

2014 NOFA Summer Conference WORKSHOP DESCRIPTIONS (by TIMESLOT)

Updated: July 29, 2014

www.nofasummerconference.org



You will find here a complete list of workshops organized by **TIME SLOT**. You can read this same workshop list [organized by CATEGORY here](#).

This listing provides comprehensive workshops info, including titles and descriptions, codes for workshop tracks, skill levels to which the workshops are directed, workshops locations, presenter names, bios, and directions for tour workshops. There are eight 90-minute workshop slots during the conference: four on Saturday, August 9, 2014 and four on Sunday, August, 10, 2014.

Once you are registered for the conference, you may attend any workshop listed here by simply walking to the room listed and taking a seat.

Workshop Timeslots (*double click the time slot to jump to it*)

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WORKSHOP TRACK KEY

A workshop track lists workshops under a common theme, practice, or perspective. All workshops fit into a topic category; some also fit into a track.

- **BF = Beginning Farmer Track:** A range of technical and farm-planning topics of particular interest to farmers with fewer than ten years of independent farming experience.
- **CO-OP = Cooperatives Track:** Sponsored by the [Neighboring Food Co-op Association](#), these workshops explore promising cooperative economic models.
- **DW = Dowsing Track:** Sponsored by the [American Society of Dowsters](#), this track of workshop explores the use of dowsing in organic agriculture.
- **DH = Draft Horse Track:** These workshops provide hands-on experience working with draft horses, as well as presentation on the economics and techniques of farming with horses.
- **OLC = Organic Land Care Track:** Attendance qualifies AOLCP (Accredited Organic Land Care Professional) participants for credits in the NOFA Organic Land Care Accreditation Program.
- **PC = Permaculture Track:** Permaculture-based approaches to organic agriculture and ecological design that offer perspectives, skills, and ideas for regenerative land use and creative community building.
- **SCC = Soil Carbon and Climate Track:** These workshops provide information on farming practices that return carbon to the soil from the atmosphere, and build humus for the long term.

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

1) Backyard Chickens *Beginner*
 Campus Center 811-15

Pam Raymond and David Turner: They raise grass fed beef, pastured broilers, free range layers, pastured pigs, and organic vegetable gardens in Hatfield, MA.

There will be information on breed selection, raising day old chicks, coop requirements, raising layers, handling predators, feeding requirements, general chicken information, and lots of resource materials.

2) Beginning Dowsing *DW Track Beginner*

Campus Center 803

Marty Cain: ASD National Convention, Beginning Dowsing School co-director for ten years. This hands-on workshop will cover the rudiments of dowsing including: yes / no responses with L-rods; the ethics of dowsing; how dowsing works; clearing detrimental energies; map-dowsing; sighting a water well and answering any questions participants may have, as time permits. L-rods will be provided for your use during the workshop.

3) Biologically Managing Weeds *OLC Track All levels*

Campus Center Auditorium

Elaine Ingham: Soil ecologist, and researcher teaching farmers to foster soil microbial life. Learn steps to begin to exit weeds from the farm landscape. We will examine existing models of weed-free plant production. Conflicting definitions of a weed held by fertilizer salesmen and ecologists will bring to the forefront the dichotomy between the “nuke-em” approach versus the “support team” approach to growing plants.

4) Breaking Ground in Vacant Lots *All levels*

Campus Center 904-08

Dan Gregory: Farm manager for the urban farm, Grow Hartford, in Connecticut. This workshop will provide a practical framework for gaining access to and preparing urban lots for agricultural use. Participants will learn how to research the feasibility of farming vacant lots, how to identify and resolve soil issues, and how to leverage and sustain community partnerships to ensure prolonged success.

5) Carbon Farming: Regenerative Agriculture for the Climate *OLC, PC & SCC Tracks*

Intermediate

Campus Center 162-75

Connor Stedman: Ecological designer, organizer of the internationally acclaimed Carbon Farming Course.

Most efforts to respond to rapid global climate change center on emissions reduction or climate adaptation. This workshop explores a third tool - carbon sequestration in trees and soil. We'll review the science and discuss agroforestry, holistic rotational grazing, organic no-till, and biochar. We'll identify promising methods and crops for farmers in the Northeast to trial.

5.5) 10 Culinary Herbs: Cultivation & Medicinal Use *Beginner*

Crabtree Dorm Basement

Jade Alicandro Mace: Community herbalist and medicinal herb grower at Milk & Honey Herbs.

Among the most medicinally active plants, culinary herbs are delicious, easy to grow in containers, small spaces, or fields. They provide a starting point to de-mystify herbalism and bring it into the home. Specific growth requirements, harvest, drying and storage, and medicinal uses will be discussed, and medicine-making techniques will be demonstrated.

6) Farmworkers Movements, Past and Present *All levels*

Campus Center 804-08

Nelson Carrasquillo: General Coordinator of CATA (Farmworkers Support Committee) & board member Agricultural Justice Project.

We'll discuss the history of farmworker organizing efforts in the US, presenting a human rights perspective on national policies that codify the plantation system and cheap labor. We'll discuss implications for various communities of the current "immigration reform" debate in terms of its emphasis on "market forces and future flow of workers."

7) Grazing Basics **BF Track** *Beginner*

Campus Center 905-09

Mike Ghia: Private farm consultant and former Grazing Technical Assistant with UVM.

Using real examples of different grazing systems, we will cover the basic principles of plant growth; grazing heights; determining recovery periods; avoiding overgrazing damage; determining paddock size and acreage needs; paddock design and layout; designing lanes, fences and water systems; parasite management; and avoiding common grazing mistakes.

8) Homebrewing Meads and Fruit Wines *Beginner*

Campus Center 165-69

Jonathan Roling: Assistant Professor of Biology who enjoys experimenting with homebrewing.

We will learn the techniques for sterilization, inoculation, fermentation, and bottling of home brewed mead and fruit wines. These unique products cannot be found in most stores. However these techniques can be used for more traditional beers and wines, as well.

9) How Co-ops Make Healthy, Local Food More Accessible **CO-OP Track** *All levels*

Campus Center 805-09

Bonnie Hudspeth: Membership & Outreach Coordinator, Neighboring Food Co-op Association.

Micha Josephy: Program Manager for the Cooperative Fund of New England.

What is the co-op model and how can it help make local food systems work for people with limited food budgets? Hear from food co-op leaders about how they are leveraging community ownership of their co-ops to make nutritious food more accessible to families with limited food budgets.

10) Logistics for Starting a CSA **BF Track** *Beginner*

Campus Center 911-15

Carolyn Llewellyn: Farm and nature teacher, former CSA farmer.

This workshop will help you consider all of the various details that can determine the success of a start-up veggie CSA, from land and growing to marketing, distribution, labor, administration, supplies, and more. Many handouts are supplied to cover these issues as well as crop planning and further resources.

11) Microloans: Grow a Backyard Operation Into a Small Farm *All levels*

Campus Center 168C

Carrie Novak: 35 year USDA employee specializing in financing for small family farms.

Caitlin Sheffer: Farm Loan Officer serving Western MA with small farm financing.

USDA launched a new micro-loan program in January of 2013 targeted to small producers. I'll cover specifics of the program and provide assistance writing a balance sheet and cash flow.

Participants will gain tools to determine whether a small operating loan will help them achieve their goal of growing their business.

12) Poultry Processing Basics *Beginner*

Campus Center 163C

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

I will provide an overview of the basic process of harvesting poultry, for home consumption or for retail sale. Pre-slaughter concerns, bleeding, scalding, plucking, eviscerating and chilling will be covered by showing a video. Special emphasis on food safety. Regulations for retail sales will also be addressed.

13) Processing, Butchering, & Adding Value to Pork *All levels*

Campus Center 903

Jake Levin: Nose-to-tail butcher; local produce purveyor in the Berkshires.

Jamie Paxton: Sous Chef at CrossRoads Food Shop in Hillsdale, NY.

We'll discuss your best options for processing pork. Learn what is the desired smell, color, feel/texture, and fat content. Look in depth at the basic primals and cuts, and how they are best served. Explore the basics of producing value added meat, including smoking, brining and dry curing.

14) Small Scale Garlic Growing for the Beginner **BF Track** *Beginner*

Campus Center 174-76

Ken Gies: Small scale garlic grower for almost a decade.

Step by step from "This is a garlic bulb" to sale or storage. I will discuss basic cultural requirements of garlic, and how and when to plant and harvest. Includes disease prevention as opposed to identification. Beginners will gain enough information to successfully plant a garlic patch for this fall.

15) Supportive Therapies for the Peri/Menopausal Years *All levels*

Campus Center Hadley Room (10th floor)

Dr. Emily Maiella: Naturopathic physician, practicing in both Brattleboro VT and Montague MA.

Menopause can be a time in life to celebrate – a time of new freedom and power! This workshop provides an overview of several effective and safe tools, including nutrition, botanical medicine, and bio-identical hormone replacement to ease menopausal symptoms and help you comfortably enjoy this transformative time in your life.

16) The Ancient Art of Labyrinth Building *All levels*

Outside: Meet at Registration Tent.

Melinda McCreven: Labyrinth builder, horticultural therapist, eco-artist.

Labyrinths are ancient earth-based circular paths for contemplative journeys...and also, a lot of fun to make! As we create a large (temporary) labyrinth to walk, I'll give history, tips, techniques, applications in agri-tourism, therapeutic settings, and we'll discuss the crucial differences between a maze and a labyrinth.

17) The Ecology and Gastronomy of Invasive Plants *Beginner*

Campus Center 917

Mira Nussbaum: A decade of sharing my passion for wild foods and invasive plant medicine. This presentation and conversation examines the history and ecology of plants currently considered invasive as well as our concept of what makes them so. Gain practical tips on how some of these plants can be used for food, medicine, animal fodder, crafts, and more. Participants will taste and experience these plants.

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

19) Parade Banner Painting

Mary Lyon Dorm

Age 7-12

Rachel Silverman: Art Teacher dedicated to sparking children's creative process & collaboration.

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.

20) Stories, Songs, and Dance

Mary Lyon Dorm

Age 5-10

Jim Conner: Elementary School Music Teacher, Gardener and Beekeeper.

Children will participate in movement stories and song stories from around the world, and learn a traditional folk dance or two. We will visit different cultures, explore body movements, and get a little fun exercise along the way.

21) We Recycle, Nature Recycles

UPUB

Age 6-12

Katelyn Rozenas: The School Gardens Coordinator at the Regional Environmental Council.

In this interactive workshop, youth will learn all about how to compost biodegradable materials and recycle everything else. They will have the opportunity to take the Composting Challenge, learn how to build a compost pile and how to compost with worms.

