

## ADULT WORKSHOPS BY CATEGORY

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

### ALTERNATIVE ENERGY AND THE ENVIRONMENT

- 1) Attached Greenhouse for Food, Heat, and Hot Water: Friday 2:00-3:30PM
- 29) DIY Alternative Energy on the Farm: Friday 4:00-5:30PM
- 64) Power Your Farm with Renewable Energy: Saturday 8:00-9:30AM
- 143) Fossil Fuel Free Farming: Sunday 8:00-9:30AM

### ANIMALS

- 159) Cattle Genetics for 100% Grass-Fed Beef Production: Sunday 10:00-11:30AM
- 10) Natural Honeybee Management: Friday 2:00-3:30PM
- 35) How & Why to Keep Bees in Top Bar Hives: Friday 4:00-5:30PM
- 111) How to Get Started in Beekeeping: Saturday 1:00-2:30PM
- 19) Whole Farm Organism Dairying for the Northeast - Pt. 1: Friday 2:00-3:30PM
- 45) Whole Farm Organism Dairying for the Northeast - Pt. 2: Friday 4:00-5:30PM
- 85) Health and Homeopathy for Dairy Cows: Saturday 10:00-11:30AM
- 123) The Family Cow: Saturday 1:00-2:30PM
- 6) Hands-on Draft Horses: Friday 2:00-3:30PM
- 55) Grazing Basics 101: Saturday 8:00-9:30AM
- 145) Integrating Livestock and Vegetable Production: Sunday 8:00-9:30AM
- 185) Animals and Crops: Integration in Agroecology: Sunday 1:00-2:30PM
- 58) Llamas 101 – South American Camelid Essentials: Saturday 8:00-9:30AM
- 80) Andes Alive: Saturday 10:00-11:30AM
- 115) Llama Management – Haltering, Grooming, Handling: Saturday 1:00-2:30PM
- 131) Llamas on the Lawn: Saturday Fair: 3:00PM-5:00PM
- 117) Nature as Mentor: Rearing Pigs with Biology: Saturday 1:00-2:30PM
- 12) Organic Turkeys: Friday 2:00-3:30PM
- 39) Raising Chickens From Day-old to Maturity in Your Back Yard: Friday 4:00-5:30PM
- 81) City Chickens: Keeping Hens in Cities & Towns: Saturday 10:00-11:30AM
- 171) Sustainably Raising Chickens: Sunday 10:00-11:30AM
- 32) Grass-fed Sheep Production and Management: Friday 4:00-5:30PM
- 83) Farm or City: Raise and Use your Own Fiber: Saturday 10:00-11:30AM
- 110) FAMACHA Certification for Small Ruminant Farmers: Saturday 1:00-2:30PM

### CHILDREN'S WORKSHOP

- 20) 2010 NOFA Mural Painting: Friday 2:00-3:30PM
- 21) Creative Cuisine For Kids: Friday 2:00-3:30PM
- 22) Outdoor Games: Friday 2:00-3:30PM
- 23) Wild About Flowers, a Botany Adventure: Friday 2:00-3:30PM
- 47) Building Fairy Houses: Friday 4:00-5:30PM
- 48) Felting Fun: Friday 4:00-5:30PM
- 72) Angora Rabbits For Young Children: Saturday 8:00-9:30AM

