



[www.nofasummerconference.org](http://www.nofasummerconference.org)

## WORKSHOP DESCRIPTIONS 2012 NOFA SUMMER CONFERENCE

Updated: June 7, 2012

You will find here a complete list of all the workshops with titles and descriptions, codes for workshop tracks, skill levels to which the workshops are directed, workshops locations, presenter names, bios, and directions for tour workshops.

### LOCATIONS

Most of the conference workshops take place at the UMass Campus Center on the 1st 8<sup>th</sup> and 9<sup>th</sup> floors. There are also workshops in the Mary Lyon Basement and Mary Lyon Classroom, as well as some workshops that are outside on the lawn. Animal-Power workshops are held at a satellite site – Simple Gifts Farm. There are tour workshops at some local farms.

### 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 minimize conflict during the NOFA Summer Conference.

- **BF** = Beginning Farmer Track: This track highlights a range of technical and farm-planning topics of particular interest to farmers with fewer than ten years of independent farming experience.
- **CSA** = Community Supported Agriculture Track: Presenting a variety of innovations for the CSA model.
- **ND** = Nutrient Density Track: Presenting principles of biological farming aimed at improving crop nutritional quality 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 this link –coming soon).
- **PC** = Permaculture Track: Presenting permaculture approaches to organic agriculture and ecological design. Offering perspectives, skills, and ideas for regenerative land use and creative community building.
- **SE** = Winter Growing and Season Extension Track: Presenting innovations from the farm to the home scale for growing and storing crops year round.

## **ADULT WORKSHOPS – FRIDAY, AUGUST 10, 2:00-3:30 PM**

### 1) Attached Greenhouse for Food, Heat, and Hot Water **SE Track** *All Levels*

Campus Center 165-69

**Bob Jennings:** Architectural structural engineer working with greenhouses and solar hot air & hot water. I will explain the design of the greenhouse attached to my home. Learn all the structural and design components, including an in ground growing bed, orientation, materials, glazing, insulation, thermal mass, and hot air transfer. Uses include climate manipulation for plant growth, heating the home, and heating domestic hot water.

### 2) Basemapping for Landscape Planning & Permaculture Design **OLC & PC Track** *Intermediate*

Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dining Commons

**Keith Zaltzberg:** Ecological designer with Regenerative Design Group & instructor at The Conway School.  
**Abrah Jordan Dresdale:** Coordinator/Faculty of Farm & Food Systems at GCC and permaculture designer.

We'll meet at the future site of the next Umass Permaculture garden, to be initiated in Fall 2012. Do you have a project where a scaled basemap would be useful? Come learn several simple ways to capture the information you need in this hands-on, practical workshop. We will be mapping a future permaculture garden site using triangulation, extension with offsets, and optical surveying.

### 3) Build a Solar Box Cooker *Beginner*

Campus Center 811-15

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

Let's cook with the sun! After reviewing some solar box cooker designs, each participant will have the opportunity to build their own using cardboard, glue and aluminum foil. Plan to demonstrate the cookers at the Country Fair. Bring something to cook (rice/soup) and a 1&1/2 quart sauce pan.

### 4) Cooperative Farm Labor Structures **BF Track** *All Levels*

Campus Center 917

**Ryan Karb:** Farmer and Co-founder of Many Hands Farm Corps.

I'll discuss common mistakes/problems that occur on small farms regarding labor practices and creative solutions to overcome them. Borrowing heavily from the Conservation Corps Model, Many Hands Farm Corps addresses many small farm labor issues and will be used as an example of ideas that can be proliferated. [More info.](#)

### 5) Create a New Pasture or Rehab an Old One *All Levels*

Campus Center 905-09

**Rachel Scherer:** Has a big barn with lots of/not enough goats.

**Bruce Scherer:** Has a big tractor with lots of /not enough implements.

Herd and human health are interdependent with soil health and the forages it grows. We'll present strategies for creating pasture from "scratch" or reclaiming abandoned/overused fields beginning with removing unwanted vegetation with livestock or machines, then mineralization, fertilization, and soil building with cover crops and amendments, and selecting seed mixes for nutrient balance.

### 6) Crop Rotation, Mulching, and Tillage Reduction **CSA Track** *Advanced*

Campus Center 805-09

**Katie Miller:** Running chaotic and unscientific experiments at Scratch for 7 years. Scratch Farm is a 2 acre mixed vegetable farm with an 80 member CSA. We rely on purchased compost and diligent crop rotation to reach desired yields. I will explain our rotation, experiments with tillage reduction, and systems for reducing the amount of work required for two people to make a living on 2 acres.

7) CSA Crop Planning **CSA Track** *Intermediate*

Campus Center 163C

**Dina Brewster:** Certified Organic farmer, marketing to CSA, farm stand, and wholesale. Crop planning for a CSA farmer adds a level of complexity to succession plantings and seasonal harvest. Learn to create seeding, transplanting and harvest plans to match specific farm needs. Familiarity with Microsoft Excel is essential for this workshop.

8) Designing Cover Crop Systems for your Farm *All Levels*

Campus Center 101

**Ruth Hazzard:** Vegetable extension educator since 1990, and passionate about cover crops. We will look at the many ways cover crops can contribute to your farm, key points for deciding which covers fill which niches, both for annual systems and those where fallow periods can be used. What equipment is needed for cover crops? We'll use likely scenarios as starting points for collective problem solving.

9) Integrative Approach to Lyme Disease and Co-infections *All Levels*

Campus Center 162-75

**Emily Maiella:** Licensed naturopathic physician with extensive training in the management of Lyme Disease.

Calling all lovers of nature, farmers and back-door gardeners: time to become more educated and aware of Lyme disease and other tick-borne co-infections. I will focus on signs and symptoms, tick identification, diagnostic criteria and treatment, both from a conventional and naturopathic medical perspective. A jam-packed lecture that will help you deal with the mystery of Lyme.

10) Introduction to Soil Fertility **BF & ND Track** *Beginner*

Campus Center 804-08

**David Forster:** Soil fertility and crop consultant.

I will be teaching the basics of soil fertility, including the physical, mineral, and biological components of soil. I'll cover clay, organic matter, cation exchange capacity, reading soil tests, microbes contribution to soil fertility, and the role of organic matter for nutrient storage, carbon sequestration, and plant growth.

11) Organic Land Care vs. Conventional Lawn Care **OLC Track** *All Levels*

Campus Center 904-08

**Bernadette Giblin:** Consultant working on organic transition for 5 Western Mass Parks.

**John Valente:** Predictive analytic statistician exploring effects of conventional fertilizers on water quality.

Using predictive analytics we will compare an organic land care vs. conventional lawn care program and explore such topics as the return on investment, carbon footprint, and ecological & social costs associated with the two approaches. Learn to make a case to clients, organizations, and governing bodies on organic land care's advantages.

12) Organizing a Seed Swap *All Levels*

Mary Lyon Basement

**Melinda McCreven:** DIY advocate, homesteader, artist: Inflorescence ecoFarm.

Presenting the whys and hows of seed swapping, I will share my experience of starting, organizing, and facilitating Greenfield's 'Cabin Fever' seed swap over the last five years. Learn about the political implications of seed saving! We'll swap questions, experiences, ideas, and any seeds you'd like to share!

13) Permaculture Fundamentals *OLC & PC Track Beginner*

Campus Center 174-76

**Lisa DePiano:** Certified Permaculture designer/teacher and founder of the Mobile Design Lab.

**Eli Roberts:** Permaculture designer and Allegheny Mountain School Fellow.

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.

14) Planning a Culinary/Medicinal Herb Garden *All Levels*

Mary Lyon Classroom

**Joan Palmer:** MS Human Nutrition; Teaches Art and Science of Eating.

Food and herbs are "the peoples' medicine." Participants will learn which plants best suit their growing location, personal tastes, and health needs. We will explore various uses of each plant and requirements for growing them. We will sample a delicious seasonal tea or two. Handouts provided.

15) Pressure Canner and Dehydrator for Summer's Abundance *All Levels*

Campus Center 168C

**Kathy Harrison:** Has been teaching food preservation for over ten years.

Participants will learn to choose equipment and explore the techniques of pressure canning and dehydrating a variety of fruits and vegetables.

16) Self-Renewing Fertility: Forest Garden Perspective *Intermediate*

Campus Center Auditorium

**Dave Jacke:** Primary author of "Edible Forest Gardens" and eclectic soil tinkerer.

How does the soil work as a whole ecosystem? How do healthy ecosystems create self-renewing fertility? As oil prices rise, so will conventional fertility costs. Let's turn our attention towards building long term nutrient cycling and conservation systems. Understanding soil ecology provides practical solution-directions for all true soil advocates and members of the soil food web.

17) The Orchard Way: Growing Apples Organically *All Levels*

Campus Center 903

**Linda Hoffman:** Owns & manages 300+ apple orchard, Old Frog Pond Farm, Harvard, MA.

This workshop will take participants through one year in the life of a small organic orchard. Starts with winter pruning, followed by planting including a discussion of rootstocks, varieties, and grafting. Continues with pollination, thinning, pests and solutions, foliar sprays and soil amendments. Concludes with harvesting, and selling the fruit.

18) We Become What We Eat: Mindy, Body, and Spirit *Intermediate*

Campus Center 911-15

**Kimberly Ladue:** Board-certified Holistic health practitioner, Registered and Holistic Health Nurse.

Learn how a holistic approach to nutrition, honoring the ancient wisdoms of The Doctrine of Signatures and Food Energetics relates to what we eat, our motivations, energy, and fulfillment with life.

19) You Too Can Grow Shiitake! *Beginner*

Campus Center Reading Room

**Elaine Peterson:** Shiitake grower for 7 years.

I will present a slide presentation on growing shiitake mushrooms on hardwood logs outside. I will share information on spawn selection and sources, site requirements, cultivation, harvesting, storage, and nutritional & medicinal benefits. Geared toward people interested in a small scale operation, this is not aimed at commercial growers.

## **ANIMAL POWER TRACK – FRIDAY, AUGUST 10, 2:00-3:30 PM**

20) TOUR: Simple Gifts Farm: Harnessing Draft Animals for Fieldwork *All Levels*

TOUR

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

**Dave Bradham:**

Learn the proper fitting of harness collars and pads for field work. We'll cover types of harnesses and how to adjust them to the draft animal for use with field tools and wagons. We'll cover the most common types of harnesses used in farming. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 – FRIDAY, AUGUST 10, 2:00-3:30 PM**

21) Parade Banner Painting!

Cape Cod Lounge

Ages 7-12

**Rachel Silverman:** Art Teacher dedicated to sparking children's creative process & collaboration.

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.

## **TEEN WORKSHOPS – FRIDAY, AUGUST 10, 2:00-3:30 PM**

22) Tie-Dye and Percussion Jam

Grad Lounge

**Sharon Begley:** Has been presenting the tie-dye workshop at the NOFA conference for years.

**Valerie Walton:** Music teacher, saxophonist and gardener

We'll cover tie-dying basics and then create your own work of art. Then we will be guided on a few percussion grooves for fun and possibly play at the Saturday evening Dance Journey. Bring: pre-washed white fabric or shirt to dye, and (optional) percussion instruments.

