



# Demonstrating Sustainable FARM PRACTICES



Healthy Soils  
Nutritional food  
Healthy people



Bass Coast  
**Landcare**  
Network



National  
**Landcare**  
Program





# Demonstrating Sustainable FARM PRACTICES

Healthy Soils

Nutritional food

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9.30am	Guest registration, coffee and conversations
9.55am	Please take your seats
10.00am	Forum commences—welcome
10.15am- 12.20pm	Marieke Rodenstein and Maarten Stapper talk about Healthy Soil, Nutritional Food, Healthy People
12.20pm	Lunch
1.00pm	Question and answer panel. Our distinguished guests and local legends will discuss forum topics
2.00pm	Forum closes. Please fill out your evaluation form (at the end of this booklet). Thank you for your attend-

## Introducing our special guests

### Marieke Rodenstein



Marieke Rodenstein is a qualified Dietitian and Nutritionist with extensive knowledge and experience in her field. Having grown up in Australia she has worked as a dietitian in both India and the Netherlands and now practices in Melbourne.

Her long standing interest in health and nutrition, stemming from her experiences as a young athlete and subsequent ill health, led her to question conventional practices and seek a more traditional and holistic approach to health and wellbeing. She continues to be inspired by leading international experts in a range of fields and draws upon this body of knowledge to continually develop her approach.

Her treatments and recommendations have achieved significant results for many clients who have failed to respond to more conventional approaches to diet and wellness. Her strength lies in her ability to effectively identify and address the underlying cause(s) of diet and lifestyle related health issues and to help her clients build a solid and sustainable foundation of health.

As a young mother and an advocate of organic and traditional food Marieke is passionate about educating and helping others to achieve and maintain better health and ultimately to help us leave a legacy of better health for our future generations.

#### **Qualifications and Education**

Marieke holds a Bachelors degree in Nutrition and Dietetics from the University of The Hague in The Netherlands. Further to her degree she holds a certificate in Sports Nutrition from Sports Dietitians Australia and is a certified **GAPS** practitioner and **Mindd** practitioner. Marieke is also a nutrition expert for Sarah Wilson's **I Quit Sugar** Program.

Find out more at <http://thenutritionpractice.com.au/>

## Introducing our special guests

### Maarten Stapper



Dr Maarten Stapper has lived, studied and worked in the Netherlands, Canada, USA, Iraq, Syria, and, since 1982, in Australia.

He has an agricultural engineering degree from Wageningen University, the Netherlands, in farming systems and catchment management in semi-arid tropics.

After working for 30 years as a research agronomist in four continents, Dr Maarten Stapper has turned into an advocate of biological-organic farming systems.

With experience from the inside, he is a critic of GM technology and current agricultural science paradigm that both strengthen the moribund industrial agriculture as it continues to degrade soil, environment and food.

Maarten now works as a private consultant assisting farmers in the transition from industrial to biological farming systems. The main focus of Maarten's work is helping farmers improve the profitability of their operations by harnessing the power of natural soil processes, improving their use of inputs and

understanding those practices that negatively impact on soil health.

A healthy soil produces better crops and pastures, requiring less fertilisers and agro-chemicals for similar productivity, and resulting in healthier feed for animals and healthier food for humans.

Through Maarten's research work, discussions with Landcare groups and a wide range of farmers, he has come to the belief that science must take a broader view to achieve the sustainable development of agricultural industries. To achieve this we have to look at the whole farming system – where every thing is linked to everything else.

Biological agriculture leads to higher biodiversity on farms and a greatly reduced impact on catchment environments. This process can achieve a doubling of the organic carbon content of the soil, and, if practised Australia-wide, could capture most CO<sub>2</sub> released in the country and slow climate change. Maarten is an expert in dryland and irrigated wheat production in semi-arid tropics and developed management guidelines associated with plant and crop development.

Maarten loves cooking and is worried about food quality. He advocates least refined and processed, wholesome, nourishing traditions.

Find out more at <http://www.drmaartenstapper.com.au/>

## References and further reading

### How your Gut Flora Influences our Health

Marieke Rodenstein, Dietitian and Nutritionist. The Nutrition Practice, Sassafras Vic 3787, <http://thenutritionpractice.com.au/>

### Healthy Soils: Foundation for Health of Humans and Planet Earth

Dr Maarten Stapper FAIAST, Agricultural Scientist and Farming Systems Agronomist BioLogic AgFood, [Weston Creek ACT 2611, http://www.biologicagfood.com.au/](http://www.biologicagfood.com.au/)

**Gut by Giulia Enders** (2016), Scribe Publications (272p). In Gut, Giulia Enders reveals the latest science on how much our digestive system has to offer

