

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 (for a full listing, see page #- insert it here Don).

ADULT WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM

1) Attached Greenhouse for Food, Heat, and Hot Water *All levels*

Campus Center 165-69

Bob Jennings: Architectural structural engineer with experience in greenhouses & solar hot air & hot water systems.

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

2) CSA – Quality Production for the Entire Season *Intermediate-Advanced*

Campus Center 805-09

Julie Rawson: Lifelong farmer, CSA for 19 years, 120 members, 31 weeks.

Focusing foremost on fertility, then on timing, for planting, succession cropping and growing under cover, we will discuss a rich crop mix to keep the CSA bags full, varied and delicious. We will discuss each crop in turn and in detail.

3) Easy no-Knead Artisan Bread at Home *Beginner*

Brett Lounge 328

Linda Ugelow: Farms (small-scale), 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 gluten free for cooking in the oven, on the stove or in a toaster oven.

4) Edible Landscapes** *All levels*

Campus Center 811-15

Laura Kelley: All natural honeybee keeper, organic landscaper, land designer, nutritionist, naturalist.

Grow flavorful edibles throughout your landscape. Adding nutrition to your soil incorporates minerals for plants your loved-ones will enjoy. Why not have a yard full of flavors? With a 30 minute showing of Beeography we will see the importance of honeybees in the pollination process that is essential for plants to grow. Keeping edible bounty throughout your land is flavorful and fun!

5) Farm to Pharmacy: Agriculture, Education, and Herbal Medicine *All levels*

Campus Center 903

William Siff: Licensed acupuncturist & herbalist, director of Goldthread Herb Farm.

Come and learn about how the innovative Farm to Pharmacy internship program is combining the concepts of community supported agriculture, education, and herbal medicine to create a sustainable, cost-effective, non-toxic, community-based healthcare model!

6) Hands-on Draft Horses *All levels*

Outside: Meet at the Horses

Dale Perkins: Works with horses at Mesa Farm in Rutland, MA.

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

7) Making your Own Salad Dressings with Fresh Herbs *All levels*

Brett Lounge 001

Leslie Cerier: www.lesliecerier.com; The organic gourmet chef; author; educator; photographer; environmentalist.

“Moroccan Tahini Dressing with Cilantro”, “Avocado Dressing with Garlic Scapes”, “Basil-Oregano Vinaigrette”, “Garlicky Basil Dressing” are some of the delicious, versatile dressings that we will make together. Come learn how to mix and match fresh herbs to make flavorful, quick and easy globally-inspired recipes for summer salads. Tasty samples.

8) Managing Towards A Triple Bottom Line *All levels*

Campus Center 904-08

Seth Wilner: UNH Cooperative Extension Agricultural Educator, certified in Holistic Management.

This workshop will provide an overview of the Holistic Management Framework. Participants will leave this workshop with the ability to set a whole farm goal, look at their farm environmental conditions through a different lens, and gain new techniques for deriving greater farm profits.

9) Mycoscaping: Mushrooms in the Permaculture Landscape** *All levels*

Campus Center 804-08

Rafter Sass: Permaculture designer, activist/educator, mycophile, & graduate student in ecological design.

If you are only growing plants and animals, you're missing out! There is an entire other kingdom to explore - and eat. I'll give an overview of several easy-entry mushroom growing techniques, and what's involved in scaling up to market production. I'll put it all in the context of historical, present-day, and emerging practices, with a focus on integration with ecologically-managed, multifunctional landscapes.

10) Natural Honeybees Management** *Beginner*

Campus Center 905-09

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

Start beekeeping on the right foot for a sustainable natural system in the time of mites, Colony Collapse Disorder, and multiple pests. Material, set-up, low input- low labor system of apiculture, and natural management. There will be time to discuss issues you are interested to bring up within the topic.

11) Neighboring Food Co-ops: Working for a Sustainable Future *All levels*

Campus Center 163C

Robyn O'Brien: General Manager of the Putney Food Co-op in Putney, VT.

Erbin Crowell: Works with the Cooperative Fund of New England.

As community owned businesses, food co-ops have long been leaders in local, organic and fairly traded foods in the Northeast. Come learn about how food co-ops are collaborating with local producers and other co-operatives to build a thriving regional economy and how you can get involved.

12) Organic Turkeys *Beginner*

Campus Center 917

Lynda Simkins: Director of Natick Community Organic Farm & farmer for 30 years.

I will start with brooding of day olds through slaughter. I will talk about housing, feed, special requirements, and any other questions that come up.

13) Organics & the Movement for Climate Justice *All levels*

Campus Center 174-76

Brian Tokar: Author, educator, & director of the Institute for Social Ecology.

Rachel Smolker, PhD: Codirector of Biofuelwatch, biologist, author, and a climate activist.

How can organic farming best contribute to solving the global climate crisis? We will address the contribution of industrial farms to global warming, the widespread false solutions (GMOs and agricultural offsets), and ways that organic farmers and consumers can best contribute to the growing movement for climate justice.

14) Red Tomato—a Model of Regional Wholesale Distribution to Supermarkets *Intermediate*
Campus Center 162-75

Michael Rozyne: Co-director of Red Tomato; previously co-founder of Equal Exchange.

Sue Futrell: Director of marketing for Red Tomato.

Reaching millions of people in the Northeast with farm-identified locally-grown fruits and vegetables requires a supermarket strategy that treats farmers fairly. Red Tomato, a hybrid business/non-profit, has a regional wholesale distribution business emphasizing freshness and flavor, fair trade, and ecological farming (organic and advanced IPM). Here's how it works.

15) Soil Fertility in Organic Farming** *Intermediate*
Campus Center 803

Joseph Heckman: Professor of Soil Science, Rutgers University, & hobby organic farmer.

A soil fertility program for an organic farm ideally functions as an ecosystem that includes a complex rotation of annual and perennial crops integrated with livestock. I will describe practical and philosophical aspects of effectively recycling and mobilizing nutrients to build and sustain soil fertility and produce quality food.

16) The Farm as Classroom: Learning to Farm and Farming to Learn *Beginner*
Campus Center 168C

Judy Fink: Education Programs Director at Stone Barns Center.

Participants will be introduced to the benefits and joys of using farms to teach children and adults about their role in sustainable farming. I'll share how Stone Barns Center weaves education into all aspects of our farm through field trips, programs for teachers, camp, family programs and internships, and suggest resources to help farmers start their own farm-based education initiatives.

17) The Public Health Imperative for Sustainable Agriculture: Pastured Meat *All levels*
Campus Center 101

Jill Stein, MD: Physician, with environment and nutrition expertise, co-author: Environmental Threats to Healthy Aging.

Industrial agriculture and confined animal feeding contribute to the degraded nutrition in the modern diet. This increases the inflammatory effects of diet, and increases the risk of chronic diseases including heart disease, diabetes, asthma and Alzheimer's. These risks can be reduced by eating sustainably produced food, including pasture fed animal products.

18) USDA Introduces New Risk Management Tools for Organic Producers *Beginner-Intermediate*
Campus Center 911-15

Clifton Parker: 30+ years of service to USDA Risk Management Agency. Works with Custom Ag Solutions under a contract to educate organic producers about USDA programs.

USDA is looking closely at the benefits of Organic Production. This workshop will outline what USDA has to offer organic producers. The workshop will cover programs that were developed in coordination with organic organizations to help protect organic production in the US. I'll cover USDA programs for organic producers and changes in USDA programs over the past few years.

19) Whole Farm Organism Dairying for the Northeast - Pt. 1 of 2* *All levels*
Campus Center Auditorium

Jack Lazor: Organic homesteader, dairy farmer, grower of grain for humans & animals, & a processor of organic yogurt & Jersey cream for 35 years. Farms about 375 acres of land with wife, Anne, in Westfield, VT, near Canadian border.

Health and wellbeing begin with mineralized, high humus soil. In this first part of a two-part workshop (the second follows immediately at 4:00pm), we explore the relationship between good earth care and the dairy as a farm organism unto itself. Part one concentrates on soil testing, interpretation, and the addition of amendments necessary to produce healthy, mineralized forages. We will run some soil tests, so bring a soil sample if you wish.

CHILDREN'S WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM

20) 2010 NOFA Mural Painting

Cape Cod Lounge

Ages 6-12

Rachel Silverman: Designer and Art Teacher dedicated to sparking children's creative process.

Children will design and create the annual painted banner that will lead the parade during the Saturday fair. Lots of fun and some mess, so bring a smock or old clothes that can get painty.

21) Creative Cuisine For Kids

Cape Cod Lounge

Ages 7-12

Polly Jutras: First year farmer and professional personal chef.

We will prep salad from the Fletcher Community Farm in Haverhill, MA, make salad dressing and organic hummus and share the meal with others at the Children's Conference.

22) Outdoor Games

Cape Cod Lounge

Ages 8-12

Donnie Cox: Farmer, musician, philosopher, previous boys and girls club counselor.

We will play games such as ultimate frisbee, soccer and four square.

23) Wild About Flowers, a Botany Adventure

Cape Cod Lounge

Ages 6-12

Lorna Wooldridge: Homeschooling Mom, UK qualified teacher, creator of www.wiseowlworkshops.com.

Philip Wooldridge: Homeschooling dad, software engineer, loves to fix things.

Through stories, games, a computer slideshow and hands-on learning, we will teach the differences between flowers, shrubs and vines; the language of flower identification; and how to use a guide for classification and identification.

TEEN WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM

24) Tie-Dying

Grad Lounge

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.

25) Weave and Spin a Rabbit

Grad Lounge

Jill Horton-Lyons: Jill started spinning, weaving and raising rabbits before teens were born.

Jim Lyons: Reluctant shepherd, not a spinner. Built his first hutch in 1987.

Teens will learn about basic rabbit care, housing, feeding and handling. We'll explain spinning and weaving, then each person will pluck and spin some angora yarn. Each person will warp a small bookmark loom and will use their handspun yarn to make the bookmark.

ADULT WORKSHOPS – FRIDAY, AUGUST 13: 4:00-5:30 PM

26) A Practical Experience with the Promise of Biochar** *All levels*

Campus Center 174-76

Barry Hollister: Gardener – Facilitator – Eco-preneur – Northeast Biochar Association Board.

David Yarrow: Healer, naturalist, Earth advocate, food activist, teacher, journalist, dowser, taozer.

