

## Collaborators:



Northeast Organic Farming Association/ Massachusetts Chapter (NOFA/Mass)



Real Food Campaign (RFC)

# Massachusetts Nutrient Density Field Trainings

## Project of the Northeast Nutrient Density Network

*Have you heard about biological farming techniques that improve brix levels, nutritional content, yield, flavor and shelf life?*

*Would you like to learn practical techniques for achieving these improvements in the field from an experienced professional?*

During the 2009 growing season, the Northeast Nutrient Density Network, which is a collaboration between NOFA/Mass and RFC, is holding workshops at Simple Gifts Farm in Amherst and Lindentree Farm in Lincoln led by Mark Fulford. Both farms are initiating biological fertility programs for the 2009 season.

Each farm will host two workshops, one in May and one in September. Workshop participants will return to the same place and directly observe the effects of a controlled experiment comparing the difference between plots undergoing a biological program and plots not undergoing the program. Participants will also learn fertilization techniques that are specific to the season of the event.

This series also includes an introductory workshop at Many Hands Organic Farm in Barre led by Dan Kittredge.

All five workshops run from 9:00 a.m. to 5:00 p.m., and include an hour for lunch from 12 noon to 1:00 p.m. **Please bring an item to share in a cold potluck.** Ideas for potluck items include: lacto-fermented vegetables, hard-boiled eggs, bread, hummus, cold salad, greens and cold roast chicken. You may bring your own lunch instead. **To keep logistics simple, bring your own utensils and plate.**

### Instructor: Mark Fulford

#### Advanced Field Training on Crop Nutrition and Biological Management

From the two-days of this field training, you will:

- *Receive* hands-on training with the refractometer, conductivity and pH meters, penetrometer, and flame weeder.
- *Learn* to build mineral amendment recipes in small batches, using appropriate tools.
- *Identify and index* weeds for the nutritional imbalances they indicate.
- *Conduct* proper soil sampling for soil tests and compare soil testing paradigms to the field evidence.
- *Assess* soil test results and past crop performance.
- *Be shown* management practices using dry, liquid, and foliar recipes that can steer crops toward foliage health or initiate fruiting and root development.
- *Gain knowledge* of various amendment sources and reasons for selecting them for different crops.



Workshops with Mark Fulford at Simple Gifts Farm  
Location: 1089 N. Pleasant St, Amherst MA 01002

- Wednesday, May 13, 9 a.m. – 5 p.m.
- Sunday, September 13, 9 a.m. – 5 p.m.

Workshops with Mark Fulford at Lindentree Farm  
Location: 10 Old Concord Road Lincoln, MA 01773

- Thursday, May 14, 9 a.m. – 5 p.m.
- Monday, September 14, 9 a.m. – 5 p.m.

### Instructor: Dan Kittredge

#### Basic Principles and Applications for Nutrient Dense Crop Production

From this one day field training, you will:

- *Learn* basic agronomic principles of growing nutrient dense crops in a morning power point presentation.
- *Learn* key skills like taking brix and conductivity readings, applying base minerals, foliar sprays and nutrient drenches in a field demonstration.
- *Walk through* the workshop location observing a broad range of crops and discussing historical experience to integrate theoretical principles into practical knowledge.



Workshop with Dan Kittredge at Many Hands Organic Farm  
Location: 411 Sheldon Rd., Barre, MA

- Saturday, July 11, 9 a.m. – 5 p.m.

**Mark Fulford** is an independent farm consultant and educator with expertise in organic and biological agriculture, soil nutrition, and preparing agriculture for peak oil, climate change and economic drift. He teaches hands-on skills in bio-organic orcharding, no-till crops and commercial and small-scale composting. He has studied with some of the greatest names in biological agriculture: Arden Andersen, Neal Kinsey, Dan Skow, Gary Zimmer, Elaine Ingham, Jerry Brunetti and Graeme Sait. Mark and his wife, Paula, own and operate Teltane Farm in Monroe, Maine.

**Dan Kittredge** is a life-long organic farmer who has served as executive director of Remineralize the Earth and currently directs the Real Food Campaign. He works with leading specialists in the field of nutrient dense crop production to increase the nutrition in the food supply. He lives and farms with his wife, Roshni, and two children in North Brookfield, Massachusetts.

----- Registration Form -----

- **Register online** with credit card or Echeck at [www.nofamass.org](http://www.nofamass.org).
- **Or, mail** this completed registration form (Please print neatly!) and your payment to:  
**Ben Grosscup, 22 High St #1, Amherst, MA 01002**
- **Checks payable to:** "NOFA/Mass."
- **Pre-registration is required** and seminar enrollment is **capped at 30** people per workshop -- first come, first served.
- **Cancellations** will be honored with refunds (except \$10 processing fee) up to 10 days before first event. After that, you may designate someone else to attend in your stead, but refunds will not be available.
- **Contact:** Ben Grosscup, 413-658-5374. With email [ben.grosscup@nofamass.org](mailto:ben.grosscup@nofamass.org), put "**Field Trainings**" in subject.

Name		Email: (Save paper by including this)		
Address		City/Town	State	ZIP Code
Phone	How did you hear about this workshop?			

1. **Cost** – Circle your registration fee.

<u>Registration Fee Price Scale</u>	<b>One workshop</b>	<b>Two Workshops</b>	<b>Three Workshops</b>
NOFA or RFC Members	\$55	\$95	\$135
Non-NOFA or RFC Members	\$60	\$105	\$150

2. **Registration** – Mark boxes of the workshops for which you are registering.

<b>Simple Gifts Farm – Amherst, MA w/ Mark Fulford</b>		<b>Many Hands Organic Farm, Barre, MA w/ Dan Kittredge</b>	<b>LindenTree Farm – Lincoln, MA w/ Mark Fulford</b>	
Wednesday, May 13	Sunday, September 13	Saturday, July 11	Thursday, May 14	Monday, September 14
<input type="checkbox"/> 9 a.m. – 5 p.m.	<input type="checkbox"/> 9 a.m. – 5 p.m.	<input type="checkbox"/> 9 a.m. – 5 p.m.	<input type="checkbox"/> 9 a.m. – 5 p.m.	<input type="checkbox"/> 9 a.m. – 5 p.m.

3. **Membership**

Check one:  I'm not a member of NOFA, RFC, or MOFGA;  I'm a member of the (what state?)  NOFA Chapter or RFC.  
To sign up for or renew your NOFA/Mass Membership, check the box for the membership type you want.

<input type="checkbox"/> Individual - \$35.00	<input type="checkbox"/> Low Income - \$20.00	<input type="checkbox"/> * Family, Farm or Organization - \$45.00
<input type="checkbox"/> * Business \$75.00	<input type="checkbox"/> * Supporting - \$150.00	(* Entitles members to 2 reduced rates at NOFA/Mass events.)

4. **Calculate Your Payment**

Registration Fee –	Enter registration fee from 1. Cost:	+
Late Fee –	Add \$5 if you are registering less than two weeks before your first workshop:	+
NOFA/Mass Membership Payment –	Enter figure from 3. Membership:	+
Donation for Farming Education Fund –	Optional extra contribution:	+
<b>TOTAL AMOUNT OF ENCLOSED PAYMENT</b>		<b>=</b>

5. **Transportation**

Parking space is limited. Carpooling is strongly encouraged. People who sign up will get help finding appropriate carpools.

I would like to carpool and could offer rides to (How many?)  people.

I would consider riding in someone else's car (Y/N) .