



# Join us for a Farm Walk!

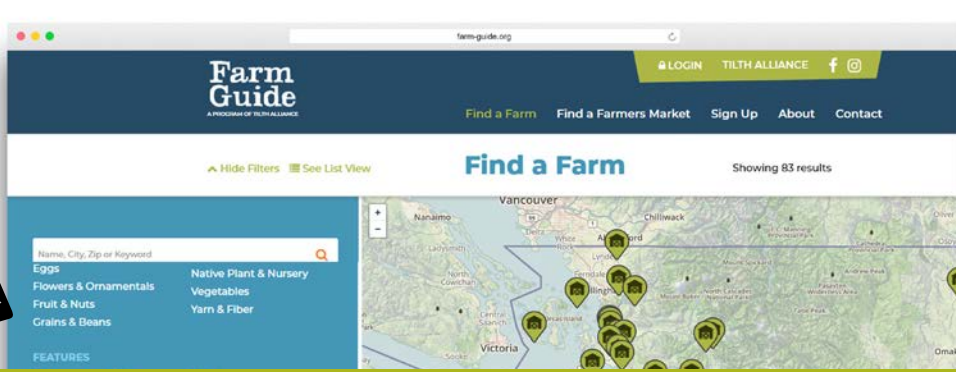
“Loyal to Soil: Regenerative No-Till  
Practices for Garden & Pasture”

Mon., July 8— Spoon Full Farm, Thorp



Food Systems

WASHINGTON STATE UNIVERSITY



# Introducing the New Farm Guide Website!

Better maps • Mobile-friendly  
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Easier search and filtering



Check it out: [www.farm-guide.org](http://www.farm-guide.org)



## TILTH CONFERENCE

*Growing a Resilient Future: Production & Beyond*  
November 8-10 • Yakima, WA

Farmers, researchers and food system professionals are encouraged to propose topics for lectures, hands-on workshops or panel discussions!

Submit proposals by July 8:

<http://bit.ly/2JeS7pw>

*Registration coming soon.*



**Questions?**

Contact Erin Murphy  
[erinmurphy@tilthalliance.org](mailto:erinmurphy@tilthalliance.org)

WSU Food Systems Program and Tilth Alliance have been collaboratively presenting the Farm Walk series for 16 years! These farmer-to-farmer educational events are hosted by organic, sustainable, and innovative farms throughout Washington State. We reach over 450 attendees each year seeking education, advice, and mentorship from experienced farmers, agricultural professionals, and WSU researchers and specialists. Held throughout the growing season in geographically disperse areas of the state, the unique expertise developed by established growers and researchers is shared experientially through guided question-and-answer sessions.



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## Farm Walk 2019 - Get on the Farm!

**Lazy R Ranch & LINC Foods - Holistic Management, from Slaughter to Distribution**  
Monday, July 29; 8-1p.m.  
Cheney/Spokane, WA

REGISTER @: <https://farmwalk2019lazyrlincfoods.bpt.me>

**Viva Farms Berry Growers:**

**Arado Farm, Silva Family Farm, Regino's Farm, Pure Nelida Organic Produce, Farias Farm, and Cabrera Farms**

**Innovations in Strawberry, Raspberry and Blackberry Production**

*Innovaciones en la producción de fresas, moras, y moras negras*

Monday, Aug. 12; 3-7 p.m.

Mount Vernon, WA

*¡Un evento completamente bilingüe  
con traducción al español!*

REGISTER @: <https://farmwalk2019vivaberrygrowers.bpt.me>

**Lost Peacock Creamery - Lessons Learned from a Veteran, Female Farmer**

Monday, September 9; noon-4 p.m.

Olympia, WA

REGISTER @: <https://farmwalk2019lostpeacockcreamery.bpt.me>

**Royal Produce**

Sept/Oct TBD

Wenatchee, WA



80 miles east of Seattle, the Cascade Mountains roll down into grassy hills and rugged canyons. The Kittitas Valley is defined by the west-blowing wind and the flowing Yakima River, both of which bless Spoon Full Farm with their abundant, pure energy. Out here, the sun shines most days and the cold, clean water raises green delicious plants out of the fertile soil. We build soil to grow diverse crops, giving you delicious ways to heal your body and our whole earth from the ground up.

Here's how it works: Thriving microbiology in soil grows delicious, nutrient-dense plants, stores carbon underground in solid form, and cleans our air and water. So when you share Spoon Full Farm food with your loved ones, you thrive in good health, and so does the earth. Our gardens, fields, and orchards mimic and augment ecosystems, in order to balance the resilient biodiversity of nature with the productive capacity to make a profit and feed everyone.

You can enjoy our produce, pasture-raised meat and eggs, honey, and farm-fresh ferments through our CSA and at Seattle-area farmers markets.

[www.spoonfullfarm.com](http://www.spoonfullfarm.com)

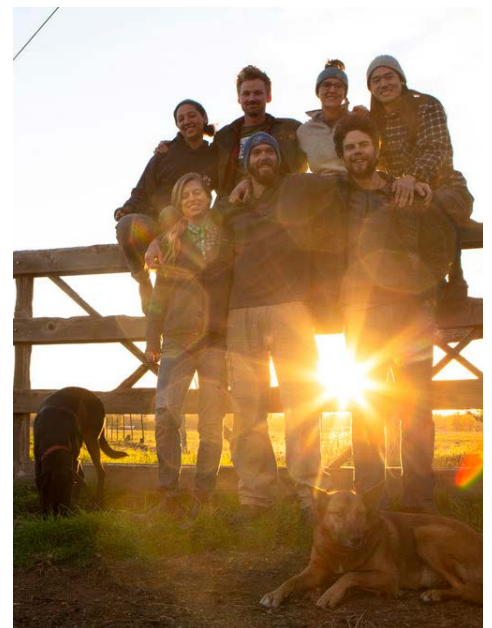




Our farm employs five full time “Spoons.” Our decision making matrix is cooperative: together we question, support, and trust each other. All managers are at least consulted in every major farm matter. Meanwhile, we are each responsible and accountable for our distinct enterprises.

