

Growing Green Wellness Center
197 New Britain Avenue
Hartford CT 06106
860.983.5276

Udderly Wooly Farm
851 Thompson Street
Glastonbury CT 06033
978.257.2627

Checks made payable to "The Growing Green Co-op"

For more information or to register, contact:
Imani@thegreenvibration.com or call 860.983.5276.

Please visit www.RealFoodCampaign.org to learn
about nutrient dense foods.



Growing High BRIX Nutrient Dense Foods

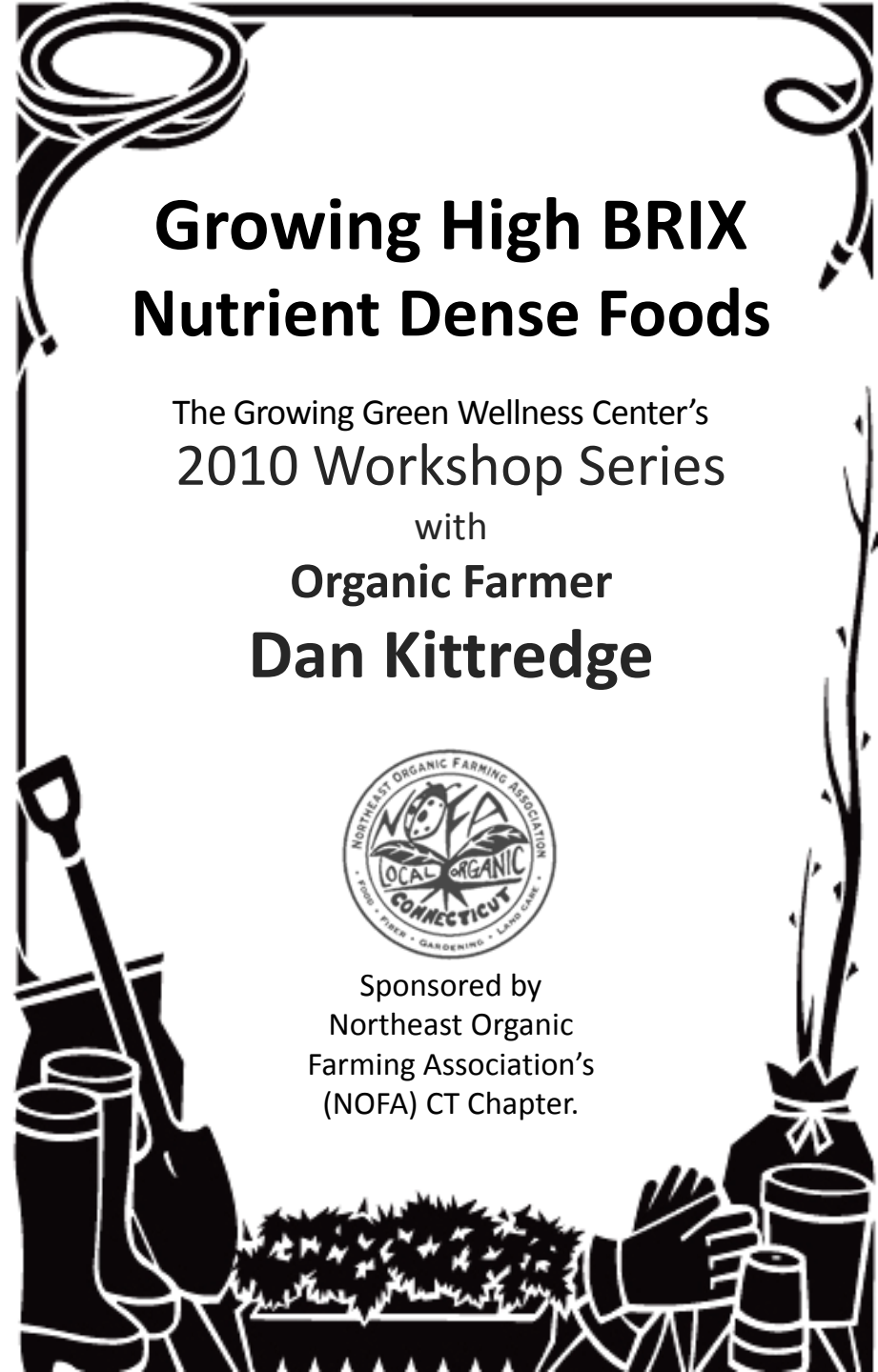
The Growing Green Wellness Center's
2010 Workshop Series

with

Organic Farmer
Dan Kittredge



Sponsored by
Northeast Organic
Farming Association's
(NOFA) CT Chapter.



The Growing Green Wellness Center in cooperation with the Northeast Organic Farming Association's (NOFA) CT Chapter are pleased to present a 2010 workshop series on Growing High BRIX Nutrient Dense Foods with Organic Farmer, Dan Kittredge.



Open to both backyard growers and professional farmers, these workshops include information, techniques, tools, and support necessary to become a producer of cutting edge maximum quality nutrient dense crops in the Northeast.

The 2010 High Brix Workshops are led by Real Food Campaign Director, Dan Kittredge, an organic farmer since 1984 who has directed a non-profit called, Remineralize the Earth. In addition, Dan has worked with indigenous farmers in Central America, Siberia, India, and the desert southwest. He has spoken at many farming conferences across the US.



Workshops will be held at The Growing Green Wellness Center in Hartford or at Udderly Woolly Farm in Glastonbury on six Sundays. Cost is \$50 per workshop and includes an delicious organic lunch.

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High BRIX Nutrient Dense Foods

Workshop Program & Schedule



January 24

Introduction to the Real Food Campaign and Nutrient Dense quality standards. Learn basic soil agronomics and biological inoculation of seeds. Prepare potting soils and address mineral deficiencies.

March 21

Learn how to facilitate biological life in soil: Tillage, Soil Aeration and Soil Dynamics. Specific recommendations based on soil tests. Hands on demonstration in the greenhouse for inoculating transplants.

May 16

Perform plant sap analysis (brix) to discern effectiveness of foliar sprays and nutrient drenches. Learn techniques and timing for weed control, use the biodynamic planting calendar and interpret pH readings.



July 18

Consider long-term mineral management and whole farm system building. Analyze plants to determine what deficiencies exist. Identify weeds and their indication of soil condition. Participate in weedwalk through fields.

September 19

Perform fall soil test to inform completion of mineral balancing. Learn how to keep tomatoes going one more flower & fruit cycle, and double your pepper crop.

November 21

Coordinate biology with cover crops and soil minerals. Plan for next year's farm: Rotations, Fall Mineral Applications and Crop Planning. Make appropriate decisions about local soil conditions & remediation.

