



Northeast Organic Farming Association
37th Annual Summer Conference with Northeast Animal-Power Field Days
August 12-14, 2011
University of Massachusetts, Amherst, MA
www.nofasummerconference.org

WORKSHOP DESCRIPTIONS

2011 NOFA SUMMER CONFERENCE

You will find here a complete list of all the workshops, codes that indicate workshop tracks, skill levels to which the material is aimed, the location of the workshops, presenter names, bios, workshop descriptions, and directions for tour workshops.

CANCELLATIONS

Presenters and workshops who cancelled last minute (as of Aug 7, 2011) are marked with a ~~strike through~~.

LOCATIONS

Most of the conference workshops take place at the UMass Campus Center on the 1st 8th and 9th floors. There are also workshops in the Brett, Brooks, and Wheeler dorms, as well as some workshops that are outside on the lawn. There are tour workshops at some local farms.

For the Northeast Animal-Power Field Days (NEAPFD) component of the conference, however, most workshops are held at a satellite site – the UMass Research Farm. The exceptions are TOURs and workshops held at the UMass Campus Center. DIRECTIONS TO UMASS RESEARCH FARM: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road (north). Travel 1 mile past the housing development to farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMASS - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. REGULAR BUS SERVICE WILL BE PROVIDED BETWEEN UMASS AND THE UMASS CAMPUS AND THE UMASS RESEARCH FARM. [Link to google map directions here.](#)

WORKSHOP TRACKS

A workshop track is a group of workshops that are related to each other under a common theme, practice, or perspective. While all workshops fit into a topic category (listed here: *link coming soon*), they don't always fit into a track. The workshops are scheduled to avoid conflict during the NOFA Summer Conference. Presenters whose workshops are located within a track are encouraged to coordinate with each other to avoid repetition of identical information, and to more effectively draw out and build upon each other's knowledge.

- **BF** = Beginning Farmer Track
 - Providing insight about the logistics, investments, planning and strategy needed for incorporating the given technical topic into a farming enterprise.
- **CSA** = Community Supported Agriculture Track

- Presenting a variety of innovations for the CSA model.
- **ND** = Nutrient Density Track
 - Presenting nutrient density principles for a variety of scales and applications.
- **OLC** = Organic Land Care Track
 - Attending these workshops qualifies participants for credits in the NOFA Organic Land Care Program (for a full listing, see page ??).
- **PC** = Permaculture Track
 - Presenting permaculture approaches to organic agriculture and ecological design and offering a wide range of perspectives, skills, and ideas for regenerative land use and creative community building.
- **TT** = Transition Towns Track
 - Presenting the Transition Towns organizing model. For a 6 minute video interview with Tina Clarke one of the presenters in the Transition Towns Track, discussing what the Transition Towns approach is, [click here](#).

ADULT WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

1) Common Herbs, Common Ailments, Common Remedies *Beginner*

Campus Center 911-15

Sarah Stockwell-Arthen: Has been making herbal foods & remedies for 20 years.

I will bring a bunch of the most common and useful plants/weeds for basic health maintenance and common illnesses (Echinacea, Red Clover, Red Raspberry, Valerian, Dandelion, Burdock, Plantain, etc.) and discuss their efficacy. Home-made plant remedies are sustainable and can help us avoid, or sometimes retreat from, the use of pharmaceuticals.

2) Debate: 2012 Farm Bill: Work Within It or Try to Defeat It? *All levels*

Campus Center 163C

Elizabeth Henderson: Farmer/writer, NOFA representative to the Agricultural Justice Project.

Jack Kittredge: Farmer, editor of The Natural Farmer.

Bill Duesing, Moderator, president of the NOFA Interstate Council.

The Farm Bill shapes US agricultural policy every 5 years with commodity subsidies, money for organic, environmental, domestic feeding, and other programs. But some critics feel it undercuts international agriculture and supports corporate control of our food system. What should those supporting sustainable agriculture do about this elephant in the room?

3) Ecological Models for Economic Development **PC Track** *Beginner*

Campus Center 811-15

Andrew Faust: Premier permaculture teacher with two decades of experience in Northeast.

www.homebiome.com.

We need regional plans of economic development that are more self-reliant, ecological, socially attuned, and prosperous for many generations. Learn how to create bioregional economies, farms and communities, using conservation tools and maps to design local foodsheds, decentralized energy, and local economies for the Northeast.

4) Farmer Maintenance: Ergonomics & Self-care **BF Track** *All levels*

Campus Center 174-76

Lydia Irons: Raised on a homestead, Lydia recently received a BA in sustainable-agriculture, anatomy & movement-theory.

Rachel Scherer: Luckily, started my Massage Therapy practice before the farm!

If you work on a farm you probably have experienced muscle pain. Like any farm machinery, your body can be maintained with the right know how. In this workshop, you will gain a better

understanding of the mechanics of your body during common tasks, and learn corrective exercises to address nagging aches and repetitive stress pains. Lots of time for Q&A. Handouts provided.

5) Getting Started with Farm Planning and Management **BF Track** *All levels*

Campus Center 903

Jeffrey Froikin Gordon and Giulia Stellari: Both received their PhD from Cornell & are co-founders of www.agsquared.com.

Creating a farm plan is an important step in building a sustainable farm enterprise. Discover techniques and tools that can improve the planning, management and record keeping practices on your farm. Receive a guided, live tour of AgSquared – free online farm planning and management software created especially for small farms.

6) Grass-fed Beef: Genetics & Grazing Season Extension *All levels*

Campus Center 803

Ridge Shinn: Founder of Hardwick Beef, a 100% grass-fed-finish beef company & Rotokawa Cattle Co, breeder of Devon cattle.

Success in raising cattle on grass-only diet starts with the correct type of cattle. Managing cattle as they graze for high density impact benefits soil flora and fauna. Planned grazing to stockpile feed to extend the grazing season is critical to economic success in 100% grass-fed and finished beef production.

7) Growing Salad Greens All year *Beginner*

Campus Center 905-09

Lynda Simkins: Director of Natick Community Organic Farm & farmer for 30 years.

Natick Community Organic Farm has been very successful with greens production year-round. I will discuss our systems, varieties, and marketing.

8) How to Start a Food Co-op *Beginner-Intermediate*

Campus Center 904-08

Michael Faber: General Manager of the Wild Oats Market in Williamstown, MA.

Bonnie Hudspeth: Project Manager for the Monadnock Community Market Co-op.

We will review resources and tools available to assist in starting a new Food Co-op and discuss the steps taken & lessons learned in the process of creating the Monadnock Community Market Co-op, scheduled to open in Keene, NH, in spring 2012.

9) Human Manure for Sustainable Fertility *All levels*

Campus Center 101

Abraham Noe-Hays: Owner of Full Circle Compost Consulting, www.poopstutute.org.

Recycling human manure into fertilizer is the missing link in closing the nutrient cycle and maintaining soil fertility organically. Using high- and low-tech solutions, including composting toilets and urine diversion, we can safely use human manure as a replacement for unsustainable fertilizers, helping farms flourish despite the limitations of peak oil and phosphorous.

10) Questioning the Invasive Species Paradigm **OLC Track** *Intermediate*

Campus Center Auditorium

Jono Neiger: Recovering nativist, conservation biologist, ecological landscape designer.

Dave Jacke: Former nativist, ecological landscape designer, primary author “Edible Forest Gardens”.

Many fundamental questions cast doubt on the paradigm behind the so-called “invasive species crisis.” Do scientifically valid definitions of key terms exist? What is humanity's appropriate

ecological role? How does climate chaos relate? These and other queries are essential to making wise design and management choices in our increasingly turbulent landscapes, climate, and politics.

11) Running a Large CSA on a Small Amount of Land **CSA Track** *Advanced*
Campus Center 168C

Katie Miller: Virginia native, and has been running Scratch Farm for the past six years.

Jo Bloch: California native; joined Katie to run Scratch Farm in 2007.

Scratch Farm is a 2 acre mixed vegetable farm with an 80 member CSA. We will talk about our planting schedule, crop rotation, fertility management practices, and the logistics of signing up members and getting everything harvested and into town for our pickup.

12) Traditional Diets Vs. The American Diet *All levels*
Campus Center 165-69

Michele Jacobson: A certified clinical nutritionist and food writer.

The American/Western diet is one of the unhealthiest in the developed world. How can we learn from the more traditional dietary patterns of other cultures? Some surprising information on what and how other cultures eat which is reflected in their overall health and longevity.

13) Underlying Principles in Agriculture **ND Track** *Intermediate*
Campus Center 162-75

Dan Kittredge: Farmer, father, non-profit director, entrepreneur, husband and continually seeking.

This workshop will cover the subtle and less well understood realities that are foundational to comprehensive understanding of biological systems, including geometry of minerals, quantum coherence, and vibrational communication in cells. Understanding these concepts in relation to our crops can inform more effective, efficient, and cost appropriate management choices.

14) Understanding the Soil Foodweb **OLC Track** *Advanced*
Campus Center 804-08

Paul Wagner: Lab director of Soil Foodweb New York.

Participants will learn how to manage plants and soils utilizing compost, compost teas, and organic amendments. Participants will develop a working knowledge of soil microbes and their roles in plant and soil health, and learn how to integrate compost tea into treatment programs.

15) Wildcrafting & Agroforestry in the Northeast **PC Track** *Intermediate*
Campus Center 805-09

Connor Stedman: Wilderness skills teacher and permaculture designer, Connecticut River Valley, MA.

An introduction to the management and stewardship of “wild” landscapes for food, medicine, artisan materials, and biodiversity. We will cover Northeastern land use history; assessment tools for plant communities, habitats, and ecosystems; and ethical/regenerative practices for wildcrafting and ecosystem management. Workshop assumes basic familiarity with permaculture concepts and Northeastern plant species.

NEAPFD WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

16) Animal-Powered Forestry Tools & Techniques, part I *All levels*
UMASS RESEARCH FARM - LOGGING AREA

Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.

Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.

Brian Patten: Has over 30 years experience working cattle in the woods.

John Plowden: Professional woodsman and equipment fabricator.

In this two-session workshop, offered on Friday afternoon and repeated Saturday morning, we will hold a logging demonstration featuring several teamsters at work with their animals. A single horse, an ox team, and a horse team will work with an innovative single-horse log arch, ground skidding, a team log arch, and a scoot for log transport. (For part II, see #44).

17) Getting started with Draft Horses: Harnessing and Driving *Beginner*

UMASS RESEARCH FARM - TRAINING AREA

Jennifer Judkins: Runs a small, organic, diversified farm in Springfield, NH.

In this workshop, Reno – my Percheron – and I will familiarize participants with basic care and harnessing of the workhorse as it relates to driving, then we'll address driving skills, using simulations and hands-on instruction. This workshop is offered twice: Friday at 2:00 PM and Saturday at 1:00 PM.

18) Loose Hay Production with Horses *All levels*

Campus Center 917

Jay Bailey: Teaches draft horse workshops and rebuilds/sells horse-drawn mowers.

Using a power point presentation, I will give an overview of the tools and considerations necessary to succeed with putting up loose hay with horses. I will have sample hay forks, hay knives and other tools to look at and feel.

19) Mowing Hay with Animal-Power *Beginner*

UMASS RESEARCH FARM - HAYFIELD

Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College.

Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

Jake Blank: Owner of I & J Manufacturing, specializing in horse-drawn and tractor equipment.

Donn Hewes: Farms with horses and mules in Central New York.

In this workshop we will demonstrate mowing hay with oxen and mules. This workshop will feature a traditional ground drive sickle bar mower, new ground drive PTO cart with innovative European sickle bar mower, and a motorized forecart pulling a PTO haybine mower. We'll discuss the features of both types of animals and pieces of equipment.

21) Ox Yoke Making *All levels*

UMASS RESEARCH FARM - TRACTOR BARN

Mike Austin: Beef, dairy, and hay farmer.

Yoke making from log to yoke and all steps in between. Topics covered will include sizing the yoke, wood selection, and hardware.

22) The Walking Plow *All levels*

UMASS RESEARCH FARM - TILLAGE AREA

Sam Rich: 2007 National Walking Plow Champion.

Samuel White: Lifetime farmer. Grew up with, and later returned to, horse-power.

We will demonstrate the use of the walking plow and will teach you how to plow properly. We will talk about the range of considerations that will affect success with this most basic tillage tool.

CHILDREN'S WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

23) 2010 NOFA Mural Making

Cape Cod Lounge

Ages 9-12

Rachel Silverman: Designer and art teacher dedicated to sparking children's creative process. Children will design and create the annual painted banner that will lead the parade during the Saturday Fair. Lots of fun and some mess, so bring a smock or old clothes that can get painty.

24) Building Fairy Houses

Cape Cod Lounge

Ages 5-12

Pamela Kimball: Works to create an ecologically-based community and sustainable life. Come connect to nature and build a fairy village! We will read about fairies and work with partners to create fairy houses out of found natural materials creating a fairy village. In the end we will tour the village together and make drawings of our creations.

25) We're All Nuts

Cape Cod Lounge

Ages 5-8

Donnie Cox: Farmer, musician, philosopher, and previous boys and girls club counselor. I grew up harvesting pecans and I will be talking about where pecans come from and how they are harvested. We will sing a harvest song while we dance like a shaking tree. Then we will trace our hands with crayons to think about our most valuable harvesting tools.