Discover how the pyrolysis process for creating biochar works and how it can work for you producing heat and gases for electricity, sequestering carbon, water purification, restoration and retention in the soil, increasing soil fertility as a residence for microorganisms, and increasing crop yields and farm profitability while building community wealth.

27) Approving Organic Materials and Ag Inputs** *Intermediate-Advanced*

Campus Center 911-15

Don Franczyk: Executive Director of Baystate Organic Certifiers; semi-retired organic farmer.

Have you ever wondered why organic farmers can't use synthetic biodegradable mulch, or what input products are organically approved for nutrient density programs? This workshop will focus on the logic and process for what input materials are allowed in organic agriculture, and what materials are prohibited and why. Extensive Q&A addressing your own materials questions.

28) Compost Technologies for Soil and Plant Health** *Advanced*

Campus Center 805-09

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

Participants of this workshop will be able to apply knowledge in the use of compost in nearly every growing scenario. Nutrient cycling and sequestration, soil structure, water management, soil biology, compost production, soil amendments and compost tea applications will be discussed in detail.

29) DIY Alternative Energy on the Farm *Intermediate*

Campus Center 101

Bill MacKenty: Longtime druid greenman & scrounger for 60 years!

This slideshow will go through how we at St. Lawrence Nurseries set up photovoltaic, hot water, wind energy, coolers and other systems on our farm. Slides will show how we built each separate system using inexpensive, home-built, do-it-yourself construction. Emphasis will be placed on indispensable hardware while analyzing where you can save money and build a better system. I'll help you circumvent mistakes we have made in the past.

30) Ecological Literacy Through Permaculture *All levels*

Campus Center 804-08

Nelson Lebo: 20 years as environmental educator, now PhD candidate.

This cutting edge educational research seeks to enhance scientific and ecological literacy in a high school science classroom by using permaculture as the lens through which to study science. Key concepts include systems thinking, transformative learning theory, and ecological design.

31) Getting Leadership: From Sustainable Food to Social Equity *All levels*

Brooks Lounge

Rafter Sass: Permaculture designer, activist/educator, mycophile, & graduate student in ecological design.

How does our work in food production relate to our dreams of an equitable society? Often enough, it seems like the answer is: it doesn't. That can change. We can chart a course that starts from our own work and passions and moves us in the direction of real, ecological AND social sustainability. I'll present some

strategic tools and perspectives, offer some short exercises, and facilitate lots of discussion.

32) Grass-fed Sheep Production and Management *All levels*

Campus Center 904-08

Dale Perkins: Raises small flock of sheep at Mesa Farm in Rutland, MA.

I'll cover the basics of sheep production with an emphasis on grass-fed production. Included will be health, nutrition, reproduction, marketing and pasture management.

33) Growing Great Fall Brassicas *Intermediate-Advanced*

Campus Center 162-75

Nancy Hanson: Manager of the Hampshire College CSA since 1999.

Members of the Brassica family -- broccoli, cauliflower, cabbage, and others -- are an important part of the fall crop mix at the Hampshire CSA. I will discuss methods of fall production from variety selection to harvest.

34) Growing Organic in USDA Conservation Programs *All levels*

Campus Center 803

Traci Bruckner: Assistant Director, Rural Policy Program, Center for Rural Affairs, Lyons, Nebraska.

Martha Noble: Senior Policy Associate, National Sustainable Agriculture Coalition, Washington, DC.

Although USDA's Natural Resources Conservation Service (NRCS) distributes millions of dollars yearly to help farmers with on-farm conservation activities, organic producers get surprisingly little. But you can change that in your state. Learn how participation of organic farmers on State Technical Committees and Local Working Groups can influence NRCS to recognize and reward organic agriculture's conservation benefits.

35) How & Why to Keep Bees in Top Bar Hives *All levels*

Outside: Meet at the Hives

Christy Hemenway: An emerging leader & educator in sustainable beekeeping.

A top bar hive lets bees make their own beeswax. Learn why this matters! This introductory workshop will demonstrate this natural, green method of keeping our important pollinators healthy.

36) Louis Bromfield and the Literature of Place. *Beginner*

Campus Center 165-69

Charles D. Sherzi, Jr.: Certified arborist & accredited land care professional.

As most of our lives recede farther and farther from the land, these writings remind us of our connection to the land and the importance of soil as a vital resource. The literary work of Louis Bromfield offers fresh insight by helping to reconnect people to the land through the written word.

37) Microbes: Friend or Foe? Or: Why Eat More Yogurt and Sauerkraut *All levels*

Brett Lounge 001

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

Which microbes do we want to encourage in our insides and what illnesses might they help prevent?

What's behind the current buzz over homemade sauerkraut? What's so good about miso? If we want to ferment vegetables or other food ourselves, where can we look for helpful information? Or, if we're too busy for that, which yogurt, which sauerkraut, etc. is better to buy and why? We'll do tasting and you will leave with a simple recipe.

38) Propagating Field Grown Herbs *All levels*

Campus Center 903

Kathy Morris: Homesteader.

The “how to, when to, and why to” on propagating perennial, biennial, and annual herbs, garnered from 34 years of experience. This is a discussion and demonstration of techniques applicable to most common and not so common herbs and includes tips to aid in winter hardiness.

39) Raising Chickens From Day-old to Maturity in Your Back Yard *All levels*

Outside: Meet at the Chickens

Cynda Williams: Certified organic for poultry by Baystate Certifiers since 2006.

Learn to raise day-old chicks through the pullet age and up to layer hens. Information includes choosing breeds, housing, feed, water & weather requirements, yard requirements, specific feeding for organic or natural feeds, illnesses, problems one encounters, and whether a rooster is needed.

40) Share Your Farm Story and Harvest Media Coverage *Beginner*

Campus Center 917

Lisa Kivirist: Co-owner, Inn Serendipity Farm and Bed and Breakfast in Wisconsin.

John Ivanko: Co-author of "ECOpreneur," "Rural Renaissance" and "Edible Earth."

Learn how to identify and promote your compelling farm story, write press releases, and connect with journalists through FARM (Farm & Agriculture Resources for Media), a program of the National Sustainable Agriculture Coalition (NSAC).

41) Social Entrepreneurship: A New Kind of Social Justice *All levels*

Campus Center 811-15

Bernadette Giblin: AOLCP, community activist & owner of Safeground Organic Landcare.

What is Social Entrepreneurship? Learn the importance of putting the mission front and center.

Understand the value of being mission-driven, the power of measuring the success of projects and the need to freely share this with your constituents, clients and the others via Social Media.

42) TOUR: Brookfield Farm's CSA Management *Intermediate*

TOUR

Kerry Manire: Assistant Farm Manager at Brookfield Farm, Amherst, MA.

Overview of entire farm operation from fertility management to harvest to marketing. Special focus on CSA Management. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going south. Go through 2 lights (the 2nd one is at Rt 9) and continue straight. About 1.6 miles after you cross Rt 9, turn a slight left onto Shays Street and follow for 1.2 miles. This brings you to the South Amherst Common. Take a very slight right onto Southeast Street and follow for 1.9 miles. Turn left onto Bay Rd and follow for 0.5 miles. 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.

43) Transition Towns: Building Community Resilience in a Time of Change *All levels*

Campus Center 168C

Tina Clarke: Consultant, trainer, energy & environmental professional for 30 years.

www.transitiontowns.org, www.zeroenergypowerhouse.com

Rising energy costs, climate change, and economic instability pose challenges that require creative solutions. The Transition movement is a positive, inspiring, bottom-up approach to building community resiliency. Thousands of people around the world are now organizing “Transition Initiatives” in their towns, cities, and neighborhoods. The Transition model and process offers a successful way to engage large numbers of diverse community members in creative action to increase vitality and security in a changing world. A key aspect of the Transition model is increased community support for local agriculture and demand for local farm products.

44) Tree and Plant Whispering: An Experience** *All levels*

Campus Center 905-09

Dr. Jim Conroy, PhD: Plant Pathology, www.TheTreeWhisperer.com, www.StrengthenForests.com, teacher, grower, AOLCP.

Ms. Basia Alexander: “Chief Listener”, author, teacher, healer, co-creative practitioner Innovator, www.PartnerWithNature.org.

Realize a new paradigm: Botany in Balance. Learn about an holistic energy healing, no-product green solution to heal stressed trees, plants, crops, acreages and forests. Hear insights & plants’ secret messages. Learn why/how trees/plants go into decline. New sciences and metaphysics apply. Have hands-on experience of plant’s GROWTH ENERGY.

45) Whole Farm Organism Dairying for the Northeast - Pt. 2 of 2* *All levels*

Campus Center Auditorium

Jack Lazor: Organic homesteader, dairy farmer, grower of grain for humans & animals, and a processor of organic yogurt & Jersey cream for 35 years. Farms about 375 acres of land with wife, Anne, in Westfield, VT, near Canadian border.

In this second part of this two-part workshop (the first is at 2:00PM), we will explore dairy farm self-sufficiency; growing forages and grains in rotation for your one cow or your fifty cows. Topics for discussion will include the closed herd concept, compost and the bedded pack housing system, and on-farm milk processing.

46) Working for a Co-operative Economy! *All levels*

Campus Center 163C

Alex Jarrett: Founding member of Pedal People Co-op.

Erbin Crowell: Staff project coordinator for Valley Alliance of Worker Co-ops.

Worker co-ops are locally-owned, democratically managed alternatives for building resilient, participatory communities. We will discuss how the Valley Alliance of Worker Co-ops is working for a more just, sustainable and democratic economy, and provide feedback to people interested in starting a new co-op or converting an existing business.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 13: 4:00-5:30 PM

47) Building Fairy Houses

Cape Cod Lounge

Ages 5-10

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

Come learn about fairies and the places where they like to 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.

48) Felting Fun

Cape Cod Lounge

Ages 5-12

Iris Weaver: Spiritual herbalist; loves making things by hand.

We will take colored sheep's wool and learn to make felt! It's easy, fun, and messy. Everyone will go home with a felted ball or snake, or other object.

TEEN WORKSHOPS – FRIDAY, AUGUST 13: 4:00-5:30 PM

49) Aromatherapy Basics

Grad Lounge

Dawn Pavone: Dawn is certified in Aromatherapy through the Eclectic Institute of Aromatherapy.

