NOFA 2019
SUMMER CONFERENCE

NUTRITION MATTERS!
Soil Health Builds Human Health

August 9-11, 2019
Hampshire College | Amherst, MA

NOFASummerConference.org • #NOFASC
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781.556.0081  
25 Recreation Park Dr  
Ste 100  
Hingham, MA 02043  
douglas.calnan@ampf.com  
ameripriseadvisors.com/douglas.calnan
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Dear Friends,

Welcome, and thank you for joining us here at Hampshire College for the 45th annual NOFA Summer Conference. While our Conference program has been compressed to two days, we have overfilled those days with activities, learning opportunities and ways to engage and relax. We hope this weekend of music, games, knowledge and skill affords you ample opportunity to meet new like-minded people, explore new approaches and ideas, and leave refreshed and inspired.

We are joined this year by some special guests: the International Federation of Organic Agriculture Movements (IFOAM), who will be hosting their 6th annual Organic Farming Innovation Award with presentations from international farmer-innovators. Also, we are hosting a Teen Summit with youth food justice/urban agriculture groups from across the Northeast who will come together to network and share.

On Saturday, our keynote speaker, Sandor Elix Katz, will deliver his keynote, *Fermentation Begins in the Soil* at 3pm in the Robert Crown Center, followed by our annual Country Fair on the Library Lawn, where we will have games, demonstrations, meetups and live music from the Valley Rebirth Band.

Also on Saturday afternoon we will hold an Organic Labeling Debate to discuss critical issues that the organic farming community is raising with the National Organic Program, including the certification of hydroponics and the DARK Act which preempted state laws requiring labeling of GMOs. Dave Chapman of the Real Organic Project will debate Johanna Mirenda of the Organic Trade Association, and the moderator will be Jack Kittredge, editor of *The Natural Farmer*.

At 7:30pm Saturday evening we will gather for the Annual Meeting and hear a plenary session with Dr. Kris Nichols entitled *Life Sustains Life: Microbes, Climate Resilience, and the Future of Food*, followed by a live concert with another amazing band, Lush Honey.

We hope you are as amazed as we are at the passion and insight our presenters and vendors bring to issues of soil health, growing methods, farmstead skills, healthy food systems and all the other interconnected topics that matter to our community. Thank you for enriching that collective and bringing your perspective, knowledge and inquisitive nature to the conference.

Sincerely,

Jason Valcourt
NOFA Summer Conference Coordinator
The NOFA Interstate Council would like to dedicate this year’s 2019 summer conference to Enid Wonnacott, the former Executive Director of NOFA VT, for 31 years, who passed in January. Enid was a driving force for organic agriculture in Vermont and served on the NOFA Interstate Council for many years, serving as the Co-President of the Interstate Council for the last 6 years.

Enid began her tenure at NOFA-VT in 1987, inheriting two milk crates and one filing cabinet. Over her long career, she worked to develop the National Organic Program — developing a farmer-driven organic certification program, championing a robust farm-to-school partnership in Vermont that became a national model for broadening access to local and organic food, and leading the organization with an open-minded approach that made room at the table for everyone.

Enid believed that collaboration and mutual support were critical to sustaining agriculture in Vermont and helping more farmers move toward organic practices. Her work was honored with an induction into the Vermont Agricultural Hall of Fame last summer. Enid was the first member of the Vermont Agricultural Hall of Fame to be exclusively affiliated with organic agriculture. At the 2018 NOFA Summer Conference, Enid was the second recipient of the Bill Duesing NOFA Lifetime Achievement Award, for her decades of service.

Those of us who worked with Enid will never forget her positive energy and balanced approach, as both an anchor and a beacon, as well as a source of fun, through the hard work of building the organic movement. She is remembered as the first one to turn on the music and get everyone dancing at many events. Enid was a true force of nature.

Enid’s indomitable spirit and energy with always be with us here in NOFA nation. We are sure she will be here with us at the Summer Conference, especially when the music starts! Enid deeply and profoundly touched all of us on the NOFA Interstate Council and NOFA VT with her love, passion and dedication to all living things.
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Organic Valley dairy farmers — like the Pearl family — believe in the importance of providing healthy, local, organic dairy products for the communities they live in. For more than 30 years, our farmer-owned cooperative has been committed to producing nutritious organic products in harmony with the earth and with respect for animals.
WEEKEND OVERVIEW

Friday, August 9
3:00 - 6:00pm  Registration Open
5:00 - 7:00pm  NOFA Interstate Council Meeting in Dining Hall
5:00 - 7:30pm  Dining Hall open for Dinner
7:30 - 9:00pm  NOFA Mixer with Live Music: The Gaslight Tinkers

Saturday, August 10
6:30 - 9:00am  Dining Hall open for Breakfast
7:00am - 2:00pm Registration Open
8:00 - 9:30am  Workshop Session I
8:00 - 12:30pm Intensive Workshops
10:00 - 11:30am Workshop Session II
11:00am - 2:00pm Dining Hall open for Lunch
1:00 - 2:30pm  Workshop Session III
3:00 - 4:00pm  Keynote Address by Sandor Katz in the RCC
4:00 - 6:00pm  NOFA Country Fair
4:30 - 5:30pm  Organic Labeling Debate
5:00 - 7:00pm  Registration Open
5:00 - 7:30pm  Dining Hall open for Dinner
7:30 - 9:00pm  NOFA Annual Meeting and Plenary Session with Dr. Kris Nichols
9:00 - 10:30pm Live Music with Lush Honey
9:15 - 10:45pm Film Screening

Sunday, August 11
6:30 - 9:00am  Dining Hall open for Breakfast
7:00 - 11:00am Registration Open
8:00am - 3:30pm Intensive Workshops
8:00 - 9:30am  Workshop Session I
10:00 - 11:30am Workshop Session II
11:00am - 2:00pm Dining Hall open for Lunch
1:00 - 2:30pm  Workshop Session III
2:00 - 5:00pm  Registration Open
3:00 - 4:30pm  Workshop Session IV
5:00 - 5:30pm  NOFA Annual Post-Conference Auction to benefit the Farming Education Fund
Ist: A human being works hard to teach love his enemy, to help unite all mankind free, or that being is not yet human; so, go the second mile, turn the other cheek. Brave, not meek! For we're All-One or None! All-One! Exceptions eternally? None! Absolute None!!

2nd: Teach friend & enemy the Moral ABC that unites all mankind free, in All-One-God-Faith, or half-truth does destroy the human race! Yet today, we're All-One or All-None! “LISTEN CHILDREN ETERNAL FATHER ETERNALLY ONE!” Exceptions eternally? Absolute None! Zad: Teach friend & enemy the Moral ABC, that unites all mankind free, in All-One-God-Faith, or half-truth destroys the human race!

Small minds decay! Average minds delay! Great minds teach All-One today! Win victory, & stand by you; give up? all deny you! Remember, the only difference between the brave and the coward, the brave has an ideal to fight for, such as teaching the Moral ABC.

The most technically sophisticated form of agriculture, designed to solve our future food and climate challenges? Or the most ancient, wise, and timeless way of growing? Regenerative organic agriculture is both. Based on a universal truth: that the seed, the plant, the soil, the animal on the land and the sky above, the person who raises the food and the person who eats it—make up one interlocking system.
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realpickles.com    (413) 774-2600    Greenfield, MA
2019 NOFA SUMMER CONFERENCE COMMITTEE

Barrett Anderson
Administrative Director
barret@nofamass.org • 617-834-6883

Marjorie Bailey
Registration Coordinator
marjorie@nofamass.org • 774-371-0370

Christy Bassett
Ads, Exhibits, and Sponsor Coordinator
christy@nofamass.org • 978-575-4084

Hannah Blackmer
Workshop Coordinator
hannah@nofamass.org • 802-279-7293

Leslie Cox
Volunteer Coordinator
lesliescox@gmail.com • 413-530-2029

Lydia Irons
Public Relations Coordinator
lydia@nofamass.org • 603-833-1809

Chuk Kittredge
Operations Manager
978-257-2400

Julie Rawson
NOFA/Mass Executive Director
julie@nofamass.org • 978-355-2853

Caro Roszell
NOFA/Mass Education Director
508-360-0874 • caro@nofamass.org

Fern Spierer
Fair & Entertainment Coordinator
fern.spierer@gmail.com • 413-367-2716

Jason Valcourt
Conference Coordinator
jason@nofamass.org • 970-275-1355

Valerie Walton
Children's Conference Coordinator
aallspice@aol.com • 617-694-9656
LIMITED MOBILITY

If you have limited mobility and need assistance, call Chuk Kittredge at 978-257-2400.

WHEELCHAIR ACCESSIBILITY

Much of Hampshire College is wheelchair accessible. Please contact us in advance with any special needs, especially if you will be staying in the dormitories.

TEENS (13-19)

We would be very happy to have you use the RCC South Lounge on the second floor of the RCC as your meeting location. This is also the children’s conference workshop meeting area. Join us for snacks. Many of the children’s workshops may be of interest to you but you are welcome to attend the adult ones as well. In addition we could always use your help, especially with creating a beautiful parade on Saturday afternoon. We can create banners and art to carry. The younger children love having help and older companions throughout the conference. We love meeting teens who enjoy working with children and may be available to work at the conference.

NAME BADGE

Your name badge is your admission pass to all conference workshops, meals, and special events. It must be worn in a visible manner at all times as you will be asked to show it to gain entrance to workshops, meals, and all other events.

MESSAGES AND ANNOUNCEMENTS

There is a bulletin board at the registration area to use for messages and announcements. In emergencies, we will try to page you. For non-emergencies, we will post messages on the bulletin board. Please check it periodically.

FIRST AID

If you need minor medical attention, come to the registration tent. For extreme emergencies where an ambulance or fire engine is needed, call the Hampshire College Police Department at 413-559 5424 or call 911.

ATMS

ATM is located in the Johnson Library ground floor in the post office lobby.

MINIMIZE WASTE

Please help us reduce what gets sent to the landfill. Bins for recyclables (cans, glass, paper, plastic), compostables (food scraps) and garbage will be at convenient locations throughout campus. Please sort your waste, and place it in the appropriate bins.
**Chemical Sensitivity:** For the health and safety of those who are chemically sensitive, kindly refrain from wearing volatile compounds such as scented hairspray, perfume, cologne or aftershave.

**Pets:** Please leave your pets at home! Hampshire College and NOFA staff will ask you to remove your pet from the campus if you bring it. The exception to this rule is service animals. If you will be bringing a service animal to campus, please inform NOFA registration staff ahead of time, especially if you will be staying in the dormitories.

**Connect to the Hampshire Wireless Network:** Free access to the Hampshire Wireless Network is available through the network “hampguest”. No password necessary.

**Be Social!** Show and tell your friends and the rest of the world about what inspires you at the conference. Tweet and post with #NOFASC
ON-SITE LOGISTICS

PARKING INFORMATION

Where to Park Before Going to Registration: Follow signs on campus. All parking is free and is within reasonable walking distance to registration.

Where to park for Campers and RVs/Camper Vans: NOFA staff will direct you to your spot. There are no hookup facilities available.

CHECKING IN AND HOUSING OPTIONS

Check-in & Registration Hours: Go to the Registration Tent to get your program book, addendum, name badge, dorm assignment, dorm keys/swipe or camping pass before you go to workshops or dorms. Plan to spend up to 15 minutes at registration lines during peak hours.

The Registration Tent is open:
Friday: 3:00pm - 6:00pm
Saturday: 7:00am - 2:00pm & 5:00 - 7:00pm
Sunday: 7:00 - 11:00am & 2:00 - 5:00pm

Late Arrivals: If you arrive after registration hours, campers please set up your tent in the camping area and check in at registration in the morning. Dorm guests may call up until 9:00pm Marjorie at 774-371-0370, or 9:00pm-midnight call Chuk at (978) 257-2400. We are not able to check-in dorm guests arriving between midnight and 7:00am, so please plan accordingly.

For Those Staying in Campus Dorms: Guests will be staying in either Merrill Dorms or Enfield Apartments. You will receive your dorm housing assignment and dorm keys/swipe for the conference upon check in at the Registration Tent. You must check in with Registration before going to the dorms.

Dorm Key Policy: Dorm building access cards and room keys will be picked up where you check in at the NOFA Registration Tent. Hampshire College requires a $50 room key deposit. Please bring your $50 check deposit made out to “NOFA/Mass” with you to the registration tent during registration hours. If you cannot provide a check, a $50 hold will need to be placed on a credit card until return of key/swipes. If your keys are lost or not returned for any reason, there will be an additional $150 fee added to your registration.
**Dorm Rooms:** Most rooms at Hampshire College are single dormitory style rooms, with one twin bed. Limited double rooms are reserved for families and couples needing assistance. Please inform registration staff of any mobility limitations, as there are no elevators available in the dorms. Merrill has three stairs to enter into the first floor. Wheelchair accessibility is only available on the first floor of Enfield Apartments.

**Check-out:** Guests of all Dorm Rooms will need to return their room key(s) and access card to NOFA at the Registration Tent by Sunday at 5:00pm. Check out can take up to 15 minutes, so please plan accordingly with the Registration Tent hours. Participants will receive their $50 deposit back, provided their key(s) and access card are returned and are without damage. All guests must check-out of their residence halls by 5:00pm on Sunday.

**Camping Accommodations:** Camping is allowed in the marked designated areas only and sites are available first come, first serve. Camping fees are $23 per tent, per night. No open fires. No RV hook-ups. Campers will have a designated parking area near Enfield Apartments. Your camping pass must be displayed on the tent or camper. No camping is allowed without a paid camping pass from the NOFA Registration tent.

Porta-potties are available in the camping area.

The Robert Crown Center (RCC) will be open for showers and restrooms for the following hours:

- Saturday: 6:00am - 10:00pm
- Sunday: 6:00am - 3:00pm

In case of a major weather emergency, campers will be directed to the Cole Science building.

**Accommodations within 5 miles of Hampshire College**
- Comfort Inn: 413-584-9816
- Courtyard Marriott Hotel: 413-256-5454
- Econo Lodge: 413-582-7077
- Hampton Inn: 413-586-4851
- Holiday Inn Express: 413-582-0002
- Howard Johnson Inn: 413-586-0114
- Knights Inn: 413-585-1552
- The Lord Jeffery Inn: 800-742-0358
- University Lodge: 413-256-8111
Thank you for helping leave the earth better than you found it.
FOOD OPTIONS AND MENUS

**Dining Commons:** re-purchased meals will be served in the Dining Commons on campus map page 113.

In order to be served in the dining commons, you will need to show your nametag with pre-purchased meals listed, or you can pay at the door; see walk-in prices below.

All meals for the 2019 NOFA Conference will be held at The Hampshire College Dining Commons, hosted by Bon Appetit Management Company, Leaders in Sustainability. All ingredients used to elaborate the meals are Organic and Local when possible. In season vegetables are purchased through local farms and Sid Wainer & Son Specialty Produce & Specialty Foods located in New Bedford, MA. All pastries & desserts are made in house with organic products.

**Saturday Local Meal:** All food served in the Dining Commons on Saturday evening is locally grown or produced on organic farms in the Northeast. At your table Saturday evening, look for more information about the farmers and farms represented in this meal.

**The Dining Hall will be open:**
- Friday Dinner 5:00 - 7:30pm
- Saturday Breakfast 6:30 - 9:00am
- Saturday Lunch 11:00am - 2:00pm
- Saturday Dinner 5:00 - 7:30pm
- Sunday Breakfast 6:30 - 9:00am
- Sunday Lunch 11:00am - 2:00pm

**Walk-in Prices for Meals:** Conference participants can walk-in and pay cash to eat on an as-available basis at the Dining Commons. The cash prices are higher than the advance price:
- Adult Breakfast - $12
- Adult Lunch - $16
- Adult Dinner - $19
- Child Breakfast - $6
- Child Lunch - $8
- Child Dinner - $12

(Those 12 and under are considered “children”, except children under 3 who eat for free.)
DINING COMMONS MENU

FRIDAY

Dinner:
- Chickpea Channa Masala
- Ginger Brown Rice
- Turmeric Roasted Cauliflower
- West Indian Lamb Chop Curry
- Spicy Mango Basmati Rice
- Roasted Curry Tomatoes
- Naan Bread
- Salad Bar: A great assortment of fresh organic greens and vegetables accompanied by a showcase of fermented and pickled foods including kimchi, tempeh and many other exciting choices.

Breakfast:
- Steel Cut Oatmeal
- Organic Tofu Scramble with Onions and Peppers
- Organic Multigrain French Toast
- Berry Compote
- Coffee Roasted Sweet Potatoes
- Pete and Gerry’s Garden Vegetable Scramble
- Breakfast Bar: Organic Granola, Fresh Cut Organic Fruit (Melons, Pineapple, etc.) Organic Vanilla Yogurt, Organic Plain Yogurt.

Lunch
- Baked Chimichurri Tempeh
- Roasted Aji Amarillo Potatoes
- Sautéed Spinach with Fresh Garlic
- Hampshire Farm Center Beef Stew with Carrots and Potatoes
- Spanish Pigeon Pea Rice
- Garlic Roasted Asparagus
- Salad Bar: A great assortment of fresh organic greens and vegetables accompanied by a showcase of fermented and pickled foods including kimchi, tempeh and many other exciting choices.

Dinner:
- Tofu and Mushroom Marsala
- Roasted Tomato Quinoa
- Herb Roasted Squash Medley
- Rosemary Roasted Turkey Breast
- Garlic Parmesan Mashed Potatoes
- Garlic Green Beans
- Salad Bar: A great assortment of fresh organic greens and vegetables accompanied by a showcase of fermented and pickled foods including kimchi, tempeh and many other exciting choices.
SUNDAY

Breakfast:
• Steel Cut Oat Meal
• Turmeric Tempeh Scramble with onions and peppers
• Roasted Potatoes O'brien
• Sprouted Wholegrain Pancakes with Organic Pancake Syrup

Lunch:
• Scallion Brown Rice
• Teriyaki Tempeh Stir fry
• Togarashi Edamame and Mushrooms
• Hoisin Chicken and Vegetables
• Vegetable Lo Mein
• Ginger Roasted Broccoli

• Pete & Gerry's Scrambled Eggs
• Sautéed Kale
• Breakfast Bar: Organic Granola, Fresh Cut Organic Fruit (Melons, Pineapple, etc.) Organic Vanilla Yogurt, Organic Plain Yogurt.