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

22) Tie Dye and Get Acquainted

UPUB

Sharon Begley: Has been tie-dyeing with Nofa Teens for years.

Traditional opening workshop of Teen Conference. We will cover tie-dye basics and then create an original work of art. Bring pre-washed preferably white cotton fabric such as a T shirt or sheets.

ADULT WORKSHOPS – SATURDAY, AUGUST 9, 10:00-11:30AM

23) Building Deep Rich Soils in New England *OLC & SCC Tracks Intermediate*
Campus Center 162-75

Jim Laurie: Biologist studying successful land and ocean restoration efforts.

New England soils are notoriously thin but can be restored with planned grazing. Increasing soil biodiversity improves the water cycle, food quality, farm profitability, wildlife habitat, and climate. We will learn from case studies how to integrate pasture, woodlands and croplands deepening soils to create a New England Savannah.

24) Compost versus Extract versus Tea *OLC Track All levels*

Campus Center Auditorium

Elaine Ingham: Soil ecologist, and researcher teaching farmers to foster soil microbial life.

By observing what is in the dirt, we can make compost, extracts, or teas that return the life that is needed. Nurturing this life maintains the positive interactions of soil life with crop plants. I will cover hands-on approaches to making and applying compost, compost extracts, and compost teas.

25) Determining Soil Needs Through Dowsing *DW Track Beginner*

Campus Center 803

Steve Herbert: Geologist, Anthropologist, Writer, International Dowser, and Water Resources Development Worker.

Dowsing is an art with a great many applications beyond water, including gardening and agriculture. In this workshop, we will review some dowsing basics and focus on its use as a complement and supplement to scientific laboratory testing to determine soil nutrient levels and other needs of the soil.

26) Edible Landscaping with a Permaculture Twist *OLC & PC Tracks All levels*

Campus Center 904-08

Michael Judd: Author of 'Edible Landscaping with a permaculture Twist', ecological landscape designer

Presentation will cover functional designs for small scale landscapes: building herb spirals, carving raised beds that harvest rainwater, growing tasty outdoor mushrooms, creating a food forest, discovering uncommon fruits, hugelkultur, shaping up an earthen oven, and much more.

27) Farming Smarter, Not Harder: Planning for Profit *BF Track Intermediate*

Campus Center 165-69

Richard Wiswall: Consults and speaks on business of organic farming. Author, "The Organic Farmer's Business Handbook."

Many farmers avoid learning about the business end of farming. Because of this they often work harder than they need to, or quit farming altogether because of frustrating – and often avoidable – losses. This workshop will focus on the planning and analysis tools needed to run a profitable farm, in an easy, step-by-step format.

28) Grow your own Home Health Herbs: Colds and Flu *Beginner*

Crabtree Dorm Basement

Sarah Stockwell-Arthen: Has been making herbal foods and remedies for 25 years. We'll focus on growing and using herbs to prevent colds and flus as part of a larger herbal medicines garden plan – with herbs to improve your foundational health, natural defenses and deal with common ailments. We will also discuss how to respectfully harvest and use these herbs daily.

29.5) Growing Hops for Home Brewing *All levels*

Campus Center 917

Sanne Kure-Jensen: Regular “Country Folks” contributor; manages education and outreach for NOFA/RI.

Learn about cultivating, trellising, harvesting and drying hops. Hear about global hops history. Discover hops use in the landscape, as medicine and beer additive. Learn about home brewing terms, equipment, ingredients, sanitation, bottling and capping equipment. Hear about things to watch out for and get sources for recipes and ingredients.

30) Growing Quality Vegetables Biodynamically *Intermediate*

Campus Center 804-08

Mac Mead: Director, The Pfeiffer Center; 38 years experience in biodynamic farming.

I will go over the history and basic principles of biodynamics and how they apply to growing high quality vegetables efficiently. I will cover use of the biodynamic preparations, raised beds, planting, cultivating, spraying, planting calendar, and pest control.

30.5) Home Funerals and Green Burials *All levels*

Campus Center 163C

Ann-Elizabeth Barnes and Jonitha Hasse: Home Funeral Guides serving in Columbia County, NY and Berkshire County, MA.

In this experiential workshop I will demonstrate the basic skills needed to carry out the legal and practical aspects of laying out a loved one who has died, in the home. This workshop gives you the necessary information, confidence and courage to create a meaningful home wake/vigil and a green funeral.

31) Improved Production for Medium and Large Gardens *Intermediate*

Campus Center 174-76

Steve Walach: Has managed large school gardens for 14 years.

Presentation will address gardening fundamentals to produce greater yields. This includes crop rotations, fertilizer plans, seedling care, labor requirements, and organization of garden space. In 2012, our school garden harvested 5,734 pounds of vegetables from 2,000 sq. ft. of raised beds, close to 3 lbs/sq ft.

33) Innovative Land Financing Mechanisms *All levels*

Campus Center 905-09

Mike Ghia: Land For Good VT Field Agent, experienced with farm acquisition.

Participants will explore non-traditional ways to finance land acquisition such as emerging farmland investor models, crowd-funding, land contracts, land cooperatives, and community land trusts. We will look at the advantages and limitations of these models, and share among participants about their experiences, questions and concerns about these approaches.

35) Pastured Turkeys for the Thanksgiving Table *Beginner*

Campus Center 811-15

Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

From day-old poults to the Thanksgiving table, we'll cover the details of husbanding pastured turkeys, giving particular attention to brooding, pasture rotation, housing/roosting, diseases, feeds and preparation for the harvest. Whether for your family or for profit, this workshop will get you started with broad breasted and heritage turkeys.

36) Selling to Your Local Food Co-op *CO-OP Track All levels*

Campus Center 805-09

Tony White: Operations Director, Co-op Food Stores of New Hampshire and Vermont.

Erbin Crowell: Executive Director, Neighboring Food Co-op Association.

Food co-ops in our region make a priority of supporting local farmers, producers and co-ops. This workshop will explore the regional impact of your Neighboring Food Co-ops, what you need to know to offer your products to local food co-ops as well as how to best report local economic impact.

37) Simple Lacto-fermentation *Beginner*

Campus Center 911-15

Beth Ingham: Organic gardening for 25 years, Whole Health Educator, nutritionist.

All the how tos of making great lacto-fermented products for home use. We will make sauerkraut, pickles, beet kvass and kimchee. All the tools and techniques to succeed will be introduced as well as a discussion of the health and environmental benefits of this method of preserving the harvest. Samples to inspire will be given out!

37.5) Starting and Maintaining a School Garden *Intermediate*

Campus Center 903

Mark Warford: Middle School Assistant Principal, award winning teacher, environmentalist, gardener.

Areas to be discussed include defining your garden's mission (e.g. donations, cafeteria use, sale to public), structuring garden times during and after school, school garden-friendly veggies, maximizing use of available space, adding fruit trees, Earth Tub composting system, winning the support of administration for your project, and more.

38) Stocking The Pantry With Home Preserved Foods *All levels*

Worcester Dining Hall Oak Room

Kathy Harrison: Author, blogger, farmer, and teacher of food preservation for 35 years.

Participants will learn to stock a deep pantry with locally grown foods. I will demonstrate a dehydrator, pressure canner, water bath canner and types of fermenters. We will explore how various foods should be preserved and options for using preserved foods as the basis of many meals.

39) The Economics of Food Localization *All levels*

Campus Center Hadley Room (10th floor)

Anita Dancs: Grows, buys, barter, cooks, preserves, eats and researches local food.

Helen Scharber: Economics professor who does not advocate math lessons for locavores. Many economists argue that global food supply chains are better for society than small-scale, local food production, due to comparative advantage and economies of scale. In this participatory workshop, we'll review the evidence for these claims, critique them and hopefully generate a lively discussion.

40) The Real Message of Adrenal Fatigue *All levels*

Campus Center 168C

Dr. Chris Decker: Naturopathic Physician, Homeopath, Certified GAPS Practitioner, Primal Doc, WAPF Chapter Leader.

As common as adrenal fatigue is--with its symptoms of insomnia, blood sugar dysregulation, and low energy--the real problem may originate further upstream, in the brain, which is the organ really calling the shots. Understanding this vastly affects treatment. Please join me for a fascinating discussion of this very relevant subject.

41) Vibrant Goat Health for Your Starter Herd *Beginner*

Outside

Emily Peterson: Herd and Barn Manager of the Goat Girls.

Jade Conrad: Field Manager, The Goat Girls.

We will cover basic considerations when starting a herd of goats including housing, nutrition and what to keep on hand. We will discuss the benefits of keeping good records and routine care. Demos will include hoof trimming, how to check vital signs, and administering basic medical care.

42) TOUR: Weed Dating at Simple Gifts Farm! *All levels*

TOUR

Caroline Roszell: Simple Gifts Farm, asst. manager; NOFA/Mass, board member; gone on several great dates following weed dating events.

Make new friends across a bed of vegetables! Get out of the classroom and pull weeds, while you meet new people, roulette-style. Open to everyone, regardless of age, sexual preference, gender, farm experience, etc! At the end of the session, you'll have a chance to leave a note for anyone you met who perked up your leaves. Participants can collect their messages from me at the Registration Table, starting at 5:00pm on Saturday, during the Fair. **DIRECTIONS:** Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. **ADDRESS:** 1089 N. Pleasant St, Amherst, MA. **ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT.**

CHILDREN'S WORKSHOPS - SATURDAY, AUGUST 9, 10:00-11:30AM

43) Building Fairy Houses

Mary Lyon Dorm

Age 5-12

Pam Kimball: Creating sustainable communities and manifesting zero energy housing.

Join us to play in the land of Fairy. We will read books about the Fairies, build Fairy houses out of found natural materials, draw pictures of the houses, and give tours of the Fairy homes to the group.

44) Playing Fowl: Caring for Our Chicken Friends

Mary Lyon Dorm

Age 5-12

Claudia Lewis: Homeschool mom; raised backyard birds and critters for ten years.

Kristy Delfausse: Elementary librarian in Brooklyn, NY; avid gardener; likes farm animals.

Come explore the world of naturally raised chickens for eggs and meat! We will use hands-on learning tools and discuss our experiences with these amusing and industrious creatures!

45) The Wonder of Photosynthesis

Mary Lyon Dorm

Age 6-12

Matt Tarpey: Avid environmentalist who loves teaching youth about fresh vegetables!

This interactive youth workshop will consist of the video, the Magic School Bus Gets Planted, a discussion about photosynthesis, a photosynthesis based arts and craft project and a fun, interactive game.

