



## **Kittson Soil and Water Conservation District 2019 Outstanding Conservationist is Roy Frame.**

The Kittson Soil and Water Conservation District is pleased to announce Roy Frame of Lancaster MN, as the 2019 Outstanding Conservationist. The SWCD board members chose Roy for the conservation practices that he has installed on his land and within his cattle operation.

Roy's farm is in the northeastern corner of section 26 in McKinley Township. The Frame's have been farming in Kittson County since 1975. Roy farms both independently and in partnership with his father, Arnold Frame, as Frame Farms. They raise black angus and Simmental mix cattle. Roy has been farming all his life. He says that "Ever since I started, I've been trying to improve soil health". He's known for trying new practices and experimenting with fresh ideas. Roy Frame is an innovative farmer who utilizes partnerships and conservation practices to make his operation more sustainable and profitable.

The Frame Farm has partnered with the NRCS through EQIP Prescribed Grazing Plan and the Conservation Stewardship Program. In 2013, they applied for the EQIP Prescribed Grazing Plan. Through this plan, they installed fenced grazing paddocks, a watering well, pipelines, tire tanks, and a solar powered water pumping plant. This style of operation allows him to rotate the cattle every 7-10 days starting in early June and ending in late October. Roy was the first producer in Kittson County to install a solar powered pumping plant. He is pleased with the reliability of this setup and the improvements that

he has seen on his pastures and with his cattle's health. The tanks have geothermal heat, so the cows are able stay on the pasture through the winter. Roy no longer uses ponds to water his cattle which improves water quality and protects the health of his cattle. The rotational grazing increases organic matter, nutrient content, and microbial activity in his soil while improving the quality of feed his pastures produce.

Roy has continued further enhancing his operation by enrolling in CSP. Through this program he has implemented activities such as wildlife friendly haying, fencing, and water tanks, rotation of supplemental feeding areas, drift reduction practices, spring and fall calving, and deep-rooted cover crops. These practices increase organic matter and soil organisms, improve water infiltration and wildlife habitat, and reduce soil compaction.

Roy has also partnered with the Kittson SWCD, The Nature Conservancy, and the Minnesota Department of Natural Resources to achieve a broader range of conservation goals. Frame Farms is currently enrolled in the Kittson SWCD Cover Crop Program. Through this program they are implementing fall grazing cover crops. This will allow them to extend their grazing period later into the winter. This summer Roy participated in the Kittson SWCD's Conservation Tour. Participants on this tour were able to see the solar powered pumping station and the rotational grazing paddocks he has installed. Roy also works with the TNC and the DNR to rotationally graze the land that they manage. This encourages native species and improves the soil quality.

Through the multiple partnerships and the adoption of conservation practices, Roy has seen improvements throughout his entire operation. Roy's willingness to try new things and learn through experimentation makes him an outstanding conservationist.