**Gut Microbiota for Health.** Launched in 2012 by the Gut Microbiota and Health section of the European Society for Neurogastroenterology and Motility. <http://www.gutmicrobiotaforhealth.com/en/home/>

**Healthy guts are swarming with bugs, so what do they do?:** <https://theconversation.com/healthy-guts-are-swarming-withbugs-so-what-do-they-do-65105>

**Gut Bacteria May Play a Role in Autism:** Evidence is mounting that intestinal microbes exacerbate or perhaps even cause some of autism's symptoms: <https://www.scientificamerican.com/article/gut-bacteria-may-play-a-role-in-autism/>

**Antibiotic overuse might be why so many people have allergies:** <https://theconversation.com/antibiotic-overuse-might-be-why-so-many-people-have-allergies-48078>

**Omnivore's Dilemma** by Michael Pollan (2006), Penguin Press (450p).

**Good Health in the 21 st Century** by Dr Carole Hungerford (2008), Scribe Melbourne (532p). The GP who asked questions about causes of problems seen in her practice.

**Healthy Soils for Healthy Quality Food:** Producing the real 'Clean & Green' Dr Maarten Stapper's closing address of the 2015 National Biological Farming Conference: <http://www.soilcare.org/conference-videos-2015.html>

**A systematic literature review and meta-analyses** by Marcin Baranski et al. (2014) British Journal of Nutrition 112: 794-811. Higher antioxidant (+50%) and lower cadmium concentrations, and lower incidence of pesticide residues in organically grown crops.

**Fruit and Soil Quality of Organic and Conventional Strawberry Agroecosystems** by Reganold et al. (2010). <http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0012346>

**Feature in the CSIRO Sustainability Network Update No.61E, 2006** – With 30 years of experience as agricultural scientist on four continents Dr Stapper describes the problems in modern farming and its separation from the landscape or ecosystem <http://www.biologicagfood.com.au/publications/soil-fertility-management-towards-sustainable-farming-systmslandscapes/> (with reference list)

**Farming Secrets** reveals the steps to Biological Farming and helps you build healthy soils: <https://www.farmingsecrets.com/about-us/what-is-farming-secrets/>

## Introducing our hosts

### Bass Coast Landcare Network

The Bass Coast Landcare Network (BCLN) was formed in 2003 as an affiliation of the Landcare Groups, enabling them to better position themselves for investment from government, local, state and federal and corporate programs. Sixty percent of the 1,400 rural properties in the Network area are involved in and supported by the BCLN.

Under the direction of each of the Groups and the Network, Landcare staff manages a variety of programs, including;

- Partnerships in action – Engaging and delivering partnership in the corporate and agency sector
- Practical Sustainability in the peri-urban environment – Landcare for urban residents
- Restoring Our Fragmented Landscape – Remnant Vegetation Protection and Revegetation
- Pest Plant and Animals Know No Boundaries – Integrated Pest Plant and Animal Control
- Ecosystem Services Delivery – Valuing biodiversity and guaranteeing a Net Gain
- Sustainable Agriculture for Bass Coast - Trials, diversification and innovation
- Environmental Detectives - Environmental education for the next generation
- Training Programs - Connecting landholders with skills and knowledge to address future needs

Find out more <http://www.basscoastlandcare.org.au/>



## Introducing our hosts

### South Gippsland Landcare Network

The South Gippsland Landcare Network (SGLN) was formed in 1995 and today is made up of 16 groups and over 400 families who manage and farm the land. The success of the Network is due to the inspiring contributions made by the passionate individuals and volunteers.

**Our Goals:** Improving the environment & embracing sustainable food & fibre production.

Achieved by working in partnership with the community, businesses & government agencies

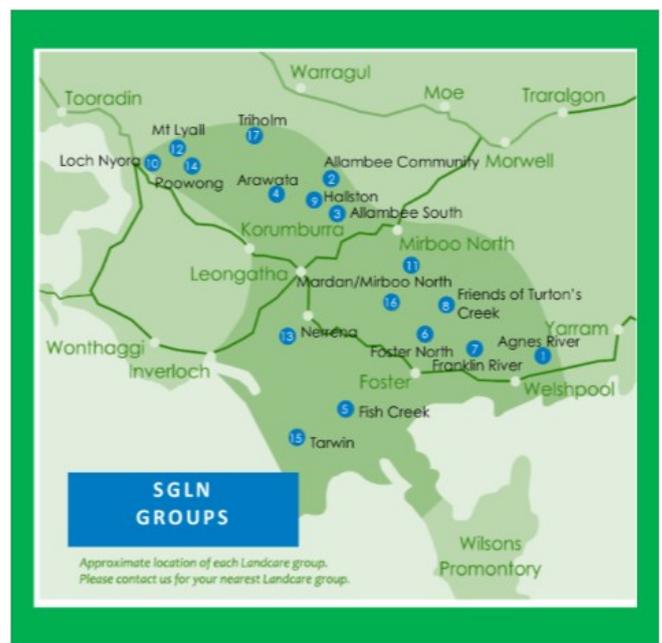
**Caring for land of any size.** The South Gippsland Landcare Network offers a range of programs to suit lifestyle properties or large farming enterprises

The Network area covers 270,000 ha and is bordered by the Strzelecki Ranges to the north and the Bass Strait to the south. The south-western half of the catchment is part of the Gippsland Plains bioregion, characterized by lowland coastal and alluvial plains with gentle undulating terrain which rises to meet the Strzelecki Ranges to the north.

