Dan’s passion is to raise food nutrition quality by collaboration with committed growers.

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