

Adult Workshops by Category

Here is a quick reference guide of adult workshops by category. Check the complete [Workshop Descriptions](#), which are organized by time slot, for further details about each workshop. Remember to check your Program Addendum and the whiteboard at the registration table for any last minute changes or cancellations.

ALTERNATIVE ENERGY

- 37) Renewable Energy for Greenhouse Heat: Friday, August 12, 4:00-5:30PM
- 71) The Savonius Rotor: Low-Tech Wind Power for Small Farms: Saturday, August 13, 8:00-9:30AM

ANIMALS

LG. RUMINANTS

- 6) Grass-fed Beef: Genetics & Grazing Season Extension: Friday, August 12, 2:00-3:30PM
- 64) Johnes, Mastitis and Pathogens Oh my!: Saturday, August 13, 8:00-9:30AM **ND Track**
- 132) Raising a Family Cow: Saturday, August 13, 1:00-2:30PM

SM. RUMINANTS

- 98) Raising Sheep Organically: Saturday, August 13, 10:00-11:30AM
- 206) Goats From the Ground Up: We are what THEY Eat: Sunday, August 14, 1:00-2:30PM

BEEES

- 126) Getting Started in Beekeeping: Saturday, August 13, 1:00-2:30PM
- 210) How & Why to Keep Bees in Top Bar Hives: Sunday, August 14, 1:00-2:30PM

POULTRY

- 159) Lessons Learned: 15 Years of Organic Poultry: Sunday, August 14, 8:00-9:30AM
- 185) Pastured Poultry: From Brooder to Bag: Sunday, August 14, 10:00-11:30AM
- 215) Pastured Turkeys for the Thanksgiving Table: Sunday, August 14, 1:00-2:30PM

OTHER

- 35) Nature as Mentor: Raising Pigs in the Woods: Friday, August 12, 4:00-5:30PM
- 102) Small Scale Aquaculture & Aquaponics: Saturday, August 13, 10:00-11:30AM

CROPS

- 7) Growing Salad Greens All year: Friday, August 12, 2:00-3:30PM
- 34) Mycoscaping: Mushrooms in the Permaculture Landscape: Friday, August 12, 4:00-5:30PM **OLC & PC Track**
- 38) Small Scale Grain Production: Friday, August 12, 4:00-5:30PM
- 97) Perennial Crops with Commercial Potential for the Northeast: Saturday, August 13, 10:00-11:30AM **PC Track**
- 100) Root Cellars & Crop Storage Structures: Methods, Materials, & Designs: Saturday, August 13, 10:00-11:30AM **BF Track**
- 118) Breeding Perennial Crops: Saturday, August 13, 1:00-2:30PM **PC Track**
- 131) Profitable Specialty Crop Production: Saturday, August 13, 1:00-2:30PM
- 162) Perennial Polycultures for the Farm: Sunday, August 14, 8:00-9:30AM **PC Track**

- 179) Essential Cover Crops: Sunday, August 14, 10:00-11:30AM **BF Track**
- 208) High-Performance Potato Varieties: Sunday, August 14, 1:00-2:30PM

FARM ECONOMICS AND MANAGEMENT

- 5) Getting Started with Farm Planning and Management: Friday, August 12, 2:00-3:30PM **BF Track**
- 8) How to Start a Food Co-op: Friday, August 12, 2:00-3:30PM
- 11) Running a Large CSA on a Small Amount of Land: Friday, August 12, 2:00-3:30PM **CSA Track**
- 33) Living a Purpose Centered Life: Friday, August 12, 4:00-5:30PM
- 57) Commercial Food Forestry Enterprises: Saturday, August 13, 8:00-9:30AM **PC Track**
- 60) CSA Financial Management: Saturday, August 13, 8:00-9:30AM **BF & CSA Track**
- 69) Permaculture Fundamentals: Saturday, August 13, 8:00-9:30AM **PC Track**
- 87) Carbon Farming: Methods & Markets: Saturday, August 13, 10:00-11:30AM
- 212) Managing Farm Interns as a High Value Crop: Sunday, August 14, 1:00-2:30PM
- 216) Personal Resilience through Sustainable Work: Sunday, August 14, 1:00-2:30PM **TT Track**
- 40) Starting a CSA: Friday, August 12, 4:00-5:30PM **BF & CSA Track**
- 91) Finding a Farm to Fit Your Vision: Saturday, August 13, 10:00-11:30AM **BF Track**
- 125) Farm Acquisition Finance: Saturday, August 13, 1:00-2:30PM **BF Track**

