

NOFA Summer Conference 2017 Workshop Sessions

Friday, 2-3:30 PM

Soil is Not Dirt: Agronomy for Gardeners

Gardeners can also understand the science behind various agricultural practices employed for soil health. Learn the hows and whys of creating healthy, dynamic soil.

Alan Baker: Master Gardener, AAS Agronomy, BS Agriculture.

Biochar: A Miracle For People, Plants & the Planet

This workshop will begin with the ancient use of biochar in the Amazon, current efforts to restore degraded Amazonian soils in indigenous communities in Peru, and how biochar can help us in New England to fight drought, increase soil fertility and combat climate change.

Deborah Cook: Environmental activist and conservationist.

The Sun is Rising on Sunn Hemp in the Northeast

Have you been hearing about Sunn Hemp as a new, legume cover crop with forage and fiber potential? This workshop introduces the crop and what we've learned about growing it in Massachusetts after 3 years of field tests. We'll share questions that we still have, and how growers can help answer them.

Sam Corcoran: UMass Amherst graduate student studying cover crops and sustainable agriculture.

Starting The Farm From Scratch

In order to launch your farm operation, there are decisions that need to be made and questions that need to be answered. This presentation explores some of those decisions and questions, using strategic sequencing of events and decision trees among other concepts.

Leonard Pollara: Offering world wide consulting to all of the agriculture community.

Soapmaking 101 - Part 1

Explore soap ingredients, including carrier oils and essential oils, along with safety guidelines for working with lye. Discuss the value of using natural ingredients, in contrast to the chemical additives found in commercial soap products. We will start a fresh batch of soap using the traditional cold process method.

Melissa Probst: NOFA enthusiast and soapmaker, Sweet Suds.

Stand-Alone Solar-Powered Automated Drip Irrigation System

We'll cover design considerations for a small-but-scalable, cost effective drip irrigation system: powered by the sun, fed by rain barrels, controlled by a micro-controller, programmed by you. If you are interested in the basics of off-the-shelf irrigation systems, small battery-tied solar kits, Arduino micro-controllers, and can cut and paste on a computer, join us!

David Schmidt: Gardener with over a decade of energy and sustainability experience.

Pigs on Pasture: A Look at Management & the Aftermath

Let's talk and walk pigs! Come learn about the intricacies of raising pigs on pasture. We've been looking at rotational grazing, carcass quality, pasture disturbance, plant regrowth, and nutrient levels in several different paddocks. You'll have a chance to see our pigs and our experiment set up.

Pete Solis: Livestock and Pasture Manager at Hampshire College.

Bees, Bees....Good For Your Art!

Geared towards the curious, we will explore the honeybee: the complex microbial culture of their guts, their genetics, and curiosities of how the honeybee intersects our human culture...and educates us all.

Dean Stiglitz: Beekeeper, science enthusiast, co-author of 'The Complete Idiot's Guide to Beekeeping'.

The High Cost of Cheap Food: Pesticide Residues

Industrial agriculture food is of poor quality and pesticide ridden. Today's pesticides are not only on our food but in our food as well. They cannot be washed off and are found in most processed foods. Learn about this chemical assault and how to avoid purchasing foods with high pesticide levels.

Ed Stockman: Biologist, 4th generation farmer, co-founder of Regeneration Massachusetts.

Farm to School: Models For Bringing Farms & Food to Schools

There are many levels of engagement in Farm to School: teaching students where food comes from, growing food with students, and helping schools source locally. We will discuss the realities of Farm to School, identify opportunities for

involvement from farmers, gardeners, and food lovers, and explore the conversation around overlap and mismatches between farms and schools.

Meghan Stratton: FoodCorps alumna and the School Programs Manager at Backyard Growers.

Working With Wood Part 1: Grafting Fruit Trees

Learn the fundamentals and the reasons why we graft fruit trees the way we do. Participate in hands-on grafting.

Alan Surprenant: Owner/grower, 100 biodynamic tree fruit orchard planted in 1990.

Friday, 4-5:30 PM

Regenerative Farming, Impact Investing, & Climate Change

Explore how an investment in regenerative farming and soil restoration will help mitigate climate change.

Sally Dodge: Northeast Community Development Manager & Director of Farmer Relations, Iroquois Valley Farms.

Dale Gulbrandsen: Investor Relations & Northeast Community Development Manager, Iroquois Valley Farms.

Indoor Mushroom Cultivation

Learn how to set up your very own grow room and start transforming local waste from your community into food, medicine, compost, and a means to cleaning up environmental pollution. Transform a basement, barn, or other area into a space to grow oyster, shitake and lionsmane mushrooms. Start growing mushrooms today!

Alex Dorr: Mycologist and fun guy; has taught fungi workshops across the world.

Lessons From Working With Forests, Trees & Beautiful Wood

Trees and a small forest provide a wide range of benefits and products on our farms. Drawing on 45 years of experience, I will discuss forest succession, low-tech management, and utilizing local lumber and other products. Focus will be on native species and their uses.

Bill Duesing: Has taken great pleasure in working with trees, wood and NOFA.

Pest & Disease Management for Urban Farms

We will identify the common pests and diseases we see in our work in the greater Boston area, and discuss standard and creative management strategies! We'll focus on concerns specific to urban and suburban areas, such as maintaining plant health in small spaces and containers, animal pests, and safer management options for education gardens.

Laura Feddersen: Director of Horticulture at Green City Growers.

Tour of the Hampshire College Farm

As one of the oldest and largest farms at a liberal-arts college, the Hampshire College Farm is a leader in the campus farm movement. We'll tour the fields and facilities of our 200-member vegetable CSA and pasture-raised livestock program, including our recent sustainable energy initiatives such as electric tractors, new vegetable storage and solar panels.

Nancy Hanson: The Hampshire College CSA Manager.

Pete Solis: The Hampshire College Livestock and Pasture Manager.

