

## WORKSHOP DESCRIPTIONS

Workshops marked \* will be taped for future rental through the NOFA Video Project (<http://www.nofa.org/conference/video/index.php>).

Workshops marked \*\* will qualify for credits in the NOFA Organic Land Care Program.

Workshops marked \*\*\* are part of the Mass Grass Grazing School.

### ADULT WORKSHOPS - FRIDAY 2:00-3:30 PM

#### 1) Animal Power in Vegetable Fields Intermediate

Campus Center 804-08

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

I will discuss methods of integrating livestock into crop production, from using Oxen and Horses for fieldwork to planting forage crops as part of a rotation and grazing crop stubble. We use livestock for tillage, weed control, and fertility management.

#### 2) Attached Greenhouse for Food, Heat, and Hot Water All levels

Campus Center 905-09

Bob Jennings: Architectural structural engineer with experience in greenhouses and solar/wood fired hot water systems.

Envision an attached greenhouse on your home, and learn ideas and details for design and construction.

#### 3) Dahlias and Gladiolas Beginner

Campus Center 911-15

Lynda Simkins: Farm manager of Natick Community Organic Farm.

I will demonstrate division, planting, staking, picking and storage for these great old flowers.

#### 4) Gardening Like the Forest: Home-Scale Food Forestry\*\* Intermediate

Campus Center 163C

Dave Jacke: Primary author of Edible Forest Gardens and long time ecological designer.

Healthy forests maintain, fertilize, and renew themselves. We can grow food forests that mimic natural forests, regenerate healthy ecosystems, and grow food, fuel, fiber, fodder, fertilizers, pharmaceuticals, and fun, too! This talk introduces the forest gardening vision, science, a few examples, and some useful perennial edibles you can grow.

#### 6) Growing Small Fruits Beginner-Intermediate

Campus Center 904-08

Daryl Hoitt: 30+ years organic, medicinal herbs, vegetables, small fruits – Red Fox Farm.

We will discuss growing, pruning and expanding your plants – emphasis on strawberries, raspberries & grapes.

#### 7) How to Be More Self-Reliant During Difficult Economic Times\*\* Beginner-Intermediate

Isenberg School of Management 123

Bill MacKentley: Longtime druid greenman and scrounger for 60 years!

Want to have your own garden or farm? Build? Grow your own energy? Live OUTSIDE the box? Forty years of living close to the land, scrounging the waste of society, and remaining true

to values of culture, ecology, and traditional agricultural systems have become a way of life -- of living lightly on Mother Earth. Come bring your ideas and I'll share my list of "do's" and "don'ts." You too can live an exciting, fun-filled life, yet not cost you a fortune.

8) Land Trusts & Grassroots Community Organizations All levels  
Campus Center 811-15

Kate Kerivan: Community Outreach Coordinator, Mount Grace Land Conservation Trust.

Sarah Mildren: Service Learning Coordinator, Mount Grace Land Conservation Trust.

Kate will talk about the process of community organizing for the purpose of identifying and protecting urban and semi-rural land for a community farm and gardens. Specifically, Greenfield's original "poor farm," deeded to the citizens of Greenfield and their descendants by a 19th century farmer, Justin Root. Sarah will share her experiences of working with small towns to organize community gardens.

9) Learning about Loans, Grants, and other Financial Assistance for NE Organic Farms All levels

Campus Center 903

Norman Bender: Senior Extension Educator, Economic Development, Department of Extension, UConn.

Joseph Bonelli: Associate Extension Educator, Resource Economics, Department of Extension, UConn.

Farmers will learn about a variety of funding sources and information requirements for potentially successful loan and grant applications.

10) Let's Lacto-fer-mentate! Beginner-Intermediate

Isenberg School of Management 122

Beth Ingham: Whole Health Educator and happy farmer fermenting for 15 years.

Basic introduction to the art of lactofermentation. Sauerkraut, kimchee, pickles and salsa. Also discussed will be the benefits to health and well-being.

11) Make Delicious Meals with Local Greens All levels

Wheeler Dorm Basement Kitchen

Leslie Cerier: Organic gourmet chef, caterer, author, recipe consultant, cooking teacher; [lesliecerier.com](http://lesliecerier.com).

Join Leslie Cerier for an informative and fun approach to cooking and eating, mixing and matching a wealth of tasty healthy greens with herbs and spices to create a variety of nutritious global gourmet salads, salad dressings, soups, stir-fries and more. Tasty samples offered.

12) Organic Apple Growing at Bird of the Hand Farm\*\* Beginner-Intermediate

Campus Center 168C

Cathy Harragian: Organic Gardener/Landscaper business owner, Chemistry degree, runs small orchard.

Sue Harragin: Long time organizational manager and pruning goddess at Bird of the Hand Farm. Learn organic techniques to control insects and diseases affecting apples. Pests covered include: plum curculio, codling moth, and apple maggot fly. Diseases: scab, powdery mildew and apple cedar rust. Pruning and maintenance of orchards and apple variety selection will also be

addressed. Specific issues of raising organic apples in New England will be discussed along with marketing issues related to the perception of a perfect apple.

13) Pastured Certified Organic Poultry Production\* All levels  
Campus Center 101

Julie Rawson: Life long farmer, 38 of those years organically.

Jack Kittredge: Homesteader, designer and carpenter.

We raise meat chickens, turkeys, geese, and layers on range. We will filter through 25 years of experience to share with you our best practices regarding brooding, housing feed, pasture, marketing, predation, health issues and slaughter.

14) Pedal Revolution: Bike Transport Today Beginner-Intermediate  
Isenberg School of Management 117

Jack Spula: Rochester, NY-based writer, environmentalist, and activist.

As a year-round, all weather bicycle commuter and advocate, I'll cover the practical, commercial, and load hauling potential of modern bicycles, bike trailers and related equipment – and I'll illustrate how this traditional zero-emissions technology can benefit rural, urban and suburban enterprises and lifestyles.

15) Principles of Making Quality Hay Beginner-Intermediate  
Campus Center 917

Stephen Herbert: Professor, UMass Dept. Plant, Soil, and Insect Science, Program Leader for Crop, Dairy, Livestock, Equine Extension.

Quality hay starts with timing cutting with hay crop growth stage and weather. The hay making process also influences the retention of quality. Both aspects will be discussed and samples of hay varying in quality will be displayed.

16) Restoring Our Seed: On-Farm Breeding for Farmers\*\* Intermediate-Advanced  
Campus Center 174-76

Ruth Hazzard: UMass Cooperative Extension Educator and Vegetable Entomologist.

Eli Rogosa: Conserves rare heritage wheats and is an artisan baker.

CR Lawn: Founder of the Fedco Seed Company; trials diverse heirloom varieties.

Join us to learn how to save seed and breed delicious, organic varieties for ecological farming systems. On-farm breeding projects include: 1. winter-hardy greens that resist flea beetles in spring; 2. heritage wheats with rich flavor, nutrition and baking quality; 3. flavorful heirloom tomatoes that do not crack.

17) Rethinking Local Agricultural Infrastructure Intermediate  
Campus Center 805-09

Margaret Christie: CISA staff works to strengthen local agriculture by connecting farmers and the community.

Jess Cook: Working with CISA on infrastructure needs as markets demand a broader range of local food options.

Building on lessons from three of CISA's processing infrastructure projects (dairy, salad greens, and meat), we'll make the case for revitalizing local agricultural infrastructure. We'll also take a

practical look at the challenges in developing new local and regional infrastructure resources to fill the need of direct and wholesale markets.

18) Sausage Making, Smoking & Curing at Home Beginner

Campus Center 162-75

Anne Obelnicki: Chef, urban gardener, and elaborate food project hobbyist.

I will go over fresh sausage making as well as pork curing & aging, and hot- & cold-smoking. Equipment, resources, logistics and techniques will all be discussed, accompanied by photos of my own porcine adventures from sausage-making parties to basement prosciutto production. This class is focused on home production.

19) TOUR: Hampshire College Farm Tour All levels

Leslie Cox: Farm Manager of the Hampshire College Farm Center.

We will meet at the Hampshire College Farm Center and tour all the facilities that the farm operates. This includes the CSA barn and growing areas, maple sugar house, cider press, compost pad, livestock areas, sheep dairy and poultry. DIRECTIONS: From UMass, travel south on Rt. 116 through Amherst Center. The Farm Center will be on the right, before the main entrance to Hampshire College. ADDRESS: 791 West Street, Amherst, MA.

20) Transitioning a Dairy Farm to Organic All levels

Campus Center 803

Sarah Flack: Grazing & organic consultant, farmer & author of Organic Dairy Production.

What should you consider before transitioning? What resources are there & when is the best time to transition? Topics will include: overview of organic standards, current organic milk markets, allowed health care products, organic forages & grains, soil health & allowed fertilizers, record keeping requirements, transition cost planning & more.

21) What You ACTUALLY NEED to Live Off the Grid, and Why All levels

Campus Center 165-69

Jim Strickland: Builder/homesteader with consummate hands on experience in renewables and straw bale construction.

Dave Smally: Dave is old but really does live with renewables and fortunately with Sarah.

We talk about our 12 plus years of living with renewable energy off the grid at our two homesteads, comfortably and affordably. Demand side management will be emphasized before any planning for wind solar or hydro. Don't get discouraged by folks selling large systems and hyping government incentives, lots of time for discussion.

TEEN WORKSHOPS - FRIDAY 2:00-3:30 PM – Grad Lounge, Campus Center

22) How to Bag Waste

Heather Botelle: AP Environmental Science Teacher

We will discuss ways in which the 3 R's (reduce, reuse, recycle) relate to how we eat. As a group, we will look at all aspects of our food systems including growing, buying, cooking, storing and best of all, eating! The discussion will emphasize various ways in which we can reduce. Each participant will paint their own reusable bag as an aid in the journey to reducing waste.

23) Tie-Dying

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

We'll cover tie dying basics, then you'll get to create your own work of art. Please bring white pre-washed articles that you would like to bring to life. No experience required.

CHILDREN'S WORKSHOPS - FRIDAY 2:00-3:30 PM – Cape Cod Lounge, Student Union

24) Butter Making for Beginners (Ages 7-12)

Gavin Harper: Hand milker from a family farm in New Hampshire.

Come make butter, whipped cream and sweet buttermilk by hand from organic cream from Sunnyfield Farm. We will compare them with conventional products. If time permits, we will read the account of making butter and molded butter pats in Laura Ingalls Wilder's book, "Little House in the Big Woods."

25) Creating a Nature Weaving (Ages 5-10)

Adele Smith-Penniman: Grandmother, activist and lover of woods.

Children are invited to join in a walk to collect signs of nature (grasses, feathers, sticks, etc.) that will be woven into a wall hanging.

26) Drawing from Nature (Ages 7-12)

Deborah Bazer and Lahri Bond

We'll look at a wide array of plants, animals and insects, observing the shapes and patterns that they are made of. Then we'll learn how to break them down into basic shapes and draw, draw, draw!

27) Felting Fun (Ages 6-12)

Iris Weaver: Iris is a spiritual herbalist and experienced fiber lover.

Felting is the ancient art of making fabric and useful objects from wool. In this workshop we will use colorful wool batting and learn the basic steps to making felt. Everyone will go home with one or two pieces they have felted, such as a marble, snake, or heart.

ADULT WORKSHOPS - FRIDAY 4:00 – 5:30 PM

28) Backyard Medicinal Herb Walk All levels

Meet at Registration Tent

Chris Marano: Master herbalist and teacher located in the Pioneer Valley.

I will lead an herb walk on the conference grounds, pointing out the medicinal (and other) value of herbs growing along the way this time of year, including those we pull and sometimes curse as weeds and invasives.

29) Building Direct Year-Round Markets All levels

Campus Center 163C

Claire Morenon: Program Coordinator at Community Involved in Sustaining Agriculture.

Devon Whitney-Deal: CISA's Member Services Coordinator.

This workshop is for farmers market managers and farmers interested in continuing direct sales into the winter months. We will discuss best practices for wintertime farmers markets and innovative ideas for continuing direct sales from the farm or through alternative models.

