

“The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no community, because without proper care for it we can have no life.” - Wendell Berry



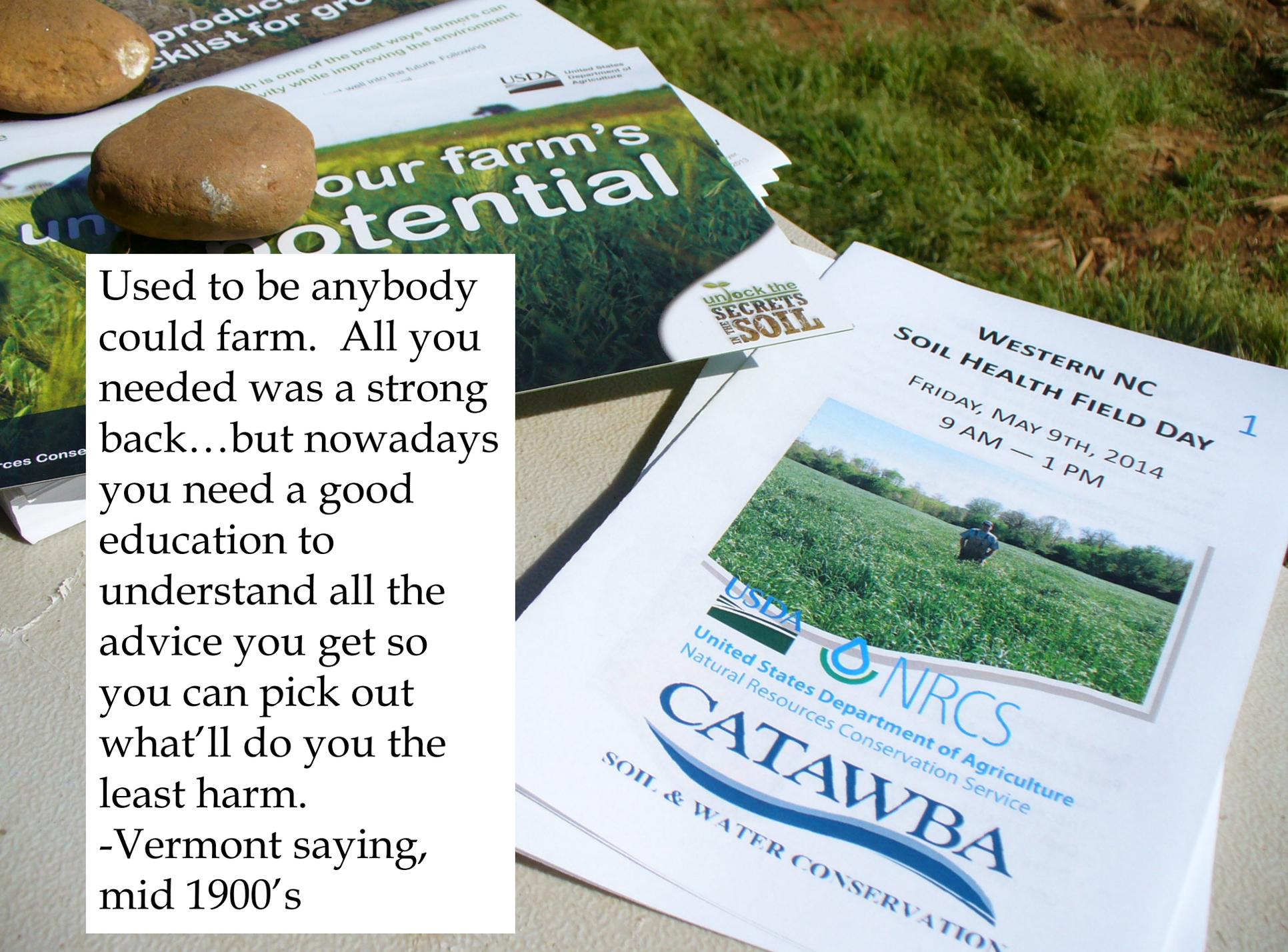
# Catawba Soil & Water Conservation District Farm Family



Russell & Tara Hedrick 2015

Used to be anybody could farm. All you needed was a strong back...but nowadays you need a good education to understand all the advice you get so you can pick out what'll do you the least harm.

-Vermont saying, mid 1900's



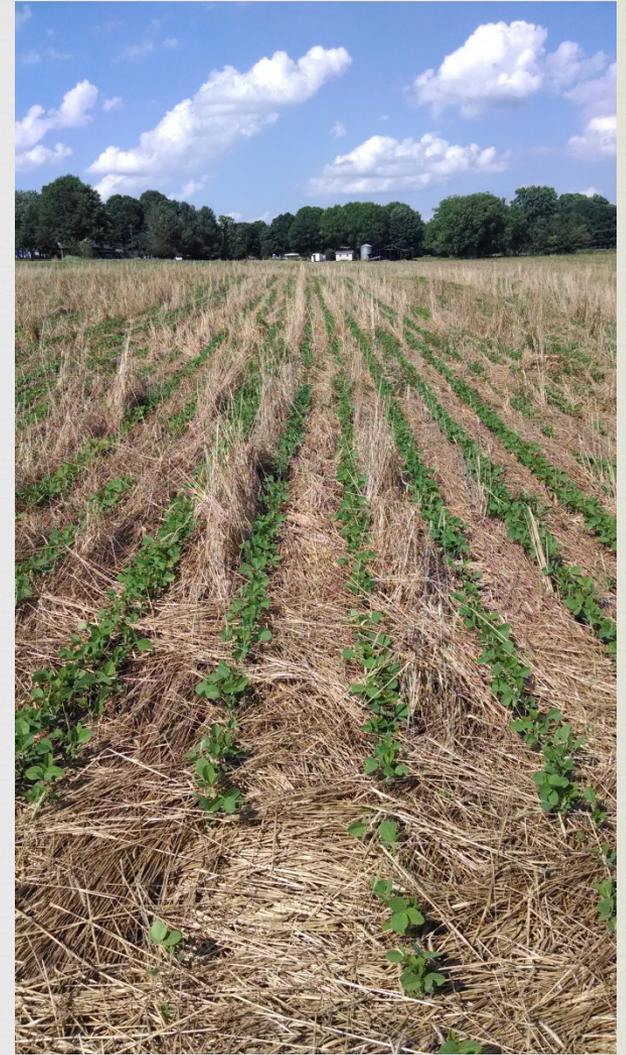




“More grass means less forest; more forest less grass. But either-or is a construction more deeply woven into our culture than into nature, where even antagonists depend on one another and the liveliest places are the edges, the in-betweens or the both-ands...Relations are what matter most” - Michael Pollan, *The Omnivore's Dilemma*











“All over the country soils are worn out, depleted, exhausted, almost dead. But here is the comfort: These soils possess possibilities and may be restored to high productive power, provided you do a few simple things.

- C.W. Burkett, 1907

# Cover crop specialist





# Cover Crops