TEEN WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

26) Tie-Dying

Grad Lounge

Sharon Begley: I thank you for sharing your beautiful creations with me.

We'll cover tie dying basics, then you'll get to create your own work of art. Please bring white or light colored pre-washed t-shirts and other fabrics that you would like to bring to life. No experience required.

ADULT WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

27) Cultivating Community with Permaculture **PC Track** *All levels*

Campus Center 803

Liz Falk: Community Food Garden Educator, Cornell Cooperative Extension; Common Good City Farm founder.

This session explores engaging people in our land-based projects to build strong, safe, and inclusive communities. We will discuss why community engagement is key to our success as farmers – urban or rural – and how to identify and create leaders. Framed by permaculture principles and examples from community organizations practicing this work.

28) Easy no-Knead Artisan Bread at Home *Beginner*

Wheeler Kitchen

Linda Ugelow: Farms (small-scale), and loves cooking and baking nutrient dense foods.

No-Knead bread is the easiest method of bread-making with fantastic results. Gorgeous and delicious whole grain bread can be yours for just a few minutes effort, and stored dough can be

baked on a moments notice into loaves, flat breads, pizza and dessert. I'll touch on the science and demonstrate techniques for round loaves, pizza, pita and gluten free for cooking in the oven and on the stove.

~~29) Ecodynamic Landcare~~ **OLC Track** *All levels*

~~Campus Center 804-08~~

~~Steven Restmeyer: Professional ecological landscape designer and maintenance engineer since 1990.~~

~~Learn about the Ecological Wheel of Balance and EPM (Ecological Pest Management).~~

~~Understand the role beneficial insects, birds, and other elements within the ecosystem play in advancing the system toward balance. Practical applications for ecological lawn, tree and shrub care will be included.~~

30) Growing Co-ops for Local Economies *All levels*

Campus Center 165-69

Erbin Crowell: Executive Director of the Neighboring Food Co-op Association (www.nfca.coop).

The United Nations has declared 2012 the "International Year of the Co-op," recognizing the contribution of co-operatives to local economic development. We will present background on what makes co-ops different, how they contribute to sustainable local development, share some examples, and then invite participants to discuss some of the challenges they see in their communities and how co-ops can help address them.

31) Improving Nutrient Density of Pastures **ND Track** *All levels*

Campus Center 168C

Rebecca Brown: Herd Manager at The Grey Barn, running the organic grass-based dairy.

Discussion will be on evaluating soil and pasture conditions, determining objectives, exploring various management options, and prioritizing action. Starting with examples of soil samples and plant tissue analysis, we will explore different soil building programs focusing on soil amendments, foliar feeding, grazing management, tillage choices, and green manure crops.

~~32) La Finca: Farm, Food, and Culture in Holyoke, MA~~ *All levels*

~~Campus Center 805-09~~

~~Amy Calandrella: Farm Program Coordinator at Nuestras Raíces Farm.~~

~~Learn about "La Finca," the Nuestras Raíces urban farm in Holyoke where we incorporate aspects of social and economic permaculture to support beginning farmers, grow small businesses, create a center for food system education, and celebrate Puerto Rican culture.~~

33) Living a Purpose Centered Life *Intermediate*

Campus Center 174-76

Jack Mastrianni: Growing people & organizations, professionally, for 25 years.

We are living in very turbulent, unsettling times. We all need a compass to navigate these waters!! This workshop will help you develop a clear, compelling purpose statement and a set of guiding principles that will help you, your family, your farm, or your business not survive, but thrive.

34) Mycoscaping: Mushrooms in the Permaculture Landscape **OLC & PC Track** *All levels*

Campus Center Auditorium

Rafter Sass: Permaculture designer, mycophile, research agroecologist, and friendly rabble-rouser.

Only growing plants and animals? You're missing out! There's a whole 'nother Kingdom to explore - and eat. I'll give an overview of easy-entry mushroom growing techniques, and scaling

up to market production. I put it in a context of historical and emerging practices, oriented toward ecologically-managed and multifunctional systems.

35) Nature as Mentor: Raising Pigs in the Woods *Intermediate*

Campus Center 904-08

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

Understanding the nature of pigs should dictate how we manage the swineherd. Using nature as mentor, we'll focus on the biology of the pig while covering the practical management of rearing pigs for meat. Through handling, herd health, feeding, breeding, farrowing and harvest, the nature of the pig will be emphasized.

36) Omega-3 Fatty Acids: Important in Your Diet? *All levels*

Campus Center 911-15

Rosalind Michahelles: IIN graduate; American Association of Drugless Practitioners member. Participants will hear how Omega-3 fatty acids can improve their health by helping to right the balance between inflammation and anti-inflammation in the body. Excess internal inflammation is blamed for illnesses such as cancer, diabetes, stroke, and heart disease. The session ends with how to increase Omega-3s in the diet.

37) Renewable Energy for Greenhouse Heat *Advanced*

Campus Center 163C

Vern Grubinger: Vegetable and berry specialist for University of Vermont Extension.

This slide presentation will show examples of energy conservation techniques, such as perimeter insulation of foundations and bench heating, as well as a variety of non-fossil fuel heating systems for commercial greenhouses, from wood boilers to used vegetable oil furnaces to experimental systems using solar hot water.

38) Small Scale Grain Production *Intermediate*

Campus Center 903

Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & sheep at Crabapple Farm.

I will present my experiences with growing small grains (primarily wheat) on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. We have trialed over fifty varieties, learning about the genetic possibilities and adaptability in various species.

39) Soil Fertility in Organic Farming **BF Track** *Intermediate*

Campus Center 101

Joseph Heckman: Professor of Soil Science, Rutgers University, & hobby organic farmer.

A soil fertility program for an organic farm ideally functions as an ecosystem that includes a complex rotation of annual and perennial crops integrated with livestock. I will describe practical and philosophical aspects of effectively recycling and mobilizing nutrients to build and sustain soil fertility and produce quality food.

40) Starting a CSA **BF & CSA Track** *Beginner*

Campus Center 811-15

Carolyn Llewellyn: Helped found two successful CSAs, and now does farm education.

This workshop will help you consider all of the various details that can determine the success of a start-up veggie CSA, from land and growing to marketing, distribution, labor, administration, and more. Many handouts are supplied to cover these issues as well as crop planning and further resources.

41) The Evolving Landscape of Farm to School *All levels*

Campus Center 162-75

Abbie Nelson: NOFA-VT Ag Ed Coordinator. Directs statewide Farm to School Project, VT FEED.

Farm to School projects are growing, especially in the Northeast. Learn lessons from this movement in Vermont about procurement of local and organic food; food, farming, and nutrition education in the classroom; and developing community connections to sustain these programs. Learn how the National F2S Network can support local efforts.

42) Tree & Plant Whispering: An Experience **OLC Track** *All levels*

Campus Center 905-09

Jim Conroy: PhD. Plant Pathology, www.TheTreeWhisperer.com, teacher, grower, AOLCP.

Ms. Basia Alexander: “Chief Listener”, author, teacher, healer, co-creative practitioner, www.TreeWhispering.com.

Discover the possibility of partnership with plants and their related insects/diseases for multilateral bioenergy balancing and healing. “Live and Let Live.” Learn about holistic energy healing, no-product green solution to heal stressed trees, plants, forests. Learn why/how trees/plants go into decline. Have hands-on experience of plant’s bioenergy: hear their messages.

43) Worm Composting Basics **OLC Track** *Beginner*

Brett Lounge 001

Ben Goldberg: Promotes soil & water conservation with worms & composting toilets.

David Lovler: Compostmeister and gardener at Pulpit Hill Cohousing, right here in Amherst.

Keeping worms is educational, practical, easy, and fun. It is also an efficient way to convert food scraps into a rich soil amendment. We will cover various worm bin designs, construction tips, worm ecology, care and feeding, and separating the castings for use. This will be an interactive workshop.

NEAPFD WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

44) Animal-Powered Forestry Tools & Techniques, part II *All levels*

UMASS RESEARCH FARM - LOGGING AREA

Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.

Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.

Brian Patten: Has over 30 years experience working cattle in the woods.

John Plowden: Professional woodsman and equipment fabricator.

Part II continues the session begun on Friday at 2:00 PM. (See #16).

45) Developing a Working Partnership with Your Horse *Intermediate*

UMASS RESEARCH FARM - TRAINING AREA

Bekah Bailey and Neal Perry: From the Perry Farm offering horse boarding & training, & sleighrides, www.nealperryfarm.com.

What does a well developed partnership with a farm horse look like? How do you chart a course to move a green horse forward toward that end? Neal and Rebekah will demonstrate the “finished product” as well as how a young horse is brought along. This workshop is offered twice: Friday at 4:00 PM and Saturday at 8:00 AM.

46) Horse Drawn Mower Repair *All levels*

UMASS RESEARCH FARM - TRACTOR BARN

Donn Hewes: Farms with horses and mules in Central New York.

Jay Bailey: Teaches draft horse workshops and rebuilds/sells horse-drawn mowers.

Learn to make your mower sing like a singer, and help your horses mow like champs. We will discuss everything from cutter bars to bearings, bushings and seals. How to identify mowers to rebuild and where to find parts, will also be discussed.

47) Primary Tillage with the Sulky Plow *All levels*

UMASS RESEARCH FARM - TILLAGE AREA

Sam Rich: 2007 National Walking Plow Champion.

Samuel White: Lifetime farmer. Grew up with, and later returned to, horse-power.

We will demonstrate the use of the riding, or sulky, plow and will teach you how to plow properly. We will talk about the range of considerations that will affect success with this most common tillage tool.

48) Timber Harvest & Restorative Forest Management *All levels*

Campus Center 917

Guy Dunkle: Manages forestland in Northwest Pennsylvania and Southwest New York.

We will primarily discuss selecting trees for harvest and using animal-power for their removal. Additionally we will look at regenerating forests, restoring abused woodlots and controlling undesirable plants.

CHILDREN'S WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

49) Calf Training

Cape Cod Lounge

Ages 5-12

Jim Austin: 12 years old, enjoys woodworking and working with livestock.

Katherine Austin: Mother, leader of 4H Horse Club and riding lesson instructor.

Mike Austin: Beef, dairy, and hay farmer, and livestock dealer.

Learn how to select a well-matched pair and how to start training them. We will outline goals to work towards and discuss the behavioral traits of a well-trained calf.

50) Creative Cuisine For Kids

Cape Cod Lounge

Ages 5-6

Polly Jutras: Second year farmer and professional chef.

Come learn how to prepare organic humus and fresh local vegetables for dipping. I will teach you where the ingredients come from and basic food preparation skills.

51) The 1-2-3 of Bees

Cape Cod Lounge

Ages 7-8

Christy Hemenway: Founder of Gold Star Honeybees, advocate for young beekeepers!

Honeybees are amazing! Learn what goes on inside a beehive and why bees are so important. We will identify queen, worker and drone bees and talk about their jobs in the hive. We'll talk about why bees sting and what happens when they do. It won't hurt, we promise.

52) What is Gravestone Art?

Cape Cod Lounge

Ages 9-12

Lorna Wooldridge: Homeschool parent, teacher and creator of www.wiseowlworkshops.com.

Phil Wooldridge: Homeschool parent, software engineer, fixer of just about anything.

Learn how cemeteries were, and still are, types of art galleries. Discover the hidden meanings of the symbols found on gravestones through card games, a slide show and art you can create yourself. Hear a story about why some people decorate graves and try your hand at creating a gravestone rubbing.

TEEN WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

53) Harnessing and Driving Miss Daisy

Grad Lounge

Megan Johnson: Operates Buttercup Farm and Holy Cow Cheese Company.

Driving Miss Daisy is a Jersey cow who has been trained to drive a Meadowbrook Cart.

Participants will learn how to harness their own cow and truly create a dual-purpose animal.

Megan will entertain questions and discussion topics about working dairy cattle.

54) I Need, I Want, Gotta Have: Me & My Carbon Footprint

Grad Lounge

Sharon Kimmelman: School teacher (art & gardening), health-rights advocate.

The choices we make (food, clothing, tools, 'toys') have a direct impact on the planet's ability to sustain life in balance. Come discuss why to develop an awareness of interconnectedness of all things. How do you 'live' your convictions, create alliances with others? Brings your feelings, ideas, interest.

ADULT WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

55) Biodynamics: An Introduction **OLC Track** *All levels*

Campus Center 163C

Mac Mead: Director, The Pfeiffer Center; 35 years experience in biodynamic farming.

I will share the origins and underlying principles at the heart of Biodynamics and introduce the specific techniques of this method of enhancing soil fertility and growing quality produce.

56) Blueberries: Easy to Grow, Healthful, & Delicious **OLC Track** *All levels*

Campus Center 165-69

Lee Reich, PhD: Farmdener and agriculture writer, researcher, and consultant.

I'll start where you will start, with kinds and varieties of blueberries to order and suggested nurseries. From there, we'll move on to all-important soil preparation and ongoing soil care, then planting, pruning, and harvest. We'll foray into bird issues and what to do with your probable overabundance.

57) Commercial Food Forestry Enterprises **PC Track** *All levels*

Campus Center Auditorium

Eric Toensmeier: Award-winning author promoting food forestry to sequester carbon worldwide.

How are farmers taking the edible forest garden model to a farm scale? This workshop will present enterprise options, marketing strategies, and equipment and infrastructure requirements for regenerative perennial farming strategies. We will also view case studies of food forest businesses.