## **ADULT WORKSHOPS – FRIDAY, AUGUST 10, 4-5:30 PM**

### **23) Composting beyond the Garden Compost    *Intermediate***

Mary Lyon Classroom

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

Many materials that should not go into the kitchen compost can still be used to enhance the organic homescape. We will talk about the highest and best uses of some odd materials such as bark, weedy hay, old potted plants, animal carcasses, guinea pig bedding, dog poop, fish bones, and leaves.

### **24) Co-ops Build a Better World!    *All Levels***

Campus Center 805-09

**Erbin Crowell:** Executive Director of the Neighboring Food Co-op Association ([www.nfca.coop](http://www.nfca.coop)). The United Nations has declared 2012 the International Year of Co-operatives, highlighting their contribution to local development, employment and food security. Join us as we explore the impact and potential of co-ops in our regional food system, including farmer co-ops, credit unions, worker co-ops and food co-ops.

### **25) Growing Broccoli and other Brassicas    *Advanced***

Campus Center 811-15

**Elizabeth Henderson:** CSA Farmer for 22 years & author of "Sharing the Harvest."

I will tell about my experience growing dozens of brassicas and enough broccoli for 300 shares for 6 to 7 weeks each fall, including fertility, pest control, and post-harvest handling and then lead a free for all exchange on producing excellent brassicas for CSA's and retail markets. Please bring your brassica wisdom to share.

### **26) Growing Raspberries Organically    *Intermediate***

Campus Center 168C

**Tom Johnson:** Manages Silferleaf Farm, a family farm that has grown raspberries commercially for over 30 years.

This workshop will cover details of backyard and commercial fall-bearing raspberry production. Includes site selection, variety selection, soil preparation, mulching and weed control, fertilization, irrigation, pruning, trellising, harvesting, product handling, and frost protection. Special focus on *Drosophila suzukii*, an exotic fruit fly which first appeared in New England last year.

### **27) Growing Winter Greens    *BF & SE Track Intermediate***

Campus Center 174-76

**Nancy Hanson:** Manager of the Hampshire College CSA since 1999.

I will explain the basics of growing salad greens for harvest during winter, based on my experiences growing in unheated hoopouses. Topics covered will include hoopouse structures, crop selection, scheduling, and growing techniques.

### **28) Herbal Support for Stress & Inflammation    *Intermediate***

Campus Center 917

**Tony(a) Lemos:** Community herbalist, Director of Blazing Star Herbal School (Ashfield, MA Since 1984). Stress and inflammation are the two leading causes of disease. Firstly I will discuss how stress effects our nervous, endocrine and immune systems and how our inflammatory response works. Next I will profile herbs, foods and lifestyle choices that have a positive effect on our pathologies.

29) Natural Honeybees Management *Beginner*

Campus Center 904-08

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

Start beekeeping on the right foot for a sustainable natural system in the time of mites, Colony Collapse Disorder, and multiple pests. Material, set-up, low-input & low-labor system of apiculture, and natural management. There will be time to discuss issues you are interested to bring up within the topic.

30) Nature as Mentor: Raising Pigs in the Woods **BF Track** *Intermediate*

Campus Center 903

**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.

31) No Grain Dairy, Beef, Sheep and Goat Nutrition **ND Track** *Advanced*

Campus Center 905-09

**Rebecca Brown:** Midwestern Bio-Ag soil consultant and Dairy Herd Manager.

Balancing the cow and small ruminant diet in a no-grain situation is full of limitation but there is a lot that can be done to maximize performance through managing for biological soils, nutrient-rich pasture, diverse plant species, using annuals and crop rotation, and using feed tests to match feeds that compliment each other. The main focus is on cattle.

32) Overcoming Environmental Illness *All Levels*

Campus Center 163C

**Robin Organ:** Executive Director/Founder of Green Schools.

I will detail how I learned how to choose health for myself and my family after becoming extremely ill. Learn how environmental toxins burden our immune systems and our planet and how we can learn the tools to fight back for our health! [More info](#).

33) Permaculture Techniques For Your Garden **PC Track** *Beginner*

Campus Center Reading Room

**Aaron Guman:** Certified permaculture designer and educator pursuing graduate studies in agroforestry. Learn techniques and principles to use in your garden ecosystem. Participants will learn about applying permaculture to both annuals and perennials, and integrating the two. From garden design to planting and maintenance, leave with a grasp of the basic concepts, a permaculture pattern language, and a toolkit to get you started.

34) Protecting Your Working Body: Self care & Ergonomics for Farmers **BF Track** *All Levels*

Campus Center 911-15

**Lydia Irons:** Licensed Massage Therapist, working with farmers, gardeners, carpenters, and mechanics. Participants will learn anatomy, good body mechanics and injury prevention as they relate to the specific physical challenges of farm work. We will cover the five movement categories that dominate farm work and specific ways to prepare, maintain, and restore the body for each. Lots of time for Q&A. Handouts provided.

35) Silicon Soil Fertility and Nutrition **ND Track** *Intermediate*

Campus Center 165-69

**Joseph Heckman:** Professor Soil Science teaches classes in Organic Crop Production, Soil Fertility, and Agroecology.

Silicon, a beneficial nutrient, increases mechanical strength, suppresses disease, and increases yield of pumpkin, wheat, and other crops. Harvest can remove over 100 pounds of silicon per acre. Return of crop residues to the land, along with mineral supplements can help to sustain soil fertility in an organic farming system.

36) Simple Lacto-fermentation *Beginner*

Campus Center 162-75

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

All the how tos of making great lacto-fermented products for home use. We will make sauerkraut, pickles, beet kvass and kimchee. All the tools and techniques to succeed will be introduced as well as a discussion of the health and environmental benefits of this method of preserving the harvest. Samples to inspire will be given out!

37) Site Analysis and Assessment for Permaculture Design *OLC & PC Track Intermediate*

Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dining Commons

**Lisa DePiano:** Certified permaculture designer/teacher and faculty member for the Yestermorrow Design/Build School.

**Ryan Harb:** Sustainability and Permaculture Manager for UMass Amherst Auxiliary Enterprises.

We'll meet at the future site of the next UMass Permaculture garden, to be initiated in Fall 2012.

Ecological farming and landscape design begins with a deep understanding of the site. Join our team of permaculture designers for a hands-on workshop in site analysis and assessment. Study and evaluate the landform, water, plants, sun patterns, etc on the site of the next UMass permaculture garden. Workshop is based on information presented in wkshp #2, "Basemapping for Landscape Planning & Permaculture Design."

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

Campus Center 804-08

**Carolyn Llewellyn:** Helped found two successful CSAs, and now works as farm educator.

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.

39) Vision for Food Self-Reliance for New England *All Levels*

Campus Center Auditorium

**Chellie Pingree:** Member of the Agriculture Committee in Congress, working to reform farm policy with interests of sustainable farmers and consumers in mind.

**Russel Libby:** Executive Director, Maine Organic Farmers and Gardeners Association, working on food policy.

New England could produce much more of its food. It will take a combination of your actions and changes in policy and support. We will talk about some ways to make it happen. [More info.](#)

40) Widening the Palette of Covercrops *Intermediate*

Campus Center 101

**Mary-Howell Martens:** Manages feed and seed division of Lakeview Organic Grain.



**Klaas Martens:** Farms 1,400 acres of organic grains.

Throughout the year, we have numerous opportunities for effective covercropping, and a much greater possibility of covercrop species than most Northeast farmers realize. We will discuss different cropping strategies, identify reasonable covercrop goals, and how to develop a year-round covercrop plan for your farm. [More info.](#)

41) Worm Composting Basics *Beginner*

Mary Lyon Basement

**Ben Goldberg:** Making worm bins and composting with worms since 1995.

Keeping worms is educational, practical, easy, and fun. It is also an efficient way to convert food scraps into a rich soil amendment. Learn the how's and why's of worm composting: Bin types, worm ecology, care and feeding, harvesting castings. This will be an interactive workshop.

## **ANIMAL POWER TRACK – FRIDAY, AUGUST 10, 4-5:30 PM**

42) TOUR: Simple Gifts Farm: Ground Driving -- Hitch a team of 1-6 Horses *All Levels*  
TOUR

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

**Dave Bradham:**

Learn to use any number of equines to do the work at hand, such as row crop cultivation as well as large field operations such as plowing and preparing the ground for planting. Twitching logs in the woods with a single or team. Opportunities for hands on experiences with driving horses. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 – FRIDAY, AUGUST 10, 4-5:30 PM**

43) Building Fairy Houses

Cape Cod Lounge

Ages 3 with parent 5-12

**Pamela Kimball:** Pam works to create a sustainable community and enjoy life to the fullest.

Come explore the “land of fairy” together in the natural world. We will share stories of fairies and build fairy houses made of found natural materials outside together. We will tour our fairy houses around the fairy village and then draw pictures of our creations!

44) Creative Writing and Theatre Games

Cape Cod Lounge

Ages 8-12

**Sharlow Hitchcock:** Teen actor, writer and gardener.

**Emily Hitchcock:** Teen actor, writer and gardener.

Do you like to write stories? How about acting them out? We will perfect our story telling and writing skills through character and plot development exercises. We will also do some fun theatre games and activities and show our NOFA spirit by doing some farming related writing and theatre prompts.

#### 45) Weaving with Nature

Cape Cod Lounge

Ages 7-12

**Lorna Wooldridge:** Parent, teacher and creator of [www.wiseowlworkshops.com](http://www.wiseowlworkshops.com)

**Phil Wooldridge:** Parent, gardener, software engineer, fixer of just about anything.

With our portable 7-stick Earth Loom as a focal point, this workshop investigates weaving with natural materials as an art form, and connects this with how animals and insects weave the structures essential to their survival. Includes weaving on the loom and experimenting with different forms of stick weaving.

### **TEEN WORKSHOPS – FRIDAY, AUGUST 10, 4-5:30 PM**

#### 46) How & Why To Keep Bees in Top Bar Hives

Grad Lounge

**Christy Hemenway:** Founder of Gold Star Honeybees, advocate for healthy bees!

**Bonnie Raymond:** Aspiring beekeeper working with Gold Star Honeybees.

Bees in top bar hives thrive on their own natural beeswax. We will talk about why this is important, and delve into the basics of managing a sustainable top bar hive utilizing the bees' amazing honeycomb. The latest updates on Colony Collapse disorder will be discussed as well.

#### 47) Just Because You're An American Teenager Doesn't Mean You Have To Eat Like One!

Grad Lounge

**Michele Jacobson:** Certified Clinical Nutritionist and Author [www.nutritionprescription.biz](http://www.nutritionprescription.biz)

The Western Diet is made up of highly processed, unnatural and fast foods. Misleading labels and false marketing can be a problem, even if you're TRYING to eat well! Come learn what happened to the "traditional" American diet, and find out how to make the best nutritional choices for your optimum health.