FARMING AND THE COMMUNITY

- 3) Ecological Models for Economic Development: Friday, August 12, 2:00-3:30PM **PC Track**
- 27) Cultivating Community with Permaculture: Friday, August 12, 4:00-5:30PM **PC Track**
- 30) Growing Co-ops for Local Economies: Friday, August 12, 4:00-5:30PM
- 58) Community Resilience in Changing Times: Saturday, August 13, 8:00-9:30AM **TT Track**
- 73) Working for a Co-operative Economy!: Saturday, August 13, 8:00-9:30AM
- 92) Food Resilience in Small Towns & Rural Areas: Saturday, August 13, 10:00-11:30AM **TT Track**
- 101) School Food Made From Scratch & in the Black!/: Saturday, August 13, 10:00-11:30AM
- 103) Taking Our CSAs to the Next Generation!/: Saturday, August 13, 10:00-11:30AM **CSA Track**
- 105) Transitioning Farms to Four Season Harvesting: Saturday, August 13, 10:00-11:30AM
- 122) Community Supported Fisheries: Saturday, August 13, 1:00-2:30PM
- 133) Teen Service Learning in Agriculture: Saturday, August 13, 1:00-2:30PM
- 155) Cultivating Community Through Food-Related Events: Sunday, August 14, 8:00-9:30AM
- 178) Bringing the Community Together to Transition: Sunday, August 14, 10:00-11:30AM **TT Track**

FOOD AND FAMILY

- 129) Modern Homesteading: Retooling a Tradition: Saturday, August 13, 1:00-2:30PM
- 163) Systems + Species: A Peak-Oil Homestead Example: Sunday, August 14, 8:00-9:30AM **PC Track**
- 205) Feeding Healthy Kids in a Junk Food World: Sunday, August 14, 1:00-2:30PM

FOOD AND FARM EDUCATION

- 41) The Evolving Landscape of Farm to School: Friday, August 12, 4:00-5:30PM
- 61) Farm Education All Year: Saturday, August 13, 8:00-9:30AM
- 127) Green Schools: Recycling, Composting, Gardening: Saturday, August 13, 1:00-2:30PM

154) Creating School Gardens with Local Farm Partners: Sunday, August 14, 8:00-9:30AM

FOOD PRESERVATION AND COOKING

28) Easy no-Knead Artisan Bread at Home: Friday, August 12, 4:00-5:30PM

66) Let's Lacto-fermentate!: Saturday, August 13, 8:00-9:30AM

94) Introduction to Water Bath and Pressure Canning: Saturday, August 13, 10:00-11:30AM

152) Canning, Dehydrating, and Root Cellaring: Sunday, August 14, 8:00-9:30AM

156) Cultured Dairy Products: Sunday, August 14, 8:00-9:30AM

191) Traditional Pickling/Lacto-Fermentation: Sunday, August 14, 10:00-11:30AM

FRUITS, NUTS AND TREES

42) Tree & Plant Whispering: An Experience: Friday, August 12, 4:00-5:30PM **OLC Track**

56) Blueberries: Easy to Grow, Healthful, & Delicious: Saturday, August 13, 8:00-9:30AM **OLC Track**

106) Useful & Fun Special Pruning Techniques: Saturday, August 13, 10:00-11:30AM **OLC Track**

153) Certified Organic Nutrient Dense Small Fruit: Sunday, August 14, 8:00-9:30AM **ND Track**

167) Tree Biology for Orchards & Woodlots: Sunday, August 14, 8:00-9:30AM **BF & OLC Track**

190) The Hows & Whys of Growing Heirloom Apples: Sunday, August 14, 10:00-11:30AM **OLC Track**

220) Starting an Agroecology Fruit & Nut CSA: Sunday, August 14, 1:00-2:30PM **BF, CSA & PC Track**

15) Wildcrafting & Agroforestry in the Northeast: Friday, August 12, 2:00-3:30PM **PC Track**

188) Small Woodlot Management for Multiple Yields (Even Income): Sunday, August 14, 10:00-11:30AM

