

2015 NOFA Summer Conference WORKSHOP DESCRIPTIONS (by TIMESLOT)

NOFA
Northeast Organic Farming Association
41st Annual Summer Conference



August 14-16, 2015
University of Massachusetts Amherst, MA

Updated: July 30, 2015

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 workshop 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: two on Friday, August 14; three on Saturday, August 15, and three on Sunday, August 16, 2015. 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.

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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.

- **BD** = Biodynamics Track: Various applications of biodynamic principles to a variety of health and farming-related endeavors.
- **CO-OP** = Cooperatives Track: Sponsored by the [Neighboring Food Co-op Association](#), these workshops explore promising cooperative economic models.
- **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 Change 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 – FRIDAY, AUGUST 14, 2:00-3:30 PM

1) Biodynamic Herbs and Preparations **BD Track** *All levels*

Campus Center 163C

Deb Soule: Herbalist, educator, biodynamic gardener, and founder of Avena Botanicals.

The biodynamic preparation herbs – yarrow, chamomile, nettle, oak bark, dandelion and valerian – have been used as medicine by herbalists for a long time. I will discuss the medicinal qualities, herbal actions, and healing gifts of each plant, along with how to grow and prepare them into teas, tinctures, and flower essences. [More info.](#)

2) Cooking with Land & Sea Vegetables *All levels*

Franklin Dining Hall

Leslie Cerier: The Organic Gourmet, Vegetarian Chef, Recipe Developer, TV, Classes, Trainings.

This fun cooking class offers information on how to pair local vegetables, herbs, and edible flowers with nutritious, wild and certified organic sea vegetables, such as nori, arame, dulse, and kelp. We will make marinated salads, vegetarian sushi, quick soups, tasty condiments, and more. [More info.](#)

3) Farm-Based Education Connects Food, Ag. & Place *All levels*

Campus Center 917

Tierney Lain: Assistant Education Director, animal scientist, camp leader, program developer.
Caroline Rouillard: Farm Educator, tour leader, dairy, cheese and diversified farm interpreter. Farm-based education brings inquiry-based learning and exploration of natural systems together, and provides tasty experiences for learners of any age. Join The FARM Institute, Appleton Farms and a vibrant peer network at this hands-on workshop, where you'll fill your toolbox with activities and discuss how education fits into agricultural production. Offered in collaboration with the Farm-Based Education Network.

4) Five Steps to a Food Justice Farm *All levels*

Campus Center 803

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

Join the movement of family-scale farms who are following Food Justice guidelines.

Demonstrate to your customers and staff that you follow best practices for running a fair, safe business. Elizabeth Henderson will introduce Food Justice Certification – fair pricing, safety, conflict resolution, employment policies that are the foundation of food justice.

[More info.](#)

5) Healing Soil Through Cover Crops, Residue Management & Minerals **OLC TRACK** *All Levels*

Campus Center 168C

Reuben Stoltzfus: Grower, educator & product developer of biological minerals for 25 years.

Participants will learn how to increase microbial activity in their soil using natural resources such as cover crops, residue management and balancing minerals. I will discuss the results of increasing amounts & varieties of microorganisms, especially in terms of the quantity and quality of harvested vegetables.

6) Homeopathic Midwifery for Ruminants and People *Advanced*

Campus Center 911-15

Mary Ellen Finger: Homeopathic veterinarian using nutrition, herbs & laser for animals & people.

I will give a brief explanation of homeopathic philosophy, describe the books and remedies needed, and how to determine which remedy to administer. I'll cover homeopathic treatment of the most common life-threatening emergency on a livestock farm as well as the complications of labor and postpartum birthing for mother and child.

7) Human Powered Gardening *Beginner*

Campus Center 805-09

Ken Gies: Human powered small scale veggie and garlic grower for 11 years.

