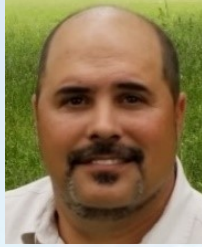


# SOIL HEALTH FARMER-TO-FARMER CONSULTANTS

## TOM COTTER



Austin, MN beef cattle, row crops, sweet corn, cover crop champion, 9 years of intensive cover cropping (plus another dozen years of “playing around” with cover crops), interseeding cover crops into corn, cover crop grazing, transitioning some land to organic.

## MELISSA & CHAD CROWLEY



La Crescent, MN Intensive dairy grazing for 16 years with no fertilizer, pesticides, or tillage. Using strategic rest periods to improve forage production, water infiltration, and biological activity in their soils.

## MARTIN LARSEN



Byron, MN Five years no-till plus cover cropping have produced excellent results on Martin’s farm. Also works closely with farmers at Olmsted County SWCD.

## JON LUHMAN



Goodhue, MN More than 20 years experience with management-intensive grazing of both beef and dairy cattle. Luhman focuses on building soil with livestock, raises beef on an all-forage diet, grazes multi-species cover crops deep into fall/winter, and also raises certified organic crops.

**TO REQUEST A FARMER-TO-FARMER CONSULTATION, CONTACT LIANA NICHOLS AT THE LAND STEWARDSHIP PROJECT IN LEWISTON, MN:  
507-523-3366 OR  
[LNICHOLS@LANDSTEWARDSHIPPROJECT.ORG](mailto:LNICHOLS@LANDSTEWARDSHIPPROJECT.ORG)**



**LAND STEWARDSHIP PROJECT**

## DARYN MCGOWAN



Hayfield, MN Nearly two decades rotational grazing dairy, and has reduced fed grains, feed costs and veterinary bills, cutting fuel costs and improving soil through no-till planting.

## MIKE & JENNIFER RUPPRECHT



Lewiston, MN Nearly 30 years experience with intensive rotational grazing, raising 100% grass-fed beef and organic free-range chicken sold direct to customers, as well as organic oats, corn, and beans.

## MYRON SYLLING

Spring Grove, MN Corn, soybeans and cover crops. 20 years of no-till plus 7 years of cover cropping has increased organic matter and yield without additional fertilizer expense. Author of no-till & cover crop fact sheets.



## RICH & CAROLYN YOUNG



Plainview, MN Grazing dairy cows since the early '90s and transitioned to organic in 2007. The Youngs use grazing to build soil and increase profitability. They have incorporated sorghum sudangrass into their system as drought insurance.

## FARMER-TO-FARMER CONSULTING FOR SOIL HEALTH

### HOW DOES THIS WORK?

Want to do a consultation on the phone? Yes, that's a possibility. Want to have the consultation on your farm? For sure. Want to meet the farmer-consultant at the local café? That can work. Want to visit the farmer-consultant's farm? Yes, that can be set-up too.

To request a farmer-to-farmer consultation, contact Liana Nichols at the Land Stewardship Project in Lewiston, MN 507-523-3366 or e-mail [lnichols@landstewardshipproject.org](mailto:lnichols@landstewardshipproject.org). Let us know what you are hoping to learn from one of the consulting farmers and some background on your farming operation. Then we'll match you with a consulting farmer who can give you the information and experience you're looking for.

**Fees:** Phone call - \$40 per hour (no charge for initial 20 min call)  
Farm visit or café meeting - \$40 per hour (1 to 2 hour visit recommended)



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### SOMETIMES WE ALL NEED A BIT OF HELP AND COACHING . . .

A growing number of Midwestern crop and livestock farmers are interested in maximizing soil health, aiming to increase soil organic matter and microbiology, improve water infiltration, stop erosion, sink carbon into the soil, reduce input expenses and increase profits and yields. A short conversation with an experienced farmer, either in person or on the phone, can save a lot of time and money, help your decision-making process, and clarify your next steps in making the on-farm changes you want to make.

### CAN WE RE-BUILD THE NATURAL PRODUCTIVITY OF THE SOIL, AND IN DOING SO, IMPROVE THE VIABILITY OF OUR FARMS?

The Land Stewardship Project has recruited eleven skilled southeast Minnesota farmers devoted to soil health, and willing to share their experience. These farmer-consultants' time is valuable. They'll be paid for their time, both on the phone and in personal visits. Of course, their own farms and families are their top priority. But when available, they're ready to help others take the next step to building soil health.



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180 East Main Street

Lewiston, MN 55952

Looking for guidance on...  
Cover cropping?  
No-till? Grazing?  
UPDATED!

Address Service Requested

Farmer-to-Farmer Consultation for  
Building Soil Health in SE Minnesota

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