### **ADULT WORKSHOPS – SATURDAY, AUGUST 11, 8-9:30 AM**

#### 48) Biotech Threats to Organic Agriculture *Intermediate*

Campus Center 162-75

**Ed Stockman:** Organic Farmer (39 years), Agrobiologist, former NOFA/Mass Organic Extension Educator. The production of genetically engineered crops threatens organic farming, our food supply, our health and the health of our livestock. Organic agriculture and GMO farming cannot coexist, as claimed by the biotech industry and our government. Learn about GE contamination, chemical trespass, legal and marketing threats from GE crops, and what can be done to stem the tide.

#### 49) Common Herbs, Common Ailments, Common Remedies *Beginner*

Mary Lyon Basement

**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.

50) Creating a Permaculture Farm **PC Track** *All Levels*

Campus Center 174-76

**Andrew Faust:** Premier permaculture teacher with two decades of experience in Northeast.  
www.homebiome.com

Learn how to design your farm with the insights and techniques of permaculture. Options for fruits, nuts and berries, and wildlife corridors. Gravity fed rain water; silva pasture; orchards; natural buildings for animals, interns, and guests; off grid energy approaches for farms. [More info.](#)

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

Campus Center 163C

**Dan Kaplan:** Manager of Brookfield Farm, a 525-member CSA, since 1994.

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

52) Cultivating Mushrooms, How and Why *All Levels*

Campus Center Reading Room

**Glenn Coville:** farming organically for 17 years, growing mushrooms for 6.

I will teach every step of growing mushrooms, from the lab to the growroom or garden. I will explain the benefits of integrating mushrooms into your garden and farm, such as increased availability of minerals, expanded root zones, filtration of pathogens in barn run-off, and remediation of toxic chemicals in the soil. [More info.](#)

53) Fair Trade Model on The Farm & In Our Lives *All Levels*

Mary Lyon Classroom

**Louis Battalen:** NOFA representative to DFTA, homesteader, & small farm orchardist.

**Kerstin Lindgren:** Kerstin Lindgren is executive director of Domestic Fair Trade Association.

What does an authentic domestic fair trade movement look like? What role can the Domestic Fair Trade Association, its members such as NOFA, and individual farmers, farm workers, and consumers play in its realization? Come discuss challenges and share examples of incorporating DFTA principles into our businesses, shopping, and organizations. [More info.](#)

54) Farm-built Wireless Greenhouse Monitor **BF & SE Track** *All Levels*

Campus Center 917

**Benjamin Shute:** Farmer at Hearty Roots Community Farm, blogger for www.farmhack.net.

**Louis Thiery:** Electrical and software engineer.

Get hands-on experience with a new farm-built tool that can alert farmers to greenhouse temperatures via text message. This tool is made using easily obtained parts with straightforward assembly. We will build one in the workshop, go over parts sources, and practice setting the tool up. [More info.](#)

55) Grazing Basics 101 *Beginner*

Campus Center 804-08

**Mike Ghia:** Private farm consultant and former Grazing Technical Assistant with UVM.

Using real examples of different grazing systems, we will cover the basic principles of plant growth; avoiding overgrazing damage; grazing heights; determining recovery periods; determining paddock size and acreage needs; paddock design and layout; designing lanes, fences and water systems; parasite management; and avoiding common grazing mistakes.

56) Growing Quality Food Biodynamically **ND Track** *Intermediate*

Campus Center 168C

**Mac Mead:** Director, The Pfeiffer Center; 37 years experience in biodynamic farming.

I will show how to apply biodynamic principles for practical farming and gardening to enhance the quality of our soils, plants, and animals. We will cover: farm individuality, raised beds, planting calendar, biodynamic preparations, weed/pest management and fungus control.

57) Improved Garden Production **SE Track** *Beginner*

Campus Center Auditorium

**Steve Walach:** Has managed large school gardens for twelve years.

Most gardeners limit themselves to Memorial Day starts and Labor Day finishes. Learn how low-tech row coverings plus strategically timed seeding schedules, crop sequences, and fertility treatments can make your gardens almost as productive as the pros -- and nearly year-round.

58) Introduction to Edible Forest Gardening **PC Track** *Beginner*

Campus Center 101

**Connor Stedman:** M.S. candidate in Ecological Planning at the University of Vermont.

This workshop explores how to create diverse, small-scale food forestry systems in a temperate climate. Participants will learn important factors in forest garden site assessment, design and management, as well as key forest garden crops and support plants for our region.

59) Knots for Farming and Living *All Levels*

Campus Center 911-15

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

Knots are an essential farming and living skill. I teach using muscle memory so when you need a knot quickly, and your mind is confused, your hands will know what to do. We will explore important knots for the farmer; then learn how to make lanyards and buttons for clothing.

60) Mitigating Radioactive Toxicity in Agricultural Produce **ND Track** *All Levels*

Campus Center 904-08

**Tom Vanacore:** Has been involved in soil remineralization efforts for nearly 30 years.

An overview of the history of toxicity mitigation in agriculture using organic methods. From Chernobyl to Fukushima, approaches and methodologies will be presented and discussed with a focus on intensive organic farming methods involving beneficial microbes, mineralization, and water purification. I will discuss problems facing agriculture from regional fallout events in light of our region's four aging nuclear reactors. [More info.](#)

61) Poultry in the Brooder – Getting off on the Right Foot *Beginner*

Campus Center 903

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

Brooding is the first important step in young poultry. This in-depth workshop will cover the details of ensuring your birds get off to a good start. We'll cover brooder set up, heating, feeding, watering, and management strategies to avoid potential hazards.

62) Soil Health **OLC Track** *All Levels*

Campus Center 811-15

**Bill Duesing:** Long time organic farmer & author of "Living on the Earth."

Using the local ecosystem and nature's processes as a starting place, I'll teach the most important aspects of soil health: what it is, where it comes from and how to achieve it. I'll focus especially on the role of leaves in building a healthy soil. [More info.](#)

63) Starting a Farm – Mine and Yours **BF Track** *All Levels*

Campus Center 165-69

**Elizabeth Henderson:** CSA Farmer for 22 years & author of "Sharing the Harvest."

Having started three farms myself, I'll share stories and photos of my beginnings and help participants think through resources you need – physical, financial, and mental – to start a farm, or expand a garden into a commercial enterprise. I stress substituting creativity for loans or a trust fund and point to many resources.

64) Stewardship for the Cultivated Landscape **OLC Track** *Intermediate*

Campus Center 805-09

**Monique Allen:** Landscape Designer & Contractor, MA Conservation Commissioner, Seasoned Business Owner.

Learn strategies for assessing and caring for designed landscapes over time. We'll cover site analysis, designed layout, water use & conservation, plant species & health, and ecological succession. Gain tools for analyzing and managing landscape systems and cycles as they mature – focusing on 10+ year old landscapes.

65) Tools for Keeping your Farm and Animals Healthy *All Levels*

Campus Center 905-09

**Christina Chambreau:** Internationally known homeopathic veterinarian, speaker, author committed to planetary health.

Health is more than just the absence of disease. Learn techniques to evaluate the current health status of the soil, pets, livestock - the whole farm – often before illness is apparent. Using examples from the class, also see how to know which treatments and interventions are the most deeply curative. [More info.](#)

66) Water bath and Pressure Canning for Beginners *Beginner*

Student Union Kitchen

**Clio Fisher:** Canning since 1957, growing my own since 1974.

I will explain the equipment used for water bath and pressure canning, demonstrate the process with as much help from attendees as possible, cover all safety issues about pressure canners and low and high acid foods, explain storage of canned foods, stock rotation, and how to manage empty canning jars.

67) TOUR: Many Hands Farm Corps Farm: DIY Greenhouse Frame Construction **BF & SE Track** *All Levels*  
TOUR

**Ryan Karb:** Farmer and Co-founder of Many Hands Farm Corps.

I will demonstrate the materials needed and the process for constructing a greenhouse frame. Participants will be given hands on experience in constructing gothic arches from wood boards.  
DIRECTIONS: From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street and continue onto Pelham Rd (1.2mi). Sign on left for Many Hands Farm Corp. TOTAL DRIVING TIME FROM UMass - 9 MINUTES.  
ADDRESS: 132 Pelham Rd, Amherst, MA. ARRANGE CARPOOLS, USING THE —TOUR RIDE BOARD.

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

68) TOUR: UMass Research Farm: Hands-on Insect Ecology and Management *All Levels*  
TOUR

**Ruth Hazzard:** Publishes insect and vegetable ecology observations in Vegetable Notes newsletter. COFFEE AND TEA WILL BE AVAILABLE. Insect predators (wild or released) can sometimes keep insect pests in check – and sometimes not. Sharpen your insect scouting skills in this hands-on tour. Learn cultural practices and timing for a healthier crop. We'll discuss what we find and plan for effective pest management on participants' farms. 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 North, Deerfield, MA, 01373. [Link to google map directions here.](#)

### **ANIMAL POWER TRACK – SATURDAY, AUGUST 11, 8-9:30 AM**

69) TOUR: Simple Gifts Farm: Equine Care: Nutrition, Hoof Care, and Housing *All Levels*  
TOUR

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

**Dave Bradham:**

Learn how to feed equines used for work. Includes information on proper balancing of protein in the diet, hoof care considerations and whether to shoe your animal or go barefoot. Also notes on providing housing for animals in New England and basic medical care. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 – SATURDAY, AUGUST 11, 8-9:30 AM**

70) Buttermaking For Kids

Cape Cod Lounge

Ages 5-12

**Gavin Harper:** Homeschooled brother of four, organic farm born and raised.

**Jennifer Byington:** Homeschooling mother of four, organic farmer.

We will make farm fresh organic butter by hand. Workshop limited to 10 participants.

71) Rabbits!!

Cape Cod Lounge

Ages 9-12

**Leslie Ardison:** I have been working with youth groups and rabbits for 16 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.

72) Stories, Songs, and Dance

Cape Cod Lounge

Ages 5-10

**Jim Conner:** Elementary School Music Teacher, Gardener and Beekeeper

Children will participate in movement stories and song stories from around the world, and learn a traditional folk dance or two. We will visit different cultures, explore body movements, and get a little fun exercise along the way.

## **TEEN WORKSHOPS – SATURDAY, AUGUST 11, 8-9:30 AM**

### 73) Yoga and Ti Chi for Teens

Grad Lounge

**Terry Myers:** Gardener, Parent, music and yoga teacher

In both yoga and Ti Chi, the aim is to energize the body and relax the mind using gentle body movements, stretching & breath awareness. Find out why this 4000 year old practice is still popular today.