We will examine tools, ergonomics, and cultural practices of manually prepared gardens. The emphasis will be on deep beds, compost, and intensive planting. A discussion of time consumption will compare productivity to a machine-based small-scale garden. I will draw upon ideas from a variety of sources.

8) Landscaping to Support Pollinator & Other Beneficial Insects **OLC TRACK** *All levels*

Campus Center 804-08

Ellen Walther Sousa: Garden coach, designer, native plant grower, author, speaker.

As our landscape is increasingly developed and overwhelmed with invasive species, backyards and farms represent the 'final frontier' habitat for the pollinators that play vital roles in food production and environmental health. Learn the best plants & practices for supporting a diversity of beneficial insects in yards, farms, and schoolyards.

9) Multi-Resource Forest Management for Small Farms **PC Track** *Beginner*

Campus Center 162-75

Connor Stedman: Ecological designer, agroforester, and educator based in the Hudson River Valley.

With planning and stewardship, forests can host diverse enterprises and provide many products and services. This workshop will discuss sugaring, understory forest farming, wildlife and game habitat, wild food and medicine, silvopasture, timber and cordwood, coppice, artisan materials, and ecological restoration. Throughout we'll explore how to increase forest health, productivity, and diversity through observation and stewardship.

10) Northeast Dairy Challenges & Co-operative, Organic Solutions **COOP & SCC Tracks**

All levels

Campus Center 903

Regina & Brent Beidler: Farmer-owners, Beidler Family Farm & VT Rep, Organic Valley Co-operative.

We will address some of the challenges faced by family dairy farmers in the Northeast, and how organic agriculture and co-operative enterprise can help empower producers in the marketplace, build soil health, and help mitigate climate change. We will share our experience as organic farmers and members of Organic Valley. [More info.](#)

11) Organic History, Theory and Practice *All Levels*

Campus Center 165-69

Bill Duesing: A CT NOFA founder and long time NOFA IC President.

Health, ecology, fairness and care are the internationally recognized principles of organic agriculture. We'll look at where organic came from, what it means today, how it will evolve in response to current problems and why it is essential for a healthy, sustainable future. [More info.](#)

12) Oyster Mushroom Cultivation *Intermediate*

Campus Center 904-08

Willie Crosby: Owner and Operator of Fungi Ally.

Participants will learn the entire process of growing oyster mushrooms commercially – how to inoculate, incubate, and fruit mushrooms through the four Northeast seasons. We will cover building a grow room, different methods of treating straw, pasteurization techniques, harvest, and marketing.

13) Profitable Summer & Winter Crops in High Tunnels *Beginner*

Campus Center 174-76

Michael Kilpatrick: Farmer, manages marketing, technical sales for Four Season Tools.

From my 10 years of experience managing high tunnel cropping, I will share how to grow, season extend, and market a wide array of summer and winter crops. This talk is geared towards those starting out in tunnel production but also will contain tips and tricks for the advanced grower as well.

14) Silvopasture in the Northeast *All levels*

Campus Center 811-15

Karl Hallen: Farm & forestry consultant, 25 years pasture-based dairy, 15 with silvopasture.

Participants will learn the techniques and advantages of developing a Silvopasture grazing management system. Introducing a pasture into a forest setting or trees into an existing pasture or hay field can have unique challenges, but can be a viable option to optimize long term income in a sustainable way.

15) Systems for a Non-Electric House *All levels*

Campus Center 905-09

Jonathan von Ranson: Stonemason, editor, past board member and president of NOFA/Mass.