58) Community Resilience in Changing Times **TT Track** *Beginner*

Campus Center 174-76

Tina Clarke: Certified Transition Trainer. NGO consultant, trainer & advocate for 27 years. Strengthening your local community increases well-being and security. As energy costs rise and climate instability increases, building local resilience is a way to take positive action and have more fun! The Transition movement is an inspiring, global network of communities sharing insights, ideas and models for practical action.

59) Composting Everything and Anything! *Beginner*

Brett Lounge 001

Matt Verson: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.

We will cover how to reduce household waste while creating a source of fertility with the simple yet profound technology of composting. I will address common problems, ideal situations, and your situation. At the end of this workshop, everyone should have the insight and confidence to create their own backyard compost.

60) CSA Financial Management **BF & CSA Track** *Advanced*

Campus Center 904-08

Dan Kaplan: Farm Manager at Brookfield Farm, Amherst, MA for 16 years.

Overview of how we create budgets, track payments, make financial reports, plan for infrastructure improvement, and analyze financial health. Includes descriptions and pictures of documents we use.

61) Farm Education All Year *All levels*

Campus Center 803

Marty Castriotta, MS: Farmer, educator and natural builder from Alstead, NH.

Participants will learn about The Orchard School's approach to farm education throughout the year. We will examine methods to connect children to the cycles of the farm by involving them in the yearlong experience. From farm based snacks to building compost bins, this workshop will leave no loop open.

63) For Love of Nettle *Beginner*

Brooks Lounge

Mira Nussbaum: A decade of loving, preparing, eating, and teaching others about wild plants.

We will learn to harvest, chop, cook, preserve, and dry nettle for food. We will learn to make hair rinse, vinegar infusion, tincture, rope, and compost tea with Nettle. While sipping nettle tea and tasting nettle quiche, nettle filo pastry, and nettle dip, we will learn about this healing and powerful plant.

64) Johnes, Mastitis and Pathogens Oh my! **ND Track** *All levels*

Campus Center 903

Tim Wightman: Author of "The Raw Milk Production Handbook," the "Chore Time" video series, and Cow Share College instructor.

Learn to navigate the problems and solutions to managing modern dairy cows, producing safe, nutrient dense raw milk, while creating longevity and profitability in a raw milk herd of any size. Learn what to look for in a dairy cow, the applicability of diagnostic tests, and the economics of nutrient density.

65) Knots for Farming and Living *All levels*

Campus Center 804-08

Michael Greenberg: Software engineer by day, organic farmer by night.

Did you know that a square knot used in the wrong way can kill you? Come learn useful knots for farming (the square knot, bowline, monkey's fist, and others) and for living (the button knot and the marlin spike knot for lanyards), and when and where to use them.

66) Let's Lacto-fermentate! *Beginner-Intermediate*

Campus Center 805-09

Beth Ingham: Whole Health Educator and happy farmer fermenting for 17 years.

All the basics of lacto-fermentating: knives, scale, salt, veggies and other equipment, recipes, technique, encouragement...health benefits, Spacial Dynamics, will forces...and how to make all that chopping fun!

67) Mycofacilitation: Increasing Ecosystem Health with Fungi *Intermediate-Advanced*

Campus Center 101

David Demarest: Founder of Green Mountain Mycosystems.

Overview of current mycoremediation research, and details on the potential of mushrooms and other fungi to degrade crude oil and numerous persistent organic pollutants such as DDT. We'll cover specific mycofacilitation materials and methods that can be used to further improve the capacity of mushrooms and other fungi to positively impact ecosystem health.

68) Organic Agriculture and Earth's Life Support Systems **OLC Track** *All levels*

Campus Center 162-75

Bill Duesing: Author, farmer, and executive director of CT NOFA.

Local and organic agriculture addresses three of the most serious problems with Earth's life support systems: climate change, excess nutrient flow, and loss of biodiversity. I will describe the ways that organic practices do that and encourage participants to share that information widely.

69) Permaculture Fundamentals **PC Track** *All levels*

Campus Center 168C

Lisa DePiano: Certified Permaculture designer/teacher and co-founder of the Montview Neighborhood Farm.

Permaculture uses ecology as the basis for designing integrated systems of food production, housing, appropriate technology, and community resilience. We'll cover definitions, history, ethics, and some principles & techniques. You will walk away with a framework for understanding the connections between social and ecological health and a method for designing solutions.

70) The Health Risks of Genetically Modified Foods *Intermediate*

Campus Center 905-09

Ed Stockman: Organic Farmer (39 years), Agrobiologist, former NOFA/Mass Organic Extension Educator.

Participants will be introduced to the documented human health dangers of genetically engineered food. Following the PowerPoint, I will discuss how we can stop the madness and prevent genetic engineering of our food supply. Prior to the workshop, participants should watch the film "The World According To Monsanto" at <http://topdocumentaryfilms.com/the-world-according-to-monsanto/>.

71) The Savonius Rotor: Low-Tech Wind Power for Small Farms *All levels*

Campus Center 917

Erik Andrus: Farms with draft horses in Ferrisburgh, VT.

I will introduce a simple, cost-effective wind power device, the Augmented Savonius Rotor. I will describe the design, construction, and installation process, and will also review its cost-effectiveness. I was funded by a 2010 NESARE farmer grant to research the potential of the Savonius rotor for renewable, farmer-built power.

72) UMass Nutrient Dense Foods Garden **ND Track** *Beginner-Intermediate*

Outside: Next to Franklin Dining Commons

Ryan Harb: LEED AP, MS, Sustainability Specialist at UMass Amherst.

Nathan Aldrich: Assistant Garden Manager of the Franklin Dining Commons Permaculture Garden.

Learn how UMass Amherst transformed a conventional grass lawn into a thriving campus garden that supplies nutrient dense foods to the university's dining commons. A blend of permaculture techniques and principles along with intensive soil management is being used to showcase how agriculture is positively shifting in the 21st century. DIRECTIONS: From the campus center, walk toward the street (North Pleasant St.). At the bus stop adjacent to Hasbrouck Lab, cross the street to go up the stairs in between Morrill Science Buildings. At the top of the stairs, you reach another street - bear right. Walk past the University Club on your right, and you will see Franklin Dining Commons up ahead on the left, and a big garden!

73) Working for a Co-operative Economy! *All levels*

Campus Center 911-15

Alex Jarrett: Founding member of Pedal People Co-op.

Adam Trott: Staff Coordinator for Valley Alliance of Worker Co-ops.

Worker co-ops are locally owned, democratically managed alternatives for building resilient, participatory communities. We will discuss how the Valley Alliance of Worker Co-ops is working for a more just, sustainable, and democratic economy, and provide feedback to people interested in starting a new co-op or converting an existing business.

NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

74) Animal-Power for Secondary Tillage, part I *All levels*

UMASS RESEARCH FARM - TILLAGE AREA

Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College.

Michael Glos: Diverse organic vegetable and livestock farmer for past 15 years.

The use of oxen and draft ponies for use in secondary tillage will be demonstrated. We will discuss and compare the features of draft ponies and oxen and a variety of tillage tools for small and medium scale production. (For part II, see #224).

75) Animal-Powered Forestry Tools & Techniques, part I *All levels*

UMASS RESEARCH FARM - LOGGING AREA

Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.

Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.

Brian Patten: Has over 30 years experience working cattle in the woods.

John Plowden: Professional woodsman and equipment fabricator.

In this two-session workshop, offered on Friday afternoon and repeated Saturday morning, we will hold a logging demonstration featuring several teamsters at work with their animals. A single horse, an ox team, and a horse team will work with an innovative single-horse log arch, ground skidding, a team log arch, and a scoot for log transport. (For part II, see #107).

76) Developing a Working Partnership With Your Horse *Intermediate*

UMASS RESEARCH FARM - TRAINING AREA

Bekah Bailey and Neal Perry: From the Perry Farm offering horse boarding & training, & sleighrides, www.nealperryfarm.com.

What does a well developed partnership with a farm horse look like? How do you chart a course to move a green horse forward toward that end? Neal and Rebekah will demonstrate the “finished product” as well as how a young horse is brought along. This workshop is offered twice: Friday at 4:00 PM and Saturday at 8:00 AM.

77) Farm Horse Health: Dentistry & Nutrition *Beginner*

UMASS RESEARCH FARM - FREESTALL BARN - EAST END

John Perdrizet, DVM, PHD, DACVIM: Veterinarian, board certified internal medicine, PhD, acupuncturist, herbologist, food therapist.

I will demonstrate an equine oral exam, discussing routine dental health and procedures used in dentistry. I will also discuss basic on-the-farm nutrition for working horses.

78) Modern Ox Yoke Bow Making *All levels*

UMASS RESEARCH FARM - TRACTOR BARN

Bucky Cole: Bucky has owned, trained, and shod oxen for 35+ years

In this workshop I will teach you how to steam bend bow strips, laminate, and finish an ox bow.

79) Rigging the Hitch: Singles through Six Mule Hitch *All levels*

UMASS RESEARCH FARM - HAY BARN YARD

Pat Bacon: Drives and does small-scale tillage with her mules.

Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

We will cover safety and practical details of hitching mules (or any equine) for work. We will start with a single mule and work our way up through teams, three and four mule hitches, up to rigging a six mule hitch.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

80) Butter Making For Kids

Cape Cod Lounge

Ages 5-8

Gavin Harper: Home schooled bother of four, organic farm born and raised.

We will make farm fresh organic butter by hand. Limit 15 participants.

81) Indoor Vermacomposting with Red Wigglers

Cape Cod Lounge

Ages 9-12

Erin Schminke: The daughter and niece of Vermont’s “Wacky Worm Sisters”

Kids will learn about the science and joys of vermacomposting. Learn about the micro-ecosystem in a worm bin and see how food scraps from home can be turned into compost and rich worm castings using red wiggler composting worms.

82) Mini Draft Horse Power for Kids

Cape Cod Lounge

Ages 5-12

Jean Cross: Small acreage farmer using mini horses and a pony mule.

Julie Nichols: Lifelong experience with horses. Recent convert to minis. Our mini horses will show how children can help around the farm. We will talk about harnessing safely, ground driving a team and hooking to a mid-sized stoneboat to move some hay, shavings, and firewood. Participants will harness the team and hold the lines while they pull a small load.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

83) Building a Top Bar Hive

Grad Lounge

Jean-Claude Bourrut: Organic farmer; bee-haver and bee-keeper for 20 years.

With basic woodworking tools, we will build an alternative beehive, used in many countries. This appropriate technology design allows for a sustainable natural beekeeping system of low input, low labor, and natural management. For teens who have some experience with beekeeping or are interested in starting this exciting activity. Limited to 10 participants.

84) Filmmaking for Beginners

Grad Lounge

Cheri Robartes: Filmmaker, musician, and teacher in Boston.

Doc Pruyn: Filmmaker, writer, and card player in Boston.

We'll write (or plan), cast and then shoot a (very) short film – here and now. After the conference, I'll edit it and add music to it, and put it up on YouTube.

ADULT WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

86) Biodynamics: Practical Applications **BF Track** *All levels*

Campus Center 163C

Mac Mead: Director, The Pfeiffer Center; 35 years experience in biodynamic farming.

I will show how to apply several of the biodynamic principles to practical farming and gardening. We will cover farm individuality, raised beds, planting calendar, legumes, biodynamic preparations, weed/pest management, and fungus/disease management.

87) Carbon Farming: Methods & Markets *Intermediate-Advanced*

Campus Center 168C

Ethan Roland: Researcher, farm consultant, organizing 2012 Carbon Farming Course - www.CarbonFarmingCourse.com.

The climate is changing rapidly. Conventional agriculture is part of the problem, producing over 7% of domestic emissions. Carbon Farming can be part of the solution – capturing atmospheric carbon and putting it in the soil while increasing fertility, water-holding capacity, and soil life. Come learn the 5 top Carbon Farming practices, and the most recent science.

88) Creating Your Own Herbal Medicine *Beginner*

Brooks Lounge

Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.

I will demonstrate the creation of tinctures (spirit based preparations) from fresh and dried herbs. I will also cover glycerites, vinegars, and water based preparations, as well as herbal oils and salves. Harvesting, drying, and storage tips will be offered. Focus will be on method, with some incidental mention of usage.

89) Demystifying Massachusetts Agricultural Law *All levels*

Campus Center 811-15

Michael Pill, Esq., Attorney at Law: Massachusetts licensed attorney specialized in land law including agricultural law.

Bob Ritchie: General Counsel for the Massachusetts Department of Agricultural Resources.

Learn about the legal rights and obligations for farming, market gardening and animal raising in Massachusetts. We'll cover: zoning; wetlands; endangered species; "right to farm" laws & private nuisance; raw milk; farm labor regulation; benefits and dangers of Agricultural Preservation Restrictions (APRs); regulations governing cattle, poultry, swine, horses; apiaries; and agricultural land tax classification.

90) FarmHack- Sharing Farm-Built Tools & Inventions **BF Track** *All levels*

Campus Center 101

Benjamin Shute: Owner of Hearty Roots Community Farm and editor of FarmHack.net.

The Farm Hack project helps farmers share inventions, plans, ideas and tools with one another. We will look at some of the tools profiled at FarmHack.net and discuss tools that we as a group have invented, used, or dreamed up but not yet built.

