

Coming Field Day - 8th October “Princhester” @ Marlborough Healthy Soils - Healthy Food

Healthy Soils Incorporated Presents

Comparison between management systems in C.Q. and cooking healthy food for families

Field Day & Better Foods to Eat

This Field day has been organised with two outcomes in mind - “the paddock and the kitchen”. We will be looking at paddock practices being undertaken by the Armstrong family and also looking at some great cooking tips for better gut health. Some of the topics include rotational grazing, legume establishment, and managed rotations. We will be comparing the latest data from the Landcare Soil Carbon and Nutrition analysis of 10 properties across the Callide and Capricornia regions. Come along and discuss your thoughts.



Learn more about the benefits of Fermenting Food

Learn how to ferment foods for better gut health, and doing it on a low budget cost for families for eg - Sauerkraut, Kombucha, Kefir, Cultured Vegetables, Beet Kvass as well as Bone Broth, whey from yogurt.

Discussion areas/ paddock tour

- Rotational grazing - local successes and set up?
- Rotations - what works / new ideas?
- Establishing legumes - progardes and others?
- Soil carbon and nutrition levels in CQ?
- Cooking options for a healthy family?
- Gardening vs farming systems?
- How do I measure and monitor soil and plant nutrition?

Presenters

Dr Thakur Bhattarai (CQUniversity) carbon specialist

Dr Sandrine Makiela (CQ University) microbiologist

Mick Alexander (Grazing BestPrac)

**BYO Lunch & Chair / smoko provided
Includes a cooking session @ Princhester
AGM to be held on 8/10/16**



To book contact - Healthy Soils Incorporated - Mick 0438395255 |
Tina 0417 356 111| \$20.00 for members and \$30.00 for non-members