Who Gets to Eat? Co-ops Addressing Food Justice

How are food co-ops partnering with anti-hunger organizations to better meet the needs of all community members by increasing access to healthy, local food and member-ownership? Learn about how food co-ops are leveraging community ownership of their grocery stores to make healthy, local food more accessible.

Bonnie Hudspeth: Membership & Outreach Manager, Neighboring Food Co-op Association.

Dorian Gregory : Loan & Outreach Officer, Cooperative Fund of New England.

The Commons in Food & Agriculture

Until a few centuries ago, we held and managed the vast majority of resources in common: defined groups of people formed evolving agreements about how to share and manage specific resources. Privatization of commons laid the basis for capitalist industrial society--and continues today, to our detriment. How might commoning improve today's food and agriculture?

Dave Jacke: Ecological designer, author of *Edible Forest Gardens*, student of the commons.

David Bollier: Director, Reinventing the Commons Program, Schumacher Society; author of eight books on commoning; independent scholar.

Dumping the Bag - Garden Fertility Without Purchased Inputs

Fertility inputs need not be from a bag! We'll reduce your reliance on purchased fertilizers by exploring other sources: cover crops – using and managing with or without machinery; natural mulches in and out of season; simple composting; and home sources of some minerals. Soil tests 8 years apart will illustrate results of several fertility schemes.

Al Johnson: Agricultural Educator and long time organic inspector who has farmed or gardened organically for decades.

Keeping Sheep Organically

Participants will learn options for managing sheep organically including information on breeds and housing, practices for parasite control, handling, feeding and health care. The presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

Kimberly Mastrianni: B.S. in Animal Science, raising sheep organically since 2008.

The History of Earth Care Farm: The Story of Compost

This year we are celebrating 40 years of making compost at Earth Care Farm! My father began making compost with a pitchfork in 1977, and today we make mountains of it. We will revisit the history of ECF, looking at how the family farm has changed and where we are headed in our next generation.

Jayne Merner Senecal: Grew up making compost at Earth Care Farm.

Soapmaking 101 - Part 2

Join in making a fresh batch of soap, using the traditional cold process method. We will build upon what we explored in Part 1, learning about blending, pouring, cutting and curing soap. Everyone will be invited to take some soap, to be cut and cured at home.

Melissa Probst: NOFA enthusiast and soapmaker, Sweet Suds.

Write an Amazing Grazing Plan!

Learn how to assess your forages and match them to your livestock needs, which tools to use, how to plan your paddocks, and sharpen your recordkeeping. This workshop will give farmers guidelines for writing or updating their own grazing plan with tips for adjusting to the changing needs of their operation.

Lee Rinehart: Works for NCAT's ATTRA Project, focusing on agronomy and livestock.

You Can Grow Rice in the Northeast!

Rice is a worldwide staple of our diet but very few of us in the Northeast understand the how it is grown or the beauty it can provide. We will explore what varieties and what techniques you can use to grow rice on a small scale in the Northeast.

Nick Storrs: Manages a one acre urban farm and education on Randall's Island, NYC.

Saturday, 8-9:30 AM

A Permaculture Approach to Mushroom Cultivation

We will explore ways to incorporate mushroom cultivation into our unique New England biome by thinking of ways to synergize mushroom growing with orcharding, vegetable gardening, and woodlot management. Hands-on demos may include creating a lion's mane totem pole and using cardboard to propagate mushrooms.

Dan Bensonoff: Mycological explorer, urban homesteader, and farm policy advocate.

Practical Crop Storage for Winter Sales

Offering a range of produce all winter long has many advantages - retaining customers, consistent cash flow, and feeding the community year-round. This workshop will cover the environments required by storage crops, as well as ways to achieve these conditions on different budgets. We will also touch on harvesting, washing, and physiology of storage crops.

Chuck Currie: Runs Freedom Food Farm, a year-round diversified livestock and produce farm.

Intensive Silvopasture for New England

Intensive Silvopasture (ISP) – integrating livestock, trees, pasture, and woody browse in sustainable ecosystems – shows exciting success in Latin America, with 3-5 times higher meat and milk production, greater animal health, and up to 35 times higher carbon sequestration rates than organic agriculture. Come explore the potential for ISP in New England.

Susanne Hale: Owns Tending the Wild Climate Agroforestry, UMass graduate student studying ISP.

No-Till Vegetables Using Chickens

Three seasons of experience using mobile chickens in rotation with vegetables have produced interesting results. Fall chicken applications control spring weeds,

provide fertility and allow no-till methods for spring/summer crops. Learn about the impact on soil health and fertility, vegetable production and rotation while using a layer flock of varying sizes.

John Kenny: Owner, Big Train Farm; background in soil science.

Principles of Biological Systems & Implications

This workshop will be an overview of what conditions plants need to flourish and how to create those conditions. We will look at practices and strategies to maintain air, water, life, minerals and food in the soil all year long, and also talk about the broader implications of these practices.

Dan Kittredge: Founder, Executive Director, Bionutrient Food Association.

Garden Planning for Seed Saving

Growing a garden with the intention to save select seed crops involves planning for: isolation, space for flowering and seed set, as well as infrastructure for select crops. We will explore how to plan your garden for effective seed saving focusing on these three criteria.

Lisa Millette: Lisa heads the seed gardens at Turtle Tree Biodynamic Seed Initiative.

Food Safety Rules for Small Producers & Co-ops

Compliance with FSMA (Food Safety Modernization Act) food safety regulations presents a new challenge for small-scale and exempt farmers, value added producers and farmer co-ops involved in aggregation and distribution. Learn how to comply with the federal rules and where to find the resources, education and training to minimize cost to your business.

Roger Noonan: President, New England Farmers Union, and organic farmer.

Vicki Smith: Food Safety Specialist, New England Farmers Union (NEFU).

