

Summary & Resources - Salamander Springs Farm July 2022 OAK Farmer Field Day



Intensive Cover Crop Methods for No-till Production of Staple Crops and Vegetables

Visiting Salamander Springs Farm's steep hillside during a series of downpours (as Field Day participants did in July) accentuates the take-home message from host farmer Susana Lein: keeping living roots in the soil at all times and disturbing the soil structure as little as possible help to build the soil organic matter that makes erosion a non-issue. Having suffered weeks of drought, Susana's hillside was still lush and green. Susana commented, "It's not how much rain falls from the sky; it's how much you hold in the soil." Imitating a prairie (or a forest), she explained, is now nature built soil - and how she manages her continual year-round cover crop - relay cropping systems. In tandem with contour farming and intentional water management, such as swales and making use of wet areas for rice production(!), Susana incorporates permaculture principles, Mayan farming practices and continual observation for a truly regenerative farmstead.

Resource Links:

- **OAK resources:**
 - [Join OAK today!](#)
 - it's a great time to join our community or renew membership: we have an upcoming **Member Social in Frankfort KY on August 21!**
 - any resources with an asterisk below offer OAK member discounts!
 - [OAK YouTube](#) farmer resources / conference and field day playlists
 - [OAK Transition Trainer](#) - for assistance with, or info on certifying organic
 - [USDA's National Organic Program](#)
 - [OAK Field Days! Register NOW!*](#)
- More from Susana Lein:
 - Salamander Springs Farm [website](#), including:
 - [Farm Systems page](#) - lots of great links to Susana's presentations, articles, resources (and more "[In the Press](#)")
 - Upcoming Permaculture in Practice [Workshops](#) and [Tours](#)
 - Opportunity to [contact](#) Susana (which may take a while), subscribe to her newsletter, or see past newsletters
 - Cornell article (2018) on Susana's [No-Till Relay Cropping with Cover Crops](#)
- Grow Appalachia
 - Their [website](#) includes newsletter signup
- Suppliers / Products
 - [Farmer's Friend](#) silage tarps
 - Grow Appalachia's [growing supplies](#)
 - [Meadow Mills](#) - milling equipment from NC
 - [Southern Exposure Seed Exchange](#) including [Susana's seeds](#)
- Books, Video, and References
 - [Cover Crop Chart](#)
 - [Sustainable Agriculture Research and Education \(SARE\)](#)
 - [Managing Cover Crops Profitably](#) from SARE
 - [Dirt to Soil](#)* by Gabe Brown
 - [The Power of Duck](#) by Takao Furuno
 - [Books](#)* by Masanobu Fukuoka
 - [Ray Archuleta](#) on cover crops
- Potential Funding Resources
 - [SOAR loan](#) - southern and eastern KY
 - [KSU Small Scale Farm Grant](#)
 - [County Ag Investment Program \(CAIP\)](#) grant: county-specific! Ask your County Extension Agent
- Farmer-led resources
 - No-till resources from Jesse Frost and [The No-Till Growers](#) community (***DON'T MISS our [Farmer Field Day](#) at Jesse's farm THIS September!!**)