Susan von Ranson: Retired masseuse, loves cooking, sewing, endeavors to prosper "frugally". We'll show the systems in our home, relate some of the successes and pitfalls of permitting and building it, and describe the shifting legal landscape. Includes hand pump at the sink; masonry cookstove for central-like wood heating; odor-free, hand-built two-pit mouldering toilet, emptied of soil-nourishing contents every 3-5 years; oil lamps that take 12-15 gallons of a no-stink kerosene product per year. [More info.](#)

16) TOUR: UMass Agricultural Learning Center: Agricultural Education *All Levels*

Amanda Brown: Lecturer of Sustainable Food and Farming, Stockbridge School of Agriculture. Participants will learn about various innovative agricultural concepts demonstrated through the following projects at the ALC; The UMass Student Farm, Pollinator Conservation, Food For All Project, Urban Agriculture, Beekeeping, Using Bio-Char, and Alternative heating sources for off-the-grid greenhouse growing. The ALC is located within walking distance of campus. DIRECTIONS: Drive (or walk) north along North Pleasant St., which is the main road that borders the Campus Pond Lawn. The ALC will be on the right, immediately after Immanuel Lutheran Church and immediately before Wysocki House. ADDRESS: 911 North Pleasant Street, Amherst, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. [More info.](#)

CHILDREN'S WORKSHOPS – FRIDAY, AUGUST 14, 2:00-3:30 PM

17) Angora Bunnies are Soft!

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (loc#6).

Age 5-10

Jill Horton-Lyons: Raises angoras, spins their fiber.

Jim Lyons: Great hutch builder.

Kids will learn what rabbits like & don't like in touching, picking up, feeding, fiber care, and housing. We'll practice holding different rabbits- some adult, some young- and each person will pluck some bunny fur. Kids will draw a picture of a favorite and then decorate their picture with fur.

18) Building Fairy Houses

Campus Center, 10th floor, Amherst Room

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.

19) Fun, Earth Friendly Crafts

Campus Center, 10th floor, Amherst Room

Age 5-12

Sharlow Hitchcock: Loves crafts, kids, recycling and celebrating the earth.

Anais Sidonia: Loves NOFA and has been attending since she was eight.

We will channel our creativity with NOFA's sustainable message in mind while creating art from recycled food packages, etc.

TEEN WORKSHOPS – FRIDAY, AUGUST 14, 2:00-3:30 PM

20) Future Games

Campus Center UPUB

Tina Clarke: Transition Towns Trainer, Program Director at Greenpeace & Clean Water Action. The world is changing in exciting ways and with lots of challenges, too. In response, people around the world are learning from ancient wisdom and experimenting with new ways of living. Together we can create happy, meaningful lives in strong communities. Come play group games that explore the possibilities.

ADULT WORKSHOPS – FRIDAY, AUGUST 14, 4-5:30 PM

21) Designing Greenhouses for Efficiency *All levels*

Campus Center 174-76

Michael Kilpatrick: Farmer, manages marketing, technical sales for Four Season Tools. I'll discuss how to design a tunnel to best fit your needs and once you buy that tunnel, how to set it up for maximum efficiencies. Come away with strategies for 100% utilization of your space and energy efficiency, using trolleys, crop stacking, efficient heating, innovative venting, removable endwalls, and more.

22) Environmental Costs of GMO Agriculture in the U.S. *All levels*

Campus Center 163C

Ed Stockman: Biologist, 4th generation farmer, organic farmer, co-founder MA Right To Know GMOs.

As GMO crop acreage has increased so too have the environmental impacts. Industrial farming is producing food, fiber and biofuels without regard to environmental costs. When we consider the environmental damage caused by this system, the cheap food it produces appears much more costly. Come learn and then participate in a discussion.

23) Finances of Full Spectrum Farm Fertility *All levels*

Campus Center 165-69

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

Investing in farm fertility can improve farm profitability. I'll cover farm fertility budgets in terms of nutrients and dollars. Whether just starting out or experienced, we'll use the lens of enterprise budgets and provide a framework for decision making to help you make the most of your fertility investments.

24) Food Quality Research *All levels*

Campus Center 168C

Dan Kittredge: Eclectic, farmer, NGO Director, focused on systemic solutions.

Quality is empirically defined in many fields, but not in agriculture. Organic, biodynamic, local, etc. intend to increase quality without a specific understanding of what it is. This workshop covers what we know and are working to understand about quality in crops. What causes it, and specifically what it is, and how to confirm it.