30) Carbon Negative Farming & Climate Change\*\* Intermediate  
Campus Center 168C

David Yarrow: Earth advocate, food educator, farming activist, water angel, teacher, and healer. In this new climate of change, carbon neutral isn't enough. Human society must be carbon negative to reverse global heating facing future generations. Converting plant bio-mass to bio-char can sequester carbon create sustainable biological fertility, reduce fertilizer and fossil fuel use, cut emissions, produce renewable bio-fuels and – best of all – grow nutrient dense food. This newly emerging carbon negative strategy is based on Terra Preta, a legacy left by ancient Amazon civilization.

32) Co-ops: Planning for a Sustainable Future All levels  
Campus Center 803

Michael Faber: General Manager of the Wild Oats Market in Williamstown, MA.  
Erbin Crowell: Works with the Cooperative Fund of New England and serves on the boards of the National Cooperative Business Association and the Domestic Fair Trade Association. Neighboring Food Cooperative Association is a regional alliance of food co-ops facilitating community sustainability through collaboration and information sharing. We will share results from a regional food co-op Economic Impact Study and invite you to join us in designing a future that fosters a regenerative regional economy. We welcome stakeholders in the New England regional economy, such as farmers and the infrastructure that supports them; people and organizations that emphasize community, sustainability, and regional cooperation.

33) Easy no-Knead Artisan Bread at Home Beginner  
Wheeler Dorm Basement Kitchen

Linda Ugelow: Gardens and loves cooking and baking nutrient dense foods. No-Knead Bread is all the rage. Gorgeous and delicious whole grain fermented bread can be yours for just a few minutes effort, and stored dough can be baked on a moment's notice. I'll cover the science behind the phenomenon and demonstrate techniques for round loaves, pita, pizza and more for cooking in the oven, toaster oven and sun oven.

34) Farm and Garden Native Bee Habitat Creation Beginner  
Campus Center 804-08

Tom Sullivan: Gardener and graduate of the Conway School of Landscape Design. Learn strategies for attracting native bees to yards and farms through landscape practices that provide needed habitat resources. I will show what orchardists, crop farmers, and suburbanites can do to enhance fuller seed and fruit set. Regional plant lists and pollinator conservation resources will be supplied.

35) Growing Broccoli and other Brassicas Advanced  
Isenberg School of Management 129

Elizabeth Henderson: CSA Farmer for 21 years and author of "Sharing the Harvest." I will tell about my experience growing dozens of brassicas and enough broccoli for 300 shares for 6 to 7 weeks each fall, including fertility, pest control, and post-harvest handling and then lead a free for all exchange on producing excellent brassicas for CSA's and retail markets. Please bring your brassica wisdom to share.

36) Growing Food and Family: Homestead Production All levels

Campus Center 162-75

Margaret Christie and Nicholas Jones: Margaret and Nicholas raise food and kids in Whately, MA.

We'll talk about our experience growing and preserving much of our family's food (vegetables, fruit, meat, dairy, eggs, maple). We'll include specifics about how we do things and how we involve our kids. Bring your questions, ideas, and innovations for home-scale food production: there will be time for discussion.

37) Holistic Energy Healing for Trees/Plants\*\* All levels

Campus Center 903

Dr. Jim Conroy: PhD. Plant Pathology, [www.TheTreeWhisperer.com](http://www.TheTreeWhisperer.com), teacher, grower, CTNOFA Landcare Certified.

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

Tree/Plant Whispering is a bio-energetic, holistic healing alternative for reversing stress in trees, plants, crops, acreages, forests. Realize new paradigm: "inside-out!" Have hands-on experience of "growth energy." Hear insights—trees' secret messages. Learn why/how trees/plants go into decline. See how new sciences and metaphysics apply. [www.StrengthenForests.com](http://www.StrengthenForests.com)

38) Importance of Omega-3 Fatty Acids in Your Diet All levels

Campus Center 911-15

Rosalind Michahelles: Certified Holistic Health Counselor in Cambridge, MA.

After hearing why and how the drop in omega-3 fatty acid consumption in the U.S. has contributed to some common illnesses, participants will be invited to evaluate their own diets and consider ways to increase beneficial omega-3s.

39) Local Produce for Low-Income Communities Intermediate

Campus Center 811-15

Heidi Exline: Project Manager, Food Development at City Harvest.

Abby Youngblood: Fresh Food for All Coordinator at Just Food, a NYC non-profit.

Participants will hear about two successful models - low-income CSAs and a farm to pantry program - currently being used to bring fresh, locally-grown food to market outlets in low-income communities. An interactive segment will motivate participants to outline specific steps they could take to replicate these models in their own communities.

40) Northeast SARE Farmer Grants Advanced

Campus Center 805-09

Carol Delaney: Before coming to Northeast SARE, worked for UVM Extension and the UVM Center for Sustainable Agriculture. A small ruminant specialist with extensive experience working directly with farmers.

SARE's competitive grant program supports farmers who want to test a new approach to sustainability, and the emphasis is on new approaches to sustainable farm practices. I will cover eligibility, the scope of the program, and how to develop a strong proposal that responds to SARE's priorities of good stewardship and profitability to the wider farm community.

41) Owner-Built Straw Bale Home Construction All levels

Campus Center 917

David Demarest: Built off-grid, passive solar, straw-bale home with wood stove for accessory heat and attached greenhouse.

See pictorial tour of multiple stages of building David's home. We'll talk about the successes and failures that accompanied the building process and the many factors that should be considered prior to the decision to build your own house as well some of the "how to" components of building a home in a manner that minimizes environmental impact, professional labor, and cost of the project.

42) Perennial Division\*\* Beginner-Intermediate

Isenberg School of Management 123

Elaine Peterson: Has perennially gardened for 30 plus years.

Dawn Pavone

We'll show various methods of plant division, including tips on when to divide and how plants can signal they need division. If time allows we'll expand into other methods of vegetative propagation.

43) Starting a CSA\* Beginner

Campus Center 101

Carolyn Llewellyn: Organic farmer and educator in NY.

We will discuss all aspects of starting a CSA, including land acquisition and management, crop planning, labor options, marketing, long-term planning, and more. Carolyn has been working on CSAs since 2000, and has founded two CSAs with her husband, Dave.

44) Stretches to Sustain the Farmers Body All levels

Isenberg School of Management 122

Lydia Irons: Raised on a homestead and recently earned a B.A. in sustainable-agriculture, anatomy and movement-theory.

Organic farmers work endlessly to sustain the land. In this workshop, I'll teach you how to sustain your body. I will detail anatomically the repetitive movements in farm work and ways to prepare, sustain, and restore your body using quick and simple stretches and strengthening exercises. Participants will have a chance to try out the stretches and have them tailored to their needs.

45) The Raw Milk Revolution Intermediate

Campus Center 174-76

David Gumpert: writer specializing in food, health, and business issues.

A preview of my new book, which chronicles the state and federal crackdown on raw milk beginning in 2006. I'll explain the causes of the crackdown, how raw dairy farmers have responded, and how the struggle over raw milk relates to a larger emerging struggle over food rights.

46) TOUR: Simple Gifts Farm's CSA Management Intermediate

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

Simple Gifts moved to our new 35-acre farm site in 2006 and started a new CSA now at 150 members. I will lead participants on a general farm tour and address issues of transition from market to CSA production, financing, the start-up and expansion process, and general considerations for starting a CSA. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and Fine Arts Center. Simple Gifts Farm will be on the right in less than a mile. There is a big sign out by the road. ADDRESS: 1089 N. Pleasant St, Amherst, MA.

47) Using Organic Dairy Resources in the Field Intermediate  
Campus Center 905-09

Bethany Wallis: Co-manager for NOFA-NY's Organic Dairy Transitions Project.

Robert Perry: Robert Perry is a technician for NOFA-NY's Organic Dairy Transitions Project. This workshop is for agricultural professionals working with field crop and dairy farmers transitioning to organic production, and will introduce two books developed by NOFA-NY that help farmers identify risks they may face throughout the transition to organic production and how to mitigate those risks. These tools can be used one-on-one with farmers or with farmer learning groups.

48) Vegetable Production for the Fall Market Intermediate-Advanced  
Campus Center 165-69

Nancy Hanson: Manager of the Hampshire College CSA.

With the increasing interest in fresh, local food, demand for Fall season vegetables is on the rise. This workshop will focus on all aspects of organic vegetable production for fall harvest including: crop and variety selection, scheduling, transplant production, crop rotation, cover crops, pest control and harvest and storage techniques.

49) VITEX: A Woman's Incredible HERB! Beginner  
Isenberg School of Management 117

Carol Joyce: Organic herb farmer & Community Herbalist.

The attendees will learn the basics about Vitex (Chastetree berry) and how it can be incredibly helpful during child-bearing years and beyond! Tincture making essentials will be demonstrated, growing hints shared, and testers enjoyed.

TEEN WORKSHOPS - FRIDAY 4:00-5:30 PM – Grad Lounge, Campus Center

50) Filmmaking for Beginners

Cheri Robartes: Music teacher and film maker.

We will learn basics about how to make your own films, then plan one and shoot it then and there. A DVD of your short movie will be sent to you in the mail.

51) Preparing Wild Edibles and Weeds

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

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

CHILDREN'S WORKSHOPS - FRIDAY 4:00-5:30 PM – Cape Cod Lounge, Student Union  
52) Building Fairy Houses (Ages 5-10)

Pamela Kimball: Works to create a sustainable society in Western Massachusetts.

Come learn about fairies and the places that they live. We will read a fairy story together to inspire us. We will then build fairy houses together from found materials in nature and draw pictures of the beautiful dwellings that we created for the fairies and other wild creatures.

53) Indoor Composting with Red Wigglers (for kids) (Ages 9-12)

Erin Schminke: Environmental Studies major at the University of Vermont.

This workshop will show the joy and simplicity of composting indoors with red wiggler composting worms, from setting up a worm bin to feeding the worms kitchen scraps. Taught by daughter and niece of the “Wacky Worm Sisters” of Down to Earth Worm Farm of Vermont.

54) Painting the 2009 Children's Parade Banner (Ages 5-12)

Rachel Silverman: Art teacher for over 10 years who loves engaging children with the creative process.

Children really do lead the way with this creative project! We will cooperatively design and create a painted banner to illustrate the theme, “Know Food, Know Freedom,” that will lead the Children's Parade.

55) Victorian Games (Ages 8-12)

Jennifer Byington: Homeschooling mother of four. Farms organically in New Hampshire.

Have fun playing games you know (and some you don't) while finding out more about them. Where did they come from and how long have people played them? Weather permitting, we will be outside. The games will range from active, such as Leap the Creek, to quiet, like Poor Pussy.

ADULT WORKSHOPS - SATURDAY 8:00-9:30 AM

56) A Paradigm Shift: Concepts Necessary for the Production of Nutrient Dense Crops\*\*

Beginner

Campus Center 174-76

Daniel Kittredge: Director of the Real Food Campaign, [www.realfoodcampaign.org](http://www.realfoodcampaign.org), studying and practicing nutrient dense crop production.

Maximizing crop nutrition and yield are only possible when the biological system is understood and intelligently managed. This workshop will lay out the concepts and logistics underlying the production of NDC. We will focus on nutrient density, limiting factors in biological systems, principles and science behind transcending weed, insect and disease issues, protein synthesis and proteolysis, soil microbial and fungal dominance, ergs/paramagnetism and soil energy flow. Flavor and quality increase with nutrient density.

57) Arcosanti, Paolo Soleri, and Ecological Cities Intermediate

Campus Center 905-09

George Kosmides: Has worked with Soleri and Arcosanti for the past 30 years.

Arcology is architect and philosopher Paolo Soleri's concept of cities which embody the fusion of architecture with ecology, and proposes a highly integrated and compact three-dimensional urban form that is the opposite of urban sprawl. Arcosanti is the prototype arcology being built in

the Arizona desert. We will cover details of extensive use of solar and greenhouses for arcologies.

58) DIY Natural Body Products Beginner

Isenberg School of Management 122

Tom Nielsen: Librarian and permaculture teacher in New York City.

Look in your cupboards and you'll find ingredients for a number of body products you can make at home without chemicals. During this workshop we'll make deodorant, tooth powder, a facial astringent and shampoo; talk about the ingredients; and if you bring a couple small jars, you can take some with you.

