

## ADULT WORKSHOPS BY CATEGORY

Here is a quick reference guide of adult workshops by category. Check under the Workshop Descriptions by Time Slot section for further details about each workshop. Remember to check your Program Addendum and the chalkboard at the registration tent for any last minute changes or cancellations.

### ALTERNATIVE ENERGY AND THE ENVIRONMENT

- 2) Attached Greenhouse for Food, Heat, and Hot Water: Friday 2:00-3:30PM
- 14) Pedal Revolution: Bike Transport Today: Friday 2:00-3:30PM
- 21) What You ACTUALLY NEED to Live Off the Grid, and Why: Friday 2:00-3:30PM
- 30) Carbon Negative Farming & Climate Change: Friday 4:00-5:30PM
- 66) LIFE: Locally Integrated Food and Energy: Saturday 8:00-9:30AM
- 192) Zero Waste: a Solution to the Garbage Crisis: Sunday 10:00-11:30AM
- 204) Deep Green Technology, Home Planning, and the Code: Sunday 1:00-2:30PM
- 205) Electric Tractors for Farm Use: Sunday 1:00-2:30PM
- 210) Net Zero Energy Homes: Sunday 1:00-2:30PM
- 216) The Ecological Impact of Factory Farming: Sunday 1:00-2:30PM

### ANIMALS

- 13) Pastured Certified Organic Poultry Production: Friday 2:00-3:30PM
- 20) Transitioning a Dairy Farm to Organic: Friday 2:00-3:30PM
- 47) Using Organic Dairy Resources in the Field: Friday 4:00-5:30PM
- 62) How to Get Started in Beekeeping: Saturday 8:00-9:30AM
- 75) Raising Organic Hogs from Piglet to Porkchop: Saturday 8:00-9:30AM
- 89) Grass-fed Sheep Production and Management: Saturday 10:00-11:30AM
- 98) Organic Egg Production and Business Fundamentals: Saturday 10:00-11:30AM
- 103) Small Scale Aquaculture and Aquaponics: Saturday 10:00-11:30AM
- 121) Hands-on Draft Horses: Saturday 1:00-2:30PM
- 132) Raising Sheep: Why and How: Saturday 1:00-2:30PM
- 165) Your Farm's First Cow: Sunday 8:00-9:30AM
- 182) Nature as Model---Rearing and Breeding Pigs in the Woods: Sunday 10:00-11:30AM
- 187) Take Grazing to a Higher Level: Sunday 10:00-11:30AM
- 219) Urban Beekeeping: Sunday 1:00-2:30PM

### CHILDREN'S WORKSHOPS

- 24) Butter Making for Beginners: Friday 2:00-3:30PM
- 25) Creating a Nature Weaving: Friday 2:00-3:30PM
- 26) Drawing from Nature: Friday 2:00-3:30PM
- 27) Felting Fun: Friday 2:00-3:30PM
- 52) Building Fairy Houses: Friday 4:00-5:30PM
- 53) Indoor Composting with Red Wigglers: Friday 4:00-5:30PM
- 54) Painting the 2009 Children's Parade Banner: Friday 4:00-5:30PM
- 55) Victorian Games: Friday 4:00-5:30PM
- 79) Calf Care: Saturday 8:00-9:30AM
- 80) Dogs Herd Ducks; Kids Herd Kids: Saturday 8:00-9:30AM
- 81) Down on the Farm: Saturday 8:00-9:30AM

- 82) Karate Kids: Saturday 8:00-9:30AM
- 83) Wildcraft: Herbal Adventures: Saturday 8:00-9:30AM
- 110) Hopi Blue Corn from Grain to Griddle: Saturday 10:00-11:30AM
- 111) Not-so-boring Board Games: Saturday 10:00-11:30AM
- 112) Oxen: Saturday 10:00-11:30AM
- 113) Singing all the Day: Saturday 10:00-11:30AM
- 141) NOFA Anthem Parade Rap: Saturday 1:00-2:30PM
- 142) Parade Prep: Saturday 1:00-2:30PM
- 168) Candlemaking: Sunday 8:00-9:30AM
- 169) Music and Movement: Sunday 8:00-9:30AM
- 170) Rubber Stamping: Sunday 8:00-9:30AM
- 171) Why is the Sky So High? A Play: Sunday 8:00-9:30AM
- 195) Discovering Wind Energy: Sunday 10:00-11:30AM
- 196) Farm Soccer: Sunday 10:00-11:30AM
- 197) Puppets: Sunday 10:00-11:30AM
- 198) What is Health?: Sunday 10:00-11:30AM
- 222) Plant Part Salad: Sunday 1:00-2:30PM
- 223) Play Party Dancing: Sunday 1:00-2:30PM
- 224) Pond Creatures: Sunday 1:00-2:30PM