TEEN WORKSHOPS – SATURDAY, AUGUST 9, 10:00-11:30AM

UPUB

46) Create a School Garden to Raise Food Awareness

Shawn Ilinitch: Teacher who established 6,000 square foot organic garden.

The future of our food system depends on you! By helping to create a garden at your school, you will bring awareness of food system issues to your peers and have fun along the way.

47) Homemade Body Products

UPUB

Terry Myers: Gardener, Parent, music and yoga teacher.

Learn to make your own body products that are good for your body AND good for the planet.

We will make chap stick, facial scrub, and body butter with common ingredients such as olive oil, bees wax, aloe, and coconut oil. Participants will get one of each to take home.

ADULT WORKSHOPS – SATURDAY, AUGUST 9, 1:00-2:30PM

48) An Organic Apple Orchard Season *BF & OLC Tracks All levels*

Campus Center 903

Steven Gougeon and Jennifer Williams: Husband and wife team growing apples and making hard cider at Bear Swamp Orchard.

We will share our annual cycle of organic orchard care, focusing on the jobs that are required, the pests and diseases we monitor and how we manage them. We'll also discuss the sales strategy we've adopted to best utilize the apples from our orchard, which includes many value-added products.

49) Animal Processing on the Farm *Beginner*

Campus Center 811-15

Matt Wilkinson: Farm Educator specializing in meat processing and animal husbandry. Using a detailed power point showing all components of on farm animal processing, I'll cover the benefits to processing one's own meat animals, what equipment is required, facility needs, laws effecting farm animal processing, and basic how to's.

50) Basics of Pressure Canning *Beginner*

Worcester Dining Hall Oak Room

Kathy Harrison: Author, blogger, farmer, and teacher of food preservation for 35 years. Participants will be introduced to the basics of acquiring and using a pressure canner. We will explore the different kinds of canners and how each operates along with the challenges and benefits of each. We will also discuss which foods are best for pressure canning and how to use one to save time and money in the kitchen.

51) Bring Nature Home: Landscape Design for Wildlife *OLC Track Beginner*

Campus Center 168C

Nanette Masi: Passionate gardener, Landscape designer/educator, AOLCP, B.A. Botany, M.Ed. Science Education.

I will provide simple steps for designing native plant groupings that provide year-round food and habitat resources for wildlife. I will cover the important role native plants play in creating a successful habitat garden and offer some useful tips and organic gardening techniques.

52) Co-ops in the Food System: Conversions, Start-ups and supply chains *CO-OP Track All levels*

Campus Center 805-09

Erbin Crowell: Executive Director of the Neighboring Food Co-op Association.

Adam Trott: Staff Developer for the Valley Alliance of Worker Co-ops.

We will present worker and food co-ops in the Northeast and internationally that foster economically and environmentally sustainable food systems. Participants will learn the process for cooperative business development, the advantages of the co-operative model, and steps for launching a new co-op or converting an existing business. Time for discussion.

53) Dowsing Rods as Garden Tools *DW Track Beginner*

Campus Center 803

Gina Barkovitch: Farming, homesteader, orchards, co-creating land with dowsing. Editor of Dowser's Digest.

Have you ever wished your plants could tell you where they'd like to be planted? This class will introduce using dowsing rods to determine best locations for seedlings and potted plants in your garden or orchard. Time allowing, we can discuss dowsing your own seed/potting soil recipe.

54) Farm Mechanization for Increased Efficiency *BF Track Beginner*

Campus Center 165-69

Richard Wiswall: Consults and speaks on business of organic farming. Author, "The Organic Farmer's Business Handbook."

Learn tools of the trade for greater farming efficiency: cultivation tools to maximize weed control; harvest tools to speed the harvest; and packhouse tools for quicker and easier processing. Cost/benefit analysis will show how long it will take for a new tool to pay for itself. Greenhouse

innovations also highlighted.

55) Farm Succession Planning: Why, When and How *All levels*

Campus Center 905-09

Kathy Ruhf: Land for Good Executive director; 20 years working with farm families.

Richard E. Cavanaugh: Owner of Common Grow, a law and land use firm.

It's not too early—or too late—to plan for farm succession and transfer. We'll talk about the planning process, goals, methods, and challenges. Topics include retirement (what does that mean??), finding a successor, strategies for productive conversations, and more. You'll come away with information, support and concrete next steps.

56) Getting Started in Beekeeping *BF Track All levels*

Campus Center 163C

Roland Sevigny: Gardener, fruit grower, winemaker, MA Beekeeper of the Year: 2000.

Learn the basics of the rewarding hobby of keeping honey bees, which pollinate one third of the food we eat. Learn how a bee hive works, from queen to drone to worker bee. Learn how to have bees work for you and give you honey. We will cover the essential equipment needed for home-scale production and how to get started.

57) Grassroots Ideas and Input for Policy Change *All levels*

Campus Center 804-08

Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

Elizabeth Henderson: Organic farmer, NOFA representative to the Agricultural Justice Project.

Alex Simpson: Chairs the NOFA-NH Public Policy and Advocacy Committee.

Current issues on NOFA's 2014 Policy Agenda include: GMO labeling initiatives; redirecting FDA's food safety regulations; farm bill implementation; transforming farm labor; and more. Come join the conversation and contribute to the discussion of policy needs with members of the NOFA Interstate Policy Committee.

58) Grazing for Soil & Carbon *SCC Track All levels*

Campus Center 162-75

Seth Itzkan: Environmental futurist investigating climate mitigation through restorative grazing. I will report from the Africa Center for Holistic Management in Zimbabwe, where grazing, in accordance with evolutionary patterns, is re-greening highly depleted landscapes: helping to provide sustainable food and water security while invariably sequestering carbon through new soil formation. Case studies and explanations provided.

59) Growing Brassica Crops *All levels*

Campus Center 174-76

John Kenny: Owner, Big Train Farm, Cranston, RI; Teaches Soil and Plant Science.

Take an in-depth look at the often-challenging world of growing the Broccoli-Family, the Brassicaceae. Workshop will be a conversation on growing excellent Brassica crops by examining their natural history, fertility inclinations, insect relationships, and overall management techniques. Emphases on soil balancing and organic pest control.

60) Making Hard Cider at Home *All levels*

Campus Center 917

Jake Mazar: Farmer, cidemaker, co-founder of Artifact Cider Project.

Soham Bhatt: Scientist, cidemaker, co-founder of Artifact Cider Project.

Hard cider was the drink of choice in colonial America where families made home batches every year. In this workshop, you will learn how to make hard cider at home. Includes overview of equipment required, timing, common mistakes, things to avoid, and tricks of the trade.

61) Microscope Assessment Demonstration *OLC Track All levels*

Campus Center Auditorium

Elaine Ingham: Soil ecologist, and researcher teaching farmers to foster soil microbial life.

We will have time to assess bacteria, fungi, protozoa, and nematodes in soil and compost samples from several participants. I will demonstrate practical microscope methods, and interpret results, suggesting needed steps to improve the soil for better crop production, or to maintain soil life, if good balances are observed.

62) Pastured Poultry: From Brooder to Bag *All levels*

Campus Center 904-08

Ken Gies: Poultry Hatchery Owner and pastured chicken raising for 15 years.

I will present the fundamentals of brooding, feeding and watering, field specifications for pasture, processing, and marketing organic pastured poultry – all with a minimalist approach to equipment. Beginners will get tools to get started and the experienced will gain info to improve their techniques.

63) Permaculture/Bioregional Farms and Food Sheds *PC Track Intermediate*

Campus Center Hadley Room (10th floor)

Andrew Faust: Premier Permaculture teacher with over two decades of experience.

Create Permaculture farms and communities that heal watersheds and provide jobs with dignity. Design healthy productive landscapes for future generations to inherit. Integrate tree crops, orchards and livestock. Build off the grid, gravity powered, solar, wood and compost heated water and energy systems. Expand farm hosting capacity with natural buildings.

64) Propagating Field Grown Herbs *All levels*

Outside

Kathy Morris: Homesteader.

The —how to, when to, and why to – on propagating perennial, biennial, and annual herbs, garnered from 38 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.

65) Self Care & Ergonomics for Farmers *All levels*

Crabtree Dorm Basement

Lydia Sivel-Irons: The Flexible Farmer, founder. Northeast Center for Agricultural Health, Representative.

This upbeat and active workshop will teach you how to care for and protect your most important tool... your working body! Participants will learn anatomy, body mechanics and injury prevention related to the physical challenges of farm work. We will cover frequent problems and

ways to prepare, maintain and restore.

66) Why Every Farm Should Have a Sugaring Operation *All levels*

Campus Center 911-15

Michael Farrell: Director of Cornell University's Uihlein Forest in Lake Placid, NY.

This workshop will discuss the benefits of developing a maple sugaring operation and offer ideas for expanding existing sugaring operations. You will learn about the economics of sugaring and marketing opportunities with maple, birch, and walnut sap. Several examples of community-based sugaring models will be covered.

67) Work Horses 101- Care and Handling *BF & DH Tracks Beginner*

OUTSIDE

Kim Mastrianni: Works with people and horses, ideally, to both their benefit.

Dale Perkins: Works with people and horses on a small family farm.

For those with limited experience and lots of interest. Get hands on time, up close and personal with these amazing animals. Learn handling, care, keeping, and the basics of how draft horses think, how to work safely around them, and how they can benefit your farming operation. We'll have handouts.

68) TOUR: Book & Plow Farm: Farm to Institution *All levels*

TOUR

Peter McLean: Book & Plow Co-Manager.

Tobin Porter-Brown: Book & Plow Co-Manager.

Book & Plow Farm is in its second year of growing for Amherst College. Hear the challenges and successes that come with growing for an institution. We will talk about crop planning, season extension, processing, working with the dining hall, and a host of other topics that come along with growing food for a large institution. **DIRECTIONS:** from UMass, follow 116 south to Route 9 and turn left heading east. Turn Right onto Southeast Street. Go under the first set of railroad tracks and take your first right. The driveway is next to a fire hydrant. Drive to the top of the hill and park to the left. **TOTAL DRIVING TIME FROM UMass: 7 Minutes. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT.** Link to google map directions here.

CHILDREN'S WORKSHOPS - SATURDAY, AUGUST 9, 1:00-2:30PM

70) Kids with (Goat) Kids!

Mary Lyon Dorm

Age 5-12

Alisande Cunningham Sweeney: Runs Juniper Hill Farm in Amherst hosting herb & goat walks.

Liana Cunningham Sweeney: Has worked with several goat farms around the world.

We will learn to handle and brush young goats (kids) and talk about general care including which plants and trees they can eat.

71) Window Stars and Danish Hearts

Mary Lyon Dorm

Age 9-12

Bridget Spann: Homeschool parent who enjoys learning along with her children.