59) Eden Arising: Ecological Design as Spiritual Practice Intermediate

Campus Center 163C

Dave Jacke: Primary author of Edible Forest Gardens and long time ecological designer.

Essentially, ecological design seeks to recreate the Garden of Eden—and why not? We CAN create healthy, self-maintaining, food-producing ecosystems. Yet, this requires inner changes to succeed. What can ecodesign teach us about who we really are? What is our appropriate ecological role? Let's explore making a healthy, functional, adult relationship to God/Goddess/Nature.

60) Felting Wool Beginner

Meet at Registration Tent

Rebecca Buell: My love and skills for fiber arts come from my great-grandmother.

In this workshop I will show step by step how to turn raw fleece into felted wool, including cleaning, carding, preparing the roving, and felting. I will bring samples of different wools and participants will have a chance to try their hands at it. I will discuss stories and histories of felting wool.

61) Grazing 101\*\*\* Beginner

Campus Center 804-08

Sarah Flack: Grazing & organic consultant, farmer & author of Organic Dairy Production.

Using real examples of different types of grazing systems, this workshop will cover the basic principles of how plants grow, how to avoid over grazing damage, what pre-grazing height to choose, how short to graze, why variable recovery periods are essential, what the signs of overgrazing damage are. We'll discuss methods to estimate or measure how much dry matter there is per acre, how many acres are needed, and how big the paddocks need to be. Other topics will include pasture design, building lanes, fence and water systems and how to avoid common grazing mistakes.

62) How to Get Started in Beekeeping All levels

Isenberg School of Management 125

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

Beekeeping is a fascinating and rewarding hobby. One third of the food we eat is a result of the honeybees' pollination, and they are environmentally threatened. Learn how to have them work for you and give you honey too. We will cover equipment needed and how to get started.

63) Indoor Composting with Redworms\*\* Beginner-Intermediate

Isenberg School of Management 129

Carol Schminke and Lynette Courtney: Sisters Lynette and Carol are long-time professional gardeners, nursery owners and worm farmers in Vermont.

Let The Wacky Worm Sisters of Down To Earth Worm Farm educate and entertain you, while revealing the secrets of success to indoor composting and sharing the benefits the worm castings will have for your garden and potted plants.

64) Los Basicos de Fertilidad de Suelo (Spanish)\*\* All levels

Campus Center 911-15

Frank Mangan: Department of Plant, Soil & Insect Sciences, UMass Amherst. Yo hago investigacion, ensenanza y extension en la produccion y marketing sostenible de hortalizas. El enfoque de mi presentacion sera la evaluacion de la fertilidad del suelo, con el uso de los resultados del analisis del suelo, y como se puede anadir fuentes organicas de fertilidad al suelo para proveer nutrientes que necesitan las plantas y tambien para mantener un suelo saludable.

65) Introduction to Water Bath Canning Intermediate

Wheeler Dorm Basement Kitchen

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

Eric Fisher: Clio's all time favorite piece of canning equipment.

We will demonstrate the equipment used and method of canning fruits and tomatoes by the water bath method from start to finish. Safety will be emphasized. We will explain jar storage and management, shelf life, and tips on using canned foods.

66) LIFE: Locally Integrated Food and Energy\*\* Intermediate

Campus Center 917

David Yarrow: Earth advocate, food educator, farming activist, water angel, teacher, and healer. LIFE is a strategy to assure our Northeast region's capability to grow and distribute food and renewable biofuels in the next decade of change and challenge. Sustainable self-reliance in food and energy requires us to rebuild regional infrastructures of community-centered farming and forestry systems to increase our capacity.

67) Luscious Landscaping \* and \*\* All levels

Campus Center 101

Lee Reich: PhD, gardening consultant, and writer who has worked in plant and soil research with the USDA and Cornell University. Author of, "The Pruning Book, Weedless Gardening, Uncommon Fruits for Every Garden," and "Landscaping with Fruit."

Deb Goldman: Ceramicist who takes charge of harvest on her farmden (more than a garden, less than a farm).

Fruits can be used as specimen plants, potted plants, evergreens, as well as for their specific features such as notable bark, flowers, fall color, and, of course, fruits. Maintenance, fruit drop, and pest control considerations. What are the best plants for offering both edible fruit and beauty?

68) Making the Most of Your Woodland All levels

Campus Center 903

Michael Farrell: Director of Cornell University's Uihlein Forest in Lake Placid, NY.  
This workshop will cover all aspects of managing your woodlot to achieve the greatest yield from limited resources. Topics will include timber management, managing non-timber products such as edibles, medicinals, florals, and specialty woods products, and options for grazing animals in the woods.

69) Maple Sugarin' Beginner

Campus Center 811-15

Leslie Cox: I'm Farm Manager at Hampshire College and have maple sap in my veins. I will talk about sugar's origin and how natives processed maple sap. And then I will show slides of how we maple sugar at Hampshire College.

70) NAIS: What It Is, And What You Can Do About It All levels

Isenberg School of Management 117

Judith McGeary: Attorney and a small farmer. She and husband run a grass-based livestock farm. The National Animal Identification System (NAIS) is at a critical stage, with USDA holding listening sessions around the country and Congress debating funding for the program. Come learn about what NAIS is, the recent developments, and what you can do about it. The workshop will briefly touch on related developments in food safety bills.

71) Nuts & Bolts of a Financially Successful Business\*\* All levels

Campus Center 168C

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

Dan Kaplan: Farm Manager at Brookfield Farm, Amherst, MA.

We'll focus on the "Key Factors" necessary to ensure a financially successful business from both a retail manager and farm manager perspective. We will look over some financial reports to help understand the performance needed throughout the organization to ensure financial success. We will also discuss strategies that can help to bring your business into alignment with those key areas, including a discussion of income and expense management that covers labor and material/product costs.

73) Pasturing in Extreme Conditions\*\*\* Intermediate

Campus Center 805-09

Stephen Herbert: Professor, UMass Dept. of Plant, Soil, and Insect Science, Program Leader for Crop, Dairy, Livestock, Equine Extension.

Extreme pasture conditions are often related to heat and drought. Cool, wet conditions and too much forage can also create problems. The goal is to optimize grazing intensity to best meet the needs of the animal and the long term productivity of the pasture. Options for meeting or coping with extreme conditions will be discussed.

74) Perennial Plant Care\*\* All levels

Isenberg School of Management 123

Stephanie White

We'll cover deadheading, dividing, watering, etc.

75) Raising Organic Hogs from Piglet to Porkchop Intermediate

Campus Center 165-69

Michael Glos and Karma Glos: Michael and Karma Glos are diverse farmers.

We will go through what is needed to raise organic pork including: finding piglets, management, healthcare, different housing methods, and working with your butcher. We will also touch on marketing and producing your own piglets.

76) Sustainable Mushroom Cultivation For Home & Farm All levels

Campus Center 162-75

David Demarest: Founder of Green Mountain Mycosystems, striving to develop truly sustainable mushroom production.

Compare common indoor and outdoor mushroom cultivation techniques and learn the principles and specific methods of producing specialty mushrooms in the most sustainable manners possible. 20-30 minutes will be reserved to answer questions and expand upon topics of interest.

76A) Getting Into Raw Foods Beginner

Campus Center 904-08

Rawdawg Rory: Certified living foods chef and certifiable raw food nut!

Come and check out my workshop where you'll learn some of the many health benefits of raw foods. I'll briefly share some of my own experiences and then show you how to make some quick and tasty raw vegan eats! For more information about me check out [www.rawdawgrory.com](http://www.rawdawgrory.com).

76B) Humanure Beginner-Intermediate

Campus Center 803

Bill Duesing: Executive Director of CT NOFA, Farmer and author.

When it is time for you to stop defecating into drinking water, the Humanure system is a low cost and easy way to get started. Learn the whys and the how for when you need to deal with your human wastes.

TEEN WORKSHOPS – SATURDAY 8:00 – 9:30 AM – Grad Lounge, Campus Center

77) Coastal Erosion, Fisheries, and Climate Change

Woody Ruiz: Oyster shucker, camp counselor, chef, lover of dogs and children.

Hurricane Katrina showed that shoreline protection from storm surge is declining dangerously because of the levee system and the oil industry. How does continued erosion of wetlands affect us in the Northeast? How can we deal with this problem?

78) Natural Remedies for a Toxin Free Life!

Arshinder Kaur: Environmentalist of Indian origin, works with organic farmers in Punjab for Organic Certification.

The participants shall be able to learn about natural remedies derived from vegetables and spices. These are the natural resources whose values go unidentified, unrecognized, and largely undocumented today. Participants will get a visual, palette, action-oriented demonstration of this material.

CHILDREN'S WORKSHOPS – SATURDAY 8:00-9:30 AM – Cape Cod Lounge, Student Union

79) Calf Care (All ages)

Brad Teeter: Farm Manager at The Farm School.

Josh Pincus: Staff at The Farm School.

Kids will get acquainted with 5 month old jersey calves, handling them, grooming them, and eventually leading them around a yard with a lead rope.

80) Dogs Herd Ducks; Kids Herd Kids (All ages)

Jill Horton-Lyons: Has been working with dogs for three years and is still a beginner.

Jim Lyons: Jim may some day work his own dog.

What good are border collies? Why are they not good for family pets (usually)? We'll talk about how herding dogs work, how commands are given, what they can and can't do. Several dogs will work ducks and kids will get a chance to be both dogs and ducks!

81) Down on the Farm (Ages 3-8)

Janna Boettcher: Creative Mom who loves music, kids and silly fun.

Claire Boettcher: Fun-loving teen who enjoys animals and all types of music.

We will have some fun with songs, games and crafts all related to fun on the farm. Yeehaw! Come on down!

82) Karate Kids (Ages 5-7)

Lexi Ugelow: Kempo Junior black belt and team leader.

Endre Jobbagy: Endre is a Kempo black belt.

Kids will have a blast learning fun karate moves through playing games.

83) Wildcraft: Herbal Adventures (Ages 7-12)

Maria Horvath: A naturalist and native of North Carolina.

Anais Sidonia: Avid herbal eater.

We will play a cooperative game that will challenge kids through the senses and teach them to identify important edible and medicinal herbs and their uses. This will be herbally tasty!

ADULT WORKSHOPS - SATURDAY 10:00 – 11:30 AM

84) Alternative Health Practices for Livestock\*\*\* Intermediate

Campus Center 804-08

Michael Keilty: Farmer in CT, Sustainable Agriculture Educator; Researcher at College of Agriculture and Natural Resources at Uconn and Co-Author of the book “Alternative Health Practices for Livestock.”

Important concerns regarding food safety, particularly antibiotic and chemical residues in meat, milk, and other livestock foods have stimulated a renewed interest in alternative methods of promoting livestock health. We will examine many alternative health practices currently being examined by farmers, researchers, and veterinarians.

85) Bicycle Empowerment Beginner

Meet at Registration Tent

Ariel Stimson: Happy UMass student, Sustainability major and co-manager at UMass Bicycle Co-operative.

David Dilorenzo: Same, but Social Thought and Political Economy Major.

With 5-10 participants, we will pull apart a bicycle piece by piece to demonstrate how the mechanisms of a bicycle work together. We will also lay out what a beginner's toolbox should include, including cleaning/maintaining implements, and demonstrate how a trailer can be hooked up to a bicycle for hauling heavy loads. If there is time at the end we'll also do how-to demonstrations of more specific lessons (i.e. how to change a flat) depending on what the participants want to learn.

86) Cultivating a Profit from Community and School Gardens Intermediate  
Isenberg School of Management 129

Aviva Asher: Coordinates Urban Agriculture, School Garden and Youth programs for Groundwork Somerville.

This workshop will focus on entrepreneurial ventures that Groundwork Somerville has put into practice that sustain a non-profit garden program, enable youth to develop entrepreneurial and technical farming skills, and demonstrate the importance of economic sustainability in any farm venture. Pedal powered compost pickup, farmers markets, value-added products, and more.