#### COMMUNITY FARM TRACK

- 106) Tools for Starting Community Farms: Saturday 10:00-11:30AM
- 131) Public Schools and Summer Programs: Saturday 1:00-2:30PM
- 155) More than Just Food: Mission-Driven Education: Sunday 8:00-9:30AM
- 173) Community Farming in Maine: A Case Study: Sunday 10:00-11:30AM
- 200) Accessing Public and Non-Profit Land for Community Farming: Sunday 1:00-2:30PM

#### CROPS

- 1) Animal Power in Vegetable Fields: Friday 2:00-3:30PM
- 15) Principles of Making Quality Hay: Friday 2:00-3:30PM
- 16) Restoring Our Seed: On-Farm Breeding for Farmers: Friday 2:00-3:30PM
- 35) Growing Broccoli and other Brassicas: Friday 4:00-5:30PM
- 48) Vegetable Production for the Fall Market: Friday 4:00-5:30PM
- 76) Sustainable Mushroom Cultivation For Home & Farm: Saturday 8:00-9:30AM
- 90) Growing Gourmet & Medicinal Mushrooms: Saturday 10:00-11:30AM
- 101) Root Cellars and Crop Storage Structures: Methods, Materials, and Designs: Saturday 10:00-11:30AM
- 117) Continuous Lettuce Production: Saturday 1:00-2:30PM
- 162) Storage Crops for Market: Expanding into Winter Availability: Sunday 8:00-9:30AM
- 186) Small-Scale Grain Production: Sunday 10:00-11:30AM
- 189) Tomatoes 101: Sunday 10:00-11:30AM
- 213) Potatoes: Not Just Round and White!: Sunday 1:00-2:30PM

#### FARM ECONOMICS AND MANAGEMENT

- 9) Learning about Loans, Grants, and other Financial Assistance for NE Organic Farms: Friday 2:00-3:30PM

- 40) Northeast SARE Farmer Grants: Friday 4:00-5:30PM
- 71) Nuts & Bolts of a Financially Successful Business: Saturday 8:00-9:30AM
- 161) Starting A Farm: Sunday 8:00-9:30AM
- 206) Growing an ORGANICzation: Sunday 1:00-2:30PM

#### FARMING AND THE COMMUNITY

- 8) Land Trusts & Grassroots Community Organizations: Friday 2:00-3:30PM
- 32) Co-ops: Planning for a Sustainable Future: Friday 4:00-5:30PM
- 124) Local Economies Connecting Communities and Agriculture: Saturday 1:00-2:30PM
- 138A) Overcoming the Affordability Barrier: Connecting Low-Income People to Fresh Food: Saturday 1:00-2:30 pm
- 144) Acquiring Land: Strategies and Options: Sunday 8:00-9:30AM
- 146) College to Collards: Creating Campus Gardens: Sunday 8:00-9:30AM
- 153) Heirloom Economy: Sunday 8:00-9:30AM
- 164) Sustainable, Affordable and Ecological Living: Sunday 8:00-9:30AM
- 175) Farms Forever: Farm Transfer Resources: Sunday 10:00-11:30AM
- 177) Generating an Income and Empowering Teens: Sunday 10:00-11:30AM
- 180) MA Beginning Farmers - Programs Assessment: Sunday 10:00-11:30AM
- 181) Market Mobile: Better Food Distribution: Sunday 10:00-11:30AM
- 211) New Farmer Training Programs & Multi-farm CSAs: Sunday 1:00-2:30PM

