

Conservation as a Business Builder

MN NRCS STAC | April 1, 2026





ABOUT



- Grass Fed Beef and Lamb
- Pastured Pork & Eggs
- 160 acres of Regenerative Ag
- Direct-Market Sales
- Livestock Guardian Dogs
- Agritourism/Farmstays
- 10 years of operation
- MN Ag Water Quality Certified







April 2016 - Pine County



160 ACRES.
20 SHEEP. 15 PIGS.
2 COWS. 16 CHICKENS. 4 DOGS.
0 INFRASTRUCTURE.



*







Management Intensive Adaptive Grazing





SOIL HEALTH PRINCIPLES

Learn more at sfa-mn.org/soil



KEEP THE SOIL COVERED: Build and maintain vegetation on the soil surface.



LIMIT DISTURBANCE: Minimize and move to eliminate mechanical and chemical soil disturbance.



DIVERSITY: Manage to increase diversity of plants, microbes, livestock & wildlife.



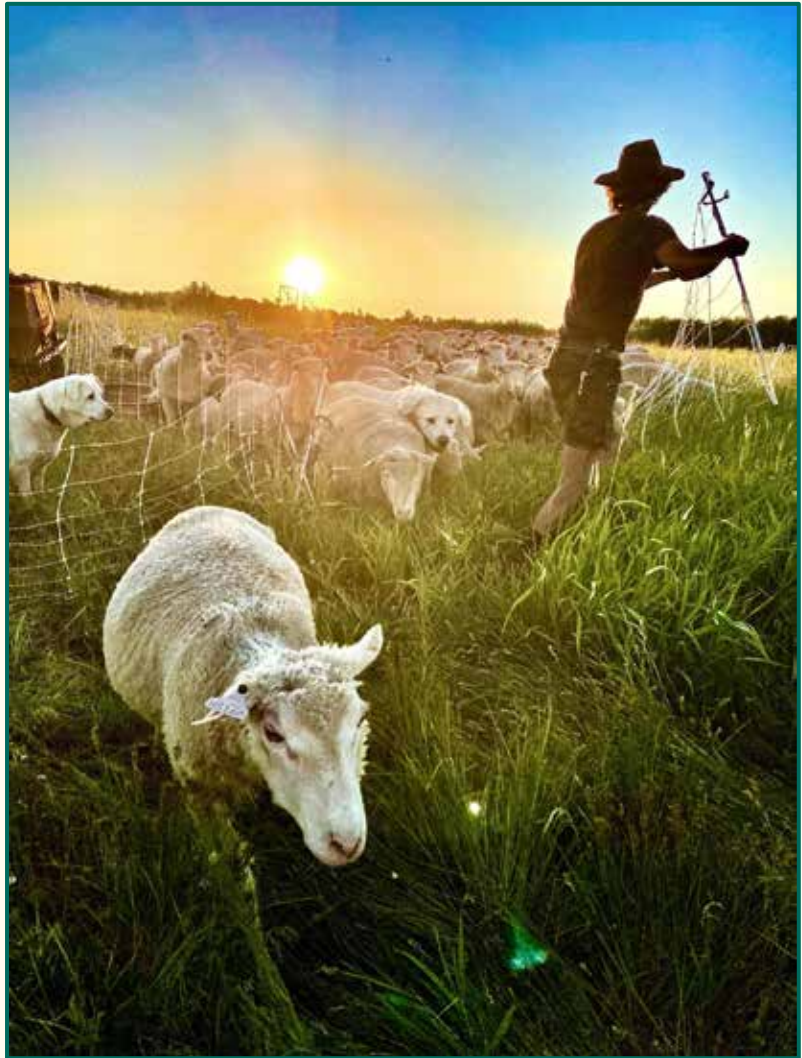
LIVING ROOTS: Keep living plants in the soil as much as possible.



INTEGRATE LIVESTOCK: Healthy soils require appropriate livestock integration.



CONTEXT: Apply these principles within the unique context of your operation.









Environmental Quality Incentives Program (EQIP) 2018 and 2020



Custom and USDA Processing



WHAT YOU GET:
approximately 70 pounds of meat from a half hog

- **Pork Chops** - 12 lbs/20 chops (cut to your desired thickness)
- **Ribs** - 2-3 lbs. (a full rack or can be quartered)
- **Ground Pork** - 9-10 lbs. (can be plain or seasoned breakfast sausage)
- **Ham** - 14-16 lbs. (can be halved and/or some can be made into ham steaks)
- **Bacon** - 8-10 lbs. (can be smoked or fresh pork belly)
- **Roasts** - 12-14 lbs. (about 4 roasts, unless you have some made into country style ribs, blade steaks, or ground for extra sausage)
- **Hocks** - 1-2 lbs. (smoked, fresh, or can be ground as well)
- **Lard** - 7-9 lbs. (fat back and leaf lard for rendering)