The Power of Story: Reclaiming My Roots in Agriculture

Hear the story of my journey from ambivalent consumer to grower of food, community and power, interwoven with an open conversation space about black people, food, and land.

Liz O'Gilvie: Board member, Gardening the Community and Springfield Food Policy Council.

Starting Out with Organic Pastured Pigs

Just getting into pigs? Thinking about expanding from just a couple pigs to a couple dozen? This workshop will provide an overview of how to effectively and economically house, fence, and feed a happy pig. Happy pigs taste better!

Alice Percy: Coordinator, OGS division, Fedco Seeds. 10 years experience raising organic hogs.

Increase Your Hive Numbers Without Buying Bees

Learn how to sustainably increase the size of your apiary using your own bees.

Jorik Phillips: Beekeeper of 17 years, co-owns Hudson Valley Bee Supply.

Megan Denver: Co-owns Hudson Valley Bee Supply.

Changing the System: Food Policy Advocacy

To bring about long-term, systemic change to the food system, farmers, eaters, and advocates need to understand the laws and regulations that affect everything from farming to land use to marketing, and how to get engaged to change them when needed. Come learn how to get involved in food policy advocacy!

Winton Pitcoff: Director of the MA Food System Collaborative.

Herbs for Childbirth

This is an introduction to the bioregional herbs- native and naturalized plants of New England - used to manage the last month of pregnancy, childbirth and the postpartum. We will explore traditional as well as evidence based uses, from Native American birth management to contemporary applications.

Rachel Ross: Botanist, community herbalist, midwife. Owns and manages Hillside Herbals Apothecary.

Carbon Farming: Regenerative Agriculture for Climate Stabilization

We will discuss the current state of climate and carbon sequestration science, and explore the role agriculture can play in the climate change solution through a range of tree-based and soil-based carbon farming techniques. With careful ecological and economic planning, carbon farming can grow profitable, resilient farm businesses while helping to slow climate change.

Connor Stedman: Ecological designer, farm planner, and educator based in the Hudson River Valley, NY.

Herbal Approaches to Lyme Disease

I will explore the benefits of plant medicines in preventing and fighting Lyme Disease and building our bodies' resistance. Great promise lies in these plants as antibiotics become less effective because bacteria are adapting to them.

Sarah Stockwell-Arthen: Herbalist for 25 years, growing and preparing plant medicines at Hilltown Herbals.

Planting for the Bees' Needs

Wild bees are powerful pollinators, and there are over 400 species of wild bees in New England. I will discuss the life cycles of wild bees and their needs for nesting sites and flowers offering nutritious pollen and nectar, with an emphasis on using native plants to feed our (mostly) native bees.

Kimberly Stoner: Entomologist researching bees, pollination, and pesticides.

Basic Gardening for Enhanced Productivity Part 1

What happens in gardens is both mystery and science, compelling gardeners to forever reexamine the basics. Topics include: the basics of: garden organization, seedling care, transplanting, fertility, season extension, crop selection and crop sequencing. In 2016, our garden yielded 8652 pounds of produce on one-eleventh of an acre.

Steve Walach: Teaches organic gardening in middle schools and to master gardeners.

Saturday, 10-11:30 AM

From the Ground Up: Abandoned Lots to Productive Gardens

What does it actually take to start an urban farm or community garden? What are the hurdles and considerations that need to be accounted for, from soil to water to air to human involvement? Learn from Gardening The Community, a food justice organization engaged in youth development, urban agriculture, and sustainable living in Springfield, MA.

Ibrahim Ali: Co-Director of Gardening the Community.

Tour: Weedwifery Plant Walk

Weeds are fierce, tenacious and resilient, defying the controls of humans at every turn. They are also powerfully medicinal! This plant walk will discuss plant ID and botany, harvesting guidelines, medicinal preparations, and medicinal uses of many of our beloved northeast weeds.

Jade Alicandro: Community herbalist at Milk & Honey Herbs in Shutesbury, MA.

Mobile Markets: Driving Down Barriers to Food Justice

Mobile markets are a relatively new concept in the urban food sector. Find out the whats and hows of operating a mobile market and how the REC's Mobile Market is breaking down barriers to food justice in the culturally and financially-diverse city of Worcester, MA. Then take a tour of the van!

Noel Allen: REC Farmers Market Coordinator and is passionate about local agriculture!

Year-Round Indoor Salad Gardening

This workshop is a hands-on tutorial on how to grow ALL your salad greens with no light and no special equipment, all year-round. Everyone will plant a tray of greens to take home. We will also sample a salad of soil sprouts.

Peter Burke: Has been teaching garden classes since 2006; started thedailygardener.com to provide seeds for indoor gardening.

Jake Burke: Studied Sustainable Agriculture & Food Justice at Hampshire College, presently living/gardening in Northampton, MA.

Tour: Growing Shiitakes on Logs & Indoors

This workshop will review the basics of log cultivation for shiitake and tour Fungi Ally mushroom farm to see how we grow shiitakes indoors. We will discuss the results of an ongoing SARE grant looking at yields of different shiitake strains.

Willie Crosby: Owner of Fungi Ally, growing mushrooms commercially for four years.

Co-ops & Economic Democracy: Why Go Co-op?

Co-ops are an effective model of economic democracy, spreading ownership, retaining jobs, and rooting businesses in our communities. How do co-ops strengthen our regional food system and economy? Learn about the process of start-up, conversion and operation, and share your ideas for a co-op in your community.

Erbin Crowell: Executive Director, Neighboring Food Co-op Association.

Adam Trott: Executive Director, Valley Alliance of Worker Co-ops.

Season Extension Strategies

Row cover, low tunnels, high tunnels, caterpillar tunnels, and greenhouses have all been employed successfully for extending the harvest season. Learn about the costs, construction, advantages, and disadvantages of these different structures, and which

ones might be right for your operation. We will also cover recommended crops, planting dates, and management strategies.

Chuck Currie: Runs Freedom Food Farm, a year-round diversified livestock and produce farm.