25) Growing and Marketing Elderberry *Intermediate*

Campus Center 917

Gregory Ormsby Mori: Sustainable Agriculture, UC-Davis 1985; Currently, UMCA Education and Outreach Coordinator.

I will provide a comprehensive overview on how NE growers can grow and market Elderberry. I'll cover site selection and preparation, cultivar selection, propagation, fertility management,

pruning, irrigation, pollination, organic pest and weed management, stacking elderberry with other crops, harvest and postharvest handling, and marketing. Presentation will also introduce the Eldebrry Financial Decision Support Tool, developed by University of Missouri Center for Agroforestry. [More info](#).

26) Homegrown Seeds *Intermediate*

Campus Center 805-09

Tevis Robertson-Goldberg: Seed saver, plant breeder, farmer.

I will present breeding principles and seed saving techniques so that you can create homegrown seeds that belong to your garden or farm. I will discuss how commercial Hhybrids are produced, their strengths and limitations, and how we can create varieties that outperform them in the unique ecology of our fields.

27) Horses & Hand Tools for The Woodland Homestead *All levels*

Campus Center 905-09

Brett McLeod: Professor of forestry & author of The Woodland Homestead.

This presentation explores the promise of draft animals as an alternative to motorized equipment. Drawing upon my experience farming with draft horses and working side-by-side with Amish teamsters, I'll cover how to integrate draft powered implements and hand tools that are suited into the woodland homestead.

28) How to Start a Food Co-op in Your Community **COOP Track** *All levels*

Campus Center 903

Bonnie Hudspeth: Membership & Outreach Manager for Neighboring Food Co-op Association.

Michael Faber: General Manager of Monadnock Food Co-op in Keene, NH.

In its first year, Monadnock Food Co-op sold products from 177 local farmers & producers.

We'll review resources available to guide the start-up process of a food Co-op, share examples of how food co-ops serve local farmers and producers, and present lessons learned from the organizing and recent opening of Monadnock Food Co-op.

29) 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.

30) Kitchen Medicine *All levels*

Franklin Dining Hall

Brittany Nickerson: Herbalist, health educator and food activist in Amherst, MA.

Many culinary herbs in your kitchen cupboard can relieve stress, help prevent the common cold, support digestion, ease a headache and reduce pain tension and cramping. Learn the medicinal uses of these powerful herbs either by incorporating them into your diet or in simple remedies, such as teas and syrups.

31) Organizing A Fair Trade Model On Our Farms & In Our Lives *All levels*

Campus Center 803

Louis Battalen: Homesteader, Domestic Fair Trade Association Evaluator, NOFA Fair Trade Committee member.

Becca Berkey: Researcher, Northeastern Environmental Justice Research Collaborative, Collaborator with NOFA Interstate Council.

We will identify the values we want represented in a domestic fair trade/food justice movement and how we could apply these ideals in our own lives and in forging a movement uniting our work as farmer & farm worker, as grocer & shopper, and within NOFA. [More info.](#)

32) Overview of Food Preservation Methods *Beginner*

Campus Center 804-08

Andrea Chesman: Author of Backyard Homesteader's Guide to Kitchen Know-How and other related books.

I'll cover the pros and cons of canning, freezing, drying, and cold storage of vegetables in terms of time, taste, texture, and the ease of using the final product. We'll consider safety and nutritional concerns and how much one person can accomplish. I'll bring in samples and equipment for demonstrating.

33) Planning a Traditional Four-Square Kitchen Garden *Intermediate*

Campus Center 904-08

Christie Higginbottom: Lectures on historic horticulture and teaches home gardening classes. Gardeners have praised the four-square kitchen garden design for centuries and with good reason. Christie will demonstrate how this design will create an attractive garden that can incorporate vegetables, herbs, and fruits. I will cover crop rotation, succession sowing, inter-planting, and techniques for crop spacing and support.