Double these estimates for a whole hog

BEEF BUNDLE BOX

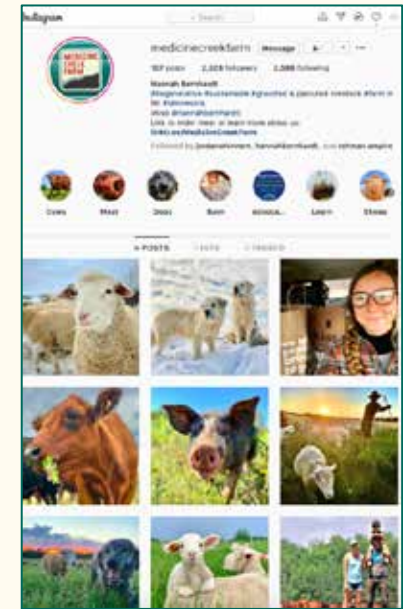
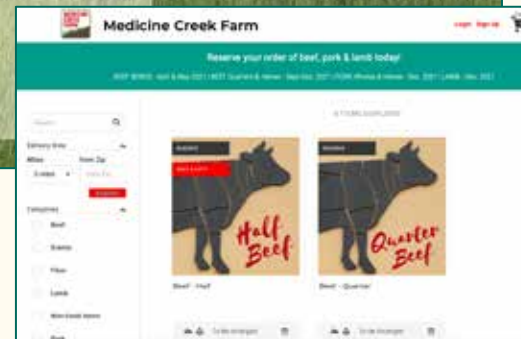
Priced per Cut
Approximately \$325

A small box of assorted cuts
Approximately 30-40 pounds of meat

\$50 deposit at time of order
TAKING ORDERS FOR FEB. 2019



Direct Marketing





Community





1880's Timber
Frame
Barn



Farmstays on Hipcamp

HIPCAMP

Start your search

[Explore](#) / [United States](#) / [Minnesota](#) / [Finlayson](#)



Medicine Creek Farm

Hosted by Hannah · Finlayson, Minnesota
2 sites · Lodging · 160 acres
100% · 84 reviews





Farmstays on Hipcamp



Vintage Camper Trailer

👍99% • [37 reviews](#) • Finlayson, Pine, Minnesota

Vintage trailer • Sleeps 6





Agritourism







Butcher's Dinner & Barn Dance

**BUTCHER'S DINNER
AND BARN DANCE**



**AT
MEDICINE CREEK FARM
SATURDAY, SEPT. 13TH**

**4PM FARM TOUR
5PM COCKTAIL HOUR & MARKET
6PM BUTCHER'S DINNER
7-10PM BARN DANCE**

FEATURING CLASSIC COUNTRY MUSIC FROM
HEARTBREAK AFFAIR

 **\$65 ADULTS
\$20 UNDER 18
KIDS UNDER 6
FREE**

CASH BAR

A PARTNERSHIP WITH
 
 
AND LOCAL FARMERS



THANK YOU TO OUR GENEROUS SPONSORS!









Apprenticeships & Mentorships





Soil Health





Bale Grazing



Bird Habitat

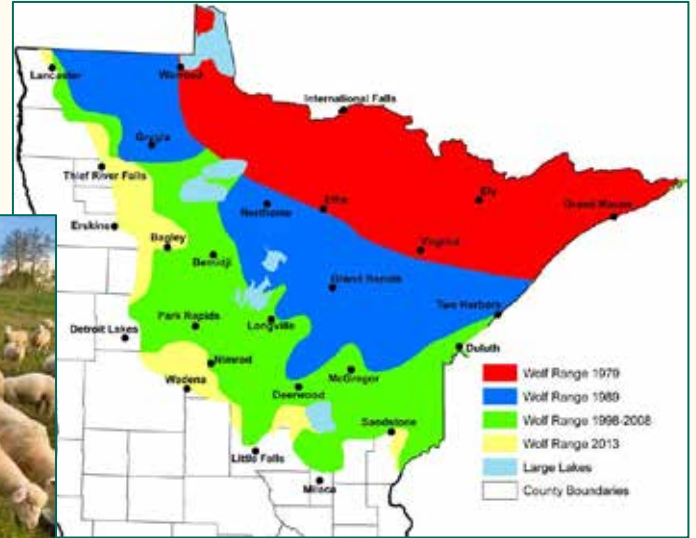




Pollinator Habitat



Predator Habitat





Ecological Diversity





E512L - diversifying forage



E327A - conservation cover



E381A - silvopasture



Bernhardt Pasture Recharge Mix				# of Acres	45
Species	Total#	#/Acre	Seeds/Acre	Seeds/ft^2	
Red Clover	400.0	8.9	2417777.8	55.5	
Plantain	100.0	2.2	540000.0	12.4	
Chicory	50.0	1.1	473333.3	10.9	
White Clover	25.0	0.6	426666.7	9.8	
Birdsfoot	0.0	0.0	0.0	0.0	
Alsike	25.0	0.6	404444.4	9.3	
Alfalfa	50.0	1.1	252222.2	5.8	
Purple PC	30.0	0.7	200000.0	4.6	
Purple CF	25.0	0.6	64222.2	1.5	
Total	705.0	15.7	4778666.7	109.7	