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

### 74) Acquiring Your Farm *All Levels*

Campus Center 804-08

**Bob Bernstein:** Land for Good co-director, experienced working with farm-seekers, farmers, non-farming landowners.

**Mike Ghia:** Land For Good Vermont field-staff, experienced with farm acquisition & business planning. Working in groups, participants will explore the topics of holding land, financial assessment, ownership, finding farms, leasing, communication & negotiation and community partners. Participants may prepare ahead using an online course called Acquiring Your Farm ([www.newsite.landforgood.org](http://www.newsite.landforgood.org)). Farm seekers may follow up independently or with a Land For Good coach. [More info.](#)

### 75) Advanced Lacto-Fermentation (Vegetables) *Advanced*

Campus Center 168C

**Dan Rosenberg:** Professional pickler and founder of Real Pickles.

This is a discussion-based workshop for those with prior experience lactofermenting vegetables. It's an opportunity to discuss successes and challenges, trade ideas, etc. You're welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters. [More info.](#)

### 76) Backyard Chickens *Beginner*

Campus Center 174-76

**Pam Raymond:** They raise grass fed beef, pastured broilers, free range layers and grass fed pigs. They also have organic vegetable gardens in Hatfield, MA.

**David Turner:** SHARED BIO

There will be information on breed selection, raising day old chicks, coop requirements, raising layers and/or broilers, free ranging/pasturing, deep litter, handling predators, feeding requirements, general chicken information, and lots of resource materials.

### 77) Biological Farm Management **ND Track** *Intermediate*

Campus Center 165-69

**Dave Llewellyn:** Manages the CSA, apprentice program, and soil fertility at Glynwood. Biological farm management practices focus on the bottom of the food chain, the microbiology which supports plant health. Participants will gain a basic understanding of the soil food web, soil science, and fertility management practices. Methods for crop production, pasture and hayfield improvement, and composting will be discussed.

78) Broccolitas: The 10 Year Broccoli Wonder **PC Track** *Intermediate*  
Campus Center 811-15

**Jonathan Bates:** Owner grower of Food Forest Farm, permaculturenursery.com. Learn how to grow the perennial "broccolitas", sea kale and Turkish rocket broccoli. Through pictures and discussion, we will learn how to grow and eat them, understand pest and disease issues, and talk about their potential as a new spring agricultural crop.

79) Composting: Theory and Practice **OLC Track** *All Levels*  
Campus Center 101

**Lee Reich:** Farmdener, writer, researcher, and consultant. The how and the why of composting, everything from designing an enclosure to what to add (and what not to add) to what can go wrong (and how to right it). How to know when compost is ready and how to make best use of compost once you've made it.

80) Documented Health Risks of Genetically Modified Foods *All Levels*  
Campus Center Auditorium

**Jeffrey Smith:** World-renowned expert and activist on health risks of GMO foods. Explore the overwhelming evidence that GMO foods aren't safe. Health problems experienced by laboratory animals fed GMOs parallel those discovered in livestock, and are also reflected in the types of disorders and diseases on the rise in the US population since GMOs were introduced. Understand the theoretical and empirical evidence, and how to unspin the biotech industry lies and attempts to distort and deny the facts.

81) Easy no-Knead Artisan Bread at Home *All Levels*  
Student Union Kitchen

**Linda Ugelow:** Farmer, Natural vision coach, JourneyDance leader, and nutritious bread baker. 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, and pita for cooking in the oven and on the stove.

82) Farming Smarter, Not Harder: Planning for Profit (pt 1 of 2) **BF Track** *All Levels*  
Campus Center 163C

**Richard Wiswall:** Consults and speaks on business of organic farming. Author, "The Organic Farmer's Business Handbook." Many farmers avoid learning about the business end of farming. Because of this they often work harder than they need to, or quit farming altogether because of frustrating – and often avoidable – losses. This workshop will focus on the planning and analysis tools needed to run a profitable farm, in an easy, step-by-step format. [More info.](#)

83) Forest Succession's Lessons for Ecological Garden Design **PC Track** *Intermediate*  
Campus Center 162-75



**Dave Jacke:** Edible ecosystem designer and researcher.

If we leave bare soil alone it eventually turns into forest. Most gardeners fight this process of ecosystem change—succession—by weeding, tilling, etc., constantly motoring against this successional “wind”.

Why not use this wind like a sailboat on the breeze? Let’s explore forest succession’s lessons for new approaches to food production.

84) Home Birth *All Levels*

Mary Lyon Basement

**Jennifer Byington:** Homeschooling mother of four, organic farmer.

I will briefly review of the evolution of the main choices available to women giving birth in the US today.

I will discuss advantages and disadvantages to delivering a baby at home. I will, then, answer questions in order to tailor the workshop to the specific needs of the participants.

85) How & Why to Keep Bees in Top Bar Hives *All Levels*

Campus Center 917

**Christy Hemenway:** Founder of Gold Star Honeybees, advocate for healthy bees!

[www.goldstarhoneybees.com](http://www.goldstarhoneybees.com)

**Bonnie Raymond:** Aspiring beekeeper working with Gold Star Honeybees.

Bees in top bar hives thrive on their own natural beeswax. We will talk about why this is important, and delve into the basics of managing a sustainable top bar hive utilizing the bees’ amazing honeycomb. The latest updates on Colony Collapse disorder will be discussed as well.

86) Hows and Whys of Building Soil Biology **OLC Track** *All Levels*

Campus Center Reading Room

**Joe Magazzi:** Microbiologist that develops biological products for agriculture and turf care.

This workshop will cover from basic through more advanced principles of soil microbiology, and the multiple benefits of building soil microbiology for growers and turf care professionals. We will cover the methods for measuring and increasing soil biology (the soil food web) from bio-stimulation to bio-supplementation. [More info](#).

87) 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! Prepare to be in the sun.

88) Micro-dairying **BF Track** *All Levels*

Campus Center 905-09

**Sarah Fournier-Scanlon:** Loving the cows, recreating a farm in community.

Small-scale dairies with direct sales have the potential to fill a vital gap in local foodsheds. We will discuss affordable set-up and infrastructure for a certified dairy, marketing, creative financing, management economics, and the possibility for this to be a sustainable and regenerative farming business in community.

89) Mindful Eating: Creating New Food Habits *All levels*

Campus Center 904-08

**Valerie Spain:** Mindfulness coach, entrepreneur, writer, artist, 20+ years Type1 diabetes;  
www.notadiabetic.wordpress.com.

Mindfulness practitioners can identify thoughts/feelings that lead to emotional eating and habits that undermine health. We'll learn several relaxation techniques, do a mindful eating exercise; and review possible links between the diabetes and obesity epidemics and the hybridization of wheat, and the chemicals and food additives known to disrupt human metabolism. [More info](#).

90) Organic Farming: Culture, Character, & Landscape *Intermediate*

Campus Center 903

**Joseph Heckman:** Professor Soil Science teaches Organic Crop Production, Soil Fertility, and Agroecology.

A farm landscape is said to create a self-portrait of the farmer. If the dichotomy of chemical farming versus organic farming is a function of human culture and character structure, how does this affect physiological and psychological health and well being?

91) Perennial Division 101 *Beginner*

Mary Lyon Classroom

**Elaine Peterson:** Perennial and Herbal Gardener for over 30 years.

Ever wonder what to do with all those plants you bought years ago that are now out of control? I'll show you with live plants, the best division methods. I'll talk about times to divide certain types and how often and how to prepare the soil before replanting.

92) Raising Rabbits Organically *All Levels*

Outside: Meet at the rabbits in the Northeast Residential Area

**Leslie Ardison:** Has raised rabbits for 18 years.

I will show rabbits to compare breeds. Topics: nutrition, housing, and handling. Learn to check for mites, abscesses, and teeth problems, trim nails, and know if a doe is carrying kits. Consider choices: Pellets (finding or mixing organic feed) vs. garden greens; pastured vs. cages; heritage vs. modern breeds; fur or wool. Handouts with bibliography provided.

93) Small Engine & Lawnmower Repair *All Levels*

Outside: Meet at the lawnmowers in the Northeast Residential Area

**Robert Fuqua:** Worked as small engine mechanic.

Will cover lawnmower trouble-shooting and maintenance and 4 cycle engine repair.

94) Starting and Maintaining a School Garden *Intermediate*

Campus Center 805-09

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

**Lily Rose:** Middle School student garden club leader, environmental advocate.

Areas to be discussed includes brief overview of BCMS garden, defining your mission (donations, cafeteria use, sale to public), structuring garden times during and after school, school garden friendly veggies, maximum use of space, selling your project to administration, and more.

95) Urban Bioshelters for Resilient Urban Ecologies *SE Track All Levels*

Campus Center 911-15

**Scott Kellogg:** Educational director of the Radix Center ([www.radixcenter.org](http://www.radixcenter.org)) and author of “Toolbox for Sustainable City Living”.

The Radix Center’s bioshelter, based in Albany, NY, contains numerous sustainable systems designed for food production and environmental education. These include: passive solar heating, aquaponics (fish+plants+ worms+microbes), microlivestock (chickens & rabbits), biothermal heating, mushroom production, vermicomposting, microgreens, and bioremediation research. We’ll discuss successes and failures of its first year of operation.

96) TOUR: Many Hands Farm Corps Farm: DIY Well-Driving *All Levels*

TOUR

**Ryan Karb:** Farmer and Co-founder of Many Hands Farm Corps

I will demonstrate the materials needed and the process for driving a shallow well for less than 150\$.

Participants will be given hands on experience in driving a well and will be shown both electric and non

electric wells. DIRECTIONS: From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street and continue onto Pelham Rd (1.2mi). Sign on left for Many Hands Farm Corp. TOTAL DRIVING TIME FROM UMass - 9

MINUTES. ADDRESS: 132 Pelham Rd, Amherst, MA. ARRANGE CARPOOLS, USING THE —TOUR RIDE BOARD. PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

97) TOUR: Student Farm at UMass Research Farm - Growing for Fall and Winter Harvests *SE Track All*

*Levels*

TOUR

**Amanda Brown:** Extension Educator, UMass Extension Agriculture and Landscape Program.

We will tour and discuss UMass research trials that focus on season extension, overwintering of crops, and using low tunnels to produce for an early spring market. We’ll also look at the production systems used by the UMass Student Farming Enterprise for fall harvest and storage of vegetable crops.

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 North, Deerfield, MA, 01373. [Link to google map directions here.](#)

## **ANIMAL POWER TRACK – SATURDAY, AUGUST 11, 10-11:30 AM**

98) TOUR: Simple Gifts Farm: Row Cultivation with a Team of Horses or Single Horse *All Levels*

TOUR

**Dave Bradham:**

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

[Description Coming Soon] DIRECTIONS: Drive north from the UMass campus on North Pleasant St.

Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 – SATURDAY, AUGUST 11, 10-11:30 AM**

### 99) Cattle Care

Cape Cod Lounge

Ages 5-12

**Bradley Teeter:** Farm Manager at the Farm School

Kids will get acquainted with one young oxen steer, handling him, grooming him and eventually leading him around a yard with a lead rope.

### 100) Easy Pin Cushions

Cape Cod Lounge

Ages 7-12

**Mary Lou Conna:** Former scout leader, former elementary teacher, and crafter.

We will make pin cushions that have an almost human shape which can. Children should be able to thread a needle.

