

# REAL FOOD Campaign

## Workshop Series 2010/2011



### Where and when??

A series of 5 workshops to be presented at each location.

#### Vermont

Shelburne Farms, Shelburne  
Dec. 4, Mar. 5, Apr. 30, June 25, Aug. 20  
The Mountain School, Vershire  
Dec. 5, Mar. 6, May 1, June 26, Aug. 21

#### New York

Stone Barns Center, Pocantico Hills  
Dec. 18, Mar. 12, May 14, July 16, Sept. 17  
Hawthorne Valley Farm, Ghent  
Jan. 16, Mar. 20, May 22, July 17, Sept. 18

#### Connecticut

White Gate Farm, East Lyme  
Dec. 19, Mar. 13, May 15, July 10, Sept. 11

#### Massachusetts

Simple Gifts Farm, Amherst  
Nov. 20, Feb. 12, May 7, July 9, Sept. 10  
Brix Bounty Farm, Dartmouth  
Jan. 8, Feb. 19, Apr. 16, June 18, Aug. 27  
Jones Farm, Chelmsford  
Jan. 9, Feb. 20, Apr. 17, June 19, Aug. 28

### For who? Why?



#### For you!

- farmers & gardeners -growers of any type & size
- power point presentations combined with Q & A
- drawing on current research and proven methods
- step-by-step process toward optimum soil health and sustained optimum crop yield

*Our goal is to engage with you and to build on what you already know and are doing!*

#### REAL FOOD CAMPAIGN

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# REAL FOOD Campaign

## NUTRIENT DENSE CROP PRODUCTION COURSE Workshop Series 2010/2011

### Starred Workshop Locations:

- Shelburne Farms, Shelburne, VT
- The Mountain School, Vershire, VT
- Hawthorne Valley Farm, Ghent, NY
- Stone Barns Center, Pocantico Hills, NY
- White Gate Farm, East Lyme, CT
- Simple Gifts Farm, Amherst, MA
- Brix Bounty Farm, Dartmouth, MA
- Jones Farm, Chelmsford, MA



### REAL FOOD CAMPAIGN

- Believes human health can be restored through a renewal of the soil
- Supports the farming community in applying effective principles of biological soil stewardship
- Advocates for maximized nutrition in food, and a simple accessible means for determining it

## Course Outline: 5 days 9:30 AM - 4:30 PM

**Session One:** Strong acid soil test analysis; Mineral balancing; Paramagnetic stone; Soil amendments; Seed saving; Seed size and vitality purchasing and planting parameters; Seed sourcing; Fungal or bacterially dominant compost piles; Materials & purposes; Biological inoculation; Root strains; Naisons and potting soil;

**Session Two:** Principles and theory; Water test; Reams anion/cation balancing; Complete/incomplete compound creation; Protein synthesis/teolysis; Periodic table; Mineral levels & ratios needed; Secondary plant metabolites; Biological systems, resonance and transmutation; Infrastructures; Spreaders; Drip systems; Foliar systems; Tillage; Tilling in cover crops; Drip & foliar applications; Crop fertilizers; Transplanting; Conductivity; High conductivity & weed suppression

**Session Three:** Infrastructure; refractometers; Brix press; pH testing; Weak acid soil test; Tissue test; Secondary plant metabolites in insect and disease management; Tainio tools; Water & other energizers; Plant spirits/Devas; Internal communication with geometry of bonding angles and formation of corollary structures

**Session Four:** Crop monitoring; Plant growth analysis & support; Visual symptoms; Plant shape & growth characteristics and corollary mineral and other implications; refractometers; Conductivity; Conductivity of sprays;

**Session Five:** Cover cropping; Strong acid soil test and analysis; Materials and purposes for maintaining whole system energetic; Maintaining plant vitality through season, and understanding shortcomings to address in fall for next season; Integration of principles and experiences for the year

### How Much?

Each 5-session course is \$300 per person. See below for registration information.

*benefits of registration are twice monthly newsletters and comprehensive soil analysis and consultation from Dan Kittredge*

### COURSE REGISTRATION AND PAYMENT BY CREDIT CARD AVAILABLE AT [WWW.REALFOODCAMPAIGN.ORG](http://WWW.REALFOODCAMPAIGN.ORG)

If you prefer to register by mail, please mail the form below with a check made out to **Real Food Campaign** to:

Douglas Williams  
28 Cunningham Pond Road  
Peterborough, NH 03458

Your Name: \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone Number: \_\_\_\_\_

Preferred Course: \_\_\_\_\_

Email Address: \_\_\_\_\_

For further information, phone or email at:  
603-924-7008  
[doug@realfoodcampaign.org](mailto:doug@realfoodcampaign.org)



### Meet RFC Director and Workshop Leader Dan Kittredge

As the son of 2 prominent leaders in the organic farming movement, Dan has been an organic farmer since childhood.

His experience managing organic farms and developing sustainable agriculture techniques has connected him to farmers in Central America, Russia and India and the United States.

Dan is passionate about raising the quality of nutrition in our food supply through collaboration with committed stakeholders, like you and all who eat food.

### **BONUS!!!!** Additional Benefits of this year's course:

Sessions will include a comprehensive soil test analysis and twice-monthly e-newsletters with helpful information & guidance, such as:

- Calendar with year-round prompts for actions that integrate different practices for ideal results
- Plant concoctions and sprays to facilitate specific growth and development attributes
- Charts; graphs; audio links to presentations; articles & supplementary reading options; answers to FAQs