87) Gardening in the 21st Century: The Sustainable Landscape\*\* All levels  
Campus Center 168C

Marie Stella: Landscape Historian, designer of a LEED PLATINUM house and landscape. Gardeners going green take a proactive role: Dry gardening, meadow, native plants, evaluating the lawn, invasive species, wetlands, genetic diversity. New Directions in Water Management: permeable ground plane, mulches, green eco roof, rainwater harvesting, natural swimming pools (no chemicals). Each of us makes a difference.

88) Got Stress? A Holistic Approach to Health Beginner  
Isenberg School of Management 123

Kimberly Ladue: Holistic health practitioner providing health and nutrition counseling.

I will be exploring the stress response, its effects on appetite, digestion, and overall health.

Participants will learn concrete ways to manage stress, experience well being, and get the most out of the food they are eating.

89) Grass-fed Sheep Production and Management Beginner-Intermediate  
Meet at the sheep

Dale Perkins: Dale raises sheep at Mesa Farm in Rutland, MA.

I'll cover the basics of sheep production: handling, health, nutrition, marketing, etc. Expect some hands-on opportunities.

90) Growing Gourmet & Medicinal Mushrooms\* Beginner  
Campus Center 101

Paul Stamets: Author of 6 books, Paul Stamets owns and runs Fungi Perfecti ([www.fungi.com](http://www.fungi.com)).

I will show how gardeners, farmers, and hobbyists can grow a wide variety of gourmet and medicinal mushrooms. These methods and species can help improve soil by recycling "waste" products, and increase profitability while reducing the need for fertilizers.

91) Herbal Medicine From the Outside In Beginner-Intermediate  
Wheeler Dorm Basement Kitchen

Jane LaForce: Gardener, goatherd, earth lover, and sharer of wise woman ways. Explore the healing properties of plants when applied to the outside of the body as baths (full, foot, hand or sitz), poultices or compresses. Specific herbs will be covered and demonstrated. Please bring a towel should you wish to have a feet or hands in experience.

92) Herbs and Companion Planting\*\* Intermediate

Isenberg School of Management 117

Ruth Green: Owner of Green Arts Garden Design, a Certified Horticulturalist, and NOFA AOLCP in Monterey, MA.

Companion planting is the practice of planting different species together to achieve certain beneficial effects: repelling unwanted pests, attracting pollinators and pest predators, enhancing growth and contributing to soil health organically. We will cover each of these uses and see how they help us in the vegetable garden.

93) How Are We Going To Eat? Beginner

Campus Center 803

Bill Duesing: Executive Director of CT NOFA, Farmer and author.

I will present the many reasons why a local, organic food system is critical to our future, tour the local and organic food system now being created and explore some of the challenges this system faces. Learn how you can get involved in this exciting work.

94) Introduccion a la Venta de Productos y Servicios Agricola All levels

Campus Center 911-15

Derek Mitchell: Derek es el director de Fresh Roots, un programa de jovenes en Lowell, MA lo que maneja una finca, una cocina commercial y un negocio pequeno.

En este charla, puedes aprender de varios maneras de ganar dinero con la produccion de su finca. Hoy en dia, hay oportunidades de apoyar a las fincas con turismo, en mercados de finquers (farmers markets), cooperativas, contraltos directos con restarauntes, y con ventas directos al consumidores a traves de un modelo de 'CSA' (agricultura apoyado por comunidades). Vamos a compartir entre nosotros mismos los experiences y conocimientos obtenidos por su propio ventas y mercados desponibles.

95) Making the Most of Your Maples Intermediate

Campus Center 903

Michael Farrell: Director of Cornell University's Uihlein Forest in Lake Placid, NY.

Prices for maple syrup are at record high levels and many landowners are thinking about getting into the sugaring business. This session will discuss the costs/benefits and helpful tips for starting a maple sugaring operation, leasing taps to a neighboring sugarmaker, and gathering/selling sap to a nearby maple producer.

96) Nutrient Dense Crop Production: A How To\*\* Intermediate

Campus Center 174-76

Daniel Kittredge: Director of the Real Food Campaign, [www.realfoodcampaign.org](http://www.realfoodcampaign.org), studying and practicing nutrient dense crop production.

Building on the basic concepts necessary to achieve Nutrient Dense Crop Production explained in my workshop, "A Paradigm Shift", we'll focus on steps and protocols. Soil tests, mineral

balancing, anion/cation balancing, biological inoculation, brix, electrical conductivity, pH, real time soil/plant analysis and balancing, and questions. These are tools and protocols to help maximize yield, nutrient density, and shelf life, and minimize weeds, pests, and disease. Consumer experience of exquisite flavor and aesthetic beauty is the result.

97) Plant Species Diversity and Pasture Management\*\*\* Intermediate  
Campus Center 805-09

Matt Sanderson: Research agronomist with the USDA ARS.

I will present new research in formation on the degree of plant species diversity that is found in pastures of New England and the Northeastern United States as a whole. I will also present new research in formation on how to manage complex mixtures of forage grasses, legumes, and other plants to increase pasture productivity and persistence.

98) Production and Business Fundamentals of Organic Egg Production Intermediate  
Campus Center 163C

Michael Glos and Karma Glos: Michael and Karma Glos are diverse farmers.

We will present a detailed workshop on the production and marketing aspects of a small certified organic egg business. We will cover chick rearing, housing, pasturing, egg collection/packaging, marketing and their financial importance in a successful business. We will also discuss our specific cost/benefit analysis.

99) Promoting Urban Agriculture with Inner-City Youth All levels  
Campus Center 905-09

Ruby S. Maddox-Fisher: Founder and Youth Coordinator of Gardening the Community in Springfield.

We'll discuss the meaning of agriculture, why it is important, and how it can contribute to local community economy, health, and sustainable living. We'll also discuss program ideas, activities, and methods for organizing inner-city youth in the food justice movement. We'll discuss ways to start, sustain, and grow your program.

100) Raised Bed Gardening and Nutrient Density\*\* All levels  
Campus Center 904-08

Sammy De: Has been growing in raised beds for 5 years in Barre, MA.

How to amend the soil of raised beds during the Fall, start plants inside, manage succession planting, plant cover crops, mulch, maintain soil fertility, put your beds to bed for the Winter, and wake them up in the Spring. Special attention will be given to raising high-brix crops with a biological approach.

101) Root Cellars and Crop Storage Structures: Methods, Materials, and Designs Intermediate  
Campus Center 162-75

Chris Chaisson: Chris Chaisson designs and builds root cellars for Whole Farm Services.

Glenn Coville: Co-owns Wild Branch Valley Farm in Craftsbury, VT.

All growers know that cold storage is key for crops in the summer while frost protection is paramount in the winter. In this workshop we will explore root cellars and other crop storage structures that work with seasonal crop flows and talk about their application for the market

grower. We will look at several designs, the different materials used, and types of construction. We'll address the pros and cons of each type of structure.

103) Small Scale Aquaculture and Aquaponics Beginner

Agricultural Engineering Building Room 102

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

We have several small scale recirculating and aquaponics systems with tilapia and largemouth bass. The workshop will discuss the components of the systems and the lessons that we have learned from our mistakes. There will also be an open house at the Aquaculture Lab (Agricultural Engineering Building 102), Saturday from 2:30-3:30pm.

104) Sustainable City Toolbox All levels

Isenberg School of Management 122

Scott Kellogg and Stacy Pettigrew: Authors of "Toolbox for Sustainable City Living" and co-founders of Texas' Rhizome Collective.

In this workshop we will develop a toolkit of skills for designing ecologically resilient urban communities. Topics will include low-tech bioremediation (bacteria and fungi vs. pollution), small scale aquaculture (algae-fish-duckweed polyculture), microlivestock (chickens, worms, and bugs), autonomous energy and heating in a post-petroleum economy, and floating trash islands for water purification.

105) This Ain't Peanuts!-It's Small Farm Food Safety Intermediate-Advanced

Isenberg School of Management 125

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

With Congress considering food safety provisions, there's a danger that small farms will be lumped in with big industrial operations and even regulated out of business. We need to push for voluntary, scale-appropriate, risk-based and science-based alternatives. Learn what NOFA and others are doing and participate in creating a solution.

106) Tools for Starting Community Farms Beginner

Campus Center 811-15

Heather Scott: Land Conservationist who leads the Medway Community Farm project.

Hear proven methods to garner neighbor and municipal official support for community farms, and for moving a project from discussion to reality. Tools include: engaging leaders early in the decision making process; sharing stories about food, land, and community; listening and identifying concerns; and getting decision makers on the land.

107) Value-Added Products From Your Farm Intermediate

Campus Center 165-69

Cliff Hatch: Farmer in Gill, MA growing and merchandising crops for 25 years.

Learn about marketing products from the farm direct to consumers. I will share my experience marketing everything from custom fleeces and yarns, to farmstead cheeses and farm fresh milk, to jams, jellies, farm grown flour, and flowers as well as dealing with the regulatory requirements and business costs of diverse operations.

107A) Streamlining Your Garden Maintenance Routine All levels

Campus Center 917

Ingrid Wheeler: "Ingrid's Cosmic Gardens" landscape company; NOFA AOLCP (more info at [rootsnaturalfoods.com](http://rootsnaturalfoods.com)).

Garden care is easier when you develop an efficient routine. I'll show pictures and short film clips that illustrate the secrets of deadheading annuals and perennials; choosing great plants, speedy planting techniques, improving soil; growing better vegetables; and my favorite organic fertilizers.

TEEN WORKSHOPS – SATURDAY 10:00 – 11:30 AM – Grad Lounge, Campus Center  
108) Fiber Art Fun

Joanne Ducas: Works with the Agricultural Arts Program at the Hartsbrook Waldorf School. In this workshop we will be learning some of the basic skills of working with wool. We will examine some of the different aspects of different types of fiber and their uses, and carry out a simple felting project.

109) Making Herbal Creams and Salves

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

We will use locally grown herbs to make infused oils, learn about which herbs you might use, then use our oils to make awesome creams and salves you can scent yourself with essential oils and take home! Recipes & a list of suppliers will be included.

CHILDREN'S WORKSHOPS – SATURDAY 10:00 – 11:30 AM – Cape Cod Lounge, Student Union

110) Hopi Blue Corn from Grain to Griddle (Ages 5-12)

Rachel Scherer: Massage therapist, gardener and dairy goat gopi girl.

Bruce Scherer: Bruce does invasive plant management and studies soil nutrition.

We'll strip the kernels of dried ears of Hopi Blue corn from the Chestnut Hill Grow Community Garden. We'll treat with lime to create "nixtamal", an ancient corn meal preparation that greatly increases the available protein and creates a distinctive flavor. We'll grind the wet meal, form and cook tortillas.

111) Not-so-boring Board Games (Ages 8-12)

Claire Boettcher: Crazy teen who loves animals and all types of music.

Caitlin Zampieron: Fun-loving teen who enjoys animals and children.

We will create our own unique board games that are fun for all ages.

112) Oxen (All ages)

Brad Teeter: Farm Manager at The Farm School.

Josh Pincus: Staff at The Farm School.

Basic introduction to driving a team of yearling Holstein steers. Training for farm work in the field and forest. Introduction to voice commands and using a goad (whip). There will be hands on roles with the oxen for both children and adults.

113) Singing all the Day (Ages 2-6)

Cheri Robartes: Music teacher and film maker.

Songs and movement games for the young crowd.

## ADULT WORKSHOPS - SATURDAY 1:00 – 2:30 PM

### 114) Basic Homestead Electrical Wiring Beginner

Campus Center 903

Sharon Gensler: Homesteader for over 30 years who has electrified the world!

A discussion of general systems and some hands on wiring technique: a receptacle, switch, light, etc. If possible, please bring any electrical hand tools you might have (linesman pliers, wire stripper, needle nose pliers, rippers, scraps of romex, etc.).

### 115) Cheese from Sunlight and Rain: Profitable 100% Grass-fed Dairying\*\*\* All levels

Campus Center 803

Jonathan S. White: Cheesemaker for 20 years and farmer for seven in Vernon, NJ.

How can 200 acres of pasture produce a nice living for a family? By combining Bronze Age Kerry genetics with “modern” dairy breeds, White has developed the Bobolink Black Grazer, a small, sturdy, grass-smart breed that produces cheese, suckled veal, and 100% grass-fed beef, on just sunlight and rain . . . and salt.

