

Grace Springs Farm Central Coast

CASE STUDY

Snapshot:

Tony and Virginia Mall established Grace Springs Farm in 2012



“A productive small farm on 10 ha implementing regenerative agriculture”

Grace Springs Farm produces grass finished beef, pastured eggs, vegetables, honey and Muscovy duck meat and eggs. Regular farm tours and bee keeping workshops are also hosted at the property.

The Malls believe that healthy soils = healthy pastures = healthy animals = nutrient dense produce = healthy people.

They are part of the growing regenerative agriculture movement, farming without the use of chemicals, and working to improve the health of the soil and pastures they manage.

“We keep a close eye on our cattle, regularly checking their condition and addressing any issues quickly.” Virginia says.

Virginia attended holistic grazing management training and found the course invaluable. “We move all of our animals regularly.”



The whole farm is considered as part of their holistic grazing plan.

Virginia says that “during dry times, the family use electric tape fencing to graze stock on the pasture available along laneways and within the house paddock.”

During the drought in 2018 the grass was much shorter than usual however the paddocks still had groundcover, which is their main priority.

“Once rain did come in early spring, the response from the pastures was incredible. The pastures were actively growing with the warmer weather and we began to move cattle onto new grass every day to allow each area time to rest and recover,” she says.

Dung beetle populations thrive in the grazing paddocks and play an integral role in processing animal manure to improve the soil health.

The family are now adapting their farm management to manage risks associated with our changing climate.

Virginia says they focus only on what is within their control, work with the natural systems and make decisions to protect the natural resources on their farm.

“Holistic management gives you a framework to consider complex situations, plan and make informed decisions.”

“We also open our farm up to schools so the agriculture students get some hands-on experience.”

Social media is used by regenerative farmers to regularly connect with each other.

Virginia’s enthusiasm for regenerative farming, producing nutrient dense chemical free food and simply loving what she does is contagious.



What is regenerative agriculture?

- Approaches to farming which aim to operate productive agriculture whilst regenerating natural soil, water cycles and biodiversity.
- On small farms regenerative farming philosophies include organic, holistic management, biodynamic principles, permaculture and more.
- A recent study found that regenerative farm practices have the potential to restore native grassy woodlands and improve financial and farmer wellbeing especially in dry years.

For further information:



@gracespringsfarm
@GreaterSydneyLLS

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