#### FOOD AND FAMILY

- 11) Make Delicious Meals with Local Greens: Friday 2:00-3:30PM
- 33) Easy no-Knead Artisan Bread at Home: Friday 4:00-5:30PM
- 36) Growing Food and Family: Homestead Production: Friday 4:00-5:30PM
- 76A) Getting Into Raw Foods: Saturday 8:00-9:30 am
- 188) Teaching Kids in the Kitchen, Barn, and Garden: Sunday 10:00-11:30AM
- 203) Cooking with Herbs: Sunday 1:00-2:30PM

#### FOOD PRESERVATION AND COOKING

- 65) Introduction to Water Bath Canning: Saturday 8:00-9:30AM
- 137) Veggies Your Family Will Love!: Saturday 1:00-2:30PM
- 148) Cultured Dairy Products: Sunday 8:00-9:30AM
- 192A) Slow Foods for Quick Preparation: Sunday 10:00-11:30AM
- 209) Indian Snacks: Sunday 1:00-2:30PM
- 218) Traditional Pickling/Lacto-Fermentation: Sunday 1:00-2:30PM

#### FRUITS, NUTS AND TREES

- 4) Gardening Like the Forest: Home-Scale Food Forestry: Friday 2:00-3:30PM
- 6) Growing Small Fruits: Friday 2:00-3:30PM
- 12) Organic Apple Growing at Bird of the Hand Farm: Friday 2:00-3:30PM
- 34) Farm and Garden Native Bee Habitat Creation: Friday 4:00-5:30PM
- 37) Holistic Energy Healing for Trees/Plants: Friday 4:00-5:30PM
- 67) Luscious Landscaping: Saturday 8:00-9:30AM
- 68) Making the Most of Your Woodland: Saturday 8:00-9:30AM
- 69) Maple Sugarin': Saturday 8:00-9:30AM

- 95) Making the Most of Your Maples: Saturday 10:00-11:30AM
- 128) Mycoforestry and Mycoremediation: Saturday 1:00-2:30PM
- 178) Growing Black Walnuts for Timber and Sustenance: Sunday 10:00-11:30AM
- 201) Agroforestry in the Northeast: Sunday 1:00-2:30PM

#### GARDEN AND GREENHOUSE

- 87) Gardening in the 21st Century: The Sustainable Landscape: Saturday 10:00-11:30AM
- 100) Raised Bed Gardening: Saturday 10:00-11:30AM
- 120) Extending the Growing Season in New England: Saturday 1:00-2:30PM
- 127) My Weedless Garden: Saturday 1:00-2:30PM
- 176) Forming and Maintaining a Group Garden: Sunday 10:00-11:30AM
- 202) Bio-intensive Backyard Gardening: Sunday 1:00-2:30PM

#### GRAZING SCHOOL

- 61) Grazing 101: Saturday 8:00-9:30AM
- 73) Pasturing in Extreme Conditions: Saturday 8:00-9:30AM
- 84) Alternative Health Practices for Livestock: Saturday 10:00-11:30AM
- 97) Plant Species Diversity and Pasture Management: Saturday 10:00-11:30AM
- 115) Cheese from Sunlight and Rain: Profitable 100% Grass-fed Dairying: Saturday 1:00-2:30PM
- 116) Comparing Grass-fed Steers to Grain-fed Steers: Saturday 1:00-2:30PM
- 130) Producing Natural, Local Meat for Consumers: Saturday 1:00-2:30PM
- 143) Pasture Walk: UMass Pasture Research Center: Saturday 3:30pm (special time)

#### HERBS AND FLOWERS

- 3) Dahlias and Gladiolas: Friday 2:00-3:30PM
- 28) Backyard Medicinal Herb Walk: Friday 4:00-5:30PM
- 49) VITEX: A Woman's Incredible HERB!: Friday 4:00-5:30PM
- 91) Herbal Medicine From the Outside In: Saturday 10:00-11:30AM
- 125) Maintaining Optimum Health for the Whole Family: Saturday 1:00-2:30PM
- 149) Food as Medicine: Sunday 8:00-9:30AM
- 174) Culinary Herbs for Fresh, Potted and Dried Sales: Sunday 10:00-11:30AM
- 208) Herbs and Perennials in Landscape Design: Sunday 1:00-2:30PM

