

Saugeen River CSA

After graduating with a degree in arts and literature from Virginia Commonwealth University, Cory Eichman spent five years as an apprentice on biodynamic farms in the United States. In 1997 he and a business partner started the Saugeen River CSA (Community Supported Agriculture) on ten acres that they rented from Michael Schmidt at Glencolton Farm. Today the farm is located on Highway 6 north of Durham, where Cory lives with his wife Tanya and their two children, Stefano and Georgia.



Cory with his daughter Georgia & Scottish Highland Cow

The biodynamic approach to farming was developed by Rudolf Steiner in the 1920s, just when chemical agriculture was emerging. His view was that a farm is healthiest if it can supply its own fertility needs. Ideally it's a closed system in which livestock provide fertilizer for the farm, and that fertilizer that is in turn used to grow feed for the livestock. Crop rotation and compost production are two fundamental components and the effect of planetary movements on nature's cycles is another consideration. Cory thinks that his training in arts probably prepared him well for this kind of farming because "in biodynamics we're trying to spontaneously work with the creative impulses in nature.....which relates to the creative impulses inside ourselves."

Five acres are devoted to crops for the CSA membership which numbers 80 families in the summer. Since the construction of an in-ground root cellar there are also winter shares available. All produce distributed through the CSA is grown on the farm and the first crops are harvested around the third week of June. Several different vegetables and a whole range of culinary herbs are offered each week. Small, medium and large shares are available to accommodate different family sizes and needs. Cory is also in the early stages of developing a small, farm-based seed company. He is the Ontario Coordinator of the North American Biodynamic Apprenticeship Program (www.bdtraining.org) and teaches an advanced biodynamics course one day a month near Guelph.

Saugeen River CSA produce is available at...

- *Chicory Common (Durham)*
 - *Owen Sound Farmers Market*
- *Beef is available at the farm gate*
▪ *For membership information please call Cory at 519-369-3567*

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