### 116) Comparing Grass-fed Steers to Grain-fed Steers\*\*\* Beginner-Intermediate

Campus Center 805-09

Tom Gallagher: Cornell Cooperative Extension Albany County Livestock Specialist.

This workshop will present the results of an on farm cattle feeding trial comparing eleven grass-fed steers to eleven grain finished steers. Winter feeding of the grass-fed group utilizing brown mid-rib sorgham sudan will be discussed in detail along with sensory analysis of the finished meat products.

### 117) Continuous Lettuce Production Intermediate-Advanced

Campus Center 174-76

Julie Rawson: Life long farmer, 38 of those years organically.

My goal in our 20 week summer CSA is head lettuce every week. Add to that mesclun on both ends for 31 weeks all told. I will share my 27 years of experience with lettuce production methods in both greenhouse and field.

### 118) Designing & Building Low Cost Farm Structures All levels

Campus Center 163C

Jack Kittredge: NOFA/Mass Social Action Coordinator and builder of many farm structures.

I will discuss designing and constructing farm structures – from a house and barn to a greenhouse, shed, chicken coop or range house – and illustrate such designs from my own experience. We’ll cover principles of appropriate and economic design including uses, siting, issues of access & drainage, materials, labor, and aesthetics.

### 119) Dismantling Legal Obstacles to Self-Reliance Beginner

Isenberg School of Management 122

Scott Kellogg and Stacy Pettigrew: Authors of "Toolbox for Sustainable City Living" and co-founders of Texas' Rhizome Collective.

While municipal building and sanitation regulations may have originally been designed to protect public interests, many times they create impassable barriers to achieving affordable,

sustainable lifestyles. As more and more towns and cities become interested in "green" and sustainable approaches to development, a new set of policies must be created that are compatible with these goals. This workshop will look at how codes either assist in or hinder the implementation of sustainable systems, and will include a discussion about the growing movement of "recoding." Emphasis will be put on laws pertaining to urban livestock, alternative sanitation, natural building, and alternative energy sources.

120) Extending the Growing Season in New England Intermediate-Advanced  
Campus Center 904-08

Ted Dobson: Organic farmer in the Berkshires for 26 years with extensive vegetable growing experience.

I will discuss both "Artificial Season Extension" using hoop-houses and hot beds to grow throughout the winter and early spring, as well as "Organic Season Extension," discussing the "when, how, and where" of extending your harvest into the late fall.

121) Hands-on Draft Horses Beginner-Intermediate  
Meet at the draft horses

Dale Perkins: Dale uses draft horses at Mesa Farm in Rutland, MA.

I'll cover the basics in harnessing, driving, and management of draft horses. Expect some hands-on opportunities.

122) Introduccion a la Permacultura \*\* All levels  
Campus Center 911-15

Eric Toensmeier: Director del Programa de la Finca de Nuestras Raices.

Permacultura (Agricultura Permanente) es el diseño consciente y el mantenimiento de ecosistemas agrícolas productivos, los cuales tienen la diversidad, estabilidad y resistencia de los ecosistemas naturales. Es la integración armónica del paisaje y la gente produciendo comida, energía, cobijo, materiales y otras necesidades y de una manera sostenible.

123) Living Aloha All levels  
Campus Center 905-09

Ellen Zepp: Wife, mother, farmer, naturalist, educator, scientific writer, Hawaiian at heart.

This workshop integrates past & present spiritual & practical aspects of life & agriculture in Hawaii. Gain insight into the Hawaiian way of being & love of the land. From wherever you are on your journey, come decide for yourself what workshop content you care to apply to your life & farming practices.

124) Local Economies Connecting Communities and Agriculture Advanced  
Campus Center 162-75

Barry Hollister: Gardener, Facilitator, Eco-preneur, Founder of not-for-profit Berkshire Harmony Community Agriculture.

A fresh look at the needs of CSAs. There are more people wanting convenient access to farm fresh produce and products than available CSA memberships, and "there is just not enough of the good stuff to go around." Here is a roadmap for communities to find solutions.

125) Maintaining Optimum Health for the Whole Family Beginner

Isenberg School of Management 117

Tony(a) Lemos: Director of Blazing Star Herbal School in Shelburne Falls, MA.

Learn how to boost your immune system and improve your terrain in order to decrease your risk of getting sick. We will explore the use of nourishing herbs, whole foods and tonifying condiments while creating a sample year long protocol that the whole family can participate in.

126) Metabolic Cleansing for Today's Toxic World: a 3 Step Approach All levels

Campus Center 917

Dr. Abbas Qutab: Holistic medical doctor in Worcester.

Participants will learn how the toxins in our environment and diet affect their health. Specific health issues related to toxicity that will be covered include: chronic fatigue, pain, inflammation and various chronic diseases. Participants will then learn how to do a 3 Step Cleanse to eliminate toxins from their bodies.

127) My Weedless Garden\*\* All levels

Campus Center 168C

Lee Reich: PhD, gardening consultant, and writer who has worked in plant and soil research with the USDA and Cornell University. Author of, "The Pruning Book, Weedless Gardening, Uncommon Fruits for Every Garden," and "Landscaping with Fruit."

Deb Goldman: Ceramicist who takes charge of harvest on her farmden (more than a garden, less than a farm).

Emulate, rather than fight, Mother Nature with this novel, four-part system for soil care.

Applications to new plantings as well as maintaining existing plantings will be discussed. Rooted in the latest agricultural research, these principals and practices could also be applied to sustainable, small farm systems.

128) Mycoforestry and Mycoremediation All levels

Campus Center 101

Paul Stamets: Author of 6 books, Paul Stamets owns and runs Fungi Perfecti ([www.fungi.com](http://www.fungi.com)).

Mycoforestry: Forests depend upon fungi, and from them we gain many edible and medicinal mushrooms. I'll describe my experiences using fungi to enhance forest recovery and the many benefits forest fungi contribute to human and ecological health. Mycoremediation: I'll show several mycoremediation projects, outlining practical methods for repairing toxin-damaged ecosystems, using mycelium to enable their recovery.

129) Primitive Spinning for the 21st Century Beginner

Isenberg School of Management 125

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

Anyone can spin. It's easy, satisfying, fun and requires no expensive tools. In this workshop you will learn how to spin wool into thread using a stick with a technique inspired by Navaho spinners.

130) Producing Natural, Local Meat for Consumers\*\*\* Intermediate

Campus Center 804-08

Joseph Bonelli: A Resources Economist at UConn Department of Extension and principal investigator SARE Meat Project.

Kristen Castrataro: Marketing Production Specialist, URI Department of Extension. Concerns regarding food safety, farm preservation, and family viability have stimulated renewed interest in producing local food. The grant is designed to increase engagement of Cooperative Extension Personnel in CT, MA, and RI Departments of Agriculture and other state and local agencies, NGO's and farmers in the production, processing, and marketing of natural local meat.

131) Public Schools and Summer Programs Beginner  
Campus Center 811-15

Lynda Simkins: Farm manager of Natick Community Organic Farm.

Learn how to run programs that draw upon the vast potential of public schools as centers for food-based education and community service and programs that serve youngsters, especially during the summer months. Tools include: integrating programs with farm cycles, developing engaging curriculum, satisfying state requirements, and setting appropriate budgets and prices.

132) Raising Sheep: Why and How Beginner-Intermediate

Meet at the sheep & herding dogs

Jim Lyons and Jill-Horton Lyons: Jim & Jill have been shepherds for a quarter of a century.

Sheep can benefit land & farmer in many ways. We'll cover their ever changing seasonal needs (housing, food, fencing, moving, health care & reproduction). Breeds vary greatly (carcass yield & flavor, wool, temperament, amount of feed) – we'll compare many. We'll discuss costs, marketing strategies, and predator protection. Herding dogs will be present along with sheep.

134) TOUR: Red Fire Farm's Machinery for Vegetable Farming \* and \*\* Intermediate-Advanced

Ryan Voiland: Owner and manager of Red Fire Farm – 900 member CSA.

Sarah Ingraham: Red Fire Farm personnel and marketing manager; primary operator of cultivation tractors at RFF.

In this tour of Red Fire Farm, we will focus on the equipment we use for growing over 40 acres of organic vegetables. Over the years we have added a variety of equipment to allow the farm to grow from a 1 acre market garden into the current scale. This tour will provide demonstrations of some of our specialized equipment including an Imants Spader and Kennco bedformer. We will also discuss our overall approach to equipment acquisition and also how the different implements work together to make our growing system as efficient and effective as possible. The tour will also include some of our fields and greenhouses. DIRECTIONS: Drive to Amherst center, and then continue on 116 south, past Hampshire College. Follow 116 south up and over the notch. Turn left onto Amherst Street. At the yellow flashing light, turn left onto West Street. West Street T's into Route 202, turn left. Pass the Granby town common and take a right onto Taylor Street. Turn left at the first stop sign onto what continues to be Taylor Street. Turn left again at the intersection onto Carver Street. Red Fire Farm will be on your immediate left. Allow for 30 minutes travel time. ADDRESS: 7 Carver Street, Granby, MA

135) TOUR: Sidehill Farm Dairy Intermediate

Paul Lacinski and Amy Klippenstein: Small-scale dairy producers, vegetable farmers, homesteaders.

We will walk pastures and discuss intensive grazing, grass, manure, and fertility management, and animal health. We will also tour the milking facilities and discuss milking procedures, sanitation, and regulations for raw milk and processed dairy products. Tasting of raw milk and yogurt will follow. DIRECTIONS: Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, Deerfield, and Conway, and on to Ashfield center, enjoying the consistent drop in temperature as you gain elevation. Make a right onto Baptist Corner Rd. This will be your first right once you get to Ashfield Center; St. John's Episcopal Church is on the opposite corner. Follow Baptist Corner Rd for 1.75 miles. Turn right on Beldingville Rd, at the sign advertising raw milk for sale. Pass the next milk sign, and continue to the T. Turn right, this is Bellus Rd. #553 is the second driveway on the right. Drive past the house and back toward the barns. Total driving time from UMass- 45 minutes. Please plan accordingly! ADDRESS: 553 Bellus Rd, Ashfield, MA 01330.

136) Urban Farms: Connecting Urban Communities to Local Food Beginner  
Isenberg School of Management 129

Matthew Kochka: Manages ReVision Urban Farm in Dorchester, MA.

I will review methods that we use at ReVision Urban Farm to connect our shelter residents and low-income community in Boston with local produce that we grow or source. I will also go over some of the other successful programs employed by other local farms and hunger relief agencies.

137) Veggies Your Family Will Love! Beginner  
Wheeler Dorm Basement Kitchen

Ibtihaj Amatul-Wadud: Director of Gardening the Community, a youth urban agriculture program.

Qamaria Amatul-Wadud: Junior staff supervisor at Gardening the Community.

This workshop will show you how to make a very delicious meal abundant in veggies! We'll also show a few smaller meals that are jammed packed with veggies and are absolutely tasty down to the last bite! You could share them with your family...or sneak and keep them for yourself. Yes, they're just that good!

138) Winter Growing for CSA Intermediate  
Campus Center 165-69

Kristin Lewis: Kristin's goal is to enjoy life to it's fullest.

Local produce year round is in demand! Rabbit's Dance Farm's winter CSA program, in its 6th year, runs from October through December. We'll tell you how we run our program, and we'll also talk about crops that grow well for us (in northern Rhode Island), specific varieties we like, planting and seeding dates, harvesting tips, and storage tips. And, we'll bring photos!

138A) Overcoming the Affordability Barrier: Connecting Low-Income People to Fresh Food  
Intermediate

Isenberg School of Management 123

Heather McMann: Acting Executive Director of Groundwork Lawrence (GWL), a nonprofit in Lawrence, MA.

Janel Wright: GWL's Community Programs Manager responsible for the development and delivery of GWL's fresh food programs.

Fresh food is often out of reach for low-income people, who are also most burdened with diet-related disease. Learn how GWL is elevating Lawrence's food security issues and shaping its programs (Farmers Market, CSA, and community & schoolyard gardens) to promote and advocate for greater access to fresh local food for low-income people.

TEEN WORKSHOPS – SATURDAY 1:00 – 2:30 PM – Grad Lounge, Campus Center

139) Beginning Goat Keeping

Kaethe Armitage: Has kept goats for two years and has started breeding them.