- 73) MIX IT UP; Make Soil, A Pot & A Plant: Saturday 8:00-9:30AM
- 74) Music Time With Tad: Saturday 8:00-9:30AM
- 98) Butter Making for Kids: Saturday 10:00-11:30AM
- 99) Candle Lanterns: Saturday 10:00-11:30AM
- 100) Patchwork and Quilting: Saturday 10:00-11:30AM
- 101) Wildcraft: Herbal Adventures: Saturday 10:00-11:30AM
- 126) Don't Let Them Tell You That! Protest Poster Making: Saturday 1:00-2:30PM
- 127) Happy Dan Parade Prep!: Saturday 1:00-2:30PM
- 130) Dogs Herd Ducks; Kids Herd Kids: Saturday Fair: 3:00PM-5:00PM
- 154) Make a Flower Fairy: Sunday 8:00-9:30AM
- 155) Sprout Magic: Sunday 8:00-9:30AM
- 156) Victorian Games: Sunday 8:00-9:30AM
- 178) Hopscotch: Sunday 10:00-11:30AM
- 179) Learn to Draw Your Favorite Animals: Sunday 10:00-11:30AM
- 180) Play Party Rhythm Games and Dances: Sunday 10:00-11:30AM
- 181) Silly Science: Sunday 10:00-11:30AM
- 202) Cattle Care: Sunday 1:00-2:30PM
- 203) Outdoor Games: Sunday 1:00-2:30PM
- 204) Story Time in American Sign Language: Sunday 1:00-2:30PM

#### CROPS

- 33) Growing Great Fall Brassicas: Friday 4:00-5:30PM
- 56) Greenhouse Crop Selection for Specialty Customers: Saturday 8:00-9:30AM
- 113) Insect Pests on Vegetables: Saturday 1:00-2:30PM
- 140) Double Cropping and Season Extension: Sunday 8:00-9:30AM
- 169) Small-scale Grain Production: Sunday 10:00-11:30AM
- 198) Small Grains on Small Farms: Sunday 1:00-2:30PM
- 195) Growing Winter Greens: Sunday 1:00-2:30PM
- 9) Mycoscaping: Mushrooms in the Permaculture Landscape: Friday 2:00-3:30PM
- 89) Mushrooms in the Northeast: Saturday 10:00-11:30AM
- 148) Potato Culture: Sunday 8:00-9:30AM

#### FARM ECONOMICS AND MANAGEMENT

- 2) CSA – Quality Production for the Entire Season: Friday 2:00-3:30PM
- 8) Managing Towards A Triple Bottom Line: Friday 2:00-3:30PM
- 18) USDA Introduces New Risk Management Tools for Organic Producers: Friday 2:00-3:30PM
- 27) Approving Organic Materials and Ag Inputs: Friday 4:00-5:30PM
- 61) Nuts & Bolts of a Financially Successful Business: Saturday 8:00-9:30AM
- 68) Starting A Farm: Saturday 8:00-9:30AM
- 92) Permaculture For Farmers: Saturday 10:00-11:30AM
- 120) Season Extension For the Winter CSA and Home Garden: Saturday 1:00-2:30PM
- 122) Sustaining Organizational Momentum: Saturday 1:00-2:30PM
- 149) Resources & Inspiration for Women Farmers: Sunday 8:00-9:30AM
- 150) Starting and Managing a CSA with Permaculture Principles: Sunday 8:00-9:30AM
- 163) Financial Permaculture & Ecosystem Investing: Sunday 10:00-11:30AM
- 192) Easy and Free Computer Farm Record Keeping: Sunday 1:00-2:30PM

170) Starting a CSA: Sunday 10:00-11:30AM

#### FARMING AND THE COMMUNITY

11) Neighboring Food Co-ops: Working for a Sustainable Future: Friday 2:00-3:30PM

43) Transition Towns: Building Community Resilience in a Time of Change: Friday 4:00-5:30PM

46) Working for a Co-operative Economy!: Friday 4:00-5:30PM

51) 35 Years Growing Co-ops!: Saturday 8:00-9:30AM

95) The Details of High School Composting and Gardening: Saturday 10:00-11:30AM

77) Acquiring a Farm - Pt.1: Saturday 10:00-11:30AM

105) Acquiring a Farm - Pt. 2: Saturday 1:00-2:30PM

162) Cultivating the Campus: Growing Food and Consciousness: Sunday 10:00-11:30AM

190) Building Community Gardens that are Accessible to all People: Sunday 1:00-2:30PM

