



Managing Living Systems is How I Learned to Fully Live

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The soil is the great connector of lives, the source and destination of all. It is the healer and restorer and resurrector, by which disease passes into health, age into youth, death into life. Without proper care for it we can have no life.

WENDELL BERRY, *The Unsettling of America*¹

My Farm

First generation farm

12 years in to farm career, purchased farm in year 8.

640 owned acres, 640 rented, 320 contracted polycrop

200 purebred Red Angus cows – low-input, forage genetics, calving ease, % body weight weaned.



SALES PLUG – Affordable, low-input, calving ease bull calves for volume bull buyers to develop on their own farms under own management.





Beef – A Carbon Solution

- Built OM 2.1% in three years (2.8% to 4.9%)
- Soil ~2Mlbs/acre and ~58% of OM is C
- 640 acres = 2357 mt/year C sequestered
- 11.4 kg co2 equivalent/kg of beef = 807mt C emissions

2357 – 807 = 1550 mt net C sequestration annually

All C of beef production through entire supply chain is offset, plus the equivalent footprint of another 99 Canadians!





Living my
regenerative values

I saw the changes to my soil,
what about changes to me?

75 day Regenerative Living Results

Fitness, Metabolic Health, Soil OM



Metabolic Health

	Aug 19	Oct 30
Waist Circumference < 40"	36"	34"
Fasting Glucose < 6.1 mmol/L	4.9	5.9
Blood Pressure < 140/90	113/75	111/83
Triglycerides < 1.7 mmol/L	0.43	0.40
HDL Cholesterol > 0.9 mmol/L	3.43	4.32

Reported Date: Printed Date: Nov 13, 2017

Sample Number	Legal Land Descpt:	Depth	Lab Number	Organic Matter	Ph
CROPLAND		6	60317	2.8	

Reported Date: Printed Date: Oct 26, 2020

Sample Number	Legal Land Descpt:	Depth	Lab Number	Organic Matter	Ph
CHUTTER		0	37610	4.9	1

My learnings from Regenerative leaders: Embrace diversity

“Many of the breakthroughs in regenerative agriculture have been made by brave individuals going in the opposite direction to others around them” – Call of the Reed Warbler



Are they 5 principles of soil health....
Or 5 principles to optimize all life?



1. Keep a growing root as long in the season as possible
2. Plant diversity
3. Minimize disturbance
4. Keep the soil armored
5. Incorporate animal impact



“This alternative view held that soils were not inanimate chemical boxes, that our farm was instead a complex living entity of dynamic cycles... related profoundly to human health, to farm and animal health, and to planetary health”

- Charles Massey, Call of the Reed Warbler