Gabriela Zasada: A girl who loves art, cats, and swim team.

Learn how to make translucent window stars and Danish Hearts. They are festive decorations and make great gifts for others.

TEEN WORKSHOPS – SATURDAY, AUGUST 9, 1:00-2:30PM

72) Creating a Positive Future in a Crazy Time

UPUB

Tina Clarke: Transition Towns Trainer, Program Director at Greenpeace & Clean Water Action. In this time of environmental, social and economic challenges, people around the world are creating fulfilling lives and strong communities. How do they do it? We'll explore ways to create a fantastic life while helping create positive change. It's an exciting time for creating better ways of living together on our amazing earth.

73) Trash Talk: Rethinking Garbage for Zero Waste

UPUB

Tracy Frisch: Journalist, homesteader producing 2 bags of trash/year, environmental activist. Where does stuff go when we throw it away? Is all recycling beneficial? What's embodied energy and are we squandering it? Should we choose -- Paper or plastic? Reuse or recycle? Incinerate, landfill or something else? We'll ponder all your questions and create a vision for a "Zero Waste" world.

ADULT WORKSHOPS – SATURDAY, AUGUST 9, 3:00-4:30PM

74) Access to Land **BF Track** *All levels*

Campus Center 811-15

Mike Ghia: Land For Good VT Field Agent, experienced with farm acquisition.

Kathy Ruhf: Land For Good Executive director; 20 years working with farm families. Participants will explore the topics of acquiring land through purchase or lease, financial assessment, finding farms, lease agreements, communication & negotiation and community partners. Participants may prepare ahead using an online course called Acquiring Your Farm (www.landforgood.org/register-ayf). Farm seekers may follow up independently with a Land For Good coach.

75) Crop Planning for CSAs using Excel **BF Track** *Advanced*

Campus Center 904-08

Dan Kaplan: Farm Manager of Brookfield Farm since 1994.

Brookfield Farm has been running as a CSA for 27 years. I will go over how we plan for growing 30 acres of vegetables for our 525-share operation.

76) Cultivating Summer Cabbage for Flavor & Profit *All levels*

Campus Center 174-76

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

Nicki Anderson: Has been growing healthy soils and food for four years.

Enjoying delicious Farao Cabbage leaves a few seasons back was a revelation, and has changed our planting plan for the better. We've since expanded our spring planting for an extended harvest season (June through July). We'll focus on the craft, finances, and science of small-scale summer & napa cabbage production.

77) Dowsing and the Animal Kingdom *DW Track All levels*

Campus Center 803

Leroy Bull: Dairy farmer, grandfather, son Pennsylvania Secretary Agriculture, past ASD President.

Animals respond to earth and atmospheric changes, often before we are even aware of them. Beekeepers have long known, when hives are located on top of water veins, yields increase 20%. Animals can teach us to locate water. Learn to use your inborn abilities to provide for more (or less) of what you're looking for in life.

78) Effective Farm Employee Management *BF Track All levels*

Campus Center 165-69

Richard Wiswall: Consults and speaks on business of organic farming. Author, "The Organic Farmer's Business Handbook."

Farmers often think each added employee-hour should decrease the farmer's workload by equal amounts. Not so. Being an effective and efficient manager of farm employees takes time, effort and some skill. I'll cover practical employee management tips, legal requirements, important filing deadlines, SEP IRAs, and spousal social security options.

79) Farm & Food Transactional Legal Issues and when to Engage a Lawyer *All levels*

Campus Center 905-09

Jenny Rushlow: Staff Attorney and Director of the Farm and Food Initiative at Conservation Law Foundation.

Bob Ritchie: Former General Counsel of Massachusetts Department of Agricultural Resources.

Severine von Tscharnier Fleming: Founder, Greenhorns; Co-founder, National Young Farmers Coalition; Board, Agrarian Trust.

Farmers and food entrepreneurs will learn about transactional legal issues affecting their work and when to engage an attorney. Participants will also learn about a new pro bono legal services hub piloting in Massachusetts where eligible farmers and food entrepreneurs get matched with attorneys willing to offer their services for free.

80) Flavorful Food Preservation Beyond Canning *Advanced*

Worcester Dining Hall Oak Room

Rosa Galeno: Teaches culinary classes as life lessons: creative cooking lets flavors evolve.

Fill your pantry to taste what you eat. I'll cover methods to capture the flavor of food without the water bath canning method: making an olive oil infusion with fresh herbs; creating an oven-heated, vacuum-sealed, ready-to-use sauce in a glass jar; and layering green tomatoes or herbs in salt.

81) Gardening Into the Fall *Intermediate*

Campus Center 162-75

Al Johnson: Organic grower for over 35 years. Organic inspector since 1990.

Many crops thrive in cool autumn and early winter weather. Learn appropriate crops and varieties, planting options and dates, crop rotations that include opportunities for cover crops, and some simple storage techniques. Focus will be on on crops planted after the summer solstice grown without crop extension devices.

82) Gardening Like the Forest *OLC & PC Tracks Intermediate*

Campus Center Auditorium

Dave Jacke: Longtime ecological designer and author of Edible Forest Gardens.

Healthy forests maintain, fertilize, and renew themselves, naturally. Forest gardens mimic natural forests while growing food, fuel, fiber, fodder, fertilizers, pharmaceuticals, and fun. We can meet our own needs and regenerate healthy ecosystems simultaneously! I'll cover forest gardening's vision and scientific background, present real-life examples, and introduce some useful perennial edibles.

83) Getting Started in Certified Small-Scale Dairying *BF Track All levels*

Campus Center 917

Sarah/Pepper Fournier-Scanlon: Runs an ever-lively brown cow raw milk CSA.

We will discuss many facets of affordable set-up and infrastructure for a certified small dairy including choosing your herd, milking equipment and procedures, direct and local marketing, bottling, raw vs. pasteurized milk, creative financing, management economics, and the potential for multi-species in one dairy operation.

84) Herbal Medicine from the Outside In *Beginner*

Crabtree Dorm Basement

Jane LaForce: Gardener, goatherd, earth lover, sharer of Wise Woman ways.

Explore the healing properties of plants when applied to the outside of the body as baths (full, foot, hand or sitz), poultices, washes or compresses and some liniments and oils or salves, as well. Specific herbs will be covered and demonstrated. Please bring a towel should you wish to have a feet or hands in experience.

85) Homestead Organic Apple Orchard Practicum *OLC Track Intermediate*

Campus Center 903

Jack Mastrianni: A card carrying member of AAA...Apple Addicts Anonymous.

15 years ago I planted our first apple trees, and through successes and failures, I think I have finally reached holistic orchard health. I'll show a power point covering site selection, varieties, planting, nurturing, and pruning. I'll share my lessons and solicit other apple growers to share theirs as well.

86) How Collaboration Heals EcoSystems *OLC Track All levels*

Campus Center 911-15

Jim Conroy: Expert Nature Communicator, PhD Plant Pathology, New Career-Field Innovator, Author.

Ms. Basia Alexander: Visionary Culture-Shifter, Workshop Leader, Author, Catalyst for Practical Spirituality, Publisher.

Ecosystem degradation and invasives require outside-the-box solutions. How can you team-up with organisms for all to thrive sustainably? Adopt "Live and Let Live" ideas and bio-

energetically restore healthy inter-communication. Research on farms with insects, diseases shows that killing is obsolete. Experience energetic connection with plants to forever change your outlook.

87) How Co-ops Spur Organic Farming in Global South *CO-OP Track All levels*

Campus Center 805-09

Rodney North: Equal Exchange spokesperson for 15 years and former Board Director. In many places around the world farming organically is necessarily a collective effort. Equal Exchange (a worker co-op) works directly with 55 co-ops of organic farmers in 23 countries. I will explain how the co-operative business model, both in the US and abroad, makes organic farming both feasible and attractive.

88) Keeping Bees Healthy Organically *Intermediate*

Campus Center 168C

Anita Deeley: Beekeeper, MA Bee Inspector, and founder of Beverlybees.com. Understand how a healthy colony operates and master the nutritional needs of bees. Learn to identify pests, diseases and problems in the colony and manage them without chemicals. Review ways to keep your apiary sustainable, including methods of queen raising, nuc building, and overwintering so your bees survive each year. Basic beekeeping knowledge expected.

89) LGBTQ Farmers on the Farm and on the Screen *All levels*

Campus Center 163C

Jonah Mossberg: Queer farmer and filmmaker from Northeastern Connecticut.
Rachel Rybaczuk: Writing a dissertation about farmers at UMass-Amherst. This workshop looks at the role of lesbian, gay, bisexual, transgender, and queer farmers in agriculture, despite their relative absence in popular media and the agricultural imagination. We'll show excerpts from the documentary, Out Here, about LGBTQ farmers. Participants will have a chance to share stories and ideas, meet each other, and network.

90) Monitoring the Carbon Cycle on your Farm *SCC Track Advanced*

Campus Center 804-08

Peter Donovan: Founder, Soil Carbon Challenge, monitoring soil changes across North America. The cycling of carbon via photosynthesis (or lack thereof) affects both climate and soil fertility. Participants will learn how observing these processes locally, with citizen-science and open-data approaches, can enable us to recognize and organize leadership to slow down carbon and water cycling for local and global benefits.

~~CANCELLED 91) Scientific Validation of Herbal Medicine — *Advanced*~~

~~Campus Center Hadley Room (10th floor)~~

~~**Ellen Kamhi:** Advanced practice holistic nurse (AHN-BC), medical school instructor and author.~~

~~Understand mechanisms of action for how herbs heal, possible adverse effects, and herb/drug interactions. The approach covers both traditional and modern scientific knowledges. Why does berberine kill bacteria without promoting resistant strains? How does Red Yeast Rice interfere with cellular pathways to inhibit Co Q 10? Does silymarin upregulate the P 450 Liver Enzymes~~

~~to enhance Detoxification?~~

92) Work Horses 102- Harnessing and Driving *BF & DH Tracks* *Beginner*
OUTSIDE

Dale Perkins: Works with people and horses on a small family farm.

Kim Mastrianni: Works with people and horses, ideally, to both their benefit.

Understand what horses can do for your farm. Learn harness varieties, proper fit, other equipment, hitching and safety concerns. Participants will have an opportunity to harness and drive a single or a team of horses.

93) TOUR: Red Fire Farm: Systems for Growing, Storing and Marketing Root Vegetables

Advanced

TOUR

Ryan Voiland: Owner and head grower at Red Fire Farm.