91) Finding a Farm to Fit Your Vision **BF Track** *All levels*

Campus Center 804-08

Bob Bernstein: LFG co-director helps farm seekers, farmers, landowners keep farmland working.

Learn how to find a farm and explore leasing and purchasing options. Find out how you can draw upon your personal network and members of the communities where farms are sited to locate available properties. Practice evaluating the fit between your proposed operation and the farm prospects you have identified.

92) Food Resilience in Small Towns & Rural Areas **TT Track** *Beginner*

Campus Center 805-09

Shay Cooper: Transition Wendell Initiating Group, yoga instructor, member of Baha'i Faith.

Diane Poland: ~~Transition Conway Initiating Group, Food Pantry & Conservation/Open Space Committees.~~

Liz Carter: Local Food Coordinator, Wendell, MA.

Marcelle Morgan: Participant in Conway Cans.

Community-organized food growing, sharing, preserving and related activities can rebuild local resilience and food security. Transition Initiatives in Wendell and Conway use food activities to bring together long-time residents and new neighbors. Hear about Wendell's Food Security project, "Conway Cans", and local efforts to expand the supply of and access to food and farmland.

93) Interpreting Soil Tests **ND & OLC Track** *Beginner*

Campus Center 803

Derek Christianson: Farmer & Community Educator at Brix Bounty Farm, Dartmouth, MA.

Accurately gauging nutrient needs in our soils is a critical step in making sound fertility decisions. We will set out to demystify soil test results, from cation exchange capacity (CEC) and base saturation to ppm and lbs/acre. Hands-on activity included to help participants gain confidence in interpreting soil test results.

94) Introduction to Water Bath and Pressure Canning *Intermediate*

Wheeler Kitchen

Clio Fisher: Decades experience with canning, which she learned from her parents.

The equipment will be demonstrated and the entire process of canning tomatoes in a water bath canner and green beans in a pressure canner will be done in a hands-on workshop. Jar storage and management and shelf life will be explained. Safety will be emphasized.

95) Making Good Food Matter: Strategies for Liberation **PC Track** *All levels*

Brett Lounge 001

Rafter Sass: Permaculture designer, mycophile, research agroecologist, and friendly rabble-rouser.

Felix Wai: Community organizer, ecological designer, PhD student in urban agriculture, and rowdy impresario.

Did you get into food production with a vision of an equitable society – only to find yourself producing boutique products for hipsters and yuppies? We can design our movement so we're helping transform society, not just propping up a sick system with an infusion of delicious salad. Come and strategize!

96) Natural Energy and Vitality Enhancers *Intermediate*

Campus Center 917

Ellen Kamhi, PhD, RN, AHG, AHN-BC: Medical school professor, professional herbalist, author, respected authority in the field of natural healing, www.naturalnurse.com.

The ring of fire establishes an energetic feedback loop between important glands and chakras – the body's physical & spiritual energy centers. Harmony among them results in a feeling of vibrancy and health. How to make your own Orgone Accumulator, Taoist breathing exercises, herbs and recipes, & specific self-point stimulation to increase natural production of DHEA.

97) Perennial Crops with Commercial Potential for the Northeast **PC Track** *Intermediate*

Campus Center Auditorium

Eric Toensmeier: Award-winning author promoting food forestry to sequester carbon worldwide.

Benneth Phelps: Commercial vegetable, fruit and small animal farmer at Mosaic Farm.

Get to know hardy perennial crops ready for commercial production. We'll focus on less-known species including perennial vegetables. They have potential as new specialty crops for marketing to restaurants, farmers' markets, and particularly for CSAs. Including perennial salad crops, braising greens, broccolis, edible shoots, and specialty bulbs and tubers, with coverage of a few nuts and fruits.

98) Raising Sheep Organically *All Levels*

Campus Center 905-09

Kim Mastrianni: B.S. in Animal Science, raising sheep organically for 6 years.

Participants will learn options for managing sheep organically including practices for parasite control, feeding and medical treatment. In addition, the presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

99) Regenerative Hillside Farming **PC Track** *Intermediate*

Campus Center 174-76

Keith Zaltzberg: Permaculture teacher and designer, homesteading on 12-acre wet, rocky hillside.

Explore practical, perennial solutions for ecologically-sound farming and gardening on hilly landscapes in the Northeast. Learn strategies and techniques for creating economically-productive systems that prevent erosion, build soil, create wildlife habitat, and yield food, fodder, and other useful materials on steep hillsides. Our illustrated talk will cover terrace

building, infiltration swales, vegetation dams, and more.

100) Root Cellars & Crop Storage Structures: Methods, Materials, & Designs **BF Track**
Intermediate

Campus Center 162-75

Chris Chaisson: Designs & builds root cellars for Whole Farm Services.

We will explore root cellars and other storage structures for crops and talk about applications for the market and small grower. We will look at several designs, retrofits, and new construction, passive and mechanical, and different materials used. Understand operational concerns for making the most efficient storage system possible.

101) School Food Made From Scratch & in the Black!! *All levels*

Campus Center 911-15

Julie Baird Holbrook: Food Service Director/Cook/Gardener at Keene Central School in Keene Valley, NY.

Participants will learn how we cook completely from scratch in our school while staying within our budget. We will share our knowledge, shortcuts, recipes, philosophy and how we survived eliminating flavored milk! Info on pilot year of CSA share providing vegetables and eggs; finding inexpensive local grass-fed beef.

102) Small Scale Aquaculture & Aquaponics *All levels*

Aquaculture Lab, Agricultural Engineering Building 102 (just uphill from the Textbook Annex)

Craig Hollingsworth: Director, Western Massachusetts Center for Sustainable Aquaculture.

We will demonstrate our aquaponics systems which grow tilapia and largemouth bass using greens and vegetables to filter the water and to remove nitrogen. Discussion will include fish species, water quality, feed, temperature, nutrient balance, lighting options and legal requirements. The system is affordable, accessible, and applicable to backyard growers. Hand-outs provided.

103) Taking Our CSAs to the Next Generation! **CSA Track** *Intermediate*

Campus Center 904-08

Elizabeth Henderson: CSA farmer for 22 years, author "Sharing the Harvest."

I will present a dazzling review of inspiring new ideas and images from CSAs in the US and around the world. Then I will invite participants to share their innovations or their problems with their CSAs. We will brainstorm as a group to come up with good solutions for the problems.

104) TOUR: Student Farm at UMass Research Farm - Organic Research *All levels*

TOUR

Amanda Brown: Extension educator, focusing on IPM, organic systems, beginning farmers & season extension.

Ruth Hazzard: Publishes insect and vegetable ecology observations in Vegetable Notes newsletter.

The tour will focus on current research projects on certified organic land at the UMass Crop and Animal Research Farm in South Deerfield MA, as well as a tour of the Student Organic Farming Enterprise Program. DIRECTIONS: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road (north). Travel 1 mile past the housing development to farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. BUS SERVICE PROVIDED. [Link to google map directions here.](#)

105) Transitioning Farms to Four Season Harvesting *All levels*

Campus Center 903

Barry Hollister: Berkshire Harmony Founder/Farmer; Community Supporter Energy Network, Facilitator.

Brian Kuhn: Co-founder of Aeronautica Wind Power; 30 years in wind energy.

This workshop is designed to help farmers meet the demand for year round locally grown produce through the process for transitioning farms to year round growing with the community supported energy, greenhouses, controlled environment growing, and delivery systems to bring the farm's produce to market.

106) Useful & Fun Special Pruning Techniques **OLC Track** *All levels*

Campus Center 165-69

Lee Reich, PhD: Farmdener and agriculture writer, researcher, and consultant.

This workshop will cover four pruning techniques that are fun, make bold statements in the landscape, and have practical sides as well. I'll show and discuss the ornamental and practical uses of each technique, the steps involved, and the appropriate plants to use.

NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

107) Animal-Powered Forestry Tools & Techniques, part II *All levels*

UMASS RESEARCH FARM - LOGGING AREA

Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.

Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.

Brian Patten: Has over 30 years experience working cattle in the woods.

John Plowden: Professional woodsman and equipment fabricator.

Part II continues the session begun on Saturday at 8:00 AM. (See #75).

108) Barefoot Working Horse Care & Maintenance *All levels*

UMASS RESEARCH FARM - FREESTALL BARN - EAST END

Randall Heminger: 1st Cav Div Farrier, AFA Certified Farrier, 10 years Exp.

The participants will get an overview of proper trimming and identifying deviations and exterior influences on the hoof capsule.

109) Cultivation Innovations *All levels*

UMASS RESEARCH FARM - TILLAGE AREA

Jake Blank: Owner of I & J Manufacturing, specializing in horse-drawn and tractor equipment.

Michael Glos: Diverse organic vegetable and livestock farmer for past 15 years.

Stephen Leslie: Co-owner of Cedar Mountain Farm CSA and 20 cow dairy.

We will be demonstrating multifaceted cultivation tools for the purpose of weed control, hilling, sidedress fertilization, and more. Come take a look at some of the latest design innovations in horse-drawn cultivators.

110) Ground-Drive Haying Equipment *All levels*

UMASS RESEARCH FARM - HAYFIELD

Sam Rich: 2007 National Walking Plow Champion.

Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

In this workshop we will demonstrate and discuss a variety of ground drive technology including hay tedders and rakes. We will also demonstrate the use of a non-motorized, ground-drive PTO forecart for use with modern PTO haying equipment.

111) Selecting, Raising, & Training Calves *All levels*

UMASS RESEARCH FARM - TRAINING AREA

Jacob Bowen: I have raised and trained calves for 4H programs.

Ray Ludwig: Ray has trained working cattle for over 50 years.

We will show what to look for in buying a pair of calves for work. I will talk about the care and raising of young oxen, and I will demonstrate the training process of getting calves started in work.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

112) Driving Miss Daisy

Cape Cod Lounge

Ages 5-12

Megan Johnson: Operates Buttercup Farm and Holy Cow Cheese Company.

Driving Miss Daisy is a Jersey cow who has been trained to drive a Meadowbrook Cart.

Participants will learn about dairy cow driving and Megan will entertain questions and discussion topics about working dairy cattle. Children will love to hear about the exciting and adventurous life of this little driving cow.

113) Giant Eco-Art Mandala

Cape Cod Lounge

Ages 9-12

Maya Apfelbaum: Educator, artist, performer and director, celebrating nature, creativity and community.

Take a Nature/Un-Nature discovery hike; collecting treasures and trash. Create a giant Eco-Art Mandala for the parade with found & supplied objects: bottle caps, fabric scraps, shells, seeds, feathers and coloring tools. Write and decorate an eco-message in the Mandala's center, becoming super spokes-people for the Earth! Limit 15.

114) Walking Tour of Umass Gardens

Cape Cod Lounge

Ages 5-6

Jennifer Byington: Homeschooling mother of four, organic farmer.

Provided we have dry weather, we will take a walk to look at Umass' gardens. There is a walled garden, and some very special fruit trees. If it is raining we will read old folk tales about farming and we will roll beeswax candles.

115) Wonderful Wiggly Worms

Cape Cod Lounge

Ages 7-8

Tai Dinnan: Gardens Coordinator for Groundwork Somerville, board member for the Somerville Community Growing Center.

Jennie Dubitsky: Educator at Groundwork Somerville.

Children will play with and learn about the wonderful worms that help complete the life cycle of our gardens and farms. Participants will get to enjoy music, games and hand on exploration of our wiggly garden friends.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

116) Exploring Permaculture

Grad Lounge

Rebekah Rice: Raises vegetables, designs buildings and permaculture gardens, and teaches permaculture.

During this outdoor workshop we will explore campus together looking for evidence of permaculture principles in real life. Visits to the campus permaculture garden as well as marginal wild places are anticipated.

117) Using Mini Horses on the Farm

Grad Lounge

Jean Cross: Small acreage farmer using mini horses and a pony mule.

Julie Nichols: Lifelong experience with horses. Recent convert to minis.

Mini horses are not just cute, they can be a useful animal on the farm. We will show how they are cared for, and what they can do to help around the farm. We will move hay, shavings and fire wood. Participants will have a chance for hands-on experience.

ADULT WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

118) Breeding Perennial Crops **PC Track** *Intermediate*

Campus Center Auditorium

Eric Toensmeier: Award-winning author promoting food forestry to sequester carbon worldwide.

Perennial crops are essential for carbon sequestration, while offering other agroecological benefits. However, many of the candidate species for the Northeast require breeding work. This workshop introduces concepts of plant breeding, in many ways no more complicated than seed saving. We will discuss the Bagdersett chestnut and hazel breeding project and suggest projects for backyard breeders.

119) Business Strategies for Turbulent Times *All levels*

Campus Center 905-09

David Eggleton: AOLCP, founded Applied Ecologies, developed Meaningful Makeovers, Permaculture Design Certificate.

David de Smit: MLA, food-growing gardens and home eco-nomics systems design consultant. Soil-conscious local businesses, both service and production types, face unrelenting turbulence and unfamiliar challenges driven by energy costs. With your stories, we'll develop an eye-opening and vision-developing dialog. We'll consider the role of design, explore technologies appropriate for smaller scale and integrated operations, and examine alternative ways to own production.

120) Cities Will Save Us: Regenerative Urban Ecology **PC Track** *Intermediate-Advanced*

Campus Center 174-76

Rafter Sass: Permaculture designer, mycophile, research agroecologist, and friendly rabble-rouser.

Felix Waj: Community organizer, ecological designer, PhD student in urban agriculture, and rowdy impresario.