• Salad Bar: A great assortment of fresh organic greens and vegetables accompanied by a showcase of fermented and pickled foods including kimchi, tempeh and many other exciting choices.

* Menu subject to change depending on availability of seasonal local ingredients.
** Gluten-free options are made on the same equipment as non-gluten free items unless specified on packaging of items.

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Learn More about Co-ops!
All Workshops Saturday, August 10
in Franklin Patterson 105

8:00-9:30 AM
Update on Food Safety Rules
for Small Producers & Co-ops (Workshop #10)

10:00-11:30 AM
How to Start or Convert to a Co-op Business
(Workshop #32)

1:00-2:30 PM
Food Co-ops: Democratizing Human Health
& Food Security (Workshop #42)

There’s More to
Your Local Food Co-op
Than Great Food!
WWW.NFCA.COOP
Fermentation Starts in the Soil
Fermentation revivalist Sandor Katz will tell his story of how gardening led him to fermentation, and explore the ways in which agriculture and fermentation are intrinsically intertwined. This talk will address the connections between soil microbiology, compost, preserving crops, and adding value to them. It will also discuss the inevitability of microbial transformation of food, the global reach of fermentation, and aim to demystify the process, emphasizing its safety and efficacy.
INTENSIVE SEMINARS
Walk-ins please register at the Registration Tent

The Art of Fermentation
Saturday, 8:00am-11:30am
Location: Adele Simmons Hall 112

Sponsored by Real Pickles

Come learn how simple it is to make your own kraut, kimchi and other fermented delicacies. Learn about the healing qualities and nutritional importance of live-culture ferments, as well as their illustrious history and integral role in human cultural evolution. Empower yourself with simple techniques for fermenting these healthful foods in your home, as a form of food preservation or for adding value to produce for your farm business. Be part of the fermentation revival!

Sandor Ellix Katz is a fermentation revivalist. His books Wild Fermentation and the Art of Fermentation, along with the hundreds of fermentation workshops he has taught around the world, have helped to catalyze a broad revival of the fermentation arts. A self-taught experimentalist who lives in rural Tennessee, the New York Times calls him “one of the unlikely rock stars of the American food scene.” Sandor is the recipient of a James Beard award and other honors. For more information, check out his website www.wildfermentation.com.

Cut Flower Production with Tiny Hearts Farm
Saturday, 8:00am-11:30am
Location: Adele Simmons Hall 111

Tiny Hearts Farm grows over 120 varieties of cut-flowers and foliage each season. They market their produce wholesale to NYC and the Hudson Valley, do full-service wedding and event design, and through their own flower shop where they also host workshops and a flower CSA. In this info-packed intensive, they’ll cover ways to incorporate cut flowers into all sizes and styles of farms (or farms-to-be), plant types and variety choices, what you can start from seed and what/where you should buy starter plants. We’ll go into planting, maintenance and weed control, and how to cut flowers for the most blooms and best stem length.

Introduction to Herbal Medicine  
Sunday, 8:00am - 3:30pm  
Location: Adele Simmons Hall 112  

We will explore herbal medicine through a combination of lecture and practical work. Background includes secondary plant metabolites, their health effects, and historical context. We will cover harvesting, storing, extraction and processing for basic internal and topical preparations. Become familiar with the potential for herbal medicine as a component of homestead gardens and self-care, and some of the basic science and traditions underpinning the work.  

Guido Masé RH(AHG) is a whole-plant herbalist who lives in Burlington, Vermont. 

Field to Market Hemp Cultivation  
Sunday, 8:00am - 3:30pm  
Location: Adele Simmons Hall 111  

Sponsored by Western MA Hemp Inc.  

Have you considered growing hemp commercially but you really need some more information? In this intensive course, learn about cultivating a hemp crop for CBD production. We will cover genetics, transplant care, soil preparation, fertility needs, pest and disease management, harvesting and extracting CBD oil on the farm, proper harvest windows and crop quality for a legal and marketable product. Our region is known for its unique niche crops and Organic Certified Hemp is the newest addition to that list. Presenters will help you understand the regulations and the permitting process to start growing hemp on your farm.  

Brendan Beer is a cannabis farmer from Greensboro, Vermont collaboratively cultivating hemp with nearby agricultural businesses.
International Organic Award Summit
Saturday Workshop Sessions I & II (WKSP # 15 & 33)
8:00 - 9:30am & 10:00 - 11:30am
Location: Robert Crown Center (RCC)

The 6th Organic Farming Innovation Award (OFIA) Summit: Nurturing a Culture of Improvement in Organic Agriculture
(2 workshop sessions):

The summit will have the thematic focus of ‘Nurturing a Culture of Improvement in Organic Agriculture’, tying into the debate of how innovations can spur and nurture the growth of organic agriculture as envisioned in Organic 3.0. Two interactive panel discussions, each preceded by an introductory presentation from a keynote speaker, will address the ‘Role of Innovation’ and ‘Nurturing a Culture of Improvement’, looking at how innovations can address increasing health and environmental concerns, whilst factoring in the needs of farmers and consumers.

The Organic Farming Innovation Award (OFIA) is a prize awarded to highlight organic innovations of scientists, extension agents, and practitioners and is awarded by IFOAM - Organics International. IFOAM represents the global organic movement. Its main activities include facilitating capacity development for sustainable production; raising awareness and acting as a resource center for organic communications; advocating for and supporting the creation of a policy environment conducive to positive change.

Organic Labeling Debate
Saturday, August 10
4:30pm - 5:30pm
Location: Franklin Patterson Main Auditorium

Is the USDA National Organic Program Doing its Job (protecting the values of traditional organic agriculture and meeting consumer expectations)?

Let’s debate the direction of organic labeling standards with Dave Chapman and Johanna Mirenda.

David Chapman, owner of Vermont tomato operation Long Winds Farm and executive director of the Real Organic Project, has been challenging the NOP to return to organic principles for the last two years. He will defend the negative position.

Johanna Mirenda, who has worked as policy director of Pennsylvania Certified Organic and technical director of OMRI (the Organic Materials Review Institute) is now the farm policy director of the Organic Trade Association, replacing Nate Lewis. She will defend the positive position.
Chapman and Mirenda are on opposite sides of several issues concerning recent NOP performance and organizers expect a vigorous debate exploring this important issue. In the wake of the National Organic Standards Board’s 8 to 7 vote supporting certification of hydroponics, criticism of the failure of the NOP to catch cases of fraud in imported grain and domestic dairying, and anger over passage of the Dark Act which preempted state laws requiring labeling of GMOs, many old time organic advocates are questioning whether, in this political and economic climate, organic advocates can rely on the NOP and the legislation behind it to protect the interests of organic farmers and consumers.

Jack Kittredge, past policy director of NOFA/Massachusetts and current editor of The Natural Farmer will moderate. “For many years,” Kittredge says, “the organic movement was almost synonymous with its trade association (OTA predecessor OFPANA -- the Organic Food Production Association of North America predated the 1990 federal law which established the NOP). But as the organic market has grown and more and more conventional food companies have found a home there, the culture of the organic community has changed and grown more mainstream. This has led to schisms and some hard feelings. This year, for the first time in many, we will have a representative of OTA to give their thoughts on how the NOP is doing and if changes are required.”

Massachusetts Healthy Soils Action Plan Listening Session
Saturday, August 10
4:30-5:30pm
Location TBD; Signs will be posted near the Registration Tent

Come help shape a statewide plan for enhancing soil health and soil carbon. The Executive Office of Energy and Environmental Affairs (EOEEA) and the Massachusetts Commission for Conservation of Soil, Water, & Related Resources have embarked on a broad public planning process to craft a plan for how Massachusetts can best support land uses including farming, forestry and urban development for climate change resilience and mitigation.

We invite you to hear about the project, provide feedback to the plan, and share with the planning team representatives about your interests and concerns with enhancing soil health in our state.
**Teen Summit**
Sunday August 11
8:00am - 5:00pm
Location: Robert Crown Center (RCC)

The Teen Summit is a collaboration with youth food justice/urban agriculture groups from across the Northeast. Founding groups of this year’s Teen Summit are Groundwork Somerville, Garden The Community, Mill City Grows, Grow Hartford, Urban Farming Institute.

The collaboration has been initiated in order to discuss challenges and wins in urban agriculture/food justice and racial equity. The Teen Summit will also give youth a chance to experience different career paths in agriculture and a tour of a Hampshire College’s Farm. All participating youth will be able to attend NOFA Summer Conference Workshops.

All teens are welcome to join the Summit individually or with a group.

Schedule:
9:00am to 10:30am  Arrival, group networking activities
10:00am  Getting to Know you – Lead by Grow Hartford
11:00am - 12:00pm  Panel topic: Community Organizing for youth, success and challenges of working in community gardens, youth healing through growing food
12:00pm - 1:00pm  Lunch
1:00pm  NOFA Conference Workshops
2:30pm - 3:00pm  Panel - Experience and History - a talk with local farmers of color
3:00pm - 4:30pm  NOFA Conference Workshops
4:30pm - 5:00pm  Closing activities and dismissal

**Fifth Annual Northeast Gathering on Domestic Fair Trade**
Friday August 9
1:30 - 4:30pm
Location: FPH Faculty Lounge

At this summer’s Free Open Meeting, NOFA’s Domestic Fair Trade Committee invites activists from the Northeast Region who are engaged in projects and organizing efforts that come under the broad heading of Domestic Fair Trade to come together to share our work and ideas and to discuss possible collaboration for the immediate future.

Interested farmers & potential new members may contact: Liz Henderson elizabethhenderson13@gmail.com or Louis Battalen louis@topoftheforest.com.
SATURDAY EVENING PLENARY

Life Sustains Life: Microbes, Climate Resilience, and the Future of Food
With Dr. Kris Nichols
Saturday, August 10
7:30 - 9:00pm
Location: FPH Main Auditorium

In this special plenary session, Dr. Nichols will deepen our understanding of the soil biological community and its role in growing healthy, nutrient dense crops and the restoration of a healthy environment. She will describe how the complex consortia of soil life not only enhances the availability of mineral nutrients but also the availability of antioxidants and polyphenolics to crops —supporting natural resistance to pests and disease, and ultimately producing a crop which better supports the health of the consumer. She will also explain why the same soil health practices that support more nutrient-dense crops (including reducing harm to biological life and maximizing photosynthesis) are so crucial to soil carbon sequestration, the future of soil fertility, and the resilience of food production to climate extremes.

Dr. Kris Nichols is a soil microbiologist with over 25 years of research experience studying arbuscular mycorrhizal (AM) fungi. Her career includes work as a USDA scientist and as Chief Scientists at Rodale Institute. Currently she is the founder and principle scientist of KRIS Systems Education & Consultation, where she helps farmers identify biological methods for agricultural production and tools and practices to reduce pest issues, soil erosion, fossil fuel use, and greenhouse gas emissions. Kris speaks regularly around the country and has authored or co-authored over 25 peer-reviewed publications. She is considered a leader in the movement to regenerate soils for healthy soil, crops, food, people and planet.
WEEKEND ENTERTAINMENT

FRIDAY NIGHT

*Friday Night Mixer*
7:30 - 9:30pm
Location: FPH

After you settle in on Friday afternoon we will kick off the conference weekend with music, dancing and general merrymaking featuring local favorites, The Gaslight Tinkers. Their special blend of African, Caribbean, Funk, Reggae and Latin grooves meet traditional fiddle music and American roots. It’s the genre-bending future of the music of the past.

There will be a cash bar serving your favorite local libations and the perfect way to open the conference weekend!

*Film: “Fuel Your Health”* (44 min)
Written and Directed by Drew Scott Pearlman
9:15 pm
Location: FPH West Lecture Hall

Fuel Your Health is a new documentary about the healing power of food and lifestyle. The movie dives deep into subjects like the gut microbiome, the myth about fat, the fermentation revolution, lifestyle medicine as well as the optimum diet for the body and the brain. Watch nutrition experts, medical doctors, farmers, research scientists, and best selling authors share their inspiring, healing stories.

SATURDAY AFTERNOON

*NOFA Country Fair*
See full program on next page.
SATURDAY NIGHT

Lush Honey Concert
9:00 - 11:00pm
Location: FPH

Lush Honey is a 4-piece progressive funk powerhouse hailing from Western Massachusetts. Formed in 2016, the captivating ensemble set out on a clear mission to elevate the mind and set the body in motion.

Drawing from different backgrounds and an array of influences, Lush Honey combines massive riffs, deep grooves, and soaring soulful hooks into their own brand of gooey sonic gold. Live performances, each their own unique experience, feature relentless momentum and cunning improvisations woven through tight original arrangements.

There will be a cash bar serving your favorite local libations!

Film: “The Biggest Little Farm” (91 min)
9:15pm
Location: FPH West Lecture Hall

The Biggest Little Farm chronicles the eight-year quest of John and Molly Chester as they trade city living for 200 acres of barren farmland and a dream to harvest in harmony with nature.

Through dogged perseverance and embracing the opportunity provided by nature’s conflicts, the Chester’s unlock and uncover a biodiverse design for living that exists far beyond their farm, its seasons, and our wildest imagination.

Featuring breathtaking cinematography, captivating animals, and an urgent message to heed Mother Nature’s call, The Biggest Little Farm provides us all a vital blueprint for better living and a healthier planet. Director John Chester
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<td>4:00pm</td>
<td>Teacup Raffle Fundraiser, All Day, Winners drawn at 5:00</td>
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NOFA COUNTRY FAIR ACTIVITY DESCRIPTIONS

Saturday Afternoon, August 10
4:00 - 6:00pm
Free and open to the Public

¶ PARADE
Kickoff our annual Country Fair with a Parade! The Parade begins at the RCC and proceeds to the fairgrounds by the vendor area. You are welcome to join in the fun! Bring a sign, or yourself in costume, and come dance with us! Parents are responsible for their children during the parade. Please bring your horns, bells and whistles and help us carry a banner.

camatan
Browse our amazing conference vendors and discover new and delightful products! Our 60+ vendors are a great resource and wealth of information as well as purveyors of high quality tools and lifestyle products to integrate into your organic life!

😊 FUN & GAMES

Live Music with Rebirth band, 4:30 - 6:00pm
Citing influences ranging from Fela Anikulapo Kuti and Steel Pulse to The Beatles and The Police to Nina Simone and Bill Withers, the group folds "Afro-influenced folk," funk, soul, reggae, Latin & hip-hop elements into its expansive sound. Many of the group’s tunes emanate from individual members and are collectively fleshed out; others are born spontaneously in the rehearsal space.

Live Animals
Meet the sheep, pigs, cattle and horses. Speak with local owners and national associations about their favorite breeds.

Storytelling & Crafts with the Eric Carle Museum, 4:30-5:30pm
Join us in celebrating nature through story time and art! An Art Educator from The Eric Carle Museum of Picture Book Art will read picture books themed around nature and lead participants in an interactive story time with movement and song. Inspired by the books, participants will create their own artwork and tell stories with the materials provided.

Riot in the Garden with Jackson Gillman, 5:00 - 6:00pm
Laugh and learn as we get down and earthy, celebrating the joys of farming and gardening in interactive song, comedy and story.

Dale Perkins Horses, 4:30 - 5:00pm
Come meet the powerful draft horses with Dale Perkins.
Traditional NOFA Fair Games & Pie Eating Contest, 4:00 - 6:00pm
Fun games for all ages. Some games include: Corn hole, Giant Jenga, Giant Twister on the Lawn, Dominos, Peanut in a Haystack, Sack Race, Watermelon Seed Spit, Egg Spoon Race, Apple Basket Toss, Misfit Produce Pageant and, of course, the Pie Eating Contest at 5:45!

Food Vendors
Stop by our wonderful food vendors (menus are subject to change)


Crooked Stick Pops - Fresh healthy ingredients, locally sourced whenever possible, to make brilliant flavors that are fun for families.

Holyoke Hummus - Falafel, hummus and other Middle Eastern treats.

Maple Mama - Craft sparkling beverages made with local maple syrup.

Flavvors of Cook Farm Ice Cream - A fifth generation Amherst dairy farm making ice cream since 1998.

Hitchcock Brewing - A farm brewery and hopyard located in Whately, MA with a focus of local beer for local people.

Bug Hill Farm - A small, certified organic, berry farm in Ashfield, MA growing raspberries, gooseberries, currants, wild and cultivated high-bush blueberries, elderberry, and aronia. Sample their fresh fruit shrubs and cordials.


Demos & Makers Fair
Saving Our Pollinators: Making Seed Bombs with Britt Florio
One-third of the food we eat develop their fruits and seeds with the help of insect pollinators such as butterflies, moths, wasps, and bees. Pollinators are essential to a resilient food system but many species are currently on decline. Stop by the pollinator friendly table to find out why pollinator species are struggling and what you can do about it. There will be interactive games, educational materials, and fun activities such as making seed bombs for folks to take home! Seed bombs are little balls of clay, compost, and native seeds that you throw on the ground. You can throw them in your yard, garden, field or a neglected space to transform it into a flowering oasis of pollinator friendly forage. A perfect activity for all ages!
Wool Spinning and Weaving with Leslie Ardison
"Ever wanted to spin fiber? Leslie will be demonstrating how to spin wool. Come try spinning on a drop spindle and/or wheel." All ages welcome.

Beekeeping Basics
Join Mel Gadd at his Beekeeping Exhibit. He will have an Observation Hive with live bees in it so that you can see how the bees work inside the hive. He will have a number of informational photos boards showing the life of the honeybee.

Seed Saving
Join Lia from Turtle Tree Biodynamic Seed Initiative to learn the basics of how to save seeds from your garden.