We grow certified organic produce on 100 acres for CSA shares, farm stands, farmers markets and wholesale accounts. I will show horticultural requirements & systems for producing organic root vegetables, including parsnips, carrots, potatoes & onions. I'll cover planting, fertility, weed management, harvesting & storage considerations. The tour includes a wagon ride of the fields as well as a walking tour of the produce storage facilities. DIRECTIONS: From Amherst take Rt. 116 north for about 6 miles. In Sunderland center Rt. 116 intersects with Rt. 47. Turn right onto Rt. 47 north. In 1.4 miles take a slight left onto Falls Road. Falls Road turns into Meadow Road at the town line. The farm will be on the right 3.4 miles after the turn off of Route 47. Park near the tobacco barn, which is parallel to the road and has a farm member Pick Your Own station on the road side. The tour will start from that location. ADDRESS: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. Link to google map directions here.

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 9, 3:00-4:30PM

94) Parade Prep Workshop

Mary Lyon Dorm

Age 5 and up

Children's Conference Teachers and Helpers:

Children and Teens will make fun hats or noise makers to carry in the parade. Theme 40 years! They will decorate a golf cart and line up with NOFA State banners. Caregivers will join us for a march around the green at 4:30.

TEEN WORKSHOPS – SATURDAY, AUGUST 9, 3:00-4:30PM

95) The Joy and Health Benefits of Keeping Goats

Outside: Meet at the goats in the Northeast Residential Area.

Alisande Cunningham Sweeney: Runs Juniper Hill Farm in Amherst hosting herb & goat walks.

Liana Cunningham Sweeney: Has worked with several goat farms around the world.

Adults welcome! We will discuss the basics of caring for dairy goats. Selecting a breed, housing, feeding, equipment, worming, time needed and fencing will be covered. Then we will take a short walk and look at the common plants that goats can eat. Meet us under the trees with the goats.

95.5) Nature-Inspired Gifts to Share Joy and Save Money

UPUB

Carolyn Llewellyn: Farm and nature educator.

Participants will create several gift items and discuss many more ideas for gifts full of meaning and beauty that do not require excessive planning or skill. Pressed flowers, found objects, etc.

ADULT WORKSHOPS – SUNDAY, AUGUST 10, 8:00-9:30AM

96) Certified Organic Small and Tree Fruit *OLC Track All levels*

Campus Center 174-76

Julie Rawson and Jack Kittredge: Vegetable, animal and fruit growers at Many Hands Organic Farm for 32 years.

We will focus on raspberries, blueberries, grapes, peaches, pears, plums and some minors. We will talk pruning, fertility, cultural practices and how to preserve/wine/use and market. We have 100 fruit trees and small holdings of many small fruits.

97) Cooking Local/Organic Nutritious Meals *All levels*

Worcester Dining Hall Oak Room

Nicole Cormier: Registered Dietitian; nutrition counselor; Delicious Living Nutrition, Inc., owner.

The foods we eat can help increase energy levels, improve overall health, and foster a healthy relationship with food. This workshop will expand our knowledge of nutrition and seasonal recipes that incorporate local/organic foods. Workshop includes a slide show, and a demonstration of simple cooking methods.

98) Cover Crops for the Garden and Homestead *OLC Track Beginner*

Campus Center 917

Sharon Gensler: Homesteader/educator 30+ years; using garden cover crops for ten years.

Pru Smith: Homesteader, orchardist, cover cropper, sustainability & wellness life coach.

Cover crops aren't just for large farms! Learn how to make use of cover crops in the home garden: what types, how & when to plant, how they can fit into a crop rotation while improving soil health, reducing weed pressure, and sequestering carbon.

99) Digging those Community Roots: The Role of Urban Gardens *All levels*

Campus Center 805-09

Karen Washington: Urban farmer and food activist.

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

With over 600 community gardens in New York City and the growing momentum of the urban agriculture movement, we will address what role community gardens play in urban agriculture.

We'll discuss urban farming through the lens of food justice, community building and education. How can our gardens grow into or remain vital community resources?

100) First Aid Homeopathy for the Farmer *Beginner*

Campus Center 803

Jeanne Deignan-Kosmides: Homeopath, Beekeeper, Biodynamic Gardener, Yoga & Meditation Teacher and Therapist.

Homeopathic remedies are safe, low costing, non-toxic, & without side effects. Homeopathy helps relieve pain and speed healing with sunburns, garden strains, summer colds, bug bites, skin rashes, etc. I will offer some applicable remedy uses of homeopathy for you and your family.

101) Food Justice Certified *Intermediate*

Campus Center 905-09

Elizabeth Henderson: Organic farmer, NOFA representative to the Agricultural Justice Project.

Erin Bullock: Growing vegetables for CSA members for seven years.

Would domestic fair trade be a benefit for US organic farms? Hear from a farmer who is trying out the Food Justice Certification, created by the Agricultural Justice Project. Why go to this added trouble? What does it mean for farmers, farmworkers, ethical eaters? View short film "Hungry for Justice: Spotlight on the South."

102) Harvesting your Cover Crop with Ruminants *SCC Track Intermediate*

Campus Center 162-75

Ridge Shinn: Grass-fed beef pioneer with special knowledge in bovine genetics.

Successfully finishing cattle on a forage-only diet requires understanding how to harvest energy from plants. Cover crops are a way to build soil quickly, and harvesting them with ruminants enhances their functionality. Learn how and why. People with some grazing experience will gain most.

103) Hedgerows and Windbreaks for Farm and Homestead *OLC & PC Tracks All levels*

Campus Center Hadley Room (10th floor)

Jono Neiger: Permaculture designer, educator, and homesteader in the Pioneer Valley.

Hedgerows are important, though often underutilized, multi-functional edge spaces on any homestead or farm. We will focus on hedgerow design and uses, tree crop and understory species selection for productive edges, agroforestry connections, pollinator support, incorporating habitat, and windbreak function and design.

104) Herbs for the Digestive System *All levels*

Crabtree Dorm Basement

Betzy Bancroft: Co-director and faculty of Vermont Center for Integrative Herbalism.

Herbs can be extremely helpful in remedying many digestive problems like gas and constipation and in improving assimilation of food. Learn how aromatics, bitters, astringents and demulcents act on our digestive organs, and how they are most effectively applied. I'll pass around some examples so people can smell or taste the herbs.

105) Improving Your Land with Multi-Species Grazing *Intermediate*

Campus Center 811-15

Lisa McCrory: Organic diversified farmer and consultant, trained in Holistic Management. From renovating and rotovating land to building organic matter and soil biology, raising multiple species on pasture is truly an asset to a farm. Learn, discuss and share the many different ways various species can graze together on your farm as you strive for healthy soils and productive pastures.

106) Infectious Chronic Disease: Cancer, Heart, Etc. *All levels*

Campus Center 804-08

Dr. Joyce R. Young: Visionary, systems biologist, tropical marine botanist, naturopathic physician, perpetual optimist.

I will review the human and veterinary medical literature showing a long history that many chronic diseases (like cancer, cardiovascular disease, Parkinson's, etc.) have an infectious (i.e., viral) causation. You will learn that common chemical and radiation exposures are causing immunosuppression leading to microorganism colonization of the host.

107) Interpreting Soil Tests *BF & OLC Tracks All levels*

Campus Center 168C

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

Accurately gauging nutrient needs in our soils is a critical step in making sound fertility decisions. We will set out to demystify soil test results, from cation exchange capacity (CEC) and base saturation to ppm and lbs/acre. Hands-on activity included to help participants gain confidence in interpreting soil test results.

108) Introduction to Organic Certification *Beginner*

Campus Center 903

Don Persons: Organic inspector and former certified and non-certified organic farmer.

Getting certified is easier and simpler than you think! Learn how certification works, and the dos and don'ts of transitioning to organic, whether you're a gardener, farmer, husbandry person, specialty producer or processor. Understand what can be sold as organic. Logistics and expenses will be covered.

109) Open Source Agricultural Tools *All levels*

Campus Center 904-08

Dorn Cox: Organic Farmer, Researcher at UNH, Director of GreenStart and co-founder of Farm Hack.

Farm Hack is an open source community of farmers and non-farmers, sharing technical skills and knowledge to innovate farm tools for resilient agriculture. I'll show examples of small scale grain equipment, highlighting the continued relevance of old tools and the feasibility of locally producing tools adapted to specific farms and markets.

110) Organic Farming in the age of Nuclear Disasters *All levels*

Campus Center Auditorium

Chiho Kaneko: Journalist/artist based in Vermont, originally from Iwate, Japan.

I will share photographs of what I have witnessed in Japan during the three years since the Fukushima Dai-ichi Nuclear Power Plant disaster, focusing on the disaster's impact on food, organic farmers and homesteaders. I will also present highlights from the Japan Organic

Agriculture Association's 42nd annual meeting.

111) Organic Farming with Students Grades K-12 *Beginner*

Campus Center 911-15

Jon Belber: National teaching awards winner; Friends of Holly Hill Farm, Education Director. This interactive workshop addresses how students of all ages can play a meaningful role in food production. The Friends of Holly Hill Farm non-profit organization grows and facilitates 30+ organic school gardens. Learn practical strategies for involving kids in producing food while connecting with curriculum for positive social change.

112) Planning for the Demands of your Market *Intermediate*

Campus Center 165-69

Keith Stewart: Certified organic grower for 27 years. Sells in NYC Greenmarket. Learn to develop a plan to produce for your market – not too little or too much. Plan elements covered include: maps for farm, fields, and soils; space allocations for crop rotations; a weekly planting schedule; pick lists and harvest and sales records; weekly and daily to-do lists; and planting records book.

113) Season Extension Farming: Learn From Each Other *BF Track Advanced*

Campus Center 163C

David Zemelsky: Teacher, ski area operator, family therapist, long time married, parent/grandparent.

Fifteen years ago, when we started a season extension farm, few knew how to grow in the Winter. Since then, many farmers have learned and prospered. I'll share what I've learned and hopefully you will do the same. We'll cover planting dates, crops, methods, horror stories and disease.

114) Small-Scale Equipment for Small Grains *BF Track Intermediate*

Outside

Robert Perry: 5th generation farmer; NOFA-NY inspector and field crop educator.

Interest in growing local organic grain for dry grains, milling, malting, and distilling markets is rising. Consider whether adding small-scale grain production is viable for your operation. I'll lead a hands-on demonstration of a primitive threshing and grain cleaner. I'll also cover planting, harvesting, drying, cleaning, and storing grains.

115) Spontaneous Yoga *All levels*

Outside

Melissa Kenny Probst: Yoga practice for 20 years; convener of many cooperative endeavors.

Participants will engage in a cooperative, spontaneous sharing of yoga. I'll bring some yoga mats, you bring an open spirit and any yoga experience you may want to share. Participants will have the opportunity to lead different aspects of our yoga practice. We'll decide together how to proceed as a group.