Thanks to its high rainfall and productive soils, the South Gippsland area is an important dry-land agricultural region, with strong dairy and beef industries. The regional townships of Leongatha, Meeniyan, Poowong, Foster, Fish Creek, Mirboo North, Loch and Nyora are located in the Network. The area also has high environmental value with large patches of coastal park, remnant vegetation and several significant waterways such as the Bass, Tarwin and Franklin Rivers. These rivers contribute to several important wetlands including Anderson Inlet and the RAMSAR protected Westernport Bay and Corner Inlet.

SGLN is a not-for-profit organisation governed by a board. The board is responsible for the overall governance of the organisation: the leadership and supervision of the organisation's affairs. The board's primary role is to protect and enhance the value of the organisation for the benefit of its members and its mission.

Find out more <http://www.sgl.n.org.au/>





## Introducing our sponsors and partners

### West Gippsland Catchment Management Authority

“The West Gippsland CMA understands that healthy soils are a vital component of a productive and sustainable agricultural industry. Through the Regional Landcare Facilitator project we are supporting Landcare in our region to raise awareness of sustainable agricultural practices.”

Find out more <http://www.wgcma.vic.gov.au>

### Bass Coast Shire Council

Council Vision - Bass Coast will be known as a region that supports a sustainable and healthy community, and values and protects its natural assets.

Agriculture is a significant economic driver in Bass Coast and contributes to the high standard of liveability and tourism with the temperate climate making it a natural choice for food production including dairy, beef, wine and crop production. Council supports projects that facilitate and support agriculture in Bass Coast and the production of quality produce.

Find out more <http://www.basscoast.vic.gov.au/Home>

### South Coast Primary Care Partnership

The South Coast Primary Care Partnership and our member agencies have developed a plan that focuses on three identified priority areas and they are:

Promote Healthy Eating - our goal is for more people living in the South Coast to adopt a healthier diet.

Encourage Regular Physical Activity - our goal is to encourage people living in the South Coast to be more engaged in physical activity.

Improve Social Connections - our goal is to support people living in the South Coast to be more resilient and connected.

By working in collaboration with Bass Coast Health, South Gippsland Hospital, Gippsland Southern Health Service, Bass Coast and South Gippsland Shire Councils we aim to empower our communities with the skills, confidence and knowledge to gain greater control over decisions effecting their health and make healthy choices.

Find out more <http://www.southcoastpcp.org.au/>

## Introducing our Q & A panel members

### Chris Alenson

Chris has more than a 35-year active involvement in the sustainable agricultural and horticultural industry consulting to a wide range of agricultural industries including wheat, dairy, viticulture and horticulture enterprises. Over the last few years Chris has been involved in delivering soil based workshops to dairy, beef and lifestyle farmers across Gippsland catchments and in researching and assisting in the implementation of an on-farm soil health assessment monitoring systems. He operates a small ecologically managed farm with his family at Macclesfield Victoria.  
Bass Coast Shire Council

### Gil Freeman

Gil Freeman is a co-founder of Grow Lightly and has been central to its development since its inception a decade or so ago. With his wife Meredith, he has been living in South Gippsland for over 20 years and in that time they have been involved in sustainability projects of all sorts, including in energy, bushfoods, horticulture/permaculture and community development fields.  
Gil and Meredith are now deeply involved in promoting the local food for local people movement and in particular helping Southern Gippsland feed Southern Gippsland. They are currently engaged in research into how local food can be made more available and accessible for local people.

### Adrian James

In his role as project officer with the Phillip Island and Community Learning Centre (PICAL) Adrian founded the Cowes Community Garden and encouraged the development of community gardening across the Bass Coast in his role as a program facilitator for the Bass Coast Community Gardens Network. In his role as Project Officer for the South Coast Primary Care Partnership he implemented a review of the Bass Coast and South Gippsland Food System and he is currently project managing a sustainable agriculture project in partnership with the Bass Coast Landscape Network.  
Adrian's work has enabled him to critically reflect on how food systems work and to identify how elements of our food system can impact on the health, social, environmental, ethical, and economic dimensions within our community.



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## Introducing our Q & A panel members

**Julia Lomas**

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