34) Productive Riparian Buffers **OLC, PC & SCC Tracks** *Intermediate*

Campus Center 162-75

Connor Stedman: Ecological designer, agroforester, and educator based in the Hudson River Valley.

Climate change is increasing the severity and frequency of flooding throughout the Northeast. This workshop explores agriculturally productive buffers as an emerging option for river lands and beyond. We will discuss the science and functionality of riparian buffers as well as planning, potential crops, and funding considerations for productive buffers.

35) Working with the Fourfold Path to Healing **BD Track** *All Levels*

Campus Center 911-15

Beth Ingham: Spacial Dynamics® Level 2 practitioner, Certified Nutritionist, Educator and farmer.

The Fourfold Path to Healing by Dr. Tom Cowan introduces Rudolf Steiner's teaching that the human being has four "bodies" or spheres of activity: nutrition, therapeutics, movement, and meditation. Good health is enjoyed when all four spheres are in harmony and balance. We'll do several simple Spacial Dynamics® exercises.

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

Zoe Abram: Assistant Manager at Brookfield Farm.

Brookfield Farm has been running as a CSA for 28 years. I will give an overview of growing, harvest, post-harvest, and distribution of our 525-share operation. We'll look at several different crops, covering appropriate scale equipment, and soil health in practice. We'll cover apprentice training, and discuss the shareholder experience. **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 – FRIDAY, AUGUST 14, 4-5:30 PM

37) Buttermaking for Kids

Campus Center, 10th floor, Amherst Room

Age 5-12

Jennifer Byington: Homeschooling mother of four, organic farmer.

We will make farm fresh organic butter by hand. Workshop limited to 10 participants.

38) Readers' Theater

Campus Center, 10th floor, Amherst Room

Age 5-9

Kristy Delfausse: Works as librarian in k-8 charter school in Brooklyn, NY.

Eaden Marti: Teenager who loves reading, acting, and being with friends.

Readers' Theater is fun, and children learn to read with expression while reading a play. No memorization, and props are not necessary.

39) Working With Clay

Campus Center, 10th floor, Amherst Room

Age 5-12

Eleonora Lecci: Artist/ Art Instructor, MFA. Dedicated to living organically.

Learn about clay and how artists can find inspiration from nature to create works of art. Then make your favorite animals come to life! When clay pieces are complete, they will be put out in the sun to dry.

TEEN WORKSHOPS – FRIDAY, AUGUST 14, 4-5:30 PM

40) Plant Detectives

Campus Center UPUB

Kathryn Vecsio: Plant Biology PhD Student with experience in gardening and taxonomy

Ever wonder what the colorful spots on leaves or strange growths on flowers are? Find out the cause by being a plant detective! Come comb the UMass campus for culprits causing disease and decay on the local flora, and learn how to identify plants and pathogens.

41) Weaving

Campus Center UPUB

Leslie Ardison: Enjoys passing on knowledge of fiber, and the art and craft of fiber.

We'll look at a few different weaving techniques, and learn about backstrap looms and how to weave a small band on one. You'll be able to take your project home with you to finish, and enough knowledge to make more. Limit 12 participants.

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

43) Ancient Art of Labyrinth Building *All levels*

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (Site #6).

Melinda McCreven: Labyrinth builder, horticultural arts therapist, earth/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 and therapeutic settings, and we'll discuss the crucial differences between a maze and a labyrinth.

43.5) Applying Permaculture to the Farm **PC Track** *Intermediate*

Campus Center 168C

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

Meghan Giroux: Director of Vermont Edible Landscapes, specializing in developing agro-ecosystems. Join with professional designers to explore how permaculture can be used by market growers to create more profitable and resilient farms. We'll introduce a process for site analysis and long-term (even intergenerational) farm design and planning, and we'll explore specific techniques for production-scale systems.

44) Assess & Manage Agricultural Risks on the Farm *All levels*

Campus Center 911-15

Tom Smiarowski: Agricultural Risk Management Specialist with UMass Extension.