116) TOUR: Natural Roots Farm: Horse Powered CSA, part I *DH Track Intermediate*

TOUR

David Fisher: Runs 200 member horsepowered CSA. Farming for 18 years.

In the first part of this two-part tour of Natural Roots farm, we'll demonstrate how we run our CSA, and harvest hay and timber, relying exclusively on horsepower. We'll use live horsepower demonstrations on a variety of traditional and innovative implements to illustrate our vegetable production systems. Opportunity for lots of discussion. **DIRECTIONS** (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right hand side. Park in the parking lot (enter at the "enter" sign), and proceed on foot down the hill and over the suspension bridge over the river. Hang a left and follow signs through the field, briefly into the woods, and into the meadow on the left with the big new barn. This workshop will be in the barn. **TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY!**
ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. (For part II, see #??). Link to google map directions [here](#).

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 10, 8:00-9:30AM

117) Creative Writing and Theatre Games

Mary Lyon Dorm

Age 7-12

Sharlow Hitchcock: Long time NOFA teen who loves theatre and kids.

Emily Hitchcock: Long time NOFA teen who loves theatre and kids.

We will create characters, write stories, and join in fun group writing activities. Then play theatre games, learn how to improvise and use our imagination. If you like telling or hearing stories, or learning fun games, come join us!

118) Let's Make a Mask!

Mary Lyon Dorm

Age 5-12

Kate Kennedy: Beginning farmer, mom, maker of art.

Masks are a fun way to show a different or hidden side of ourselves. Who would you like to be today? Come make a mask with us and find out.

119) Wind Fun(damentals)

Mary Lyon Dorm

Age 5-10

Rocco MacLachlan: Self-proclaimed tinkerer and collector of "stuff".

Jeremy MacLachlan: Parent and fellow tinkerer.

Participants will learn how to harness the wind for energy by comparing pinwheels and make predictions on their speed. We will also design wind sails and redesign them using a "wind tunnel"., design wind mill blades. Finally how can we use windmills to do work?

TEEN WORKSHOPS – SUNDAY, AUGUST 10, 8:00-9:30AM

120) Team Building Games

UPUB

Sara Wulff: Student athlete, artist, and outdoor enthusiast.

Come get to know your fellow NOFA goers! With games that appeal to any audience we will learn new things about the people around us. By using good communication and listening skills, there will be no stopping the fun!

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

121) Agroforestry for Riverlands and Beyond *OLC & PC Tracks Intermediate*

Campus Center Hadley Room (10th floor)

Connor Stedman: Ecological designer, organizer of the internationally acclaimed Carbon Farming Course.

Keith Morris: Grower, builder, and designer, creating ecologically regenerative and economically viable food systems.

Agriculturally productive buffers (APBs) are an emerging agroforestry option for vulnerable river lands, which combines crop production, conservation, and flood resilience. This workshop provides an overview of ecological functions, crop systems, planning, and economic considerations for productive riparian buffers, plus case studies from current APB trials on Vermont farms.

122) Building & Managing Low-tech, Low-cost, Low-tunnels *OLC Track Beginner*

Campus Center 805-09

Daniel Botkin: Athlete, teacher, and organic farmer in Gill, MA.

This workshop explores the fabrication and use of home-crafted, low-tunnel greenhouses for crop protection in the backyard garden or micro-farm. We'll compare various materials and "low-end" building options, including wire, wooden slats, PVC pipe and steel EMT pipes.

123) Building Soil With Permaculture *OLC Track Intermediate*

Campus Center 904-08

Jonathan Bates: Owns FoodForestFarm.com and homesteads with friends in Holyoke, MA. Something amazing has happened to the soil in our 10-year-old forest garden. We've grown great food, like persimmons, kiwis and pawpaws, and now we grow great soil too! In this workshop we'll show how the soil was built, what the test results are, and share plans for growing more black gold.

124) Community Ownership of Land for Farm Viability *All levels*

Campus Center 905-09

Billie Best: Farmer and grassroots organizer for sustainable agriculture.

Learn how to use the community land trust model for community ownership of land to create permanently affordable access to housing and land for farmers and other community members. Explore working models for a farm and residential community including partnering with conservation land trusts, lease agreements, and purchase/sale process.

125) Compliant Pest Controls for Organic Farms *All levels*

Campus Center 903

Brice Crayne: Wildlife habitat specialist and OMRI Product Review Coordinator.

How can farmers quickly make decisions to manage unexpected pests? This session will provide tools for assessing new products and their use restrictions. Attendees will learn about some common pest controls and how to plan for compliance when requesting to add new materials to their Organic System Plans.

126) Continuous Culinary Herb Harvest for Herbal Blends *Beginner*

Campus Center 174-76

Amy LeBlanc: MOFGA Certified Organic grower and enthusiastic cook!

Learn how to work with the specific growth habit of herb plants to produce a continuous quality harvest. Includes a hands-on demo of pruning several different herb plants. Use the harvest fresh at the table, in the dehydrator, or in delicious herbal blends. Dressings, seasonings, ethnic flavors, recipes, and more.

127) Cultured Dairy Products *Beginner*

Campus Center 168C

Rebecca Buell: Homesteader with goats, chickens, and gardens.

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

128) Feed your Teeth....Feed your Life *Beginner*

Campus Center 804-08

Jean Nordin-Evans: Holistic dentist, mother, and part-time farmer. Co-founder of Groton Wellness.

We will discuss many common dental conditions and ailments. I will explain in simple terms what dental disease is, how it is holistically treated, and what are the root causes. I will also discuss and give details on what foods, including herbs best support dental health, and what foods lead to degeneration.

129) Fencing-in (or out): Practical fence building **BF Track** *Intermediate*

Campus Center 162-75

Leonard Pollara: Organic Farmer, IOIA Certified Inspector, International Farm & Business Consultant.

A slide presentation of fence styles and fundamentals of fence construction. How fences work. Specific tips for different goals. Post types and post setting, wire types and fencing styles and applications for different types. Q&A

130) Food Sovereignty Movements *All levels*

Campus Center 803

Tory Field: Farmer, Next Barn Over Farm; Community Outreach Coordinator, Other Worlds. Food sovereignty, promoted by farmers around the world, is grounded in the belief that everyone has the right to healthy, sustainably produced food and democratic control over their agricultural systems. We will explore food sovereignty principles, current global movements, and how our work as small farmers connects to these larger movements.

131) From Garden to Gordita: Grow Dent Corn for Masa Dough *All levels*

Worcester Dining Hall Oak Room

Ben Lester: Pioneer Valley Heritage Grain, Founder; Chef.

Learn how to source organic corn seeds, plant them, harvest them, and then cook with them using the traditional method of nixtamalization - sounds hard but it's super easy . . . and delicious. I'll also cover how to make tortillas, gorditas, posole, and more at home.

132) Growing Clean Water: Topsoil & Water Security *OLC & SCC Tracks All levels*

Campus Center Auditorium

Abe Collins: Helps producers and communities to achieve new soil outcomes.

Proper agricultural management can yield healthy, covered, aggregated, high organic matter topsoil, cost-effectively meeting society's need for clean water and flood regulation. I'll address: land managers' leadership role, monitoring technologies and open data to accelerate and confirm progress, collaboration between farmers and other community leaders, and payment to farmers for producing clean water.

132.5) Growing Farm-to-Institution Opportunities *All levels*

Campus Center 163C

John Turenne: Chef-consultant moving institutional foodservice toward more sustainable models.

After years of administering large corporate foodservice that provides "conventional" unsustainable foods, I learned why and how to introduce sustainable foods into institutional settings. In this session, you will learn how to overcome obstacles and barriers to build a successful farm-to-institution program.

133) Keeping Sheep Organically *All levels*

Campus Center 811-15

Kim Mastrianni: B.S. in Animal Science, raising sheep organically for 9 years.

Participants will learn options for managing sheep organically including information on breeds and housing, practices for parasite control, handling, feeding and health care. The presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

134) Low-Tech Composting for Gardens and Small Farms *BF & OLC Tracks Beginner*

Crabtree Dorm Basement

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

This workshop covers the basics of composting, including the proportions and science of carbonaceous to nitrogenous materials, and the proper siting, structures, tools and processes you should be aware of. I will troubleshoot problems whether you have a "kitchen scraps" pile or are stepping up production to a community-sourced pile.

135) Making the Most of Your Woodland *OLC Track All levels*

Campus Center 911-15

Michael Farrell: Director of Cornell University's Uihlein Forest in Lake Placid, NY.

This workshop will cover all aspects of managing your woodlot to achieve the greatest yield from limited resources. Topics will include timber management, managing non-timber products

such as edibles, medicinals, florals, and specialty woods products, and options for grazing animals in the woods.

136) Mushrooms in Bioremediation *OLC Track All levels*
Outside

Todd Leftwich: Self taught mycologist, Co-Founder of Nantucket Mushrooms LLC.

Wes Price: Cape Cod Mushroom Club, Founder; Nantucket Mushrooms LLC, Co-Founder. This workshop will explore ways which we can partner with fungi to help restore degraded ecosystems and reinvigorate the human immune system.

137) No-Till for Intensive Vegetable Growing *Intermediate*
Campus Center 917

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 24 years. Learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. I'll present the techniques I use in this system: multi-cropping, cover cropping, mowing, solarizing (laying down clear plastic to scorch off crop residue), weed-free composting, mulching, broadcast seeding, and weed control. I've successfully used this system on a commercial level, but it is scaleable to a garden.

138) Small-Scale Intensive Market Farming *Intermediate*
Campus Center 165-69

Andy Pressman: Agriculture Specialist and farmer with background in organic crop production. Whether you're a backyard gardener or market farmer looking to scale up, or a livestock producer looking to downsize or diversify your operation, this workshop will provide information particular to business and financial planning, market diversification, and intensive crop production techniques as a means of lowering risks and increasing farm revenue.

140) TOUR: Natural Roots Farm: Horse Powered CSA, part II *DH Track Intermediate*
TOUR

David Fisher: Runs 200 member horsepowered CSA. Farming for 18 years.

In the final part of this two-part tour of Natural Roots farm, which begins Sunday at 8:00 AM (See #??), we continue to demonstrate traditional and innovated horse drawn equipment in our produce operation. We will also continue to discuss all aspects of running our farm with horse power. DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right hand side. Park in the parking lot (enter at the "enter" sign), and proceed on foot down the hill and over the suspension bridge over the river. Hang a left and follow signs through the field, briefly into the woods, and into the meadow on the left with the big new barn. This workshop will be in the barn. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. Link to google map directions here.

