



ORGANIC FARM EF ZIN

GENERAL INFORMATION

Location of farm	Greece, Region of Attica, https://goo.gl/maps/RRyTYXSqqY46zpaJ8
Name of the farmer	Spyros Tsagaratos
Size of farm	2,3 Ha
Permanent staff	2
Main products of farm	Seasonal vegetables and fruit trees



CURRENT REGENERATIVE AGRICULTURE PRACTICES ON THE FARM

Farmland cultivated with RA practices	2,3 Ha
Crops produced with RA practices	All the farm products
Duration of using RA practices	4 years

Description of RA practices used in the farm

Organic production — biodynamic agriculture. Application of soil cover, self-produced plant protection products (compost tea, plant extracts, etc.), continuous improvement of plant health due to an increase in soil organic matter, gradual installation of ecosystem of beneficial organisms that control infestations (organic control).

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Erasmus+

STARTING AND MOTIVATION BEHIND REGENERATIVE AGRICULTURE

Main motivation	Inspiration from the Biodynamic Agriculture Movement
Learning the RA farming practices	The farmer's studies as an Agronomist was the incentive to research on sustainable farming practices, which led to the biodynamic movement and to regenerative agriculture.
Did the farmer receive training?	Yes, through special seminars on biodynamic agriculture
Did the farmer receive financial support?	No



RESULTS OF REGENERATIVE AGRICULTURE

Benefits of using RA practices

Better selling prices of products, superior quality products, sustainable resource management (nutrients, water), and resistance of crops to diseases, entomological infestations and abiotic agents.

Obstacles of using RA practices

Difficulty finding suitable and effective dissemination material, increased labour costs to address challenges (herbicides), increased plant protection costs (more expensive plant protection products).



Is the farmer happy overall with RA?	Yes
Does the farmer intend to continue RA?	Yes, with constant research for new methods in this direction.
Does the farmer intend to introduce changes in RA methods or crops?	The search for new RA methods is constant, and changes will be introduced and monitored as necessary.

Contacts: www.bioktima.gr

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