

The Ottawa Valley Food Co-operative is pleased to present a two day workshop:



Introduction to Ecological Agriculture Workshop

Saturday January 31 & Saturday February 7th, 2009

Barr Line Community Centre, Barr Line, Douglas ON

Time: 9 am to 4 pm (both Saturdays)

Cost: \$60 per person (for both Saturdays)

*Workshop fee includes a delicious Local Foods Lunch on both days.

Pre-registration and \$30 deposit is required.

To Register Contact:
Cheryl Keetch
613-756-3884 or
ckeetch@webhart.net

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In this two day participatory workshop, some of the topics covered will include:



- ◆ What is Ecological Farming - Ecological Principles
- ◆ Soil Ecology
- ◆ Cover Crops and Plowdown Crops
- ◆ Ecology and Economy
- ◆ Goal Setting and Values Clarification
- ◆ Ecological Farming - Crop Rotation / Weed Control and Objectives
- ◆ Livestock Husbandry - Potential Benefits of Livestock to the Ecological Farming System
- ◆ Composting - Manure Composting Goals and Methods
- ◆ The Farm Organism - Maximizing Benefits from Natural Areas

For more information or to register, please contact:
Cheryl Keetch at 613-756-3884 or ckeetch@webhart.net

**This workshop is made possible by a grant from the Ontario Trillium Foundation.
Co-sponsored by the National Farmers Union Local Chapter, the Renfrew County Stewardship Council and the Ottawa River Institute.**

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The Ottawa Valley Food Co-operative is a marketing network of Ottawa Valley farmers, growers, producers and consumers. Visit us at www.ottawavalleyfood.org