Ayurvedic Health Benefits of Ghee

Ghee (clarified butter) is a high heat, lactose-free cooking oil used for centuries in India to relieve digestive disorders, calm the nervous system, and promote overall vitality. After we transform butter into ghee, we'll take it one step further by infusing it with herbs and spices to make medicinal ghee. Handouts and taste tests provided!

Hannah Jacobson-Hardy: Founder, Full Moon Ghee; Community Herbalist at Sweet Birch Herbals.

Jordan Grinstein:

Traditional Japanese Foodways in the Age of Nuclear Disasters

You will learn the art of Japanese food preparation and preservation techniques, including some family recipes. A discussion will also ensue on the ongoing radiation contamination in Japan since the Fukushima-Daiichi disaster of March 2011 and its effects on the traditional foodways and human health.

Chiho Kaneko: Grew up in Iwate, Japan; Agronomy degree from Hokkaido University.

Urban Ecosystem Justice: A Science of Cities for the People

What would it mean to merge urban ecology with social justice analysis? Can we construct an ethic of 'urban bio-cultural diversity', where mutually symbiotic relationships are created between human and non-human city elements? Are we capable of meeting material needs while regenerating urban socio-ecological health? Using theoretical possibilities and real-world examples, let's explore these questions.

Scott Kellogg: Educational Director of the Radix Ecological Sustainability Center in Albany, NY.

Soil Fertility & Management

Explore how the four Aristotelian Elements of Soil (Earth, Air, Water and Fire) work together to make a healthy soil. This workshop outlines the managing of the four elements in detail and points out pitfalls to avoid. We will also discuss methods to optimize soil fertility.

John Kenny: Owner, Big Train Farm; background in soil science.

Sequestering Carbon, Improving Soil, & Increasing Crop Yields with Microrhyzal Fungi

Bill MacKentley: Farmer and horticulturalist.

Work Horses 101

For those with limited experience and lots of interest! Get hands on time, up close and personal with these amazing animals. Learn handling, care, keeping and the basics of how they think, how to work safely around them, and how they can benefit your farming operation.

Kim Mastrianni: Works with people and horses to improve communication and understanding.

Dale Perkins: Works with people and horses on a small family farm.

Keeping Soil Covered to Enhance Biodiversity, Fertility & Food Quality

At Many Hands Organic Farm (30 years certified) we are experimenting with growing mulches in place and using found/at hand natural resources when that system is more effective or practical. Julie will share the adventure of these experiments and discuss best practices for raising high quality food with maximum soil carbon sequestration through microbial friendly practices.

Julie Rawson: Lifelong farmer who thrives on pushing the envelope.

Fearless Pruning of Fruit Trees

Correct and timely pruning is the key to keeping apples, peaches, and other trees healthy, productive, and bearing the tastiest fruits. Learn the how and the why of pruning these plants in their young, developing stages and as they mature and bear fruits.

Lee Reich: Writer and consultant with an experimental and teaching farmden.

Cover Crop Basics

New to cover cropping? Want to know about other cover crops besides cereal rye? This workshop will discuss: 1) the suite of cover crops that are suitable for growing in the Northeast, 2) best practices for successful establishment, and 3) soil health improvements with cover cropping.

Brandon Smith: Northeast Team Leader and Soil Health Specialist, USDA-NRCS.

Planning a Compact Farm

This workshop lays out all of the components of a comprehensive plan for a compact, productive and successful farm. Based on Josh's decades of personal experience and the farms he's visited and researched around world, we'll go through the elements every small farm needs to address to make their farm sustainable economically, environmentally and equitably.

Josh Volk: Slow Hand Farm production, consulting and teaching; author, "Compact Farms".

Basic Gardening for Enhanced Productivity Part 2

What happens in gardens is both mystery and science, compelling gardeners to forever reexamine the basics. Topics include: the basics of: garden organization, seedling care, transplanting, fertility, season extension, crop selection and crop sequencing. In 2016, our garden yielded 8652 pounds of produce on one-eleventh of an acre.

Steve Walach: Teaches organic gardening in middle schools and to master gardeners.

Protecting the Integrity of the USDA Organic Program

Learn about how the organic community structured the USDA National Organic Program at its inception to reflect the values of transparency and public participation. We'll talk about some key issues that impact consumer and farmer trust in the organic label and efforts to communicate with the new administration about the value of organic agriculture.

Abby Youngblood: Executive director at the National Organic Coalition.

Saturday, 1-2:30 PM

Knotweed? Not Here.

Presentation highlights courses of action open to landowners, farmers, and growers wishing to improve habitat, property values, soil conditions, and biodiversity. Non-toxic treatment methods allow land stewards to control Japanese knotweed while feeding the vegetative material into the local economy, the art scene, and even the food system.

Michael Bald: Founder and Owner, Got Weeds? Fan of healthy soils, happy people.

But I Don't Have Time for Social Media...

Be social, build an audience and engage an existing one. We'll discuss where to start, which platform to pick, what to say/share and how to use staff and volunteers to create content. Social media should be simple and honest. You can tell your story better than anyone else!

Rachel Borgatti: Executive Director of Friends of Fort Point Channel.

The Art, Science, & Craft of Profitable Onion Production

Amazing alliums, unsung farm hero, nutrient rich onions are capable of grossing \$40,000+ per acre. We'll review production steps and techniques to ensure a successful harvest. From start to finish: variety selection, propagation, transplanting efficiency, beneficial insects, nutrient management, pest and disease management, cultivation, harvest and post harvest systems.

Derek Christianson: Farmer and community educator at Brix Bounty Farm.

First Aid Homeopathy & Rescue Remedy

Homeopathic remedies are safe, low costing, non-toxic without side effects. They help relieve pain, strengthen the immune system and speed the healing of sunburns, garden strains, summer colds, bug bites, skin rashes and more. We will learn the many applications for homeopathy and rescue remedy for you and your family.