Think sustainability is all about rural homesteading? Nope! Cities might just be mandatory for a sustainable society. Renew your hope for the urban environment, as we discuss the ways in which cities are uniquely suited for sustainability. We'll integrate agriculture, energy, bioremediation, and permaculture, into a comprehensive picture, plus discussion.

121) Community Resilience in Neighborhoods **TT Track** *Beginner*

Campus Center 805-09

Molly Hale: Transition Northampton Initiating Group, Instructor at Greenfield Community College and Wildlife Habitat Consultant.

Keith Zaltzberg: Permaculture designer & Transition Greenfield enthusiast.

Tina Clarke: Certified Transition Trainer, Environmental Advocate & Community Consultant.

How can city neighborhoods become more resilient? Local Transition organizers will share approaches to strengthening connections with nearby neighbors. We'll explore experiences and ideas for getting to know neighbors and developing mutual support. Come share yours and hear stories from Transition Initiatives in the U.S., Canada, and worldwide.

122) Community Supported Fisheries *All levels*

Campus Center 811-15

Niaz Dorry: NAMA director and social, economic and environmental justice advocate.

Carolyn Eastman: Commercial fisherman, Community Supported Fisheries coordinator, and fish market owner.

Learn how Community Supported Fisheries are allowing fishermen to get paid a fair price while catching less fish; bringing fresh, locally and sustainably caught seafood to your plates; ensuring our marine environment, communities, economies, and food systems are healthy; and fighting the threats of corporate takeover of our seafood industry.

123) Debate: Organic Soil Fertility Approaches **OLC Track** *All levels*

Campus Center 163C

Lee Reich, PhD: My approach to soil fertility reflects my fundamental faith in natural processes. I improve and maintain fertility from the top down using organic materials, especially compost, augmented, as needed, by seaweed, rock powders, and seed meals.

Dan Kittredge: My goal is highest quality nutrition in crops, achieved by addressing microbial and mineralogical limiting factors in the biological system.

Dave Jacke: I will argue that, by their very nature, perennial ecosystems build soil while annual agriculture destroys soil unless extraordinary measures are taken. Being energetically able to afford extraordinary measures is seriously in question over the long haul.

Organic agriculture distinguishes itself from "conventional" by its approach to soil fertility, yet people working within an organic system have divergent ways of thinking on the subject. Panelists will discuss their preferred approach and how the practices and paradigms they promote address the urgent global crisis of soil depletion, or "peak soil."

124) Ecologically Regenerative Micro-Industries for Soil Detoxification **OLC Track** *All levels*

Campus Center 162-75

Scott Kellogg and Stacy Pettigrew: Founders of The Radix Ecological Sustainability Center in Albany, NY, and authors of, "Toolbox for Sustainable City Living".

Building clean soil is critical for local food security! Come learn how the by-products of green businesses can be used for affordable, "low-intensity" soil bioremediation. Examples include mushroom production, community composting, vermicomposting, compost tea, phytoremediation, and mycorrhizal remediation. Emphasis is on urban applications, however these techniques are applicable in a range of environments.

125) Farm Acquisition Finance **BF Track** *All levels*

Campus Center 804-08

Bob Bernstein: LFG co-director helps farm seekers, farmers, landowners keep farmland working.

Learn how a farm finance strategy can fit your financial resources to the farm and land that is right for you. Join us to learn how understanding your family living budget, farm business, and acquisition finances determines how you can afford to get on the land.

126) Getting Started in Beekeeping *All levels*

Campus Center 803

Roland Sevigny: Gardener, fruit grower, winemaker, MA Beekeeper of the Year: 2000.

Learn the basics of the rewarding hobby of keeping honey bees, which pollinate one third of the food we eat. Learn how a bee hive works, from queen to drone to worker bee. Learn how to have bees work for you and give you honey. We will cover the essential equipment needed for home-scale production and how to get started.

127) Green Schools: Recycling, Composting, Gardening *Intermediate*

Campus Center 904-08

Mark Warford: Middle School Assistant Principal, award winning teacher, environmentalist, gardener.

Lily Rose: Student worker in school “Green” programs. Gardener, environmentalist.

This workshop will highlight how the Bethlehem schools model true environmental stewardship. The presentation will show replicable student-run programs that include recycling, composting, kitchen and donation gardens and renewable energy awareness. We will share the work the students perform, resources that are available and connections to the classroom curriculum.

128) Medicinal Herb Walk *All levels*

Outside: Meet at the Registration Tent

Brittany Wood Nickerson: Herbalist, educator and food activist in North Amherst, MA.

On this walk we will explore the many medicinal uses of trees, herbs and weeds on the UMass campus. We will cover identification techniques, traditional folk uses, and practical daily application for nutritional and medicinal benefits. Discover how you can use these common plants and weeds for your food and medicine!

129) Modern Homesteading: Retooling a Tradition *All levels*

Campus Center 101

Philip Ackerman-Leist: Homesteader, farmer, professor, and author of "Up Tunket Road."

Erin Ackerman-Leist: Homesteader, homeschooling mother, and illustrator of "Up Tunket Road."

Ecological constraints, economic struggles, sociological pressures, new technologies, and old wisdom—the American homesteading tradition is shifting. Portraits of a variety of homesteading ventures help one see the possibilities, whether it’s “back to the land” or “back to the yard.”

130) No-Till Raised Bed Gardening **OLC Track** *Beginner*

Campus Center 168C

Beth Ingham: Organic gardening for 20 years, Whole Health Educator.

Bob Jennings: Forty years of gardening and sustainable living skills.

We designed two 12,000 sq. ft. gardens of 34 permanent 4’ by 54’ raised beds each which we keep covered in mulch and add 2” sifted compost to each year before planting. We will share how to lay out raised beds, weed control, plant spacing, compost building and all the failures and successes of our twenty years gardening this way.

131) Profitable Specialty Crop Production *All levels*

Campus Center 165-69

Michael Kilpatrick: Runs Kilpatrick Family Farm, a year round, mixed CSA and farmers' market operation.

Drawing on my vast experience as a specialty crop grower, I will discuss how specialty crops have grown our business. From artichokes to zucchini blossoms, from ginger to kohlrabi, we have done it all! Participants will learn the ins and outs of over a dozen specialty crops and their cultural practices.

132) Raising a Family Cow *Beginner*

Outside -- Meet at the Cow

Megan Johnson: Operates Buttercup Farm and Holy Cow Cheese Company.

Participants will learn the fundamental skills in raising a family milk cow. Covering all aspects pertaining to producing your own fresh milk at home, including breed selection, housing, feeding, animal health, breeding and milking equipment.

133) Teen Service Learning in Agriculture *All levels*

Campus Center 903

Susan Youmans: Organized farm preservation & environmental justice campaigns. Service learning teacher.

Tim Severyn: Environmental social worker, youth educator, community organizer, and garden lover.

After outlining two teen service learning programs, I'll describe Marshall Ganz's community organizing framework and how it helped us expand our constituency. Participants will identify a future outreach/organizing project and use the framework to review past experiences (including teen programs) and identify ways it helps order thinking about their project.

134) Tips for Achieving Physical Wellness and Dental Health *Beginner*

Campus Center 917

Jean Nordin-Evans, DDS: Holistic Dentist practicing mercury free dentistry with focus on prevention and education.

Joshua Lloyd, ND: Medical Doctor practicing holistic, nutritional, and functional medicine.

We will test your existing knowledge of health and wellness, and offer tips and hints to help you navigate thru what are truths and what are the myths in the world of medicine and dentistry. This workshop will give you valuable pearls to help you and your family.

135) TOUR: Beaver Lodge: Sustainable Home and Landscape *All levels*

TOUR

Marie Stella: Instructor at Boston Architectural College, interested in ecological sustainability.

Visit a LEED Platinum house and investigate its sustainable landscape with rainwater harvesting, natural pool with regeneration area, and edible landscape. Ongoing projects include small green roof, vertical garden, and water circulation. I welcome children who may enjoy the children's study area. Lunch available. DIRECTIONS: Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, Deerfield, and Conway, and on to Ashfield center, enjoying the consistent drop in temperature as you gain elevation. Make a right onto Baptist Corner Rd. This will be your first right once you get to Ashfield Center; St John's Episcopal Church is on the opposite corner. Proceed 1.7 miles, and turn left onto Barnes Road. Pass Edge Hill Golf Course on right, continue 2 miles on dirt road. Pass a horse farm on left, BEAVER LODGE is next house on the left, set in the woods, clearly marked. TOTAL DRIVING TIME FROM UMass - 45 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 719 Barnes Rd, Shelburne Falls, MA 01370. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD"

PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

136) TOUR: Brookfield Farm: CSA Systems **CSA Track** *Intermediate*
TOUR

Kerry Manire: Assistant Farm Manager at Brookfield Farm, Amherst, MA.

Brookfield Farm has been running as a CSA for 25 years. This farm tour will focus on the systems we have developed over that time to efficiently run our CSA operation. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going south. Go through 2 lights (the 2nd one is at Rt 9) and continue straight. About 1.6 miles after you cross Rt 9, turn a slight left onto Shays Street and follow for 1.2 miles. This brings you to the South Amherst Common. Take a very slight right onto Southeast Street and follow for 1.9 miles. Turn left onto Bay Rd and follow for 0.5 miles. Make first left onto Hulst Rd (you'll see a sign for Brookfield Farm). Go 600 yards on Hulst and turn in to Brookfield Farm at the sign on your left. ADDRESS: 24 Hulst Road, Amherst, MA. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

137) TOUR: Red Fire Farm: Converting Land to Certified Organic and Managing Two Farm Locations. *Intermediate*
TOUR

Ryan Voiland: Founder and General Manager of Red Fire Farm.

Sarah Voiland: Human Resources and Communications Manager of Red Fire Farm

In this on-farm tour we will talk about several major farming transitions that we are experiencing at Red Fire Farm. In order to achieve long term land security we decided to buy a second farm that is located 25 miles north of our original location. During this tour of the new 120 acre farm property on the shores of the Connecticut River in Montague, MA, we will talk about how we are managing the transition of the farm land from conventional to organic, and we will also talk about how we are managing the transition of our business from operating in one location to two locations. During the wagon and walking tour we will see the construction of our new produce and packing facility, fields of cover crops, and our fields of pick your own vegetables. Red Fire Farm is a 1,500 member CSA, wholesale and retail farm that sells produce, plants and flowers year-round. DIRECTIONS: From Amherst take Rt. 116 north for about 6 miles. In Sunderland center Rt. 116 intersects with Rt. 47. Turn right onto Rt. 47 north. In 1.4 miles take a slight left onto Falls Road. Falls Road turns into Meadow Road at the town line. The farm will be on the right 3.4 miles after the turn off of Route 47. Park near the tobacco barn which is just beyond the Red Fire Farm sign. We will meet near the south end of the tobacco barn. Allow for 30 minutes driving time. ADDRESS: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

138) TOUR: Sidehill Farm Dairy *Intermediate*
TOUR

Amy Klippenstein and Paul Lacinski: Small-scale dairy producers.

We will walk pastures and discuss intensive grazing, grass, manure, and fertility management, and animal health. We will also tour the milking facilities and discuss milking procedures, sanitation, and regulations for raw milk and processed dairy products. Tasting of raw milk and yogurt will follow. DIRECTIONS: Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, Deerfield, and Conway, and on to Ashfield center, enjoying the consistent drop in temperature as you gain elevation. Make a right onto Baptist Corner Rd. This will be your first right once you get to Ashfield Center; St John's Episcopal Church is on the opposite corner. Follow Baptist Corner Rd for 1.75 miles. Turn right on Beldingville Rd, at the sign advertising raw milk for sale. Pass the next milk sign, and continue to the T. Turn right, this is

Bellus Rd. #553 is the second driveway on the right. Drive past the house and back toward the barns. TOTAL DRIVING TIME FROM UMass- 45 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 137 Beldingville Rd., Ashfield, MA 01330. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

139) TOUR: UMass Crops Research Farm: Hands-on Pest Management & Organic Insect Ecology **BF Track** *All levels*
TOUR

Ruth Hazzard: Publishes insect and vegetable ecology observations in Vegetable Notes newsletter.

Beetles, caterpillars, plant bugs, leafhoppers, and aphids feed on vegetables above and below ground, and their natural enemies wild or released can sometimes keep them in check – and sometimes not. How can cultural practices, sharp eyes and good timing ensure a healthy crop?

DIRECTIONS: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road (north). Travel 1 mile past the housing development to farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. BUS SERVICE PROVIDED. [Link to google map directions here.](#)

NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

140) Adjusting, Positioning & Hitching D-Ring Harnesses *All levels*
UMASS RESEARCH FARM - HAY BARN YARD

Les Barden: Work-horse advocate, logger, farmer.

We'll discuss and demonstrate the exacting fit and function of the D-ring harness. Incidental to appreciating the essence of this (forgiving) horse-saver, the concepts of comfort, safety, and dignity of both driver and horse shall be emphasized.

141) Animal-Powered Hay Harvest *All levels*
UMASS RESEARCH FARM - HAYFIELD

Kenneth Mulder, PhD: Farm Manager and Research Associate at Green Mountain College.

Pat Bacon: Drives and does small-scale tillage with her mules.

Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Club.

Donn Hewes: Farms with horses and mules in Central New York.

