



Northeast Organic Farming Association/ Massachusetts Chapter
presents

3rd 2010 Advanced Growers' Fall Seminar

With Jerry Brunetti,

Human Health and Soil Health

Barre Congregational Church, 30 Park Street, Barre, Mass.

This two-part seminar presents a practical and integrated approach for improving human health through improving the health of our soils. Friday evening's talk will emphasize what people can do through diet to improve health. Saturday's full day seminar will illustrate hands-on techniques that farmers and gardeners can employ to realize Hippocrates' directive, "Let food be your medicine."

The seminar is applicable to producers of vegetables and animal products and health-conscious eaters. Below are the topics that will be discussed each day:

The Medicine that Starts in the Soil

Friday, November 5: 7:00pm to 9:00pm

- Integrating the principles of nutrient density for improving one's health and longevity.
- How a diverse diet of healthy foods is medicinal.
- Dietary causes of cancer epidemic: high sugar and low quality fats.
- The need to protect the cell membrane through diet.

Soil as a Super Organism

Saturday, November 6: 8:30 a.m. to 5:30 p.m.

- The importance of specific minerals for forming complex health-causing biological compounds in plants including vitamins, enzymes, essential amino acids like tryptophan and PSM's (Plant Secondary Metabolites).
- How foods grown in highly mineralized and healthy soils produce PSM's, which protect plants from bacterial/fungal diseases, insects, & U.V. radiation, and attract pollinators and beneficial microorganisms.
- The role of PSM's as medicines (phytochemicals) that invigorate immunity, down regulate inflammation, provide anti-oxidant

protection, and protect the cell membrane.

- Basic math and chemistry needed to manage and remediate soil mineral deficiencies. How to balance soil chemistry using Albrecht ratios; understanding water soluble tests (paste extracts).
- How parasitism in animals indicates not only an individual infection but also a nutritional deficiency on the farm.
- Maximizing nutrient density in forages to improve grazing animals' health.
- The relationship between the digestive systems of plants and animals and the "ecosystems" they depend upon.
- The importance of creating "complete" proteins and "complete" carbohydrates for optimum resistance to pests.
- Crop rotation and cover crops for addressing soil compaction—building soil carbon through living root systems.
- Using micronized elements and biological inoculants, which can be at once biological and nutritional (e.g. industrial yogurt (fermented whey) worm tea, sea minerals, kelp, fish emulsion).
- The importance of water quality in biological farming.

The seminar will be conducted as a lecture with a Power Point presentation. A course book of the power point will be provided and attendees may purchase a recording of the seminar to be mailed after the course. Find complete information, including links to interviews with Jerry at www.nofamass.org > Conferences/Workshops > Winter Seminar

Jerry Brunetti founded Agri-Dynamics in 1979 with a vision to provide farmers with ecologically sound consulting services and holistic animal remedies that yield healthy, regenerative, and profitable outcomes for their operations. In 1999, he was diagnosed with non-Hodgkin's Lymphoma and given as little as six months to live without aggressive chemotherapy. He chose a holistic path of nutrition, detoxification and immune modulation and applied his vast experience with farming and animal nutrition to his own health, ultimately healing himself of a life threatening cancer episode. An honorary board member of the Weston A. Price Foundation, he is active in other community based organizations devoted to rebuilding local food systems and local democracy. In 2008, he received the Leadership Award from PASA and the Eco-Agriculture Achievement Award from Acres USA.

-----Registration Form – Seminar with Jerry Brunetti, November 5-6, 2010 -----

- **Mail this form** (*Please print neatly!*) to **NOFA/Mass, Ben Grosscup, 67 North Whitney St #4, Amherst, MA 01002**
- **Checks payable to:** “NOFA/Mass.”
- **Pre-registration is required** and seminar enrollment is **capped at 100** people -- first come, first served.
- **Information:** Call Ben Grosscup at 413-658-5374 or email <ben.grosscup@nofamass.org> with questions.