Elaine Peterson: Gardener/herbalist for over 25 years who enjoys the fragrances of life.

We will cover the basics of aromatherapy. We will concentrate on qualities, uses, blending and safe handling of essential oils. Bring your noses and be prepared for some excellent scents! Participants will leave with a personalized blended product.

50) Filmmaking is for Anyone

Grad Lounge

Cheri Robartes: Filmmaker, musician and teacher in Boston.

We'll plan, cast and then shoot a (very) short film - here and now!

ADULT WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

51) 35 Years Growing Co-ops! *All levels*

Campus Center 917

Erbin Crowell: Marketing & Co-op Relations Manager with CFNE.

Betsy Black: Northwest New England Loan and Outreach Officer with CFNE.

Since 1975, the Cooperative Fund of New England has been growing co-ops, lending over \$18 million to nearly 500 co-operatives and community organizations without losing a penny of investor resources.

Come learn how our partners contribute to a sustainable regional economy and how you can become a borrower or supporter.

52) Cultured Dairy Products *Beginner*

Brett Lounge 001

Rebecca Buell: I raise a small herd of dairy goats in Petersham, MA.

In this workshop, for beginners, I will demonstrate how to make butter, yogurt, a soft cheese, and kefir – four delicious and healthful foods you can easily make in your own kitchen. I will have plenty of samples to taste.

53) Degraded Lands Restoration: Farming the Other 90% of the Landscape *All levels*

Campus Center 811-15

Ben Falk: Farms & performs design work from his degraded hillside in Vermont.

We'll view and discuss "marginal" lands agricultural strategies that utilize radical soil building and perennial cropping techniques for reinhabiting degraded New England hillsides, including: perennial cropping, mushroom mulching, fish, wetland cropping, swale-mound on contour planting, fuelwood hedges.

54) First Aid Homeopathy for Gardeners and Family *All levels*

Campus Center 904-08

Jeanne Deignan-Kosmides: Lay Homeopath & Bach Flower Remedy Consultant, E-RYT Yoga Teacher & Birth Doula.

Learn how to stay healthy & treat summer colds, sports accidents, insect bites, poison ivy, gardening strains, first aid challenges & other seasonal happenings. Learn the basics of using homeopathic medicines safely. Bring your health questions as we explore together homeopathic options.

55) Grazing Basics 101 *Beginner*

Campus Center 165-69

Mike Ghia: Grazing Technical Assistant with the UVM & a private farm consultant.

Using real examples of different types of grazing systems, this workshop will cover the basic principles of how plants grow, how to avoid overgrazing 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, parasite management, and how to avoid common grazing mistakes.

56) Greenhouse Crop Selection for Specialty Customers *Intermediate*
Campus Center 163C

Jack Algieri: Farm Manager, Stone Barns Center for Food and Agriculture.

I will relate the benefits of sound environmental practices, crop selection, method and perception to develop an efficient and viable greenhouse model for community scale. I will present practical and procedural examples developed for the greenhouse production at Stone Barns Center for Food and Agriculture.

57) Hickory Gardens: A Permaculture Homestead *Intermediate*
Campus Center 804-08

Jono Neiger: Teacher & practitioner of ecological design & permaculture.

Kemper Carlsen: Parent, gardener, teacher, cook and homesteader who loves to learn.

With stories and pictures we will show our work over the last six years at our 3-acre permaculture designed homestead. We'll cover passive solar home renovation, rainwater collection, compost toilet, gardens, forest garden, small fruit, kiwi vineyard, terraces, pond, hedgerow, tree crops, chicken forage system, woodland management, and community collaboration.

58) Llamas 101 – South American Camelid Essentials *All levels*
Campus Center 911-15

Children welcome with adult chaperone

Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant since 1987.

Participants will be introduced to reasons for keeping llamas, techniques for selecting & maintaining a trouble free herd, and essentials for successful housing, feeding & managing llamas in New England. A bibliography of resources, question time and the opportunity to meet the llamas round out this workshop. Family attendance encouraged.

59) Making Herbal Creams, Oils and Lip Balms *Beginner*
Brett Lounge 328

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

You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

60) Natural Self Care *Beginner*
Brooks Lounge

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

Our kitchen and bathroom cabinets contain hidden gems that we can use to practice natural self care everyday as well as in emergencies. I'll show you some of these items and how to use them. Empower yourself and save time and money to boot.

61) Nuts & Bolts of a Financially Successful Business *All levels*
Campus Center 805-09

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.

62) Permaculture in New Zealand *All levels*

Campus Center 803

Dani Lejnicks: Teacher, veggie-grower, permaculturist currently living in Raglan, NZ.

Nelson Lebo: 20 years as environmental educator, now PhD candidate.

Kia Ora! We will look at the permaculture movement in New Zealand, giving an interesting perspective on this “clean green” nation. We will evaluate successes and failures of the movement at the national level by exploring a wide range of projects, viewing inspirational photos, and hearing stories of kiwi culture.

63) Pomona's Secrets: Hardy, Delectable, Pest-free Fruits*, ** *All levels*

Campus Center 162-75

Lee Reich, PhD: Farmdener, writer, researcher, & consultant. Author of, "The Pruning Book," "Weedless Gardening," "Uncommon Fruits for Every Garden," & "Landscaping with Fruit."

Meet some fruits that are not well-known, but are delectable and easy to grow. These “secret” fruits of Pomona, Roman Goddess of fruits, are cold-hardy, laugh off pests, and require little care. Some -- hardy kiwi and cornelian cherry, for example -- are perfect for “luscious landscaping.” The potential for organic commercial production can be discussed.

64) Power Your Farm with Renewable Energy *Beginner*

Campus Center 905-09

John Ivanko: Co-author of ECOpreneuring, Rural Renaissance & Edible Earth.

Harvest wind and/or solar energy and spin your electric meter backwards. Explore your options with wind, solar electric and solar thermal systems based on practical knowledge drawn from Inn Serendipity B&B and Farm’s success in going fossil-fuel free.

65) Principles, Protocols, Products for Nutrient Density *Beginner*

Campus Center 168C

Daniel Kittredge: Farmer, father, organizer, entrepreneur, strategist, director of the Real Food Campaign.

Principles of Nutrient Dense Crop Production. Protocols to streamline the process, products that maximize biological functionality, and practices to monitor progress.

66) Small Engine and Lawnmower Repair *Intermediate*

Outside: Meet in the flagstones area, on patio just outside Campus Center

Robert Fuqua: Worked as small engine mechanic.

Will cover lawnmower trouble-shooting and maintenance and 4 cycle engine repair.

67) Soil Health** *All levels*

Campus Center 903

Bill Duesing: Long time organic farmer & author of "Living on the Earth."

Using the local ecosystem and nature’s processes as a starting place, I’ll teach the most important aspects of soil health: what it is, where it comes from and how to achieve it. I’ll focus especially on the role of leaves in building a healthy soil.

68) Starting A Farm *Beginner*

Campus Center 101

Elizabeth Henderson: CSA Farmer for 21 years & 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.

69) The History, Science and Art of Biochar** *All levels*

Campus Center 174-76

Hugh McLaughlin, PhD, PE: Director of Biocarbon Research, Alterna Biocarbon, Prince George, BC Canada.

Biochar is a new word for an old concept – Terra Preta. It promises to improve agricultural productivity and reduce global warming – but can it deliver on all these promises? This talk will explain how and why biochar is unique and how those unique properties will perform in the soil.

70) Nourishing Traditions Seminar - Pt. 1 of 6: The Oiling of America/The Cholesterol Myths *All levels*
Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."

How the false cholesterol theory caused Americans to abandon traditional whole foods and created an epidemic of chronic disease. With raging debates over our diets as a backdrop, this session will cut through widespread fraud in scientific studies on cholesterol and expose the dangers of cholesterol-lowering diets and drugs.

71) TOUR: Hampshire College Farm Tour *All levels*

TOUR

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, head through the center of Amherst on Pleasant St (Rt 116) going south. Go through 2 lights (the 2nd one is at Rt 9) and continue straight. The Farm Center will be on the right, about 3.1 miles after you cross Rt 9, but before the main entrance to Hampshire College. ADDRESS: 791 West Street, Amherst, MA.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

72) Angora Rabbits For Young Children

Cape Cod Lounge

Ages 2 -12

Jill Horton-Lyons: 23 years a shepherd & spinner, 20 years with angoras.

Jim Lyons: Reluctant shepherd, not a spinner.

Kids will learn what rabbits like & don't like in touching, picking up, feeding, fiber care, and housing.

We'll practice holding different rabbits- some adult, some young- and each person will pluck some bunny fur. We'll look at the rabbits and see what's similar and different on various individuals. Kids will draw a picture of a favorite and then decorate their picture with some of the fur.

73) MIX IT UP; Make Soil, A Pot & A Plant

Cape Cod Lounge

Ages 5-12

Judy Isacoff: Environmental Arts Educator and Gardening Consultant for all ages and populations.

Learn the basics of organic growing while handling and mixing the nutritious ingredients of potting soil.

We will make planting pots from newspaper, fill them with the good earth that will feed the seed, seedling or plantlet that each participant will sow to take home.

74) Music Time With Tad

Cape Cod Lounge

Ages 3-8

Tad Hitchcock: Music teacher and professional jazz guitarist who enjoys singing about the environment.

I will accompany singing, dancing, and percussion playing with my guitar as I have done with children the last 11 years as a music teacher. The songs will be about the natural world, farms, gardens, and birds.

TEEN WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

75) Global Hunger and Heifer International

Grad Lounge

JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.

What is global hunger and why does it persist in our world? In this workshop we will look at the causes and extent of this problem, and we will examine Heifer International's use of livestock and values based development to eradicate global hunger and poverty.

76) Small Structures

Grad Lounge

Edwin Santana: Sustainable farmer on a diverse family farm. Growing, building and raising sustainably. Hands-on building of small structures. Learn to build a shed and other structures such as sheds, coldframes, pig house, and chicken tractors using as much recycled material as available.

ADULT WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM

77) Acquiring a Farm - Pt.1 of 2 *All levels*

Campus Center 165-69

Bob Bernstein: Helps farm seekers and landowners prepare for and negotiate agreements.

Mike Ghia: Farm business planning; soil, crop, pasture management consultation.