Vegetable Fermentation Workshop
Katie Korby, a worker-owner and Fermentation Manager at Real Pickles Co-operative will teach you home scale vegetable fermentation in a step by step process. You’ll leave knowing the basics to get you started fermenting on your own. We’ll talk about what you need, how to start your ferments, and work on recipe development. We’ll discuss troubleshooting and answer all your fermentation questions. This workshop is suitable for folks who have never fermented before, and for those who have and want to learn more.

MEET-UPS
4:15 - 5:15pm
During the fair you can gather with other folks who share a common passion. This is a wonderful opportunity to network and discuss topics with like-minded people. Meetups will be posted on a whiteboard at the Registration Tent during the conference. Meet at the registration tent, select a meetup and the facilitator will bring the group to a quiet, shady spot.

TEACUP RAFFLE FUNDRAISER!
5:00pm | Registration Tent
Support the Farming Education Fund scholarship for the NOFA Summer Conference by participating in the tea cup raffle! This year the raffle highlights some fantastic products from our vendors and some thoughtful donations from good souls: a variety of books, gift certificates for services, natural products and much more! Tickets are available for sale at the raffle table in the Registration Tent during regular registration hours (Friday 3:00 - 6:00pm, Saturday 7:00am - 12:00pm); and throughout the fair until raffle winners are drawn at 5pm Saturday. Teacup raffle tickets are $1/ticket, or $5/six tickets. We’re not able to hold or mail raffle prizes, so any raffle items that remain unclaimed as of 11am on Sunday will join the post-conference auction at 5:00pm on Sunday.
LEARNING TRACKS

We have organized select sessions within our workshop offerings into specialized learning tracks. Follow these tracks and attend each session to deepen your knowledge about the larger subject and identify areas of interest to pursue and take action.

**Glyphosate and 'Cides (GC)**
Learn about the toxic chemicals used in conventional agriculture and how they affect all of us.

**Saturday August 10, 8:00-9:30am**
*Beyond Pesticides: Local Action for Organic Landcare*
Franklin Patterson 102 | WKSP # 5

**Saturday August 10, 1:00-2:30am**
*Hidden Dangers of Glyphosate*
Franklin Patterson 107 | WKSP # 44

**Sunday August 11, 8:00-9:30am**
*Glyphosate Secrets: What Monsanto (Bayer) Doesn’t Want You to Know*
Franklin Patterson 107 | WKSP # 67

**Sunday August 11, 10:00-11:30am**
*Managing Invasive Plant Species without Synthetic Pesticides: A Path to Success for Landowners*
Franklin Patterson 105 | WKSP # 69

**Sunday August 11, 3:00-4:30pm**
*Get Some Local Organic Action: Reduce Pesticides Near You!*
Franklin Patterson 108 | WKSP # 104

**Seed Saving (SS)**
Learn about the different techniques to save seeds and why you might like to try it.

**Saturday August 10, 8:00-9:30am**
*Look, Smell, Touch, Taste: Cucurbits Old & New in the Northeast*
Outside: Lawn | WKSP # 3

**Saturday August 10, 10:00-11:30am**
*Seed Saving From Annual Flowers & Herbs*
Franklin Patterson Faculty Lounge | WKSP # 17

**Saturday August 10, 1:00-2:30pm**
*Seed Saving From Biennials*
Franklin Patterson Faculty Lounge | WKSP # 36

**Sunday August 11, 8:00-9:30pm**
*Localizing Seeds: Maintaining Regional Heirlooms and Breeding New Varieties*
Franklin Patterson West Lecture | WKSP # 66

**Sunday August 11, 1:00-2:30pm**
*Getting Started With Small-Scale Grain Growing*
Franklin Patterson Main Lecture | WKSP # 90
**Food Justice (FJ)**
Learn about the many ways that communities and organizations are working towards a fair and accessible food system.

**Saturday, August 10, 8:00-9:30am**
*Building the Solidarity Economy - CSA Around the World*
Franklin Patterson 106 | WKSP # 7

**Saturday, August 10, 10:00-11:30am**
*Into the Weeds: Food and Farming Justice in Bronx Schools*
Franklin Patterson 103 | WKSP # 20

**Sunday, August 11, 8:00-9:30am**
*Climate Justice: Youth Perspectives, the Food System, & Racial Equity*
Franklin Patterson 105 | WKSP # 52

**Sunday, August 11, 1:00-2:30pm**
*Milk with Dignity: Program Bringing a New Day to Farmworkers Across Vermont*
Franklin Patterson 106 | WKSP # 101

School Food Justice
Dakin Kitchen/Living Room | WKSP # 87

**Sunday, August 11, 3:00-4:30pm**
*Sustainable Diets & Food Justice*
Franklin Patterson 103 | WKSP # 109

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**Soil Health (SH)**
Learn why the health of your soil is important and how to increase it.

**Saturday, August 10, 10:00-11:30am**
*Building Soil Carbon: For Your Garden/Farm, Your Health, & Our Climate*
Franklin Patterson East Lecture | WKSP # 23

**Saturday, August 10, 10:00-11:30am**
*The Unseen World in the Soil: Microbes, & Soil Health*
Franklin Patterson 104 | WKSP # 29

**Sunday, August 11, 10:00-11:30am**
*The Link Between Soils & Nutrition*
Franklin Patterson West Lecture | WKSP # 79

*Building & Maintaining Healthy Urban Farm Soils*
Franklin Patterson 106 | WKSP # 80

*Homestead Soil Building: Starting from Stones*
Franklin Patterson East Lecture | WKSP # 81

**Sunday, August 11, 3:00-4:30pm**
*Improving Soil Fertility in the No-Till Market Garden*
Franklin Patterson East Lecture | WKSP # 116
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<td>Fruit Tree Planting &amp; Establishment</td>
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<td>Growing Carbon Farming in the Northeast: Pathways to Carbon Drawdown</td>
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<td>The Winter CSA</td>
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<td>Best Perennial Plants for Edible Landscaping</td>
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<td>Seed Saving From Biennials</td>
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<td>Medicinal Mushrooms in the Kitchen</td>
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<td>Herbal Infused Ghee: Medicine for the Brain &amp; Body</td>
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<td>Working With Horses: Basics &amp; Beyond</td>
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<td>Practicing Self-Care: Yoga for On Farm Stress Management</td>
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<td>Base Mapping for Permaculture Design</td>
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## WORKSHOP GRID | Sunday, 8:00-9:30am

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<td>Guerilla Marketing for Small- to Mid-size Farms</td>
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<td>Diversify Your Farm: Breeding Heritage Hogs for Profit/Genetic Diversity</td>
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<td>FP 102</td>
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<td>Japanese Knotweed: Treatment, Control, Transition.</td>
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<td>Natural Approaches to Beekeeping</td>
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<td>Moving From Charity to Justice: A Model for Farms Working with Food Insecure People</td>
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<td>FJ</td>
<td>Climate Justice: Youth Perspectives, the Food System, &amp; Racial Equity</td>
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<td>Ventilation in Greenhouses &amp; High Tunnels</td>
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<td>Glyphosate Secrets: What Monsanto (Bayer) Doesn’t Want You to Know</td>
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<td>Smoking Meat at Home</td>
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<td>Designing Perennial Guilds &amp; Polycultures</td>
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<td>Localizing Seeds: Maintaining Regional Heirlooms and Breeding New Varieties</td>
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<td>The No-Till Market Garden</td>
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<td>Mushrooms as Medicine: Exploring How to Use Fungi</td>
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<td>Digestion: The Roots of our Health</td>
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<td>Fruit Tree Pruning: An Arborist’s Perspective</td>
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<td>Vegetable Production with Draft Horses</td>
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<td>Lean Farming 101</td>
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<td>The Wild, Wacky, Wonderful World of Winter Squash</td>
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<td>Herbs for the Home Garden</td>
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<td>Sheep &amp; Goat Midwifery: Lessons &amp; Stories From The Field</td>
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<td>Relationships Between Early Diet &amp; Risk of Food Allergy</td>
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<td>Managing Invasive Plant Species without Synthetic Pesticides: A Path to Success for Landowners</td>
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<td>Building &amp; Maintaining Healthy Urban Farm Soils</td>
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<td>CSA Panel</td>
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<td>Living Off the Grid: Tools for Getting Off Petroleum</td>
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<td>Homestead Soil Building: Starting from Stones</td>
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<td>Permaculture Design For Regional Food Security</td>
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<td>Indoor Mushroom Cultivation as a Small Scale Business or Ag Business Supplement</td>
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<td>Home-cooked Vegan Comfort Food</td>
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<td>Flatbreads from Antiquity to Today</td>
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<td>Invasive Weeds on Your Plate</td>
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<td>Vegetable Crop Scouting for Integrated Pest Management</td>
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<td>Applying Lean to YOUR Farm</td>
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<td>Effects of Stress on Nutrient Needs &amp; Gut Health</td>
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<td>Cover Crop Mixtures: Growing N for Your Vegetable Crop</td>
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<td>Extending Grazing Season Through Stockpiling &amp; Summer Annuals</td>
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<td>Seaweed: Food, Feed, &amp; Fertilizer</td>
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<td>Art Farm: Rainwater Harvesting for Urban Agriculture</td>
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<td>Milk with Dignity: Program Bringing a New Day to Farmworkers Across Vermont</td>
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<td>No-Mix, High Carbon Compost Biodigester</td>
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<td>Impact of Mushroom Extracts on Bee Health</td>
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<td>Getting Started With Small-Scale Grain Growing</td>
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<td>Making a Living Growing Vegetables</td>
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<td>Expand Your Garden Potential With Companion &amp; Succession Plantings</td>
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<td>Farming for Biodiversity: Designing Pollination Systems to Sustain Native Wildlife</td>
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<td>Invasive Weeds on Your Plate Part 2</td>
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<td>School Food Justice</td>
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<td>Pruning of Fruiting Shrubs: An Arborist's Perspective</td>
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<td>Carbon Farming Tour: Hybrid Chestnut and Sheep Silvopasture</td>
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<td>Farm Marketing: Selling Your Story</td>
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<td>Poultry for Profit</td>
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<td>Sustainable Diets &amp; Food Justice</td>
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<td>Biodynamics &amp; Nutrition in Plant, Animal, &amp; Human Beings</td>
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<td>Downy Mildews in Leafy Greens</td>
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<td>Diversify Your Lawn</td>
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<td>Unusual Food Crops to Grow in Massachusetts</td>
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<td>Get Some Local Organic Action: Reduce Pesticides Near You!</td>
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<td>Panel: Are There Natives &amp; Invasives? Explorations &amp; Deepening the Discussion</td>
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<td>Improving Soil Fertility in the No-Till Market Garden</td>
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<td>Overcoming Obstacles to Raising Backyard Livestock in an Urban Setting</td>
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<td>Merrill Kitchen/Living Room</td>
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<td>Immigration &amp; &quot;American&quot; Cuisine</td>
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<td>Scents &amp; Sensibility: Herbal Reed Diffusers</td>
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WORKSHOP DESCRIPTIONS BY TIMESLOT

This listing provides comprehensive workshop info, including 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. There are eight 90-minute workshop slots during the conference: two on Friday, three on Saturday, and three on Sunday. Once you are registered for the conference, you may attend any workshop listed here by simply walking to the room listed and taking a seat.

Locations
You will find directions to local tours in the workshop descriptions. The Children’s Conference takes place in the RCC South Lounge.

NOFA AOLCP Credit Approved Workshops
To renew accreditation, Accredited Organic Land Care Professionals (AOLCPs) must earn 4 re-accreditation credits per year. Each 90 minute session you attend counts for 1.5 credits.

It is easy to report your credits - just fill out the online form naming NOFA Summer Conference as the event you attended and have earned your 4 CEU credits.

Obtain the online form at www.organiclandcare.net/reaccreditationform

Please note, your accreditation fees are due by January 1st, 2020, not when you submit your CEU credits. Call or email the CT NOFA office, 203-308-2584, ctnofa@ctnofa.org if you have any questions.
Farming the Fringe:
Guerrilla Propagation Tactics for Unlikely Places
Franklin Patterson Faculty Lounge | WKSP # 1

Small-plot growers may feel compelled to copy conventional planting dates, seeding protocols, and transplanting routines. But what happens if we consider (opportunistically) breaking these rules? Inspired by a lifetime of gleaning, recycling and "low-tech" permaculture, farmer Dan will describe and discuss alternative propagation and season-extension methods, targeting marginal spaces, with little machinery, capital or fossil fuel.

**Danny Botkin**, Owner/operator of Laughing Dog Farm, a permaculture-inspired homestead and teaching space in Gill, MA.

Summer Mushroom Hunting in Massachusetts
Franklin Patterson East Lecture | WKSP # 2

We will present a new slideshow about mushroom hunting in general, and about the summer mushrooms in particular; it will focus on various local species which we consider "safe for beginners". Part two will be a guided walk somewhere on the grounds.


**Emily Schmidt**, Expert on creative cooking uses of wild-foraged ingredients. Co-founder of The Mushroom Hunting Foundation.

Look, Smell, Touch, Taste:
Cucurbits Old & New in the Northeast
Outside: Lawn | WKSP # 3

Let’s explore the history of cucurbits with all our senses! Come taste the diversity of cantaloupes we can grow in our short seasons while building your skills with hands-on squash pollination demonstrations. See how we restore forgotten varieties and develop new ones. Learn how you can play a role as we grow the future together!

**Heron Breen**, Farmer, seed saver, seed grower, plant breeder, employee of Fedco Seeds co-op.

**Petra Page-Mann**, Life-long seed saver, author & storyteller, co-founder of Fruition Seeds.
Simple Season Extension for the Market Gardener
Franklin Patterson 103 | WKSP # 4

Come learn how to grow fresh vegetables into the winter using appropriately timed planting, cold tolerant varieties, and simple unheated covers and structures. Combine with proper storage, you can have vegetables for a small CSA or market all winter long. This workshop is targeted at growers who have limited/no heated growing space.

Jen Burt, Farm Steward of the Dismas Family Farm.

Beyond Pesticides:
Local Action for Organic Landcare
Franklin Patterson 102 | WKSP # 5

Find out how Beyond Pesticide supports local organizing for municipal pesticides ordinances and about funding available to start an organic landcare program in your city/town.

Jay Feldman, Executive Director/Co-Founder of Beyond Pesticides, former NOSB Board Member.

Agroforestry in the Northeast
Franklin Patterson 107 | WKSP # 6

A look at agroforestry prospects in the Northeastern USA, beyond forest gardening, mushrooms, and ginseng. Stacking agricultural enterprises with forestry can offer unique environmental and financial possibilities.

Karl Hallen, Farmer, forester, entrepreneur, researcher with the college of Environmental Science and Forestry, Syracuse, NY.

Building the Solidarity Economy - CSA Around the World
Franklin Patterson 106 | WKSP # 7

CSAs are part of the international peasant/small holder movement for food sovereignty and economic solidarity, with networks in countries around the world. Hear a report from the Urgenci 7th International CSA Symposium, Greece, November, 2018. The focus of this workshop will be what we in the US can learn from outstanding examples in other countries.

Elizabeth Henderson, Managed a CSA for 29 years, author of Sharing the Harvest, honorary president of Urgenci.
Principles to Produce Nutrient Dense Food
Franklin Patterson Main Lecture | WKSP # 8

Nutrient Dense crops are the byproducts of well functioning biological systems. This workshop will cover a number of critical environmental conditions and management practices necessary for the production of these more flavorful, aromatic, nutritious, pest and disease resistant harvests.

Dan Kittredge, Eclectic, farmer, NGO Director, focused on systemic solutions.

Food Is Medicine
Merrill Kitchen/Living Room | WKSP # 9

Knowing where your food comes from and how it is prepared aids in the overall health of the family household.

Julius Kolowole, Responsible for the operation of AARI’s core programs. AARI currently runs six urban gardens in South Providence.

Update on Food Safety Rules for Small Producers & Co-ops
Franklin Patterson 105 | WKSP # 10

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

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

Vickie Smith, Food Safety Specialist for New England Farmers Union.

Happy Pigs Taste Better: An Introduction to Pastured Swine
Franklin Patterson 101 | WKSP # 11

How do I select a healthy piglet? What breed should I buy? What should I feed my pigs? How do I fence pigs so that they’ll stay where they belong? How do I tell when a pig is ready to harvest? Let’s get ready to raise some happy pigs!

Alice Percy, Author of “Happy Pigs Taste Better” and coordinator at Fedco Organic Growers Supply.
Cheesemaking Basics  
Dakin Kitchen/Living Room | WKSP # 12

We will learn to make yogurt, chèvre, and ricotta salata. Along the way, we will cover the basics: curds; whey; cultures; rennet; and sourcing different types of milk.

Diana Phillips, Owner of Happy Goats Farm, cheesemaker, herbalist.

Lyme Prevention Best Practices:  
Buhner’s Herbal “Healing Lyme” & Beyond  
Franklin Patterson 104 | WKSP # 13

We all want to avoid Lyme and also want to go outdoors! Learn stuff that works. I’ll demo how to make immune-supportive Astragalus (specific for Lyme). We’ll sample tinctures,repellent, topical bite remedy, and learn to do religious body checks, use a remover properly, and discuss options for treating Lyme.

Sarah Stockwell-Arthen, Follows the work of herbalist Stephen Buhner and is the remedy-maker at Hilltown Herbals.

Planting For Honeybees & Other Pollinators in New England  
Franklin Patterson 108 | WKSP # 14

Presentation about plants that provide nectar and pollen to honeybees and pollinators. Emphasis is on plants that provide quality food for bees and honey production, and on providing a diverse selection of plants through the year. Many original photographs of bees on flowers taken primarily on the presenters’ property.

Ed Szymanski, Homesteader and beekeeper, President of Norfolk County Beekeepers Association, amateur bee and flower photographer.