### 101) Hopscotch for Hip Kids

Cape Cod Lounge

Ages 7-12

**Santina King:** Musician, dancer, current USM Student with BA degree in Linguistics.

I 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! If it rains we will play Sign Language games, memory games, and any other game requests!

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

### 102) 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.

### 103) Food For Thought

Grad Lounge

**John Wang:** Youth development worker and Real Food Advocate.

**Student Interns with the Food Project:**

Participants will learn how youth at The Food Project are helping to create a successful curriculum to educate and partner with community members to make positive change in the food system. We hope some of the participants will take some of these lessons back to their own communities.

## **ADULT WORKSHOPS – SATURDAY, AUGUST 11, 1-2:30 PM**

### 104) Bacterial & Fungal Species in Mineral Availability & Transmutation *ND Track Advanced*

Campus Center 168C

**Dan Kittredge:** Farmer, father, husband, entrepreneur, non-profit director, working to understand life. This workshop will cover a number of bacterial and fungal species and the best science available on their roles in making minerals available in soil. I'll also present science regarding their capacities to make minerals that are not already present.

105) Cold-Climate Commercial-Scale Wet Rice in Practice *All Levels*

Campus Center 903

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

**Judd Markowski:** Freelance heavy equipment specialist in Vermont.

Boundbrook Farm is now in its third season of wet rice production, now on 6 acres of paddies. We will relate our experience setting up a commercial-scale rice project, with attention to questions of hydrology, siting, layout, irrigation, seedling nurseries, and appropriate rice-specific equipment like transplanters and hullers, as well as the use of weeder ducks.

106) Cooperative BioBalance & Tree Whispering *All Levels*

Campus Center 911-15

**Jim Conroy:** Author. PhD. Plant Pathology, [www.CooperativeBioBalance.org](http://www.CooperativeBioBalance.org), teacher, CTNOFA Landcare Certified.

**Ms. Basia Alexander:** Author, Chief Listener, teacher, healer, co-creative practitioner, [www.TreeWhispering.com](http://www.TreeWhispering.com).

Climate disruption brings new diseases/insects. Learn about bioenergetically reconnecting ecosystems so plants are less vulnerable and work in harmony. Step inside plants' world in guided visualization to come from their point of view. Learn how plants can be healed, thus mitigate/sink carbon. Transform to new mindset of cooperation, partnership, equality.

107) Cooperatives in Farming and the Food System *BF Track Beginner*

Campus Center 917

**Mary Hoyer:** works with the Cooperative Fund of New England.

**Adam Trott:** works at Collective Copies and the Valley Alliance of Worker Co-ops.

**Suzette Snow-Cobb:** General manager for Green Fields and McCuskers Markets.

We will explain three basic forms of co-ops--producer, consumer, and worker--and the roles they play in agriculture and the food system. We'll compare co-ops with other business forms, and provide information on support organizations for co-op start-ups and expansions as well as case studies of various co-ops.

108) Farmer-Friendly Enterprise Budgets Made Simple (pt 2 of 2) *BF Track All Levels*

Campus Center 163C

**Richard Wiswall:** Consults and speaks on business of organic farming. Author, "The Organic Farmer's Business Handbook."

Are you making a profit with your current sales prices? This group working session will simplify and enlighten the process of determining production costs for any of your farm endeavors, and show which ones are making money. Beginning and seasoned farmers alike will benefit, and share in some eye opening results.

109) Fruit for Small Spaces *OLC Track All Levels*

Campus Center 101

**Lee Reich:** Farmdener, writer, researcher, and consultant.

A small garden is no impediment to fruit growing. Lowbush blueberries, currants, gooseberries, and super dwarf apples are among fruits that fit well into small gardens. I'll present the fruits and techniques needed to reap delectable rewards from spaces as small as a balcony to as "large" as a small, suburban yard.

110) Getting Organized for GMO Activism in MA *All Levels*

Campus Center Auditorium

**Jeffrey Smith:** World-renowned expert and activist on health risks of GMO foods.

The non-GMO buzz has erupted into activism nationwide resulting in more than 20 states introducing GMO labeling bills, 1000s of people involved in GMO outreach and education, and a real chance of knocking GMOs out of the food supply through consumer rejection, labeling, and other means. Be part of a discussion on getting active in Massachusetts to protect our food, environment, and future generations.

111) Getting Started in Beekeeping *All Levels*

Campus Center 904-08

**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.

112) Grass-fed Beef: Genetics, & Grazing Season Extension *All Levels*

Campus Center 905-09

**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.

113) Homeopathy for Summer First Aid *Beginner*

Campus Center 805-09

**Jeanne Deignan-Kosmides:** Homeopath, Beekeeper, Biodynamic Gardener, Yoga & Meditation Teacher and Therapist.

Homeopathic remedies are safe, gentle, non-toxic, & without side effects. They can help heal sunburns, garden strains, summer colds, bug bites, skin rashes, etc. The remedies help relieve pain and speed healing. Come learn the basics of homeopathy so you can choose this low-cost healing alternative.

114) Keeping Dairy Goats *Beginner*

Outside: Meet at the goats in the Northeast Residential Area

**Alisande Cunningham Sweeney:** Runs Juniper Hill Farm, an educational homestead in Amherst, MA.

Learn to keep dairy goats healthy and happy. Info on getting started, choosing a breed, basic equipment for a home dairy, feeding, milking, and cheese-making. Pasture management using coppicing and the best shrubs and trees to add nutrition to the diet will also be discussed. Features live young goats under the big trees.

115) Make Your Own Flavored Oils and Vinegars *All Levels*

Student Union Kitchen

**Leslie Cerier:** Chef, Author, Educator: Local, Seasonal, Whole Foods, Health, Vitality  
www.lesliecerier.com

Herbs, spices, edible flowers, fruits, mushrooms, and other wild foods are excellent choices for making flavored oils and vinegars. Learn which oils and vinegars to use; how to mix and match ingredients; which ingredients turn vinegars lovely hues; preserve summer in a bottle; makes great gifts, too.

116) Organic Lawn and Land Care: A System's Approach **OLC Track** *All Levels*

Campus Center 165-69

**Chip Osborne:** Natural turf and landcare consultant. NOFA AOLCP.

Organic means different things to different people. In this workshop we will discuss different ways of looking at and creating protocols and programs to manage different aspects of the landscape with chemical free strategies.

117) Practical Skills for Urban Gardening *Beginner*

Campus Center Reading Room

**Karen Washington:** Urban farmer and food activist. Co- Founder of Black Urban Growers .

Growing food in cities is nothing new. Hear from someone who's been doing it for over 25 years. Learn what it takes to grow plants in an urban setting. What are the challenges? What are the rewards? Participants will come away with skills needed to develop their own garden plan.

118) Radical Kitchens *All Levels*

Campus Center 804-08

**Adrie Lester:** Co-owner of Wheatberry and Pioneer Valley Heritage Grain.

Making nourishing foods is a gift to yourself and your family, but how can you do it in the real world without driving yourself crazy? Recipes, tips, and skills to transform your kitchen and your family's health. [More info.](#)

119) Root Cellars and Farmstead Storage Options **SE Track** *Intermediate*

Campus Center 811-15

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

It is possible to save money, gas, fuel, and electricity with proper storage of crops and foods. I will discuss aspects of operation, design, and construction of farm scale root cellars, homestead basement retrofits, suburban options, as well as other structures such as solar drying structures currently being built in the Northeast. Participants will receive crop storage chart handouts. [More info.](#)

120) Small Scale Aquaculture and 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 demonstrate the UMass Aquaculture project, growing tilapia and largemouth bass in recirculating synergistic systems with greens and vegetables. We will discuss fish species, water quality, feed, nutrient balance, lighting options and legal requirements and demonstrate different aquaponics systems. The system is affordable, accessible, and applicable to backyard growers. Hand-outs provided. DIRECTIONS: Walk down the road on the north side of the Parking Garage (toward the Mullins Center). The lab is on the right, just after the garage. Watch for signs.

121) Sprouting for High Nutrition *All Levels*

Mary Lyon Classroom

**Robert Burns:** Growing sprouts commercially and teaching others since 2000 in SE Connecticut.

Learn to save seed for sprouting at home or commercially and all the steps of producing and marketing this low cost & very high nutrition food. There will be a hands-on demonstration of equipment needed. [More info.](#)

122) Steiner, Albrecht & others: Conflict & Commonality **ND Track** *Advanced*

Campus Center 174-76

**Klaas Martens:** Applies organic visionaries' insights in farming 1,400 acres of organic grains. We will compare the ideas and insights that led to modern organic farming. Visionaries including Albrecht, Steiner, Howard, and Goethe contributed ideas that helped shape and define organic agriculture. Were their theories complimentary or contradictory? How can we apply them in the management of our farms today?

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

Campus Center 162-75

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

A report on the Whole Systems Design Research Farm, 8 years in. See the systems and species used in converting 10 degraded acres of swampy and ledgy hillside into a resilient small farm/homestead. Systems include: rice paddies, fuelwood hedges, grazing-perennial crop integration, aquaculture/ponds, swale earthworks, high-performance buildings, soil decompaction, terraquaculture/fertigation, mushrooms, and more.

124) Tonic Herbs for Optimal Nourishment *Intermediate*

Mary Lyon Basement

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

Explore the deep green nutrition available from a range of common plants. Vitamins and minerals abound as well as that "special something", the ability of some plants to enliven and vitalise every cell in our bodies. Learn which plants can tonify each body system. Taste herbal preparations. Handouts for further study.

125) TOUR: Beaver Lodge: Sustainable Home and Landscape **OLC Track** *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.](#)

126) TOUR: Brookfield Farm: CSA Systems **CSA Track** *All Levels*

TOUR

**Pete McLean:** Assistant Manager of Brookfield Farm, a 525-member CSA, since 2010.



Brookfield Farm has been running as a CSA for 25 years. This farm tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-shared 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. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 24 Hulst Road, Amherst, MA. ARRANGE CARPOOLS, USING THE —TOUR RIDE BOARD PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

127) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing **CSA Track** *All Levels*  
TOUR

**Ryan Voiland:** Owner and Manager of Red Fire Farm, growing 85 acres of organic vegetables. In the first 30min, we will look at mechanical cultivation tools and strategies to minimize weeds with little hand labor. In the second half of the tour, we will present produce harvest and packing strategies to reduce grunt work and improve efficiency for picking and washing crops. We will tour the recently renovated and expanded packing barn and winter storage chambers, which feature a geothermal refrigeration system. 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. 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.](#)

## **ANIMAL POWER TRACK – SATURDAY, AUGUST 11, 1-2:30 PM**

128) TOUR: Simple Gifts Farm: Plowing *All Levels*  
TOUR

**Dave Bradham:**

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

[Description Coming Soon] DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 – SATURDAY, AUGUST 11, 1-2:30 PM**

129) Children's Parade & Celebration Prep  
All Ages

**Children's Confernece Teachers:**

Singing songs, decorating floats, creating community, having fun, producing a wonderful parade for everyone involved. The children's conference teachers will help the children make hats and streamers or decorate the golf cart. We will sing, paint faces, dress up, and have a great time getting ready for the

annual parade.