Jennifer Caron: Has been keeping dairy animals nearly her whole life.

In this workshop, we will cover many aspects of keeping healthy and happy goats, including health concerns, housing, feeding, and breeding. We will also discuss all the great things you can do with goats and their milk. We will have a couple of lovely goats for you to meet!

140) Edible Wild Plants of the Northeast

John Root: Naturalist/Educator presenting nature interpretation programs throughout New England.

This workshop is a comprehensive introduction to the identification and uses of our native plants for food and beverage. This power point program features our most common and appealing plant species; samples are also provided for participants to examine and taste.

CHILDREN'S WORKSHOP – SATURDAY 1:00 – 2:30 PM – Cape Cod Lounge, Student Union

141) NOFA Anthem Parade Rap (Ages 9-12)

Valerie Walton: Music teacher and jazz musician.

We will review the NOFA anthem rap we wrote for the 2008 parade using facts about farming and the environment and work on how we will perform it in the parade using movement and percussion or found sounds and add a verse for this summer's conference theme, "know food, know freedom".

142) Parade Prep (All ages)

Woody Ruiz: Oyster shucker, camp counselor, chef, lover of dogs and children.

Woody lives in the land of fun colorful parades – New Orleans, LA. We invite you to join us for face painting, making music, markers and flags, and dressing up with crazy hats and outfits, as we parade through the fairgrounds at 3:00PM. Older kids will perform NOFA anthem again with dance steps and percussion. NOTE TO PARENTS: Please sign your children out by 2:45pm at the latest and then accompany them during the parade. We will all end up back at the children's conference area for a bit of clean up and folding of flags, etc.

SATURDAY 3:30 – 5:00 PM – Grazing School Pasture Walk\*\*\*

143) TOUR: UMass Pasture Research Center All levels

Stephen Herbert: Director, Massachusetts Center for Agriculture, Assoc. Director, Ag. Expt. Stn, Extension Team Leader Livestock.

We will view 28 pasture blends intensively grazed, innovative fencing, pasture grazing intensification, and summer annuals for grazing. DIRECTIONS: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road

(north). Travel 1 mile to farm just past the housing development. Look for signs for parking.  
ADDRESS: 89-91 River Road Deerfield MA, 01373.

#### ADULT WORKSHOPS - SUNDAY 8:00 – 9:30 AM

144) Acquiring Land: Strategies and Options Beginner-Intermediate  
Isenberg School of Management 125

Bob Bernstein: Co-director of Land For Good.

I will address a critical challenge for entering farmers: acquiring land. I will talk about various ownership and leasing options and how to decide what's right for you. The discussion will include how to work with different types of landowners as well as how to find and assess properties.

145) City Chickens: Hens in Cities and Suburbs Beginner  
Campus Center 917

Meg Taylor: Farm educator and founder, Pioneer Valley Backyard Chicken Association.  
Come be a part of the City Chicken revolution! In this beginner's workshop, you will learn how to get started with a backyard flock to call your own, topics covered include: food, shelter, health, egg production, breeds, regulations general care and helpful resources. Handouts provided.

146) College to Collards: Creating Campus Gardens All levels  
Campus Center 803

Hannah Eisler Burnett: Program Coordinator for the Yale Sustainable Food Project.

Daniel MacPhee: Farm Manager at the Yale Sustainable Food Project.

In this workshop, you'll learn about organizing around food and agriculture on your campus. We'll talk about the best methods that have helped us to create a more sustainable dining system and that helped us break ground on our university's educational farm. Come glean and share ideas about how to start a garden at your college!

147) Connecting Growers and Buyers All levels  
Isenberg School of Management 122

Jeffrey Barry: Founder and Owner of Boston Organics.

Learn what wholesale buyers are looking for when forming a partnership with a local grower. From personal experience, I will discuss what has worked for me when partnering with a farm. Challenges and opportunities will be covered.

148) Cultured Dairy Products\* Beginner  
Campus Center 101

Rebecca Buell: My perfect foods: raw milk, cheese, kefir, and yogurt. Yum! .

Learn tips and techniques to make shaken butter, a simple soft cheese, kefir, and the easiest yogurt ever. I will bring samples of the different cheeses that you can make from this basic recipe by adding herbs and spices.

149) Food as Medicine Beginner  
Isenberg School of Management 123

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

We've always known that our food is our best medicine, so how do we make that real for ourselves? I will discuss the health benefits of common whole foods including berries, grains, vegetables and culinary herbs along with yummy recipes.

150) Food Safety: What's Next? All levels

Campus Center 805-09

Jack Kittredge: NOFA/Mass Social Action Coordinator.

Ed Stockman: Agrobiologist, former NOFA/Mass Organic Extension Educator.

Recent foodborne disease outbreaks have led to bills being filed in Congress and agencies writing regulations designed to protect consumers from contaminated food. These will apply to industrial as well as small scale, diversified, organic farms. This workshop will present and discuss many of these proposals and how they impact organic growers.

151) Growing Whole: An introduction to Psychosynthesis for Farmers/Gardeners Beginner

Campus Center 903

Pru Smith: Lives on a small homestead in Wendell, MA.

An experiential workshop. Explore your inner Landscape, Cultivate an appreciation for all of who you are, Grow a deeper connection with Self. Psychosynthesis is a wholistic model for personal growth based upon the work of internationally renowned psychologist, Roberto Assagioli.

152) Health Focused Dentistry Beginner

Campus Center 904-08

Jean Nordin-Evans, DDS: Practicing health-focused/holistic dentistry since 1999. Established Groton Wellness in 2004.

Introduction to all aspects of health-focused dentistry: safe mercury amalgam removal, root canal education, TMJ evaluation, materials biocompatibility, electrodermal screening, chelation therapy, homeopathy, detoxification therapies and more.

153) Heirloom Economy All levels

Campus Center 165-69

Tim Wightman: Visionary Farmer, Activist, Author and President, Farm-to-Consumer Foundation.

Every purchase you make from/as a small and local farm stimulates our national economy – exponentially. Small farmers and their customers are the real (and proven) stimulus package. Learn about the little-known seven-fold multiplier effect and how small farms used it to pull the USA out of the Depression.

155) More than Just Food: Mission-Driven Education Beginner

Campus Center 811-15

Greg Maslowe: Farm manager at Newton Angino Community Farm.

Learn management strategies for incorporating middle school-aged youth and older as meaningful contributors and active learners on community farms. These include organizing programs around volunteer days, work programs, and adult education. Attracting diverse audiences furthers the mission of empowering people to practice local agriculture in their backyards.

156) On-Farm Water Quality Monitoring\*\* Beginner

Campus Center 905-09

Perry Thomas: Teaches ecology and monitors lakes in northern Vermont.

This workshop provides information and training for those interested in establishing long-term, water-quality monitoring programs. Participants practice using survey sheets that support rapid assessment of streams and ponds. We will also consider invasive aquatic species and the importance of watching for new introductions.

158) Putting Up Food: Local Eating for the Year Beginner-Intermediate

Campus Center 168C

Leo Pollock: Education Director at the Southside Community Land Trust in Providence, RI.

How to preserve as much food as possible in New England over the course of a year. I started from scratch and want to inspire others to jump in! I'll cover the historical context of food preservation, share my own experiences with canning, freezing, fermenting, and drying, and end with a discussion so that people can share stories, ask questions, offer tips, etc.

159) Replacing Invasive Plants with Natives Varieties\*\* Beginner-Intermediate

Meet at Registration Tent

Carol Schminke and Lynette Courtney: Sisters Lynette and Carol are long-time professional gardeners, nursery owners and worm farmers in Vermont.

Some of our most useful landscaping plants have been found to be "exotic invasives", which have gone on to overrun many native varieties! Learn which natives can be used to replace them, while offering equal beauty, wildlife food & habitat, and help protect our natural ecosystems.

160) Small Growers Co-ops for Farm Viability Beginner-Intermediate

Isenberg School of Management 117

Richard Pederson: Urban Farmer at the Southside Community Land Trust and a Founding member of Little City Growers Co-op.

Christina Dedora: Flower grower and a Founding member of Four Friends CSA at Urban Edge Farm.

Little City Growers Co-op and Four Friends CSA were created as Grange Spirited ways for farmers to cooperate in efforts to run a successful mixed income farmer's market stand, manage a 100+ member CSA, and meet the growing demand for local produce from area restaurants. We will discuss how to set up your own co-op and share the challenges and rewards of this model in terms of community and sustainability.

161) Starting A Farm Beginner

Campus Center 163C

Elizabeth Henderson: CSA Farmer for 21 years and author of "Sharing the Harvest."

Having started over three times myself, I will share some stories and photos of my beginnings and then help participants think through the resources you need – physical, financial, and mental – to start a farm of your own or to expand a garden into a commercial enterprise. I will stress substituting creativity for loans or a trust fund and point the way to many resources.

162) Storage Crops for Market: Expanding into Winter Availability Intermediate

Campus Center 162-75

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

Glenn Coville: Co-owns Wild Branch Valley Farm in Craftsbury, VT.

Northern growers know a short and very intense season. In this workshop, we will explore how storage crops can expand market season, spread workload, and ensure a better price for your crops. We will look at planning for field production, harvest procedures, potential markets, and the basic conditions and structures that will ensure fresh and quality produce long after the snow flies.

163) The Path To Nutrient Density\*\* Intermediate

Campus Center 174-76

Derek Christianson: Farmer and community educator in Dartmouth, MA.

Come learn about tools, techniques, and amendments used at Brix Bounty Farm as we work toward growing nutrient dense crops. We'll share results from this season's data measuring pH and brix levels, monitoring soil conductivity on a weekly basis, and taking monthly "weak acid" soil tests through International Ag. Labs.

164) Sustainable, Affordable, and Ecological Living Intermediate

Campus Center 804-08

Jen Smith: Organic farmer, beekeeper, conservationist.

Megan McDonough: Community organizer, planner, environmentalist.

Community and conservation land trusts partner with farmers to conserve farmland and provide sustainable housing. Using examples, we will describe how each functions, typical funding sources, and the tools that get the job done, including conservation and affordability restrictions. Learn who to contact about Together on the Land options.

165) Your Farm's First Cow Beginner

Meet at the cow

Dominic Palumbo: 20 year NOFA/Mass member, has milked a cow for 15+ years.

Wondering about a cow? This is a beginners' intro to a family cow. We'll explore what's required for land, barn and equipment; the lifecycle, health, veterinary, and feed needs of the cow; the time and personal commitments; and milking, milk and milk products. Meet Honeysuckle (the cow) too.

165A) Changing the Landscape of Landscaping: Organic Land Care Activism\*\* All levels

Campus Center 911-15

Bernadette Giblin: NOFA AOLCP, environmental activist and owner of Safeground Organic Landcare.

Don't preach to the choir! Promote truly green land care strategies on local and regional lands now! The speaker will share local and regional stories of encouraging administrations to end the use of synthetics and go petrochemical and pesticide free on public and private grounds. She will share her vision to organize a student movement on college campuses to encourage administrations to go green on the grounds with 100% pesticide free, organic alternatives.

TEEN WORKSHOP - SUNDAY 8:00 - 9:30 AM - Graduate Lounge, Campus Center

167) You GLOW Girl!

Melanée Addison: Founder of Blue Butterfly Wellness natural care body products.

Learn how easy and fun it is to create your own personal body products like natural lip gloss and chocolate face masks. Limit of 12 people for the workshop.

CHILDREN'S WORKSHOPS – SUNDAY 8:00 – 9:30 AM – Cape Cod Lounge, Student Union  
168) Candlemaking (All ages)

Rachel Besserman: Graduate student in Education at Smith College and co-creator of [www.emmetsessentials.com](http://www.emmetsessentials.com).

We will gather to roll, sculpt and mold our very own shining lights.

169) Music and Movement (Ages 2-6)

Tad Hitchcock: Music teacher and musician who enjoys singing about the environment.

I will lead songs and movement games with my guitar in hand. I will focus on selections which relate to the themes of garden and the environment.

170) Rubber Stamping (Ages 8-12)

Mary Lou Conna: Former elementary school teacher and craft lady.