Marian Szymanski, Homesteader, beekeeper, avid gardener.
Innovations in organic agriculture play an integral role in the search for local or scalable solutions for more sustainable and regenerative farming. The Organic Farming Innovation Award (OFIA) highlights such innovations and is awarded to scientists, practitioners, and extension agents working to increase effectiveness, efficiency, and productivity of organic farming. OFIA is an initiative of the Republic of Korea.

The summit will feature two interactive panel discussions looking how innovations can address increasing health and environmental concerns while factoring in the needs of farmers and consumers.

I. Introductory Presentations

**Chair: Louise Luttikholt**, Executive Director of IFOAM – Organics International

**Julie Rawson**, Executive Director of the Northeast Organic Farming Association - MA Chapter

**Mike Hands**, Director of the Inga Foundation and 2017 OFIA Awardee

**Dr. Shaikh Tanveer Hossain**, Program Officer, Asian Productivity Organization and 2011 OFIA Awardee

**Brian Baker**, Former President of IFOAM North America

**Brian Caldwell**, Owner/Operator of the organic Hemlock Grove Farm

II. Interactive Panel Discussion and Q&A Session

**Moderator: Louise Luttikholt**

The fourth phase of water is arguably the most intriguing and important scientific discovery over the last 200 years. From microscopic subcellular maintenance, to the macro-world of current climate change, structured water involves us all. We will also discuss ‘cides and their role in killing life at the atomic level. Participants are encouraged to pre-view any talk by Dr. Gerald Pollack!

**Bill Mackently**, Life-long farmer and horticulturalist.
**SATURDAY 10:00 - 11:30am**

**Seed Saving From Annual Flowers & Herbs**  
Franklin Patterson Faculty Lounge | WKSP # 17

An introduction to seed saving from annual flowers and herbs, especially those that support diverse pollinators.

**Lia Babitch**, Works at Turtle Tree, has been seed saving for over 12 years.

**Ian Robb**, Works at Turtle Tree and has been gardening for over 45 wonder-filled years.

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**Fermenting Social Justice Values In The NOFA Culture**  
Dakin Kitchen/Living Room | WKSP # 18

Contribute your vital voice in forming a food justice presence in our state chapters and in committing to making food system equity a NOFA core value. What roles can organic agriculture, and NOFA specifically, play—while simultaneously expanding our own inclusivity and diversity—in contributing to healthy communities and helping new farms and new forms of community grow?

**Louis Battalen**, Northeast organizer for the Agricultural Justice Project, lives on the Berkshires’ eastern facing slopes.

**Elizabeth Henderson**, Organic farmer, member of NOFA-NY Board, and the author of Sharing The Harvest.

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**Summer Mushrooms of Massachusetts Guided Walk**  
Outside: Lawn | WKSP # 19

Join the creators of The Mushroom Hunting Foundation for a first-hand mushroom hunting experience, seeking local spring mushrooms in their natural habitats. Learn about the equipment and techniques for identifying, collecting, and transporting them. If possible, attend the indoor mushroom class first.


**Emily Schmidt**, Teacher of safe wild foraging and creative cooking; co-creator of The Mushroom Hunting Foundation.
Into the Weeds:
Food and Farming Justice in Bronx Schools
Franklin Patterson 103 | WKSP # 20

Weeds are regarded as invasive species, but they can teach us about resilience and healing. By focusing on medicinal plants and weeds, participants will learn about community buy-in of school-based work. Community Food Action fosters connections between people, nature and food. Like weeds, marginalized communities are adaptive, as schools and food programs must be.

Maria Caicedo, Bilingual educator and community worker who coordinates school-based work and leads Farmers Markets for Kids.

Taisy Conk, Program Director of Community Food Action.

Darning 101
Merrill Kitchen/Living Room | WKSP # 21

In this workshop, you will learn three traditional methods of darning, plus a fourth fusion method that Bonny has developed herself. (Depending on the type of hole or wear, different methods are appropriate.) The final method is particularly good for inconspicuously darning small moth holes in lambswool and cashmere sweaters. Bringing a darning project encouraged!

Bonny Carmicino, Couturier and sewing teacher; graduate of both MIT and FIT.

The Fat Kitchen:
How to Render, Cure & Cook with Lard, Tallow, & Poultry Fats
Franklin Patterson 101 | WKSP # 22

Animal fats are a healthier choice than polyunsaturated seed oils and they give far better results in cooking and baking. Learn how to render all kinds of fat to make it ready for cooking and baking, how to store it, and how to use it.

Andrea Chesman, Cookbook author, most recent book deals with rendering, and cooking with lard, tallow, and poultry fat.
Building Soil Carbon: For Your Garden/Farm, Your Health, & Our Climate
Franklin Patterson East Lecture | WKSP # 23

What exactly is behind the growing interest in no-till, cover crops, and crop rotation? What do these practices have to do with returning atmospheric carbon to the soil? Come learn what Farmers, Gardeners and Homeowners can do to sequester carbon, improve plant and soil health, and increase food quality and quantity all at once.

Julie Rawson, Farmer at the diverse Many Hands Organic Farm where carbon sequestering practices are ever evolving.

Jack Kittredge, Editor of The Natural Farmer and author of Carbon Restoration: Can Biology Do the Job?

From Bulbils to Bulbs:
Growing Garlic and Saving Propagation Materials
Franklin Patterson 107 | WKSP # 24

Learn strategies used to grow garlic that has good marketability, storage quality, and yield without the need for plastic or irrigation. In this workshop, methods for perennializing garlic, propagating garlic from bulbils, and companion planting will be covered as well as mulching or not, composting, and efficient harvesting.

Karl Hammer, Founder and president of Vermont Compost Company. Has been growing the same Rocambole Garlic since the 80's.

Defining Food Quality: Tools, Science and Collaboration
Franklin Patterson Main Lecture | WKSP # 25

The Bionutrient Food Association and Real Food Campaign have embarked on a open source project to develop a hand held spectrometer used to test relative nutrient density, as well as building and populating databases sufficient to define relative nutrient density and identify causal production practices. Stop in for an update on this project!

Dan Kittredge, Eclectic, farmer, NGO Director, focused on systemic solutions.
Keeping Sheep Organically Outside: Lawn | WKSP # 26
Basics of keeping sheep organically in the northeast. We will cover the fundamentals of caring, feeding, housing, parasite and predator control using organic methods.

Kim Mastrianni, Raising sheep organically in NH.

Nubian Culture in Gardening
Franklin Patterson 106 | WKSP # 27
How to build and run gardens using easiest way to produce the most organic vegetables, and benefit as many people to strengthen the communities.

Sayed Mohamed-Nour, I am a Nubian, grow up on a farm, and coordinator of NUBIA Seed & Yield since 2008, running gardening programs at nine sites.

Organic Lawn Care
Franklin Patterson 102 | WKSP # 28
The workshop will discuss the reasons for taking the organic approach to lawn care. We will talk about soil health, biology and the techniques we use to grow grass.

Michael Murray, Has been providing organic lawn care to homeowners in the Boston area for 18 years.

The Unseen World in the Soil:
Microbes, & Soil Health
Franklin Patterson 104 | WKSP # 29
In this workshop, I will describe the various forms of microscopic organisms, their interrelationships and their beneficial roles in nutrient cycling, soil structure and plant health. Recent advances in the science of soil microbiology and ecology and the potential effects of climate change will also be offered.

Jack Nelson, PhD Microbiologist and organic gardener.
The Science, Art, Fun & Tasty Fruit of Espalier
Franklin Patterson 108 | WKSP # 30
Espaliers provide high yields of high quality fruit while making a decorative and edible covering for a fence or a wall -- even creating the fence itself! Learn which fruit plants work best, and the theory and practice of training and maintaining espaliers for maximum beauty and high-quality fruit production.

Lee Reich, Farmdener, writer, consultant, and scientist.

Thinking Like a Watershed:
Scaling Up Climate Resilience Planning
Franklin Patterson Main Lecture | WKSP # 31
The effects of climate change extend across property boundaries, and our responses and solutions must as well. This workshop will zoom out from farm-scale climate resilience planning to practices of watershed-scale thinking and design. Come explore how farmers and land stewards at all scales can collaborate to repair larger living systems and cycles.

Connor Stedman, Ecological farm planner and educator working to mitigate climate change while strengthening viable farm businesses.

How to Start or Convert to a Co-op Business
Franklin Patterson 105 | WKSP # 32
Want business succession, retain jobs, build economic sustainability? Co-ops root business in communities, strengthen buy-in, and build resilient and sustainable economy and food systems. Learn how co-ops work, start-up process, benefits of conversion, financing, and history. Hear from those who’ve converted to the co-op model, worker co-ops, and co-op developers.

Larisa Demos, Worker/member-owner Green Mountain Spinnery, Board of Directors, Valley Alliance of Worker Co-operatives.

Suzette Snow-Cobb, Has been involved with co-ops since the '80s, works for the Neighboring Food Co-op Association.

Organic Farming Innovation Award (OFIA) Summit
Robert Crown Center | WKSP # 33
The Organic Farming Innovation Award (OFIA) is a prize awarded to highlight organic innovations of scientists, extension agents and practitioners. All are welcome to attend! See pg. 24 for more information.
**SATURDAY 1:00 - 2:30pm**

**Medicinal Mushrooms in the Kitchen**  
Merrill Kitchen/Living Room | WKSP # 34

Mushrooms wonderfully walk the line between food and medicine. Combine their versatility in the kitchen with their medicinal virtues and you have a winning combination! This class will go in-depth on medicinal mushrooms easily incorporated into the kitchen. We’ll learn about their medicinal benefits, favorite recipes, flavor combinations, and herb-pairings as we go.

**Jade Alicandro Mace,** Herbalist and Educator at Milk & Honey Herbs.

**Making Bionutrient Raised Beds & Containers Really Work**  
Franklin Patterson 102 | WKSP # 35

A lot of raised beds don’t thrive and produce. It takes translation skills to use in-ground soil management techniques in raised structures. There are “tricks” and specific information that will make your raised beds and containers successful and raise great food wherever you can set up a bed.

**ML Altobelli,** 35 years experience with high production raised gardens on all kinds of sites.

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**Seed Saving From Biennials**  
Franklin Patterson Faculty Lounge | WKSP # 36

We will discuss saving seeds from biennials, some of the challenges and pitfalls, including storage, selection and spacing.

**Lia Babitch,** Works at Turtle Tree, has been seed saving for over 12 years.

**Ian Robb,** Works at Turtle Tree and has been gardening for over 45 wonder-filled years.
The Winter CSA
Franklin Patterson West Lecture | WKSP # 37

After six seasons of running an 80 share CSA farm, Noah and Sophie of Alprilla Farm shifted their "CSA Season" from June-October to October-February. In essence, they are now able to focus on growing all summer and then marketing all winter. Learn how this change has improved their quality of life, bottom line and labor efficiency.

Noah Courser-Kellerman, Raises vegetables, grass-fed beef and grains at Alprilla Farm in Essex, MA.

Sophie Courser-Kellerman, Raises vegetables, grass-fed beef and grains at Alprilla Farm in Essex, MA.

Your Input Needed at NOFA's Policy Workshop!
Franklin Patterson 104 | WKSP # 38

Interstate NOFA Policy is starting to see some bright light at the end of the tunnel! Now is the time to put forth proposals that can be implemented soon after the 2020 elections. Join this interactive workshop to go over this year's agenda and contribute to our grassroots organic policy initiatives.

Steve Gilman, NOFA Interstate Policy Coordinator.

Liana Hoodes, Policy Specialist for NOFA-NY and a longtime organic activist.

Practicing Self-Care: Yoga for On Farm Stress Management
Outside: Lawn | WKSP # 39

Participants will enjoy a simple yoga sequence incorporating easy movement, breath work, and brief meditation, followed by a discussion of the physiological benefits of yoga and mindfulness for stress management. The group will explore ways to incorporate body-based self care into their daily lives, and how to provide more farming communities access to yoga.

Alicia Harvie, Farm Aid’s Advocacy & Farmer Services Director and is a registered yoga instructor.
Innovative Leadership: Addressing the Generation Gap
Robert Crown Center | WKSP # 40

Succession planning, entrepreneurialism, diversity and renewal in organic agriculture are issues regularly discussed in the context of the future of organic agriculture. Innovative leadership practices are fundamental to help us break out of an old paradigm. This session, inspired by the Organic Leadership Course of IFOAM – Organics International, will address the challenges around leadership renewal and innovation.

Louise Luttikholt, Executive Director of IFOAM-Organics International

Regenerative Agriculture in Urban Planning: Lessons from Western Queens
Franklin Patterson 103 | WKSP # 41

A discussion of urban planning from a regenerative design perspective, looking at how regenerative agriculture principles can advance climate change resilience, urban ecological restoration, and environmental justice in housing.

Mike Hollis, Farms Director for NYC supportive housing developer and co-founder for regenerative art/design non-profit.

Food Co-ops: Democratizing Human Health & Food Security
Franklin Patterson 105 | WKSP # 42

What is the co-op model and how does it help make healthy, local food and community ownership more available to everyone? Hear from co-op leaders about how they are working together to empower people to build more inclusive, healthy, and just food systems and economies.

Bonnie Hudspeth, Co-op Developer, Neighboring Food Co-op Association.

Sarah Kanabay, Outreach and Communications Manager, Franklin Community Co-op.

Herbal Infused Ghee: Medicine for the Brain & Body
Dakin Kitchen/Living Room | WKSP # 43

Learn about the ancient healing properties of ghee (clarified butter) particularly when infused with herbs and spices. This workshop will demonstrate how to make medicinal ghee for supporting the deep tissues and organ systems in the body. Not only is ghee deliciously buttery, it is one the best foods as medicine. Taste tests, handouts and recipes included.

Hannah Jacobson-Hardy, Community Herbalist and founder of Sweet Birch Herbals & Full Moon Ghee.
Hidden Dangers of Glyphosate
Franklin Patterson 107 | WKSP # 44

Glyphosate is now used on almost all crops, not just GMOs. This workshop details how glyphosate disrupts gut flora, immune and neurological function; and why and how it contributes to a host of chronic disease. Find out how to avoid exposure and heal from glyphosate toxicity.

Brigitta Jansen, MS CN practices functional medicine nutrition in Connecticut.

An Introduction to Day-Neutral Strawberries
Franklin Patterson 106 | WKSP # 45

Enjoy fresh strawberries until Thanksgiving! Growing day-neutral strawberries requires different techniques than traditional June strawberries. Learn the advantages of day-neutral varieties and how to grow them for great flavor, high yields, and an extended harvest season.

Alice Percy, Ten years’ farming experience and is a coordinator at Fedco’s Organic Grower Supply.

Working With Horses: Basics & Beyond
Outside: Lawn | WKSP # 46

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

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

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

Base Mapping for Permaculture Design
Outside: Lawn | WKSP # 47

Using features of the campus, we will work though aspects of base mapping to collect information necessary for design. This includes ‘critical site features’, the methods for locating them; triangulation, extension lines, and tools; tape measure, A-Frame and laser level, and add the collected information to a base map.

Sven Pihl, Regenerative Land Planner/Designer and educator based in Connecticut.
Fruit Tree Planting & Establishment
Franklin Patterson 108 | WKSP # 48
Success with fruit trees starts with selecting the right kind of nursery tree. From there, we’ll cover planting - dispelling certain myths about when and how to do it- and then move on to early care — pruning, staking, watering, and soil management. All these details are important to getting a fruit tree off to a good start and a healthy future.

Lee Reich, Farmdener, writer, consultant, and scientist.

Best Perennial Plants for Edible Landscaping
Franklin Patterson East Lecture Hall | WKSP # 49
Join Dave and Marina as they highlight their favorite edible perennial plants to incorporate into the Northeast landscape. This workshop will feature detailed plant profiles and lists outlining where the plants fit best in the landscape (i.e. sun-loving, vining, groundcover, shade tolerant, etc).

Dave Scandurra, Founded Edible Landscapes of Cape Cod in 2012. A passionate food grower and plant enthusiast.

Marina Matos, Co-operator of Edible Landscapes of Cape Cod. Passionate about medicinal and edible plants alike.

Growing Carbon Farming in the Northeast: Pathways to Carbon Drawdown
Franklin Patterson Main Lecture | WKSP # 50
Farms have a large role to play in the global and regional solutions to climate change, particularly through carbon sequestration. This workshop will provide an up-to-date global and regional overview of the carbon farming field. We will focus on both familiar and new systems, practices, and crops with the greatest production and business viability for the Northeast.

Connor Stedman, Ecological farm planner and educator working to mitigate climate change while strengthening viable farm businesses.

A Year in Beekeeping: Colony Management Through the Seasons
Franklin Patterson 101 | WKSP # 51
Honey bee colonies require observation and management throughout the year. This workshop covers the various tasks and timing involved on a month by month basis. Feeding, swarm control, mite testing and treatment, honey production, requeening, winter prep discussed.

Ed Szymanski, Homesteader; beekeeper; Program Director, Mass. Beekeepers Association; beekeeping educator.
Climate Justice: Youth Perspectives, the Food System, & Racial Equity
Franklin Patterson 105 | WKSP # 52

Teen employees of the Green Team program will present an interactive workshop on how climate justice relates to the issues they care about most, including the food system and agriculture. Climate change is deeply connected to food production and security, racial health equity, and community relationships to each other and the land.

Rae Axner, Youth Employment Program Manager at Groundwork Somerville and supervises the Green Team.

Green Team Member(s)

Japanese Knotweed: Treatment, Control, Transition
Franklin Patterson 102 | WKSP # 53

Landscapes are dynamic places, constantly in transition, resilient as they recover from minor and extreme disturbance. Japanese knotweed can disrupt the system’s delicate balance, but management of infestations is a nuanced task. Learn where to focus energies and what non-chemical site rehabilitation efforts involve over extended time frames.

Michael Bald, Owner and Founder of Got Weeds?. Rehabilitating landscapes across New England since 2011.

Niche Marketing in the Black
Adele Simmons Hall 221 | WKSP # 54

Join us to explore and identify prospective niche markets for your farm or business. Small- to mid-size farms stand to benefit financially from new revenue streams. We will pinpoint niche opportunities for the northeast region and cover direct marketing to the public. Tools, resources, and valuable handouts will help identify potential niches for your operation.

