

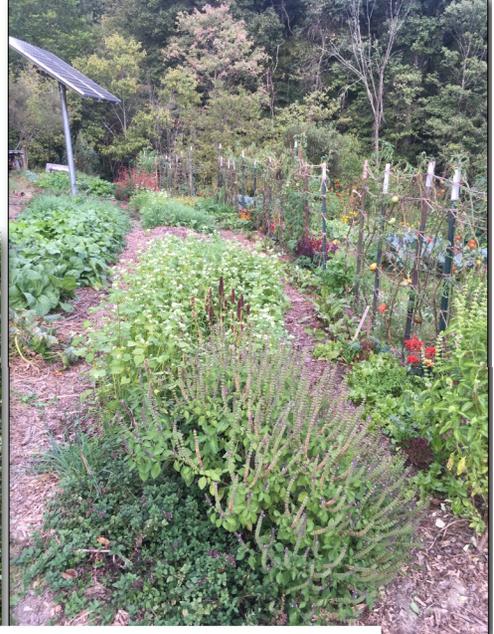
SALAMANDER SPRINGS FARM

Market farm managed with no-till
regenerative agriculture practices

Est. 2001, off-grid, near Berea, KY



1/3 - acre fruits, nuts, berries



1/2 acre - permanent bed production



1 acre - no-till corn & bean fields

SALAMANDER SPRINGS FARM 2001-2026

Farmers' markets & CSA, local stores & restaurants, online store:

- Vegetables, fruits, herbs, grains, dry beans - cornmeal, popcorn, pintos, black beans.
- Seeds, plants, value-added (dehydrated/packaged products, salves, luffa sponges, etc.).

On-farm workshops & events, consulting & teaching



Salamander Springs Farm Store

The LocalHarvest.org store featured small farms across the USA, including the Salamander Springs Farm products below, closing their online store in 2018. Because of the demand from former Local Harvest customers across the country, we've created a low-tech online store--in spite of the challenges of being off-grid without internet!

WHOLE GRAIN STONE-GROUND CORNMEAL

- 1 lbs. \$7 + shipping
- 2 lbs. \$13 + shipping

Salamander Springs Farm colorful Kentucky Rainbow heirloom dent corn makes an unforgettably delicious and nutritious cornbread! The legendary flavor also makes it



SALAMANDER SPRINGS FARM

No irrigation. No municipal water or grid utilities.

Gravity-flow spring water (650 gal.) and rainwater catchments (300-gal.)

No tillage or mechanization. Few outside inputs.

Continuous living cover on soil: polycultures of food and cover crops
Regenerative practices mimic natural systems



Logged, eroded ridge top



2001

**compacted shaley clay
1% O.M, 4.6-4.9 pH**



house site

permanent market beds now here



Today

**7 -12" mycorrhizal-rich topsoil
8-13% O.M, ave. 6.9 pH**



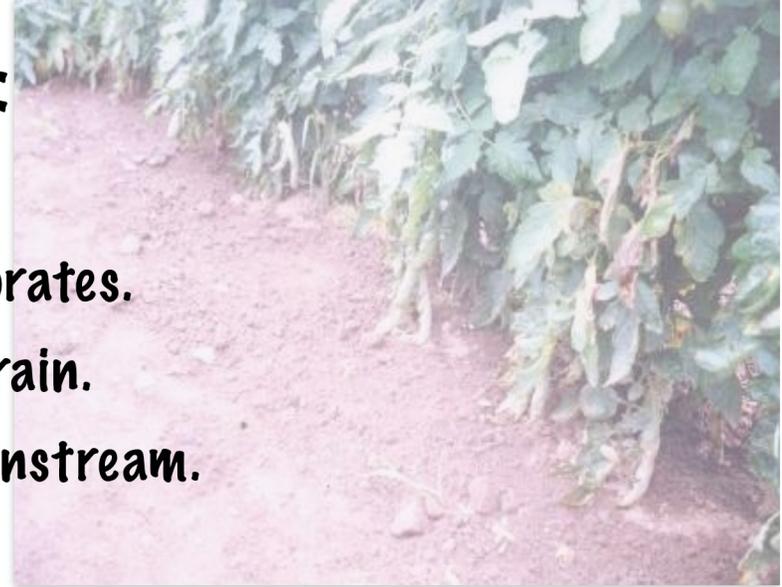
RESULTS OF TILLAGE:

Organic matter oxidizes.