Jeanne Deignan-Kosmides: Yoga/meditation teacher and therapist, homeopath, bach flower practitioner, beekeeper.

Conversations Across Differences: Connecting Youth Through Food & Farming

How can food and farming serve as a platform for youth to respectfully bridge differences, find common ground, and move forward to productively working together? Presenters will start by introducing programs and tools they have used in their work with youth and then will guide group brainstorming on making an impact in participants' communities.

Mike Evans: Co-founder, Real Food Rising in SLC & Urban Roots in Austin.

John Wang: Regional Director of The Food Project North Shore.

Home Garden No-till & Cover Crops for Carbon Sequestration

Power point and discussion covering the interrelationship between soil health, carbon sequestration, cover cropping, and no-till growing of nutritious food in one's garden. Easy to use cover crop and no-till techniques will be presented.

Sharon Gensler: Homesteader. Educator. Gardening with no-till methods for over 35 years.

Singing for Freedom & a Livable Future

We'll sing for climate and food justice, and we'll generate inspiration for living out values of solidarity and ecology. I'll teach aurally songs with rousing choruses or full stanzas in which short lines get substituted each time through – aka “zipper songs”. Bring voices, harmonies, and ideas for integrating singing within today's food movement.

Ben Grosscup: Performs songs of struggle and social critique. Director, People's Music Network.

New Static-Aerated Composting System Demonstration

Join Professor Hashemi outside for an introduction to a new static-aerated composting system. After a short introductory lecture he will show, step by step, how to assemble the two composting systems. Attendees can take photos and ask any questions they might have during the assembly.

Masoud Hashemi: Extension professor focusing research on sustainable farming and cover crops.

Soils in the City: Urban Anthropology & Citizen-Activist Bioremediation

City soils today are largely non-existent, degraded or contaminated, and many urban residents are disconnected from the role that soils play in ecosystem health and environmental justice. We'll examine the "critical zone" of soils in cities and highlight actions for citizens and opportunities for partnerships with biological allies to regenerate the health of urban soils.

Scott Kellogg: Educational Director of the Radix Ecological Sustainability Center in Albany, NY.

"In the Spirit of Co-operation": Video & Discussion with Producer

Join Visionaries Producer Bill Mosher and Erbin Crowell of the Neighboring Food Co-op Association for a screening and discussion of the Visionaries PBS Documentary “In the Spirit of Co-operation,” celebrating the 100th Anniversary of the National Co-operative Business Association and featuring Massachusetts' own Real Pickles Co-op. Pickles will be served!

Bill Mosher: Executive Producer, Visionaries Public Television Series.
Erbin Crowell: Executive Director, Neighboring Food Co-op Association.

Work Horses 102

Beyond the basics. Understand what horses can do for your farm. Learn harness varieties, proper fit, other equipment, hitching and safety concerns. Participants will have an opportunity to harness and drive a single or a team of horses.

Dale Perkins: Works with people and horses on a small family farm.

Kim Mastrianni: Works with people and horses to improve communication and understanding.

Uncommon Fruits for the Backyard Garden & Small Farm

Juneberry and cornelian cherry are just two of a dozen or so uncommon fruits that have delectable flavors and are easy to grow. Some are borne on ornamental plants, perfect for "luscious landscaping." Their good flavor and natural pest resistance makes them appealing for organic and ethnic markets.

Lee Reich: Writer and consultant with an experimental and teaching farm.

Long-Term Sustainability of High Tunnel Soils

The Cornell Vegetable Program and NOFA NY have partnered to examine long-term sustainability of high tunnel soils by collecting data from over 20 farms across New York State. Learn about common nutrient trends in high tunnel soils, their impact on plant health and how to implement Best Management Practices for long-term sustainability.

Judson Reid: Researches high tunnel soil nutrients, crop health and farm profitability.

Cordelia Machanoff: Collects and analyses soil and foliar nutrient samples from New York farms.

Cover Crop 2.0: Beyond Basics

Ready to learn more about cover crops? This workshop will highlight innovative cover cropping techniques, including 1) up and coming cover crops, 2) multi-species selection, 3) using cover crops to reduce tillage, and 4) living mulches.

Brandon Smith: Northeast Team Leader and Soil Health Specialist, USDA-NRCS.

Climate Adaptation: Preparing Farms, Communities, & Bioregions for Climate Change

By observing and mimicking ecosystem processes, our farms and landscapes can be designed to be resilient to climatic changes. This interactive workshop will explore ecological design principles and solutions for climate adaptation in the Northeast US, including on-farm water management, crop and landscape biodiversity, productive buffers and corridors, and trialing new warmer-climate crops for the region.

Connor Stedman: Ecological designer, farm planner, and educator based in the Hudson River Valley, NY.

farmOS: Open Source Farm Management & Record Keeping

farmOS is a web-based software application for farm planning, management, and record keeping developed and maintained by a community of volunteers. This workshop will cover the basic features, using live demos of real farms. Participants will learn how to get started using farmOS to keep better records of their farm activities.

Michael Stenta: Founder and lead developer of farmOS.

Preparing Your Fiber for Use

We will cover washing, picking, and carding fiber. Participants will get a chance to spin or felt fiber from our alpacas.

Keith Tetreault: Farmer of 44 alpacas, selling fiber products in our gift shop.

Debbie Tetreault: Makes and sells craft items with fiber.

Sunday, 8-9:30 AM

Growing & Marketing Cut Flowers

Learn techniques of creating a successful cut-flower production within a diversified farm operation. Seed to harvest, variety selection, planting schedules, garden maintenance and winter storage practices and creative ways of designing and marketing cut flowers. This is a perfect workshop for those who want to start up or develop flowers as a highlighted crop commodity.

Shannon Algieri: Farmer Educator at Stone Barns Center for Food and Agriculture.