Darryl Benjamin, Sustainable food consultant, educator, and author.
CBD Medicine Making  
Dakin Kitchen/Living Room | WKSP # 55

In this class you will learn how to create the most effective CBD remedies in your own home kitchen. We will explore the hemp plant’s phytochemistry and extraction techniques, and learn how to accurately dose finished products. Participants will get hands-on experience making a few hemp-based herbal remedies, and get to take home their creations.

Stephanie Boucher, VT-based clinical herbalist and cannabis coach, specializing in CBD products.

Ventilation in Greenhouses & High Tunnels  
Franklin Patterson 106 | WKSP # 56

This workshop will review the fundamentals of ventilation in high tunnels and greenhouses including topics of passive ventilation (roll-up sides, doors, ridge vents and peak vents) as well as mechanical ventilation (fans and louvers).

Chris Callahan, Agricultural Engineer with UVM Extension.

Mushrooms as Medicine: Exploring How to Use Fungi  
Franklin Patterson Faculty Lounge | WKSP # 57

We will discuss how mushrooms have been used as a medicinal source historically, and how they are used currently. We will go over what current products are available and the pros and cons to these different products.

Willie Crosby, Mushroom educator and researcher. He owns Fungi Ally.

Moving From Charity to Justice:  
A Model for Farms Working with Food Insecure People  
Franklin Patterson 104 | WKSP # 58

How do farms create models for food assistance that support the dignity of people in need? What does it mean to be guided by the principle of justice rather than charity? Abundance Farm is a community collaboration between a synagogue, a school and a food pantry. Learn about how the farm, inspired by biblical agricultural practices, strives to be model of food justice.

Jacob Fine, Director of Abundance Farm, a Jewish food justice farm, outdoor classroom and community building space.

Rose Cherneff, Farm Manager at Abundance Farm. Interested in how farming can serve to build community.
Vegetable Production with Draft Horses
Outside: Lawn | WKSP # 59

A detailed description of our vegetable production system. We’ll focus on layout, equipment, and order of operations first. Then we’ll talk successes and failures. A lengthy Q & A will focus first on answering production details for experienced teamsters, and then on broader questions on horse farming for farmers new to draft horses.

**Lincoln Fishman**, Farming vegetables with horses since 2010.

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Natural Approaches to Beekeeping
Franklin Patterson 103 | WKSP # 60

We will talk about alternative approaches to beekeeping using natural methods versus chemical methods to protect the pollinator population. Discussion based upon research accomplished at Mass Audubon Drumlins Farm.

**Mel Gadd**, Mass Beekeeper of the Year 2018, Mass Audubon Drumlins Farm’s Beekeeper.

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Fruit Tree Pruning: An Arborist’s Perspective
Outside: Lawn | WKSP # 61

An eyes-and-hands-on workshop to discuss and demonstrate proper pruning techniques for tree health, form, production, disease and pest management.

**Tom Ingersoll**, MA and ISA Certified Arborist, CT Licensed Arborist and NOFA Accredited Organic Land Care Professional.

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Designing Perennial Guilds & Polycultures
Franklin Patterson Main Lecture | WKSP # 62

Plants in nature usually grow in species mixtures called polycultures and form relationship “guilds.” We can use scientific theory and practical design processes to combine plants into guilds and polycultures that yield beneficial ecosystem properties. Let’s review the science and analyze some example polycultures of useful perennial plants.

**Dave Jacke**, Playful perennial polyculture practitioner and possibilitarian, co-author of Edible Forest Gardens.
Digestion: The Roots of our Health
Merrill Kitchen/Living Room | WKSP # 63

A popular expression is you are what you eat, but you may not be; if you are what you digest is considered. Bloating, sluggish digestion, indigestion, acid reflux etc. can cause nutritional deficiencies and other health problems. John shares what food, lifestyle practices, supplements, natural remedies and herbs will help.

John Kozinski, MEA, FSMA, Founder IDX Diagnosis® and Full Spectrum Macrobiotics Approach counselor, 44 years private practice and Kushi Institute.

Smoking Meat at Home
Franklin Patterson 108 | WKSP # 64

This workshop will establish the basic concepts, elements and techniques necessary to build one’s own smoker and produce smoked meats at home. I will take people through the basic elements of smoking, the various techniques used in smoking meat, and how to build various types of simple smokers at home.

Jake Levin, Lives in the southern Berkshires where he is a whole-animal-butcher, meat curer, educator, and author.

Diversify Your Farm:
Breeding Heritage Hogs for Profit/Genetic Diversity
Franklin Patterson 101 | WKSP # 65

This workshop will aim to discuss the benefits of integrating heritage hogs into your farming operation and educate folks on the benefits of conserving rare breeds of livestock. We'll cover the basics of swine breeding, as well as my experience marketing breeding stock, navigating registries, selling value added products and educating consumers.

April Nugent, Graduate of Hampshire College with a passion for heritage breeds and local food.

Localizing Seeds: Maintaining Regional Heirlooms and Breeding New Varieties
Franklin Patterson West Lecture | WKSP # 66

Farmers and gardeners can reclaim our role as seed stewards. Why leave something so fundamental in the hands of the multinationals? A bit of philosophy, some science, a peek behind the seed industry’s curtain, and a lot of practicality about fitting seed work into a commercial diversified market farm.

Tevis Robertson-Goldberg, Farmer, Seed Saver for 20 years, Plant Breeder.
Glyphosate, the weedkilling ingredient in Roundup, is in the news. More and more organizations (NOFA/Mass included) and countries are working to ban it. Why? This workshop will discuss the many glyphosate secrets hidden from consumers and how you can help remove it from agriculture and store shelves.

Ed Stockman, Organic farmer (46 yrs.), biologist, 4th generation farmer, cofounder Regeneration Massachusetts.

The No-Till Market Garden
Franklin Patterson East Lecture | WKSP # 68

In 2016 we transitioned 3 acres into no-till production with great success. In this workshop we will discuss the benefits of no-till, the systems and management strategies we use to continue to grow more food, while improving the soil, and decreasing disease, insect, and weed pressure.

Doug Wolcik, 7 years managing at Gaining Ground Farm in Concord.

Managing Invasive Plant Species without Synthetic Pesticides: A Path to Success for Landowners
Franklin Patterson 105 | WKSP # 69

We hear that synthetic pesticides are the way to go for managing landscapes. That our safety concerns are unfounded, that no other options exist, that the science is complete, that impacts are minimal, and high effectiveness comes with low costs. This is not true at all; come find out Why.

Michael Bald, Owner and Founder of “Got Weeds?” Rehabilitating landscapes across New England since 2011.
Invasive Weeds on Your Plate Part 1
Outside: Lawn | WKSP # 70

Join us as we forage the grounds in search of edible and medicinal wild plants! We will focus our interest on those invasive species of trees, shrubs and weeds which are plentiful and easily obtained. Next, join us for Part II as we demonstrate how to use wild plants to make healthy kitchen medicine!

**Alison Birks**, Nutritionist, Clinical Herbalist, Instructor at The Institute of Sustainable Nutrition.

**Joan Palmer**, Director, The Institute of Sustainable Nutrition

Vegetable Crop Scouting for Integrated Pest Management
Outside: Lawn | WKSP # 71

This workshop will take place in Hampshire college farm fields. Participants will learn to identify and scout for pests, beneficial insects, and other issues in vegetable crops to determine action thresholds for organic pesticides or cultural practices. A discussion of researched and effective pest management strategies will be included.

**Katie Campbell-Nelson**, Extension Educator for the UMass Vegetable Program and supports farmers all over MA.

Indoor Mushroom Cultivation as a Small Scale or Ag Business Supplement
Franklin Patterson Faculty Lounge | WKSP # 72

Learn about the opportunities and challenges to adding specialty mushroom cultivation to a farm business. We will introduce three different systems for growing mushrooms and cover basic parameters of fruiting and market access.


Permaculture Design For Regional Food Security
Franklin Patterson East Lecture | WKSP # 73

As long as local organic farming advocates only rent or lease land to beginning farmers, we will continue to lack a vision for long term landscapes of posterity. Land available at equitable prices to beginning farmers with a lease to own option allows for less emphasis on annuals, and instead encourages perennial and tree crop development.

**Andrew Faust**, One of the premier Permaculture teachers and designers in North America, over 25 years of experience.
Have you noticed the incredible growth and popularity of different winter squash varieties? That is because the right varieties, properly grown, seasoned and stored is truly nature’s nutritious, delicious fall and winter candy! Learn what varieties are best (especially heirloom) and how to start, cultivate, harvest, store and process.

**Jack Mastrianni,** Passionate purveyor and planter of pumpkins and winter squash for 50 years.

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**Herbs for the Home Garden**  
**Franklin Patterson 102 | WKSP # 75**

This workshop will focus on common culinary herbs: basil, dill, coriander, parsley, oregano, chives, sage, savory, mint, garlic and rosemary. Skills taught will include growing herbs from seeds, transplants, division and cuttings; overwintering rosemary indoors, and tips for preserving herbs.

**Christie Higginbottom,** Garden historian and educator, coordinated the horticulture program at Old Sturbridge Village for 26 years.

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**Sheep & Goat Midwifery: Lessons & Stories From The Field**  
**Franklin Patterson 103 | WKSP # 76**

Through presentation and storytelling, this session will cover birthing and neonate care. Participants will come away basic knowledge of sheep and goat husbandry from breeding to birthing, but also an appreciation of how midwifery is both an art and a science and a way of knowing that develops over time.

**Ally Hunter,** Biologist, farmer, and educator and raises sheep and goats.

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**CSA’s: Where Are We Now?**  
**Franklin Patterson 107 | WKSP # 118**

From their first introduction in the 80s, to the age of online grocery shopping and meal kit services: how has the CSA model changed with the times? Reflect with two well established programs from different perspectives - Brookfield Farm and Upswing Farm - and then join a collective brainstorm to address questions about the various CSA related challenges farms are facing.

**Dan Kaplan,** Has been the manager of Brookfield Farm, a 500-share CSA, since 1994.

**Brittany Overshiner,** Owner and operator, Upswing Farm, a decade of experience starting two farms from scratch. Mom.
Flatbreads from Antiquity to Today  
Dakin Kitchen/Living Room | WKSP # 77

In this hour long presentation Ben will discuss the origins and current usages of flatbreads within cuisine and the current state and availability of fresh grains and flours in the area.

**Ben Lester,** Ancient and heirloom heritage grain expert and activist educating and organizing for change!

Lean Farming 101  
Adele Simmons Hall 221 | WKSP # 78

Lean is a systematic approach that seeks to minimize waste on your farm. Applying lean principles to your farm systems will increase the efficiency of your operations and grow your profit margins. This workshop will introduce lean principles and concepts that are most useful in agricultural systems using examples from farms in the Northeast.

**Jen Miller,** NOFA-VT Farmer Services Director, providing business planning and production technical assistance.

The Link Between Soils & Nutrition  
Franklin Patterson West Lecture | WKSP # 79

The growing environment is primary in determining the quality of a crop. In this workshop, we will examine the many disturbances and imbalances present in our modern growing environment which have so clearly led to the rampant ill-health of the human population. Methods for growers to overcome environmental imbalance and establish healthful soils, crops, and humans will be presented.

**Bryan O’Hara,** Has been growing vegetables for a livelihood on his CT farm, Tobacco Road Farm, for 30 years.

Building & Maintaining Healthy Urban Farm Soils  
Franklin Patterson 106 | WKSP # 80

City Farm is a bio-intensive production farm on 3/4 of an acre. We will cover step by step what we do during the course of the season to ensure that our high yielding farm continues to "build healthy soil, to grow healthy plants to feed a healthy community" while demonstrating good land steward practices.

**Richard Pederson,** This bio-intensive farmer has been building City Farm soils since 2001.

**Alejandra Mayorga,** Passionate composter, soil steward and artist.
Homestead Soil Building:
Starting from Stones
Franklin Patterson East Lecture | WKSP # 81

Starting a homestead on a limited budget often means working with “less desirable land.” We’ll show the ways we transformed our degraded land into a healthy, diverse thriving ecosystem which includes garden, orchard, and pasture. We’ll explore how we co-created healthy living soil using simple techniques and time.

Sharon Gensler, Homesteading for over 40 years “learning and living the good life”. NOFA/Mass soil carbon educator.

Pru Smith, Homesteader 40+ years, fruit grower, yoga instructor and wellness coach.

Relationships Between Early Diet & Risk of Food Allergy
Franklin Patterson 104 | WKSP # 82

I will review data from clinical studies designed to identify potential environmental risk factors for developing food allergies, with an emphasis on the maternal-child diet in the first few years of a child's life.

Wayne Shreffler, Division Chief, Pediatric Allergy and Immunology, Mass General Hosp; Assoc Prof Harvard Medical School.

Living Off the Grid: Tools for Getting Off Petroleum
Franklin Patterson 108 | WKSP # 83

This workshop will discuss what we have done and not done to reduce our footprint. Discussion welcomed. A free copy of Being the Change will be given to 20 interested folks. Rapidly changing technology will be addressed to the limits of the presenters shrinking brain.

Dave Smalley, Living off the grid for over 16 years, our way of addressing climate change.

Home-cooked Vegan Comfort Food
Merrill Kitchen/Living Room | WKSP # 84

Learn how to vegan, and well, on a budget. All through my journey to finding healthier local farm fresh foods while living in a food desert. I will share some of my recipes for vegan comfort food, which we will make.

Shaunia Swinton, Farmer who went vegan and started a business from my lifestyle.
Creating a Regional Pollinator Habitat Corridor
Franklin Patterson Faculty Lounge | WKSP # 85

Recognizing the essential ecological function of pollination, and the phenomenon of pollinator decline taking place locally, the FRCOG proposes to create a pollinator corridor across Franklin County, considering the needs of native pollinators and existing threats; current/projected land use; areas of ecological significance; and opportunities for connection beyond.

**Evan Abramson,** Pollination Systems Designer + Planner, Landscape Interactions. Building biodiversity and ecological resilience at the ecosystems level.

Seaweed: Food, Feed, & Fertilizer
Franklin Patterson 104 | WKSP # 86

Explore ways seaweeds can be utilized in organic agriculture. We can discuss foliar sprays, ground fertilizers, animal feeds-- and food for the farmer!

**Trey Angera,** NOFA/Mass board member, partner in largest organic seaweed farm in North America.

School Food Justice
Dakin Kitchen/Living Room | WKSP # 87

School Food must be centered in the push for a just food system. Young people of color in Hartford have a campaign to make it happen. We will discuss the Ten Slices of Justice Campaign and have participants work through scenarios to implement them.

**Sarana Beik,** Youth worker, permaculturist, herbalist and mother of 3 from Hartford, CT.

**Zakia Beik,** High school student in Hartford. She has been with Grow Hartford for a year.

Invasive Weeds on Your Plate Part 2
Merrill Kitchen/Living Room | WKSP # 88

Join us in the kitchen for the second part of the two part workshop, “Invasives On Your Plate.” In this section of the workshop we will introduce sustainable uses for the edible and medicinal invasive plants we find on our foray in Part I. We will make something edible and some healthy kitchen medicine!

**Alison Birks,** Nutritionist, Clinical Herbalist, Instructor at The Institute of Sustainable Nutrition.

**Joan Palmer,** Director, The Institute of Sustainable Nutrition.
No-Mix, High Carbon Compost Biodigester for the Farm & Garden
Franklin Patterson 107 | WKSP # 89

The Johnson-Su biodigester produces a high carbon compost without mixing and is suited for the small farm or home garden. Best use of your leaves (browns). The results are greater soil organic matter, enhanced plant productivity and health, plus increased (20x) soil carbon sequestration. We will have a demonstration model digester on display.

Jim Corven, Professor of Sustainable Agriculture (retired), Farmer/owner Fenn Farmstead & Gardens.

Getting Started with Small-Scale Grain Growing
Franklin Patterson Main Lecture | WKSP # 90

To get you started growing small grains, we’ll walk you through a typical year of growing on a small scale, addressing the basic steps and issues along the way, from variety selection and planting to harvest and storage. We’ll look at wheat (including spelt and emmer), barley, rye, and oats.

Sylvia Davatz, Has been saving seeds for 20 years and is passionate about growing grains.

Ruth Fleishman, Lives in Hartford, VT and has been saving seed and growing grains since 2009.

Carbon Farming Tour: Hybrid Chestnut and Sheep Silvopasture Tour | WKSP # 91

Come take a tour of UMass Carbon Farming Initiative's research site, a two year old hybrid chestnut and sheep silvopasture system. One of the top Agriculture Solutions to climate change. Located on the 40 acre Agriculture Learning Center at UMass, Amherst.

Lisa DePiano, Lecturer in Sustainable Agriculture at UMass and runs the Carbon Farming Initiative.

Nicole Burton, Teaches animal husbandry at UMass and manages the livestock at the Agriculture Learning Center.
Cover Crop Mixtures: Growing N for Your Vegetable Crop
Franklin Patterson 102 | WKSP # 92

Cover crop mixtures improve soil health and can be profitable when utilized for nutrient cycling and reduced off-farm fertilizer inputs. This advanced cover cropping worship will discuss selecting cover crop mixtures to grow our own nitrogen and provide nutrients to meet crop demands.

Julie Fine, Northeast rep for Johnny’s Selected Seeds. Graduate research on cover crops for no-till vegetable production.

Extending Grazing Season
Through Stockpiling & Summer Annuals
Franklin Patterson 103 | WKSP # 93

In this workshop the importance of extending the grazing season with an emphasis on stockpiling and summer annual forages will be discussed. Management of these two strategies including species selection, fertility and timing will also be discussed.

Masoud Hashemi, Extension Professor at UMass with extensive experience on various aspects of pasture management.

Arthur Siller, Scientist, farmer, and pickler who is working in agricultural research at UMass.