Enter Name as it will appear on nametag. List primary contact first		Farm or Organization as it will appear on nametag		Indicate Occupation in space below: (F) Farmer; (FA) Farm Apprentice; (S) Student; (C) Consultant; (E) Educator; (N) Non-profit	
Name A:					
Name B:					
Address			City/Town		State
					ZIP Code
Phone:		Email (Please provide to obtain important and timely updates):		How did you hear about this workshop?	

We’re connecting farmer with farmer, eating well, and minimizing costs for this seminar by hosting participants at local residents’ homes and by asking every seminar registrant to sign up for half a meal shift (about 30 minutes), helping in the kitchen with food preparation or clean-up. To run smoothly, we need your active participation and cooperation in the following areas.

- 1. Food** – We’ll have a one-day coordinated potluck on Saturday. Participants are expected to bring food to share or to contribute money. We won’t be buying and selling, but each participant should plan to bring a food contribution that has a value of \$35 and enough to provide the equivalent of 3 large meals (if you’re providing a quarter of a meal, then you need to provide that much for 12+ people). You’re not required to cook, but you may. The cook/food coordinator will take note of the item(s) you offer and contact you to confirm each item is needed. If you prefer not to bring food, please add \$35 to your registration fee, and this money will be used to purchase other needed items. This way, everybody gives, receives, and eats well.

*****Please list food you can supply in quantity:**

Food item	Quantity (lbs, gallons, number)	Value (\$)

- 2. Housing** – Event organizer, Ben Grosscup, will be pairing out-of-town guests with nearby NOFA members who are willing to host you on Friday night. It’s always our suggestion for guests to bring a small token gift of thanks to the host. Also, if you live within commuting distance and can offer housing for another participant on Friday, November 5, please indicate below.

Do you request a homestay on Fri, Nov 5? No, I/we don’t. Yes, I/we request a home stay for (#?) _____ person(s).

Note special needs: _____

Are you willing to share a room? (Please circle) **Y / N**. I can bring my own bedding and pillows (Please circle) **Y / N**.

Can you provide a homestay? I can provide beds for people (singles doubles couch floor space)

- 4. Transportation** – I’d like to carpool and could offer rides to people. I/we need a ride for people.

5. Membership Sign-up –

Check one: I am not a Member of NOFA or MOFGA. Or I am a member of the (what state?) Chapter of NOFA.

I would like to sign up for/renew my NOFA/Mass Membership, which gives me a \$15 registration discount for this event.

Check one: Individual: \$35 Low-income: \$25 Supporting \$150*

Family, Farm, or Organization: \$45* Business: \$75* (*Entitles members to 2 reduced rates at NOFA events.)

6. Registration Fees –

Match Registration Fee info to names above	Name A	Name B
Registration (Friday, 7:00 p.m. to 9:00 p.m.) – <i>Add \$30:</i>	+	+
Registration (Saturday, 8:30 a.m. to 5:30 p.m.) – <i>Add \$100:</i>	+	+
Food surcharge – <i>If you are not contributing food to the pot luck, add \$35:</i>	+	+
NOFA/Mass Membership Payment – <i>Enter amount from 5. Membership Sign-up above:</i>	+	+
Donation for Farming Education Fund – <i>Optional extra contribution:</i>	+	+
Members Discount – <i>NOFA and MOFGA members subtract \$5 for Fri and \$10 for Sat:</i>	-	-
Early-bird discount – <i>If you register by Oct. 22, subtract \$5 for Fri and \$10 for Sat:</i>	-	-

7. Payment –

Check one: Enclosed is my check for total amount for all persons, plus membership dues (if applicable) \$

****OR **** Please charge my credit card in the amount of \$ (***NOFA/Mass Saves money when you pay by check.***)

If you prefer to use your credit card, please provide the information requested below. (***Mastercard or Visa only please!***)

Credit Card Number _____ 3-digit security code _____ Exp. Date _____