BF & PC Track

204) Coppice Agroforestry— Fuel, Fodder, Craft & Fun: Sunday, August 14, 1:00-2:30PM **PC Track**

GARDEN AND GREENHOUSE

72) UMass Nutrient Dense Foods Garden: Saturday, August 13, 8:00-9:30AM **ND Track**

130) No-Till Raised Bed Gardening: Saturday, August 13, 1:00-2:30PM **OLC Track**

182) Hoop Houses: Count on Success: Sunday, August 14, 10:00-11:30AM

217) Season Extension for Small Scale Seedling Starting: Sunday, August 14, 1:00-2:30PM

HERBS

1) Common Herbs, Common Ailments, Common Remedies: Friday, August 12, 2:00-3:30PM

63) For Love of Nettle: Saturday, August 13, 8:00-9:30AM

88) Creating Your Own Herbal Medicine: Saturday, August 13, 10:00-11:30AM

128) Medicinal Herb Walk: Saturday, August 13, 1:00-2:30PM

186) Preserving Our Native Medicinal Plants: Sunday, August 14, 10:00-11:30AM

211) Making Herbal Creams, Oils & Lip Balms: Sunday, August 14, 1:00-2:30PM

LAND CARE

10) Questioning the Invasive Species Paradigm: Friday, August 12, 2:00-3:30PM **OLC Track**

14) Understanding the Soil Foodweb: Friday, August 12, 2:00-3:30PM **OLC Track**

29) Ecodynamic Landcare: Friday, August 12, 4:00-5:30PM **OLC Track**

99) Regenerative Hillside Farming: Saturday, August 13, 10:00-11:30AM **PC Track**

- 119) Business Strategies for Turbulent Times: Saturday, August 13, 1:00-2:30PM
- 161) Making Compost Tea: Sunday, August 14, 8:00-9:30AM **OLC Track**
- 187) Site Assessment & Mapping: Sunday, August 14, 10:00-11:30AM
- 192) Yum! 6 Years of Perennial Food Production: Sunday, August 14, 10:00-11:30AM **PC Track**
- 207) Hickory Gardens: A Permaculture Homestead: Sunday, August 14, 1:00-2:30PM **PC Track**
- 223) Water-Greywater-Rainwater in the Landscape: Sunday, August 14, 1:00-2:30PM **OLC Track**

NORTHEAST ANIMAL-POWER FIELD DAYS ([Click here for more info](#))

CLASSROOM

- 18) Loose Hay Production with Horses: Friday, August 12, 2:00-3:30PM
- 48) Timber Harvest & Restorative Forest Management: Friday, August 12, 4:00-5:30PM
- 169) Animal-Powered Community Grains: Sunday, August 14, 8:00-9:30AM
- 170) Cooperative Animal-Powered Timber Harvest: Sunday, August 14, 8:00-9:30AM
- 193) Animal-Power Equipment Innovation on Small Dairy: Sunday, August 14, 10:00-11:30AM
- 194) Overview of Draft Implements & Vehicles: Sunday, August 14, 10:00-11:30AM **BF Track**

CROPS & TILLAGE

- 22) The Walking Plow: Friday, August 12, 2:00-3:30PM
- 47) Primary Tillage with the Sulky Plow: Friday, August 12, 4:00-5:30PM
- 74) Animal-Power for Secondary Tillage, part I: Saturday, August 13, 8:00-9:30AM
- 109) Cultivation Innovations: Saturday, August 13, 10:00-11:30AM
- 145) Working the Single Horse: Saturday, August 13, 1:00-2:30PM
- 171) TOUR: Natural Roots Farm: Horse Powered CSA, part I: Sunday, August 14, 8:00-9:30AM
- 195) TOUR: Natural Roots Farm: Horse Powered CSA, part II: Sunday, August 14, 10:00-11:30AM
- 196) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm: Sunday, August 14, 10:00-11:30AM
- 224) Animal-Power for Secondary Tillage, part II: Sunday, August 14, 1:00-2:30PM

EQUIPMENT

- 21) Ox Yoke Making: Friday, August 12, 2:00-3:30PM
- 46) Horse Drawn Mower Repair: Friday, August 12, 4:00-5:30PM
- 78) Modern Ox Yoke Bow Making: Saturday, August 13, 8:00-9:30AM
- 79) Rigging the Hitch: Singles through Six Mule Hitch: Saturday, August 13, 8:00-9:30AM
- 140) Adjusting, Positioning & Hitching D-Ring Harnesses: Saturday, August 13, 1:00-2:30PM
- 226) Precision Plow Adjustment: Sunday, August 14, 1:00-2:30PM

