

Northeast Organic Farming Association
35th Annual Summer Conference



August 7-9, 2009

University of Massachusetts, Amherst, MA

KEYNOTE ADDRESSES

Paul Stamets

Friday, August 7th

Mushroom expert and author of *Mycelium Running*:

How Mushrooms Can Help Save The World.

Will Allen

Saturday, August 8th

Urban farmer, community activist, educator, CEO
and founder of Growing Power.



We Thank Our Sponsors



REGISTRATION QUESTIONS? Contact Deb Pouech, 860-684-0551, debpouech@nofamass.org, or Julie Rawson & Jack Kittredge, 978-355-2853, nofa@nofamass.org. **Please, no calls after 9:00pm.**

WHAT'S HAPPENING AT THE CONFERENCE ?

--180+ diverse workshops for adults, teens and kids (see back)!

--2 Keynotes! Friday, August 7th, 7:30pm--**Paul Stamets**, Mushroom expert and author of *Mycelium Running: How Mushrooms Can Help Save The World*. Saturday, August 8th, 7pm--**Will Allen**, Urban farmer, community activist, educator, CEO and founder of Growing Power.

--NOFA & Mass Grass's **Grazing School** series of workshops on livestock pasture management, open to conference participants. For more info, visit www.massgrass.org, or call Kate Rossiter, (413) 498-2721.

--**NOFA Organic Lawn & Turf Course**, Fri, Aug. 7, 8am-5pm. Fee includes Friday lunch. Those also registering for Sat and Sun get a \$30 discount on the L&T Course. Course covers all aspects of organic lawn & turfgrass management from soil health and amendments to cultural practices & client relations. Visit www.organiclandcare.net or contact Kathy Litchfield at (413) 773-3830, kathy@nofamass.org for more info.

--Many exhibits of vendors, services, educational and advocational non-profits and local organic food!

--**Entertainment** throughout the weekend! Contra and zydeco dances with live bands, films, family storytelling and songs, an **Old-Time Country Fair, open to the Public** on Saturday afternoon, featuring a parade, farmers' and crafters' market, live music and theater, games, demonstrations, contests, prizes, and new this year, a Barter Corner at the Fair! Come barter your goods and services. For more barter info contact Ali at (860) 974-7056, birdsngoats@yahoo.com.

Farmers and Crafters! Sell At The Saturday Market

Sell your farm/craft products outdoors during the Fair, Sat. 3-6 pm, cost is \$20/space if registered for the conference, \$40 if not. Rent an 8' table for \$15 or bring yours. You may sell raw product without liability insurance, but for processed goods, you must file a copy of your product liability insurance in advance. Sign up on the form opposite. For more info, Tricia Cooper, 617-558-3322, triciaannecooper@gmail.com.

IS THERE A "CHILDREN'S CONFERENCE"?

YES! For ages 2-12, during adult workshops. Ages 2-4 have supervised activities & free play with experienced childcare providers. Ages 5-12 have age group leaders & can choose from a variety of workshops. (listed on back).

HOW ABOUT A TEEN CONFERENCE?

YES! Teens have their own space and can join in an exciting week-end of workshops designed just for youth ages 13-17, or join adult workshops.

CAN DOGS COME TO THE CONFERENCE?

NO! Pets must be left at home. This will be enforced.

BECOME A NOFA MEMBER!

Join a state NOFA chapter! Annual dues include a subscription to quarterly *The Natural Farmer (TNF)* except those levels asterisked*.