Increase your understanding of farm acquisition strategies and which are best for you. Explore both purchase and lease options for acquiring a farm or farmland. Workshop provides useful information and an opportunity for individual assessment. Come learn how your vision, finances, skills and network all affect your acquisition choices and timing.

78) Advanced Lacto-Fermentation (Vegetables) *Advanced*

Campus Center 163C

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

This is a discussion-based workshop for those with prior experience lacto-fermenting vegetables. It's an opportunity to discuss successes and challenges, trade ideas, etc. You're welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters.

79) Agroforestry in the Northeast *Beginner-Intermediate*

Campus Center 803

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

Mai Frank: Western MA permaculture designer & teacher. Founder/owner of Sage Garden Designs.

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.

80) Andes Alive *All levels*

Outside: Meet at the Llamas

Children welcome with adult chaperone

Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant since 1987.

Participants will be introduced to the culture and agriculture of the Andes Mountains through the animals that live there. They will learn how animal partnerships make life possible in this area through stories, fiber and stamp craft sessions, and the opportunity to meet a Peruvian Hairless dog and a llama. Family

attendance encouraged.

81) City Chickens: Keeping Hens in Cities & Towns *Beginner*
Campus Center 917

Meg Taylor: Farm educator & 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. Handout provided.

82) Composting for Beginners** *Beginner*
Brooks Lounge

Matt Verson: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.

In this workshop we will cover how to reduce household waste while creating a source of fertility with the simple yet profound technology of composting. I will address common problems, ideal situations, and your situation. At the end of this workshop everyone should have the insight and confidence to create their own backyard compost.

83) Farm or City: Raise and Use your Own Fiber *Beginner*
Outside: Meet at the Sheep and Rabbits

Jill Horton-Lyons: 23 years a shepherd & spinner, 20 years with angoras.

Jim Lyons: Reluctant shepherd, not a spinner.

This workshop will quickly review the basics of care for angora rabbits and sheep. We will focus on different types of wool/fur from many different breeds and the appropriate uses of each. We'll cover fiber harvesting, storage, and washing. Each person will spin a bit of yarn. Sheep, rabbits, and examples of 5 fiber uses will be presented.

84) Farmers' Rights: Raw Milk, Poultry Processing & More* *All levels*
Campus Center 162-75

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

I will discuss the rights of farmers related to raw dairy products, poultry processing (on-farm v. slaughterhouse options) and other legal issues that impact small, sustainable farm operations.

85) Health and Homeopathy for Dairy Cows *All levels*
Campus Center 904-08

Anne Lazor: Organic dairy farmer using a holistic approach to cow health for the last 25 years.

I will give a brief introduction to homeopathy, to familiarize those who are not familiar with this approach to health and healing. Then I will share my experiences and insights gained from using homeopathic medicine in the care of dairy cows over the last 20 years. Discussion will be encouraged.

86) Herbal Remedies 101: A Demonstration *Beginner*
Brett Lounge 001

Sarah Stockwell-Arthen: Has been making herbal foods & 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.

87) Introduction to Water Bath Canning *Intermediate*
Brett Lounge 328

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

We will demonstrate the equipment used and how to can 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.

88) Knots for Farming and Living *All levels*

Campus Center 905-09

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

Did you know that a square knot used in the wrong way can kill you? Come learn useful knots for farming (the square knot, bowline, monkey's fist, and others) and for living (the button knot and the marlin spike knot for lanyards), and when and where to use them.

89) Mushrooms in the Northeast** *Intermediate-Advanced*

Campus Center 174-76

David Demarest: Founder of Green Mountain Mycosystems.

The identification, sustainable collection, and cultivation of many edible and medicinal mushrooms in the Northeast will be presented. Traditional healing properties and current medicinal research will also be covered. Species covered include: Artist's Conk, Reishi, Turkey Tail, Chaga, Shiitake, Oyster Mushrooms, Maitake, Chicken of the Woods, & Lion's Mane.

90) Nourishing Traditions Seminar - Pt. 2 of 6: Nourishing Traditional Diets -- The Key to Vibrant Health
All levels

Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."

An introduction to the pioneering work of Dr. Weston A. Price and an in-depth look at vitamins A, D, and K2, the "fat-soluble activators," their critical role in human health, and the sacred foods that contain them.

91) People Power in Urban Community Gardens (Bronx, NY) *All levels*

Campus Center 805-09

Sara Katz: Community Horticulturist for Bronx Green-Up, the outreach program of the New York Botanical Garden.

Karen Washington: Community garden activist and President of the NYC Community Garden Coalition. Highlighting the successes and challenges of building community in Bronx, NY through urban gardening and agriculture, participants will learn about the process of starting and maintaining urban community gardens and garden membership. This includes what you need to know to get started, i.e. recruiting volunteers and forming partnerships, dealing with risks like soil contaminants and figuring out who the garden will serve.

92) Permaculture For Farmers *Advanced*

Campus Center 804-08

Ethan Roland: Farmer & designer, founder of AppleSeed Permaculture & Carbon Farming Course.

Benneth Phelps: Permaculture teacher with urban planning background; manager of Mosaic Farm.

Come and learn the top 5 practices and principles of permaculture design through interactive exercises, slides and discussion -- we will explore perennial vegetables, no-maintenance fruit, keyline soil-building, zones & sectors, and financial permaculture planning. Whether you grow vegetables, manage orchards, graze animals, or are just starting a new farming venture, permaculture design can be incredibly useful.

93) Pruning Berry Plants** *All levels*

Campus Center 101

Lee Reich, PhD: Farmdener, writer, researcher, & consultant. Author of, "The Pruning Book," "Weedless Gardening," "Uncommon Fruits for Every Garden," & "Landscaping with Fruit."

Learn how to prune raspberries, gooseberries, blueberries, and other berry plants. Correct pruning, which is all-important in limiting disease problems and improving harvests, is key to growing these fruits organically.

94) Responsible Stewardship of the College Campus *All levels*
Campus Center 811-15

Bud Winsor: Assistant Physical Plant Director, Keene State College.

Joe Britton: Gardener, Keene State College. Dee Denehy: Grounds, Keene State College.

Over the last 15 years, Keene State College has transitioned from traditional land care to a low input, ecologically conscious approach. We will share our insights, practices, and results. Topics covered will include: lawn care, biodiesel, compost tea, snow & ice management, our own mulch, and our best management practices.

95) The Details of High School Composting and Gardening** *All levels*
Campus Center 903

Karen DiFranza: Lifetime organic gardener & founder of Hands to Earth, Educating for a Sustainable Future.

I will share detailed information about costs of setting up a high school composting and gardening program, obtaining funding, organizing student volunteers, working with staff, and building a bin, including a working drawing of the Quabbin Regional High School bins.

96) Unraveling the Mystery of Humus and Humic Acids** *Intermediate*
Campus Center 168C

Michael Martin Meléndrez: Farmer, nurseryman, scientist & manufacturer of soil amendments & mycorrhizal inoculants.

Healthy soils grow healthy food – and I will show definitive evidence of how humic acids are critical for a healthy soil. I have used the most advanced form of chemical studies, called Femtochemistry, to evaluate sources of humic acids and to figure out how to manufacture them. Humic acids are the most significant and essential product of soil chemistry and without them you cannot have optimum health of your soil. Learn the difference between soil organic matter (SOM) and humus by attending this cutting edge presentation.

97) Vermiculture: The Wonderful World of Worm Composting** *Beginner*
Campus Center 911-15

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.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM

98) Butter Making for Kids

Cape Cod Lounge

Ages 6-12

Gavin Harper: Homeschooled brother of 4, organic farm born and raised.

We will make farm fresh organic butter by hand.

99) Candle Lanterns

Cape Cod Lounge

Ages 5-12

Ariana Coate: Waldorf school teacher with a hankering for art and gardening. Come make a colorful candle lantern with recycled jars, tissue paper and other materials that you might find at home. Then light them after dark and see them shine.

100) Patchwork and Quilting

Cape Cod Lounge

Ages 9-12

Mary Lou Conna: Former scout leader, former elementary school teacher, and crafter. Boys and girls will sew together fabric to make a potholder or hot pad.

101) Wildcraft: Herbal Adventures

Cape Cod Lounge

Ages 7-12

Maria Horvath: A naturalist and native of North Carolina.

Ginger Sajiera: Herbal healing Mom

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!

TEEN WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM

102) How to Bag Waste

Grad Lounge

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.

103) Preparing Wild Edibles and Weeds

Grad Lounge

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

Participants will experience a sensory explosion while testing out the flavors and smells of a dozen wild treasures. Come experience a live cooking show for weeds and wilds grown in Northeastern yards and fields. During each step of the process we will munch on wild snacks and sip twig and leaf teas.

ADULT WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM

104) A Farmer's Report Along the Path to High Brix** *Intermediate-Advanced*

Campus Center 168C

Derek Christianson: Farmer & Community Educator at Brix Bounty Farm, Dartmouth, MA.

Learn about field and plant testing techniques used to inform fertility management decisions on the farm. We'll discuss fertility plans, demonstrate methods, and examine results from weak-acid soil testing (Int'l Ag. Labs) and our data monitoring conductivity and brix levels from different fields across current and past seasons.

105) Acquiring a Farm - Pt.2 of 2 *Intermediate*

Campus Center 165-69

Bob Bernstein: Helps farm seekers and landowners prepare for and negotiate agreements.

Mike Ghia: Farm business planning; soil, crop, pasture management consultation.

Explore your own farm lease or farm purchase acquisition strategy. Working in small groups, draft a real or sample farm lease OR develop your own farm-finance readiness plan. Learn how to search effectively for farms, choose your next steps and become well prepared to succeed.

106) DEBATE: Can Biochar Help Address the Climate Crisis? *All levels*

Campus Center 174-76

Hugh McLaughlin, PhD, PE: Director of Biocarbon Research, Alterna Biocarbon, Prince George, BC Canada.

Rachel Smolker, PhD: Codirector of Biofuelwatch, biologist, author, and a climate activist.

