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Professional Summary

Experienced farm business owner and founder with hands-on leadership in regenerative, pasture-based agriculture. Built and operated a direct-to-consumer farm enterprise on leased land, specializing in non-certified organic poultry production, vegetable crops, and value-added CPG products. Skilled in full-cycle farm management, livestock husbandry, soil health improvement, and customer-focused sales strategies. Passionate about women-led regenerative farming and scaling sustainable operations.

Professional Experience

Farm Business Owner & Founder

Independent Regenerative Farm Operation (leased land, on-site residence), Damascus, Maryland

2020 – 2023

- Founded and operated a pasture-based regenerative farm on leased land, living on-site to manage all aspects of production, sales, and compliance while building a profitable direct-to-consumer business from the ground up.
- Raised and marketed 2,500 meat chickens annually (Cornish Cross and Red Rangers), 100 Bourbon Red turkeys, and 50 Welsh Harlequin/Pekin ducks, all pasture-raised with daily moves and non-certified organic practices; maintained a consistent flock of 200 egg layers for year-round egg production.
- Oversaw livestock health, breeding programs, pasture rotation, and animal welfare standards, achieving low mortality and premium meat quality without antibiotics or synthetic inputs.
- Managed a 1-acre intensive market garden producing diverse grocery crops, with large-volume tomato and hot pepper production for in-house value-added CPG lines (canned sauces and hot sauces).
- Implemented regenerative practices including cover cropping, reduced tillage, rotational grazing, and integrated pest management, resulting in improved soil health, biodiversity, and reduced external input costs.
- Operated and maintained farm equipment (tractors, irrigation systems, tillers, and harvesting tools) and infrastructure, ensuring safe and efficient daily operations.

- Developed and executed direct-to-consumer sales channels, including weekly farmers market participation and a weekly/monthly CSA program with on-farm pickup and delivery, building a loyal customer base and consistent revenue streams.
- Handled all business functions: budgeting, inventory management, seasonal labor coordination, product pricing, packaging/labeling for CPG, and compliance with Maryland agricultural regulations (nutrient management plans, food safety, and environmental standards).

Skills

- **Regenerative Agriculture:** Pasture rotation, cover cropping, no-till/reduced tillage, soil health monitoring, integrated pest management
- **Livestock Management:** Pasture-raised poultry (broilers, turkeys, ducks, layers), heritage and hybrid breeds, breeding, health monitoring
- **Crop & Value-Added Production:** Intensive vegetable gardening, specialty crops (tomatoes, hot peppers), canning/sauce production
- **Farm Operations:** Equipment operation & maintenance, irrigation, infrastructure management on leased land
- **Business & Sales:** Direct-to-consumer marketing, CSA management, farmers market sales, budgeting, inventory control
- **Regulatory Compliance:** Maryland nutrient management, food safety (cottage/food handler), environmental standards
- **Leadership:** Solo and small-team management, women-owned business operations, grant/research support

Education

B.S. Computer Science, UMGC 2017

Relevant Training

- University of Maryland Extension workshops in regenerative agriculture, poultry production, and value-added processing
- Food safety training for canned goods and farmers market sales

Additional Qualifications

- Proven track record scaling a leased-land operation into a multi-revenue-stream business (livestock, produce, CPG).
- Deep experience in Mid-Atlantic climate challenges and opportunities, directly transferable to North Carolina regenerative systems.
- Positioned for women-owned and beginning-farmer grant opportunities (e.g., USDA VAPG, NRCS, state programs) based on demonstrated expertise and business success.