Michael Dooley manages Spoon Full’s skeleton: irrigation, facilities, maintenance, pasture health, and general know-how. Phoebe Autry manages the garden, from planning and planting to harvest and hedgerows. Anna Brown is our livestock manager, responsible for animal welfare, rotational grazing management, and pasture health. Mericos Rhodes manages Spoon Full’s marketing and sales, including social media communications, farmers market logistics, clientele, and outreach. Geoffrey Van runs the farm’s value-added product operation, quality control, and bookkeeping. We all lend hands wherever assistance is required.

Besides our full time staff, Spoon Full also hires seasonal interns: a paid position designed to educate aspiring farmers on our farming practices and the joys of living on a production farm. We host up to four interns at a time. Interns always receive exposure as farm-generalists but have specialized roles and curriculums in the market garden or with livestock.



# RESOURCES...

## Websites and Articles

[Rodale Institute on Regenerative Agriculture - https://rodaleinstitute.org/why-organic/organic-basics/regenerative-organic-agriculture/](https://rodaleinstitute.org/why-organic/organic-basics/regenerative-organic-agriculture/)

[Combatting Drought with No-Till \(Civil Eats - https://civileats.com/2014/08/26/more-crops-per-drop-no-till-farming-combats-drought/](https://civileats.com/2014/08/26/more-crops-per-drop-no-till-farming-combats-drought/)

[What is Regenerative Agriculture? \(Regeneration International\) - https://regenerationinternational.org/2017/02/24/what-is-regenerative-agriculture/](https://regenerationinternational.org/2017/02/24/what-is-regenerative-agriculture/)

[Marin Carbon Project - https://www.marincarbonproject.org](https://www.marincarbonproject.org)

[Center For Regenerative Agriculture and Resilient Food Systems \(CSU-Chico\) - https://www.csuchico.edu/regenerativeagriculture/index.shtml](https://www.csuchico.edu/regenerativeagriculture/index.shtml)

## Audio/Video Resources

[Reduced Tillage in Organic Vegetable Production \(WSU Exention Video\) - https://youtu.be/F6AL3xtwogg](https://youtu.be/F6AL3xtwogg)

[Singing Frogs Farm: The Science of Healthy Soil \(PeakProsperity Podcast\) - https://www.peakprosperity.com/singing-frogs-farm-the-science-of-healthy-soil/](https://www.peakprosperity.com/singing-frogs-farm-the-science-of-healthy-soil/)

[Farming for Nature \(Lecture by Paul Kaiser\) - https://youtu.be/kUxW9TrsNpg](https://youtu.be/kUxW9TrsNpg)

[Regeneration of Our Lands: A Producer's Perspective \(Gabe Brown, Tedx\) - https://youtu.be/QfTZ-Ornowcc](https://youtu.be/QfTZ-Ornowcc)

## Research Publications

[White Oak Pastures Carbon Footprint Evaluation - https://blog.whiteoakpastures.com/hubfs/WOP-LCA-Quantis-2019.pdf](https://blog.whiteoakpastures.com/hubfs/WOP-LCA-Quantis-2019.pdf)

[Regenerative Agriculture: Merging Farming and Natural Resource Conservation Profitably - https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5831153/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5831153/)

[An Economic Analysis of Three Soil Improvement Practices in the Columbia Basin, Washington State - http://cru.cahe.wsu.edu/CEPublications/TB47E/TB47E.pdf](http://cru.cahe.wsu.edu/CEPublications/TB47E/TB47E.pdf)

[Soil Carbon Restoration Publication \(NOFAMass\) - http://www.nofamass.org/sites/default/files/2015-White\\_Paper\\_web.pdf](http://www.nofamass.org/sites/default/files/2015-White_Paper_web.pdf)

## Other Farms with Similar Principles

[Joel Salatin and Polyface Farm - http://www.polyfacefarms.com](http://www.polyfacefarms.com)

[Ridgedale Permaculture - http://www.ridgedalepermaculture.com](http://www.ridgedalepermaculture.com)

[Deck Family Farm - https://deckfamilyfarm.com](https://deckfamilyfarm.com)

## Free eBook

[Building Soils for Better Crops \(SARE\) - https://www.sare.org/Learning-Center/Books/Building-Soils-for-Better-Crops-3rd-Edition](https://www.sare.org/Learning-Center/Books/Building-Soils-for-Better-Crops-3rd-Edition)

## Want to Search for More?

WSU Publications - <https://pubs.wsu.edu>

WSU Extension: <https://extension.wsu.edu>

NOTES...



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## THE FOOD SYSTEMS TEAM

Is a committed group of WSU faculty, staff, and partners. Together they promote research, implement change, and provide unparalleled educational opportunities for farmers, communities, and consumers.

The WSU Food Systems Program supports thriving Washington farms, ecosystems, and food economies to provide communities with equitable access to healthy, sustainable, and regionally produced foods.



SUSTAINABLE FARMING PRACTICES



EQUITABLE ACCESS



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PROCESSING & DISTRIBUTION



POLICY & REGULATION



ECONOMIC BENEFITS



FARMLAND & RESOURCE CONSERVATION



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