



# Workshop: Principles of Biological Systems

HOWELL, MI | MAR 2 & 3, 2019  
Cross W Ranch @ 3111 Pinckney Rd



This two-day workshop is designed to teach the basic principles & practices of biological farming for higher quality crops – for better taste, pest & disease resilience, and shelf life, plus higher levels of nutrients beneficial to human health. Learn more and register at [www.bionutrient.org/workshops](http://www.bionutrient.org/workshops)

## Soil health *is* the foundation.

The last century of farming practices has taught us that continual production that essentially "mines" the soil has long term drawbacks - particularly decreased soil and crop quality. Today, the nutritional quality of our fruits and vegetables has declined significantly compared to 100 years ago. With insufficient consumption of essential micronutrients, our health is inevitably impacted, contributing to diet-related chronic illnesses.

Learn how the right combination of biological and regenerative farming approaches can steadily improve your crop quality. You will take away from this workshop new skills including:

- Knowing how to detect and understand the unique advantages and limitations of your soil and your crops.
- Understanding the important interactions between your plants, soil and air, and how attending to your soil health improves them all.
- How to grow better quality food in a climate-smart fashion.

## Topics to be covered

- ✓ Interpreting soil tests
- ✓ Mineral balancing and amendments
- ✓ Strategies for soil health improvement
- ✓ Biological seed inoculation
- ✓ Conductivity, refractometers and brix
- ✓ In-season crop monitoring and feeding with nutrient drenches & foliar sprays

Explore how a renewed focus on the food qualities that industrial agriculture forgot - *flavor & nutrition* - can transform our food system to better serve people and the planet.

## Workshop led by Dan Kittredge

Executive Director of the Bionutrient Food Association and son of prominent leaders in the organic movement, Dan has been an organic farmer since childhood. His experience managing farms and developing sustainable agriculture techniques has connected him with farmers around the world. Dan is passionate about raising the quality of nutrition in our food supply through collaboration with committed individuals and organizations who support growing and eating really good food.

## Registration

This two-day workshop is \$200, with a \$25 discount for BFA members. Learn more and register today at:

[www.bionutrient.org/workshops](http://www.bionutrient.org/workshops)