

FINDING LOCAL SMALL-GRAIN MARKETS

EVAN &
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SCHNADT
LODI, WI

Our Farm





6 Principle of Regenerative Farming

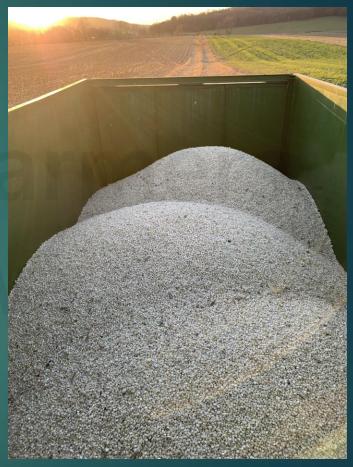
- Least disturbance
- Living root
- Soil armor
- Animal integration
- Increase biodiversity
- Context

























| Component | Endosperm | Germ | Bran |
|-------------------|-----------|----------|---------|
| Carbohydrates | 74.00 | 46.00 | 51.20 |
| Starch | 72.50 | 10 to 30 | 12.20 |
| Fibre (insoluble) | 3.30 | 8.10 | 45.00 |
| Protein | 10.60 | 26.60 | 16.00 |
| Lysine | 0.25 | 1.62 | 0.64 |
| Fat | 0.98 | 9.20 | 4.65 |
| Minerals | 0.35 | 4.20 | 4.15 |
| Phosphorus | 108.00 | 1100.00 | 1240.00 |
| Potassium | 108.00 | 837.00 | 1390.00 |
| Magnesium | 21.00 | 250.00 | 590.00 |
| Iron | 1.95 | 8.10 | 12.90 |
| B1 | 0.06 | 2.01 | 0.65 |
| B2 | 0.03 | 0.72 | 0.51 |
| Niacin | 0.70 | 4.50 | 17.70 |
| E | 2.30 | 27.60 | 9.10 |
| Water | 13.90 | 11.70 | 11.50 |
| Energy (kcal) | 355.00 | 346.00 | 188.00 |















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