#### FOOD AND FAMILY

144) Growing Edible Sprouts at Home: Sunday 8:00-9:30AM

196) Nourishing Our Children: Sunday 1:00-2:30PM

#### FOOD AND FARM EDUCATION

16) The Farm as Classroom: Learning to Farm and Farming to Learn: Friday 2:00-3:30PM

30) Ecological Literacy Through Permaculture: Friday 4:00-5:30PM

172) The Birds and the Bees: Urban Agriculture and Environmental Education: Sunday 10:00-11:30AM

191) Creating Vibrant Youth Programs: Sunday 1:00-2:30PM

#### FOOD PRESERVATION AND COOKING

3) Easy no-Knead Artisan Bread at Home: Friday 2:00-3:30PM

7) Making your Own Salad Dressings with Fresh Herbs: Friday 2:00-3:30PM

37) Microbes: Friend or Foe? Or: Why Eat More Yogurt and Sauerkraut: Friday 4:00-5:30PM

52) Cultured Dairy Products: Saturday 8:00-9:30AM

78) Advanced Lacto-Fermentation (Vegetables): Saturday 10:00-11:30AM

87) Introduction to Water Bath Canning: Saturday 10:00-11:30AM

107) Eating Well on a Budget: Pressure Cookers, Crock Pots, and Using the Whole Hog: Saturday 1:00-2:30PM

#### FRUITS, NUTS AND TREES

44) Tree and Plant Whispering: An Experience: Friday 4:00-5:30PM

63) Pomona's Secrets: Hardy, Delectable, Pest-free Fruits: Saturday 8:00-9:30AM

93) Pruning Berry Plants: Saturday 10:00-11:30AM

121) Small Fruit on a Certified Organic Farm: Saturday 1:00-2:30PM

151) The Home Apple Orchard: Sunday 8:00-9:30AM

57) Hickory Gardens: A Permaculture Homestead: Saturday 8:00-9:30AM

79) Agroforestry in the Northeast: Saturday 10:00-11:30AM

#### GARDEN AND GREENHOUSE

- 138) Carbon Neutral/Carbon Negative Greenhouse Production: Sunday 8:00-9:30AM
- 176) Winter Vegetable Production for the Backyard Gardener: Sunday 10:00-11:30AM
- 194) Gardening in Small Spaces: Sunday 1:00-2:30PM

#### HERBS AND FLOWERS

- 5) Farm to Pharmacy: Agriculture, Education, and Herbal Medicine: Friday 2:00-3:30PM
- 38) Propagating Field Grown Herbs: Friday 4:00-5:30PM
- 59) Making Herbal Creams, Oils and Lip Balms: Saturday 8:00-9:30AM
- 165) Growing Herbs in Containers: Sunday 10:00-11:30AM
- 187) Backyard Medicinal Herb Walk: Sunday 1:00-2:30PM

#### INTERNATIONAL AGRICULTURE

- 62) Permaculture in New Zealand: Saturday 8:00-9:30AM
- 164) GMO Crisis in Maya Land- Heirloom Seeds, and Multi-nationals: Sunday 10:00-11:30AM

#### LAND CARE

- 4) Edible Landscapes: Friday 2:00-3:30PM
- 41) Social Entrepreneurship: A New Kind of Social Justice: Friday 4:00-5:30PM
- 94) Responsible Stewardship of the College Campus: Saturday 10:00-11:30AM
- 118) Permaculture Principles in Home Landscape Design: Saturday 1:00-2:30PM
- 147) Pollinator-friendly Landscaping: Sunday 8:00-9:30AM
- 161) Creating Enthusiasm for Change in Your Community: Sunday 10:00-11:30AM
- 184) An Upstart in the Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive?: Sunday 1:00-2:30PM

#### MARKETING

- 14) Red Tomato—a Model of Regional Wholesale Distribution to Supermarkets: Friday 2:00-3:30PM
- 40) Share Your Farm Story and Harvest Media Coverage: Friday 4:00-5:30PM

