

FULL BELLY FARM



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Full Belly Farm is a 400-acre certified organic farm located in the beautiful **Capay Valley** of Northern California, an hour northwest of Sacramento. **Full Belly** has been farmed using organic practices since 1985 and is certified by **California Certified Organic Farmers**. The **farm owners** are **Andrew Brait, Paul Muller, Judith Redmond, and Dru Rivers**.

With help from about 100+ valued employees, the farm produces an amazing diversity of **vegetables, herbs, nuts, flowers, and fruits** year-round. The farm also has a flock of chickens, a herd of sheep, and several milking cows.

Full Belly's system includes: **growing and marketing over 80 different crops; providing year-round employment** for farm labor; **using cover crops** that fix nitrogen and provide organic matter for the soil; **developing innovative marketing strategies;** and planting **habitat areas for beneficial insects and wildlife**. This set of strategies allows the farm to integrate farm production with longer-term environmental goals. This is **Sustainable Farming** at its best!

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**SUSTAINABLE AND
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