In this session, we'll hear two distinct and conflicting points of view on biochar. This session will be run as a debate with opportunity for audience questions. It is perfect for newcomers to the subject and people with strong positions who are open to listening to other views. McLaughlin argues that biochar is a potentially pivotal component in transforming society from a fossil-fueled economy to a sustainable model where carbon dioxide levels are abated while improving agricultural productivity. Biochar, he says, is not a question of food versus fuel; it is food, plus renewable fuel, plus addressing the climate crisis – and social activism and more. Smolker questions biochar's ability to sequester carbon and increase soil fertility. She argues there are few studies of biochar properties, impacts on soils and plant growth under field conditions or over reasonably long time frames, and the studies that have been done yield mixed results. Given potential risks, a precautionary approach is advisable, she contends.

107) Eating Well on a Budget: Pressure Cookers, Crock Pots, and Using the Whole Hog *All levels*

Brett Lounge 001

Mary Kathryn Wyle: Manages field crops at Misty Brook Farm for a 30-member whole farm CSA.

Andrew Barnet: Raises livestock and vegetables at Misty Brook Farm.

We will demonstrate cooking techniques that save time, energy, and money, while still allowing you to eat sustainably (and deliciously!). Among other things, we'll demonstrate safe, simple use of a pressure cooker and discuss frugal ways to incorporate good meat into your diet. We'll provide both vegetarian and omnivorian recipes and samples.

108) Ecological Technologies for Community Resilience – Soldier Flies *All levels*

Campus Center 804-08

Scott Kellogg & Stacy Pettigrew: Authors of “Toolbox for Sustainable City Living”. They direct Albany, NY's Radix Ecological Sustainability Center (www.radixcenter.org).

In this workshop, we will examine several techniques usable by urban and rural communities to achieve ecological and economic sustainability. These include aquaculture, bioremediation of toxins, autonomous energy, and mushroom cultivation. Attendees will have the opportunity to put their hands on and examine a functioning black soldier fly composting system, which converts putrescent wastes into valuable fertilizer.

109) Fair Trade – Why Not Try It Here? *All levels*

Campus Center 903

Elizabeth Henderson: Represents NOFA on the Agricultural Justice Project steering committee.

NOFA folks know that many organic farmers are struggling financially and farmworkers are poorly paid. Hear what the Agricultural Justice Project is doing to bring fair trade home. Come with your ideas about how to make our trade in local farm products fair to all those who participate – workers, farmers, consumers.

110) FAMACHA Certification for Small Ruminant Farmers *Beginner*

Campus Center 917

Rosario Delgado-Lecaroz, DVM: Veterinarian & Sheep farmer from Upton, MA.

The workshop will teach how to use FAMACHA, a system for assessing *Haemonchus contortus* infection in small ruminants. Farmers will benefit by decreasing the use of dewormers and improving the overall health of the herd. Learn about common parasites affecting sheep/goats. Attendees will learn how to use the chart on live animals. The cost for the 2 charts used in the FAMACHA system is \$15 per attendee.

111) How to Get Started in Beekeeping** *All levels*

Campus Center 911-15

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.

112) Human Manure and Sustainability *All levels*

Campus Center 162-75

Abraham Noe-Hays: Owner of Full Circle Compost Consulting, <http://www.poopststitute.org>

Human manure was the cornerstone of Chinese agriculture for 4,000 years, and it is now becoming globally indispensable for sustaining soil fertility. Using high- and low-tech solutions, including composting toilets, we can safely reuse human manure as fertilizer to make farms flourish, despite the limitations of peak oil and phosphorous.

113) Insect Pests on Vegetables *All levels*

Campus Center 805-09

Ruth Hazzard: I've explored methods for organic pest management in vegetables since 1985 and continue to learn and discover new approaches.

We will review key pests such as cucumber beetle, flea beetles, Colorado potato beetle, caterpillars in Brassicas and corn, aphids, cabbage maggot, bean beetle -- from perspective of life cycle, timing, prevention, monitoring, barriers, biocontrols, organic insecticides. Natural enemies such as ladybeetles, soldier bugs, flower bugs and other predators as well as native and purchased parasitoids will be discussed.

114) La Finca: Supporting New Farmers in Holyoke, MA *All levels*

Campus Center 905-09

Amy Calandrella: Program Specialist at Nuestras Raíces Farm.

Learn about "La Finca," the Nuestras Raíces urban farm in Holyoke where we incorporate aspects of social and economic permaculture to support beginning farmers, grow small businesses, and celebrate Puerto Rican culture. Engage in a conversation about how we can make the local food movement accessible to all communities.

115) Llama Management – Haltering, Grooming, Handling *All levels*

Outside: Meet at the Llamas

Children welcome with adult chaperone

Mike (Warren Jr.) Zepp: Co-owner Orchid Patch since 1975. Biologist, farmer, & llama breeder.

Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant since 1987.

Participants will observe the demonstration of techniques essential to the successful management of a llama herd: restraint, haltering, foot care, grooming, shearing, handling, and preparation for packing. Participants will have the opportunity to try some of these techniques as time, animals' tolerance, and owners' discretion allows. Family attendance encouraged.

116) Lyme Disease: Naturopathic and Conventional Approaches to Treatment *All levels*

Campus Center 163C

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.

117) Nature as Mentor: Rearing Pigs with Biology *Intermediate*

Campus Center 904-08

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004. Understanding the nature of pigs should dictate how we manage the swineherd. Using "Nature as Mentor," we'll focus on the biology of the pig while covering the practical management of rearing pigs for meat. Through handling, herd health, feeding, breeding, farrowing and weaning, the nature of the pig will be emphasized.

118) Permaculture Principles in Home Landscape Design** *Intermediate*

Campus Center 803

Ted Chapman: Professional landscaper, organic gardener, homeopath, designer for Newton Community Farm.

This permaculture workshop will introduce the concepts of permaculture through a virtual tour of a 25-year-old installation in the presenter's suburban/urban residential landscape – including passive solar design: organic, edible and ornamental, annual, perennial, and tree gardens; on site water, composting, and soil management, and season extension.

119) Nourishing Traditions Seminar - Pt. 3 of 6: Principles of Healthy Traditional Diets *All levels*

Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."

Learn the basic principles of healthy traditional diets, including the kinds and types of fats and oils in traditional diets. The session includes a review of the dangers of modern soy foods.

120) Season Extension For the Winter CSA and Home Garden *Intermediate*

Brooks Lounge

Kristin Lewis: Manager of Rabbit's Dance Farm for 7 years, garden educator & yoga teacher.

Local produce year round is in demand! Learn about how to organize and run a Winter CSA program. I will explain the structure of Rabbit's Dance Winter CSA, and the successes and challenges I have experienced. We'll discuss crops that grow well for me (in northern Rhode Island), specific varieties I like, planting and seeding dates, harvesting tips, and storage tips. And, I'll bring some photos! This workshop is also appropriate for experienced home gardeners.

121) Small Fruit on a Certified Organic Farm *Intermediate-Advanced*

Campus Center 101

Julie Rawson: Can't live without fruit.

Jack Kittredge: Tended orchards at the farm since 1982.

We raise blueberries, red and black raspberries, strawberries, elderberries, grapes, currants, gooseberries, and all sorts of other things. We will discuss pruning, renovation, fertility, harvest and marketing and give some recipes for elixirs, wines, jams, etc.

122) Sustaining Organizational Momentum *Intermediate*

Campus Center 811-15

Jack Mastrianni: Growing people & organizations, professionally, for 25 years.

Have you ever felt that the organization you are leading, directing or contributing to has a hard time sustaining momentum or success? Do you ever feel that the organization is stuck and can't seem to grow or move forward? If the answer is yes, then this workshop is for you!

123) The Family Cow *Beginner*

Outside: Meet at the Cow

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

With a cow as a prop, I will talk about the purchasing, care, and milking of a dairy cow.

124) TOUR: Cover Crops for Soil and Crop Health* *All levels*
TOUR

Ryan Voiland: Owner & manager of Red Fire Farm with 55 acres of certified organic vegetables for retail, wholesale, and 1000+ member CSA.

In this tour of Red Fire Farm, we will focus on cover crops and how they help us with soil fertility and weed management. We will look at a variety of cover crop systems including interseeding, smother crops, and new field situations. The tour will include a wagon ride to some of our fields. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going 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, which you stay on for less than 300 feet. Then, make a slight left onto Center Street, followed by a left turn to stay on Center street. Take a right onto Taylor Street, and go for 1.2 miles. Turn left at the first stop sign onto what continues to be Taylor Street, and go 1 more mile. 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

125) TOUR: Sidehill Farm Dairy *Intermediate*
TOUR

Amy Klippenstein & Paul Lacinski: 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: 137 Beldingville Rd., Ashfield, MA 01330.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM

126) Don't Let Them Tell You That! Protest Poster Making
Cape Cod Lounge
Ages 5-9

Leah Penniman: A small scale market grower, mother, educator and activist.

Jonah Vitale-Wolff: Natural builder, organic grower, father.

Grownups think they got it all figured out. Well enough is enough! It's time for young people to have their voices heard. Come create posters and chants in protest of what you can't stand and in support of what you want and need. We will march in the parade.

127) Happy Dan Parade Prep!
Cape Cod Lounge
All ages

Happy Dan The Music Man: Has been entertaining children of all ages in New England for 15 years. Singing songs, decorating, creating community, having fun, producing a wonderful parade for everyone. I will work with the children's conference teachers and we will rock the fair!

TEEN WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM

128) Honeybee Ecology

Grad Lounge

Alice Armen: Gardens, raises dairy goats and chickens, and keeps honeybees in Montague Center. Learn the inner workings of a honeybee hive and bees' role in pollinating flowers. Taste different types of honey, and learn what a beekeeper does to manage honeybees, including use of equipment. We will examine dead bees under the microscope to learn about bee anatomy. We will also look at an observation hive containing a small nucleus hive to learn about the roles of different bees that make up a colony.

129) Making Herbal Bodycare

Grad Lounge

Sarah Shields: Runs herbal bodycare business in Shutesbury, MA, where she teaches classes. You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

WORKSHOPS DURING THE FAIR: 3-5:00 PM

130) Dogs Herd Ducks; Kids Herd Kids

Outside: Meet at the Dogs and Ducks

Children welcome with adult chaperone

Jill Horton-Lyons: They work with dogs on their farm in Leverett

Jim Lyons: Reluctant shepherd, not a spinner.

Dogs Herd Ducks; Kids Herd Kids

131) Llamas on the Lawn *All levels*

Outside: Meet at the Llamas

Children welcome with adult chaperone

Mike (Warren Jr.) Zepp: Co-owner Orchid Patch since 1975. Biologist, farmer, & llama breeder.

Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant since 1987.

In addition to being able to attend the 3 workshops earlier in the day, participants may visit the llamas any time on Saturday, including during the NOFA Fair (3:00pm-6:00pm) to ask questions and enter into question-driven topic discussion. Management equipment will be on display when not in use for other workshops, and hands-on time with the llamas will be available as appropriate.

WORKSHOP DURING THE FAIR: 3-4:30 PM

132) NOFA Policy Issue Forum *All levels*

Campus Center 165-69

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

Elizabeth Henderson: Chair of the NOFA Interstate Council Policy Committee.

As eaters, citizens, growers, etc. our lives and livelihoods are all determined to some extent by governmental policy. NOFA is working in concert with a wide range of farming and environmental organizations to develop, change and otherwise influence policy impacts. This workshop is a chance to bring your ideas to the table and help develop the policy positions NOFA takes in the future.

WORKSHOP DURING THE FAIR: 4-5:30 PM

133) A Place for Us: People of Color in the Organic Movement *All levels*

Campus Center 903

Leah Penniman: Small scale market grower, mother, educator, & activist.

Adele Smith-Penniman: Leah's mother, a UU minister, and organic consumer.

Come share your experiences as a person of color involved in the organic movement. The purpose of the discussion will be the better understand each other's successes and challenges, share strategies for making a wholesome place for ourselves in the movement, and learn about what existing networks are already doing.

ADULT WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM

134) Nourishing Traditions Seminar - Pt. 4 of 6: A Campaign for Real Milk *All levels*
Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions." The seminar continues Sunday morning with an explanation of the dangers of trans fatty acids, the importance of grass-feeding, and the health benefits of real milk.

135) Biodynamics: What's It All About? * *All levels*

Campus Center 101

Mac Mead: Director, The Pfeiffer Center; 35 years experience in biodynamic farming.

I will share the origins and underlying principles of biodynamics and progress into the practical application and results of this method in both farming and gardening.

136) Biological Farm Management of Pastures and Hayfields *Intermediate*

Campus Center 168C

Dave Llewellyn: Farms at the Glynwood Center in Cold Spring, NY.

Biological farming practices create balanced soils for optimal nutrition in pasture and hay. This workshop will provide an overview of biological farming practices. Participants will learn how to interpret soil test results, budget for amending large acreage, and how Glynwood has organized to record measurable results and share data on improved yield and nutrition. It is recommended that attendees be familiar with scientific concepts supporting nutrient density.

137) Building a Root Cellar *All levels*

Campus Center 904-08

Jack Kittredge: Homesteader, satisfied builder of own root cellar 28 years ago.

We'll learn many ways of storing crops "underground" for the winter: overwintering in the soil, methods to bury them while maintaining access and preventing rodent or water damage, free standing root cellars in hills, and true "root cellars" in homes. Advantages of each will be discussed and many illustrations shown.

138) Carbon Neutral/Carbon Negative Greenhouse Production *All levels*

Campus Center 162-75

Bruce Fulford: 30 years developing integrated 4 season agriculture, conservation, bioenergy systems.

Greenhouses can be heated using solar, wood, grass, oilseed, corn and compost energy sources. Biochar production may also be integrated. Compost and other biomass can also boost greenhouse CO2 levels and productivity. Each energy source presents challenges but can be practical and profitable in the appropriate settings.

139) Community-based Approaches to Urban Food Security *All levels*

Campus Center 803

Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston.

Rich Pederson: Urban farmer at Southside Community Land Trust.

Drawing from our work in Boston and Providence, we will address the complexities of effective community engagement through urban agriculture. Through a variety of food production, distribution and community education initiatives, learn strategies for building healthy communities while addressing

the complexities of community food security. Please bring your own ideas and experiences to share.

140) Double Cropping and Season Extension *Intermediate*

Campus Center 174-76

Chris Yoder: Operates Vanguarden, a 5 acre market garden in Dover, MA.

Explore two practical topics for profitable small scale vegetable production: 1. Double Cropping (onions and sweet corn) and 2. Season Extension ("jiffy pop" crops: quick brassicas, lettuce and spinach; and dried crops: shallots, hot peppers, popcorn, beans and grains).

141) Environmental Medicine: A Naturopathic View - Pt. 1 of 2 *All Levels*

Brett Lounge 001

Dr. Joyce R. Young, N.D., IBCLC: Naturopathic Medical Doctor, Lactation Consultant, M.S. Botany, Former NOFA/MA Farmer.

Environmental Medicine describes the effects, on human health, of the 100,000 synthetic chemicals/heavy metals from air, water, food & consumer products, etc; EMF's/other radiation; molds/mycotoxins. I will present a detailed understandable overview of the current medical/scientific literature on health hazards and how to minimize exposures.

142) Felting Wool *Beginner*

Outside: Meet at the Registration Tent

Rebecca Buell: I live and homestead in Petersham, MA. Wool is one of my favorite fibers.

This will be a hands-on beginner's workshop. I will cover all the stages, including washing, carding and laying out the wool and various techniques for felting. I will also share some histories of the craft and have plenty of wool for participants to try their hands.

143) Fossil Fuel Free Farming *All levels*

Campus Center 911-15

Jim Coate: Owner of The Electric Tractor Store & general EV nut.

Electric cars draw headlines, yet there are electric tractors, ATVs, riding mowers, pick-up trucks and accessories like tillers, splitters and chippers that can perfectly complement small farm, large garden, homestead, and organic land care operations. I will discuss how and where to get the e-machinery that best matches your needs.

144) Growing Edible Sprouts At Home *All levels*

Brett Lounge 328

David Lovler: Sprout grower for 35 years; trained at Hippocrates Health Institute.

I will show you how you can supplement your diet with sprouts grown in your kitchen any time of year. I will cover a variety of techniques as well as seed saving tips and nutritional information.

145) Integrating Livestock and Vegetable Production *Intermediate*

Campus Center 805-09

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

Strategies for building a sustainable farming system incorporating livestock production, including multi-species grazing management and integrating livestock into crop production. Cattle, sheep, goats, horses, pigs, and chickens will all be discussed.

146) Peace/Earth/Healing/Sing *Beginner*

Brooks Lounge

Sarah Stockwell-Arthen: Professional musician, green witch and activist for many years.

Not just for singers! It is for anyone who wants to sing in community, learning rounds and chants that you can use to create ritual and community in daily life, celebrating the Earth and its seasons. Come sing

your hope, sing your courage, sing your strength, sing for the Earth.

147) Pollinator-friendly Landscaping** *All levels*

Campus Center 811-15

Ellen Sousa: Writer, educator & garden coach.

As our landscape is increasingly developed, backyards are a “final frontier” in providing essential habitat for at-risk pollinator species important to the health of our environment. Bring home some ideas for how to help sustain and restore pollinator populations in your own backyard, regardless of its size or location. Learn the best landscape plants to help feed and house pollinators, and some best practices for encouraging biodiversity at home.

148) Potato Culture *Intermediate*

Campus Center 163C

Bryan O'Hara: Farms at Tobacco Road Farm in Lebanon, CT.

We will discuss the techniques for production of potatoes from hand tools to tractor tools and implements. Variety selection, prepping potatoes for planting, furrowing, hilling and cultivation, irrigation, diggers and harvesting, storage, and marketing.

149) Resources & Inspiration for Women Farmers *Beginner*

Campus Center 165-69

Lisa Kivirist: Rural Women's Project, Midwest Organic & Sustainable Education Service (MOSES).

Are you a woman interested in running your own farm or food-based business? Come hear how women are reinventing our food system and connect with stories of women farmers and ecopreneurs passionate about organic, local, healthy food. Various grants, start-up assistance and resources will be discussed.

150) Starting and Managing a CSA with Permaculture Principles *All levels*

Campus Center 804-08

Kevin Skvorak: Farms, teaches permaculture, & advocates for community-based farmland protection.

Sarah Williford: Enjoys being involved with & growing food for her local community.

We will share our experiences at Regeneration CSA: starting and maintaining permanent beds using no-till and other regenerative farming practices, on-farm education in sustainable living skills and permaculture, and our philosophy about the "community" aspect of CSA growing, and what that has meant for us in theory and in practice.

151) The Home Apple Orchard** *Intermediate*

Campus Center 917

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

All small diversified farms need an orchard. From planning, to planting, to picking, I will go through all aspects of creating an orchard for your homestead. I will discuss site, soils, root stocks, cultivars, pruning, disease control, and harvesting at a fairly basic level, but with enough information to get you started growing apples.

152) TOUR: Simple Gifts Farm's CSA Management *Intermediate*

TOUR

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

Simple Gifts Farm is a 350-member CSA growing 15 acres of vegetables on a 35-acre farm that was preserved in 2006 from development by a local community effort. This tour will introduce the basics of our vegetable production operation 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 student 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.

153) Updates on Governmental Food Safety Initiatives and Effects on Farmers *All levels*
Campus Center 903

Kate Fitzgerald: Senior Policy Associate for National Sustainable Agriculture Coalition.

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

Presenting timely updates on Congressional, FDA, and USDA food safety initiatives with their potential impacts on farmers from a NSAC policy specialist in Washington DC and NOFA's policy coordinator.

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM

154) Make a Flower Fairy

Cape Cod Lounge

Ages 4-10

Janna Boettcher: Mom who loves making fun creations from other people's trash.

Claire Boettcher: Fun-loving teen who enjoys all crafty activities.

We will help you to make a magical fairy friend to take home and keep you company in all you do.

155) Sprout Magic

Cape Cod Lounge

Ages 5-12

Sharon Kimmelman: School teacher K-12 (general ed & gardening); health-rights advocate.

Everything has a beginning and an end. Sometimes they meet or overlap. Learning to sprout seeds is a creative and nourishing approach to understanding life cycles. In it's way, sprouting teaches self-reliance and stewardship, by fostering our ability to nourish ourselves while caring for the planet.

156) Victorian Games

Cape Cod Lounge

Ages 7-12

Jennifer Byington: Homeschooling mother of four. Farms organically in NH.

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? We will be outside unless it rains. The games will range from active, such as Leap the Creek, to quiet, like Poor Pussy.

