



Northeast Organic Farming Association  
37th Annual Summer Conference with Northeast Animal-Power Field Days  
August 12-14, 2011  
University of Massachusetts, Amherst, MA  
[www.nofasummerconference.org](http://www.nofasummerconference.org)

## Teen Conference Workshops at the NOFA Summer Conference

A variety of workshops have been organized specifically for teens ages 13-17. Read complete descriptions of these below.

You can also learn about many other topics related to organic agriculture for adults and children at the 2011 NOFA Summer Conference. Find a complete listing of 225+ exciting workshops on organic farming, gardening and land care, draft animal-power, homesteading, nutrition, spirituality, food politics, activism, and much, much more at this web page: <http://www.nofasummerconference.org/workshops.php>

The conference features presenters from all over the Northeast, nearly 100 exhibitors, an afternoon fair with farm animals, live music and dances, an auction, and an ALL-LOCAL dinner. Stay on campus in the dorms or camp in a tent under the stars.

**Keynote Speakers:** **Eric Toensmeier**, award-winning author promoting food forestry to sequester carbon worldwide and **Ignacio Chapela**, scientist and activist on GMOs, agri-fuels, and the global food crisis.

### [Register Now Online!](#)

\*\*\* Registrations received before July 11, 2011 get a \$20 discount.

#### **FRIDAY, AUGUST 12, 2:00-3:30 PM**

26) 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 or light colored pre-washed t-shirts and other fabrics that you would like to bring to life. No experience required.

#### **FRIDAY, AUGUST 12, 4-5:30 PM**

53) Harnessing and Driving Miss Daisy

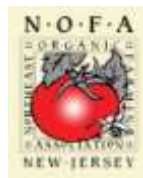
Grad Lounge

**Megan Johnson:** Operates Buttercup Farm and Holy Cow Cheese Company.

Driving Miss Daisy is a Jersey cow who has been trained to drive a Meadowbrook Cart. Participants will learn how to harness their own cow and truly create a dual-purpose animal. Megan will entertain questions and discussion topics about working dairy cattle.

54) I Need, I Want, Gotta Have: Me & My Carbon Footprint

Grad Lounge



Sharon Kimmelman: School teacher (art & gardening), health-rights advocate.

The choices we make (food, clothing, tools, 'toys') have a direct impact on the planet's ability to sustain life in balance. Come discuss why to develop an awareness of interconnectedness of all things. How do you 'live' your convictions, create alliances with others? Brings your feelings, ideas, interest.

### **SATURDAY, AUGUST 13, 8-9:30 AM**

83) Building a Top Bar Hive

Grad Lounge

Jean-Claude Bourrut: Organic farmer; bee-haver and bee-keeper for 20 years.

With basic woodworking tools, we will build an alternative beehive, used in many countries. This appropriate technology design allows for a sustainable natural beekeeping system of low input, low labor, and natural management. For teens who have some experience with beekeeping or are interested in starting this exciting activity. Limited to 10 participants.

84) Filmmaking for Beginners

Grad Lounge

Cheri Robartes: Filmmaker, musician, and teacher in Boston.

Doc Pruyn: Filmmaker, writer, and card player in Boston.

We'll write (or plan), cast and then shoot a (very) short film – here and now. After the conference, I'll edit it and add music to it, and put it up on YouTube.

### **SATURDAY, AUGUST 13, 10-11:30 AM**

116) Exploring Permaculture

Grad Lounge

Rebekah Rice: Raises vegetables, designs buildings and permaculture gardens, and teaches permaculture.

During this outdoor workshop we will explore campus together looking for evidence of permaculture principles in real life. Visits to the campus permaculture garden as well as marginal wild places are anticipated.

117) Using Mini Horses on the Farm

Grad Lounge

Jean Cross: Small acreage farmer using mini horses and a pony mule.

Julie Nichols: Lifelong experience with horses. Recent convert to minis.

Mini horses are not just cute, they can be a useful animal on the farm. We will show how they are cared for, and what they can do to help around the farm. We will move hay, shavings and fire wood. Participants will have a chance for hands-on experience.

### **SATURDAY, AUGUST 13, 1-2:30 PM**

147) I'm "just" a teenager - can I keep bees? *All levels*

Grad Lounge

Christy Hemenway: Founder of Gold Star Honeybees, advocate for young beekeepers! [www.goldstarhoneybees.com](http://www.goldstarhoneybees.com).

Teenagers learn so quickly - they make fantastic beekeepers! We talk about why bees are so important, and how you can start a top bar hive of your own as a teenager. Lots of time for Q&A.

148) Raising Awareness about Food Justice Issues

Grad Lounge

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

Come learn how The Food Project is mobilizing the Boston area to push for positive food system change. TFP youth will lead curriculum they have implemented for over 500 people since last spring with the goal of mobilizing this diverse group of people to take action in personal, local and national issues.



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149) The Joy & Health Benefits of Keeping Goats

Grad Lounge

Alisande Cunningham Sweeney: Runs Juniper Hill Farm, permaculture homestead/B&B near Amherst, MA. I will provide a basic overview for getting started with dairy goats: choosing a breed, milking equipment, goat health care, nutritional benefits, smoothie recipes, take out "books," and goat groups. This will be a hands-on workshop outside with live goats. Plenty of time to answer questions.

**SUNDAY, AUGUST 14, 8-9:30 AM**

175) Exploring Green Energy

Grad Lounge

Heather Botelle: Science Teacher, Norwich Free Academy, CT.

We will discuss the relative strengths and drawbacks of various alternative energies as well as the importance of geography in determining which type to utilize. Using solar panels, we will collect data on angles vs. absorption and discuss site placement.

176) Preparing Wild Edibles and Weeds

Grad Lounge

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

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

**SUNDAY, AUGUST 14, 10-11:30 AM**

201) Exploring Our Animal Energies through Qigong *All levels*

Grad Lounge

Rachel Scherer: Studying Qigong and Yang Style Taiji, passing it on!

Qigong (literally "energy work") promotes circulation of blood, air, energy, and that hard-to define "life force", Qi. Many practices employ animals as metaphors. We'll practice with Orioles, Roosters, Bears, and Owls to introduce working our energy to promote a sense of ease. Helpful for managing stress in daily life.

202) Indian Meal

Grad Lounge

Dean Bernard: Grew up in India with missionary parents.

I will show how to make a simple Indian meal, consisting of chapatis (bread), rice, and dhal (lentils). It is a basic meal eaten in most places in India.

203) Raising Rabbits

Grad Lounge

Leslie Ardison: Have raised rabbits for 17 years.



Why raise rabbits? What breeds, basic nutrition, housing, handling, etc. Pellets vs. garden greens, pastured vs. cages, heritage vs. modern breeds, fur or wool.

**SUNDAY, AUGUST 14, 1-2:30 PM**

231) Beginning Backyard Chickens

Grad Lounge

Alice Armen: Gardens, raises dairy goats and chickens, and keeps honeybees in Montague, MA.

This workshop is intended for those exploring the idea of keeping backyard chickens. We cover housing, feed and chicken breeds. We will look at how to set up ecological systems for chicken keeping as well as how to cook traditional chicken. We will have live chickens at the workshop.

232) One Solution to World Hunger: Farm Animals *All levels*

Grad Lounge

JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.

What is global hunger? Where? Why? How does it affect people? Using interactive games and demonstrations, we will try to answer these questions. We will also learn about some youth who live with hunger in our world and how Heifer International is helping them with livestock.