#### NOURISHING TRADITIONS SEMINAR

- 70) Pt. 1: The Oiling of America/The Cholesterol Myths: Saturday 8:00-9:30AM
- 90) Pt. 2: Nourishing Traditional Diets -- The Key to Vibrant Health: Saturday 10:00-11:30AM
- 119) Pt. 3: Principles of Healthy Traditional Diets: Saturday 1:00-2:30PM
- 134) Pt. 4: A Campaign for Real Milk: Sunday 8:00-9:30AM
- 166) Pt. 5: How to Change Your Diet for the Better: Sunday 10:00-11:30AM
- 188) Pt. 6: Breakfast, Lunch and Dinner: Sunday 1:00-2:30PM

#### NUTRITION AND HEALTH

- 17) The Public Health Imperative for Sustainable Agriculture: Pastured Meat: Friday 2:00-3:30PM
- 54) First Aid Homeopathy for Gardeners and Family: Saturday 8:00-9:30AM
- 86) Herbal Remedies 101: A Demonstration: Saturday 10:00-11:30AM
- 116) Lyme Disease: Naturopathic and Conventional Approaches to Treatment: Saturday 1:00-2:30PM

- 141) Environmental Medicine: A Naturopathic View - Pt. 1: Sunday 8:00-9:30AM
- 160) Chemicals, Hormone Disruption & Immune Effects - Pt. 2: Sunday 10:00-11:30AM
- 158) Apitherapy: Healing with Hive Products: Sunday 10:00-11:30AM
- 200) Weston A. Price Foundation Principles in Medicine and Dentistry: Sunday 1:00-2:30PM

#### OF THE SPIRIT

- 36) Louis Bromfield and the Literature of Place.: Friday 4:00-5:30PM
- 146) Peace/Earth/Healing/Sing: Sunday 8:00-9:30AM
- 168) Singing for Activism, Fun, and Transformation: Sunday 10:00-11:30AM
- 177) Yoga for Farmers and Gardeners: Sunday 10:00-11:30AM

#### POLITICS AND POLICY

- 13) Organics & the Movement for Climate Justice: Friday 2:00-3:30PM
- 31) Getting Leadership: From Sustainable Food to Social Equity: Friday 4:00-5:30PM
- 34) Growing Organic in USDA Conservation Programs: Friday 4:00-5:30PM
- 84) Farmers' Rights: Raw Milk, Poultry Processing & More: Saturday 10:00-11:30AM
- 106) DEBATE: Can Biochar Help Address the Climate Crisis?: Saturday 1:00-2:30PM
- 109) Fair Trade – Why Not Try It Here?: Saturday 1:00-2:30PM
- 132) NOFA Policy Issue Forum: Saturday Fair: 3:00PM-4:30PM
- 133) A Place for Us: People of Color in the Organic Movement: Saturday Fair: 4:00PM-5:30PM
- 153) Updates on Governmental Food Safety Initiatives and Effects on Farmers: Sunday 8:00-9:30AM
- 174) Twenty Years Later – The Organic World Since the OFPA: Sunday 10:00-11:30AM

#### PRACTICAL SKILLS

- 60) Natural Self Care: Saturday 8:00-9:30AM
- 66) Small Engine and Lawnmower Repair: Saturday 8:00-9:30AM
- 88) Knots for Farming and Living: Saturday 10:00-11:30AM
- 137) Building a Root Cellar: Sunday 8:00-9:30AM
- 142) Felting Wool: Sunday 8:00-9:30AM
- 193) For the Love of Fiber: Sheep to Shawl Overview: Sunday 1:00-2:30PM
- 197) Preventing Back Injuries on the Farm and in the Garden: Sunday 1:00-2:30PM