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM

157) Backyard Chickens

Grad Lounge

Pam Raymond & David Turner: They raise grass-fed beef, pastured broilers, free range layers, and grass-fed pigs.

There will be information on breed selection, raising day old chicks, coop requirements, raising layers and/or broilers, free ranging/pasturing, deep litter, handling predators, feeding requirements, general chicken information, and lots of resource materials. We also hope to have live chickens of different breeds.

ADULT WORKSHOPS – SUNDAY, AUGUST 15: 10:00-11:30 AM

158) Apitherapy: Healing with Hive Products *Beginner-Intermediate*

Campus Center 803

Ross Conrad: Author, Natural Beekeeping: Organic Approaches To Modern Apiculture.

The honeybee and hive products have historically played a large role in disease care and prevention.

Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Covered are the healing properties of Honey, Pollen, Propolis, Royal Jelly, Beeswax and Honeybee Venom.

159) Cattle Genetics for 100% Grass-Fed Beef Production *All levels*

Campus Center 163C

Ridge Shinn: Founder of Hardwick Beef, a 100% grass-fed-finish beef company & Rotokawa Cattle Co, breeder of Devon cattle.

Learn to appraise cattle for function on grass (all breeds). Learn how to “see” tenderness and fat in the live animal. Learn the ingredients for producing tender, tasty meat every time. Where to find the right type of cattle and how to know when they are “done” or finished. Importance of minerals to success.

160) Chemicals, Hormone Disruption & Immune Effects - Pt. 2 of 2 *All levels*

Brett Lounge 001

Dr. Joyce R. Young, N.D., IBCLC: Naturopathic Medical Doctor, Lactation Consultant, M.S. Botany, Former NOFA/MA Farmer.

Common environmental chemicals are increasingly known to cause immunosuppression (allowing microorganisms access to the body) and its subset, endocrine hormone disruption. I will describe how these are connected to the many present-day epidemic diseases in all ages, how to minimize these chemical exposures, and how to prevent & reverse these diseases.

161) Creating Enthusiasm for Change in Your Community** *All levels*

Campus Center 811-15

Heidi Kost-Gross: Natural Resources Commissioner in Wellesley, MA; community activist; landscape designer & historian.

A case study of the town of Wellesley, MA. Drawing from my experiences in building community support for organic land management in a suburban town, I will illustrate the skills needed to transform a community’s traditional environmental ideas and bad habits into embracing cutting-edge and sustainable environmental efforts with enthusiasm.

162) Cultivating the Campus: Growing Food and Consciousness *All levels*

Campus Center 805-09

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

We will share our experience integrating sustainable food and agriculture into student life. We will address effective organizing strategies and discuss successful programs and structures for urban educational gardens. Topics will include food production, institutional sustainability goals, classroom and service learning opportunities. Please come to collect and to share ideas!

163) Financial Permaculture & Ecosystem Investing *All levels*

Campus Center 804-08

Ethan Roland: Farmer & designer, founder of AppleSeed Permaculture & Carbon Farming Course.

Apply the principles of permaculture design to your financial systems! Learn specific tools to invest locally and design profitable farms, including: (1) The difference between live-stock and dead-stock, (2) Enterprise budgets for whole farm planning, and (3) Creating local investment circles to support food security and economic resilience.

164) GMO Crisis in Maya Land- Heirloom Seeds, and Multi-nationals *All levels*

Campus Center 917

Camila Martinez: Director of the Maya Seed Ark Project, and eco-warrior.

The Maya civilization for millennia has carefully selected seeds of delicious and nutritious indigenous food. Now a silent tsunami of GMOs continues colonial conquest. Learn about the Maya spiritual vision of seeds and seed banks.

165) Growing Herbs in Containers** *Beginner*

Outside: Meet at Registration Tent

Dawn Pavone: Owner of Tuessa Botanicals, selling seedlings, dried herbs, & tinctures.

Elaine Peterson: Gardener/herbalist for over 25 years.

Grow a medicinal or culinary herb theme pot. Specific themes will be made in class such as "Sweet Dreams," Pesto Pot," "Scentability", "Mexicana", etc. We also cover potting medium, watering, fertilizing, and harvesting. Bring a small pot and make your own theme pot. Herbs will be available for \$2.00 per plant.

166) Nourishing Traditions Seminar - Pt. 5 of 6: How to Change Your Diet for the Better *All levels*
Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."

Takes a step toward implementation of healthier diets. If you value making the changes presented so far in this series of workshops, learn practical steps modern families can take to prepare healthy food and change our diets for the better.

167) The Science of Quality and a Strategy for Nutrient Density Standards *Intermediate*
Campus Center 168C

Daniel Kittredge: Farmer, father, organizer, entrepreneur, strategist, director of the Real Food Campaign.

Tad Montgomery: An ecological engineer coordinating research for the Real Food Campaign.

A report on the Real Food Campaign's nutrient density research program, including protocols, materials, and producers taking part in the documentation of increased nutrition levels in crops. The strategy of the RFC is to increase nutrition in crops through biological farming techniques involving mineral amendments and biological inoculations.

168) Singing for Activism, Fun, and Transformation *All levels*
Brooks Lounge

Eveline MacDougall: Founder of Amandla Community Chorus & Greenfield, MA community garden.

I will turn any group of participants into a chorus! We will sing a variety of songs from different cultures, in harmonies, explore a range of themes, and have extraordinary fun. All ages and vocal ranges welcome. This workshop has a history of producing astounding sounds!

169) Small-scale Grain Production *Intermediate*
Campus Center 174-76

Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & 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.

170) Starting a CSA *Beginner*
Campus Center 165-69

Carolyn Llewellyn: Children's Farm Educator at Glynwood Farm in Cold Spring, NY.

This workshop will go over all aspects one should keep in mind when considering starting a CSA – big issues and persnickity little details. Soul-searching, crop-planning, budgeting, pricing, relationships and communication, marketing, distribution, and more. Carolyn has worked with CSAs since 1999, including two she co-founded with her husband.

171) Sustainably Raising Chickens *Beginner*
Campus Center 904-08

Edwin Santana: Sustainable farmer on small diverse family farm for 3 years.

Using methods to reduce cost in raising chickens, more range less grain, rationed portions of feed, discussing free and confined range, and alternative choices of feed. Raising from chick to slaughter.

172) The Birds and the Bees: Urban Agriculture and Environmental Education *Beginner*
Campus Center 911-15

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

Tara Cimini: Teaches SCLT's after-school Garden Club programs.

Students in our garden club programs over the past year have been observing and documenting biodiversity in urban food gardens and quantifying their contribution to the health of the urban environment. We will present the methods, lessons, and initial data from this exciting, EPA-funded project, and share our materials and experiences so that you can do the same in your own community! Warning: this workshop will cover the birds and the bees.

173) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production *Intermediate*
TOUR

David Tepfer: Co-owner of Simple Gifts Farm.

We will demonstrate how we are integrating laying hens, beef calves, lambs, sows and pigs, and a young team of oxen onto fallow vegetable land and small areas of permanent pasture on our farm. We will touch on farm ecology, production systems, facilities and fencing, grazing management, processing, and marketing. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and student 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.

174) Twenty Years Later – The Organic World Since the OFPA *All levels*
Campus Center 905-09

Grace Gershuny: NOFA Foremother, former NOP staff, now organic consultant.

Katherine DiMatteo: President of International Federation of Organic Agriculture Movements, consultant, advocate, former executive director of Organic Trade Association.

The Organic Foods Production Act of 1990 (OFPA) was enacted twenty years ago, and much has changed since then. We will tell stories about what we see as positive and negative changes in the world of organic food and agriculture, and why. What should we do differently? Bring your questions and challenges – we want lots of discussion.

175) Urban and Suburban Agriculture* *All levels*
Campus Center 101

Fernando Funes Aguilar, PhD: 200 publications, 350 scientific meetings, invited speaker in 30 countries.

Vince Cirasole: Market gardener working with Cuban growers in their use of innovative techniques in urban gardens.

The expansion of urban agriculture in Cuba has been an effective alternative to produce fresh and healthy foods in formerly unproductive areas of the cities, and to help the country reach food sovereignty by using organic methods with very low inputs.

176) Winter Vegetable Production for the Backyard Gardener *Intermediate*
Campus Center 162-75

Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston.

From the most simple techniques to the more complex, let's talk about ways that we can extend our vegetable growing season throughout the year. This talk will cover plant dates, varieties and simple and more complex structures to extend the season.

177) Yoga for Farmers and Gardeners *All levels*

Outside: Meet at Registration Tent

Ellen Zientara: Nurse, yoga teacher, farmer.

Fun yoga class mixing humor with humor! Focus will be playful to promote health and wellbeing on and off the yoga mat.

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 15: 10:00-11:30 AM

178) Hopscotch
Cape Cod Lounge
Ages 5-12

Elizabeth Sampson: Student.

The game of hopscotch is said to date back to the Roman Empire and has traveled the world since then. There are many fun games that are easy to play. We will bring the chalk, you bring a stone and we will keep an old tradition alive!!

179) Learn to Draw Your Favorite Animals
Cape Cod Lounge
Ages 5-12

Lexi Ugelow: Studied under the Monart method of drawing.

Endre Jobbagy: Learned to draw as a mechanical engineer.

Come learn fun and easy ways to draw your favorite animals on the farm and create a setting of your choice for a final illustration.

180) Play Party Rhythm Games and Dances
Cape Cod Lounge
Ages 6-12

Valerie Walton: Music teacher, jazz musician and organic gardener.

Tad Hitchcock: Guitarist and early childhood music specialist.

We will teach games, songs, and dances originating mostly in the early 20th century farming communities of the American South. We will use recordings, singing and body percussion as our accompaniment.

181) Silly Science
Cape Cod Lounge
Ages 9-12

Claire Boettcher: Creative teen, long time summer conference attendee, who loves to experiment.

Janna Boettcher: Mom who loves to get her hands dirty!

Come have fun learning science while experimenting with household ingredients. Guaranteed to get messy!

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 10:00-11:30 AM

182) Play & Think & Play Some More
Grad Lounge

Dani Lejnieks: Fun-loving traveler, farmer, and director of The ECO School.

Get all that energy out of your system with some games that will use your brain and body. We'll use the activities to guide us in an informal discussion on leadership, community, and being an agent of change. Relaxed space for you to have fun and a chance for self-reflection.

