

# **Regenerative Farming**

## **October 3-5, 2023**

### **High Meadows of Hoosick**

**187 Burgess Road  
Hoosick Falls, NY 12090**

#### **Tuesday – October 3, 2023**

- 8:00 Welcome to High Meadows of Hoosick LLC
- 8:15 Introductions
- 8:45 Case Studies & The Six Principles – How to Be Profitable
- 10:45 Break
- 11:00 Practical Applications of Adaptive Stewardship
- 12:00 Lunch
- 1:00 Group Field Exercises – What is Healthy Soil & What Does it Look Like
- 5:00 Adjourn

#### **Wednesday – October 4, 2023**

- 8:00 Questions/Answers & Group Discussion
- 8:30 Strategies for Successful Farming and Grazing
- 10:00 Break
- 10:15 Integrating Cropping, Cover Cropping & Manure Management
- 12:00 Lunch
- 1:00 Group Field Exercises – Cover Cropping, Fencing, Water, Grazing, Cow Management
- 5:00 Adjourn

#### **Thursday – October 5, 2023**

- 8:00 Questions/Answers & Group Discussion
- 8:30 Farm Economics & Enhanced Marketing
- 10:00 Break
- 10:15 Hard Lessons Learned & Current Applications
- 12:00 Lunch
- 1:00 Group Field Exercises – Fertility Management, Livestock Contentment, Enhanced Production
- 4:00 Scenario Exercise
- 5:00 Adjourn