This workshop will feature a variety of animals and tools. Oxen, mules, and horses will use a loose hay loader, a motorized forecart with a PTO baler, and a bale wagon to complete the hay harvest. This is a great opportunity to discuss a variety of animal-power technologies.

142) Getting started with Draft Horses: Harnessing and Driving *Beginner*
UMASS RESEARCH FARM - TRAINING AREA

Jennifer Judkins: Runs a small, organic, diversified farm in Springfield, NH.

In this workshop, Reno – my Percheron – and I will familiarize participants with basic care and harnessing of the workhorse as it relates to driving, then we'll address driving skills, using simulations and hands-on instruction. This workshop is offered twice: Friday at 2:00 PM and Saturday at 1:00 PM.

143) Oxen Hoof Trimming and Shoeing *All levels*

UMASS RESEARCH FARM - FREESTALL BARN - EAST END

Bucky Cole: Bucky has owned, trained, and shod oxen for 35+ years

In this workshop I will orient you to an array of ox hoof trimming tools. I will show you how to trim for hoof care and in preparation for shoeing. I will show you what size nail to use and how to nail on shoes.

145) Working the Single Horse *All levels*
UMASS RESEARCH FARM - TILLAGE AREA

Michael Glos: Diverse organic vegetable and livestock farmer for past 15 years.

I will describe and demonstrate how we use a single horse for many tasks on our diverse farm including work in the woods, pasture and crop fields. I will also share ideas on running a farm with just a single horse and in conjunction with a team or tractors.

145A) Training Oxen to Work *All levels*
UMASS RESEARCH FARM - TRAINING AREA

Ray Ludwig: Ray has trained working cattle for over 50 years.

Using a team of oxen, I will demonstrate and discuss my training process.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

146) Children's Parade & Celebration Circle Prep
Cape Cod Lounge

Ages 5-12

~~Happy Dan the Music Man: Entertainer of children of all ages, performs throughout New England.~~

Maya Apfelbaum: Educator, artist, performer, director, celebrating nature and creativity.

Singing songs, decorating floats, creating community, having fun, producing a wonderful parade for everyone involved. I will work with the children's conference teachers and we will share our joy with the entire community! In addition I will be preparing the children to be part of a community-wide celebration circle which will conclude the parade.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

147) I'm "just" a teenager - can I keep bees? *All levels*
Grad Lounge

Christy Hemenway: Founder of Gold Star Honeybees, advocate for young beekeepers!
www.goldstarhoneybees.com.

Teenagers learn so quickly - they make fantastic beekeepers! We talk about why bees are so important, and how you can start a top bar hive of your own as a teenager. Lots of time for Q&A.

148) Raising Awareness about Food Justice Issues
Grad Lounge

Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston.

Come learn how The Food Project is mobilizing the Boston area to push for positive food system change. TFP youth will lead curriculum they have implemented for over 500 people since last spring with the goal of mobilizing this diverse group of people to take action in personal, local and national issues.

149) The Joy & Health Benefits of Keeping Goats
Grad Lounge

Alisande Cunningham Sweeney: Runs Juniper Hill Farm, permaculture homestead/B&B near Amherst, MA.

I will provide a basic overview for getting started with dairy goats: choosing a breed, milking equipment, goat health care, nutritional benefits, smoothie recipes, take out "books," and goat groups. This will be a hands-on workshop outside with live goats. Plenty of time to answer questions.

WORKSHOPS DURING THE FAIR

2:30 - 4:30 pm

149A) Confusing Education with Schooling *All levels*

Campus Ctr. Reading Room

Phillip Botwinick: Educates on matters of energy, economics, and environment.

In 1900, 98% of U.S. citizens were literate; 100 years later only 66% are considered literate. The result of compulsory schooling is not a more educated populace. We'll explore the origins of schooling, its history in the United States, and its importance to our mass consumption society.

3:00-5:00 PM

150) Dogs Herd Ducks; Kids Herd Kids *Beginner*

Outside -- Meet at the Dogs and Ducks

Jill Horton-Lyons and Jim Lyons: They work with dogs to manage sheep on their farm in Leverett.

What do herding dogs do? What are their strengths and weaknesses? Kids can be herders too. Come watch dogs herd ducks, and kids will have a chance to try herding as well. Children welcome with adult chaperon.

3:00-4:30 PM

151) Take Part in NOFA's Policy Capacity-Building! *All levels*

Campus Center 165-69

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

Elizabeth Henderson: Chair of the NOFA Interstate Council Policy Committee.

The NOFA Interstate Council is in the process of building its regional and national policy capacity from the grassroots up. Come one and all for updates on biotech crops, food safety legislation, etc., and contribute your input for issues NOFA needs to address in the coming months.

ADULT WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

152) Canning, Dehydrating, and Root Cellaring *Beginner*

Campus Center 804-08

Kathy Harrison: Author, "How To Be Self Sufficient When The Unexpected Happens"

www.justincasebook.wordpress.com.

Knowing how to preserve the bounty of summer for year-round use makes it possible to eat as well in January as you do in July. Participants will learn the basics of pressure canning, dehydrating and using a root cellar to enhance your family's food resilience.

153) Certified Organic Nutrient Dense Small Fruit **ND Track** *All levels*

Campus Center 163C

Julie Rawson and Jack Kittredge: We like fruit.

We will discuss strawberries, blueberries, black and red raspberries, grapes, and miscellaneous uncommon fruits, covering fertility, cultural management (beds, trellises, etc.), pruning, harvesting, timing, and eating!

154) Creating School Gardens with Local Farm Partners *Beginner*

Campus Center 805-09

Jon Belber: Winner of two national teaching awards. Holly Hill Farm Education Director.

Cindy Prentice: Director of Holly Hill Farm.

Participants will learn successful tips for creating a lasting school garden by collaborating with a local organic farm. Workshop includes getting started, curriculum, avoiding pitfalls, and long term sustainability.

155) Cultivating Community Through Food-Related Events *All levels*

Campus Center 903

Jacqueline Lewin: Special Events and Outreach Coordinator, Yale Sustainable Food Project.

Alexandra Romanoff: Program Coordinator, Yale Sustainable Food Project.

Participants will learn the importance of creating a convivial space for community events on farms. Using the Yale Farm's wood-fired hearth oven and other simple implements as examples, we will explore how organizers can create food-related events that are simple, delicious, sustainable, educational, and cost effective. We will discuss your farm's infrastructure possibilities, budgeting, and event ideas.

156) Cultured Dairy Products *Beginner*

Brett Lounge 001

Rebecca Buell: I raise a small herd of dairy goats in Petersham, MA.

In this workshop, for beginners, I will demonstrate how to make butter, yogurt, a soft cheese chevre, and kefir – four delicious and healthful foods you can easily make in your own kitchen with simple kitchen tools. I will have plenty of samples to taste.

157) Food and Fuel Collide: What to Expect? *All levels*

Campus Center Auditorium

Ignacio Chapela: Professor of Microbial Ecology, Berkeley.

The highest historical food prices match a spike in fuel prices. Farmers find themselves in the middle of a crisis that will not go away. What is real and what is smoke-and-mirrors? Together, amidst the noise and propaganda, we will develop the tools to take on the challenge of understanding this conundrum.

158) Kick Sugar Cravings in a Fun, Sustainable Way *All levels*

Campus Center 811-15

Katie O'Keefe: Holistic health coach who helps people live nourished lives

(www.katieokeefe.org).

Tim Kiely: Teacher & Mindfulness-Based Stress Reduction instructor in Boston area

(www.DiscoveringYourBalance.com).

Whether you're a sugar fiend or experience occasional cravings for sweets, this workshop is for you! You'll become a savvy sugar sleuth, learn the causes and hidden messages of cravings and will receive tools to break the craving cycle and transform your relationship with sugar.

159) Lessons Learned: 15 Years of Organic Poultry *All levels*

Campus Center 917

Karma Glos and Michael Glos: We are diverse livestock farmers just getting the hang of it. We will describe the history of our certified organic poultry operation as it developed over the last 15 years through slides and stories. We will share our triumphs, failures, and lessons learned with meat chickens, layers, ducks, and turkeys.

160) Livestock for a Small Earth *All levels*

Brooks Lounge

JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.

Sustainable, smallholder agriculture, especially with livestock, can be a solution for world hunger and poverty. This workshop will examine the issues surrounding global hunger and poverty and how sustainable agriculture and livestock are making a difference. We will also see how a values-based development model enables these solutions.

161) Making Compost Tea **OLC Track** *Beginner-Intermediate*

Campus Center 165-69

Javier Gil: Owner of J. Gil Organic Landscaping (www.jgil.com) as well as a teacher and organic land care consultant.

What is compost tea? How do I use it? When do I use it? Learn how you can extend the philosophy of sustainable living to your backyard. The workshop will cover the different steps of brewing compost tea.

162) Perennial Polycultures for the Farm **PC Track** *Advanced*

Campus Center 101

Benneth Phelps: Commercial vegetable, fruit and small animal farmer at Mosaic Farm.

Ethan Roland: A Permaculture designer, teacher, and researcher who practices regenerative design.

Learn the WHY and HOW of perennial multi-species cropping strategies that reduce pest pressure, increase yields, and decrease off-farm inputs. This interactive workshop will explore specific examples of low-maintenance polycultures including plants and animals. For those with limited familiarity, "Permaculture Fundamentals" (#69) and "Perennial Crops with Commercial Potential" (#97) are suggested prerequisites.

163) Systems + Species: A Peak-Oil Homestead Example **PC Track** *Intermediate*

Campus Center 803

Ben Falk: Land planner and site developer, Mad River Valley, Vermont.

A report on the Whole Systems Design Research Farm, 7 years in. See the systems and species used in converting 10 degraded acres of hillside into a resilient small farm/homestead, including: rice paddies, fuelwood hedges, grazing-perennial plant integration, aquaculture/ponds, swale earthworks, high-performance buildings, soil decompaction, terraquaculture/fertigation, 'edge' species, mushrooms, more.

164) The Case for Full Spectrum Fertility **ND Track** *Advanced*

Campus Center 904-08

Derek Christianson: Farmer & Community Educator at Brix Bounty Farm, Dartmouth, MA.

An examination of our pre-transplant fertility protocol. Join us as we discuss the steps taken at Brix Bounty Farm in the critical week leading up to transplanting. Focusing on soil fertility we aim to create prime soil conditions for vigorous root growth and thriving transplants. Inoculants, amendments, and energy in-depth.

165) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production *Intermediate*
TOUR

David Tepfer: Co-owner of Simple Gifts Farm.

We will demonstrate how we are integrating laying hens, beef cows, sheep, sows and pigs, and a young team of oxen onto fallow vegetable land and small areas of permanent pasture on our farm. We will touch on farm ecology, production systems, facilities and fencing, grazing management, processing, and marketing. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and student center. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

166) Transition to Resilience – a Global Movement **TT Track** *Beginner*

Campus Center 174-76

Tina Clarke: Certified Transition Trainer. NGO consultant, trainer & advocate for 27 years.

Mario Yanez: ~~Miami-based permaculture designer, transition trainer, founder & director, Earth Learning.~~

In just a few years, thousands of Transition Initiatives are popping up across the world. Founded by a permaculture teacher and drawing insights from many walks of life, the combination of tools and resources have made this model highly effective in helping people come together to build local resilience.

167) Tree Biology for Orchards & Woodlots **BF & OLC Track** *All levels*

Campus Center 168C

Bill MacKentley: A serious student of Tree Biology.

How do trees grow? Do they heal, have immune systems? We'll also look at root structure, mycorrhizae, limb growth, wounds, insect and fungal attacks, white and brown rot, disease, CODIT, barrier zones, and branch collars. What can we do, and what should we avoid doing, to keep orchards and woodlots healthy?

168) Urban Gardeners Unite! Community Gardening in NYC **OLC Track** *All levels*

Campus Center 162-75

Sara Katz: Community Horticulturist for Bronx Green-Up, the outreach program of the New York Botanical Garden.

Karen Washington: Community garden activist and President of the NYC Community Garden Coalition.

We'll highlight the successes and challenges of building community in New York City through urban gardening and agriculture. Explore the borough's greening movement through the lens of community gardeners, dedicated volunteers, and school kids. Watch as a school garden springs up on Tremont Avenue! We'll brainstorm to discover ways of building community involvement in your garden project.

NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

169) Animal-Powered Community Grains *All levels*

Campus Center 911-15

Erik Andrus: Farms with horses and bakes bread in the Champlain Valley.

Ben Lester: Runs Wheatberry Farm and Bakery and The Pioneer Valley Heritage Grain CSA.

Farmers Erik Andrus and Ben Lester will share their experience integrating draft animals with local community grain models. We will explore the “why” and the “how” questions of using living horsepower to bring “staff of life” crops to the table.

170) Cooperative Animal-Powered Timber Harvest *All levels*
Campus Center 905-09

Ben Canonica: Ben farms and logs with horses in central VT.

In 2010 a group of loggers collaborated on a job where they each brought resources to share. Ben will cover the specifics of how the job worked out, forestry objectives, and marketing. He will also lead a discussion of how this model may help to promote animal-powered timber harvesting.

171) TOUR: Natural Roots Farm: Horse Powered CSA, part I *Intermediate*
TOUR

David Fisher: Runs 220 member horsepowered CSA; farming for 15 years.

Daniel Berry: Has farmed with horses for two years.