CT: Individual \$35, Family \$50, Business/Institution \$100, Supporting \$150, Student/Senior \$25, Working \$20, Lifetime \$1,000

MA: Individual \$35, Family/Farm/Organization \$45, Business \$75, Supporting \$150, Low Income \$20

NH: Individual \$30, Student \$23, Family \$40, Sponsor \$100, Basic \$20*

NJ: Individual \$35, Family \$50, Business/Organization \$100, Low Income/Student \$15*

NY: Student/Senior/Limited Income \$20, Individual \$40, Family/Farm/Non-profit Org. \$50, Business, \$115, Patron \$125

RI: Student/Senior \$20, Individual \$25, Family \$35, Business \$50, Lifetime \$450

VT: Individual \$30, Farm/Family \$40, Business \$50, Sponsor \$100, Sustainer \$250, Basic \$15-\$25*

ABOUT HOUSING

DORMS: cost for kids 3-12 ("Youth") is reduced, under 3 are free. **All kids under 12 must room with parent/guardian.**

-Standard single - 1 single bed. Cap of 1 adult and 1 child/room
-Standard double - 2 single beds. Cap of 2 adults and 2 children/room
-Deluxe Suite - 4 singles, 2 baths, kitchen, A/C. Cap of 1 adult, 1 child per room

Bring sheets, blankets, pillow, towel and fan. Rooms are also available at the UMass Campus Hotel. Call 413-549-6000 ext. 7714 to make reservations. Mention code NOFA9C - NOFA Summer Conference for preferred rate. **Key Deposit:** Dorm building access cards and room keys will be picked up at assigned dorm. A deposit of **\$70/key** will be held until key return. Checks preferred. \$20 replacement fee will be charged for lost access cards.

CAMPING: 15'x15' tent sites on the lawn adjacent to the Campus Pond and in front of the Fine Arts Center are available on a first come, first served basis, one tent per site. Camping fees are per person. No open fires or cooking allowed. Toilet facilities are in the Student Union or Porta potties. Showers are in nearby dorms. Campers and RV's must stay in assigned parking lot. (No hook-ups). Camping permit must be displayed on tent or camper. Children 12 and under ("Youth") camp for free with parent/guardian. **No camping without a paid camping permit.**

ABOUT MEALS

All meals have meat, vegetarian and vegan options, all organic and served in the campus dining hall. Saturday's dinner is all-local food. You may purchase any combination of 7 meals - Friday lunch through Sunday lunch. Swipe cards will be issued for dining hall admission, separate ticket for Friday lunch. \$20 replacement charge for lost cards. Space is very limited at Friday lunch, sign up early! Organic snacks, teas & coffee will also be available at the Blue Wall in the Campus Center.

GIVE TO THE FARMING EDUCATION FUND!

Help others attend the Conference! The Farming Education Fund (formerly Financial Aid) helps with conference fees. Your generosity is much appreciated.

CREATIVE REGISTRATION FINANCING!

Discounts for early and large-group registrants. See form opposite. **Helping Hands:** Work 4 hours and receive \$25 (\$30 for working with children). Check the Helping Hands box on the form to sign up and you will be contacted to schedule your task. A reimbursement check will be mailed to you the week after the conference.

Apply for Farming Education Funds: NOFA offers registration funding for adults and teens thanks to contributions from businesses and individuals. Contact Deb for fund guidelines and application before completing registration form. Apply early as funds are granted on a first come first served basis to all who apply until funds are exhausted.

Work Exchange: Arrive at 1pm Thursday and work 20 hrs during the conference in exchange for free registration, free camping and a "volunteer" t-shirt.

Contact Deb Pouech for more info and applications for the above options.

DIRECTIONS TO THE CONFERENCE:

I-91 to Rte. 9 (Exits 19 from the south, 20 from the north). East on 9 to Rt. 116, left on 116 North 1 mile to UMass exit. Right at end of ramp onto Mass Ave. Left at 2nd light on Commonwealth Ave. Right at next light on Campus Center Way, entrance to parking garage is at top of the hill on right.

PARKING

Campus parking garage is \$5/day. When you arrive you can park in the garage temporarily while registering. At the registration tent you will receive a pass for \$1.50/hour to go back to the garage and move your car to a purple lot for free parking. Additional free parking is available after 5:00 pm on Friday and throughout the week-end in various lots. Be sure to read the signs so your vehicle is not subject to towing.

NEED A RIDE? CAN OFFER A RIDE?

Check the Conference Rideshare page on the Summer Conference website or contact Deb Pouech up to 07/31 for rideshare info.