Pruning of Fruiting Shrubs: An Arborist’s Perspective
Outside: Lawn | WKSP # 94

This entertaining workshop will demonstrate the care of our smaller woody plants from the standpoint of pruning for sustainable form.

Tom Ingersoll, MA and ISA Certified Arborist, CT Licensed Arborist and NOFA Accredited Organic Land Care Professional.

Effects of Stress on Nutrient Needs & Gut Health
Franklin Patterson 101 | WKSP # 95

During times of stress nutrition needs are greatly increased. Find out how stress affects organ systems, gut health and inflammation, which can set the stage for leaky gut, autoimmune and thyroid disorders. Learn which nutrients are depleted and how to prevent deficiencies with nutrient-dense foods.

Brigitta Jansen, MS CN, practices functional medicine nutrition in Connecticut.
Art Farm is an experimental urban farm in East Somerville that uses rainwater harvesting to grow starts and raise crops. Learn techniques to set up your own affordable rainwater, irrigation and benching system. Get an overview of this collaboration between the City of Somerville, Groundwork Somerville and Green City Growers.

Clay Larsen, Landscape professional designing, building and teaching sustainable greenhouse, rainwater harvesting and land management.

Zannah Porter, Director of Horticulture, Green City Growers.

Learn to use succession and companion planting to increase your garden yield. We’ll talk about the planning required to make succession and staggered plantings work, the great reasons for companion planting, and the value of using healthy transplants throughout the season! Handouts will include suggestions, charts, and references galore.

Amy Frances LeBlanc, Cellist, teacher, enthusiastic cook. Whitehill Farm is a Maine Organic veggie and herb operation.

You’ve learned about lean principles, now how can you apply them on your own farm? Topics include: product flow, employee management, record keeping, and identifying waste in your systems. Come away with ideas to implement this season that will reduce overproduction, save time, and positively affect your farm’s bottom line and your quality of life!

Jen Miller, NOFA-VT Farmer Services Director, providing business planning and production technical assistance.

Making a livelihood growing vegetables both develops the human and provides a means for making a living. Yet there are overarching concerns of running a farm - in which lay the basis of “livelihood” - that are often neglected in discussion. This workshop will focus on the state of mind a grower develops in order to meet goals, both spiritual and financial.

Bryan O’Hara, Has been growing vegetables for a livelihood on his CT farm, Tobacco Road Farm, for 30 years.
Impact of Mushroom Extracts on Bee Health
Franklin Patterson 108 | WKSP # 100

Report on a SARE funded grant (if it is funded) looking at the impact of an extract of two mushrooms on overall honey bee health.

Angela Roell, Educator, facilitator, organizer and beekeeper. They co-own Yard Birds Farm in Montague.

Willie Crosby, Mushroom researcher and educator. He owns Fungi Ally.

Milk with Dignity: Program Bringing a New Day to Farmworkers Across Vermont
Franklin Patterson 106 | WKSP # 101

Ben and Jerry's became the first company to sign onto Migrant Justice's groundbreaking Milk with Dignity Program in 2017. Join us for an update on the implementation of Milk with Dignity, challenges and successes, as well as what's next for the future of the farmworker-defined Milk with Dignity Program.

Madeline Sharrow, Volunteer with Migrant Justice for many years, recently joined the staff team as Ally Coordinator.

Abel Luna, Works with Migrant Justice in the field organizing team and coordinating Milk with Dignity.

SUNDAY 3:00 - 4:30pm

Farm Marketing: Selling Your Story
Adele Simmons Hall 221 | WKSP # 102

Are your eggs really better than your neighbor's eggs? Do your customers know why? ATTRA Specialist Daniel Prial helps farmers make the sale through not only facts, but also meaning and emotion. The workshop will be highly interactive and will help folks find an easy entrance to farm marketing.

Daniel Prial, Community Foods and Outreach Specialist for the National Center for Appropriate Technology, Northeast Office.
Overcoming Obstacles to Raising Backyard Livestock in an Urban Setting
Franklin Patterson Faculty Lounge | WKSP # 103

Learn the ins-and-outs of raising urban livestock. Identify and meet the needs of your animals and yourself by learning easy ways to manage manure, how to create rotational grazing plans, reduce feed costs by improving forage and soil health, the basics of animal care, and most of all make it easy, fun, and cost-effective.

Martin Anderton, Founder of Homestead Habitats. Working to bring nature, people and food closer together.

Get Some Local Organic Action: Reduce Pesticides Near You!
Franklin Patterson 108 | WKSP # 104

Connect with organic advocates in your town to pass local pesticide ordinances, protect pollinators, our soil, water and health. NOFA/Mass and the Toxics Action Center offer resources, guidance and convenings of local leaders to enact local solutions and build power for statewide and regional campaigns.

Marty Dagoberto, Policy Director and Outreach Coordinator for NOFA/Mass. Permie, naturalist, rabble-rouser, optimist.

Diversify Your Lawn
Franklin Patterson 106 | WKSP # 105

Who says lawns need to be monocultures or only made of grasses? Learn how to identify the plants that already grow in lawn as "weeds," and to incorporate beautiful native plants that create a rich, wildlife-friendly tapestry.

Anna Fialkoff, Horticulturist at New England Wild Flower Society’s Garden in the Woods.

Vinegar: Creating the Mother & How it Benefits Your Body
Merrill Kitchen/Living Room | WKSP # 106

This workshop will introduce two basic formulas for creating vinegar and a vinegar mother, as well as methods for infusing vinegar. Learn the benefits of vinegar for the body, cooking and everyday life, including some family old-world methods that keep vinegar alive for years! Includes visual demonstration with some hands-on participation.

Rosa Galeno, Chef, author, lecturer, food educator and food profiler.
Fundamentals of Coppice Agroforestry
Franklin Patterson 102 | WKSP # 107

Harvesting woody plant resprouts—coppicing—provided fuel, fodder, medicine, building materials, and more to many cultures for millennia. Coppice agroforestry can meet these and other needs, sequester atmospheric carbon, and help re-establish a healthy carbohydrate-based economy. In this workshop we’ll explore coppice history, systems, products, species and establishment.


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

Fencing for Gardeners
Franklin Patterson West Lecture | WKSP # 108

Fencing materials, heights, depths, longevity and installation are all issues essential to keeping the critters away. Options for posts and fencing as well as installation equipment will be covered. We will pay particular attention to building strong corners and gates and assembling small prototypes of these will be demonstrated.

Al Johnson, Have grown organically 40 years, installing fences for farms and gardens over this time span.

Sustainable Diets & Food Justice
Franklin Patterson 103 | WKSP # 109

How can food consumption support food justice? It is not easy. Participants will break into small groups to discuss: key priorities best addressed via food consumption; certification and fair trade labels; balancing these against other concerns – e.g.; environment, food security. Teams will prepare 5+ recommendations. We will review them all and make available via NOFA’s DFTC.

Hugh Joseph, Faculty at Tufts University. Research focuses on sustainable diets which includes food and environmental justice.

Poultry for Profit
Franklin Patterson 101 | WKSP # 110

Who said poultry can’t bring you joy and profits? We will explore the factors of making your poultry profitable. Topics will include husbandry practices, budgeting, marketing, and even some unconventional ways of using your poultry for profit. Learn how to capitalize on your flocks.

Kirby Lecy, Small farmer/chicken wrangler, 15+ years working on food access, farming advocacy, and rural challenges.
Science is reaching further into microbial life, the vast reaches of space, and our inner lives. What part do each play in our nutrition? We will explore, from the perspective of biodynamics, how these are all part of a larger whole and how to practically work with them in agriculture.


**Raphael Guzman**, Works at the Biodynamic Association in Education and Special Events.

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**Panel: Are There Natives & Invasives?**
**Explorations & Deepening the Discussion**
**Franklin Patterson Main Lecture | WKSP # 112**

In this panel of scientists, farmers, and land managers, we will host a conversation and deepen our collective understanding of the native-invasive debate. What is an invasive species? What is some of the history of our region and how do newly arrived species fit into this story? What is the evidence for harm by invasive species? What does the future hold for ecosystems under stress and change?

**Jono Neiger**, Ecologist, permaculture designer, agroforestry practitioner.

**Brian Donahue**, Environmental historian, writer, farmer, professor at Brandeis University.

**Cynthia Rabinowitz**

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**Downy Mildews in Leafy Greens**
**Franklin Patterson 105 | WKSP # 113**

Technical workshop on biology and management of new and emerging diseases affecting lettuce, spinach, and brassica greens caused by downy mildew pathogens. Learn about ongoing research at UMass to determine which strains are present here and which varieties are performing best for our New England growers during the cool-season.

**Susan Scheufele**, UMass Extension Vegetable Program.
Unusual Food Crops to Grow in New England
Franklin Patterson 107 | WKSP # 114

his workshop explores relatively unknown food crops that grow very well in our climate. In this hands-on exploration, participants will learn about the cultural origins, uses and potential markets for these plants as well as cultivation and harvest considerations.

Hannah Traggis, Senior Horticulturist and Seed to Table Program Coordinator at MA Horticultural Society.

Scents & Sensibility: Herbal Reed Diffusers
Dakin Kitchen/Living Room | WKSP # 115

Join us for a whiff of the past, the medicinal benefits of various herbs and essential oils, and finally, create your own 4-ounce herbal reed diffuser based on your preference/needs.

Ehris Urban, Herbalist, holistic nutritionist, flower essence practitioner, reiki master, and reflexologist.

Velya Jancz-Urban, Zany teacher, former Brazilian dairy farm owner, and expert on New England’s colonial women.

Improving Soil Fertility
in the No-Till Market Garden
Franklin Patterson East Lecture | WKSP # 116

In this workshop we will dive deeper into how we are managing and improving our soil fertility, at the same time growing healthier plants and more food. We will discuss: nitrogen sources, compost, cover crops, how to address deficiencies. New to the workshop this year: how we look at our soil’s microbiology, through microscopes.

Doug Wolcik, 7 years managing at Gaining Ground Farm in Concord.

Immigration and "American" Cuisine
Merril Kitchen/Living Room | WKSP # 117

First developed for public school students, this session uses a map and an interactive game to reveal the origins of now-common foods in the US. Participants will discuss the history of slavery and ongoing injustices in the US food system while preparing food to enjoy together, with appreciation and gratitude.

Carolyn Llewellyn, public school “gar-brarian” (garden + library educator) and former CSA grower.
CHILDREN’S CONFERENCE

Check-in: The Children’s Conference will be based in the South Lounge located in the upper RCC. Children may be dropped off 15 minutes before workshops begin and picked up 15 minutes after they end. Families are strongly encouraged to allow 20-30 minutes for check-in at the children's conference area when first arriving at the conference. All children must be registered and must be wearing a nametag with cell phone numbers for their guardians at the Conference. If you do not have a cell phone, we will request a list of locations where you might be found, especially if you are the parent of a 2-4 year old child. Children without name tags will not be admitted into the Children's Conference area or workshops. Children 2-4 years old will be with experienced caretakers. They will have opportunities for various activities, indoor and outdoor. A change of clothes and diapers are recommended.

Workshops: All Children 5-12 years must be signed in by their guardian before and after workshops. There will be workshop sign-up sheets for the entire conference. Workshops will have a maximum number of attendees and are first come-first served. Guardians are encouraged to assist children in planning their first, second and third choice of workshops in each time slot by studying the offerings on the website before coming to the conference and then to help them sign up for the workshops upon arrival. Read about the children’s workshops, listed on the grid on page 36 and detailed by timeslot starting on page 79.

We’re going back to the farm! On Sunday morning, the first two workshop slots will be taking place at the Hampshire Farm. Parents drop your children at 7:45am at the Hampshire Farm (driveway off of West Street/116 past the Red Barn). Then at 11:45am parents are welcome to join us for lunch as they pick up their children for the lunch break.

Check the bulletin board at the children’s conference for changes in the program. Please take note of age requirements in the workshop description. When it is time for their chosen workshop to begin, a teacher and presenter will go with the children to the appropriate location. Please make sure your children understand your plans for picking them up from the Children’s Conference area, and please explain that they must stay at the Children’s Conference or with Children's Conference staff until a parent comes and signs them out.
**Items to Bring:** Old clothes for painting and projects, fun attire for the parade, extra dry clothes and a towel for potential water play, a book for breaks and relaxation times, ball or frisbee for outdoor games, mess kit or plate and cup marked with name will help eliminate waste, musical instruments for the parade if you have a safe place to store them.

**Items Not to Bring:** We would love for the youth to interact and participate fully in the activities, so we strive for a “device free” environment.

**Snacks:** There will be snacks provided each day of the conference after the first workshop. Please have your children bring water bottles and reusable plates with names written on them to use for snacks. Please let Children’s Conference staff know of any allergies or dietary restrictions.

**Feedback:** Please speak to your children about their experience and let us know what they have to say by filling out an online evaluation form after the conference. Please see bulletin board for workshop suggestions and to sign up to present in 2020. We welcome parents as presenters!

**Questions:** Contact Valerie Walton at aallspice@aol.com or 617-694-9656.
CHILDREN’S WORKSHOP DESCRIPTIONS

We’re growing a new generation of organic farmers and nature enthusiasts. Age-appropriate, hands-on workshops are available for children 5-12. Children have an opportunity to interact with food, animals, art, the environment and more. Childcare is available for children 2-4.

All workshops will have a minimum limit which will be based upon attendance at the time. Sign up for Saturday workshops on Saturday upon arrival and Sunday workshops after lunch.

SATURDAY 8:00 - 9:30am

What’s the buzz?
Children 5-12

Investigate life of the honeybee and importance to farms. Learn about products of hive, taste honey and work with beeswax.

Mel Gadd, Beekeeper at Drumlin Farm & Wildlife Sanctuary.

Oh My Gourd! Birdhouses
Children 5-12

Bring your creativity as we design and paint dried gourds that serve as beautiful outdoor birdhouses or decorations.

Jess Downing, Science teacher, gardener, homesteader.
Saturday 10-11:30

Mini Music Lessons
Children 5-12 (limit 10)

Each student will have a short lesson on piano or electric keyboard, and also a beginner’s lesson on recorder. Playing music is an age-old way to socialize and connect with family and friends, and learning a musical instrument is like doing a workout for every part of your brain. We’ll end the workshop with (informal) performances of what we learned.

Cheri Robartes, Piano teacher in Warwick, MA and Dorchester, MA, homesteader.

Valerie Walton, Teacher of woodwinds as well as early childhood music classes, gardener.
Wild Ways of Willow
Children 5-12
We’ll learn about the amazing Willow tree (genus Salix) and create things using it's super flexible branches. Come prepared to make crowns, wands, bracelets, and other easy crafts!

**Melinda McCreven**, Horticultural Arts therapist and a willow grower.

Bubble Fun!
Children 5-12
Everyone loves bubbles! We’ll use recycled and household materials to make bubble makers of all sorts and experiment to see what works best. How long a bubble can you make? Can you catch a bubble without it popping? Can you make a square bubble? Stand inside a bubble? Get ready for a bubblyishous fun time!

**MariePatrice Masse**, Former preschool and elementary teacher, “the funnest grandma”, lover of nature and learning, The Seed Snatcher on FB.

**SATURDAY 1:00 - 2:30pm**

Kidpreneurs- Make and Market Organic Fruit Smoothies
Children 8-12
We will learn the basics of marketing, merchandising, and sales as we make delicious smoothies. Participants will create posters, set up a sales table, and interact with customers.

**Lee Silverberg**, 3rd grade teacher, 4H leader.

**Diana Phillips**, goat farmer, herbalist, and 4H group leader.

Visit the Animals
Children 2-12
Children’s Conference teachers will take children on a tour of the animals.

Visit the Sheep 1:00-1:10
Do you wonder where your sweater comes from? Come get up close and personal with the sheep.

**Kim Mastrianni**, raises sheep on a farm in Langdon, NH.
Playing Fowl: Caring for Our Chicken Friends 1:10-1:35
Come explore the world of naturally raised chickens for eggs and meat! We will use hands-on learning tools and discuss our experiences with these amusing and industrious creatures!

Claudia Lewis, Retired elementary librarian from Brooklyn.

Kristy Delfausse, Avid gardener; likes farm animals.

Those Silly Ducks! 1:35-1:55
Ducks give us eggs (big ones!) and meat, and they sure know how to have fun. We could sit and watch them for hours. We’ll have Ancona ducks for you to pet and we’ll also read some books featuring ducks and talk about taking care of our feathered friends.

Cheri Robartes, Piano teacher, homesteader, filmmaker.

Baby Goats and Children Play and Learn 1:55-2:15
Young and older children will have a hands-on experience with our goat kids, helping to feed, brush, inspect their hooves, eyes and mouth and go on a goat walk to learn which local plants and trees make good food.

Alisande Cunningham Sweeney, Has been raising dairy goats for years and loves to introduce caprine kids (baby goats) to human kids.

Meet a Draft Horse 2:15-2:30
What is a work horse? Work horses come in all sizes. We will introduce one of two to you.

Dale Perkins, Works with people and horses on a small farm in Rutland, MA.

SATURDAY 3:00 - 4:00pm

Parade Prep and Parade
Children 5-12

We will make preparations for a festive parade. We will adorn ourselves, create music, posters and more. Feel free to bring musical instruments, crazy hats, large sunflowers, or anything exciting you have from home. Parade kick-off will be a 4:10 leaving from the Children’s Conference. Parents arrive at 4:00 to sign children out before the parade begins. We also count on adult friends to carry banners and help us chant and sing during the parade.

Children’s Conference Teachers
A Morning on the Farm
Location: Hampshire Farm (driveway off of West Street/116 past the Red Barn)
Children 2-12

A morning at the farm is a result of a collaboration with the Farm and Garden Camp at Hampshire College. This workshop is for all of the youth. Parents drive and drop your children at 7:45 at the farm. We will do some harvesting from the fields and garden, visit with the animals, make fiber crafts and make pizza from the cob oven. We will sing a song or two with Tad. Then at 11:45 parents are welcome to join us for lunch as they pick up their children. There will be teachers assigned for 2-4 age group and age-appropriate activities planned.