## **TEEN WORKSHOPS – SATURDAY, AUGUST 11, 1-2:30 PM**

### 130) Jam Session

Grad Lounge

**Rick King:** Musician and parent who loves to encourage teen musicians"

Teen jam session lead by local blues guitarist and singer. Singing and jamming together is a great way to build friendships. Email song and key ideas to [childrens@nofaconference.org](mailto:childrens@nofaconference.org) and teen coordinator will send out song list and music in July, or just drop by and play or listen.

### 131) Working Oxen

Grad Lounge

**Bradley Teeter:** Farm Manager at the Farm School

I will be showing the participants how to drive a steer in the yoke. They will learn voice commands, and how to hitch the steers to a small log or stone boat when they become comfortable in the techniques of driving the team.

## **WORKSHOPS DURING THE FAIR**

### 132) Take Part in NOFA's Policy Capacity-Building! *All Levels*

**Steve Gilman:** Policy Coordinator for the NOFA Interstate Council.

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.

### 133) Dogs Herd Ducks; Kids Herd Kids *All Levels*

Outside: Meet at the dogs and ducks in the Northeast Residential Area

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

**Jim Lyons:**

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.

### 134) Walking with Goats *All Levels*

Outside: Meet at the goats in the Northeast Residential Area

**Alisande Cunningham Sweeney:** Runs Juniper Hill Farm, an educational homestead in Amherst, MA.

Come for a stroll with adorable goat "kids" and experience the basics of training goats for leash walking and pulling carts. Learn to identify poisonous plants and feed some of the most common plants, shrubs and trees that goats love to eat. Children welcome with adult chaperon.

## **ADULT WORKSHOPS – SUNDAY, AUGUST 12, 8-9:30 AM**

### 135) Advanced Agronomic Techniques *Advanced*

Campus Center Auditorium

**Klaas Martens:** Applies organic visionaries' insights in farming 1,400 acres of organic grains. Let's apply the concepts of early organic visionaries for managing an organic farm. This workshop will develop an understanding of what the weeds, bugs, and diseases of our crops teach us about our soils. The goal is to learn to really see what we are looking at and understand what the land is saying to us.

136) Agroforestry in the Northeast **PC Track** *Intermediate*

Campus Center 162-75

**Connor Stedman:** M.S. candidate in Ecological Planning at the University of Vermont.

This workshop will present an overview of opportunities for agroforestry enterprises in the Northeast. We'll explore traditional agroforestry practices in the Northeast and worldwide, landscape assessment tools for designing site-appropriate agroforestry systems, and a wide range of promising crops for our region.

137) Arcosanti, Paolo Soleri, and Ecological Cities *All Levels*

Campus Center 903

**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 which embody the fusion of architecture with ecology, and 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 urban solar and greenhouses for arcologies.

138) Biochar for the Small Farm *All Levels*

Campus Center 804-08

**Bob Wells:** Machine designer, farmer, and agronomic collier, principle owner of New England Biochar LLC.

I will share my experience with biochar as a powerful soil amendment on my own farm, explain how I make it, and discuss the many benefits and challenges that it brings with it.

139) Bioshelters and Greenhouse Innovations **PC and SE Track** *All Levels*

Campus Center 917

**Christopher-Robin Healy:** Permaculture designer and teacher since 1989.

**Montana Tracy:** Permaculture designer and teacher since 2006.

We will present the history of Bioshelters from their beginnings at New Alchemy Institute to current usage. Participants will learn design concepts and how they work. Emphasis on yield potential, and application for farms and gardens. The workshop also touches on urban applications and climate change innovation.

140) Connecting With All Life Through Dowsing *Beginner*

Mary Lyon Basement

**Kate Whitefield:** I have been dowsing energies and teaching others since 1969.

We will present an overview of dowsing history and concepts and teach the use of basic dowsing tools. Moving outdoors, we will experience energy fields of trees, flowing water and other natural features in order to enjoy the sense of expanded awareness and being in tune with the natural world.

141) Conservation on Your Organic Farm *All Levels*

Campus Center 805-09

**Sarah Brown:** Organic Conservation Specialist, Oregon Tilth & the Natural Resource Conservation Service.

**Jeremy Barker-Plotkin:**

**Kate Parsons:** District Conservationist for USDA-NRCS.

The USDA-Natural Resources Conservation Service (NRCS) offers technical and financial assistance to organic producers interested in implementing conservation on their farm. Are you interested in accessing this? Workshop will cover: practical info about using key programs; what is offered and what questions to ask; and a local organic farmer's perspective.

142) Current Approaches to Backyard Gardening *Beginner*

Campus Center Reading Room

**Clio Fisher:** Has gardened in Groton, MA for decades raising vegetables and small fruits.

We'll cover the current garden theories, including J. Jeavons (biointensive), M. Bartholomew (square foot), P. Lanza (lasagna), R. Stout (mulching), C. Deppe's (basic crops), & nutrient dense growing. Info on site selection, bed preparation, seeding in flats or in the soil, mulching, composting, feeding, insect control, harvesting, and preparing for winter in a no-till system.

143) Degenerative Disease & the Promise of Grass Farming *All Levels*

Campus Center 165-69

**Doug Flack:** Grass-farmer, fermented vegetable producer, member Rural Vermont & Weston A. Price Foundation.

Degenerative diseases like cancer, diabetes, heart disease, osteoporosis, mental illness, dental problems, etc., have their largest cause in modern processed foods. High functioning, fully mineralized soils and the products of grass farming are the way out of this human tragedy. This talk covers anthropology, history, and science of our plight, and how to farm and feed our way out.

144) DIY Alternative Energy on the Farm **BF Track** *Intermediate*

Campus Center 174-76

**Bill MacKentley:** Longtime druid greenman and owner of St. Lawrence Nurseries.

This slideshow discusses how we set up photovoltaic, hot water, wind energy, and masonry heaters on our farm. Photos show construction of each separate system using inexpensive, home-built, do-it-yourself construction wherever possible. Emphasis will be on using necessary hardware while integrating innovative material to save money and build a better system.

145) Expanding CSAs into Low-Income Communities *Beginner*

Campus Center 811-15

**Drew Love:** NOFA/Mass Low-Income CSA Program Coordinator.

Participants will learn how to collaborate with community partners to create a successful CSA program for low-income populations. The workshop will discuss the challenges and solutions unique to these programs and discuss lessons to be learned through case study analysis. [More info.](#)

146) Herbs for the Digestive System *All Levels*

Mary Lyon Classroom

**Betsy Bancroft:** Of United Plant Savers and Vermont Center for Integrative Herbalism.

Herbs can be extremely helpful in remedying many digestive problems like gas and constipation and in improving assimilation of food. Learn how aromatics, bitters, astringents and demulcents act on our digestive organs, and how they are most effectively applied. I'll pass around some examples so people can smell or taste the herbs.

147) Mass Farm Law: Zoning, Wetland, Taxes, APR & Nuisance *All Levels*

Campus Center 911-15

**Michael Pill:** Massachusetts licensed attorney specialized in land and agricultural law.

**Bob Ritchie:** General Counsel, MA Dept. of Agriculture, specialized in agricultural and municipal law. Surviving the legal jungle: I will review legal rights and obligations for zoning exemption for farms and farm stands, agricultural exemption from Massachusetts Wetlands Protection Act & Regulations, agricultural land tax classification program, agricultural preservation restrictions & nuisance law.

148) Minerals, Trace Elements, Enzymes and Enzyme Pathways *ND Track Advanced*

Campus Center 168C

**Dan Kittredge:** Farmer, father, husband, entrepreneur, non-profit director, working to understand life. Enzymes are critical compounds needed by living systems to go through many basic biological processes. We will cover what minerals are needed at what points in the life cycle for these systems to work well and strategies to maintain sufficiency throughout the growing season.

149) Organizing Campus Permaculture Transformation *PC Track All Levels*

Campus Center 904-08

**Rachel Dutton:** Sustainability and Permaculture Initiative Coordinator for UMass Amherst Dining Services [www.UMassPermaculture.com](http://www.UMassPermaculture.com)

**Ryan Harb:** Sustainability and Permaculture Manager for UMass Amherst Auxiliary Enterprises. The UMass Permaculture Initiative, which has involved over 1000 volunteers including 300 local youths, has energized and excited both the campus and local community about the benefits of permaculture. Learn about our unique approach to community organizing and how this successful model can be replicated on other school, college, and university campuses.

150) Raising Sheep Organically *All Levels*

Campus Center 905-09

**Kim Mastrianni:** B.S. in Animal Science, raising sheep organically for 7 years. Participants will learn options for managing sheep organically including practices for parasite control, handling, 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.

151) Some Livestock Best Feeding Practices *ND Track All Levels*

Campus Center 163C

**Julie Rawson:** Runs a mixed animal and vegetable operation in Barre, MA. Developed over the past 30 years with pigs, layers, meat birds, turkeys and cows, I will share our best practices for certified organic and free range feeding of these species on limited acreage. The goal is to have the highest quality and best tasting meat and eggs possible from healthy, happy animals and fertilize the farm.

152) Water-Greywater-Rainwater in the Landscape *OLC Track Intermediate*

Campus Center 101

**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.

153) Yoga for Farmers *All Levels*

Outside: Meet at the Registration Tent

**Rebecca Sornson:** farmer, yoga teacher, and craniosacral therapist.

This workshop teaches simple, effective yoga practices for relieving pain and increasing joy on your journey as a farmer. When you feel good, it is way easier to do great work. So, come learn a little yoga that you can integrate into your daily life.

## **ANIMAL POWER TRACK – SUNDAY, AUGUST 12, 8-9:30 AM**

154) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm *All Levels*

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, & the use of both a single and double yoke. We'll discuss basic training, animal care, — “fringe benefits,” and the economics of using oxen on a tractor-operated farm. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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 12, 8-9:30 AM**

155) Gluten Free Baking

Student Union Kitchen

Ages 9-12

**Rayna Palm:** Homeschooled teen farmer /baker

We will bake (and then eat) a luscious gluten free cake that even gluten eaters will enjoy! I will bring recipes and I will cover the basics of gluten free. Adults are welcome too!

156) The Importance of Composting

Cape Cod Lounge

Ages 5-12

**Erin Schminke:** Recent University of Vermont graduate with BA in Environmental Studies

Learn about sustainability and why living sustainably is important for our future. I will especially relate this to food systems and why composting is the key to a closed-loop system. Students will learn how to make a compost pile and compost indoors with red wiggler worms.

## **TEEN WORKSHOPS – SUNDAY, AUGUST 12, 8-9:30 AM**

157) Exploring College Options in Sustainability

Grad Lounge

**Erin Senghas Kassis:** Recent student at Smith College and the University of Massachusetts.

**Nathan Aldrich:** Sustainability Coordinator for UMass Amherst Auxiliary Enterprises.

This workshop explores post-high school options available for studying organic agriculture, permaculture and sustainable practices. We will host a conversation between workshop participants and a panel of recent college graduates about the experience of choosing a college. We will visit some of the college exhibits at the conference.