LIST OF CONFERENCE WORKSHOPS BELOW

CONFERENCE WORKSHOPS

FRIDAY, AUGUST 7th 2-3:30 PM

How to Be More Self-Reliant During Difficult Economic Times: Bill MacKentley

Starting a Farm: Elizabeth Henderson

Sustainable Suburban Farming: Alan Gorkin

Pedal Revolution: Jack Spula

Raw Foods: Rory Weiss

Making the Transition to Organic Dairy: Sarah Flack

Bio-Energetic Plant Health: Jim Conroy

Healthy Teeth from Healthy Soil: Beth Ingham

Making and Applying Compost Tea: Peter Schmidt

Seed Saving 101: CR Lawn & Eli Rogosa

Rethinking Local Agriculture Infrastructure: M. Christie

Renewable Energy-How to Live Off the Grid and Why: Dave Smalley

Learning about Loans, Grants and Other Financial Assistance for NE Farms: Norman Bender

Earthen Building-Straw Bale and Earthen Oven: Rusty Orner

Children

Creating a Nature Weaving: Adele Smith-Penniman

Felting Fun: Iris Weaver

Butter Making for Beginners: Gavin Harper

Patterns in Nature: Deborah Blazer & Lahri Bond

Teens

Tie Dye: Sharon Begley

How to Bag Waste: Heather Botelle

FRIDAY, AUGUST 7th 4-5:30 PM

Starting a CSA: Carolyn Llewellyn

Local Produce in Low-Income Communities: Heidi Exline

Co-ops- Planning for a Sustainable Future: Michael Faber

Carbon Negative Farming and Climate Change: D. Yarrow

Using Organic Dairy Resources in the Field: Bethany Wallis & Robert Perry

NAIS-What It Is & What You Can Do About It: J. McGeary

Indoor Composting with Redworms: Carol Schminke and Lynette Courtney

Northeast SARE Farmer Grants: Carol Delaney

Growing Broccoli & Other Brassicas: Elizabeth Henderson

Putting Up Food: Local Eating for the Year: Leo Pollock

Building Direct Year Round Markets: Claire Morenon

Dismantling Legal Obstacles to Urban Self-Reliance: Scott Kellogg

Perennial Division: Elaine Peterson & Dawn Pavone

Changing the Landscape of Landscaping: Organic Land Care

Activism: Bernadette Giblin

Easy No-Knead Artisan Bread at Home: Linda Ugelow

Hampshire College Farm TOUR: Leslie Cox

Children

Building Fairy Houses: Pamela Kimball

Mural Making: Rachel Silverman

Discovering Wind Energy: Mark Walter

Victorian Games: Jennifer Byington

Teens

Preparing Wild Edibles and Weeds: Mira Nussbaum

Filmmaking for Beginners: Cheri Robartes

SATURDAY, AUGUST 8th 8-9:30 AM

Small Growers Co-ops for Farm Viability: Rich Pederson & Christina Dedora

Market Mobile: Better Food Distribution: Noah Fulmer

Cultivating a Profit from Community and School Gardens: Aviva Asher

LIFE- Locally Integrated Food and Energy: David Yarrow

Grazing 101: Sarah Flack

Stephen Herbert: Pasturing in Extreme Conditions

Nutrient Dense Crop Production- A How To: D. Kittredge

Pastured Certified Organic Poultry Production: Julie Rawson & Jack Kittredge

Soil Chemistry and Digital pH Meter Use: Bob Rafka

Restoring Our Seed: Ruth Hazzard

Arcosanti, Paolieri Soleri and Ecological Cities: G. Kosmides

The Nuts and Bolts of a Financially Successful Business: Michael Faber

Intro to Soil Fertility (in Spanish): Frank Mangan

Perennial Plant Care: Stephanie White

Children

Karate: Linda Ugelow & Endre Jobbagy

Down on the Farm: Janna & Claire Boettcher

Apples Everywhere! Which One to Pick?: Anna Dawson

Ducks and Dogs: Jill Horton-Lyons & Jim Lyons

Wildcraft! An Herbal Adventure: M. Horvath & A. Sidonia