HEALTH CARE

- 77) Farm Horse Health: Dentistry & Nutrition: Saturday, August 13, 8:00-9:30AM
- 108) Barefoot Working Horse Care & Maintenance: Saturday, August 13, 10:00-11:30AM
- 143) Oxen Hoof Trimming and Shoeing: Saturday, August 13, 1:00-2:30PM

TRAINING

- 17) Getting started with Draft Horses: Harnessing and Driving: Friday, August 12, 2:00-3:30PM
- 45) Developing a Working Partnership with Your Horse: Friday, August 12, 4:00-5:30PM
- 76) Developing a Working Partnership With Your Horse: Saturday, August 13, 8:00-9:30AM
- 111) Selecting, Raising, & Training Calves: Saturday, August 13, 10:00-11:30AM
- 142) Getting started with Draft Horses: Harnessing and Driving: Saturday, August 13, 1:00-2:30PM

225) No Pressure Driving: The Calm and Relaxed Horse: Sunday, August 14, 1:00-2:30PM

145A) Training Oxen to Work: Saturday, August 13, 1:00-2:30PM

FORESTRY

16) Animal-Powered Forestry Tools & Techniques, part I: Friday, August 12, 2:00-3:30PM

44) Animal-Powered Forestry Tools & Techniques, part II: Friday, August 12, 4:00-5:30PM

75) Animal-Powered Forestry Tools & Techniques, part I: Saturday, August 13, 8:00-9:30AM

107) Animal-Powered Forestry Tools & Techniques, part II: Saturday, August 13, 10:00-11:30AM

HAY

19) Mowing Hay with Animal-Power: Friday, August 12, 2:00-3:30PM

110) Ground-Drive Haying Equipment: Saturday, August 13, 10:00-11:30AM

141) Animal-Powered Hay Harvest: Saturday, August 13, 1:00-2:30PM

NUTRITION AND HEALTH

4) Farmer Maintenance: Ergonomics & Self-care: Friday, August 12, 2:00-3:30PM **BF Track**

12) Traditional Diets Vs. The American Diet: Friday, August 12, 2:00-3:30PM

36) Omega-3 Fatty Acids: Important in Your Diet?: Friday, August 12, 4:00-5:30PM

70) The Health Risks of Genetically Modified Foods: Saturday, August 13, 8:00-9:30AM

96) Natural Energy and Vitality Enhancers: Saturday, August 13, 10:00-11:30AM

134) Tips for Achieving Physical Wellness and Dental Health: Saturday, August 13, 1:00-2:30PM

158) Kick Sugar Cravings in a Fun, Sustainable Way: Sunday, August 14, 8:00-9:30AM

180) Essential Oils to Enhance your Life & Well Being: Sunday, August 14, 10:00-11:30AM

209) Homeopathy for Gardeners, Beekeepers and Nature Lovers: Sunday, August 14, 1:00-2:30PM

213) Metabolic Balance for Better Health: Sunday, August 14, 1:00-2:30PM

OF THE SPIRIT

184) Mindfulness for the Land, Food, and Work: Sunday, August 14, 10:00-11:30AM

218) Singing for the Soil and the Sensual: Sunday, August 14, 1:00-2:30PM

POLITICS AND POLICY

2) Debate: 2012 Farm Bill: Work Within It or Try to Defeat It?: Friday, August 12, 2:00-3:30PM

89) Demystifying Massachusetts Agricultural Law: Saturday, August 13, 10:00-11:30AM

95) Making Good Food Matter: Strategies for Liberation: Saturday, August 13, 10:00-11:30AM **PC Track**

149A) Confusing Education with Schooling: Saturday, August 13, 2:30 - 4:30 pm

151) Take Part in NOFA's Policy Capacity-Building!: Saturday, August 13, 3:00-4:30PM

157) Food and Fuel Collide: What to Expect?: Sunday, August 14, 8:00-9:30AM

160) Livestock for a Small Earth: Sunday, August 14, 8:00-9:30AM

166) Transition to Resilience – a Global Movement: Sunday, August 14, 8:00-9:30AM **TT Track**