Lily Carone: An apprentice at natural roots focused on diversifying power sources.

Tom Coughlin: Has been farming with horses at Natural Roots since 2005.

We will give a tour of Natural Roots farm. We rely exclusively on horsepower to run a 220 member CSA and to harvest hay and timber. We'll use live horsepower demonstrations on a variety of traditional and innovative implements to illustrate our vegetable production systems. Opportunity for lots of discussion. DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right hand side. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. BUS SERVICE PROVIDED. (For part II, see #195). [Link to google map directions here.](#)

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

172) Caring for Rabbits
Cape Cod Lounge

Ages 5-12

Leslie Ardison: Have raised rabbits for 17 years.

This is a general handling workshop. Participants will learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

173) Nature's Colors
Cape Cod Lounge

Ages 9-12

Rosemary Glos: I am a farm kid with years of experience experimenting in the woods.

I will introduce you to the world of natural dyes from plants, lichen, and fungi. Participants will have access to my dye notes, books on natural dyeing, and examples of dyestuff. We will do a simple wool dye with native plants.

174) Play Party Rhythm Games and Dances
Cape Cod Lounge

Ages 5-8

Valerie Walton: Music teacher, saxophonist and gardener.

I will teach games, songs and dances originating mostly in the early 20th century farming communities of the American south. We will use recordings, singing, and body percussion as our accompaniment. We also love making rhythm ensembles with percussion and will do some of

that if interest and time allows.

TEEN WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

175) Exploring Green Energy

Grad Lounge

Heather Botelle: Science Teacher, Norwich Free Academy, CT.

We will discuss the relative strengths and drawbacks of various alternative energies as well as the importance of geography in determining which type to utilize. Using solar panels, we will collect data on angles vs. absorption and discuss site placement.

176) Preparing Wild Edibles and Weeds

Grad Lounge

Mira Nussbaum: A decade of loving, preparing, eating & teaching others wild plants.

Participants will experience a sensory explosion while testing out the flavors and smells of these wild treasures. We will pick, cut, wash, cook and preserve weeds and wilds grown in Northeastern yards and fields. During each step of the process we will munch on wild snacks and sip teas.

ADULT WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

177) Arcosanti, Paolo Soleri, and Ecological Cities *All levels*

Campus Center 904-08

George Kosmides: Electrical engineer with Soleri & Arcosanti for past 30 years, working with solar & wind energy.

Arcology is architect and philosopher Paolo Soleri's concept of cities that embody the fusion of architecture with ecology. It proposes a highly integrated and compact three-dimensional urban form that is the opposite of urban sprawl. Arcosanti is the prototype arcology being built in the Arizona desert. We will cover details of extensive use of solar and greenhouses for arcologies.

178) Bringing the Community Together to Transition **TT Track** *Beginner*

Campus Center 805-09

Judy Phillips: Retired physical education teacher, Buddhist web site manager.

Walter Jaworski: Veterinarian, college professor.

Emily Koester: Social worker, activist, early childhood educator, mom.

To build resilience we need to get people together across social, economic and historic divisions. How do Transition Initiatives include and invite the broad community? Members of the Transition Northfield Initiating Group will share their experiences engaging over 230 community members, and a very wide range of local groups.

179) Essential Cover Crops **BF Track** *All levels*

Campus Center 101

Elizabeth Dyck: Coordinator, Organic Growers' Research and Information-Sharing Network (OGRIN).

Thomas Bjorkman: Cornell horticulture professor, coordinates outreach for cover crops in vegetables.

We'll share research and grower experiences that demonstrate how 1) cover crops increase and sustain farm productivity and 2) they can fit into your cropping sequence. We'll also discuss how issues on your farm—both soil and pest-related—can be addressed through use of specific

cover crops. Bring your questions!

180) Essential Oils to Enhance your Life & Well Being *Beginner*

Campus Center 903

John Tycz: NOFA Accredited Organic Land Care Professional with Go Organic LLC.

I will give a brief history of the production and use of essential plant oils. Then participants will have the opportunity to learn how to use the oils as a replacement for petro-chemicals. We shall cover aromatherapy, first aid, disinfecting the home, cooking, insect repellents and personal care.

181) Fertilizer Use and Application Equipment **ND Track** *Intermediate*

Campus Center 811-15

Bryan O'Hara: Farms at Tobacco Road Farm in Lebanon, CT.

This workshop presents the use and properties of mineral amendments and fertilizers. Topics will include: proper selection and trialing, effects on soils and crops, monitoring crop response, proper mixing, use of liquid and dry materials, and equipment selection for application.

182) Hoop Houses: Count on Success *All levels*

Campus Center 162-75

David Zemelsky: Therapist meets dirt full time.

Star Light Gardens grows high brix heirloom tomatoes in the summer and astonishingly sweet greens in the deep of winter. Learn how hoop houses help make this happen. We'll cover a 12 month calendar of planting, choices of tomatoes and greens, disease control, harvesting, and soil enrichment.

183) Making a Foolproof Country Wine *Beginner*

Campus Center 163C

Jack Kittredge: Homesteader, food preservationist, farmer and winemaker for many happy years.

Use up your unmarketable fruits, or wild harvested berries, by making a delicious alcoholic beverage that will get you invitations to all the best parties! Jack's tried and true formula is simple and never fails to produce a delicious bottle, several of which will be available for sampling after the workshop.

184) Mindfulness for the Land, Food, and Work *Beginner*

Brooks Lounge

Tim Kiely: Teacher & Mindfulness-Based Stress Reduction instructor in Boston area

(www.DiscoveringYourBalance.com).

Mindfulness is the practice of paying attention, deliberately and without judgment. In this experiential workshop we'll explore several simple, yet powerful mindfulness practices. When we take the time to notice our surroundings, what we are doing, and the food that nourishes us, we uncover a richness of life we may otherwise miss.

185) Pastured Poultry: From Brooder to Bag *All levels*

Campus Center 917

Ken Gies: 20 years pasturing poultry; 8 years hatching.

I will present the fundamentals of brooding, feeding and watering, field specifications for pasture, processing, and marketing organic pastured poultry – all with a minimalist approach to equipment. Beginners will get tools to get started and the experienced will gain info to improve their techniques.

186) Preserving Our Native Medicinal Plants *Beginner*

Campus Center 804-08

Kate Rakosky and Dan Rakosky: Sagewood Herb Farm, an organic farm and botanical sanctuary.

Our farms and gardens, no matter the size, can provide sanctuary for many species of healing herbs that are “at-risk” because of habitat loss or improper harvesting. Learn how we can protect these plants and their habitats for future generations. Includes a beautiful slide show. Handouts provided.

187) Site Assessment & Mapping *Beginner*

Campus Center 165-69

Carolyn Edsell-Vetter: Designs sustainable residential landscapes in and around Boston.

We will discuss how to assess a landscape in terms of exposure, hydrology, and microclimates. We will consider existing site conditions in terms of challenges and opportunities. Participants will learn to develop a scaled site inventory and use maps in their own garden planning.

188) Small Woodlot Management for Multiple Yields (Even Income) **BF & PC Track**

Beginner

Campus Center 803

Steve Gabriel: Permaculture designer, teacher, and forest farmer in Finger Lakes, NY.

Explore the potential for multiple yields from your underutilized woodlot. Topics we’ll cover include forest ecology, crop tree management, mushroom production, tree crop systems, woodworking materials, maple sugaring, and more. Discussion focuses around the best practices to increase ecological health and generate income.

189) Synthetic Biology: The Frontier Beyond GMOs *All levels*

Campus Center Auditorium

Ignacio Chapela: Professor of Microbial Ecology, Berkeley.

In your fields, do you grow food, fuel, pharmaceuticals, plastics, or plain diesel? If this question sounds familiar, you must have heard about “Synthetic Biology.” I will introduce and help understand the living things that are covered under this term, stressing the difference between hype, hope, and unaccountable ecological releases of unmanageable reproducing organisms.

190) The Hows & Whys of Growing Heirloom Apples **OLC Track** *All levels*

Campus Center 168C

Bill MacKentley: Heirloom nurseryman.

The first half of the workshop will cover the basics of holistic orchard management, from planting trees to basic pruning, pest management, and harvesting. The second half will be devoted to heirloom cultivars – their history, uses, quality and anecdotes about their origins. Come and learn about your favorite old apples!

191) Traditional Pickling/Lacto-Fermentation *Beginner-Intermediate*

Brett Lounge 001

Dan Rosenberg: Founder/owner of Real Pickles.

Come learn about lacto-fermentation, the original and healthy way of pickling vegetables. We’ll focus in on the key concepts you need to know (salt concentration, temperature, etc.) to make delicious pickles at home. I’ll demonstrate preparing small batches in mason jars and have some finished samples on hand for tasting.

192) Yum! 6 Years of Perennial Food Production **PC Track** *Intermediate*

Campus Center 174-76

Jonathan Bates: Owns PermacultureNursery.com and homesteads with friends in Holyoke, MA. Want to see permaculture plantings that work? Through images and discussion enjoy a thriving Edible Forest Garden that produces loads of fruits, roots, shoots, greens, seeds, flowers, mulch, eggs, knowledge and fun. Come learn how to use the plants (and other yields) from this permaculture paradise in your own garden.

NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

193) Animal-Power Equipment Innovation on Small Dairy *Intermediate*
Campus Center 905-09

Mark Fellows: I have managed a 25 cow mixed power dairy for 30 years. I will show and discuss the work I accomplish and the equipment I use with horse, cow, and people-power. I will also share my ideas for future animal use. Discussion will follow.

194) Overview of Draft Implements & Vehicles **BF Track** *Beginner*
Campus Center 911-15

Erik Andrus: Farms with horses and bakes bread in the Champlain Valley. This workshop will provide a visual introduction to the world of animal-powered farming technology with a focus on contemporary Northeastern farms. We will learn about the many tasks performed with living horsepower, on farm and off, in the region and elsewhere.

195) TOUR: Natural Roots Farm: Horse Powered CSA, part II *Intermediate*
TOUR

David Fisher: Runs 220 member horsepowered CSA; farming for 15 years.

Daniel Berry: Has farmed with horses for two years.

Lily Carone: An apprentice at natural roots focused on diversifying power sources.

Tom Coughlin: Has been farming with horses at Natural Roots since 2005.

Part II continues the session begun on Sunday at 8:00 AM. (See #171). In part II, we will continue to demonstrate traditional and innovated horse drawn equipment in our produce operation. We will also continue to discuss all aspects of running our farm with horse power.

DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right hand side. **TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. BUS SERVICE PROVIDED. [Link to google map directions here.](#)**

196) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm *Beginner*
TOUR

David Tepfer: Co-owner of Simple Gifts Farm.

We'll show our progress in training young oxen and finding uses for them on our 15 acres of organic vegetables. We'll demonstrate cart work, seeding cover crops, light cultivation, & both a single and double yoke. We'll discuss basic training, animal care, "fringe benefits", & the economics of using oxen on a tractor-operated farm. **DIRECTIONS**: Drive north from the campus on North Pleasant St., which is the road by the pond and student center. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. **ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)**

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

197) Hopscotch For Hip Kids

Cape Cod Lounge

Ages 7-8

Janna M. Boettcher: Creative Mom who loves kids, playing games and having fun.

Claire Boettcher: Fun-loving teen who loves games of all types.

We will teach some different and fun ways to play this age-old game that kids have been playing for generations. Bring your rock and get ready to hop, skip and jump!

~~198) Make Your Own Yummy Lip Balm!~~

~~Cape Cod Lounge~~

~~Ages 5-12~~

~~Corey Calaiso: Herbalist, consulting hypnotist, founder of Karma Balm, LLC.~~

~~Alison Caruso: Nature lover, Mother, Vice President of Karma Balm, LLC~~

~~This workshop will include an introduction to rich organic oils and herbs mixed and melted into a delicious lip balm. We will be teaching the children the important Karma Balm motto "If you can't eat it you shouldn't put it on your skin!"~~

199) Mr Guitar Man

Cape Cod Lounge

Ages 2-6

Tad Hitchcock: Music teacher, guitarist and gardener.

I will accompany singing, dancing and percussion playing with my guitar as I have for the last 14 years as a music teacher. We will sing songs about nature, farms, gardens and birds.

200) Surprise Craft

Cape Cod Lounge

Ages 9-12

Mary Lou Conna: Former Scout Leader, former elementary school teacher, and crafter.

Mary Lou has been presenting children's craft workshops for many years at the summer NOFA conference. Although she was still finalizing her ideas at the printing of this book, the participants are guaranteed to have fun with her!! See conference bulletin board for more details.

TEEN WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

201) Exploring Our Animal Energies through Qigong *All levels*

Grad Lounge

Rachel Scherer: Studying Qigong and Yang Style Taiji, passing it on!

Qigong (literally "energy work") promotes circulation of blood, air, energy, and that hard-to-define "life force", Qi. Many practices employ animals as metaphors. We'll practice with Orioles, Roosters, Bears, and Owls to introduce working our energy to promote a sense of ease. Helpful for managing stress in daily life.

202) Indian Meal

Grad Lounge

Dean Bernard: Grew up in India with missionary parents.

I will show how to make a simple Indian meal, consisting of chapatis (bread), rice, and dhal (lentils). It is a basic meal eaten in most places in India.

203) Raising Rabbits

Grad Lounge

Leslie Ardison: Have raised rabbits for 17 years.

