

COB FARM



GENERAL INFORMATION

Location of farm	Greece, Region of Thessaly, Nessonas Larissa - https://g.page/CobAeiphoria?share
Name of the farmer	Christos Kontomanos
Size of farm	1.6 Ha
Permanent staff	3
Main products of farm	Almonds mainly, Vegetables, Pickles, Fresh Apricots, Figs, Arbutus, Apples, Pomegranates, Cherries, Jams and dried fruits, Timber, Hazelnuts, Pecan nuts, Walnuts, Feijoas, Elderberries, Chickens for egg production. Muesli to be produced in the future.



CURRENT REGENERATIVE AGRICULTURE PRACTICES ON THE FARM

Farmland cultivated with RA practices	1.2 Ha
Crops produced with RA practices	All crops
Duration of using RA practices	4 years

Description of RA practices used in the farm

The RA practices applied are:

- *Green fertilisation*

- *Soil cover*
- *Increase of organic mater*
- *Agroforestry*
- *No-till practice*
- *Composting*
- *Use of microorganisms*
- *Non-use of chemical and conventional products and fertilisers*
- *Co-cultivation*
- *Multicultivation*
- *Biointensive planting*
- *Minimisation of irrigation*
- *Activated carbon*
- *Crop rotation*
- *Application of syntropic agroforestry principles etc.*

Regenerative agriculture.
An innovative approach towards mitigation
of climate change through multi-tier learning.



Erasmus+

STARTING AND MOTIVATION BEHIND REGENERATIVE AGRICULTURE

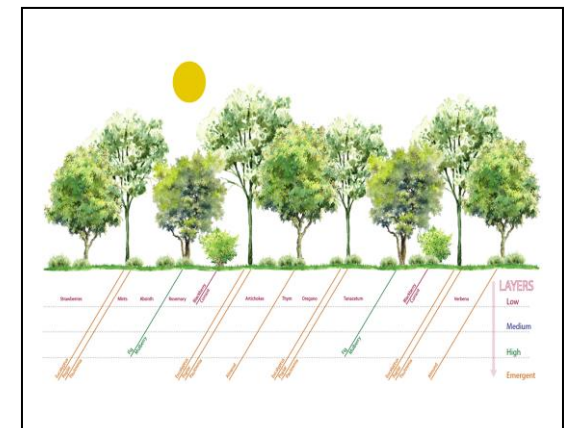
Main motivation	I graduated as an Agronomist, but something didn't sit well with me. I found the answer mainly in the world of Permaculture, and especially in a more specialised field, Regenerative Agriculture. Regenerative agriculture attracted me immediately because it is a method already applied globally by farmers and agronomists, and is based on a very specific system and concrete solutions.
Learning the RA farming practices	Independent study and experimentation on the farm
Did the farmer receive training?	Was later trained by Sam Parker Davies and Giuseppe Sannicandro.
Did the farmer receive financial support?	Financial support for the almonds orchard from the Regenerative Farming Greece project (http://regenerativefarminggreece.org/). There was no financial support for the syntropic agroforestry system.



RESULTS OF REGENERATIVE AGRICULTURE

Benefits of using RA practices

Regeneration of ecosystems, economy in natural resources, biodiversity, increase in soil fertility and water retention in the soil, microfauna enhancement in soil, nutritional and taste supremacy of products, reduced production costs, carbon retention in soil, more balanced temperatures.



Obstacles of using RA practices

There is no certification, increased workload (in the specific planned system), difficulties to declare the cultivation and apply for corresponding compensation in the case of agroforestry, there are no subsidies, no knowledge and assistance from state bodies, there are not (many) mature examples and experts in Greece, there are not many technologies and machines used in regenerative agriculture. The obstacles are overcome through intensive research, study and experimentation. It's a different thing to just want to try RA in your farm to see the ecosystem regenerate, from managing to be economically sustainable with a priority to regenerating the ecosystem. It takes a lot of knowledge, thought and management to implement such systems, what you will plant, when and why.

Is the farmer happy overall with RA?	In Greece, Regenerative Agriculture is still lagging in terms of practice and market opening with recognition and certification.
	Regenerative agriculture, however, is the future of agricultural production.
Does the farmer intend to continue RA?	Yes
Does the farmer intend to introduce changes in RA methods or crops?	We work a lot with observation. Our systems are dynamic. We adapt with changes and see what works well and what doesn't. In the future we intend to mechanise production more.

Contacts: <https://www.cob.gr/nessonas.html>

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