



GAEC Ferme de la Meuh



Jean-François Cornic  
and Sylvia Marx-Marty



66.5 hectares



improvement of  
nutrient cycle

## TO SOW CHICORY, PLANTAIN, AND CLOVER TO MAINTAIN GRAZING THROUGHOUT THE SUMMER

Upon their establishment in 2015, Sylvia and Jean François aimed to set up a 100% grass-fed and organic dairy farm. Their objective is to achieve "the best income per hour possible." They aimed for food self-sufficiency to minimize expenses and worked on reducing working hours. Their 54 dairy cows are thus managed through once-a-day milking, with a stocking rate reaching 1 hectare per cow. They produce an average of 4,500 liters of milk per cow without purchasing concentrates. However, the summer period is challenging to pass with 100% grazing using "traditional" pastures, due to very dry conditions. In 2017, they introduced summer pastures based on chicory (*Cichorium intybus*), plantain (*Plantago lanceolata*), and clover into their grazing rotation. These pastures are intended to provide high-quality standing forage in the summer and

ensure good regrowth. For this purpose, approximately 4 hectares of this type of pasture are available each year, accounting for 10% of the total area.

Today, they have achieved their goal: the cows graze all summer, milk production is maintained, and the cows are in good condition. The investment is low, and the grazing period has been extended rapidly.

Their advice: chicory should be dominant in the mix. It should not be mixed with a "traditional" grazed pasture, otherwise the cows will selectively graze other species. Ungrazed chicory then bolts and is no longer consumed by the animals.

### Farmer Interview

<https://www.youtube.com/watch?v=D- bPtEOGCI>

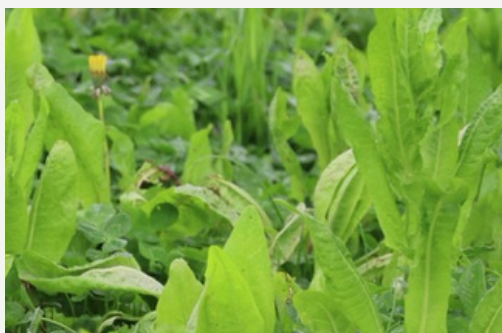


Photo credit: photos generated from farmer interview - Chambre d'Agriculture, Bretagne