We will sand a wooden block until smooth and then cut out a rubber stamp design from an old tire. We will then use our stamp to create our own note cards. The cutting work is challenging but rewarding as we create something useful and artistic from recycled items.

171) Why is the Sky So High? A Play (All ages)

Tom Neilson: Teacher, father, musician, who does creative arts with children.

We will rehearse a 5 minute play about treating the environment with respect. We will perform for the other children's conference attendees as well as teachers and other adults who can attend directly before snack. We will engage our audience in environmental thinking as well.

ADULT WORKSHOPS - SUNDAY 10:00 – 11:30 AM

172) Community Acupuncture for All All levels

Campus Center 904-08

Emily Konstan: Community Acupuncturist in Worcester, Mass. who provides affordable acupuncture.

Tess Bois: Community acupuncturist in Fitchburg, Mass. who provides affordable acupuncture. Community Acupuncture, which is affordable individualized acupuncture treatments in a group setting, has recently become available in the United States. Participants are encouraged to volunteer to experience a treatment. Brief lecture on important aspects of community acupuncture: affordability; accessibility; treatment methods; and the community acupuncture network. Handouts provided.

173) Community Farming in Maine: A Case Study Beginner

Campus Center 811-15

Richard Rudolph: Executive director, Rippling Waters Farm, Steep Falls, Maine.

Relate to lessons and experiences of a dedicated citizen group that founded and now manages a nonprofit community farm. Understand implementation of business principles and key details of legal structure, marketing, finances, and staffing. Learn how the farm has engaged the public in a model farm-to-school education project.

174) Culinary Herbs for Fresh, Potted and Dried Sales Beginner  
Campus Center 163C

Michael Glos and Karma Glos: Michael and Karma Glos are diverse farmers. Learn how we produce and sell herbs from April to December by utilizing greenhouses, high tunnels, field production, and drying areas. We will show how we integrate unheated overwintering of motherplants with early season cut and potted herb sales.

175) Farms Forever: Farm Transfer Resources All levels  
Campus Center 805-09

Katie Cavanagh: SEMAP's Farms Forever Coordinator and farmer in E. Bridgewater, MA. This workshop details SEMAP's experiences with Farms Forever, a program designed as a local, on-the-ground catalyst to help Southeastern MA farms with farm transfer planning. We'll describe our offerings, lessons learned, current "marketing" approach, and case studies. If you're considering your farm's future, this workshop is for you.

176) Forming and Maintaining a Group Garden All levels  
Isenberg School of Management 123

Sondra Sprinkling and Michael Rice: Have been coordinating a garden collective for over 10 years with 10 neighborhood families in Delmar, NY.

Our group garden consists of about 10 individuals/ families of varied experience levels who share the work and the harvest collectively. We learn from one another from year to year, and enjoy a weekly potluck during the season. The workshop will be a discussion format in which we hope participants will share their own experiences or yearnings for gardening cooperatively.

177) Generating an Income and Empowering Teens All levels  
Isenberg School of Management 125

Derek Mitchell: Director of the Fresh Roots Program at the United Teen Equality Center in Lowell, MA, which provides job and leadership training to at risk youth through small business. Through the experience on our youth-run organic farm and commercial kitchen, the UTEC Fresh Roots program has developed products and business plans to support the program and provide invaluable lessons to the young people involved. From baked goods and flowers sold through the CSA to value added products sold at local farmers markets, we seek ways to generate income that also teach young people how to run a small business. The workshop will address lessons we have learned. We will open up for a brief discussion for participants to share best practices.

178) Growing Black Walnuts for Timber and Sustenance\*\* All levels  
Isenberg School of Management 129

Bill MacKentley: Longtime druid greenman and scrounger for 60 years!

*Juglans nigra* is an amazing tree producing both highly nutritious nuts and incomparably valuable timber. Hardy in New England? Yes! Come learn incredible facts about how you can grow and harvest this tree. We will also discuss equipment and technology useful for realizing a crop from your own trees.

179) Lyme Disease: a Conventional and Naturopathic Medical Perspective\*\* All levels  
Isenberg School of Management 122

Dr. Emily Maiella: Lyme-literate Naturopathic Physician, practicing in Montague, MA.

As Lyme disease reaches endemic status in areas of Western MA, it is essential that all lovers of nature, farmers and back-door gardeners become more educated and aware of Lyme disease and other tick-borne co-infections. We will focus on signs and symptoms, tick identification, diagnostic criteria and treatment, both from a conventional and naturopathic medical perspective.

180) MA Beginning Farmers - Programs Assessment Intermediate  
Campus Center 911-15

Jennifer Hashley: Director of the New Entry Sustainable Farming Project.

Hugh Joseph: has a long history in food systems design and planning.

We will present the findings of our MA Beginning Farmer Strategic Planning process and invite participants to help us brainstorm ways we can build collaborations between new farmer programs in Massachusetts. We'll share what we learned and gather input to move forward with coalition-building, policy suggestions, and strategies to help more people connect to land and succeed in farming.

181) Market Mobile: Better Food Distribution All levels  
Campus Center 162-75

Noah Fulmer: Executive Director of Farm Fresh Rhode Island.

Farm Fresh RI's new program for delivering food to business and institutional customers. Market Mobile uses online ordering, shared trucks and pooled invoices to model a more efficient local food delivery system in Rhode Island. See a demo! <http://www.farmfresh.org/hub>

182) Nature as Model: Rearing and Breeding Pigs in the Woods Beginner  
Campus Center 168C

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

Ancestral pigs were woodland creatures, concerned with stable social groups, feed, scratching posts, and wallows. From purchasing stock, portable electric fencing, housing and waterers to logistics of groupings, breeding stock and group farrowing, the workshop explores husbandry practices that allow pigs to express their genetic hardwiring while raising a superior product.

183) Political Climate for Raw Milk All levels  
Campus Center 903

Pete Kennedy: Interim President, Farm-to-Consumer Legal Defense Fund, launched July 4th, 2007.

I will be speaking about recent developments regarding state and federal enforcement actions against raw milk producers and consumers and about the growth of the raw milk movement. I will also talk about legislation pertaining to raw milk at the state and federal level, and contractual models used to increase the distribution of raw milk.

184) Preserving Land in the City for Food Production\* Beginner  
Campus Center 101

Katherine Brown: Katherine Brown, PhD is the Executive Director at Southside Community Land Trust in Providence, RI.

Michelle Sheehan: Rhode Island chapter of the Nature Conservancy and the Rhode Island Department of Environmental Management's Land Acquisition Program.

Drawing on Southside Community Land Trust's 25+ year history in Providence RI, we will explore challenges, opportunities, and creative solutions for your own circumstances re: preserving and using urban land for food production. Topics: building supportive partnerships with growers, neighbors, government agencies; and securing long-term land tenure options when purchasing is not possible.

185) Producing Diverse and Biologically Active Compost Tea\*\* Intermediate  
Campus Center 165-69

Peter Schmidt: Co-founder and partner of Compostwerks! LLC. In the horticultural field since 1984.

Compost Tea is the least labor intensive method of introducing beneficial micro-organisms into your growing system. The attendee will hear all about the importance of compost sources, brewing equipment, application techniques and food resource management. There will be an interactive discussion about soil biology and its role in plant nutrition.

186) Small-Scale Grain Production Intermediate  
Campus Center 917

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

I will present my experiences with growing small grains on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. A historic perspective will show that there are appropriate methods for this region that need to be relearned.

187) Take Grazing to a Higher Level All levels  
Campus Center 905-09

Matthew Biskup: Grazes beef and dairy cattle at King Creek Farm in Ware, MA.

Add tall grazing to your arsenal and find improved animal health, nutrient loading and fly and parasite control as just some of the benefits.

188) Teaching Kids in the Kitchen, Barn, and Garden All levels  
Isenberg School of Management 117

Meg Taylor: Farm Educator.

Alya Stoffer-Koloszyc: Early childhood Educator, Camp Director.

Hope Guardenier: Garden Educator.

Educators from The Farm Education Collaborative will lead fun, hands-on activities that adults can do with children at home or in school. Learn how to make tasty snacks using seasonal produce, use math and science in the barnyard, and create a successful kids garden.

Demonstrations and discussion. Resources provided.

189) Tomatoes 101 Beginner-Intermediate  
Campus Center 174-76

Matthew Kochka: Manages ReVision Urban Farm in Dorchester, MA.

Learn the basic info needed to raise great tomatoes. Matt will go over pruning and training methods. He will go over basic pest and disease control as well as explain fertilization and irrigation needs of this finicky plant.

190) TOUR: Brookfield Farm's CSA Management Intermediate

Adan Martinez: Has worked at Brookfield Farm since 2007.

Overview of entire farm operation from fertility management to harvest to marketing. Special focus on CSA Management. DIRECTIONS: Head through the center of Amherst (on Pleasant St) going south. Go through 2 lights (the 2nd one is Rt 9) and continue straight. Go about 3 miles. Take 2nd left after Hampshire College - onto Bay Rd heading East towards Belchertown (strange intersection just BEFORE Atkins Farm Market). Follow Bay Rd for 2.4 miles. Just after Southeast St, make first left onto Hulst Rd (you'll see a sign for Brookfield Farm). Go 600 yards on Hulst and turn in to Brookfield Farm at the sign on your left. Address: 24 Hulst Road, Amherst, MA.

191) Vermiculture: The Wonderful World of Worm Composting Beginner

Campus Center 804-08

Joan O'Connor: Playing with worms for 16 years, I give lectures, demonstrations, and sell at Farmers' Markets.

The demonstration will show how to take any container and turn it into a worm bin -- a great project for farmers, gardeners, schoolteachers, homeschoolers, recyclers, environmentalists and hobbyists. Instead of discarding beautiful garbage, feed it to your hungry worms. Anyone can have a worm bin from apartment dwellers up to farmers.

192) Zero Waste: A Solution to the Garbage Crisis Beginner

Campus Center 803

Tracy Frisch: Troublemaker, homesteader, writer, local environmental organizer, Regional Farm & Food Project founder.

Despite municipal recycling, Americans excel at producing garbage. The new Zero Waste paradigm goes beyond recycling to conserve resources and prevent pollution/greenhouse gases. What are these strategies? How are they working? What about landfills and incinerators? As organic farmers and consumers, what is our role? How can we do better?

192A) Slow Foods for Quick Preparation Intermediate

Wheeler Dorm Basement Kitchen

Tess Bois: Community acupuncturist and decade long food fermenting enthusiast and pragmatist.

Dawn Desilets Sulmasy: Holistic Health Counselor whose passion is to feel great everyday.

This workshop emphasizes "living" foods that require some advance planning but are easy time-savers for later meals. Learn about culturing, dehydrating, making broths, and acidic cooking.

Answers the question, "Why bother?" Includes menu planning, foods to taste, notes with recipes, health benefits, kitchen economics, and equipment list.

TEEN WORKSHOP – SUNDAY 10:00 – 11:30 AM – Grad Lounge, Campus Center

193) Backyard Chickens

Alice Armen: Backyard farmer for almost 12 years in Montague Center with huge garden, heritage poultry and dairy goats.

Learn about keeping chickens at home. We will explore housing options, management options, and talk about ideas for developing good relationships with neighbors. We will also talk about choosing to raise one breed or a mixed flock and take a look at different heritage and commercial breeds. There will be examples of several live birds at the workshop. In addition, we will talk

about how to manage broody hens and how to successfully incubate chicks. An incubator will be on display with eggs at various stages of development, which we will candle (look into with a light).

#### 194) Making Nature Journals

Jenny Coy and David Coy: Jenny and David grow vegetables, raise goats and chickens and journal about the wonders that they find in the natural world.

Participants will explore a variety of bookmaking techniques and make an individual handmade journal. This will be a multi-step process involving folding, binding and creative decorating. If there is time, we will also do some nature observation and journaling. Open to 12 year olds (next year's teens).

#### CHILDREN'S WORKSHOPS – SUNDAY 10:00 – 11:30 AM – Cape Cod Lounge, Student Union

##### 195) Discovering Wind Energy (Ages 8-12)

Mark Walter: K-5 science specialist, with a focus on environmental education.

