

# Regenerating soils for healthy vegetable production

with Dave Forrest



## Workshop and field day for Tweed vegetable growers at Farm & Co

**When** Tuesday 17 March 2020, 9am – 2pm

**Where** Farm & Co – 529 Cudgen Road, Cudgen

*Learn how to manage for well-structured biologically active soil that improves water holding capacity and reduces plant stress through stronger root growth. With these practices you can grow more productive plants which are nutrient dense and more naturally resistant to pests, diseases and climatic stresses.*

Dave Forrest, a renowned organic vegetable grower, biological farmer, former TAFE NSW agriculture teacher and Vice Chair for SoilCare, will be exploring common soil health issues with Tweed vegetable producers.

Dave will be covering:

- The three pillars of biological farming
- Management tools to restore soil organic carbon
- Improving biology and nutrient availability with organic and biological-based practices
- Cover cropping and crop rotations
- And lots more

**For further information contact Council's Program Leader – Sustainable Agriculture  
Eli Szandala on (02) 6670 2599**

**RSVPs are essential, register at eventbrite [regenerating-soils-workshop.eventbrite.com.au](https://regenerating-soils-workshop.eventbrite.com.au)  
or [www.tweed.nsw.gov.au/SmallFarmsBigChanges](http://www.tweed.nsw.gov.au/SmallFarmsBigChanges)**