#### LAND CARE

- 42) Perennial Division: Friday 4:00-5:30PM
- 74) Perennial Plant Care: Saturday 8:00-9:30AM
- 92) Herbs and Companion Planting: Saturday 10:00-11:30AM
- 107A) Streamlining Your Garden Maintenance Routine: Saturday 10:00-11:00 am
- 156) On-Farm Water Quality Monitoring: Sunday 8:00-9:30AM
- 159) Replacing Invasive Plants with Natives Varieties: Sunday 8:00-9:30AM
- 165A) Changing the Landscape of Landscaping: Organic Land Care Activism: Sunday 8:00-9:30 am

#### MARKETING

- 17) Rethinking Local Agricultural Infrastructure: Friday 2:00-3:30PM

- 29) Building Direct Year-Round Markets: Friday 4:00-5:30PM
- 43) Starting a CSA: Friday 4:00-5:30PM
- 138) Winter Growing for CSA: Saturday 1:00-2:30PM
- 147) Connecting Growers and Buyers: Sunday 8:00-9:30AM

#### NUTRITION AND HEALTH

- 38) Importance of Omega-3 Fatty Acids in Your Diet: Friday 4:00-5:30PM
- 88) Got Stress? A Holistic Approach to Health: Saturday 10:00-11:30AM
- 126) Metabolic Cleansing for Today's Toxic World: a 3 Step Approach: Saturday 1:00-2:30PM
- 152) Health Focused Dentistry: Sunday 8:00-9:30AM
- 172) Community Acupuncture for All: Sunday 10:00-11:30AM
- 179) Lyme Disease: a Conventional and Naturopathic Medical Perspective: Sunday 10:00-11:30AM
- 207) Herbal Remedies 101: A Demonstration: Sunday 1:00-2:30PM

#### OF THE SPIRIT

- 59) Eden Arising: Ecological Design as Spiritual Practice: Saturday 8:00-9:30AM
- 123) Living Aloha: Saturday 1:00-2:30PM
- 151) Growing Whole: An Introduction to Psychosynthesis for Farmers/Gardeners: Sunday 8:00-9:30AM
- 215) Singing for Love of Land and Life: Sunday 1:00-2:30PM

#### POLITICS AND POLICY

- 45) The Raw Milk Revolution: Friday 4:00-5:30PM
- 70) NAIS: What It Is, And What You Can Do About It: Saturday 8:00-9:30AM
- 93) How Are We Going To Eat?: Saturday 10:00-11:30AM
- 105) This Ain't Peanuts!-It's Small Farm Food Safety: Saturday 10:00-11:30AM
- 150) Food Safety: What's Next?: Sunday 8:00-9:30AM
- 183) Political Climate for Raw Milk: Sunday 10:00-11:30AM
- 212) Organic Agriculture in Cuba: Sunday 1:00-2:30PM

#### PRACTICAL SKILLS

- 7) How to Be More Self-Reliant During Difficult Economic Times: Friday 2:00-3:30PM
- 10) Let's Lacto-fer-mentate!: Friday 2:00-3:30PM
- 18) Sausage Making, Smoking & Curing at Home: Friday 2:00-3:30PM
- 41) Owner-Built Straw Bale Home Construction: Friday 4:00-5:30PM
- 44) Stretches to Sustain the Farmers Body: Friday 4:00-5:30PM
- 58) DIY Natural Body Products: Saturday 8:00-9:30AM
- 60) Felting Wool: Saturday 8:00-9:30AM
- 85) Bicycle Empowerment: Saturday 10:00-11:30AM
- 107) Value-Added Products From Your Farm: Saturday 10:00-11:30AM
- 114) Basic Homestead Electrical Wiring: Saturday 1:00-2:30PM
- 118) Designing & Building Low Cost Farm Structures: Saturday 1:00-2:30PM
- 129) Primitive Spinning for the 21st Century: Saturday 1:00-2:30PM
- 158) Putting Up Food: Local Eating for the Year: Sunday 8:00-9:30AM
- 191) Vermiculture: The Wonderful World of Worm Composting: Sunday 10:00-11:30AM