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

141) Beekeeping For Everyone

Mary Lyon Dorm

Age 5-12

Anita Deeley: Beekeeper, MA Bee Inspector and founder of Beverlybees.com.

Learn to identify honeybees and understand their role as pollinators, try some raw local honey, roll your own beeswax candle and perform a mock hive inspection in a beekeeping suit!

142) Peanut Butter Picnic

Mary Lyon Dorm

Age 5-8

Anais Sidonia: Long time NOFA teen, loves cooking, art, bunnies, and sunshine!

Sharlow Hitchcock: Lover of children, peanut butter and picnics.

We will make peanut butter together, and then put together a batch of trail mix, which we will take with us on a walk to someplace sunny where we will put out a picnic blanket, try our peanut butter, snack on our trail mix, and read a story.

143) Rabbits

Mary Lyon Dorm

Age 9-12

Leslie Ardison: I have been working with youth groups and rabbits for 16 years.

This is a general handling workshop. Participants will learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

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

144) Knots for Farming and Living

UPUB

Michael Greenberg: Software Engineer by day, Organic Farmer by night.

Knots are an essential farming and living skill. I teach using muscle memory so when you need a knot quickly, and your mind is confused, your hands will know what to do. We will explore important knots for the farmer; then learn how to make lanyards and buttons for clothing.

145) Raising Healthy Goats at Home

Outside: Meet at the goats in the Northeast Residential Area.

Emily Peterson: Herd and Barn Manager of the Goat Girls.

Jade Conrad: Field Manager, The Goat Girls.

We will cover basic considerations when starting a herd of goats including housing, nutrition and what to keep on hand. We will discuss the benefits of keeping good records and routine care. Demos will include hoof trimming, how to check vital signs, and administering basic medical care.

ADULT WORKSHOPS – SUNDAY, AUGUST 10, 1:00-2:30PM

146) Attract Native Pollinators to Your Land *OLC Track Beginner*

Campus Center 163C

Tom Sullivan: Pollinator habitat designer gives talks, workshops and consults with landowners.

Learn strategies for attracting high numbers of native pollinators that provide much needed nesting and foraging habitats. Bee-scapes assist seed and fruit set for your crops while beautifying your land. Native bee resource stewardship, mason bees included, offers potential for generations of all pollinating insect proliferation, and human food security.

147) Cheese from Sunlight and Rain *All levels*

Campus Center 811-15

Jonathan S. White: 100% grassfed dairy farmer (12 years), cheesemaker (25 years).

How sunlight, rain, soil microbes, pasture plants, birds, bronze-age cattle, and humans can conspire to make delicious and healthful foods, while sequestering carbon, building soil, and returning cows to their highly social, serene, and long-lived evolutionary milieu.

148) Cross-sector Collaboration in Urban Ag *All levels*

Campus Center Hadley Room (10th floor)

Ibrahim Ali: Youth and Farm Director for Gardening the Community.

Scott Richardson: Project Bread, Director of Research and Strategic Initiatives and Interim Director of Development.

Kristin Brennan: NOFA/Mass's Development Director; runs an urban CSA in Springfield, MA. This workshop explores the benefit and mechanics of cross-sector (non-profit, for-profit, governmental) partnerships for maximizing the impact of urban agriculture programs. We will offer practical strategies for opportunity identification in communities, detail the mechanics of implementation of multi-partnered projects, and focus on building skills for proper evaluation and impact measurement.

149) Cultivating Tool & Equipment Efficiencies *All levels*

Campus Center 165-69

Andy Pressman: Agriculture Specialist and farmer with background in organic crop production.

This workshop will provide information and resources on appropriately-scaled tools and equipment, in order to help growers make financial decisions that will increase crop production efficiencies and farm profits. Information on tool and equipment safety, quality components of hand tools, evaluating used farm equipment, and routine maintenance will be included.

150) Electrical Pollution: Human & Animal Effects *All levels*

Campus Center 903

Rebecca Brown: Livestock manager, certified electrical pollution technician, and certified wellness coach.

Gain a deep understanding of how electrical pollution (e.g. wireless technology, dirty electricity, EMF's and stray voltage) negatively affects human and animal health by suppressing the immune system – causing surprising symptoms including diabetes, headaches, MS, cancer, and others. Learn easy-to-implement tips and management options to reduce exposure and recover health.

151) Growing a Vegetable Farm without Going into Debt **BF Track** *All levels*

Campus Center 905-09

Benjamin Shute: CSA farmer at Hearty Roots Community Farm in the Hudson Valley.

Presentation of budgets, business plans, and lessons learned at our vegetable farm over the first eight seasons, as we grew from 30 CSA shares to over 500, and moved from renting land to becoming landowners.

152) Herbal Support for Premenstrual Symptoms *All levels*

Crabtree Dorm Basement

Brittany Wood Nickerson: Herbalist, health educator and food activist in North Amherst, MA. Hormonal shifts are normal and healthy, but when they become imbalanced or extreme they can be painful and disruptive to our lives. I will discuss how to support hormonal balance using dietary, lifestyle and herbal therapeutics, and prevent and treat a variety of the most common premenstrual symptoms.

153) Homemade Fertilizers and Inoculants *OLC Track Intermediate*

Campus Center 917

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 24 years. I'll present methods for manufacturing the following substances on the farm: indigenous micro-organisms for biological inoculations of agricultural fields; different kinds of composts for use in no-till as well as for use during specific periods of crop growth, i.e., leaf growth, flowering, and fruiting; liquid fish extract; liquid calcium extracts; and various plant extracts. These preparations are inexpensive to make and of superior quality.

154) Homeschooling: An Alternative Educational Path *All levels*

Campus Center 911-15

Margaret Rozek: Mom of three grown homeschoolers with 18 years experience homeschooling. Thinking about homeschooling? Just getting started? Wondering about high school and beyond? I will cover homeschooling fundamentals, address common concerns and misconceptions, and leave plenty of time for questions about all aspects of homeschooling. Come away with handouts and ideas about making this unique educational option work for your family.

155) Introduction to Natural Farming *PC Track All levels*

Campus Center Auditorium

Aaron Englander: Manager Erickson Field Preserve, Maine Coast Heritage Trust Rockport, ME.

Natural Farming developed in East Asia (Japan and Korea) in response to the massive industrialization of agriculture after World War 2. Participants will learn philosophy and practice of Natural Farming, such as making fertilizers and microbial inoculants from resources found in your home, farm, garden and community. Includes hands-on demos.

156) MA local Boards of Health, Regulations & Raw Milk *All levels*

Campus Center 168C

Michael Pill: Massachusetts land law specialist, including agricultural law.

Arthur Kreiger: Leading Massachusetts environmental & land lawyer and mediator.

Massachusetts local boards of health have broad legal power to regulate or even prohibit sale to consumers of raw milk and other food products. What to do when they come after you! Includes written handouts that provide a stand-alone reference relevant to farmers and consumers alike.

157) Make Delicious Meals with Local Greens *All levels*

Worcester Dining Hall Oak Room

Leslie Cerier: The Organic Gourmet, Chef, Author, Classes, Trainings, Recipe Developer, TV. Versatile greens: tai soi, mizuna, bok choy, arugala, and several shades of kale are great in internationally flavored meals. Come learn how to make luscious salads, sautés, soups, wraps, sauces, and mix and match herbs, grains, beans, and dairy with a variety of greens everyone will love. Tasty samples offered.

158) Medicinal Weed Walk *All levels*

Outside

Jade Alicandro Mace: Community herbalist and medicinal herb grower at Milk & Honey Herbs.

Join us for a walk around the UMASS campus as we identify the many medicinal plants growing on its grounds. Harvesting tips and guidelines, medicinal use, edibility, identification tips, and medicinal preparations will all be discussed!

159) Nuts for the Northeast *OLC, PC & SCC Tracks* *All levels*

Campus Center 162-75

Keith Morris: Grower, builder, and designer, creating ecologically regenerative and economically viable food systems.

Nut trees and shrubs provide nutrient dense foods, other products, habitat, flood resilience, and can be ‘carbon-negative’. I’ll cover the ecology and mythology of nut trees suited to growing in the Northeast. We’ll cover breeding, trailing, and hybridizing for disease resistance, quality timber, oils, and medicinal properties.

~~CANCELLED 160) Pastured Pigs — *All levels*~~

~~Campus Center 904-08~~

~~**Dominic Palumbo:** Produces and markets meats, vegetables, fruits and value added products. Raising pigs has many advantages for the small farm. I will give an introduction to the dos and don’ts, pluses and pitfalls, and delicious possibilities of raising porkers. This workshop is intended to give some tips, expand our awareness of what’s involved, and raise important planning considerations.~~

161) Small Scale Shiitake Mushrooms *Beginner*

Campus Center 174-76

Elaine Peterson: Home gardener with 9 years of experience growing mushrooms.

Learn to grow shiitake mushrooms on hardwood logs outside. I’ll cover spawn selection and sources, cultivation, harvesting and storage information. I’ll show a power point and do a hands-on demo of plugging a log with spawn. Geared toward people interested in a small scale home production.

162) Small-Scale Wheat and Bean Production *BF Track* *Beginner*

Campus Center 805-09

Tevis Robertson-Goldberg: Raises grains, beans, vegetables, and livestock at Crabapple Farm.

I will present my experiences with growing wheat and dry beans on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. We have harvested by hand for several years, and are transitioning to more mechanization.

163) The Fats about Vegetable Juice *Beginner*

Campus Center 804-08

Dan Hegerich: Natural health educator and lifestyle consultant.

Learn the ins, the outs and the secrets to healthy vegetable juicing. Learn why, what, how and when to juice. Learn about glycemic loading to prevent blood sugar spikes and juicing vs smoothies. Why fats are necessary in vegetable juices. Watch and learn from this juicing demonstration.

164) Weed Management for the Horse-Powered Farm *DH Track Intermediate*

Campus Center 803

Stephen Leslie: Farms at Cedar Mountain Farm in Hartland, VT. Author, The New Horse-Powered Farm.

I'll present how we manage weed pressure in our horse-powered market garden using cultivation implements, crop rotation, and bio-extensive cover cropping. I'll also cover weed control practices at other contemporary horse-powered farms. Participants will gain an understanding of the tools and systems required for successful weed management with draft horses.

165) TOUR: Simple Gifts Farm: Potato Production and Soil Nutrition *Intermediate*
TOUR

Jeremy Barker Plotkin: Has been farming veggies for most of his adult life.

We are conducting an experiment this year, formally comparing potato production using organic nitrogen fertilization based on UMass recommendations, and the other with "nutrient density" recommendations. Learn how we grow potatoes and see the preliminary results of the experiment. DIRECTIONS: Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT.