189) Synthetic Biology: The Frontier Beyond GMOs: Sunday, August 14, 10:00-11:30AM

214) Organic Pioneers & the Raw Milk Movement: Sunday, August 14, 1:00-2:30PM

PRACTICAL SKILLS

- 43) Worm Composting Basics: Friday, August 12, 4:00-5:30PM **OLC Track**
- 65) Knots for Farming and Living: Saturday, August 13, 8:00-9:30AM
- 67) Mycofacilitation: Increasing Ecosystem Health with Fungi: Saturday, August 13, 8:00-9:30AM
- 90) FarmHack- Sharing Farm-Built Tools & Inventions: Saturday, August 13, 10:00-11:30AM **BF Track**
- 183) Making a Foolproof Country Wine: Sunday, August 14, 10:00-11:30AM

SOIL AND FERTILITY

- 9) Human Manure for Sustainable Fertility: Friday, August 12, 2:00-3:30PM
- 13) Underlying Principles in Agriculture: Friday, August 12, 2:00-3:30PM **ND Track**
- 31) Improving Nutrient Density of Pastures: Friday, August 12, 4:00-5:30PM **ND Track**
- 39) Soil Fertility in Organic Farming: Friday, August 12, 4:00-5:30PM **BF Track**
- 55) Biodynamics: An Introduction: Saturday, August 13, 8:00-9:30AM **OLC Track**
- 59) Composting Everything and Anything!: Saturday, August 13, 8:00-9:30AM
- 68) Organic Agriculture and Earth's Life Support Systems: Saturday, August 13, 8:00-9:30AM **OLC Track**
- 86) Biodynamics: Practical Applications: Saturday, August 13, 10:00-11:30AM **BF Track**
- 93) Interpreting Soil Tests: Saturday, August 13, 10:00-11:30AM **ND & OLC Track**
- 123) Debate: Organic Soil Fertility Approaches: Saturday, August 13, 1:00-2:30PM **OLC Track**
- 124) Ecologically Regenerative Micro-Industries for Soil Detoxification: Saturday, August 13, 1:00-2:30PM **OLC Track**
- 164) The Case for Full Spectrum Fertility: Sunday, August 14, 8:00-9:30AM **ND Track**
- 181) Fertilizer Use and Application Equipment: Sunday, August 14, 10:00-11:30AM **ND Track**
- 219) Soil Management Techniques: Sunday, August 14, 1:00-2:30PM **ND & OLC Track**

TOURS

- 104) Student Farm at UMass Research Farm - Organic Research: Saturday, August 13, 10:00-11:30AM
- 135) Beaver Lodge: Sustainable Home and Landscape: Saturday, August 13, 1:00-2:30PM
- 136) Brookfield Farm: CSA Systems: Saturday, August 13, 1:00-2:30PM **CSA Track**
- 137) Red Fire Farm: Converting Land to Certified Organic and Managing Two Farm Locations.: Saturday, August 13, 1:00-2:30PM
- 138) Sidehill Farm Dairy: Saturday, August 13, 1:00-2:30PM
- 139) UMass Crops Research Farm: Hands-on Pest Management & Organic Insect Ecology: Saturday, August 13, 1:00-2:30PM **BF Track**
- 165) Simple Gifts Farm: Integrating Livestock and Vegetable Production: Sunday, August 14, 8:00-9:30AM
- 221) Montview Neighborhood Farm: Permaculture in the City: Sunday, August 14, 1:00-2:30PM **BF & PC Track**
- 222) Simple Gifts Farm: Biological Soil Fertility: Sunday, August 14, 1:00-2:30PM **ND Track**

URBAN AGRICULTURE

- 32) La Finca: Farm, Food, and Culture in Holyoke, MA: Friday, August 12, 4:00-5:30PM
- 120) Cities Will Save Us: Regenerative Urban Ecology: Saturday, August 13, 1:00-2:30PM **PC Track**
- 121) Community Resilience in Neighborhoods: Saturday, August 13, 1:00-2:30PM **TT Track**

- 168) Urban Gardeners Unite! Community Gardening in NYC: Sunday, August 14, 8:00-9:30AM **OLC Track**
- 177) Arcosanti, Paolo Soleri, and Ecological Cities: Sunday, August 14, 10:00-11:30AM