## SOIL AND FERTILITY

- 56) A Paradigm Shift: Concepts Necessary for the Production of (NDC) Nutrient Dense Crops: Saturday 8:00-9:30AM
- 63) Indoor Composting with Redworms: Saturday 8:00-9:30AM
- 76B) Humanure: Saturday 8:00-9:30AM
- 96) Nutrient Dense Crop Production: A How To: Saturday 10:00-11:30AM
- 163) The Path To Nutrient Density: Sunday 8:00-9:30AM
- 185) Producing Diverse and Biologically Active Compost Tea: Sunday 10:00-11:30AM
- 199) "Real Food" From the Home Garden: Sunday 1:00-2:30PM
- 214) Producing an Organic Compost for the Current Markets: Sunday 1:00-2:30PM

## SPANISH-LANGUAGE WORKSHOPS

- 64) Los Basicos de Fertilidad de Suelo: Saturday 8:00-9:30AM
- 94) Introduccion a La Venta de Productos y Servicios Agricola: Saturday 10:00-11:30AM
- 122) Introduccion a la Permacultura: Saturday 1:00-2:30PM

## TEEN WORKSHOPS

- 22) How to Bag Waste: Friday 2:00-3:30PM
- 23) Tie-Dying: Friday 2:00-3:30PM
- 50) Filmmaking for Beginners: Friday 4:00-5:30PM
- 51) Preparing Wild Edibles and Weeds: Friday 4:00-5:30PM
- 77) Coastal Erosion, Fisheries, and Climate Change: Saturday 8:00-9:30AM
- 78) Natural Remedies for a Toxin Free Life!: Saturday 8:00-9:30AM
- 108) Fiber Art Fun: Saturday 10:00-11:30AM
- 109) Making Herbal Creams and Salves: Saturday 10:00-11:30AM
- 139) Beginning Goat Keeping: Saturday 1:00-2:30PM
- 140) Edible Wild Plants of the Northeast: Saturday 1:00-2:30PM
- 167) You GLOW Girl!: Sunday 8:00-9:30AM
- 193) Backyard Chickens: Sunday 10:00-11:30AM
- 194) Making Nature Journals: Sunday 10:00-11:30AM
- 220) Needle Felting: Sunday 1:00-2:30PM
- 221) Writing Music For Social Change: Sunday 1:00-2:30PM

## TOURS

- 19) Hampshire College Farm Tour: Friday 2:00-3:30PM
- 46) Simple Gifts Farm's CSA Management: Friday 4:00-5:30PM
- 134) Red Fire Farm's Machinery for Vegetable Farming: Saturday 1:00-2:30PM
- 135) Sidehill Farm Dairy: Saturday 1:00-2:30PM
- 190) Brookfield Farm's CSA Management: Sunday 10:00-11:30AM
- 217) Insect Biology and Management, Simple Gifts Farm: Sunday 1:00-2:30PM

## URBAN AGRICULTURE

- 39) Local Produce for Low-Income Communities: Friday 4:00-5:30PM
- 57) Arcosanti, Paolo Soleri, and Ecological Cities: Saturday 8:00-9:30AM
- 86) Cultivating a Profit from Community and School Gardens: Saturday 10:00-11:30AM

- 99) Promoting Urban Agriculture with Inner-city Youth: Saturday 10:00-11:30AM
- 104) Sustainable City Toolbox: Saturday 10:00-11:30AM
- 119) Dismantling Legal Obstacles to Self-reliance: Saturday 1:00-2:30PM
- 136) Urban Farms: Connecting Urban Communities to Local Food: Saturday 1:00-2:30PM
- 145) City Chickens: Hens in Cities and Suburbs: Sunday 8:00-9:30AM
- 160) Small Growers Co-ops for Farm Viability: Sunday 8:00-9:30AM
- 184) Preserving Land in the City for Food Production: Sunday 10:00-11:30AM