CHILDREN'S WORKSHOPS - SUNDAY, AUGUST 10, 1:00-2:30PM

166) Make a Splash Water Festival

Mary Lyon Dorm

Age 5-12

Colleen Burke: Parent, farmer, Project WET coordinator.

A celebration of water through games and learning activities such as relays, H2O Olympics and laugh-out-loud Wictionary. Rain or shine, all children and teens invited. Adults too!

TEEN WORKSHOPS – SUNDAY, AUGUST 10, 1:00-2:30PM

167) Composting in All Its Forms

UPUB

Michael Magee: High School teacher.

Composting is the natural process of decomposition that we attempt to control to build organic matter in the soil. The life within the soil is the key to organic growing.

168) Food Production For Winter and/or Urban Environments

UPUB

Jennifer Byington: Organic farmer who practices woodstove cookery.

Produce food in your home to reduce costs, be more independent, and have food out of season where it is often unavailable. We focus on growing produce, and making value added products like delicious fresh cheese, pesto, and bread. You will learn how to prepare simple recipes using these products.

ADULT WORKSHOPS – SUNDAY, AUGUST 10, 3:00-4:30PM

170) Arcology and the Ecological Cities of Paolo Soleri *All levels*

Campus Center 904-08

George Kosmides: George Kosmides was an electrical engineer at Arcosanti, and is a software consultant.

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 – the antithesis of urban sprawl. Arcosanti is a prototype arcology being built in Arizona. I'll cover large-scale passive solar and greenhouse design.

171) Biological Management for Carbon Sequestration *OLC & SCC Tracks Advanced*

Campus Center 168C

Dan Kittredge: Working to build soil. Farmer, father, husband.

How integrated practices of biological soil management effect carbon sequestration. What is the biological system, how does it work, and what can you do to help it work better, with a focus on building stable soil humus.

172) Design & Maintain a Dry Composting Toilet *Beginner*

Campus Center Hadley Room (10th floor)

Jeremy MacLachlan: Homesteader, gardener, mason, builder.

After much experimentation and research, I constructed a dry composting toilet suitable for a northeast climate and year-round usage for my family of five. There is no odor, minimal inconvenience, and guests aren't grossed out. I'll cover making compost from the feces and fertilizer from the urine, how the system works, and considerations for adopting such a system.

173) Establishing Multi-Purpose Coppice Landscapes *OLC & PC Tracks Intermediate*

Campus Center Auditorium

Dave Jacke: Co-author of *Coppice Agroforestry* (forthcoming), and longtime ecological designer.

Join us to explore the suite of coppice management systems and practical strategies to establish them. Learn about a range of opportunities for added value products as well as some of the Northeast's most promising species.

174) Healthy Moms and Babies and Traditional Diets *All levels*

Campus Center 917

Johanna Keefe: Doctoral student of CIIS, Advanced Holistic Nurse, Adjunct Faculty, Endicott College.

We will examine the lived experience of healthy moms and babies following traditional diets, and consider learnings from the Healthy Baby Forum of the Quarterly Wise Traditions Journal. With photos, we will meet the families who share their health and happiness with us. A lively discussion will ensue.

176) Is Draft Power Right for My Farm? *DH Track* *Beginner*

Campus Center 803

Lincoln Fishman: Runs a whole-diet, year-round, horse-powered CSA with his wife, Hilary Costa.

We're in our third season growing 5 acres of vegetables with 100% horse traction. I'll talk about how we got started, basic equipment, and finances, and help participants do a cost-benefit analysis of farming with horses. We'll focus on the big decisions to be made before and during start-up.

177) Low-tech Season Extension, Spring and Fall *BF & OLC Tracks* *Beginner*

Campus Center 163C

Amy LeBlanc: MOFGA Certified Organic grower and spring seedling producer.

Learn to use simple materials and minimal inputs to get an early spring start, successfully grow longer season varieties, and have a longer fall harvest. From early seedling starting, to the last tomato in the garden, learn season extension ideas to make it happen.

~~CANCELLED 178) Making Herbal Creams, Oils & Lip Balms — *Beginner*~~

~~Campus Center 804-08~~

~~**Sarah Shields:** Farmer & herbalist for 15 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! A \$5 material fee sends you home with a sample of each. 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!~~

~~CANCELLED 179) Managing Unwanted Vegetation Using Goats — *All levels*~~

~~Campus Center 811-15~~

~~**Hope Crolius:** Started the first all-goat brush-clearing business in Western Mass.~~

~~**Chelsea Grybko:** Worked for three years as Field Manager for the Goat Girls.~~

~~This session surveys some basic techniques for clearing land of invasive plants and introducing desirable species. We'll cover: why invasives take over; rotating goats on a timely basis over the season to weaken or eradicate unwanted plants; identifying species toxic to goats; and comparing~~

~~goats to mechanical and chemical methods.~~

180) Organic Certification of Soaps & Cosmetics *Intermediate*

Campus Center 903

Duncan Cox: Certification Administrator with Baystate Organic Certifiers, a Massachusetts-based, USDA-accredited certifier.

I will discuss the requirements for certifying soaps, cosmetics, and other personal care products to the USDA Organic Standards. These products fall outside the formal scope of the Standards, and there are differences in the kinds of claims that can be made about them. Relevant to consumers and manufacturers.

180.5) Organic No-Till in Commercial Vegetable Production *All levels*

Campus Center 162-75

Jan-Hendrik Cropp: Trained in organic vegetable farming & organic agricultural sciences in Germany.

We have devised minimum to no-till systems in which either killed cover-crops or “cut and carried” clover grass are used as mulches to suppress weeds, feed the soil, and therewith the crops. I’ll present our key findings for the success of these systems, including machinery we have developed for these operations.

181) Permaculture Homestead from the Ground Up *OLC & PC Tracks* *Intermediate*

Campus Center 165-69

Lillabeth Wies: Owner of permaculture organic landscaping company – working with farmers & homeowners.

Faleen Wies: Field Team Leader and Office Manager.

Drawing on my experience of developing a permaculture homestead/Community Resource Center since 2012, I will discuss the conceptual plan; using “Pasture Paradise” style grazing areas within the permaculture plantings; incorporating gray water and solar systems into the homestead; creating swales and hugleculture; sheet mulching; plant guild development; and plant support systems.

181.5) Sabbatical Year: Model for Sustainable Agriculture *All levels*

Campus Center 804-08

Rabbi David Seidenberg: Creator of neohasid.org, author, Kabbalah and Ecology (Cambridge), environmental educator.

This fall begins the Sabbatical year in the Jewish calendar – a whole year when farmers would let the land lie fallow, when fences would be opened, and when all debts were canceled. We’ll see how it worked, how it changed agriculture, and what it can teach us about living sustainably today.

182) Seed Saving on the Farm *Intermediate*

Campus Center 805-09

Tevis Robertson-Goldberg: Raises crops and livestock, saves seed and breeds new varieties.

I will cover how and why to save your own seed, which crops I do (and don't) save seed from and why. I'll discuss how I fit seed saving into a commercial vegetable operation, isolation distances, breeding better varieties, and producing seed for sale to a seed company.

183) The Growing Movement for GMO Labeling *All levels*

Campus Center 174-76

Martin Dagoberto: Co-founder, Citizens for GMO Labeling, B.S. in biotechnology, permaculturist.

Join with organizers of GMO labeling efforts across the region to hear about the state of the movement and ways to help reclaim our right to know what we're eating. We will discuss ways to take action in local/state government and connect with regional efforts toward food democracy.

184) Using Vegetable Seconds for Frozen Meal Kits *All levels*

Campus Center 911-15

Anna Dawson: Experienced farmer, Cornell trained foods teacher and frozen food processor. Frozen meals in the supermarket sell for \$5-12/lb. Attendees will learn to create healthy frozen meal kits to be cooked by the consumer, using fruit and vegetable seconds that might otherwise be wasted. I'll cover inexpensive vacuum packaging; necessary equipment; developing meal kit products that sell; and innovative direct marketing strategies.

184.5) Worm Composting Basics *OLC Track* *Beginner*

Crabtree Dorm Basement

Ben Goldberg: Making worm bins and composting with worms since 1995.

We will discuss what you will need to know to successfully start and manage a worm bin. Learn about the various kinds of bins, care and feeding of the worms, separating the castings, plus a whole lot of cool things about worms.

185) TOUR: Brookfield Farm: CSA Systems *Intermediate*

TOUR

Zoe Abram: Assistant Manager at Brookfield Farm.

Brookfield Farm has been running as a CSA for 26 years. This farm tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-shared CSA operation. It will also cover soil fertility management and appropriate scale machinery. 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. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 24 Hulst Road, Amherst, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [Link to google map directions here.](#)

CHILDREN'S WORKSHOPS - SUNDAY, AUGUST 10, 3:00-4:30PM

186) Everyone loves ducks!

Mary Lyon Dorm

Age 3-12

Cheri Robartes: Music teacher, filmmaker and founder of Chuckling Duck Farm

Doc Pruyne: Filmmaker, writer, cardplayer and woodman.

Ducks give us eggs and meat and they sure know how to have fun. We could sit and watch them for hours. We'll have Ancona ducks and ducklings for you to pet and hold, and also read a book (or two) and talk about taking care of our feathered friends.

187) Is it a Bird?! Which one?

Mary Lyon Dorm

Age 8-12

Tad Hitchcock: Musician, gardener, teacher, and Dad who loves birds.

We will learn the names (and sounds) of some of the birds we see everyday, then go out and try to identify them. Next time you take a walk in the woods or in your yard you can greet your feathered friends by name. Bring binoculars if you have them.

188) The Magic of Milk Paint

Mary Lyon Dorm

Age 5-12

Lucia Colombaro: Mother, painter and storyteller of the written and spoken word.

We will design individual pieces of art on wood boards, mix milk paint and bring our pieces to life! A relaxing, creative way to end a busy conference weekend.

TEEN WORKSHOPS – SUNDAY, AUGUST 10, 3:00-4:30PM

189) Rabbits

Outside: Meet at the rabbits in the Northeast Residential Area.

Leslie Ardison: I have been working with youth groups and rabbits for 16 years.

This is a general handling workshop. Participants will learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

190) Sustainability After High School

UPUB

Erin Senghas Kassis: Agriculturist with 10+ years as experiential educator.

Dean Colpack: Outdoor educator with 10+ years working with young people.

Farming? College? Career? Internships, gap years, and traveling abroad? This workshop explores post-high school options for studying organic agriculture, permaculture, and sustainable practices. We will hold a conversation about options, challenges and resources for teens in the sustainability field.