Urban Agriculture & Youth Engagement

Seedfolk City Farm believes that empowering young people to work directly in their local food system is one of the most effective ways to create change in our communities. Join us to learn how community-focused urban agriculture on formerly vacant lots allows youth to regain autonomy in their lives and develop tools for civic engagement.

Lisa Barker : Co-founder and director of Seedfolk City Farm in Rochester, NY.

Caveat Comedentis: Eater Beware — New Engineered Foods

The food industry is engineering food to “improve every aspect of the food-value chain.” We will take an in-depth look at two techniques: nanofoods – altering the DNA of food with nanoparticles, and CRISPR/Cas9 – selective gene editing. Benefits, unintended consequences, and social, environmental, and economic impacts will be scrutinized.

Darryl Benjamin: Author of “Farm to Table”, a guide to sustainable food systems.

Urban Farming: Soil Fertility Going Beyond Compost

Urban farms on small in-ground plots and raised planters offer significant challenges for long-term soil fertility and plant health that can not be cured by compost alone. This panel discussion will review the basics of soil testing and compare various methods for managing urban soils for long-term success.

Jess Bloomer: Groundwork Somerville, Program Director and Farm Manager, South St Farm.

Michelle de Lima: Trustees of Reservations, Engagement Manager, Boston Community Gardens.

Clay Larsen:

Mycoremediation: Using Fungi to Remediate Toxic Waste

Filter bacteria, degrade chemicals and hyper accumulate heavy metals: learn how to use fungi to remediate anthropogenic xeno-toxins in our environment. Whether it's remediating soil and water for your farm or remediating a toxic waste spill, let's use mushrooms to clean up the world for 7 generations ahead.

Alex Dorr: Mycologist and fun guy; has taught fungi workshops across the world.

Bioregional Economies

The solutions to our economic and environmental problems aren't complex or out of reach. Our food, fuel and material needs can be met in ways that strengthen communities while reconnecting people to their beautiful biology. Learn to create healthy economies and landscapes that benefit and enrich for generations to come!

Andrew Faust: A premier Permaculture designer with over two decades of experience.

Garden of Wonder: Using the Garden to Nurture Spiritual Growth

Gardens and farms are places where we can nurture and grow our spiritual lives, along with our crops. We will explore different ways that we as educators can use the garden to help our students develop awareness skills, feel and express gratitude

and abundance, and generally strengthen their sense of connection with all of creation.

Jacob Fine: Director, Abundance Farm: Jewish Food Justice Farm and outdoor classroom.

Leora Mallach: Director, Beantown Jewish Gardens: building community through food-system education.

Faba Bean: a New Multi-Purpose Crop for New England

Faba bean, or fava bean, can be grown as a cool season cash crop, cover crop, or medicinal crop. This workshop will present findings on growing faba beans, using actual samples of plants, pods, seeds, and bacteria.

Masoud Hashemi: Extension professor focusing research on sustainable farming and cover crops.

How Can We Achieve Food Sovereignty If Small Farms Can't Survive?

Let's talk about the elephant in the room: why aren't more small farms thriving without off-farm income? If US workers don't want to work on farms and the flow from abroad is slowing, who will do farm work? How can we balance the needs of farmers, farmworkers and low-income eaters?

Elizabeth Henderson: Organic farmer, on boards of NOFA-NY and Agricultural Justice Project.

Jessica Culley: CATA General Coordinator, 17 years organizing for farm workers.

Why Pastured Animal Foods are Essential to Health

Learn about the importance of fat-soluble vitamins for health and preventing chronic disease- like diabetes, cancer and heart disease. We'll discuss why fat-soluble vitamins can only be obtained in sufficient amounts from pastured animal foods, and why grass-fed/pastured meat and dairy is far more nutrient-dense than grain-fed.

Brigitta Jansen: MS in Nutrition, Nutrition and functional medicine consultant, homesteader, mother.

Grow, Harvest, & ENJOY Culinary Herbs Creatively!

Learn to grow and harvest culinary herbs for maximum production. Hands on pruning/harvesting will help you take these skills home to your own kitchen garden. Learn how to handle both annual and perennial herbs. We'll explore processing and storage techniques, and the handout will include some wonderful recipes!

Amy LeBlanc: Organic farmer, culinary herb enthusiast, cook, and market gardener.

Food Sovereignty 101

Food Sovereignty 101 provides a background to the concept of Food Sovereignty – how it evolved and where it is today. The primary principles will be presented, then framed against the questions: What Are We Fighting For? and What We Are Fighting Against? Examples illustrate how it is actualized around the world.

Andrianna Natsoulas: Background in agricultural and fisheries programs. Executive Director of NOFA-NY.

Saulo Araujo: Advances food sovereignty and agroecology initiatives. Global Movements Director, WhyHunger.

Supporting Indigenous Micro-Organisms on Your Farm

Discover the techniques utilized in the production and use of indigenous microorganisms (IMO). An IMO is a microbe culture, taken from local forest soils, and then multiplied through various culture steps to produce a highly activated inoculate. Bryan will present his experience using this material on their farm in vegetable production and other applications.

Bryan O'Hara: Has grown vegetables at Tobacco Road Farm in Lebanon, CT for 25 years.

Managing Weeds, Pest & Disease Starts With the Soil

The culture you build in the soil can affect the health of your plants as well as pest and weed pressure. This program will look at practices that can minimize weed pressure while reducing pests and disease by balancing nutrients for optimal crop health. You will also learn how to set your cultivator.

Joseph Scrimger: Organic farmer of 40 years. Owner, Bio-Systems: a soil testing/consulting business.

Fixing the Carbon & Water Cycle with Cattle

Proper grazing practices rapidly store carbon below the soil surface. Intensive rotational grazing creates soil permeability, allowing water to then be captured by said carbon. Cattle, when managed correctly, are the tools to enhance this system rapidly: think years rather than eons!

Ridge Shinn: Northeast pioneer in grass-fed beef production on a forage-only diet.