Why raise rabbits? What breeds, basic nutrition, housing, handling, etc. Pellets vs. garden greens, pastured vs. cages, heritage vs. modern breeds, fur or wool.

ADULT WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

204) Coppice Agroforestry— Fuel, Fodder, Craft & Fun **PC Track** *Intermediate*

Campus Center 168C

Mark Krawczyk: Co-author of “Coppice Agroforestry” (forthcoming), integrated agroecosystem designer and teacher.

Dave Jacke: Primary author of “Edible Forest Gardens” & long time ecological designer.

Learn the fundamentals of coppice agroforestry design and management. We’ll explore a range of different production systems, a wide array of products and uses for young woody sprouts and polewood and the most promising species for coppice systems in the northeast.

205) Feeding Healthy Kids in a Junk Food World *All levels*

Campus Center 804-08

Erin Matica: Homesteader, wife, and homeschooling mother of five.

Learn ways of obtaining and serving healthy, organic foods with limited time and budget. I’ll discuss handling birthdays and holidays and getting kids involved in the process. Participants will gain practical and effective strategies for defining priorities, getting organized, and planning for situations that seem to thwart our best efforts.

206) Goats From the Ground Up: We are what THEY Eat *All levels*

Campus Center 803

Rachel Scherer: Raises LaMancha goats for milk, meat, and hides in Orange, MA.

Bruce Scherer: Restores fields and pastures focussing on management of invasive plants.

Our goal is producing nutrient dense dairy and meat in collaboration with the soil food web.

We’ll share the path to improvement in our small herd achieved by management of pasture and forage for soil health as the foundation for goat health – easy kiddings, freedom from mastitis, and ultra-low parasite loads.

207) Hickory Gardens: A Permaculture Homestead **PC Track** *Intermediate*

Campus Center Auditorium

Jono Neiger: A dedicated teacher and practitioner of ecological design and permaculture.

Kemper Carlsen: Parent, gardener, teacher, cook and homesteader who loves to learn.

With stories and pictures we will show our work over the last seven years at our 3-acre permaculture designed homestead. We’ll cover passive solar home renovation, rainwater collection, compost toilet, gardens, forest garden, small fruit, kiwi vineyard, terraces, pond, hedgerow, tree crops, chicken forage system, woodland management, and community collaboration.

208) High-Performance Potato Varieties *All levels*

Campus Center 101

Elizabeth Dyck: Coordinator, Organic Growers' Research and Information-Sharing Network (OGRIN)

Keith Perry: Cornell Plant Pathologist and Director, NY Potato Foundation Seed Program. Learn about potato varieties, many new to our region, that performed best in terms of tuber quality, taste, marketability, pest tolerance, and yield during three years of growers' trials coordinated by the Northeast Organic/Sustainable Potato project. We'll also cover best management practices for organic production and for potato seed-saving.

209) Homeopathy for Gardeners, Beekeepers and Nature Lovers *Beginner-Intermediate*
Campus Center 911-15

Jeanne Deignan-Kosmides: Lay Homeopath & Bach Flower Remedy Consultant, E-RYT Yoga Teacher & Birth Doula.

Come learn homeopathic & natural treatments for gardeners, beekeepers and summer ailments that will help heal first aid challenges. I will cover topics including, minor injuries, fevers, summer colds, insect bites/stings, rashes, overexposure to elements, and food poisoning. We will learn basic homeopathic case-taking, remedy selection, and administration.

210) How & Why to Keep Bees in Top Bar Hives *All levels*
Campus Center 904-08

Christy Hemenway: Founder of Gold Star Honeybees, advocate for healthy bees!
www.goldstarhoneybees.com.

Bees in top bar hives live on their own naturally made beeswax - no embossed wax foundation sheets are used. We will talk about why this is important, and delve into the basics of how to manage a thriving honey bee colony in a hive filled with this amazing honeycomb.

211) Making Herbal Creams, Oils & Lip Balms *Beginner*
Brett Lounge 001

Sarah Shields: Farmer & herbalist for 12 years, owner of Birch Moon Herbals.

You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! A \$5 material fee sends you home with a sample of each. No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

212) Managing Farm Interns as a High Value Crop *All levels*
Campus Center 903

Daniel Botkin: Botkin teaches, farms and supervises "WWOOF" volunteers in Gill
www.laughingdogfarm.com.

Thousands seek hands-on learning on small farms, and many small farms benefit from seasonal learner/volunteers. One needn't be a commercial operation to offer a valuable internship opportunity. In this highly interactive workshop, would-be mentors and volunteers learn how to find, set up and manage successful farm internships.

213) Metabolic Balance for Better Health *Intermediate*
Campus Center 163C

William Rasmussen: Health practitioner, writer and researcher.

Energy production in the (human) body is dependent on 6 metabolic balances. Electrolyte level, sugar oxidation rate, oxygen/fuel ratio, nervous system activity, pH, and hormone (prostaglandin) balance. If a person has one of these imbalances taking certain foods, minerals and vitamins can reestablish balance and improve our bodies functioning and health.

214) Organic Pioneers & the Raw Milk Movement *All levels*

Campus Center 162-75

Joseph Heckman: Professor of Soil Science, Rutgers University, & hobby organic farmer. Organic farming and the raw milk movement have common history. Pioneers envisioned a living connection between humus rich fertile soils and whole fresh unprocessed foods as key to public health. That vision naturally extends to unpasteurized milk. Successfully overcoming opposition to organic farming may open a pathway for raw milk.

215) Pastured Turkeys for the Thanksgiving Table *Beginner*

Campus Center 917

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

From day-old poults to the Thanksgiving table, we'll cover the details of husbanding pastured turkeys, giving particular attention to brooding, pasture rotation, housing/roosting, diseases, feeds and preparation for the harvest. Whether for your family or for profit, this workshop will get you started with broad breasted and heritage turkeys.

216) Personal Resilience through Sustainable Work **TT Track** *Beginner*

Campus Center 805-09

Pepper Fournier: Taproot Commons Farm – a Raw Milk Micro-Dairy and permaculture-oriented homestead.

Bick Corsa: Bick Corsa Carpentry: super-efficient construction; green building teaching & consulting.

~~Sarah Stockwell Arthen: Eco-friendly cleaning business, musician-activist, herbalism and lacto-fermentation teacher.~~

How do we make a living in a world that is rapidly changing, economically and environmentally? What kinds of work are truly sustainable? Three people involved in Transition will explore personal resilience and creating a good life in a world of higher oil prices and climate impacts.

217) Season Extension for Small Scale Seedling Starting *Intermediate*

Campus Center 905-09

Amy LeBlanc: Certified Organic grower in Maine and heirloom tomato specialist.

Learn how to back your garden season well into April. Explore seed starting schedules and techniques, and strategies to use and economically heat a small greenhouse. Moving seedlings from the windowsill to outside “accommodations” results in hardier plants for better harvests. We'll also review tried and true extension methods for the end of the season.

218) Singing for the Soil and the Sensual *All levels*

Brooks Lounge

Eveline MacDougall: Founder, director, Amandla Chorus. Founder, Greenfield, MA community garden.

I will lead singers (and "singer-wannabes"!) in singing songs of celebration, peace and justice, and love for our Earth. Chants, rounds, 4-pt. harmonies. I will share tips for opening the voice, the heart, and the mind while creating beautiful sounds in community. Repertoire from around the world.

219) Soil Management Techniques **ND & OLC Track** *Intermediate*

Campus Center 811-15

Bryan O'Hara: Farms at Tobacco Road Farm in Lebanon, CT.

This workshop will focus on managing soils for the growth of healthy crops. Topics will include: soil and water management, methods to enhance soil life, timing for residue decay, tillage, use of cover crops and mulches, and evaluating soil quality.

220) Starting an Agroecology Fruit & Nut CSA **BF, CSA & PC Track** *All levels*
Campus Center 174-76

Susanne Hale: Manages Tending the Wild CSA at NESFI. Teaches agroecology practicum at UMass. www.TendingtheWildCSA.com.

Learn how Northeast growers and aspiring forest gardeners can double our region's fruit and nut production using agroecology, permaculture, and CSA. Participants will learn to select a balanced mix of fruit and nut crops for their acreage and membership size, provide six months of fruit for CSA members, and calculate what plants the orchard needs for its fertility.

221) TOUR: Montview Neighborhood Farm: Permaculture in the City **BF & PC Track** *All levels*

TOUR

Lisa DePiano: Certified Permaculture designer/teacher and co-founder of the Montview Neighborhood Farm.

Molly Merrett: Main grower and co-founder of Montview Neighborhood Farm.

We are a 6 year-old, small-scale, no-till, human-powered, organic farm, and permaculture demonstration site nestled on 3.2 acres of city-owned conservation land in downtown Northampton, MA. Learn about scything, swale digging, no-till methods, forest gardens, integrating animals, beekeeping, uncommon fruits, rain catchment, gravity fed drip, and perennial polyculture trials. DIRECTIONS: Follow RT. 9 into Northampton. After Bridge Street Cemetery, take a left onto Pomroy Terr. After Pomroy turns into Williams, make first left onto Montview Ave. farm is down on the left, park on Montview Ave. Allow for 20 minutes driving time. ADDRESS: 38 Henry St., Northampton, MA. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

222) TOUR: Simple Gifts Farm: Biological Soil Fertility **ND Track** *Intermediate*
TOUR

Jeremy Barker-Plotkin: Has been growing veggies since 1999.

Simple Gifts Farm is a 350-member CSA growing 15 acres of vegetables on 35-acres. This tour will introduce our current efforts to integrate practices from the biological/nutrient density soil fertility program into our vegetable production operation. It will include showing the products and equipment we use to manage soil fertility. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and student center. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

223) Water-Greywater-Rainwater in the Landscape **OLC Track** *Intermediate*
Campus Center 165-69

Frank Koll: Promotes water conservation and organic landcare methods through design consulting.

This workshop is an interactive session geared towards helping landscape designers, gardeners, landscapers, AOLCPs, etc., understand how to balance water and landscape requirements in an environmentally beneficial manner discussing alternative sources – greywater/rainwater for irrigation, estimating water usage/needs, programming/scheduling, maintenance & repair tips and tricks, sensors, and SMART watering systems.

NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

224) Animal-Power for Secondary Tillage, part II *All levels*

UMASS RESEARCH FARM - TILLAGE AREA

Pat Bacon: Drives and does small-scale tillage with her mules.

Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College.

Part II continues the session begun on Saturday at 8:00 AM. (See #74). In part II, the use of oxen and a 6-mule hitch for use in secondary tillage will be demonstrated. We will discuss and compare the features of mules and oxen and a variety of tillage tools for both small and larger scale operations.

225) No Pressure Driving: The Calm and Relaxed Horse *All levels*

UMASS RESEARCH FARM - TRAINING AREA

Donn Hewes: Farms with horses and mules in Central New York.

Many horses are pulling hard on the bit while pushing with the harness. We will demonstrate steps to train a horse to work and drive free of this unwanted pressure.

226) Precision Plow Adjustment *Intermediate*

UMASS RESEARCH FARM - TRACTOR BARN

Sam Rich: 2007 National Walking Plow Champion.

In this workshop we will look at plows in the workshop, without horses, where we can inspect the plow and make adjustments to affect it's performance. The principles discussed are universal to any moldboard plow.

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

228) Decoupage Discovery

Cape Cod Lounge

Ages 9-12

Claire Boettcher: Crafty teen who loves animals and the outdoors.

Janna Boettcher: Creative Mom who loves kids, playing games and having fun.

We will take a "found object" that would otherwise be someone's trash and turn it into something beautiful by using the ancient art of decoupage, which is cutting and gluing paper onto it.

~~229) Paper Airplanes~~

~~Cape Cod Lounge~~

~~Ages 5-12~~

~~Woody Ruiz: Independent New Orleans-based chef; lover of children and dogs.~~

~~Participants in this workshop will learn how to make paper airplanes, including the infamous stunt nosed stunt flyer among others. Perhaps we can learn different styles of paper airplanes from each other and see whose flies the furthest outside, weather permitting, down into the Quad.~~

229) Art class! Collage, Markers, and More

Cape Cod Lounge

Ages 5-12

Oceana Merrick: Artist & farmer just returned from an exciting Guatemala trip.

Come relax on Sunday afternoon and work on an art project under the guidance of the artist who created the design for this year's NOFA Summer Conference.

230) When the Root Children Wake Up

Cape Cod Lounge

Ages 5-8

Susan Youmans: Internet food and agriculture radio show, Waldorf mother, raspberry grower. We will read and act out Sybylle von Olfers well-loved pictures in this story, choosing a grass, insect, grain or flower to be, and learning what each needs to grow. We'll then act out how organisms in the soil bring nutrients to the plants.

TEEN WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

231) Beginning Backyard Chickens

Grad Lounge

Alice Armen: Gardens, raises dairy goats and chickens, and keeps honeybees in Montague, MA. This workshop is intended for those exploring the idea of keeping backyard chickens. We cover housing, feed and chicken breeds. We will look at how to set up ecological systems for chicken keeping as well as how to cook traditional chicken. We will have live chickens at the workshop.

232) One Solution to World Hunger: Farm Animals *All levels*

Grad Lounge

JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.

What is global hunger? Where? Why? How does it affect people? Using interactive games and demonstrations, we will try to answer these questions. We will also learn about some youth who live with hunger in our world and how Heifer International is helping them with livestock.