

Nutrient-Dense Production 2010 Grower Workshops

led by **Dan Kittredge**

Director, Real Food Campaign

An organic farmer since 1984, former Executive Director of *Remineralize the Earth*, **Dan Kittredge** has spoken at conferences and taught workshops across the US.

This workshop series gives farmers and gardeners all the information, techniques, tools, and support necessary to produce cutting-edge, maximum quality, optimum vitality crops in the Northeast. These workshops draw on cutting-edge research and long-proven techniques to build the ideal soil environment for crop growth and production. This series also takes growers step-by-step through the principles, practices and materials to optimize crop health and growth.

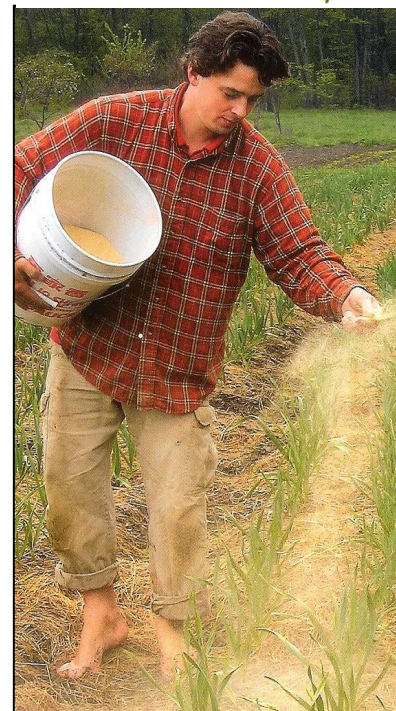
The essential premise is that if all environmental factors are ideal for a growing crop, it will perform to its fullest DNA potential. An ideal environment gives plants the resources and opportunity to thrive. Thus, nutrients will be at their peak, yields optimum, pests and disease minimal.

We start with soil. Mineral deficiencies will be delineated, with corrections suggested, primarily with rock minerals and biological inoculants, such as bacterial, fungal, fish, kelp, humates, and sugars. Then we move to seed and transplant inoculation, and soil energy monitoring. Plant and soil monitoring, nutrient drenches and foliar sprays are also detailed.

We cover rarely discussed subjects, such as plant physiology, plant-microbial symbiosis, timing of growth and fruiting cycles, and how to maximize their effect. Foliar sprays to effect leaf or fruit growth are explained. Resources and practice are provided.

The course uses a daily schedule of half principle, half practice. Starting in winter, we meet one day every two months to detail practices to maximize biological vitality for crops the next two months and learn principles why these practices make sense.

REAL FOOD Campaign



for information and to register:

Dan Kittredge

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24 Hillsville Road

North Brookfield, MA 01535



West Massachusetts

January 17 — March 14 — May 2

July 11 — September 12 — November 14

Enterprise Farm

72 River Road, Whatley, MA 01373

contact: **David Paysnick**

phone: 413-475-3392

email: davepays@gmail.com

East Massachusetts

January 23 — March 13 — April 24

June 27 — August 29 — October 31

Lindentree Farm

10 Old Concord Rd, Lincoln, MA 01773

contact: **Ben Grosscup**

phone: home: 413-549-1568

cell: 413-658-5374

email: ben.grosscup@nofamass.org

East New York

January 10 — March 7 — May 8

July 10 — September 11 — November 7

Triform Campus

20 Triform Road, Hudson, NY 12534

contact: **Gianni Ortiz**

phone: work: 518-392-8545

cell: 518-271-0744

email: gianni@farmandfood.org

web: www.farmandfood.org

Connecticut

January 1 — March 21 — May 16

July 18 — September 19 — November 21

Growing Green Co-op

197 New Britain Av, Hartford, CT 06114

Udderly Wooly Acres Farm

581 Thompson St, Glastonbury CT 06033

contact: **Imani**

phone: 860-983-5276

email: Imani@thegreenvibration.com

New Hampshire

January 31 — February 28 — April 25

Pony Farm

16 Putnam Road, Temple, NH 03084

contact: **Douglas Williams**

phone: 603-924-7008

email: douglaswilliams28@comcast.net

web: www.thelodgeatponyfarm.org

Vermont

February 7 — March 28 — May 23

July 25 — September 26 — November 28

Food Works at Two Rivers Center

64 Main St, Montpelier, VT 05602

contact: **Martin Kemple**

phone: 802-223-1515 x307

email: turtledove@gmavt.net

web: www.tworiverscenter.org