

Steve and his father farm 175 acres of corn, alfalfa, tomatoes, pumpkins, soybeans, small grains and a few other vegetables on hilly land in southern Lancaster County, Pennsylvania. Long term no-tillage, cover crops and effective rotations are the foundations of their farming system, which includes a unique emphasis on no-till transplanting of vegetables into killed mulches.

Steve Groff is fast becoming an emerging leader and innovator in no-till planting.

A third generation farmer and passionate advocate for soil conservation, soil health and food quality, Steve began no-tilling in the early 80's on about 15 corn acres. He began using cover crops in 1991 as another soil conservation measure and now plants cover crops based on the succeeding crop that he will plant into next year. Some fields have not been touched by any tillage equipment for 15 years.

Raising three children on their Holtwood farm, Steve and his wife Cheri highly regard their roles as environmental stewards. The innovative no-till techniques that Steve has adapted have not only greatly reduced pesticide use and cost, but also protected their valuable topsoil.

"Steve's been a real pioneer in looking at some innovative ways of managing cover crops mechanically to reduce herbicides."

Leon Weber, Rodale Institute

Steve has received a grant from SARE to assist his research in new generation cropping systems and he is actively working with researchers from USDA, Penn State Extension, University of Maryland, and NRCS. He is also currently serving on the Board of Directors of the Pennsylvania Association of Sustainable Agriculture (PASA). Steve hosts tours of his Holtwood farm and speaks at agricultural conferences across North America.

For all the latest information on
New Generation Cropping Systems,
check out our web site

www.cedarmeadowfarm.com

New Generation Cropping Systems

❖
Steve and Cheri Groff
Cedar Meadow Farm
679 Hilldale Road
Holtwood, Pa. 17532
USA

❖
tel (717) 284-5152
fax (717) 284-5967
e.mail: sgroff@epix.net

New Generation Cropping Systems
presents

**No-Till
Vegetables**
A Sustainable Way
to Increase Profits,
Save Soil, and
Reduce Pesticides

**an agricultural
video**



Learn from practical insights,
field scale models, and farm test
methods that you can use.

A professionally produced video made by veteran 15 year no-till farmer Steve Groff, "No-Till Vegetables" will teach you the basic principles behind this newly emerging technique that can save you money and save valuable topsoil, without sacrificing yields.

Farmers, researchers, students and others will appreciate the practical insights, field scale model, and farm tested methods that are portrayed and discussed.

This video covers the basics of no-till vegetable production. You will be able to adapt the techniques demonstrated in this video to your operation.

This video is backed by the leading sustainable no-till vegetable experts in the nation.

"Steve takes an idea to his farm, adapts it and makes it work, and helps other farmers utilize the information."

Dr. Ron Morse - Virginia Tech.
Developer of no-till transplanter

"I've seen a tremendous improvement on his farm since he started applying the most recent sustainable practices."








Aref Abdul-Baki,
Agriculture Researcher
USDA

"I'm ready to see this move forward in mainline vegetable production across the nation."

Joel Myers, Agronomist
Natural Resources
Conservation Service

"Soil was meant to be covered"

- Steve Groff

-  Do you desire greater profits from the land you manage?
-  Do pesticides and their environmental impact bother you?
-  Is soil erosion a concern on your farm?
-  Are you frustrated by the high cost and disposal problems of plastic?
-  Do you want to learn from the experts?
-  Would you like to learn techniques to suppress early blight in tomatoes and the Colorado potato beetle?
-  Would you like to know a secret weapon in managing cover crops and learn about the benefits of organic mulches?

THEN THIS VIDEO IS FOR YOU!

ORDER FORM

Ship to: (please give postal address)

Name _____

Address _____

City, State _____

Zip _____

Phone () _____

Quantity Ordered:

_____ video/s @ \$21.95 each _____

shipping rates		shipping
1 - 2 videos - \$3.00		total
3 - 10 videos - \$5.00		

Payment Information:

- ☐ Enclosed is a check or money order payable to Cedar Meadow Farm
- ☐ Please bill my credit card (circle):
Visa MC AmX Discover

Card Number _____

Exp. Date _____

Signature _____

Special Info:

- ❖ Please allow three weeks for delivery
- ❖ For rush orders or quantity orders over 10 videos please call 717-284-5152
- ❖ Sorry, no COD orders

Send Order to:

Cedar Meadow Farm
679 Hilldale Road
Holtwood, Pa. 17532