ReGENERATE

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QUINTOSAPORE

Good Practice Collection

Introduction

Quintosapore is a family business, run by twin brothers Nic and Ale, located in the beautiful Umbrian countryside, in Città della Pieve. Quintosapore is part of an innovative agricultural project where cutting-edge and sustainable methods intertwine to create sustainable products and unique experiences.

Nic and Ale have always dreamed of being farmers together and when they founded Quintosapore in 2019 they opted for a multidisciplinary approach guided by the principles of biomimicry. Their main focus is on knowing and listening to the soil and the life it produces, from seed to harvest, adapting to the complexity of nature itself.

At the heart of the company is a community interconnected with the environment and social justice and consists of young farmers with a direct approach to nature.

The concept of the company is simple but effective: the fusion of ancient farming wisdom with revolutionary innovations for a holistic approach to agriculture.

The Farm

Quintosapore covers 33 hectares. Their primary goal is to understand and listen to the soil and the life it supports, from seed to harvest. To achieve this, they combine regenerative, biodynamic and organic principles with innovative technologies such as agroforestry, effective microorganisms and biocarbon. What makes Quintosapore even more special is that they also add a touch of quantum physics because plants emit frequencies that cause the surrounding world to react because everything in nature is connected.

Their aim is to try to create their own stable growing environment, suitable for the changing climatic challenges and to prove that another way of farming is not only possible but can flourish far beyond imagination.

Biomimicry agriculture is a concept that involves emulating and incorporating natural processes and systems into agricultural environments, drawing inspiration from nature's efficient and sustainable methods of food production. In fact, their limited edition “Soil to Jar” products are processed in their Farm Kitchen Lab using only certified organic, seasonal fresh vegetables.

The Location

The Quintosapore farm is located near Città Della Pieve, a charming medieval Umbrian village. The surrounding countryside is characterised by rolling hills, lush forests and large cultivated fields, offering a panorama typical of rural Umbria. From here, it is possible to admire a variety of reliefs: to the south Mount Cimino, to the southeast Mount Peglia and the Sibillini Mountains, to the east Montarale, the Nestore Valley and Mount Subasio, to the north, the hills surrounding Lake Trasimeno and to the west Mount Cetona and Mount Amiata. A few kilometers away you can visit the city of Orvieto, Monteleone d'Orvieto, Perugia and other medieval villages typical of the Umbrian territory.

Agricultural regeneration objectives

At Quintosapore, an attempt is made to reproduce the diversity present in natural ecosystems to create resilient and balanced agricultural environments capable of adapting to climate change.

This approach eliminates dependence on chemicals, promotes organic and regenerative farming techniques and aims to increase yields while preserving soil health. One of Quintosapore's practices is agroforestry through the use of plants called “Paulonia tormentosa” a fast-growing shrub (they grow up to 6 metres per year) with taproot that searches for water on its own, saving water consumption for the farm, and is a sterile plant and therefore not a pest. In addition, its leaves are large and very tough to the point of being able to hold back hail or otherwise reduce its catastrophic effects, and it blocks 45% of the sun's radiation. This is an important step towards regenerative agriculture, as it gives the soil the opportunity to combine the elements of trees and crops that are grown in the same plot of land.

Best Practice Focus

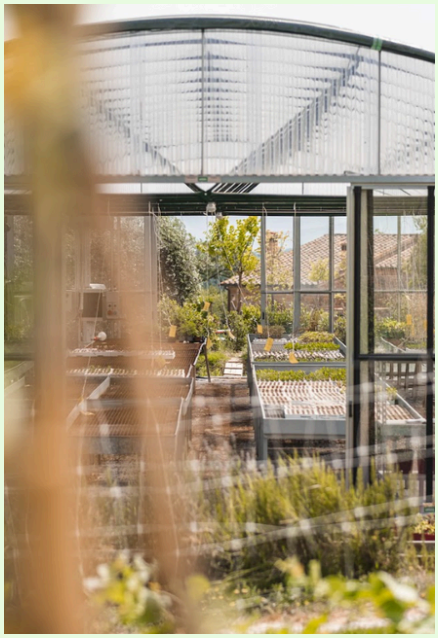
Agroforestry is the combination of agriculture and trees. This practice includes trees on farms and in agricultural landscapes, but also agriculture in forests and along forest margins and the production of tree crops.
Interactions between trees and other components of agriculture can be important at various scales: in fields (where trees and crops are grown together), on farms (where trees can provide fodder for livestock, fuel, food, shelter or income from products including timber) and landscapes (where agricultural and forestry uses combine to determine the provision of ecosystem services).
Agroforestry is an agricultural and forestry system that seeks to ensure the protection of the natural environment so as to continue to provide environmental resources and services to meet the needs of present and future generations.
Agroforestry encompasses a wide range of trees that are protected, regenerated, planted or managed in agricultural landscapes as they interact with annual crops, livestock, wildlife and humans.

Financial aspects of regenerative measure implementation

The adoption of agroforestry requires careful planning and the choice of tree species that are compatible with existing agricultural crops and local environmental conditions. Another obstacle is the lack of suitable equipment. Today, in fact, both tractors and tillage equipment are designed for wide, vacant expanses of land and are therefore ill-suited to crops that use trees.
The cost for the Paulonias planted in the 33 hectares of land, including labour, is around 20,000€.

Main Slogan

"Humus=Human: everything is connected. The earth nourishes man, man protects nature'.



Categorisation, keywords

This method of regenerative agriculture falls under the Macro-area “Soil Structure” in the category “Agroforestry” with the following sub-categorisation “Tree Crops”.

tree crops, agroforestry, sustainability, soil improvement, crop coexistence, soil fertility, climate resilience; biodiversity; integration of crops and trees; sustainable resource management; Paulonie trees;

Advantages and disadvantages

Advantages	**Increased soil fertility** - Tree roots improve soil structure and reduce erosion, promoting soil biodiversity.
	Increased climate resilience - Trees provide shade and protection from the wind, reducing water evaporation and improving water management in fields.
	Diversification of income - The integration of crops and trees allows for more products (timber, fruit, fodder) and thus more sources of income for the farm.
Disadvantages	**High initial investment**- Planting and managing trees requires significant initial costs and a long-term payback.
	Greater management complexity - The combined management of crops, trees and livestock requires specific skills and more time to coordinate agricultural operations.
	Competition for resources - Trees and crops can compete for water, light and nutrients, potentially reducing the productivity of some agricultural systems if not properly designed.

Learning points

Knowledge	**Soil ecology and plant interactions** - Understanding how trees influence soil fertility and microbial biodiversity.
	Sustainable water management - Learning techniques to optimise water use and reduce evaporation in agroforestry systems.
	Circular economy and income diversification - Understanding how to combine different crops and products to improve the economic sustainability of the farm.
Skills	**Agroforestry planning and design** - Knowing how to organise the arrangement of trees, crops and livestock to maximise productivity and sustainability.
	Agronomic and phytosanitary management - Apply pruning techniques, crop rotation and biological pest control to maintain a healthy ecosystem.
	Practical maintenance and harvesting skills - Knowing how to carry out pruning, harvesting and soil management in a complex agroforestry environment.

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ReGENERATE

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

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