Teens

Coastal Erosion, Fisheries & Climate Change: Woody Ruiz

SATURDAY, AUGUST 8th 10-11:30 AM

Sustainable City Toolbox: Scott Kellogg & Stacy Pettigrew

How Are We Going to Eat: Bill Duesing

Tools for Starting A Community Farm: Heather Scott

This Ain't Peanuts! It's Small Farm Food Safety!: S. Gilman

Plant Species Diversity and Pasture Management: Matthew Sanderson

Alternative Health Practices for Livestock: Michael Keilty

Making the Most of Your Maples: Michael Farrell

Production and Business Fundamentals of Organic Egg

Production: Michael & Karma Glos

Renewable Energy and Energy Efficiency Opportunities for NE Farms: Tara Mason

Root Cellars, and Crop Storage Structures-Methods, Materials & Designs: Chris Chaisson & Glenn Coville

Wild Foods: Iris Weaver

Got Stress?: Kimberly Ladue

Introduction to Agricultural Marketing (in Spanish): Derek Mitchell

Edible Landscaping: Ruth Green

Make Delicious Meals with Local Greens: Leslie Cerier

Red Fire Farm Tomato Growing Systems TOUR: Ryan Voiland

Raised Bed Gardening: Sammy De

Bicycle Empowerment!: Ariel Stimson

Children

Not-So-Boring Board Games: C. Boettcher & C. Zampieron

Rubber Stamping: Mary Lou Conna

Oxen!: Brad Teeter

Hopi Blue Corn from Grain to Griddle: R. and B. Sherer

Song & Movement Games for the Young Crowd: Cheri Robartes

Teens

Making Herbal Creams and Salves: Sarah Shields

Fibers and Felting 101: Joanne Ducas

SATURDAY, AUGUST 8th 1-2:30 PM

Urban Farms-Connecting Urban Communities to Local Food: Matthew Kochka

Developing Youth Mentors in Your Urban Agricultural Program: Ibtihaj Amatul-Wadud & Qamaria Amatul-Wadud

Producing Natural, Local Meat for Consumers: Joseph Bonelli & Kristen Castrataro

Cheese from Sunlight and Rain: Jonathan S. White

Genetic Selection: Tom Gallagher

Designing & Building Low-Cost Farm Structures: Jack Kittredge

Spinning Wool into Thread: Michael Greenberg

Continuous Lettuce Production: Julie Rawson

Community Farming with Public Schools and Summer Programs: Lynda Simkins

Winter Growing for CSA: Kristin Lewis

Intro to Permaculture (in Spanish): Eric Toensmeier

Streamlining Your Garden Routine: Ingrid Wheeler

How to Get Started in Beekeeping: Roland Sevigny

Small Scale Aquaculture and Aquaponics TOUR: Craig Hollingsworth

Children

NOFA RAP: Valerie Walton

Parade Prep: Woody Ruiz

Teens

Wild Plant Walk: John Root

Goat Husbandry: Jennifer Caron

SATURDAY, AUGUST 8th 3:30PM

Umass Pasture Walk: Stephen Herbert

SUNDAY, AUGUST 9th 8-9:30AM

Food Safety-What's Next?: Ed Stockman & Jack Kittredge

Building Community Through Urban Food Gardens: Liza Sutton

City Chickens: Hens in Cities and Suburbs: Meg Taylor

Promoting Urban Agriculture with Inner-City Youth- Ruby Maddox

Acquiring Land: Bob Bernstein

How Grass-Fed Livestock Are Great for the Planet: S. Rifkin

A Paradigm Shift-Concepts Necessary for the Production of Nutrient Dense Crops, and Their Potential: Daniel Kittredge

Humanure: Bill Duesing

On-Farm Water Quality Monitoring: Thomas Perry

Storage Crops for Market: Expanding into Winter Availability: Chris Chaisson

More Than Just Food-Mission Driven Education: G. Maslowe

Forming and Maintaining a Cooperative Greenhouse: Sondra Sprinkling & Michael Rice

