



**LAND  
STEWARDSHIP  
PROJECT**

**Soil Health Workshop in Preston, MN  
Friday Feb. 16, 2018**

**Farmer Workshop on Cover Crops, No-Till and More:**

*Innovative Farming Practices for Labor Savings, Financial Pressures and Weather Extremes*

**Date & Time: Friday Feb. 16th, 10am-2pm, Registration starts at 9:45**

**Location: St. Columban Church (408 Preston St NW, Preston, MN)**

**Directions:** From US 52, turn South onto St. Paul St. NW, after .1 miles turn right to stay on St. Paul St., in .2 miles turn left onto Preston St. NW. St. Columban Catholic Church will be on your left.

***\$15 at the door  
Lunch is included  
Please RSVP***



***Information for  
conventional and  
organic farms***

***Guest Speaker, Loran Steinlage, farms in West Union, IA  
and is known for his cover crop interseeding and soil health practices***

**Workshop Includes:**

- ◇ **No-till and Cover Crop Questions Answered**
- ◇ **Seeding Cover Crops into Corn at the 6-leaf stage (V6)**
- ◇ **Learn from Other Area Farmers**
- ◇ **Chemical programs for interseeding**
- ◇ **Grazing Cover Crops**

The Land Stewardship Project will host Loran Steinlage of West Union, IA to discuss his no-till farming operation of 750 acres of corn, soybeans and some small grains. After 10 years of cover crop experimentation, Loran has become well respected in northeastern Iowa for his innovative work with V6 interseeding and relay cropping, growing multiple crops at once. His interseeding mix—"the jungle mix" as he calls it—is varied but can include radish, rape, vetch, several clovers, buckwheat, phacelia, flax, oats and more. Loran will share his homemade interseeder design that can precision, double-row drill his cover crops and apply fertilizer. He is even growing and harvesting his own cover crop seed. For more info and to read more about Loran, go to:

<https://landstewardshipproject.org/events/item/1123>

**To RSVP, call or email Shona Snater at 507-523-3366  
or [ssnater@landstewardshipproject.org](mailto:ssnater@landstewardshipproject.org) by Feb. 14**



## **Farmer Workshop on Cover Crops, No-Till and More:**

*Innovative Farming Practices for Labor Savings, Financial Pressures and Weather Extremes*

**On Fri. Feb. 16th from 10-2 at St. Columban Church in Preston, farmer presenter Loran Steinlage** of West Union, IA will be the guest speaker for a workshop focusing on building soil health with cover crops, interseeding, and more. Group discussions and short presentations by local farmers on their soil building practices will be included.

### **Southeast Minnesota Farmer Panel:**

- **John Meyer** of Stewartville recently transitioned to no-till on his row crop acres and is experimenting with companion crops, frost seeding oats as a spring cover crop, and he seeded all his acres to cover crops this fall with cereal rye before soybeans and a cover crop mix before corn.
- **Rick Sommerfield** of Mazeppa strip and no-tills corn and soybeans. Rick has been using winter wheat, cereal rye, and cover crops mixes for to build organic matter and increase his soil health. He is also looking to build his own cover crop seed broadcaster for V6 interseeding.
- **Dean Richards** farms near St. Charles and Mabel. He raises beef, certified organic row crops, hay, small grains. Dean is growing cover crops, wheat, rye, clover and turnips, to extend his grazing season, and he has also begun composting beef manure.

### Topics to be Covered:

Interseeding

No-Till

Cover Crops

Grazing Cover Crops

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ssnater@landstewardshipproject.org by Feb. 14**



**LAND  
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180 East Main Street  
Lewiston, MN 55952

*Preston Soil Health  
Workshop Friday, Feb. 16*

Nonprofit Org

US Postage

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