

COOPERATIVA MAS LA SALA

Good Practice Collection



Introduction

Cooperativa Mas La Sala was founded in 2020 in Sant Pau de Segúries, Catalonia, by six founding members committed to regenerating ecosystems and strengthening rural resilience. Their motivation stemmed from the need to restore soil health, increase biodiversity, and reduce dependence on external inputs. They implement regenerative agriculture and livestock practices. The cooperative aims for economic self-sufficiency, supports the local economy, and promotes healthy, high-quality food. Their democratic, cooperative model ensures fair decision-making and sustainable growth. Mas La Sala demonstrates that regenerative agriculture is both viable and essential for the future of rural communities.

The Farm

Cooperativa Mas La Sala spans 60 hectares in Sant Pau de Segúries, Catalonia, focusing on fruit, vegetables, and livestock farming. They raise Ripollesa sheep and F1 cattle (Original Angus and Asturiana de la Montaña) and grow seasonal vegetables, fruit trees, and shrubs. The farm is transitioning to organic and regenerative agriculture, aiming for sustainable food production. Products are sold at local markets and via home delivery in Ripollès. Beyond farming, they run a bookstore, rural tourism accommodation, and environmental education programs. Mas La Sala is open to volunteers, interns, and visitors, with prior contact required.

The Location

Cooperativa Mas La Sala is located in Sant Pau de Segúries, a small village in the Ripollès comarca of Catalonia, in the northern part of the province of Girona. The area is characterized by its mountainous landscape, with picturesque views of the Pyrenees to the north. The cooperative is nestled in a region known for its forests, rivers, and natural beauty, providing an ideal setting for sustainable farming and ecological initiatives. The region's biodiversity and natural resources offer a rich environment for regenerative agriculture and contribute to the cooperative's focus on preserving and enhancing local ecosystems.

Agricultural regeneration objectives

Cooperativa Mas La Sala's agricultural regeneration objectives focus on restoring soil health through practices like crop rotation and organic farming. They aim to enhance biodiversity by maintaining local livestock breeds and a variety of crops. . The cooperative also works on carbon sequestration by adopting practices that capture carbon in the soil. Strengthening local food systems through direct sales and home delivery helps support the local economy. The cooperative is committed to creating a positive environmental impact while promoting sustainable food production.



Best Practice Focus

The best practice at Mas La Sala is rational grazing, a livestock management method where animals are grazed at the optimal time based on pasture regrowth and their well-being. This technique involves Ripollesa sheep and Angus cattle grazing the pastures and assisting in forest management. By strategically rotating grazing areas, the cooperative enhances land health, promotes biodiversity, and contributes to sustainable land use. This practice supports both ecological balance and livestock welfare.

Financial aspects of regenerative measure implementation

Cooperativa Mas La Sala has diversified its economy to reduce reliance on agricultural income. Besides farming and livestock, they generate revenue through rural tourism, offering accommodations for visitors interested in nature and sustainability. The cooperative also focuses on environmental education, organizing activities to raise awareness about regenerative practices. They sell organic products at local markets and offer home delivery, enhancing their economic model. This diversification provides financial stability and supports their mission of ecosystem regeneration. Additionally, by engaging in multiple sectors, the cooperative strengthens the local economy and ensures long-term sustainability. These non-agricultural income sources are crucial for the cooperative's resilience.



Main Slogan

"A housing and production cooperative without profit, working for the regeneration of ecosystems, resilience, and cooperation"

Categorisation, keywords

This regenerative agriculture method falls under the macroarea of Sustainability, within the category of Livestock and Land Management, with the following measures:

Rational grazing; rotational grazing; pasture management; soil health restoration; biodiversity enhancement; organic farming; sustainable livestock; carbon sequestration; ecosystem regeneration; water management; agroforestry; local food systems; regenerative farming practices

Advantages and disadvantages

Advantages	Soil Health Improvement: Rational grazing helps restore and maintain soil fertility by allowing pastures to regenerate naturally. This reduces soil erosion and enhances the soil's capacity to retain water and nutrients.
	Biodiversity Enhancement: By rotating grazing areas, diverse plant species can thrive, which supports a richer ecosystem. The practice also helps preserve and increase local plant and animal species.
	Reduced Need for External Inputs: Since rational grazing focuses on natural pasture management, it reduces the need for external inputs, leading to a more sustainable farming model.
Disadvantages	Management Complexity: It requires a deep understanding of pasture regrowth, animal needs, and the ecological balance, making it more complex to manage compared to traditional grazing systems.
	Time-Intensive: Transitioning to rational grazing and seeing tangible results, such as improved pasture and soil health, takes time, which can delay immediate financial returns for farmers.

Learning points

Knowledge	Understanding Regenerative Practices: Knowledge of how regenerative agriculture techniques contribute to ecosystem restoration.
	Livestock Welfare: Understanding the needs of livestock in terms of grazing patterns, health, and well-being, while ensuring that their care aligns with regenerative practices.
	Ecological Restoration Techniques: Knowledge of how practices like rotational grazing contribute to the recovery of ecosystems.
	Sustainable Farming Economics: Understanding the financial challenges and benefits of transitioning to regenerative agriculture, including market access.
	Community and Cooperative Management: Understanding the principles of cooperative governance and how to work collaboratively with other farmers, local stakeholders, and the community.
Skills	Pasture Management Skills: The ability to assess and manage grazing schedules, select appropriate grazing areas, and understand pasture regrowth.
	Water and Resource Management: Skills in sustainable water management, ensuring efficient use and reducing waste in a regenerative farming system.

References/ Bibliography

- <https://www.maslasala.org/>
- <https://mundoruralenpositivo.com/mas-la-sala-cooperativa/>

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Regenerative Agricultural Practices for Environmental Rejuvenation and Sustainable Ecosystems on European Farms



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Project number: 2024-1-CZ01-KA220-VET-000254669

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



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