Come and join us to discover the power of wind! We will explore some of the amazing things that can be done with wind like kite making and windmill building. This workshop is sure to blow you away!

##### 196) Farm Soccer (All ages)

Tom Szekely: Is often calm as a fish, sometimes rambunctious as a chimp.

Maggie Caso

Farm Soccer is a playful, semi-competitive and very-supportive way to run and kick a ball.

Organic too. Started by farmers in Eastern Mass (with small goals to keep shots low), its big goal is to bring a synthesis of energy and joy to all who play: boys and girls. All ages welcome.

##### 197) Puppets (Ages 5-12)

Tom Stock: Has been doing puppetry for two decades with Up-A-Tree Puppetry.

A 30 minute puppet show followed by hands on puppetry by the kids. They will have an opportunity to get behind stage, manipulate puppets, give them life and speech. Coaching by peers and parents will engage all who participate.

##### 198) What is Health? (Ages 9-12)

Kimberly Ladue: Holistic health practitioner and nurse with years of pediatric experience.

I will be helping children understand that their health is more than just taking care of their bodies. Children will play a fun, interactive game to explore their own health.

#### ADULT WORKSHOPS - SUNDAY 1:00 – 2:30 PM

##### 199) "Real Food" From the Home Garden Beginner

Campus Center 168C

Amy LeBlanc: Certified Organic tomato grower, gardener, musician, and teacher in Maine.

"Real Food" is nutritionally dense and flavorful! Review basics of creating intensely healthy soil and improving nutrients available for crops. Mulch reduces labor, prevents disease, develops soil texture, and reduces watering. Gain skills to increase yields. Learn to pick and preserve at peak ripeness! Handouts include recipes for eating fresh, freezing, canning, root cellaring.

200) Accessing Public and Non-Profit Land for Community Farming Beginner  
Campus Center 811-15

Grey Lee: Grey Lee, executive director of Land's Sake, Weston, MA.

Wayne Castonguay: Farm manager, Trustees of Reservations, Appelton Farms, a property of the Trustees of Reservations, Ipswich MA.

Consider various practices of farming on land that is land-trusted, municipally-owned, or conserved in some other way. Explore strategies that demonstrate to local officials and residents the value of public land for farming and farm-based education and that build long-term commitment in a community for land preservation.

201) Agroforestry in the Northeast Beginner-Intermediate  
Campus Center 917

Connor Stedman: Permaculture designer and nature educator from Western Massachusetts.

This workshop surveys regenerative agroforestry practices appropriate for the Northeast. We will discuss coppice, nut woodlands, low-maintenance fruit crops, full-shade forest farming, silvopasture, and more. We will explore the land use history of the Northeast, and ancestral agroforestry practices from around the world, as context and guidance for our management decisions today.

202) Bio-intensive Backyard Gardening Intermediate  
Campus Center 162-75

Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston. We will discuss techniques available to backyard gardeners with limited space who would like to maximize their fruit and vegetable production. Examples include square foot gardening, season extension, crop and variety selection. A power point will highlight various gardens managed by the presenter as well as from The Food Project's urban farms.

203) Cooking with Herbs All levels  
Isenberg School of Management 117

Deb Hayes: Herbalist, holistic health educator. Teaching/sharing knowledge for 20 years.

David Xanatos: Herbalist, hypnotist, communications specialist for over 20 years.

Culinary herbs are not only easy to grow, but can enhance the flavor of our food and improve our health with their nutritional and healing qualities. I will demonstrate some delicious herbal recipes as well as discuss some preservation methods and the many benefits of several culinary herbs. Handouts. Samples.

204) Deep Green Technology, Home Planning, and the Code All levels  
Campus Center 911-15

Jonathan von Ranson and Susan von Ranson: Jonathan and Susan lived for years in a beautiful, remote home without electricity. They have worked actively for a humbler human presence in their community.

We're working with grassroots, town (Wendell, MA), and state organizations for permits for a non-electric new home. How we are confronting "minimum standards" codes that require electricity, and concerns about unequal code enforcement. Also the systems we are proposing for water, light, refrigeration, toilet, and the relationship we see to climate, our rights, etc.

205) Electric Tractors for Farm Use Intermediate

Campus Center 803

Jim Coate: Electric vehicle enthusiast and entrepreneur, NOFA AOLCP, voracious eater. I will explain the process and benefits of converting a small farm tractor to battery electric power, including specific details and lessons learned from a recently completed “G” conversion project. I will provide handouts and a brief review of other electric tractor options for lawn, garden and small farm-use.

206) Growing an ORGANICzation\*\* All levels

Campus Center 805-09

Jack Mastrianni: Grower of plants, people and organizations in sustainable ways. Whether or not you are responsible for running a CSA, Farmers Market, your Farm, a non-profit or a for profit organization, you need to understand how to apply the lessons of organic living systems to help your organization grow in sustainable ways!! This will be a highly interactive session.

207) Herbal Remedies 101: A Demonstration Beginner

Isenberg School of Management 129

Sarah Stockwell-Arthen: Musician who has been making herbal remedies for 20 years. Herbal medicine is a very important piece of the self-sufficiency puzzle. Books tell you what herbs to use for nourishment, health maintenance, etc. I will show you HOW, demonstrating simple herbal remedies, including a tincture, an infusion, an infused oil, and drying herbs. I'll discuss making salves and some of the most versatile herbs, which are easy to grow or forage.

208) Herbs and Perennials in Landscape Design\*\* Intermediate

Campus Center 804-08

Lynn Hartman: Started her herb farm 35 years ago with her husband, Pete, and three children. I will discuss the propagation, planting schedule, harvesting and marketing of perennials and herbs. I will discuss using herbs and perennials in landscape design. I will hand out some garden design plans.

209) Indian Snacks Beginner

Wheeler Dorm Basement Kitchen

Roshni Prabakar: Native Indian, and mother of two with a flare for flavor.

Anushka Prabakar: Roshni's sister and second in command.

We will make vada, pakora, and samosa's. Easy, scrumptious, healthy, and unique snacks for any occasion. Come watch, taste, and enjoy.

210) Net Zero Energy Homes Beginner

Campus Center 165-69

Mary Kraus: Architect specializing in sustainable design & cohousing.

This slide presentation covers a step-by-step approach to making your home “net zero” – producing as much energy as it uses. My goal is to help you think critically about green design within the greater context of ecological living, so that you can decide what strategies make sense for your own situation.

211) New Farmer Training Programs & Multi-farm CSAs Advanced  
Campus Center 904-08

McKenzie Boekholder: NESFP's Technical Assistance Coordinator and Farm Business Planning class instructor.

Matthew Himmel: NESFP's multi-producer CSA Coordinator.

Based on experience of the New Entry Sustainable Farming Project, we will discuss the curriculum, necessary materials and process of running a new and immigrant farmer training program, offering everything from farm business planning classes to guided production on our incubation farms to assisted marketing through our cooperative CSA.

212) Organic Agriculture in Cuba Beginner

Isenberg School of Management 123

Vince Cirasole: Proprietor of landscaping service business, organic gardener, seller of vegetables.

I have made about 10 trips to Cuba to study their organic farming activities. I discovered that organic farming is the standard agricultural process throughout the country. I believe them to be the world's leaders in organic research and practices. I will be sharing how they got so involved in organics; how their farming system works; their urban gardening innovations; their international collaborations; and how their society contrasts with ours.

213) Potatoes: Not Just Round and White!\* Intermediate

Campus Center 101

Abby Seaman: Extension educator with the NY State Integrated Pest Management Program.

Works with vegetable growers on pest management issues and collaborates with organic farmers on research.

Michael Glos: Farms at Kingbird Farm and also works at Cornell University in Plant Breeding and Pathology on potatoes and breeding varieties for organic systems.

Learn about the astonishing variety of color, shape, and size available in new and heirloom potato varieties, as well as cultural and pest management practices to help produce a successful crop of organic potatoes.

214) Producing an Organic Compost for the Current Markets\*\* Intermediate

Campus Center 163C

Robert Kelly: Professional engineer who has designed specialty soils for over 10 years.

Federal and state parameters for accepting Organic Composts for use in complying with agricultural certifications have changed in the past two years. In addition, residential interest in using organic products has increased greatly in the past year. This workshop will analyze the differences in the two markets and the requirements for each.

215) Singing for Love of Land and Life All levels

Isenberg School of Management 125

Eveline MacDougal: Founder of Amandla Community Chorus and Greenfield, MA community garden.

We will do a variety of rounds, 4-part harmony songs, and music from around the world. This workshop has a history of producing astounding sounds!

216) The Ecological Impact of Factory Farming All levels  
Isenberg School of Management 122

Drew Wilson: Community organizer, writer and food justice advocate.

These days global warming is on everyone's mind. Did you know the UN recently released a report indicting factory farming as the top producer of greenhouse gases? You'll leave this workshop armed with info and stats about how factory farming is polluting our earth and messing with our climate.

217) TOUR: Insect Biology and Management, Simple Gifts Farm\*\* Intermediate  
Ruth Hazzard: Studies insect biology and novel strategies for keeping vegetable crops healthy. Vegetable specialist for UMass Extension.

I will lead a hands-on tour of the insects found in vegetable crops at Simple Gifts Farm, up the road from UMass, to learn about their lives and how they interact with plants. What do we look for, and when? How much of their feeding can we – and our customers — tolerate? Where is biological control happening, and how can we enhance it? What cultural practices make a difference? What organic insecticides work? This adds up to an organic integrated pest management approach. We'll explore brassicas, potatoes, cucurbits, onions, greens, eggplants, peppers. Since it's August, we'll likely find and discuss a plant disease or two along the way. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and Fine Arts Center. Simple Gifts Farm will be on the right in less than a mile. There is a big sign out by the road. ADDRESS: 1089 N. Pleasant St, Amherst, MA.

218) Traditional Pickling/Lacto-Fermentation Beginner-Intermediate  
Campus Center 174-76

Dan Rosenberg: Professional pickler (owner of Real Pickles).

Learn about lacto-fermentation, the original and healthy way of making pickles, sauerkraut, and other traditional foods. We'll discuss the history, microbiology, and basic procedures of this ancient practice, as well as the health benefits associated with eating these foods. I'll demonstrate preparing small batches in mason jars and have some finished samples on hand for tasting.

219) Urban Beekeeping\*\* Beginner  
Campus Center 905-09

Jean-Claude Bourrut LaCouture: Organic farmer; beekeeper for 20 years.

What does it take to start and manage bee hives in an urban or suburban setting while using organic approaches to hive pests and diseases? Learn about the fun, rewarding, and fascinating ecology of beekeeping. Local laws, etiquette, personal responsibilities, and costs will be covered.

TEEN WORKSHOP – SUNDAY 1:00-2:30 PM – Grad Lounge, Campus Center

220) Needle Felting

Julia Agron

Needle felting is an exciting, inexpensive and portable new technique that uses nothing but a special needle, dyed wool, and your own imagination to paint, sculpt and embellish. You will leave the workshop with a finished piece and all the tools you need to keep on working.

221) Writing Music For Social Change

Tom Neilson: Award winning songwriter who does creative arts with children.  
Participants will collectively write songs about social issues.

**CHILDREN'S WORKSHOPS – SUNDAY 1:00 – 2:30 PM – Cape Cod Lounge, Student Union**  
222) Plant Part Salad (Ages 7-12)

Lauren Adler: works for School Sprouts Educational Gardens where she has been teaching gardening to children for the past 3 years

In this workshop, children will learn about the 6 parts of a plant -- roots, stems, leaves, flowers, fruits, and seeds. We will then prepare and enjoy plant part salad.

223) Play Party Dancing (Ages 7-12)

Valerie Walton: Music teacher and jazz musician.

These are dances and singing games, some of which originated in the rural south, probably by African American field worker children, and some from the Caribbean. We will use our voices, clapping, body percussion, and a CD player as musical accompaniment.

224) Pond Creatures (Ages 5-12)

Leah Penniman: Loves to learn outside with young people.

Jonah Vitale-Wolff: Builds houses out of wood, straw, and mud.

We will collect some muck from the edges of the pond to spread in pans and then use magnifiers and field microscopes to discover small animals. We will also try to spot larger animals, such as fish and frogs. We will use field guides to learn the names of the creatures we find!