

# Transform Your Farming with GrowSafeFood

Harvesting Health from our Crops  
and Soils

Steve Capeness

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## About GrowSafeFood



Welcome to GrowSafeFood, your trusted partner in biological farming consultancy and training. Our Vision is a World where all food is nutrient-dense and residue-free.

Our Mission is to guide farmers through a seamless transition from conventional to biological farming, creating supremely healthy soils and producing nutrient-dense, residue-free clean food.

## Discover Our Unique Agronomy

Our innovative GrowSafeFood 5-step program ensures a smooth and effective transformation.



### 1. Balance Soil Minerals:

The foundation of healthy crops starts with balanced soil minerals. This step ensures optimal nutrient availability, fostering robust plant growth and resilience against diseases.

### 2. Biomass and Soil Organic Carbon:

Increasing biomass and soil organic carbon is vital for soil fertility and structure. This enhances water retention and provides a habitat for beneficial microorganisms, leading to healthier plants.

### 3. Beneficial Biology:

Introducing and nurturing beneficial soil biology, such as mycorrhizal fungi and nitrogen-fixing bacteria, enhances nutrient cycling and improves soil health, resulting in stronger, more productive plants.

### 4. Biostimulants:

Utilising natural biostimulants promotes plant growth and stress resistance. These substances stimulate natural processes, improving nutrient uptake, enhancing plant vigour, and increasing yield quality.

### 5. Build Plant Brix:

Higher plant brix levels indicate better nutrient content and plant health. This step focuses on increasing sugar levels in plants, which correlates with improved taste, nutritional value and resistance to pests.



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## The Importance of an Holistic Approach

Each of the 5 steps plays a critical role in creating a balanced and sustainable farming system. By addressing soil health, biological activity, and plant nutrition, we build a resilient agricultural ecosystem. This holistic approach not only boosts crop productivity but also ensures the long-term health of your farm and the environment.

## Customized Consulting and Training

GrowSafeFood offers tailored on-site and remote consulting and training services to meet the specific needs of your soils and crops. We work closely with you to develop customized solutions that align with your farming goals.



## Join the Movement for Clean, Safe Food

People are becoming more aware of the healing power of real food with long shelf-life, superior taste, aroma, colour and wholesome goodness.

Growing nutrient-dense, residue-free food is not just a goal but a necessity for our future. With the GrowSafeFood comprehensive program and personalized support, you can confidently transition to biological farming.

## Testamonial - Cardamom

"We had a fantastic visit of Steve to our place, it was one of the most productive days in my 22 year experience in plantations. Getting top yields and quality now, thanks a ton for your expertise Steve. You make the impossible seem possible."

P.B., Pambadampara Estate, Idukki, Kerala State INDIA

## Testamonial – Coffee and Pepper

"Good day mate. The pepper foliar is amazing – coffee crop is awesome - looking top class - coffee is massive, heading for a huge harvest. Pepper is looking incredible as well. Very happy."

N.G., Sethuraman Estate, Karnataka State, INDIA

## GrowSafeFood – Harvesting Health from our Crops and Soils

Let's work together to create healthier soils, vibrant crops, and a sustainable future. Contact us today to begin your journey towards a safer, environmentally-friendly and more productive farming experience.

## Contact Us Now

Email: [info@growsafefood.com](mailto:info@growsafefood.com)

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# About the author

## Steve Capeness

B.App.Sci (Horticultural Technology) UQ, Gatton Campus

1974 – Crop Protection/Viticulture

B. Technology (Wine) with Distinction, USQ Toowoomba

2012 – Oenology

Steve is a highly experienced biological agronomist. Initially trained in conventional agriculture, Steve changed direction in 1998 to study and work with sustainable and biological technologies.

After completing Certified Soil Foodweb Adviser training in 2002 [refreshed 2012] with Dr. Elaine Ingham of the Soil Foodweb Institute, Steve continued to specialise in microbe brewing, bio-fertilisers, multi-layer pest and disease programs, composting and plant immunity. It was the beginning of a quest to better understand the biological, physical and chemical components of healthy soils and nutrient-dense, resilient crops.

Now consulting and training in biological and organic agriculture in Australia, South-East Asia, China, the Philippines and India, Steve has also volunteered with Indonesian NGO's and farmer co-operatives in Bali.

