

## L Cole Farms — One Pager

L Cole Farms — Regenerative Farming Initiative Location: Central Illinois (600+ acre crop & livestock farm) Mission: To restore soil health, strengthen local food systems, and model profitable regenerative farming practices for the Midwest. Farm Profile - Total Acreage: 600+ acres (crop and livestock operation). - Regenerative POC: 90-acre pilot site testing regenerative practices. - Livestock: ~35 head cattle, rotationally grazed on the POC. - Crops: Conventional and regenerative no-till rotations, with integration of cover crops. - Stewardship Model: Two-operator system — one focused on crops, one on livestock — with shared planning and communication. Regenerative POC Practices (90 acres) - No-Till + Crop Rotation to protect soil and diversify production. - Multi-Species Cover Crops to improve soil health, fix nitrogen, and provide forage. - Rotational Grazing of cattle through 12 paddocks, mimicking natural herd impact. - Crop–Livestock Integration: grazing windows aligned with cover crop and cash crop cycles. Goals 1. Prove regenerative practices are profitable and replicable at scale. 2. Build resilient soils with greater organic matter and water retention. 3. Deliver nutrient-dense crops and beef for local and regional markets. 4. Connect with regional farm networks to exchange knowledge and support. Collaboration Interests - Partnering with farm networks (e.g., Down At The Farms). - Participating in field days and regenerative education (e.g., Spence Farm). - Learning from diversified systems (e.g., Garden Gate Farms). - Exploring direct market opportunities and agritourism. Contact: Lisa Cole, Operator L Cole Farms [Insert phone + email here]