Led by Farm and Garden Camp Staff, www.farmandgardencamp.org

Paper Making
Children 5-12

In this workshop, we will start with a recycling bin of used paper, tear it up, blend it to a pulp, and pour it over screens to create "new" paper. Bonny Carmicino - Mom of 3, including co-presenter. Couturier and sewing teacher; graduate of both MIT and FIT.

Quin Carmicino - Very creative almost-13-year-old. Areas of interest include sculpture, drawing, and up-cycling.

Building Fairy Houses
Children 5-12

Join us to play in the land of Fairy. We will read books about the Fairies, talk about what home and shelter provide for us, build Fairy houses out of found natural materials, draw pictures of the houses, and present our Fairy homes to the group.

Pamela Kimball, Works with energy healing and creating sustainable communities/buildings.

Abstract Landscape Painting
Children 5-12

Arthur Dove was a famous American painter and also a farmer. His paintings had things like trees or the moon in them, but were about his emotions and his spiritual connection to nature. We’ll go on a nature walk outside and create original paintings in his style influenced by our surroundings.

Rachel Asarnow, Artist, teacher and gardener.
SUNDAY 2:00 - 4:30pm

Pizza Party!
Children 5-12

We will make a pizza and while it is in the oven we will learn how to make a pizza garden at home. We will clean up, eat and sing a pizza song.

Tad Hitchcock - Cook, musician, music teacher, gardener, dad.

Angela Kearney - Owner of Minglewood, LLC, designs kitchen gardens and outdoor play areas.

Adventures in Storytelling
Children 8-12

Together we will create a character and write a story about them that will help show the importance of organic practices. At the end of the workshop we will save time to join the pizza party and tell our story to the younger youth. An exciting storyteller, Judith Black, will share a tale of a changing planet.

Sharlow Hitchcock - Recent graduate of Mount Holyoke College, educator, lover of children and stories.

Emily Hitchcock - Recent graduate of Smith College, loves kids and plants.

Judith Black - Professional storyteller and teacher.

Art From Raw Materials
Children 5-12

It is fascinating to create art or craft objects using natural materials. We will take a discovery walk and gather materials on site.

Judy Isacoff, Environmental educator, nature writer / columnist and landscaper.
## REFERENCES