183) Working Oxen
Outside: Meet at the Oxen

Bradley Teeter: Farm Manager at The Farm School.

I will be showing the participants how to drive a team of steers in the yoke. They will learn voice commands, and how to hitch the steers to a small log or stone boat when they become comfortable in the

techniques of driving the team.

ADULT WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM

184) An Upstart in the Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive?*** *All levels*
Campus Center 811-15

David Eggleton: dba Applied Ecologics, www.appliedecologics.com, AOLCP since January 2007.

Changes in land care market dynamics may be driven by the Guidelines & Performance Benchmarks of the Sustainable Sites Initiative (SSI), a project of a national collaborative in which NOFA did not participate. To support efforts of AOLCPs to adjust, adapt and thrive, this workshop will compare the NOFA Standards for Organic Land Care with the LEED-inspired site rating system that SSI released in the fourth quarter of 2009.

185) Animals and Crops Integration in Agroecology *All Levels*

Campus Center 101

Fernando Funes Aguilar, PhD: 200 publications, 350 scientific meetings, invited speaker in 30 countries.

The role of animals, crops and trees in agroecological systems of production will be discussed. Research and commercial results in Cuba will be shown and discussed as an effective approach for both Third World and developed countries.

186) Arcosanti, Paolo Soleri, and Ecological Cities *All levels*

Campus Center 903

George Kosmides: Electrical engineer with Soleri & Arcosanti for past 30 years, working with solar & wind energy.

Arcology is architect and philosopher Paolo Soleri's concept of cities that embody the fusion of architecture with ecology. It 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.

187) Backyard Medicinal Herb Walk *All levels*

Outside: Meet at the Registration Tent

Chris Marano: Master clinical herbalist & educator located in Pioneer Valley, MA.

Herb walk on UMass grounds identifying and learning about the medicinal, edible and other properties of familiar and not-so-familiar plants that we encounter along the way. I will also share stories, anecdotes and personal experiences regarding plants we discover.

188) Nourishing Traditions Seminar - Pt. 6 of 6: Breakfast, Lunch and Dinner *All levels*

Campus Center Auditorium

Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."

Following up on the core content of the seminar, Sally will give suggestions for no-fuss, economical meals that will help you get started with a traditional diet. This includes three weeks of meal planning and plenty of shopping and cooking advice.

189) Build Rich Soil with Keyline Design*** *Intermediate*

Campus Center 804-08

Mark Krawczyk: Permaculture and keyline designer, educator & consultant in Burlington, Vermont.

Keyline is a holistic design system informed by a dynamic understanding of the landscape. It's used to build soil and develop water security. We'll explore keyline principles, the use of the keyline subsoil plow, the role of biology in soil fertility and a suite of techniques that can rapidly transform subsoil into healthy, rich topsoil.

190) Building Community Gardens That Are Accessible To All People *All levels*
Campus Center 803

Karen Romanowski: Crew cook & co-farmer at Brookfield Farm, registered nurse.

Theresa Vincent: Parent & advocate for children with deafblindness & multiple disabilities.

We will share how a family and a community farm came together to build an accessible garden that enabled people with various mobility and sensory disabilities to enjoy and access the farm experience. Participants can utilize ideas and resources from this project to create accessible garden spaces in their local communities.

191) Creating Vibrant Youth Programs *All levels*
Campus Center 917

Deb Habib: Co-founder & Director, Seeds of Solidarity Farm & Education Center.

The SOL Garden Program for teenagers at Seeds of Solidarity will ignite our dialogue about creating innovative programs for youth on farms and community organizations. Participants will explore for-profit vs non-profit education models, gather fabulous curriculum ideas, and be inspired to engage the magnificent next generation in cultivating food and community.

192) Easy and Free Computer Farm Record Keeping *All levels*
Campus Center 805-09

Jeffrey S. Froikin Gordon, Ph.D and Giulia M. Stellari, Ph.D.: Both received their PhD from Cornell & are co-founders of AgSquared.

Good record keeping practices can help you make informed management decisions that improve your farm's health, productivity and profitability. Come learn about AgSquared, a new online farm record keeping system that helps you keep better records and learn more from them using an intuitive, map-based interface. Learn more at www.agsquared.com.

193) For the Love of Fiber: Sheep to Shawl Overview *Beginner*
Campus Center 165-69

Betsy Alspach: Lifelong knitter, twelve year spinning addict, published in SpinOff Magazine.

Maile Jones: Writer, rug hooker, spinner, all-around fiber addict.

The participants will be given an overview of the steps of the process of taking animal fiber from shearing to finished knitted product. There will be discussion, demonstrations, and hands on experiences for workshop participants. Topics covered will include washing and carding wool, spinning, and natural dyeing as well as tips on choosing a good fleece.

194) Gardening in Small Spaces** *Beginner*
Campus Center 168C

Carolyn Edsell-Vetter: Has been designing & maintaining small gardens for 10 years.

Living densely has many benefits, but may come with limited outdoor space. Yet, we can nourish our bodies and souls using space afforded by a roof deck, patio, or small yard. We will cover small space design, edibles for containers, and vertical gardening, plus small-scale bioshelters, composting, and rainwater harvesting.

195) Growing Winter Greens *Intermediate*
Campus Center 163C

Bryan O'Hara: Farms at Tobacco Road Farm in Lebanon, CT.

This presentation will include details on protective structures, field lay out, crop and variety selection, crop timing, cultivation, pest control, seed production, harvest and marketing of winter grown leafy green vegetables.

196) Nourishing Our Children *Intermediate*

Campus Center 174-76

Craig Fear: Nutritional Therapist helping people recover health & wellness via nutrition.

Timeless principles for supporting learning, behavior and health through optimal nutrition. I will make a connection between today's modern foods and the myriad ailments that plague our children and I will discuss how the research of Dr. Weston Price offers a model back to radiant health and wholeness.

197) Preventing Back Injuries on the Farm and in the Garden** *All levels*

Campus Center 904-08

Cora Roelofs: Occupational health expert at UMass Lowell & local food producer.

Jamie Tessler: Occupational ergonomics researcher, practitioner and consultant.

The Farmer's BODY must be sustainable too! Chronic back problems can shorten a farming career. Learn how to recognize the situations that can lead to serious back problems. We will identify troublesome tasks, share back-preserving techniques and strategize how to save the backs of our talented organic farmers.

198) Small Grains on Small Farms* *Advanced*

Campus Center 162-75

Clifford Hatch: Farmer growing fruits, vegetables, grains & dairy in Gill, MA.

This workshop relates the history of growing grain on 19th and early 20th century NE farms---tool, methods, structures and machinery--to contemporary farming practices and demands. Will provide a how-to guide for small grain growers.

199) TOUR: UMass Student Farm - Organic Research *All levels*

TOUR

Ruth Hazzard & Amanda Brown: UMass Extension Educators in Vegetable Crops, who co-instruct the UMass Student Farming Enterprise.

Learn about this unique program, which combines a 6-credit practical course to learn farming skills, a student business, and an education campaign for sustainable ag. on the UMass Campus. This fall we will launch a 30-share "Campus Supported Agriculture" at UMass. Ruth and Amanda initiated organic certification on 6 acres at the UMass Farm in 2004. We will tour 2010 Organic research trials including carrot varieties for storage; ecology of cucumber beetles, mycorrhizae and pollinators in cucumber; heritage wheat. 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 past the housing development to farm entrance near the animal barns. Look for signs for parking. ADDRESS: 89-91 River Road Deerfield MA, 01373.

200) Weston A. Price Foundation Principles in Medicine and Dentistry *Beginner*

Campus Center 911-15

Jean Nordin-Evans, DDS: Holistic Dentist practicing mercury free dentistry with focus on prevention and education.

Charise Ivy, MD: Medical Doctor practicing holistic, nutritional, and functional medicine.

We will talk about what a nourishing traditions diet is; Why healthy fats are GOOD for the body; The value of good soup; Why giving kids raw milk is so important; Foods to eat to avoid dental problems; Why it is important to avoid toxic dentistry (e.g., mercury fillings, root canals, and poor orthodontics); The common sense behind all of these topics about which most doctors and dentists don't know anything.

201) Worm Composting - From The Ground Up.** *Beginner*

Campus Center 905-09

Ben Goldberg: Promotes soil & water conservation with worms & composting toilets.

David Lovler: Resident gardener and compostmeister for Pioneer Valley Cohousing, Amherst, MA. Keeping worms is educational, practical, easy and fun. Worm composting is also an efficient way to convert food scraps into a rich soil amendment. We will cover various worm bin designs and bin making tips, getting started with worms and keeping a worm bin, and how to separate the castings for use. Learn the basics or share your experiences.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM

202) Cattle Care

Outside: Meet at the Young Cows

All ages

Bradley Teeter: Farm Manager at The Farm School.

Kids will get acquainted with some young cows, handling them, grooming them, and eventually leading them around a yard with a lead rope.

203) Outdoor Games

Cape Cod Lounge

All ages

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

I will play games outside, such as capture the flag and duck duck goose. Perhaps we can learn some games from each other. Some of these good old games of yesteryear have served children well and will continue to do so if not forgotten.

204) Story Time in American Sign Language

Cape Cod Lounge

Ages 5-12

Santina King: Current undergraduate, ASL Interpreter, working in the deaf community.

This workshop will start off with learning the ABC's, numbers 1-10, and learning different farm animal or foods signs as well as signs requested by participants. We will create one big story, which will be presented by the group and interpreted.

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM

205) A Real Food Connection: Hopi Blue Corn

Grad Lounge

Rachel Scherer: They grow soul food and eat it with friends and family in Orange, MA.

Bruce Scherer:

Maybe grocery store tortilla chips and drive-thru tacos are junk food, but the ancient method of turning home grown blue corn dried kernels into “nixtamal” increases nutrition, and develops aroma and flavor. We'll learn how to process nixtamal to make REAL tortillas, chips, tamales, posole stew and champurrado, a hot chocolate drink.

206) Yes, Teens Don’t Have To Go To School

Grad Lounge

Joshua Hornick: Co-founder, North Star: Self-Directed Learning for Teens.

Teenage self-directed learners, teens that develop their own educational paths instead of going to school, are crazy successful, usually, and happy. Come to discern if this is a good idea for you or a teen you know, and—if yes—how to get started. For more info, go to www.northstarteens.org.