



**For EATERS &  
GROWERS:  
Soil is KEY  
to Quality Food**

**A Full Circle Series  
2 Day workshop Jan 19 & Mar 30  
9:30 am - 4:30 pm  
at Studio 353 - 353 West 48 St, (8th & 9th.) 2fl  
New York, NY 10036**

**A practical and philosophical approach to soil management and Nutrient Dense Food**

**Learn innovative and reliable principles and practices for producing nutrient dense food from soil expert and organic farmer Dan Kittredge.**



The learning focus of the courses includes soil biology, mineralogy, and energy dynamics. Each session will consist of classroom style discussion including review of soil test results. Participants are encouraged to interact and form a network of like minded growers and eaters.

The courses will begin with an analysis of participants' soil tests, discussion about cover crops, and recommended soil amendments. These are ways to build the 'battery' of the soil and stimulate its digestive processes to assure maximum potential for effective crop growth and improved yield in the following spring and summer.

Specific forward-looking topics and themes will be addressed and explored, and a gradual immersion will take place as we reach an increasing depth of understanding about the multi-faceted nature of the biological system of the soil and the interaction that takes place between the soil, the air, the plants and our observations and interventions.

**Who is Dan Kittredge?**

An inquisitive second-generation organic farmer, Dan advocates moving beyond organic. He has put together and is popularizing a system for "Bionutrient-Rich Crop Production," often abbreviated as "nutrient-dense farming." Kittredge started his experimenting with nutrient-dense principles on Many Hands Organic Farm in Barre, Massachusetts, where he grew up. Kittredge was spurred to explore the nutrient-dense paradigm after reflecting on the problem of mediocre yields and predictable insect and disease outbreaks on small organic farms.

The Bionutrient Food Association, [bionutrient.org](http://bionutrient.org) started as a project of The Real Food Campaign [realfoodcampaign.org](http://realfoodcampaign.org) whose mission is to empower and educate farmers towards the production of quality food. BFA now has its own non-profit status and advocates for vital soils and nourishing food nationally. Today, Kittredge farms his own 15-acre homestead where he raises grassfed beef, goat, sheep and a full spectrum of vegetables. Practicing what he preaches, he finds it very easy to make good money growing nutrient dense food.

**Principles and Practices to Be Covered**

**Treating for Deficiencies:**

- overview of soil depletion
- causes & options for rebalance
- interpreting soil tests
- composting for fungal or bacterial dominance
- seed vitality and sources
- biological inoculation.

**Principles of Biological Farming:**

- biological symbiosis as ideal mode of feeding
- complete & incomplete compound creation

**Course participants will learn:**

- to 'read' soils and plants
- to identify the growth stages, processes and limitations of plants
- the 'language' plants share with soil and surrounding air

**Participants will receive:**

- monthly e-newsletters to supplement the course presentations.
- answers to FAQs
- timely responses throughout the growing season

- protein synthesis & proteolysis and correlation to post & disease pressure
- management systems & steps to realize potential

**Vital Health in the Field:**

- strategies to address limiting factors before and after they show up
- nutrient drenches & foliar sprays
- testing- conductivity, pH, tissue, weak acid, refractometers & brix measurements
- secondary plant metabolite production as primary insect & disease management strategy
- effecting expansion & fruiting aspects of growth

**Managing Crops Through the Season:**

- observing, understanding and managing plant structure & development
- learning from weeds
- proactive methods of dealing with disease
- crop energetics
- prolonging the harvest

**For more information or for a copy of the Soil Test form:**

**contact : [philipmarshall1313@yahoo.com](mailto:philipmarshall1313@yahoo.com)  
or call 718.441.0246**

**Cost: \$150 - Online Registration  
\$175 - At the door**

**Inquire about barter opportunities for reduced rates.**

**Register at <http://tiny.cc/fcs-soilworkshop2>**

**Full Circle Evenings at Studio 353 (2nd Friday every month)  
Jan 11- Kathy McMahon on finding a way thru the dark  
check her out at: <http://www.peakoilblues.com/>**