158) Transformation through Permaculture

Grad Lounge

**Rebekah Rice:** Rebekah Rice raises vegetables, designs buildings and permaculture gardens, and teaches permaculture to all ages.

During this outdoor workshop we will visit the permaculture gardens on campus. We'll explore the ways in which permaculture principles seek to minimize and reverse climate disruption and provide a model for transforming agriculture.

## **ADULT WORKSHOPS – SUNDAY, AUGUST 12, 10-11:30 AM**

159) Best Practices in the Production of Raw Milk **ND Track** *All Levels*

Campus Center 905-09

**Tim Wightman:** Author of the Raw Milk Production Handbook, Chore time video series, Cow Share College Instructor.

For consumers and producers alike. Learn to evaluate the farm, milking herd, and milk collection process to achieve peace of mind and the best quality product. Learn the basic needs of the dairy animal and create balanced approach that is both safe and profitable.

159.5) Building a Homestead Root Cellar **SE Track** *All Levels*

Campus Center Reading Room

**Jack Kittredge:** Homesteader, satisfied builder of his own 1,000 cubic foot root cellar 28 years ago.

We'll learn many ways of storing crops underground for the winter: overwintering in the soil, methods to bury them while maintaining access and preventing rodent or water damage, free standing root cellars in hills, and true root cellars in homes. Advantages of each will be discussed and many illustrations shown.

160) Create a Strategic Plan for Your Farm/Business **BF Track** *Intermediate*

Campus Center 805-09

**Jack Mastrianni:** Enthusiastic grower of organizations, people and plants.

Dreams and visions for your farm/business are wonderful but they are not enough. Don't let success be left up to chance. You will learn a proven approach and apply it. The takeaway is a skeleton strategic plan in your hand and the motivation to continue this essential work.

161) Creating Adult Farm Education Opportunities *All Levels*

Campus Center 911-15

**Grace Jull:** Founder of farmwellness.org and faculty at Kripalu Center.

Explore how to increase a farm's income, labor, public profile and satisfaction through adult farm education programs. Whether its crop mobs, agritourism or wellness programming, join Grace Jull, founder of farmwellness.org and senior faculty at Kripalu Center in expanding and grounding your potential.

162) Digging those Community Roots: The Role of Urban Gardens *All Levels*

Campus Center 168C

**Karen Washington:** President of the New York City Community Garden Coalition and Bronx urban farmer.

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

With over 600 community gardens in New York City and the growing momentum of the urban agriculture movement, we will address what role community gardens play in urban agriculture. We'll discuss urban farming through the lens of food justice, community building and education. How can our gardens grow into or remain vital community resources?

163) Dowsing Your Health *Intermediate*

Mary Lyon Basement

**Carol Gader:** Presenter at American Society of Dowsers, Author, "Dowsing Your Health".

Use a pendulum with charts to determine your personal needs for your best possible health. Determine your vitality index, determine whether you are holding anger or resentment, learn how to read your pH level, etc. I will provide charts. Bring a pendulum. I will have some for sale.

164) Ethics and Purpose in Organic Landcare **OLC Track** *All Levels*

Campus Center 903

**Mike Nadeau:** Plant hugging soil worshiper, sharing and learning from fellow worshipers.

As people who have chosen to care for plants ethically, we assume a deep responsibility. The gift of life itself is in our custody. I'll explore the spiritual boundaries of what we do and why, and facilitate a lively discussion. Aimed at AOLCPs grappling with how to do the right thing and make a living.

165) Food co-ops and Healthy Food Access *All Levels*

Campus Center 163C

**Bonnie Hudspeth:** Outreach Coordinator for the Neighboring Food Co-op Association.

**Micha Josephy:** Program Manager for the Cooperative Fund of New England. Both are coordinating the "Food Co-ops and Healthy Food Access Project."

Twenty-nine New England food co-ops are collaborating to make wholesome, nutritious food more accessible to all community members. We'll explore the capacity of food co-ops to increase access to healthy food for individuals/families with limited food budgets, and learn about strategies to increase collaboration among food co-ops. [More info.](#)

166) Gardening for Family and Making Money on the Side *Beginner*

Campus Center 804-08

**Wyatt Whiteman:** Practices self-reliant living on less than an acre.

Tomatoes can be a profitable crop on a very small scale. From seed to stand, learn all you need to know about growing and selling tomatoes. We'll cover variety selection, cultivation, fertility, homegrown pesticides from tobacco and mint, and setting up your stand.

167) Growing, Grinding and Cooking your own Grains *Intermediate*

Campus Center 101

**Mary-Howell Martens:** Farmer, feed mill owner/operator, and cook!

I grew it, I harvested it, I baked it, I ATE it! This is truly the 'ultimate local' eating experience. We will discuss different types of grains, their agronomics and their culinary uses, demonstrate grinding flour,



rolling oats, and making noodles, and share experiences and information.

168) Invasive Ambrosia *Beginner*

Campus Center 917

**Mira Nussbaum:** A decade of sharing my passion for wild foods and invasive medicine.

Plants originally brought here for food, medicine, and beauty have spread out of our control and are changing the landscape. We will look at how 'invasive' plants are affecting their surroundings ecologically, while learning to use and enjoy them. We'll snack on three-weed spanakopita, garlic mustard pasta, knotweed pie, and autumn olive fruit roll-up and drink multi-flora rose tea.

169) Live Well and Feed your Teeth *Beginner*

Campus Center 165-69

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

**Madelyn Pearson:** Practicing whole-person dentistry for 5 years. Holistic Dental Association board member.

We will teach the fundamentals of good health related to dental care. Diet, environment, stress, habits, and education all play major roles in how the teeth develop and survive through adulthood. Learn what effect you are having on your teeth and the effect your teeth are having on you!

170) Menopause: A Natural Approach *All Levels*

Mary Lyon Classroom

**Patricia Rackowski:** Massage Therapist at Hebrew Senior Life.

Let's talk about vitamins, minerals, and nutritional supplements, soy foods, soy extracts, and other natural remedies for hot flashes, night sweats, mood swings, irregular cycles, bloating, headaches, and whatever other complaints you bring. Learn about vitex, dong quai, black cohosh, ginseng, motherwort, and other traditional herbs for menopause and beyond.

171) Nut Trees for the Northeast *All Levels*

Campus Center 174-76

**Bill MacKentley:** #1 Big Nut and owner of St. Lawrence Nurseries.

Permanent Agriculture centers on trees that provide food and forage. Nut trees supply the bulk nutritional needs in these systems. Whether you plant one or 200 trees, we will look at nut crops suitable for the Northeast, particularly the Juglans group (Black and English walnuts, heartnuts, butternuts, etc.), hickories, oaks, filberts/hazelnuts, pine nuts, and chestnuts (American and Asian).

172) Seasonal Eating for Optimal Health *Intermediate*

Campus Center 162-75

**Andrea Beaman:** Natural Foods Chef, health coach, author, and television host.

This lecture teaches ancient wisdom about how connecting to the seasons and eating what nature provides abundantly helps heal the body and keep us balanced. Using this simple knowledge to guide us, we can enhance immunity and strength.

173) Soil: The Super Ecosystem of Ecosystems **BF & ND Track** *All Levels*

Campus Center Auditorium

**Jerry Brunetti:** Founder, Agri-Dynamics, a 33 year-old holistic agricultural service and supply company.

Soil Eco-Systems are an interwoven web of biochemistry, biology, plant diversity and native geology.

When these legs of this stool are appropriately managed, soils become terrestrial coral reefs that allow

plants to become protective and resistant to pests. This supra-organism is the benefactor of optimal nutrition for humans and livestock. [More info.](#)

174) Weed Control in Vegetables *Intermediate*

Campus Center 904-08

**Bryan O'Hara:** Growing vegetables at Tobacco Road Farm in Lebanon, Conn. for 20 years.

Weed control through the use of mechanical controls such as hoeing, mowing, hand weeding, flaming and tractor cultivation will be presented. Mulches, cover crops, stale seed beds and, in particular, managing soils for fewer weeds will also be covered.

175) Wild World of Mushrooms *All Levels*

Campus Center 811-15

**Ari Rockland-Miller:** Co-founders of the blog, "The Mushroom Forager."

**Jenna Antonino DiMare:** SHARED BIO

We will teach participants how to safely and fruitfully forage wild mushrooms. We will introduce the Northeast's safest and most distinctive gourmet and medicinal fungi, emphasizing the Mushroom Forager's ForageCast strategy. [More info.](#)

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

**David Tepfer:** Co-owner of Simple Gifts Farm.

I will show our progress in training young oxen and finding uses for them on our 15 acres of organic vegetables. I will demonstrate cart work, seeding cover crops, light cultivation, both a single and double yoke. I will discuss basic training, animal care, fringe benefits, & the economics of using oxen on a tractor-operated farm. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. 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.](#)

## **ANIMAL POWER TRACK – SUNDAY, AUGUST 12, 10-11:30 AM**

177) TOUR: Simple Gifts Farm: Planning for Traction on your Farm *All Levels*

TOUR

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

This workshop addresses essential farm planning questions regarding the cost effectiveness of draft vs. mechanical power. It also addresses planning choices about equine selection for farm work, and different uses for draft animals during each season of the year. This is a discussion-based workshop.

DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk.

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 12, 10-11:30 AM**

178) Knead, Knead, Knead Organic Pizza!

Student Union Kitchen

Ages 5-10

**Tad Hitchcock:** Gardener and musician dad who loves making pizza with children.

We will make pizzas and bake them in the oven. Have fun putting this favorite family meal together and learn about the foods we put on it. Where does the cheese come from, the sauce, the toppings and the dough? We'll sing a pizza song or two while they bake.

179) Making All Tied Up Books

Cape Cod Lounge

Ages 5-12

**Karen Booker:** A crafter with an interest in nutrient dense farming.

We will make a 3" square book using origami style pages. The book will open up like an accordion and can be tied with a ribbon. It can be used as a gift card or to store photos or drawings.

180) Pioneer Living: Harvest Time

Cape Cod Lounge

Ages 5-10

**Sandy McKelvey:** Founder and Executive Director of Hudson Valley Farm to School [www.hvfs.org](http://www.hvfs.org).

Using the "Little House" books by Laura Ingalls Wilder, we will read excerpts and then do hands-on activities related to the harvest and the preserving of the crops. We will dry apples and herbs, make pickles to take home, grind corn, and eat homemade cornbread.

## **TEEN WORKSHOPS – SUNDAY, AUGUST 12, 10-11:30 AM**

181) Drop Spindle

Grad Lounge

**Leslie Ardison:** Drop spindle spinner who loves to get others started with a spindle.

Learn the basics of how to spin wool on a simple drop spindle that you will make and be able to take home.

