

# From Living Land to Nourishing Lives – Principles of Biological Systems in Practice

Conference on the effects of regenerative grazing and the possibilities for nutrient-rich food production



July 8, 2025 9 am

International Guest Speaker: **Dan Kittredge (USA), Founder of the Bionutrient Food Association**

## What connects soil life, healthy food, and human well-being?

At this one-of-a-kind professional gathering, we don't just ask this question—we explore it through real-world examples, system-based approaches, and inspiring case studies. The true source of nourishing food begins in the soil. This conference explores how soil biology, grazing systems, and nutrient density are deeply interconnected and how they can support both ecological and human health.

## Our featured guest: Dan Kittredge (USA)

Dan Kittredge is the founder of the **Bionutrient Food Association (BFA)** and a global advocate for nutrient density. With over 30 years of experience in organic and regenerative agriculture, Dan has lectured around the world on how we can restore the health of soils, crops, and people alike.

His work bridges science with hands-on practice, offering a systemic lens on how truly nutrient-dense food is not only healthier—but more flavorful as well.

## PROGRAM

- 09.00–09.30 Registration
- 09.30–10.00 Opening remarks: **Dr. Csaba Gyuricza**, Rector of MATE (*presentation in Hungarian language*)
- 10.00–12.00 **Dan Kittredge**: Farming practices for nutrient-dense food production (*presentation in English language with Hungarian translation*)
- 12.00–13.00 Lunch break
- 13.00–14.00 **Vitália Vig** Soil Ecologist: Living, healthy soils as the foundation of nourishing food (*presentation in Hungarian language*)
- 14.00–15.00 **Dr. Péter István Nagy és János Nagy** (MATE): "From Bacteria to Buffalo" – Insights from our grazing system trials (*presentation in Hungarian language*)
- 15.00–16.00 Field visit: Observation of grazing herds on site

## Who should attend?

- Farmers and agricultural professionals
- Soil health and ecological researchers
- Nutritionists and health practitioners
- Food producers and processors
- Conscious consumers who know: real food is the foundation of real health

**Participation is free of charge, but registration is required.**

**Seats are limited – please reserve your spot in time: <https://medkozpont.hu/mate-szarvasfarm>**

**Lunch is optional and available on site for purchase.**

**If you have any questions, feel free to contact us at: [bokor.julianna.katalin@uni-mate.hu](mailto:bokor.julianna.katalin@uni-mate.hu)**

## Date and time:

Tuesday, July 8, 2025 09:00–16:00

## Venue:

Hungarian University of Agriculture and Life Sciences  
Szarvas Farm 7475 Böszénfa, 3 Malom str., Hungary