Connecting Growers and Buyers: Jeffrey Barry

On-site Composting for Clients: Ann McGovern

Gladiolus: Suellen Rust

Children

Tad Hitchcock: Music and Movement

Why is the Sky So High: Tom Neilson

Candlemaking: Rachel Besserman

Making and Sharing a Recycled Solar Cooker: Laura Rankin

Teens

Unschooling Options: Anna and Grace Cherubino

SUNDAY, AUGUST 9th, 10-11:30 AM

MA Beginning Farmers-Programs Assessment: Jennifer Hashley & Hugh Joseph

Generating an Income and Empowering Teens: Derek Mitchell

Preserving Land in the City for Food Production: Katherine Brown & Michelle Sheehan

Singing for Love of Land and Life: Eveline MacDougall

Story Telling: Rona Leventhal

Zero Waste (A Solution to the Garbage Crisis): Tracy Frisch

Political Climate for Raw Milk: Peter Kennedy

Gardening in the 21st Century: The Sustainable Landscape: Marie Stella

Preventing Muscle Injuries in the Work Horse: Karen Sherzi

Growing Black Walnuts for Timber and Sustenance: Bill MacKentley

Culinary Herbs for Fresh, Potted and Dried Sales: Michael & Karma Glos

Nature as Model---Rearing and Breeding Pigs in the Woods: Craig Haney

Food Security through Education, Action and Service: Richard Rudolph

Farms Forever: Kathleen Cavanagh

Cooking with Herbs: Deborah Hayes

Luscious Landscaping, With Fruits: Lee Reich

Children

Play Party Dancing: Valerie Walton

What is Health?: Kimberly Ladue

Puppets: Tom Stockman

Farm Soccer: Tom Szekely & Marie Marchand

Teens

Making Nature Journals: Jenny and David Coy

Poultry Keeping: Alice Armen

SUNDAY, AUGUST 9th, 1-2:30 PM

New Farmer Training Programs and Multi-Farm CSAs: Mackenzie Boekholder

Local Economies Connecting Communities and Agriculture: Barry Hollister

Urban Beekeeping: Jean Claude Bourrut

Growing an OrganiCzation: Jack Mastrianni

Woodlot Management: Terry Janosik

Composting Toilets and Ecological Wastewater Systems: Carol Steinfeld

Electric Tractors for Farm Use: Jim Coate

Herbal Remedies 101: Sarah Stockwell-Arthen

Brookfield Farm TOUR: Dan Kaplan

Deep Green Technology, Home Planning and the Code: Jonathan and Susan von Ranson

Children

Instrument Making/Music Making: Rui Santos

Body Care: Melanee Addison

Plant Part Salad: Lauren Adler

Pond Creatures: Leah Penniman & Jonah Vitale-Wolff

Teens

Dance and Creative Movement for Teens: Keavy Nagle

Murphy

OFFICIAL USE ONLY

Registration Form--2009 NOFA Summer Conference-- August 7-9, UMass-Amherst

Please read all info on this & opposite page before completing this form. All attendees, staff, presenters, exhibitors, teens & children 2 & up must register. Fill in all applicable boxes for each person, printing clearly. **Special Registration Savings Opportunities: Register by July 6** to receive an early-bird discount. All earlybirds will be entered in a drawing for 1 of 10 free registrations for the 2010 Summer Conference. Register a group of 10 or more (one address/one check) to receive a 10% discount on registration fees. There is a \$15 discount for adult NOFA members (You can join or renew on this form). Walk-ins are welcome; however registration increases by \$5/day. Registration at the Conference begins 11 am on Friday, August 7, under tent on Metawampe Lawn. Registration hours are Fri. 11am-7pm, Sat 7am-1pm and 4-7pm, Sun 7-10am and 1-3:30pm. Save paper and a stamp, **Register online at www.nofasummerconference.org**.