182) Making Lip and Skin Balms From Natural Sources

Grad Lounge

**Jennifer Byington:** Homeschooling mother of four, organic farmer.

We all experience dry, irritated or bruised skin and use various balms which are expensive. Lip and skin balms are surprisingly easy to make. We will discuss ingredients for balms and their properties. We will then make a useful, general purpose balm to take home.

## **ADULT WORKSHOPS – SUNDAY, AUGUST 12, 1-2:30 PM**

183) Building & Managing Low-tech, Low-cost, Low-tunnels **BF & SE Track** All Levels

Campus Center 917

**Dan Botkin:** Farmer, teacher and activist living in Gill, MA.

This workshop explores the fabrication and use of home-crafted, low-tunnel greenhouses for crop protection in the backyard garden or micro-farm. We'll compare various materials and building strategies including wire, wooden slats, PVC pipe and steel conduit. At the end of the workshop, we'll move as a group to the North end of the Campus Center for a pipe bending demonstration. [More info.](#)

185) Chemicals Influence Sex, Gender & Cancer *All Levels*

Campus Center 904-08

**Jonathan Roling:** Environmental Toxicologist, Bridgewater State University.

We are inundated with a myriad of chemicals. Most don't cause effects; however, Endocrine Disrupting Compounds (EDCs) can have significant effects upon growth and development at low concentrations. We will discuss the source, the effects on wildlife, and how to mitigate our own personal exposure to EDCs. (disclaimer: "adult" content)

186) Coppice Agroforestry for Fuel, Fodder, Craft and Fun **PC Track** *Intermediate*

Campus Center 101

**Dave Jacke:** Co-author of Coppice Agroforestry (forthcoming), and longtime 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.

187) Entrepreneurial Ideas for Teens to Begin an Ag Business *Beginner*

Campus Center 911-15

**Carrie Novak:** Farm loan chief for USDA.

This workshop will inform youth (10-20), parents, and teachers about assistance offered by Farm Service Agency to youth to begin their own agricultural business. We will explore writing a business plan, balance sheets, and cash flows. We will also present a rural youth loan program that can help launch the business idea.

188) Farm as Pharmacy *All Levels*

Campus Center Auditorium

**Jerry Brunetti:** Founder, Agri-Dynamics, a 33 year-old holistic agricultural service and supply company. Nutritious food from healthy soils and animals is truly medicinal. We should look to the farm to treat the health issues that plague modern Americans. Skyrocketing levels of disease are a result of our modern diet. Step by step changes toward the traditional foods of our ancestors is our only hope. [More info.](#)

189) Growing Garlic, a Timely and Versatile Crop! *Beginner*

Campus Center Reading Room

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

Learn to grow, use, and market garlic, the amazing "Stinking Rose", a time-honored culinary and medicinal wonder! Learn to prep your garden for a great garlic crop, choose good seed, growing techniques, harvesting tips and good ways to store your crop. We'll cover trouble shooting, new troubling diseases, and share great recipes!

190) Homeopathy for Livestock *Beginner*

Campus Center 903

**Lisa McCrory:** Uses homeopathy as her primary tool in addressing livestock health issues on her certified organic farm.

Participants will be introduced to homeopathy and its use for livestock, such as dairy animals, pigs, poultry, beef, small ruminants, and horses. This workshop will introduce how homeopathy works, providing information on some more commonly used remedies. We will also address proper storage, handling, and administration of the remedies.

191) How to Cook Your CSA Share *Beginner*

Student Union Kitchen

**Dawn Desilets Sulmasy:** I am passionate about vegetables and people who eat them!

**Tess Bois:** Homeschooling, hippie homesteader harvesting health and happiness!

Use EVERYthing in your CSA box in delicious, creative, and convenient ways. We'll explore some of the more obscure vegetables & learn proper storage. Cooking techniques include flavorful soups such as green goddess gazpacho, tangy veggie purees for raw crudité's, elegant vegetable stratas (or casseroles for company) and a recipe for carrot-honey ice cream!

192) Making Herbal Medicine *All Levels*

Mary Lyon Basement

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

Making herbal medicine is easy, effective, affordable and fun! Learn to make water based medicines & herbal extracts including herbal tinctures, vinegars and glycerites. We will discuss applications and uses of these different medicines and how to include them in your home pharmacy. Handouts and instructions including resources for further study provided.

193) Managing Air and Water in Soil *ND Track Intermediate*

Campus Center 168C

**Bryan O'Hara:** Growing vegetables at Tobacco Road Farm in Lebanon, Conn. for 20 years.

The management of air and water in the soil is of primary importance for healthy crop growth. Learn how to keep the soil breathing and how to keep water draining, soaking in, stored in the top soil, and recovered from the sub-soil through proper tillage, drainage, bedding, cover cropping, and mulches.

194) On Farm Breeding and Selection *Intermediate*

Campus Center 165-69

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

Farmers and gardeners have always been breeders. We have an obligation to maintain that tradition. Breeding micro-adapted varieties improves production and resilience. I will discuss seed saving and breeding strategies we use on our diversified farm, focussing on tomatoes, squash, kale, wheat, and sheep.

195) Preparing Local Whole Grains & Beans *All Levels*

Campus Center 804-08

**Adrie Lester:** Co-owner of Wheatberry and Pioneer Valley Heritage Grain.

A guide to storing, cooking, milling, and baking with local whole grains and beans. Emphasis on using them in their whole form. We'll also discuss grain sensitivities and digestion of whole grains, heirloom pre-industrial varieties, and fermented grains (such as sourdough bread).

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

Campus Center 905-09

**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.

197) Solar PV on the Farm: Incentives and Rebates *All Levels*

Campus Center 174-76

**Claire Chang:** Solar Store partner and anti-nuclear activist.

**John Ward:** Photovoltaic and Solar Domestic Hot Water system designer.

Walk through the process for designing and installing solar PV for a farm business and residence with MDAR, MACEC funding and SREC's. Includes a case study of a produce and livestock farm with 2 housing units. Will include utility interconnection issues and pitfalls.

198) Strategies and Tools for Saving Local Farms *All Levels*

Campus Center 163C

**Jim Oldham:** Equity Trust director, experienced in complex community farm preservation projects.

**Rebecca Fletcher:** Equity Trust program manager, former Grow Food Northampton board member.

We will discuss the process for permanently preserving farms for local food production—finding partners, educating your community, creating a vision, financing, legal issues—and introduce tools and strategies for addressing these elements. We will also explore pros and cons of different approaches to farm ownership, management and stewardship. [More info.](#)

199) Sustaining a School Composting and Gardening Program *All Levels*

Campus Center 811-15

**Karen DiFranza:** Founder of Hands to Earth, Educating for a Sustainable World.

**Student volunteers from the Quabbin Regional High School Composting and Gardening Program.:**

In this workshop we will cover specific strategies and skills for sustaining a high school composting and gardening program, including community fundraising, grants, making and selling value-added products from the garden such as organic seeds, herbal products, natural dye plants and more.

200) Value Added Products: Small Farm Vertical Integration *All Levels*

Campus Center 162-75

**Dominic Palumbo:** Produces and markets value added sausages, meat products and lacto-fermented vegetables.

Vertical integration for small farms means producing the raw materials and processing them into a form that yields increased income. Small farms need to creatively make the most of what they produce. We will discuss key considerations for small farms in producing value-added meat and vegetable products.

201) Wholesale Vegetables at a Small Scale **BF Track** *All Levels*

Campus Center 805-09

**Caroline Pam:** Grows high-quality specialty vegetables for restaurants, farmers' markets, and a CSA.

I will discuss how to successfully grow and sell local products to restaurants and other wholesale customers. From production to marketing, this workshop will cover variety selection, planting schedules and best harvest and washing practices, plus pricing, communication, and logistics.

202) TOUR: Northampton Community Farm: A Community Farm is Born! **CSA Track** *All Levels*

TOUR

**Gaby Immerman:** GFN Board member & Horticulture Instructor for Smith College Botanic Garden.

**Jennifer Hartley:** Founding Board member of Grow Food Northampton.

The Northampton Community Farm in Florence, MA, comprises two tenant farms, the new Florence Organic Community Garden, and conservation lands along the Mill River. We'll discuss land preservation strategies, our tenure model, community outreach, partnership with the city, organic/permaculture aspects, and related topics of interest to participants. [More info.](#) DIRECTIONS: Follow RT. 9 into Northampton. Go through the two main downtown intersections, both with traffic lights. Just past the

second light, take first sharp left (around the fountain) onto Park Street. Take an immediate right onto Meadow Street, passing the Lilly Library on your right. Meadow Street ends after a half mile at Spring Street. Take a right here onto Spring Street. The farm is 0.2 miles up the hill on the right-hand-side -- second driveway entrance after the white farmhouse. Meet at Crimson and Clover Farm at the brownish/reddish CSA Barn, adjacent to the parking area. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. ADDRESS: 215 Spring Street, Florence, MA. ARRANGE CARPOOLS, USING THE —TOUR RIDE BOARD PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

203) TOUR: Simple Gifts Farm: Managing Crops in Groups for Efficiency **CSA 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. We will cover techniques to plan and manage groups of vegetables with similar characteristics for efficiency. It will also touch on our integrated soil fertility program. 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 12, 1-2:30 PM**

204) “Playing Fowl”: Raising Chickens for Eggs and Meat

Cape Cod Lounge

Ages 5-12

**Sophie Cassel:** Intern at Blue Heron Farm, enthusiast of kids and food.

**Adam Drake:**

Come find out all about how organic farms raise layers and meatbirds! We will use hands-on learning tools and discuss our experiences with our fine feathered friends.

205) Fun Food Science

Cape Cod Lounge

Ages 8-12

**Sabrina Dennis:** Elementary Special Education teacher with Bachelor of Applied Science in Food & Nutrition

We will explore science with fun activities using familiar food ingredients. We will: explore acids, bases and chemical reactions using vinegar, lemon juice and baking soda; make and precipitate out solutions, suspensions, and colloids using water, salt, sugar, oil, vinegar, milk, corn starch and egg yolk. Some ‘experiments’ are edible!

206) Make a Worm Farm! Composting with Worms

Cape Cod Lounge

Ages 5-10

**Lee Dwyer:** Gardens Coordinator for Groundwork Somerville, poet, gardener, and nature-lover

Learn about our worm friends, what worms like to eat, what they need to thrive, and how composting can improve gardens and soil! Participants will get their hands dirty and learn fun facts about earthworms. [More info.](#)

## **TEEN WORKSHOPS – SUNDAY, AUGUST 12, 1-2:30 PM**

### 207) Beginning Filmmaking

Grad Lounge

**Cheri Robartes:** Filmmaker, musician and teacher.

**Doc Pruyn:** Filmmaker, writer and cardplayer in Boston.

We'll learn a bit about making really good short films for YouTube (or wherever), then we'll plan and shoot one.

### 208) Energy Work: An Introduction to Qigong

Grad Lounge

**Rachel Scherer:** Practices qigong with the herd at Heritage Fields Farm, Orange MA

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 . Helpful for promoting a sense of ease and wellbeing.