



No-Till Intensive Vegetable Culture

Pesticide-Free Methods for Restoring Soil and Growing Nutrient-Rich, High-Yielding Crops

Bryan O'Hara

Farming / Gardening

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Media contact:

cbutt@chelseagreen.com

US event contact:

jstewart@chelseagreen.com

UK event contact:

rbaldwin@chelseagreen.com



A unique agricultural methodology that delivers higher yields, higher quality, and higher profitability—absolutely free of herbicides or pesticides

Farmers are rapidly adopting no-till techniques because they enhance the inherent biological functions in soil. Such a diverse, balanced soil environment produces healthy crops while bolstering farm ecosystem resilience in the face of climate challenges and declining air and water quality.

In *No-Till Intensive Vegetable Culture*, renowned organic grower Bryan O'Hara describes the multi-year process of transitioning his Connecticut vegetable farm to a no-till system. He uses zero herbicides and other pesticides and asserts that this flexible, ecological methodology is as important for the health of the soil as it is for his economic success.

O'Hara delves into all facets of a dynamic, holistic growing system, including:

- No-till bed preparation techniques
- Seeding and transplanting methods
- Use of fertilizers (including foliar feeds)
- Compost preparation and application
- Culture of indigenous microorganisms to support soil biology
- Pest and disease management
- Season extension

No-Till Intensive Vegetable Culture is the go-to vegetable grower's manual for the twenty-first century, presenting an advanced, unique methodology that both responds to natural systems and adapts to meet future challenges.

To request a review copy or author interview, please contact: Christina Butt at cbutt@chelseagreen.com or (802) 295-6300 ext. 127

Author Availability: Connecticut, or by phone or arrangement



Bryan O'Hara has been growing vegetables for a livelihood since 1990 at Tobacco Road Farm in Lebanon, Connecticut. He works with natural systems to build complex and balanced soil life, resulting in a highly productive, vibrant growing system. Bryan was named NOFA's Farmer of the Year in 2016.

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