Enter names as they will appear on your name tags. List primary contact first. For minors, include month/year of birth (**required**). Status:(A) Adult;(P) Presenter; Occupation:(F)Farmer;(FA)Apprentice; (N)Nonprofit;(S)Student; (A) Advocate; (E)Educator; (B)Business; Other(specify) (E)Exhibitor;(T) Teen; (Y) Youth

Name A:		
Name B:		
Name C:		
Name D:		
Name E:		

Farm/Company/Organization _____

Address _____ City/Town _____ ST _____ Zip _____

Phone _____ E-mail _____

Registration: Be sure the info for each letter matches the person in the names list.	A	B	C	D	E
3-Day- Adult \$155, Teen/Youth \$55; Earlybird (by 7/6) Adult \$135, Teen/Youth \$45					
Friday Only- Adult \$70, Teen/Youth \$23; Earlybird (by 7/6) Adult \$60, Teen/Youth \$18					
Fri & Sat- Adult \$145, Teen/Youth \$53; Earlybird (by 7/6) Adult \$130, Teen/Youth \$46					
Saturday Only- Adult \$90, Teen/Youth \$30; Earlybird (by 7/6) Adult \$80, Teen/Youth \$25					
Sat & Sun- Adult \$145, Teen/Youth \$53; Earlybird (by 7/6) Adult \$130, Teen/Youth \$46					
Sunday Only- Adult \$70, Teen/Youth \$23; Earlybird (by 7/6) Adult \$60, Teen/Youth \$18					
Group Discount- 10% off above fees only (10+ people, 1 address, 1 check) less 10%					
Friday L&T Course- \$150 1 st person, \$125 2 nd + (Sat/Sun registrants subtract \$30)					

Housing:Fees for dorms/camping are per person, per night. All youth (12 & under) must room/camp with parent/guardian.

Standard-Single - \$30 per adult/teen, \$12 youth, 3 and under free --Friday					
Standard-Single - \$30 per adult/teen, \$12 youth, 3 and under free --Saturday					
Standard-Double - \$22 per adult/teen, \$12 youth, 3 and under free --Friday					
Standard-Double - \$22 per adult/teen, \$12 youth, 3 and under free --Saturday					
Deluxe Suite - \$50 per adult/teen, \$12 youth, 3 and under free --Friday					
Deluxe Suite - \$50 per adult/teen, \$12 youth, 3 and under free --Saturday					
Room with (Indicate who this person will be rooming with, if applicable) -> -> -> -> ->					
Camping-Friday: \$11 per adult/teen, youth free. Number of tents: _____(1 per campsite)					
-Saturday:\$11 per adult/teen, youth free. Number of tents: _____(1 per campsite)					

MEALS:--Friday Buffet Lunch: \$16/person, limited number of tickets available	A	B	C	D	E
Friday Dinner: \$16 adult/teen, \$14 youth, 3 and under free					
Saturday Breakfast: \$11 adult/teen, \$9 youth, 3 and under free					
Saturday Lunch: \$15 adult/teen, \$13 youth, 3 and under free					
Saturday Dinner: \$16 adult/teen, \$14 youth, 3 and under free					
Sunday Breakfast: \$11 adult/teen, \$9 youth, 3 and under free					
Sunday Lunch: \$15 adult/teen, \$13 youth, 3 and under free					

NOFA Members (Adults): Member in (state) _____ Join/Renew in _____ add dues -->

NOFA Member Discount (Adults only, **applies to registration fees only**)--less \$15

Sat Market:\$20/space w/reg,\$40 w/out,\$15/table. Products: _____

Farming Education Fund Donation: Consider rounding up to help others attend!

How'd you find out about the Conference? _____ **Subtotals:** _____

Indicate any special needs- _____ **GRAND TOTAL ENCLOSED \$** _____

_____ **HELPING HANDS** -Contact _____ I plan to attend the Mass Grass Grazing School Workshops

Make check out to: NOFA Summer Conference. Mail full payment & this form to: **Deb Pouech, P O Box 9, Stafford Springs, CT 06076.** You'll receive a confirmation & program up to **July 24**; after that programs will be in your packets at the conference. Cancellations receive refunds minus \$15/person processing fee until **July 24**, after that no refunds. Non-registrants can buy programs for \$6.00, postage paid.

DETACH HERE - PLEASE SEND ENTIRE FORM AT 1 FEET