### PRESENTER CONTACT INFORMATION

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<th>WKSP#</th>
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<tbody>
<tr>
<td>85</td>
<td><strong>Evan Abramson</strong>, 12 Olive St, Suite 2, Greenfield, MA 01301 413-774-3167 x131, <a href="mailto:eabramson@frcog.org">eabramson@frcog.org</a></td>
</tr>
<tr>
<td>34</td>
<td><strong>Jade Alicandro Mace</strong>, 163 Leverett Rd., Shutesbury, MA 01072 413-427-9829, milkandhoneyherbs</td>
</tr>
<tr>
<td>35</td>
<td><strong>ML Altobelli</strong>, 260 Davis Rd., Westminster, MA 01473 <a href="mailto:altobelliml260@comcast.net">altobelliml260@comcast.net</a></td>
</tr>
<tr>
<td>103</td>
<td><strong>Martin Anderton</strong>, 55B Leyden Rd., Greenfield, MA 01301 413-325-1586, <a href="mailto:homesteadhabitatsma@gmail.com">homesteadhabitatsma@gmail.com</a></td>
</tr>
<tr>
<td>86</td>
<td><strong>Trey Angera</strong>, PO Box 824, Edgartown, MA 02539 <a href="mailto:andrea@tikalconsulting.com">andrea@tikalconsulting.com</a></td>
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<td><strong>Children</strong></td>
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<td></td>
<td><strong>Rachel Asarnow</strong>, 1 Tower Dr., Maplewood, NJ 07040 617-718-2152, <a href="mailto:rachel.asarnow@gmail.com">rachel.asarnow@gmail.com</a></td>
</tr>
<tr>
<td>52</td>
<td><strong>Rae Axner</strong>, 337 Somerville Ave #2B, Somerville, MA 02143 <a href="mailto:rae@groundworksomerville.org">rae@groundworksomerville.org</a></td>
</tr>
<tr>
<td>17, 36</td>
<td><strong>Lia Babitch</strong>, 10 White Birch Rd., Copake, NY 012516 518-329-3038, <a href="mailto:Turtle@turtleseed.com">Turtle@turtleseed.com</a></td>
</tr>
<tr>
<td>53, 69</td>
<td><strong>Michael Bald</strong>, PO Box 848, Royalton, VT 05068 <a href="mailto:choosewiselyvt@gmail.com">choosewiselyvt@gmail.com</a></td>
</tr>
<tr>
<td>18</td>
<td><strong>Louis Battalen</strong>, Apple Valley, Ashfield, MA 01330 <a href="mailto:louis@topoftheforest.com">louis@topoftheforest.com</a></td>
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<td><strong>Intensive</strong></td>
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<td></td>
<td><strong>Brendan Beer</strong>, P.O.Box 312, Greensboro, VT 05841 802-595-0660, <a href="mailto:brenden@kitchencbd.com">brenden@kitchencbd.com</a></td>
</tr>
<tr>
<td>87</td>
<td><strong>Sarana Beik</strong>, 190 Wethersfield Ave., Hartford, CT 06114 860-296-9325, <a href="mailto:sarana@hartfordfood.org">sarana@hartfordfood.org</a></td>
</tr>
<tr>
<td>87</td>
<td><strong>Zakia Beik</strong>, 190 Wethersfield Ave., Hartford, CT 06114 860-296-9325, <a href="mailto:sarana@hartfordfood.org">sarana@hartfordfood.org</a></td>
</tr>
<tr>
<td>54</td>
<td><strong>Darryl Benjamin</strong>, 4 Isabel Circle, Montpelier, VT 05602 802-585-5855, <a href="mailto:darryl@realfoodseminars.com">darryl@realfoodseminars.com</a></td>
</tr>
<tr>
<td>70, 88</td>
<td><strong>Alison Birks</strong>, Bridgewater, CT 860-733-5191, <a href="mailto:Alison.Birks@gmail.com">Alison.Birks@gmail.com</a></td>
</tr>
<tr>
<td>1</td>
<td><strong>Danny Botkin</strong>, 398 Main Rd., Gill, MA 01354 413-863-8696, <a href="mailto:dannybotkin@gmail.com">dannybotkin@gmail.com</a></td>
</tr>
<tr>
<td>2, 19</td>
<td><strong>Ryan T Bouchard</strong>, Wakefield, RI 401-595-6143, <a href="mailto:mushroomhuntingcentral@gmail.com">mushroomhuntingcentral@gmail.com</a></td>
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<tr>
<td>55</td>
<td>Stephanie Boucher</td>
<td>1248 US Route 2, East Montpelier, VT 05651</td>
<td>802-552-0992, <a href="mailto:cannabotanicalsvt@gmail.com">cannabotanicalsvt@gmail.com</a></td>
</tr>
<tr>
<td>3</td>
<td>Heron Breen</td>
<td>PO Box 132, Saint Albans, ME 04971</td>
<td>207-341-4725, <a href="mailto:hbreen@tds.net">hbreen@tds.net</a></td>
</tr>
<tr>
<td>4</td>
<td>Jen Burt</td>
<td>Oakham, MA</td>
<td>508-340-0309, <a href="mailto:jenekb@gmail.com">jenekb@gmail.com</a></td>
</tr>
<tr>
<td>91</td>
<td>Nicole Burton</td>
<td>Wendell, MA 01379</td>
<td><a href="mailto:ngburton@umass.edu">ngburton@umass.edu</a></td>
</tr>
<tr>
<td>20</td>
<td>Maria Caicedo</td>
<td>1512 Townsend Ave., Ground Floor, Bronx, NY 10452</td>
<td>718-716-8000 x121, <a href="mailto:m.caicedo@newsettlement.org">m.caicedo@newsettlement.org</a></td>
</tr>
<tr>
<td>56</td>
<td>Chris Callahan</td>
<td>PO Box 559, Bennington, VT 05201</td>
<td>860-380-0448, <a href="mailto:chris.callahan@uvm.edu">chris.callahan@uvm.edu</a></td>
</tr>
<tr>
<td>71</td>
<td>Katie Campbell-Nelson</td>
<td>230 Stockbridge Rd., Amherst, MA 01003</td>
<td>413-545-1051, <a href="mailto:kcampion@umass.edu">kcampion@umass.edu</a></td>
</tr>
<tr>
<td>12,</td>
<td>Bonny Carmicino</td>
<td>44 Parsonage St., Cold Spring, NY 10516</td>
<td>845-809-5317, <a href="mailto:bonnyjoy@optonline.net">bonnyjoy@optonline.net</a></td>
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<td></td>
<td>Quin Carmicino</td>
<td>44 Parsonage St., Cold Spring, NY 10516</td>
<td>845-809-5317, <a href="mailto:bonnyjoy@optonline.net">bonnyjoy@optonline.net</a></td>
</tr>
<tr>
<td>58</td>
<td>Rose Cherneff</td>
<td>253 Prospect St., Northampton, MA 01060</td>
<td>413-584-3593, <a href="mailto:rose@abundancefarm.org">rose@abundancefarm.org</a></td>
</tr>
<tr>
<td>22</td>
<td>Andrea Chesman</td>
<td>P.O. Box 185, Ripton, VT 05766</td>
<td>802-388-9782, <a href="mailto:andreachesman@gmail.com">andreachesman@gmail.com</a></td>
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<tr>
<td>20</td>
<td>Taisy Conk</td>
<td>1512 Townsend Ave., Ground Floor, Bronx, NY 10452</td>
<td>718-716-8000 x116, <a href="mailto:t.conk@newsettlement.org">t.conk@newsettlement.org</a></td>
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<tr>
<td>89</td>
<td>Jim Corven</td>
<td>175 Fenn Rd., Mount Holly, VT 05758</td>
<td><a href="mailto:calidris1@gmail.com">calidris1@gmail.com</a></td>
</tr>
<tr>
<td>37</td>
<td>Noah Courser-Kellerman</td>
<td>94 John Wise Ave., Essex, MA 01929</td>
<td>978-273-9339, <a href="mailto:noah.kellerman@gmail.com">noah.kellerman@gmail.com</a></td>
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<td>37</td>
<td>Sophie Courser-Kellerman</td>
<td>94 John Wise Ave., Essex, MA 01929</td>
<td>978-578-0283, <a href="mailto:sophie.courser@gmail.com">sophie.courser@gmail.com</a></td>
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<tr>
<td>57, 72</td>
<td>Willie Crosby</td>
<td>119 Old Sunderland Rd., Montague, MA 01351</td>
<td>978-844-1811, <a href="mailto:willie@fungially.com">willie@fungially.com</a></td>
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<td>Children</td>
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<td>Alisande Cunningham Sweeney</td>
<td>45 Schoolhouse Rd, Amherst, MA 01002-9603</td>
<td>413-575-7794, <a href="mailto:livingartsfarm@gmail.com">livingartsfarm@gmail.com</a></td>
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<td>104</td>
<td>Marty Dagoberto</td>
<td>PO Box 441, Shelburne Falls, MA 01370</td>
<td>508-361-0136, <a href="mailto:marty@nofamass.org">marty@nofamass.org</a></td>
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<tr>
<td>90</td>
<td>Sylvia Davatz</td>
<td>106 Gilson Rd., Hartland, VT 05048</td>
<td>802-436-3262, <a href="mailto:sdav@vermontel.net">sdav@vermontel.net</a></td>
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PRESENTER CONTACTS
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<tr>
<td>Children</td>
<td><strong>Kristy Delfause</strong>, 4 Rockwood Rd, Warwick, MA 01378 978-544-2488, <a href="mailto:kristy@seijo.com">kristy@seijo.com</a></td>
</tr>
<tr>
<td>32</td>
<td><strong>Larisa Demos</strong>, Green Mountain Spinnery, 7 Brickyard Ln., Putney, VT 05346, <a href="mailto:larisa@spinnery.com">larisa@spinnery.com</a></td>
</tr>
<tr>
<td>91</td>
<td><strong>Lisa DePiano</strong>, Holyoke, MA <a href="mailto:ldepiano@umass.edu">ldepiano@umass.edu</a></td>
</tr>
<tr>
<td>112</td>
<td><strong>Brian Donahue</strong>, Environmental Studies Program, MS 055, Brandeis University, Waltham, MA 02454, <a href="mailto:bdonahue@brandeis.edu">bdonahue@brandeis.edu</a></td>
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<td>Children</td>
<td><strong>Jess Downing</strong>, 34 Field Street, Seekonk, MA 02771 508-916-0985, <a href="mailto:jessdowning816@gmail.com">jessdowning816@gmail.com</a></td>
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<td>Children</td>
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</tr>
<tr>
<td>Intensive</td>
<td><strong>Jenny Elliot</strong>, 2644 Rt. 23, Hillsdale, NY 12530 914-236-0761, <a href="mailto:Jenny@tinyheartsfarm.com">Jenny@tinyheartsfarm.com</a></td>
</tr>
<tr>
<td>73</td>
<td><strong>Andrew Faust</strong>, 253 Briggs Hwy. Ellenville, NY 12428 917-584-4588, <a href="mailto:andrew@homebiome.com">andrew@homebiome.com</a></td>
</tr>
<tr>
<td>5</td>
<td><strong>Jay Feldman</strong>, 701 E St. SE, Washington, DC 20003 202-543 5450, <a href="mailto:JFeldman@beyondpesticides.org">JFeldman@beyondpesticides.org</a></td>
</tr>
<tr>
<td>105</td>
<td><strong>Anna Fialkoff</strong>, 180 Hemenway Rd., Framingham, MA 01701 <a href="mailto:afialkoff@newenglandwild.org">afialkoff@newenglandwild.org</a></td>
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<tr>
<td>58</td>
<td><strong>Jacob Fine</strong>, Northampton, MA 413-530-6275, <a href="mailto:rabbijacob@abundancefarm.org">rabbijacob@abundancefarm.org</a></td>
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<td><strong>Julie Fine</strong>, Northampton, MA 413-531-0120, <a href="mailto:jfine@johnnyseeds.com">jfine@johnnyseeds.com</a></td>
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<td>59</td>
<td><strong>Lincoln Fishman</strong>, 19 Sawyer Rd., Worthington, MA 01098 <a href="mailto:sawyerfarmshare@gmail.com">sawyerfarmshare@gmail.com</a></td>
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<td>90</td>
<td><strong>Ruth Fleishman</strong>, 1400 Wildlife Rd, White River Junction, VT 05001 802-295-6546, <a href="mailto:ruthfleishman7@gmail.com">ruthfleishman7@gmail.com</a></td>
</tr>
<tr>
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<td><strong>Luke Franco</strong>, 2643 Rt. 23, Hillsdale, NY 12529 914-236-0760, <a href="mailto:Luke@tinyheartsfarm.com">Luke@tinyheartsfarm.com</a></td>
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<tr>
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<td><strong>Mel Gadd</strong>, Cambridge, MA 617-504-3263, <a href="mailto:melbeekeeper24@gmail.com">melbeekeeper24@gmail.com</a></td>
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<td>81</td>
<td><strong>Sharon Gensler</strong>, 87 Bullard Pasture Rd., Wendell, MA 01379 <a href="mailto:sharonagensler@gmail.com">sharonagensler@gmail.com</a></td>
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<td><strong>Steve Gilman</strong>, Stillwater, NY 518-791-3090, <a href="mailto:stevegilman@verizon.net">stevegilman@verizon.net</a></td>
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<td><strong>Raphael Guzman</strong>, 765 B Harlemville Rd., Hillsdale, NY 12529 916-477-0210, <a href="mailto:raphael@biodynamics.com">raphael@biodynamics.com</a></td>
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<td><strong>Karl Hallen</strong>, 895 McClellan Rd., DeRuyter, NY 13052 315-416-1861, <a href="mailto:farmsandforests@yahoo.com">farmsandforests@yahoo.com</a></td>
</tr>
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<td>24</td>
<td><strong>Karl Hammer</strong>, 1996 Main St., Montpelier, VT 05602 802-793-1040, <a href="mailto:soil@vermontcompost.com">soil@vermontcompost.com</a></td>
</tr>
<tr>
<td>39</td>
<td><strong>Alicia Harvie</strong>, 501 Cambridge Street, 3rd Floor, Cambridge, MA 02141 617-453-2922, <a href="mailto:alicia@farmaid.org">alicia@farmaid.org</a></td>
</tr>
<tr>
<td>93</td>
<td><strong>Masoud Hashemi</strong>, 207 Bowditch Hall, Amherst, MA 01003 413-545-1843, <a href="mailto:masoud@umass.edu">masoud@umass.edu</a></td>
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<td><strong>Konrad Hauptfleisch</strong>, <a href="mailto:K.Hauptfleisch@ifoam.bio">K.Hauptfleisch@ifoam.bio</a></td>
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<td>7, 18</td>
<td><strong>Elizabeth Henderson</strong>, 2218 Welcher Rd., Newark, NY 14513 585-764-8471, <a href="mailto:elizabethhenderson13@gmail.com">elizabethhenderson13@gmail.com</a></td>
</tr>
<tr>
<td>75</td>
<td><strong>Christie Higginbottom</strong>, 26 Craig St., Rochdale, MA 01542 508-892-1160, <a href="mailto:cjh-garden@earthlink.net">cjh-garden@earthlink.net</a></td>
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<td><strong>Mike Hollis</strong>, 4539 42nd St, 3B, Sunnyside, NY 11104 <a href="mailto:michael.w.hollis@gmail.com">michael.w.hollis@gmail.com</a></td>
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<td><strong>Liana Hoodes</strong>, 3540 State Route 52, Pine Bush, NY 12566 914-443-5759, <a href="mailto:liana@hvc.rr.com">liana@hvc.rr.com</a></td>
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<td><strong>Bonnie Hudspeth</strong>, PO Box 93, Shelburne Falls, MA 01370 <a href="mailto:bonnie@nfca.coop">bonnie@nfca.coop</a></td>
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<td><strong>Ally Hunter</strong>, Ware, MA 774-321-4462, <a href="mailto:kindurfarm@gmail.com">kindurfarm@gmail.com</a></td>
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<td><strong>Tom Ingersoll</strong>, PO Box 4, Sheffield, MA 01257 <a href="mailto:tom@ingersolllandcare.com">tom@ingersolllandcare.com</a></td>
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<td><strong>Judy Isacoff</strong>, 173 East St., S. Egremont, MA 01258 413-528-1335, <a href="mailto:judyisacoff@naturesturn.org">judyisacoff@naturesturn.org</a></td>
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<td><strong>Dave Jacke</strong>, Montague, MA 603-831-1298, <a href="mailto:davej@edibleforestgardens.com">davej@edibleforestgardens.com</a></td>
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<td><strong>Hannah Jacobson-Hardy</strong>, Ashfield, MA 413-695-5968, <a href="mailto:sweetbirchherbals@gmail.com">sweetbirchherbals@gmail.com</a></td>
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<td><strong>Velya Jancz-Urban</strong>, 785 Main St. North, Woodbury, CT 06798 203-942-0774, <a href="mailto:groundedgoodwife@yahoo.com">groundedgoodwife@yahoo.com</a></td>
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<td><strong>Brigitta Jansen</strong>, Deep River, CT 917-975-1784, <a href="mailto:brigitta.jansen@gmail.com">brigitta.jansen@gmail.com</a></td>
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<td><strong>Al Johnson</strong>, 54 Nedsland Ave., Titusville, NJ 08560 609-730-0939, <a href="mailto:dajjorg@verizon.net">dajjorg@verizon.net</a></td>
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<td><strong>Hugh Joseph</strong>, Chestnut Hill, MA 617-232-6666, <a href="mailto:hjoseph@tufts.edu">hjoseph@tufts.edu</a></td>
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| 42    | **Sarah Kanabay**, 144 Main St., Greenfield, MA 01301  
       | 413-325-8802, sarah.kanabay@franklincommunity.coop |
| 118   | **Dan Kaplan**, 20 Hulst Rd., Amherst, MA 01002  
       | 413-253-7991, info@brookfieldfarm.org |
|       | Intensive **Sandor Katz**, sandorkraut@wildfermentation.com |
|       | Children **Angela Kearney**, 58 Stow Street #8, Concord, MA 01742  
       | 508-572-2812, angela@minglewoodllc.com |
|       | Children **Pamela Kimball**, 36 Smith Road, Warwick, MA 01378  
       | 978-790-9476, sacredlifewoman@gmail.com |
| 8     | **Dan Kittredge**, 24 Hillsville Rd, North Brookfield, MA 01535  
       | 978-257-2627, dan@bionutrient.org |
| 23    | **Jack Kittredge**, 411 Sheldon Road, Barre, MA 01005  
       | 978-355-2853, jack@mhof.net |
| 9     | **Julius Kolowole**, 807 Broad St., Providence, RI 02907  
       | 401-331-5535, jokolawole@gmail.com |
| 63    | **John Kozinski**, MEA, FSMA, 3425 Main St. Unit 1015, Becket, MA 01223  
       | 413-464-2990, macrobiotic@macrobiotic.com |
| 107   | **Mark Krawczyk**, 37 Kelton Drive, New Haven, VT 05472  
       | 802-999-2768, keylinevermont@gmail.com |
| 96    | **Clay Larsen**, Malden, MA  
       | 617-908-1022, claylars@gmail.com |
| 97    | **Amy Frances LeBlanc**, P.O. Box 273, East Wilton, ME 04234  
       | amythecellist@gmail.com |
| 110   | **Kirby Lecy**, 103 Fitchburg Rd., Ashburnham, MA 01430  
       | 978-895-1028, kirby@jkgoodthymefarm.com |
| 77    | **Ben Lester**, Shutesbury, MA  
       | 413-253-4707, farmfeastcsa@gmail.com |
| 64    | **Jake Levin**, 1043 Mill River Great Barrington Rd.  
       | New Marlborough, MA 01230, therovingbutcher@gmail.com |
|       | Children **Claudia Lewis**, 125 Hastings Pond Road, Warwick, MA 01378  
       | 978-544-2488 |
| 117   | **Carolyn Llewellyn**, 308 Main St, Cold Spring, NY 10516  
       | 845-265-3969, pchamsia@gmail.com |
| 101   | **Abel Luna**, 179 S Winooski Ave., Burlington, VT 05401  
       | 802-373-2522, abel@migrantjustice.net |
| 16    | **Bill Mackentley**, 325 St. Highway 345, Potsdam, NY 13676  
<pre><code>   | 315-265-6739 |
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<td><strong>Guido Mase</strong>, 452 S Willard St, Burlington, VT 05401 802-300-0000, <a href="mailto:guido@vtherbcenter.org">guido@vtherbcenter.org</a></td>
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<td><strong>Marie Patrice Masse</strong>, 150 N Shore Dr, Stow, MA 01775 978-424-1492, <a href="mailto:mariepatrice@gmail.com">mariepatrice@gmail.com</a></td>
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<td><strong>Jack Mastrianni</strong>, 277 Holden Hill Rd., Langdon, NH 03602 603-209-7188, <a href="mailto:jamastrianni@yahoo.com">jamastrianni@yahoo.com</a></td>
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<tr>
<td>26, 46</td>
<td><strong>Kim Mastrianni</strong>, 277 Holden Hill Rd., Langdon, NH 03602 603-209-7688, <a href="mailto:kimmastrianni@yahoo.com">kimmastrianni@yahoo.com</a></td>
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<td><strong>Marina Matos</strong>, West Barnstable, MA 774-994-3841, <a href="mailto:marinamatos13@gmail.com">marinamatos13@gmail.com</a></td>
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<td>80</td>
<td><strong>Alejandra Mayorga</strong>, 109 Somerset St., Providence, RI 02907 401-273-9419, <a href="mailto:alejandramayorga@southsideclt.org">alejandramayorga@southsideclt.org</a></td>
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<td><strong>Melinda McCreven</strong>, PO Box 103, Montague, MA 01351 413-325-4896, <a href="mailto:gardeningartstherapy@gmail.com">gardeningartstherapy@gmail.com</a></td>
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<td><strong>Anthony Mecca</strong>, Red Hook, NY 518-567-4488, <a href="mailto:anthony@biodynamics.com">anthony@biodynamics.com</a></td>
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<td>78, 98</td>
<td><strong>Jen Miller</strong>, NOFA-VT, P.O. Box 697, Richmond, VT 05477 802-434-4122, <a href="mailto:jen@nofavt.org">jen@nofavt.org</a></td>
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<td><strong>Sayed Mohamed-Nour</strong>, 98 Regent St., Roxbury, MA 02119 617-669-2642, <a href="mailto:a.sayed@nubianet.net">a.sayed@nubianet.net</a></td>
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<td><strong>Michael Murray</strong>, PO Box 821, Needham, MA 02494 781-937-9992, <a href="mailto:mikem@organicsoilsolutions.com">mikem@organicsoilsolutions.com</a></td>
</tr>
<tr>
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<td><strong>Jono Neiger</strong>, 163 Rattlesnake Gutter Road, Leverett, MA 01054 413-658-7048, <a href="mailto:Jono@regenerativedesigngroup.com">Jono@regenerativedesigngroup.com</a></td>
</tr>
<tr>
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<td><strong>Jack Nelson</strong>, Plainfield, MA 413-654-0170, <a href="mailto:jrsonofnel@verizon.net">jrsonofnel@verizon.net</a></td>
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<td>10</td>
<td><strong>Roger Noonan</strong>, 176 Avenue A, Suite 2, Turners Falls, MA 01370 <a href="mailto:roger@newenglandfarmersunion.org">roger@newenglandfarmersunion.org</a></td>
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<td><strong>April Nugent</strong>, Pelham, MA 413-230-9670, <a href="mailto:aprln9715@gmail.com">aprln9715@gmail.com</a></td>
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<td><strong>Bryan O’Hara</strong>, 373 Tobacco Street, Lebannon, CT 06249 860-423-4834</td>
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<td><strong>Brittany Overshiner</strong>, 10 Cutler St, Bellingham, MA 02019 508-444-9433, <a href="mailto:brittany@upswingfarm.com">brittany@upswingfarm.com</a></td>
</tr>
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<td><strong>Petra Page-Mann</strong>, 7921 Hickory Bottom Road, Naples, NY 14512 585-374-8903, <a href="mailto:petra@fruitionseeds.com">petra@fruitionseeds.com</a></td>
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<td><strong>Joan Palmer</strong>, 67 Case St, West Granby, CT 06090 860-764-9070, <a href="mailto:info@tiosn.com">info@tiosn.com</a></td>
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<td><strong>Richard Pederson</strong>, 109 Somerset St., Providence, RI 02907 401-273-9419, <a href="mailto:cityfarm@southsideclt.org">cityfarm@southsideclt.org</a></td>
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<td><strong>Alice Percy</strong>, 528 East River Rd, Whitefield, ME 04353 <a href="mailto:alice@fedcoseeds.com">alice@fedcoseeds.com</a></td>
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<td><strong>Dale Perkins</strong>, 67 Muschopauge Rd., Rutland, MA 01543 508-886-6898, <a href="mailto:dale.mesa@gmail.com">dale.mesa@gmail.com</a></td>
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<td><strong>Diana Phillips</strong>, 400 Norfolk St., Holliston, MA 01746 617-272-0170, <a href="mailto:dianajp@earthlink.net">dianajp@earthlink.net</a></td>
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<td><strong>Sven Pihl</strong>, 327 Litchfield Tpk., Bethany, CT 06524 203-433-2702, <a href="mailto:ctedibleecosystems@gmail.com">ctedibleecosystems@gmail.com</a></td>
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<td><strong>Zannah Porter</strong>, 600 Windsor Place, Somerville, MA 02143 617-776-1400, <a href="mailto:zannah.porter@greencitygrowers.com">zannah.porter@greencitygrowers.com</a></td>
</tr>
<tr>
<td>102</td>
<td><strong>Daniel Prial</strong>, 16 Church St., Keene, NH 03431 479-587-3471, <a href="mailto:danielp@ncat.org">danielp@ncat.org</a></td>
</tr>
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<td><strong>Cynthia Rabinowitz</strong>, <a href="mailto:cynthia@hgconns.org">cynthia@hgconns.org</a></td>
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<td>23</td>
<td><strong>Julie Rawson</strong>, 411 Sheldon Rd., Barre, MA 01005 978-355-2853, <a href="mailto:julie@mhof.net">julie@mhof.net</a></td>
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<td>30, 48</td>
<td><strong>Lee Reich</strong>, 387 Springtown Rd, New Paltz, NY 12561 845-616-0710, <a href="mailto:garden@leereich.com">garden@leereich.com</a></td>
</tr>
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<td></td>
<td><strong>Cheri Robartes</strong>, 12 Hastings Pond Road, Warwick, MA 01378 978-544-3101, <a href="mailto:crobartes@gmail.com">crobartes@gmail.com</a></td>
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<tr>
<td>17, 36</td>
<td><strong>Ian Robb</strong>, 10 White Birch Rd, Copake, NY 12516 518-329-3038, <a href="mailto:Turtle@turtletreeseed.org">Turtle@turtletreeseed.org</a></td>
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<td><strong>Tevis Robertson-Goldberg</strong>, PO Box 263, Chesterfield, MA 01012 413-296-0310, <a href="mailto:crabapplefarm@verizon.net">crabapplefarm@verizon.net</a></td>
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<td>100</td>
<td><strong>Angela Roell</strong>, 258 Greenfield Rd, Montague, MA 01351 413-588-6977, <a href="mailto:angela.roell@gmail.com">angela.roell@gmail.com</a></td>
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<td><strong>Tara Sacerdote</strong>, 237 Bridge St. Apt 2, Northampton, MA 01060 785-393-2395, <a href="mailto:tarasac@gmail.com">tarasac@gmail.com</a></td>
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<td><strong>Dave Scandurra</strong>, West Barnstable, MA 774-994-0333, edible@<a href="mailto:landscapescc@gmail.com">landscapescc@gmail.com</a></td>
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<td><strong>Susan Scheufele</strong>, French Hall 109, Amherst, MA 01003 413-577-3976, <a href="mailto:sscheufele@umext.umass.edu">sscheufele@umext.umass.edu</a></td>
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<tr>
<td>2, 19</td>
<td><strong>Emily Schmidt</strong>, Wakefield, RI 401-207-0552, <a href="mailto:emilyschmidty@gmail.com">emilyschmidty@gmail.com</a></td>
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<td>101</td>
<td><strong>Madeline Sharrow</strong>, 179 S Winooski Ave. Unit 202, Burlington, VT 05401 <a href="mailto:madeline@migrantjustice.net">madeline@migrantjustice.net</a></td>
</tr>
<tr>
<td>82</td>
<td><strong>Wayne Shreffler</strong>, Beverly, MA 617-726-6147, <a href="mailto:wshreffler@mgh.harvard.edu">wshreffler@mgh.harvard.edu</a></td>
</tr>
<tr>
<td>93</td>
<td><strong>Arthur Siller</strong>, 107 Bowditch Hall, Amherst, MA 01003 978-855-3242, <a href="mailto:arthur.r.s.siller@gmail.com">arthur.r.s.siller@gmail.com</a></td>
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<td><strong>Children</strong></td>
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<td><strong>Lee Silverberg</strong>, 400 Norfolk St., Holliston, MA 01746 617-721-0232, <a href="mailto:dianajp@earthlink.net">dianajp@earthlink.net</a></td>
</tr>
<tr>
<td>83</td>
<td><strong>Dave Smalley</strong>, 591 Lansing Rd., Fultonville, NY 12072 518-922-5204, <a href="mailto:Dlsmalley@frontiernet.net">Dlsmalley@frontiernet.net</a></td>
</tr>
<tr>
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<td><strong>Pru Smith</strong>, 87 Bullard Pasture Rd., Wendell, MA 01379 <a href="mailto:prusmith@yahoo.com">prusmith@yahoo.com</a></td>
</tr>
<tr>
<td>10</td>
<td><strong>Vickie Smith</strong>, 176 Avenue A, Suite 2, Turners Falls, MA 01376 603-832-4265, <a href="mailto:Vickie@newenglandfarmersunion.org">Vickie@newenglandfarmersunion.org</a></td>
</tr>
<tr>
<td>32</td>
<td><strong>Suzette Snow-Cobb</strong>, 179 Avenue A, Turners Falls, MA 01376 413-824-0232, <a href="mailto:suzette@nfca.coop">suzette@nfca.coop</a></td>
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<td>31, 50</td>
<td><strong>Connor Stedman</strong>, North Hatfield, MA 413-559-8200, <a href="mailto:connor.stedman@gmail.com">connor.stedman@gmail.com</a></td>
</tr>
<tr>
<td>67</td>
<td><strong>Ed Stockman</strong>, 131 Summit St., Plainfield, MA 01070 413-634-5024, <a href="mailto:edstockman@verizon.net">edstockman@verizon.net</a></td>
</tr>
<tr>
<td>13</td>
<td><strong>Sarah Stockwell-Arthen</strong>, Cummington, MA 413-634-8062, <a href="mailto:hilltownherbals@gmail.com">hilltownherbals@gmail.com</a></td>
</tr>
<tr>
<td>84</td>
<td><strong>Shaunia Swinton</strong>, Springfield, MA 413-233-8123, <a href="mailto:2centshomegrown@gmail.com">2centshomegrown@gmail.com</a></td>
</tr>
<tr>
<td>14, 51</td>
<td><strong>Ed Szymanski</strong>, Franklin, MA 508-528-1317, <a href="mailto:lunariafarm@outlook.com">lunariafarm@outlook.com</a></td>
</tr>
<tr>
<td>14</td>
<td><strong>Marian Szymanski</strong>, Franklin, MA 508-528-1317, <a href="mailto:marianszymanski@verizon.net">marianszymanski@verizon.net</a></td>
</tr>
<tr>
<td>114</td>
<td><strong>Hannah Traggis</strong>, 157 Old Westminster Rd, Hubbardston, MA 01452 <a href="mailto:htraggis@gmail.com">htraggis@gmail.com</a></td>
</tr>
<tr>
<td>32</td>
<td><strong>Adam Trott</strong>, Northampton, MA 215-666-1266, <a href="mailto:adam@valleyworker.coop">adam@valleyworker.coop</a></td>
</tr>
<tr>
<td>115</td>
<td><strong>Ehris Urban</strong>, 785 Main St. North, Woodbury, CT 06798 203-942-0774, <a href="mailto:groundedgoodwife@yahoo.com">groundedgoodwife@yahoo.com</a></td>
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<td></td>
<td><strong>Darby Weaver</strong>, <a href="mailto:darbymccrea@gmail.com">darbymccrea@gmail.com</a></td>
</tr>
<tr>
<td>68, 116</td>
<td><strong>Doug Wolcik</strong>, 59 Lowell Rd., Groton, MA 01450 <a href="mailto:dwolcik@gmail.com">dwolcik@gmail.com</a></td>
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American Guinea Hog Association
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American Kerry Cattle Association Inc
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Ameriprise
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Bartlettyarns Inc
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Basic Bars Soap
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Biodynamic Association
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Farm Credit East
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Full Moon Ghee/Sweet Birch Herbals
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Hyperion Systems, LLC
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Maple Mama
maplemamabeverages.com

MDAR
mass.gov/orgs/massachusetts-department-of-agricultural-resources

NCAT/ATTRA
ncat.org
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Neighboring Food Co-ops Association
nfca.coop

NOFA-NH
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NOFA-NJ
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NOFA-NY
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NOFA-VT
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Real Pickles
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Revision Energy
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Sun Kim Bop
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Sweet Suds- Soap from Honey

Taproot Threads
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The Conway School
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The Mushroom Hunting Foundation
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Turtle Tree Seeds
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UMass RMA
ag.umass.edu/risk-management

USDA Natural Resources Conservation Service
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