



# GROWING MONEY AND SOIL AT POTOMAC VEGETABLE FARMS



Ellen Polishuk,  
Potomac Vegetable Farms

To find out more, visit:  
[www.va.nrcs.usda.gov](http://www.va.nrcs.usda.gov)  
[www.ext.vt.edu](http://www.ext.vt.edu)  
[www.vabf.org](http://www.vabf.org)

In these *Common Ground* films, USDA-NRCS, Virginia Cooperative Extension, and VABF have teamed up to tell the story of “ecoganic” farmer Ellen Polishuk who has addressed the challenge of keeping soil healthy while tilling it for efficient vegetable production.

In the main profile, Ellen shares how healthy soil and profitability go hand in hand at Potomac Vegetable Farms in Purcellville, Virginia. In the associated technical clips, she outlines the innovative blend of specialized equipment and soil building techniques she uses to offset soil damage from tillage.

Large or small, conventional or organic, we can all find common ground in healthy and productive soils. Watch the films at:

[www.vabf.org/commonground](http://www.vabf.org/commonground)  
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