How to Raise Broiler Chickens On Pasture

Walk through step-by-step what it will take start raising your own chickens for meat on grass.

John Suscovich: Farm manager of 52 acre diversified farm in western CT.

Sunday, 10-11:30 AM

Pastured Rabbit for Profit

Our livestock manager will tell you what we discovered with a "glass walls" look into our entire pastured rabbit operation. We'll start with the basics of our system, with an overview of what's involved in starting up a pastured rabbit operation, followed by an in-depth look into the economics of best practices for rabbit production.

Nichki Carangelo: Manages livestock and direct marketing for Letterbox Farm Collective.

The Importance of Gut Health For Immunity

This workshop will detail how detoxification, proper nutrition, less refined sugar, and more plant-based, organic foods can help to heal the gut, and consequently the immune system, as well as many auto-immune disorders. Michelle is a living example of someone who has accomplished this.

Michelle Caron: Holistic health professional.

Tour: Small Scale Medicinal & Herb Production

Full Kettle Farm is an one-acre operation focusing primarily on growing herbs for tea blends and value-added products. Participants will learn the theory of field planning for growing herbs on a small scale, specific cultural practices for various herbs, drying and processing, and possibilities for various herbal products.

Greg Disterhoft: Owner of Full Kettle Farm in Sunderland, MA.

Beekeeping Programs at Small Farms: Drumlin Farm Case Study

This workshop presents a case study on starting a Beekeeping Program at Drumlin Farm and impact it has had on farm productivity.

Mel Gadd: Beekeeper, runs Beekeeping program at Mass Audubon's Drumlin Farm.

Ecosystem Services of Integrating Biomass Crops in Whole Farm Planning

A discussion of the valuable ecosystem services biomass energy crops provide both above and below ground. We will also look at how these can be incorporated into

most farm operations and options for using or marketing the crops and how the crops can be used in a stacked enterprise system.

Karl Hallen: Farm and forestry consultant with agroforestry focus; researcher, SUNY ESF.

The World of Compost

Learn all about compost! This workshop will cover what goes into making compost, the various types of compost available, and other aspects of compost and the compost process.

Adam Jankauskas: Founder of City Compost.

What is the True Cost of Food?

The apparent cost (also known as market price) of food does not often reflect all of the social and ecological costs associated with production. We will examine and compare apparent costs of various foods to their true price.

Jack Kittredge: Certified organic farmer, editor of The Natural Farmer.

Farmer In The Classroom

Learn how to bring the Farmer in the Classroom program to your school! Farmer in the Classroom is a 30-60 minute lesson about a single vegetable. Students learn history, geography, cultural facts and trivia about a certain veggie. They experience it hands-on and taste it a few ways. It helps kids love veggies.

Carolyn Llewellyn: Elementary school "garbrarian": runs K-5 school garden and library program.

Going Solar: What You Need to Know

Based on my 20 years' experience in renewable energy, this workshop will help folks navigate the current solar market. I will share insider insights on effectively going solar and how to avoid pitfalls of current offerings. We will also look at the most cost effective way to receive all the value of a solar system.

Robert Maddox: Owner, Sun One Organic Farm; renewable energy/green building champion.

Starting an Organic, Low Maintenance Apple Orchard

Every one of you needs to have at least a few apple trees, but you don't need to spend all day in the orchard. This workshop details starting and nurturing a small

homestead apple orchard- including site selection, preparation and the ten best varieties for the northeast- with an organic, holistic, and low maintenance approach.

Jack Mastrianni: Member, Apple Addicts Anonymous. Low maintenance, heirlooms and disease resistance.

Winter Greens & Season Extension

Using greenhouses and high tunnels for season extension. What, when, and how we plant will be discussed in the first part. The discussion will then move toward harvesting, marketing, and transitioning the space back to being ready for the high season.

Dan Morris: Assistant Vegetable Grower at Natick Community Organic Farm.

Soil & Trees: Nature's Magicians

We will have an in-depth discussion about the fact that trees (and other plants) communicate directly with soil organisms, and vice-versa. How do they do it? Why do they do it? Find out how this new and stunning information helps us understand the mystical connection between plants, soils, and ourselves.

Mike Nadeau: Tree hugging soil worshiper; founding member, NOFA Organic Land Care Program.

Food Sovereignty In Action!

Representatives from La Via Campesina and WhyHunger will lead a dialogue on food sovereignty, agro-ecology and the global peasants movement. La Via Campesina is the international movement of peasants, farmers, landless people, indigenous people and migrant workers. WhyHunger is a leader in building the movement to end hunger and poverty by connecting people to nutritious, affordable food and grassroots solutions.

Andrianna Natsoulas: Background in agricultural and fisheries programs. Executive Director of NOFA-NY.

No-Till Intensive Vegetable Production Part 1

In this two part series, learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. Bryan will present the techniques he uses: multi-cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been commercially utilized at his Tobacco Road Farm for more than 5 years.

Bryan O'Hara: Has grown vegetables at Tobacco Road Farm in Lebanon, CT for 25 years.

Starting an Urban Community Garden: Access, Soil & Growing

As a community affected by Food Injustice by way of Structural Racism, we desired to holistically heal our community both internally and externally, leading us to establish Springfield First Herbal Atonement Farm. We will discuss how we created our community garden on once vacant lots, organizing tactics for land acquisition, community involvement and next steps.

Toussaint Paskins: Food Justice and Community Outreach Manager for GTC.

Awilda Sanchez: Vice Chair of the Old Hill Neighborhood Council.

Tour: No-Till Crop Production Using Compost/Biochar Blends

Visit for a farm tour of a certified organic, mixed vegetable operation. See the results of three seasons using compost/biochar blends and witness efforts to build long-term fertility and a healthy soil food web by using no-till methods. Tools on display: cover crop roller/crimper; compost/biochar drop spreader; bed lifter.