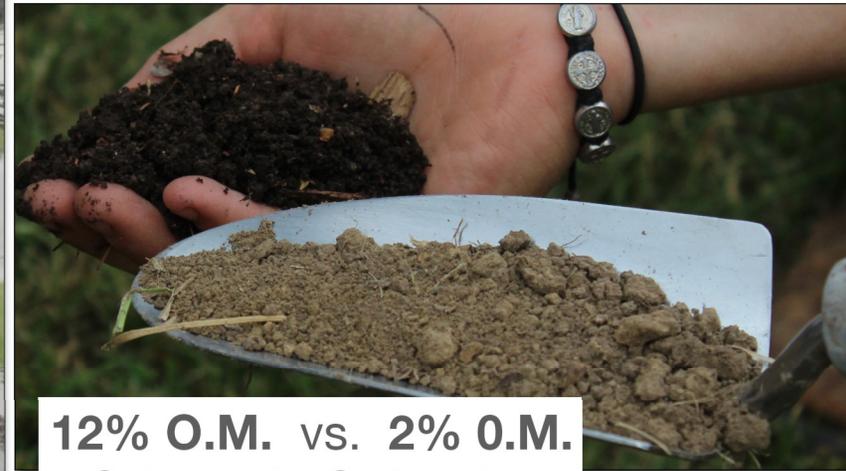
Soil overheats. Moisture evaporates.

Soil compacts - can't absorb rain.

Topsoil and nutrients run-off downstream.



Two fields after the 2019 flooding: The field on the left had been farmed for several years using cover crops and no-till practices. The field on the right, with standing water, had been farmed with conventional tillage and no cover crops.



**12% O.M. vs. 2% O.M.
at Salamander Springs Farm**

REGENERATIVE AGRICULTURE mimics the native prairie

Diverse, continual crop cover without tillage

9-10% soil organic matter.

**Soil microorganisms
provide better fertility.**

**Porous soil structure
absorbs and retains rainfall.
(20,000 gallons/acre per 1% O.M.)**

Resilient to weather extremes.

Few pest issues.

High weed suppression.

Few outside inputs.

Less labor!



**Winter rye
cover crop mix
planted in October**

December



late May

**Crimped
(rolled down)**



early March



late April



early May

CONTOUR SWALES at Salamander Springs Farm

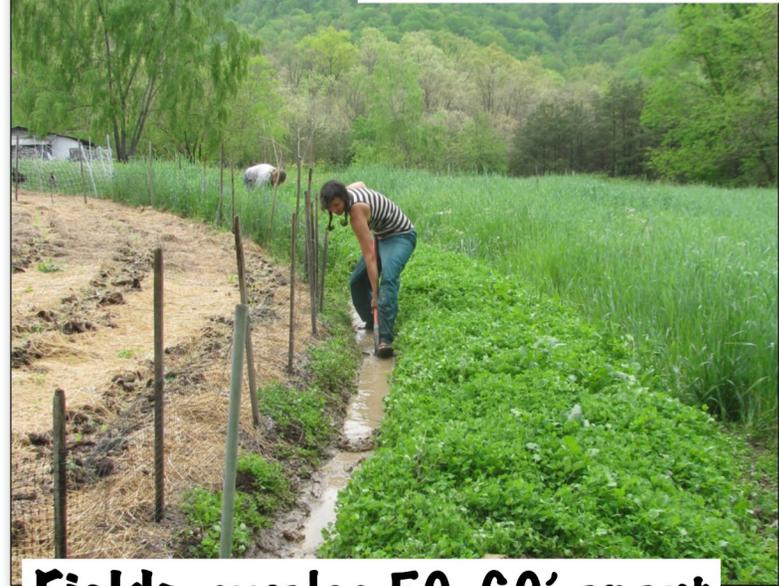


SLOW, SINK & SPREAD
stormwater

Retain water & nutrients
for later absorption



Retaining stormwater & nutrients in contour swales



Fields: swales 50-60' apart



Market gardens:



contour swales are paths between permanent raised beds built on contour

Learn more on Salamander Springs Farm website
[FARM SYSTEMS](#) page



Native American *milpa*
at Salamander Springs Farm

“3 Sisters”
Staple crops

maize
beans
squash
and more



On-farm workshops



No-till CORNFIELDS



Tarping

Early May
Crimping rye

Late May
Corn planted
in rye straw



June



**Beans & squash
planted in corn rows**



**Summer cover crop mix
sown between rows**

..buckwheat, millet, brassicas, clover, flax, etc..