Seed mix name: Pollinator Plot Northeast 38-341
Geographic area: Minnesota, Southeast
Year of development: 2016
Year/s of update: 2022
Status (Standard or Pilot mix): Standard
Primary and Secondary Functions:
Primary – Terrestrial habitat for pollinators and other invertebrates and improve habitat for beneficial soil organisms
Secondary – Carbon sequestration, wildlife habitat, emission reductions,
Similar State Mixes: Pollinator Plot Southeast, Pollinator Plot Southwest, Pollinator Plot Northwest
Compatible NRCS Practice Standards: 327 Conservation Cover (changing to 420 Wildlife Habitat Planting) – Pollinator Species



	QUANTITY
Cottonwood-Male	125
American "Princeton" Elm	125
Hackberry	125
Red Maple	125
Silver Maple	125
Bur Oak	125
Red Oak	125
Swamp White Oak	125
Black Willow	125

Conservation Stewardship Program (CSP) Contract



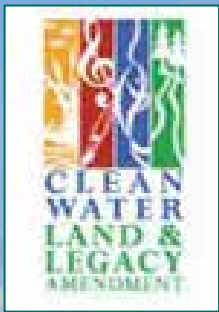
LAND
STEWARDSHIP
PROJECT

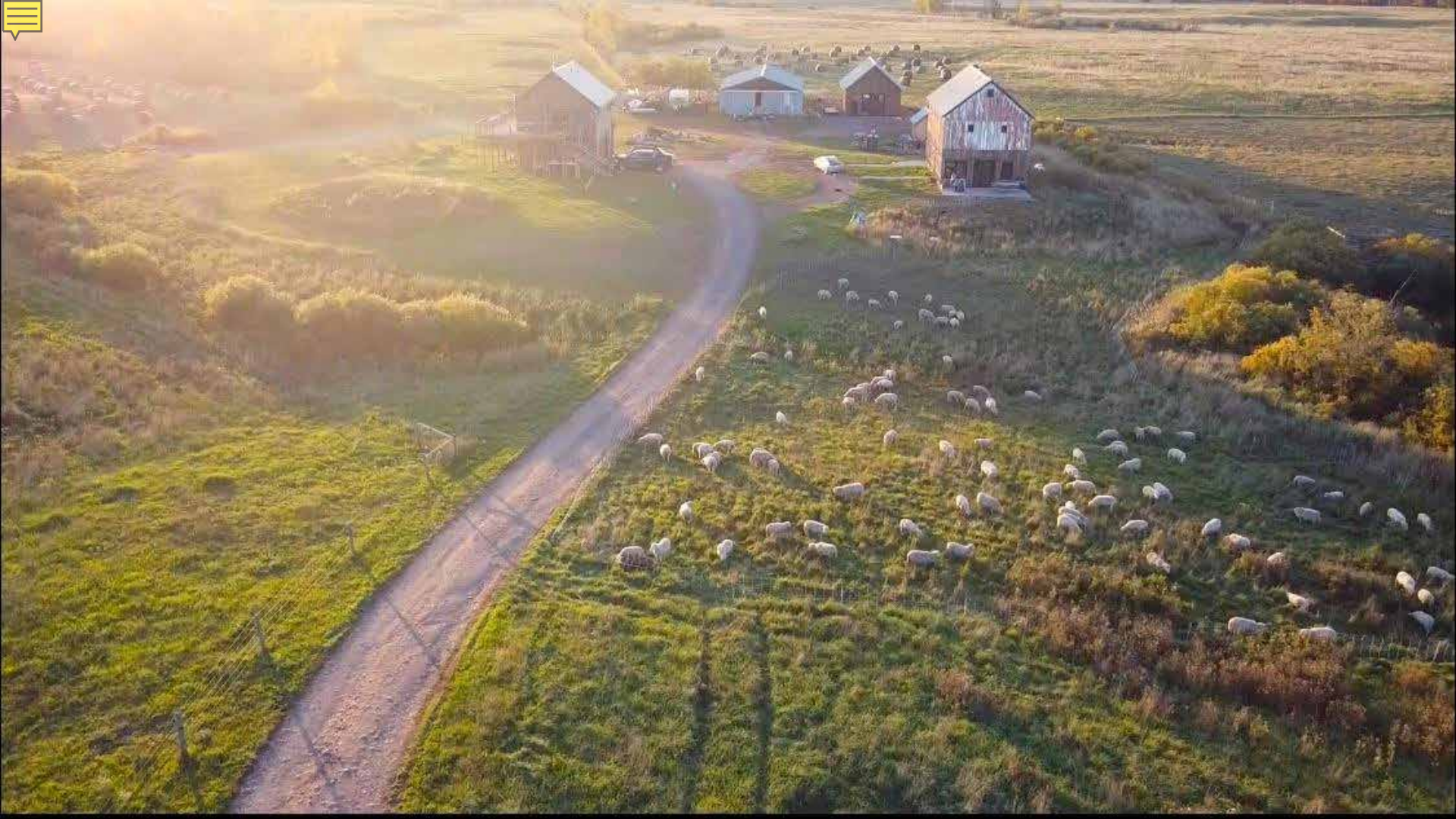
KISS
-the-
GROUND
Farmland
Program



United States Department of Agriculture
Natural Resources Conservation Service

















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