Dan Pratt: 45 years of messing with soil have lead to some new (old) ideas.

Annalise Clausen:

Hunting Wild Mushrooms

Join Ari Rockland-Miller and Jenna Antonino DiMare, co-founders of The Mushroom Forager and authors of a forthcoming book on hunting gourmet wild mushrooms, for a colorful presentation introducing foraging safety, strategy and ethics.

Ari Rockland-Miller: Co-founder of The Mushroom Forager, writer, instructor & lecturer.

Jenna Antonino DiMare: Co-founder of The Mushroom Forager, frequently joins Ari in teaching.

Promoting the Production of Fresh Unprocessed Whole Milk

The Farm to Consumer Foundation brought together subject-matter experts from across the US and Europe to prepare two comprehensive step-by-step books on producing fresh milk for dairy cattle and goats. Learn how producing fresh milk is a different process and identify the opportunities that exist for your farm.

Joseph Scrimger: Organic farmer since 1975, interim president of Farm to Consumer Foundation.

Sunday, 1-2:30 PM

Intro to Agroforestry

I will give a brief history followed by an overview of what agroforestry is. We will discuss why and how agroforestry is becoming more and more relevant to farmers and look at simple strategies for integrating agroforestry practices into a farm or landscape.

Lindsay Allen: Farmer and food justice activist currently getting her masters in agroforestry.

Portable Fencing Hacks

Twenty years of grazing cattle, horses and poultry on the cheap has lead to a few techniques and tricks that can save the beginning grazer start up costs and keep animals in and four-legged garden pests out.

Alan Baker: Picked stones, thrown haybales, milked cows, AAS Agronomy, BS Agriculture

Cover Crop Mixtures for Soil Health

Cover cropping is a best practice for soil health. Does scientific research prove the benefits of multi-species cover crop mixtures? What kind of challenges do they present? How can we design cover crop mixtures tailored to our specific production system? Local research on mixtures of winter-killed cover crops, including forage radish, will be presented.

Julie Fine: Graduate Student, UMass Amherst Stockbridge School of Agriculture.

Our Journey on the Homesteading Path

We'll share our perspective on our 35-year homesteading journey: the ins and outs, the ups and downs, and the joys and sorrows. How we got started and where we are now, plus many of the successes and failures along the way. We'll have an open discussion that might help you plan for your own journey.

Sharon Gensler: Educator, sustainability coach/mentor, homesteader for over 35 years.

Pru Smith: 35+ year homesteader. Yoga instructor, life/sustainability coach.

Organizing for Racial Justice in Food & Farming

Discover how farmers all across the country are responding to the unique challenges and opportunities of their communities to dismantle racism in agriculture and the food system. From uncovering the hidden stories of our

farmland to coordinating social justice working groups, there are many tools you can use in your own community.

Michelle Hughes: Director, Investments and Partnerships for the National Young Farmers Coalition.

Tess Brown-Lavoie: First-generation farmer at Sidewalk Ends Farm.

Food Beliefs & Sustainable Eating

Food beliefs are the hardest ones to change. We will look at some of these beliefs, including gluten issues, sugar toxicity, meat, and disease, in the light of both science and tradition to see which hold up and what kinds of eating can really sustain our health throughout our lives.

John Kozinski: Forty year career teaching health and self-healing techniques.

Handling Drought & Disease with Vegetative Grafting

Vegetative grafting has been used for centuries in Asia to overcome disease pressure and environmental stresses such as drought and cold soils. Learn the vegetative grafting technique and the tips and tricks to be successful using grafted plants to the fullest potential. Live demonstration of grafting both melons and tomatoes.

Janel Martin: Lifelong farmer/gardener studying grafting and planting systems.

Gardens Of Thought: Food, Beauty and Fun!

On an old restored farm we create beautiful horticulture while fostering a deep relationship with this land, creating gardens that feed the soul and the palette. Learn how to use permaculture and other techniques to create edible landscapes that not only support humans but pollinators and other farm-friendly critters as well.

Mike Nadeau: Tree hugging soil worshiper; founding member, NOFA Organic Land Care Program.

No-Till Intensive Vegetable Production Part 2

In this two part series, learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. Bryan will present the techniques he uses: multi-cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been commercially utilized at his Tobacco Road Farm for more than 5 years.

Bryan O'Hara: Has grown vegetables at Tobacco Road Farm in Lebanon, CT for 25 years.

Community Discussion: What to Do With Surplus Crops?

Salvation Farms will present results from its two recent studies of on-farm food loss and fresh produce needs by charitable and institutional food sites in Vermont. Attendees will discuss benefits of current endeavors in Vermont, such as gleaning and processing, and explore future models, such as a statewide crop surplus management plan.

Theresa Snow: Founder, Salvation Farms. Advocate for responsible stewardship of natural resources.

Backyard Organic Farming

Learn to turn your backyard garden into a small-scale agri-business. Or just learn how to increase productivity and feed your family fresh organic foods all year long.

Andy Tomolonis: Backyard organic farmer, author of *Organic Hobby Farming*.
Val Tomolonis: Beekeeper, makes value-added products: lip balm, soaps, body creams.

Lessons From the Vermont Fresh Network

This workshop is for farmers who wish to improve their sales to local restaurants, schools and institutions. As the Farm to Table movement has grown, the challenge for both producers and chefs has been how to connect and develop mutually beneficial relationships. We will review challenges, opportunities and available resources.

Lyndon Virkler: Dean of Faculty, NECI; co-author of *Farm to Table, The Essential Guide to Sustainable Food Systems*.

Transitioning To No-Till

Thinking about taking the leap? Lets discuss what its like to go from a tractor based operation to a permanent raised bed system. We will go over the trials and tribulations of transitioning during that initial season. Topics will include field and bed preparation, weed management, tools, and observations during years 1 and 2.

Doug Wolcik: Farm Manager at Gaining Ground Farm in Concord, MA.