#### SOIL AND FERTILITY

- 15) Soil Fertility in Organic Farming: Friday 2:00-3:30PM
- 26) A Practical Experience with the Promise of Biochar: Friday 4:00-5:30PM
- 28) Compost Technologies for Soil and Plant Health: Friday 4:00-5:30PM
- 53) Degraded Lands Restoration: Farming the Other 90% of the Landscape: Saturday 8:00-9:30AM
- 65) Principles, Protocols, Products for Nutrient Density: Saturday 8:00-9:30AM
- 67) Soil Health: Saturday 8:00-9:30AM
- 69) The History, Science and Art of Biochar: Saturday 8:00-9:30AM
- 82) Composting for Beginners: Saturday 10:00-11:30AM
- 96) Unraveling the Mystery of Humus and Humic Acids: Saturday 10:00-11:30AM
- 97) Vermiculture: The Wonderful World of Worm Composting: Saturday 10:00-11:30AM
- 104) A Farmer's Report Along the Path to High Brix: Saturday 1:00-2:30PM

- 108) Ecological Technologies for Community Resilience – Soldier Flies: Saturday 1:00-2:30PM
- 112) Human Manure and Sustainability: Saturday 1:00-2:30PM
- 135) Biodynamics: What's It All About?: Sunday 8:00-9:30AM
- 136) Biological Farm Management of Pastures and Hayfields: Sunday 8:00-9:30AM
- 167) The Science of Quality and a Strategy for Nutrient Density Standards: Sunday 10:00-11:30AM
- 189) Build Rich Soil with Keyline Design: Sunday 1:00-2:30PM
- 201) Worm Composting - From The Ground Up.: Sunday 1:00-2:30PM

#### TEEN WORKSHOP

- 24) Tie-Dying: Friday 2:00-3:30PM
- 50) Filmmaking is for Anyone: Friday 4:00-5:30PM
- 75) Global Hunger and Heifer International: Saturday 8:00-9:30AM
- 102) How to Bag Waste: Saturday 10:00-11:30AM
- 103) Preparing Wild Edibles and Weeds: Saturday 10:00-11:30AM
- 128) Honeybee Ecology: Saturday 1:00-2:30PM
- 157) Backyard Chickens: Sunday 8:00-9:30AM
- 183) Working Oxen: Sunday 10:00-11:30AM
- 205) A Real Food Connection: Hopi Blue Corn: Sunday 1:00-2:30PM
- 206) Yes, Teens Don't Have to Go to School: Sunday 1:00-2:30PM
- 25) Weave and Spin a Rabbit: Friday 2:00-3:30PM
- 49) Aromatherapy Basics: Friday 4:00-5:30PM
- 76) Small Structures: Saturday 8:00-9:30AM
- 129) Making Herbal Bodycare: Saturday 1:00-2:30PM
- 182) Play & Think & Play Some More: Sunday 10:00-11:30AM

#### TOURS

- 42) Brookfield Farm's CSA Management: Friday 4:00-5:30PM
- 71) Hampshire College Farm Tour: Saturday 8:00-9:30AM
- 124) Cover Crops for Soil and Crop Health: Saturday 1:00-2:30PM
- 125) Sidehill Farm Dairy: Saturday 1:00-2:30PM
- 152) Simple Gifts Farm's CSA Management: Sunday 8:00-9:30AM
- 173) Simple Gifts Farm: Integrating Livestock and Vegetable Production: Sunday 10:00-11:30AM
- 199) UMass Student Farm - Organic Research: Sunday 1:00-2:30PM

#### URBAN AGRICULTURE

- 91) People Power in Urban Community Gardens (Bronx, NY): Saturday 10:00-11:30AM
- 114) La Finca: Supporting New Farmers in Holyoke, MA: Saturday 1:00-2:30PM
- 139) Community-based Approaches to Urban Food Security: Sunday 8:00-9:30AM
- 175) Urban and Suburban Agriculture: Sunday 10:00-11:30AM
- 186) Arcosanti, Paolo Soleri, and Ecological Cities: Sunday 1:00-2:30PM