

Nutrient Density Track at the 2012 NOFA Summer Conference

Expand your knowledge of nutrient density and many other topics related to organic agriculture at the NOFA Summer Conference. Find a complete listing of over 200 exciting workshops on organic farming, gardening and land care, draft animal-power, homesteading, nutrition, food politics, activism, and much, much more at this web page: http://www.nofasummerconference.org/pdfs/2012_workshops.pdf

The conference features presenters from all over the Northeast, 100 [exhibitors](#), workshops and activities for teens and children, 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: Friday, August 10, 7:30pm - **Chellie Pingree**, organic farmer and Member of Congress from Maine promoting local food. And Saturday, August 11, 7:00pm - **Jeffrey Smith**, world-renowned expert & activist on health risks of GMO Foods.

[Register Now Online!](#)

*** Registrations received before July 10, 2012 get a \$20 discount.

FRIDAY, AUGUST 10, 2:00-3:30 PM

10) Introduction to Soil Fertility **BF & ND Track** *Beginner*

Campus Center 804-08

David Forster: Soil fertility and crop consultant.

I will be teaching the basics of soil fertility, including the physical, mineral, and biological components of soil. I'll cover clay, organic matter, cation exchange capacity, reading soil tests, microbes contribution to soil fertility, and the role of organic matter for nutrient storage, carbon sequestration, and plant growth.

FRIDAY, AUGUST 10, 4-5:30 PM

31) No Grain Dairy, Beef, Sheep and Goat Nutrition **ND Track** *Advanced*

Campus Center 905-09

Rebecca Brown: Midwestern Bio-Ag soil consultant and Dairy Herd Manager.

Balancing the cow and small ruminant diet in a no-grain situation is full of limitation but there is a lot that can be done to maximize performance through managing for biological soils, nutrient-rich pasture, diverse plant species, using annuals and crop rotation, and using feed tests to match feeds that compliment each other. The main focus is on cattle.

35) Silicon Soil Fertility and Nutrition **ND Track** *Intermediate*

Campus Center 165-69



Joseph Heckman: Professor Soil Science teaches classes in Organic Crop Production, Soil Fertility, and Agroecology.

Silicon, a beneficial nutrient, increases mechanical strength, suppresses disease, and increases yield of pumpkin, wheat, and other crops. Harvest can remove over 100 pounds of silicon per acre. Return of crop residues to the land, along with mineral supplements can help to sustain soil fertility in an organic farming system.

SATURDAY, AUGUST 11, 8-9:30 AM

56) Growing Quality Food Biodynamically **ND Track Intermediate**

Campus Center 168C

Mac Mead: Director, The Pfeiffer Center; 37 years experience in biodynamic farming.

I will show how to apply biodynamic principles for practical farming and gardening to enhance the quality of our soils, plants, and animals. We will cover: farm individuality, raised beds, planting calendar, biodynamic preparations, weed/pest management and fungus control.

60) Mitigating Radioactive Toxicity in Agricultural Produce **ND Track All Levels**

Campus Center 904-08

Tom Vanacore: Has been involved in soil remineralization efforts for nearly 30 years.

An overview of the history of toxicity mitigation in agriculture using organic methods. From Chernobyl to Fukushima, approaches and methodologies will be presented and discussed with a focus on intensive organic farming methods involving beneficial microbes, mineralization, and water purification. I will discuss problems facing agriculture from regional fallout events in light of our region's four aging nuclear reactors. [More info.](#)

SATURDAY, AUGUST 11, 10-11:30 AM

77) Biological Farm Management **ND Track Intermediate**

Campus Center 165-69

Dave Llewellyn: Manages the CSA, apprentice program, and soil fertility at Glynwood.

Biological farm management practices focus on the bottom of the food chain, the microbiology which supports plant health. Participants will gain a basic understanding of the soil food web, soil science, and fertility management practices. Methods for crop production, pasture and hayfield improvement, and composting will be discussed.

SATURDAY, AUGUST 11, 1-2:30 PM

104) Bacterial & Fungal Species in Mineral Availability & Transmutation **ND Track Advanced**

Campus Center 168C

Dan Kittredge: Farmer, father, husband, entrepreneur, non-profit director, working to understand life.



This workshop will cover a number of bacterial and fungal species and the best science available on their roles in making minerals available in soil. I'll also present science regarding their capacities to make minerals that are not already present.

122) Steiner, Albrecht & others: Conflict & Commonality **ND Track** *Advanced*

Campus Center 174-76

Klaas Martens: Applies organic visionaries' insights in farming 1,400 acres of organic grains.

We will compare the ideas and insights that led to modern organic farming. Visionaries including Albrecht, Steiner, Howard, and Goethe contributed ideas that helped shape and define organic agriculture. Were their theories complimentary or contradictory? How can we apply them in the management of our farms today?

SUNDAY, AUGUST 12, 8-9:30 AM

148) Minerals, Trace Elements, Enzymes and Enzyme Pathways **ND Track** *Advanced*

Campus Center 168C

Dan Kittredge: Farmer, father, husband, entrepreneur, non-profit director, working to understand life.

Enzymes are critical compounds needed by living systems to go through many basic biological processes. We will cover what minerals are needed at what points in the life cycle for these systems to work well and strategies to maintain sufficiency throughout the growing season.

151) Some Livestock Best Feeding Practices **ND Track** *All Levels*

Campus Center 163C

Julie Rawson: Runs a mixed animal and vegetable operation in Barre, MA.

Developed over the past 30 years with pigs, layers, meat birds, turkeys and cows, I will share our best practices for certified organic and free range feeding of these species on limited acreage. The goal is to have the highest quality and best tasting meat and eggs possible from healthy, happy animals and fertilize the farm.

SUNDAY, AUGUST 12, 10-11:30 AM

159) Best Practices in the Production of Raw Milk **ND Track** *All Levels*

Campus Center 905-09

Tim Wightman: Author of the Raw Milk Production Handbook, Chore time video series, Cow Share College Instructor.

For consumers and producers alike. Learn to evaluate the farm, milking herd, and milk collection process to achieve peace of mind and the best quality product. Learn the basic needs of the dairy animal and create balanced approach that is both safe and profitable.

173) Soil: The Super Ecosystem of Ecosystems **BF & ND Track** *All Levels*

Campus Center Auditorium

Jerry Brunetti: Founder, Agri-Dynamics, a 33 year-old holistic agricultural service and supply company.





NORTHEAST ORGANIC FARMING ASSOCIATION
AUGUST 10-12, 2012 UNIVERSITY OF MASSACHUSETTS, AMHERST

Soil Eco-Systems are an interwoven web of biochemistry, biology, plant diversity and native geology. When these legs of this stool are appropriately managed, soils become terrestrial coral reefs that allow plants to become protective and resistant to pests. This supra-organism is the benefactor of optimal nutrition for humans and livestock. [More info.](#)

SUNDAY, AUGUST 12, 1-2:30 PM

193) Managing Air and Water in Soil **ND Track** *Intermediate*
Campus Center 168C

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, Conn. for 20 years. The management of air and water in the soil is of primary importance for healthy crop growth. Learn how to keep the soil breathing and how to keep water draining, soaking in, stored in the top soil, and recovered from the sub-soil through proper tillage, drainage, bedding, cover cropping, and mulches.