**Polyculture no-till
CORNFIELDS**



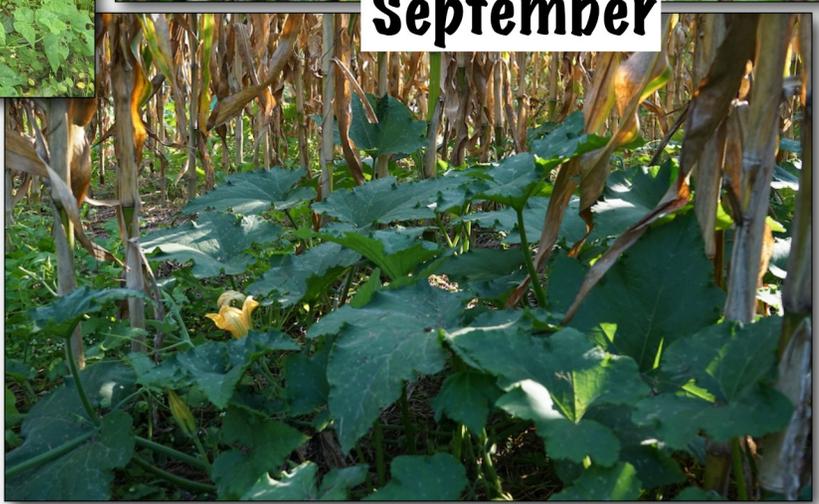
July



August



September

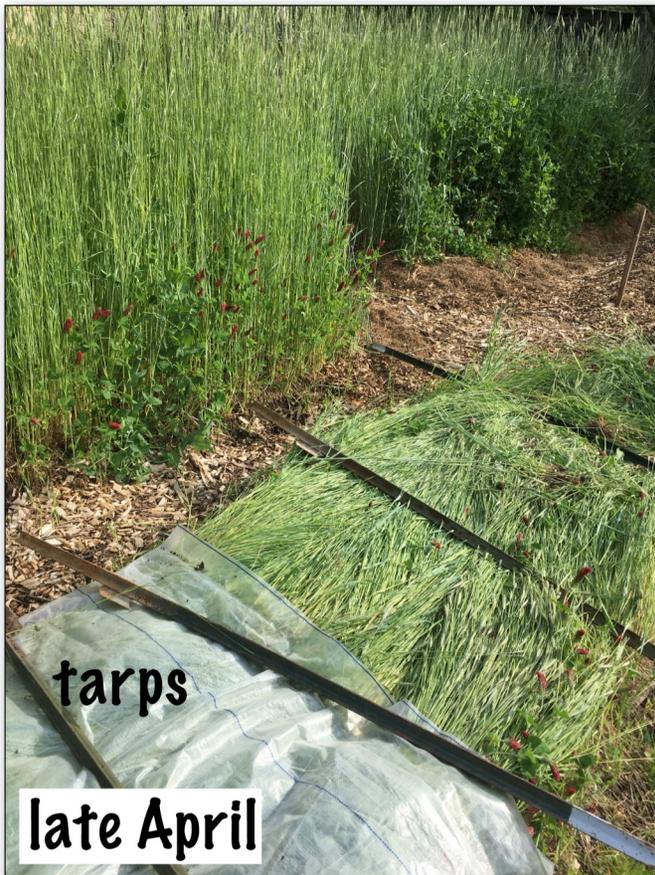


October

Polyculture no-till CORNFIELDS

**Living roots in the ground..
cover crops, beans & squash**

Non-mechanized crimping for transplanting on beds



Winter rye (or wheat or triticale)



**diverse
“relay cropping”
without tillage**





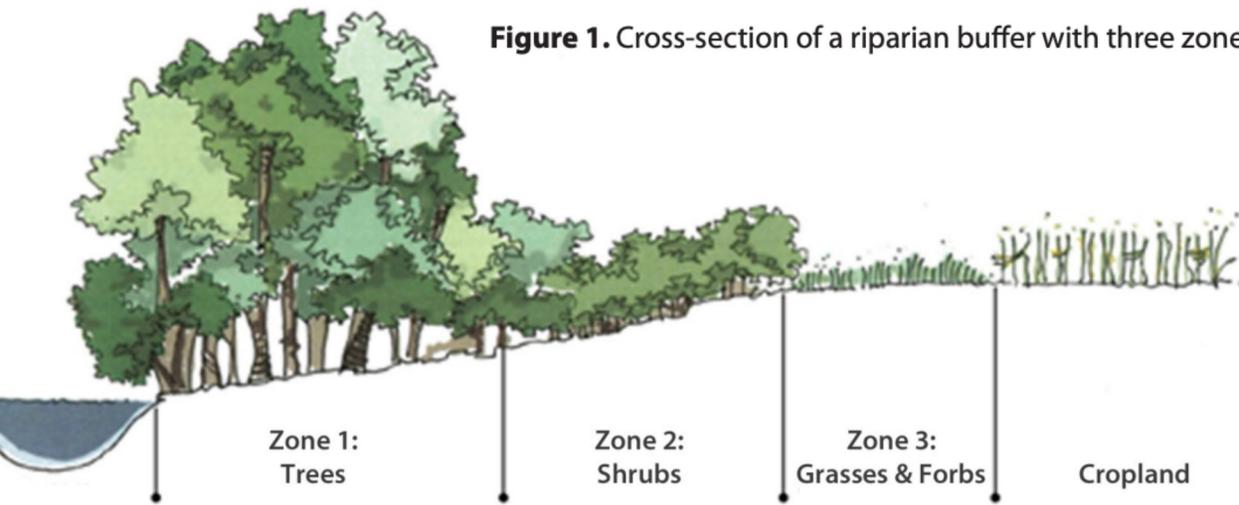
**Some intercropped polycultures
vegetable production beds**

Wood chip paths



Figure 3. Commonly used native species in Kentucky riparian buffers.

Figure 1. Cross-section of a riparian buffer with three zones.



| Trees | Shrubs and Small Trees | Grasses | Perennial Wildflowers |
|---|---|--|---|
| American sycamore (<i>Platanus occidentalis</i>) | Spice bush (<i>Lindera benzoin</i>) | Switchgrass (<i>Panicum virgatum</i>) | Great blue lobelia (<i>Lobelia siphilitica</i>) |
| Pin oak (<i>Quercus palustris</i>) | Arrowwood viburnum (<i>Viburnum dentatum</i>) | Eastern gamma grass (<i>Tripsacum dactyloides</i>) | Purple coneflower (<i>Echinacea purpurea</i>) |
| Swamp white oak (<i>Quercus bicolor</i>) | Eastern redbud (<i>Cercis Canadensis</i>) | Big bluestem (<i>Andropogon gerardii</i>) | Cardinal flower (<i>Lobelia cardinalis</i>) |
| Yellow Buckeye (<i>Aesculus flava</i>) | Buttonbush (<i>Cephalanthus occidentalis</i>) | River bank wild rye (<i>Elymus riparius</i>) | New England aster (<i>Aster novae-angliae</i>) |
| White oak (<i>Quercus alba</i>) | Silky dogwood (<i>Cornus amomum</i>) | River oats (<i>Uniola latifolia</i>) | Swamp milkweed (<i>Asclepias incarnata</i>) |
| River birch (<i>Betula nigra</i>) | Rough-leaf dogwood (<i>Cornus racemosa</i>) | Deer tongue grass (<i>Panicum clandestinum</i>) | Grey goldenrod (<i>Solidago nemoralis</i>) |
| Bur oak (<i>Quercus macrocarpa</i>) | | | Greyheaded coneflower (<i>Ratibida pinnata</i>) |
| Swamp chestnut (<i>Quercus michauxii</i>) | | | Joe Pye weed (<i>Eupatorium fistulosum</i>) |
| Red maple (<i>Acer rubrum</i>) | | | |
| Yellow-poplar (<i>Liriodendron tulipifera</i>) | | | |
| Eastern Cottonwood (<i>Populus deltoids</i>) | | | |
| Black walnut (<i>Juglans nigra</i>) | | | |
| Bald cypress (<i>Taxodium distichum</i>) | | | |
| Black willow (<i>Salix nigra</i>) | | | |
| Tupelo gum (<i>Nyssa sylvatica</i>) | | | |
| Green ash (<i>Fraxinus pennsylvanica</i> var. <i>subintegrifolia</i>) | | | |

- **Trees:** Pawpaw (edible fruit, medicinal bark), American Persimmon (edible fruit), River Birch, Bald Cypress (*Taxodium distichum*), Red Maple (*Acer rubrum*), American Sycamore (*Platanus occidentalis*).
- **Shrubs:** Spicebush (medicinal, edible berries/leaves), Buttonbush (nectar source, medicinal), Elderberry (*Sambucus canadensis*), Serviceberry (*Amelanchier arborea*)
- **Perennials & Herbs:** Swamp Milkweed (*Asclepias incarnata*), Cardinal Flower (*Lobelia cardinalis*), Blue Flag Iris (*Iris versicolor*), Cattails (*Typha* spp.), Sedges (*Carex* spp.).
- **Forage/Roots:** Wild Leeks (*Allium tricoccum*), Pawpaw, Persimmon. [🔗](#)

UK Ag Extension:
[Planting a Riparian Border](#)