Paul Russell: Agricultural Risk Management Specialist with UMass Extension.

We will give an overview of the 5 areas of agricultural risks (Production, Marketing, Financial, Legal & Human) and discuss steps to manage them, including government programs that can help in managing agricultural risk. Learn how to conduct a SWOT (Strengths, Weaknesses, Opportunities & Threats) Analysis for your farm.

44.5) Building a Passive House on a Budget *All levels*

Campus Center 162-75

Rob Maddox: Passionate green building energy wonk and organic farmer.

I will discuss the construction of our new farm house – a 2,000 sq ft passive solar house with commercial kitchen for on farm processing that is being built on a budget of \$150 a sq foot - many passive buildings are coming in at over \$300 a sq ft. When fully completed, the house will be net zero energy home.

45) Cholesterol & Fats in Health Pt.1 of 3: Origins of Fear of These Key Nutrients *All levels*

Campus Center Auditorium

Natasha Campbell-McBride: Medical doctor, nutritional consultant and developer of the GAPS Diet.

Why are we afraid to eat butter and eggs? Why are we told to avoid animal fats and cholesterol-rich foods? Where does this fear come from? I will talk about what really does cause heart disease and what doesn't.

46) Choosing Interns/Managing Internships *Beginner*

Campus Center 803

Daniel Botkin: Athlete, teacher and permaculture-inspired farmer in Gill, MA.

Thousands seek hands-on learning on small farms, and many small farms can benefit from seasonal apprentice/learner/volunteers. One needn't be a commercial operator to offer valuable mentoring opportunities. In this interactive workshop, would-be mentors and motivated volunteers learn how to find, set expectations and screen for, and manage teaching-based farm internships.

46.5) Farm-based Start-up Business Planning *All levels*

Campus Center 903

Jake Mazar: Former business consultant & founder of Artifact Cider and Wheelhouse Farm Truck.

Planning on starting a farm-based business or think you will in the future? This workshop will focus on creating a strategy for business planning. What questions should you be asking? How do you find answers to those questions? Based on a framework I've used successfully for my 2 start-ups.

47) First Aid Homeopathic and Alternative Healing Remedies *Beginner*

Campus Center 905-09

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, including several alternative healing options for first aid.

47.5) Fungi as Medicine *Beginner*

Campus Center 174-76

Alison Birks, MS, AHG, CNS: Nutritionist and Herbalist , Instructor / Science Curriculum Developer at The Institute of Sustainable Nutrition, www.tiosn.com

Joan Palmer: Founder and Director of the Institute of Sustainable Nutrition in West Granby CT. Our local woods are home to many species of fungi that can be used as part of a holistic approach to health. In this lecture, you will learn which mushrooms are medicinally powerful, where they are found in the Northeast, and how to use them.

48) Getting started with Organic Beekeeping *Beginner*

Campus Center 917

Ross Conrad: Author, "Natural Beekeeping: Organic Approaches to Modern Apiculture" 2nd Edition

I will cover the basics for getting started with beekeeping organically. Topics Include: How to choose an apiary location, sourcing bees, equipment needs, tips for working with bees, dealing with diseases and pests without drugs or synthetic pesticides, and an overview of the beekeeping year.

49) Grazing Livestock Practices 101 *Beginner*

Campus Center 165-69

Matthew Koziol: New grass and cattle farmer driving top quality MA beef.

I will teach the basics of grazing livestock on pasture. Participants will learn best practices for raising 100% grass-fed beef. I will discuss recent application process for organic certification. Open Q&A will follow.

50) Growing Flax and Turning it into Cloth *Beginner*

Franklin Dining Hall

Jill Horton-Lyons: Grows and processes flax, then turns it into linen.

Jim Lyons: Builds processing equipment.

Flax is a strong plant fiber, growing well in the Northeast. Obtaining fiber for thread and cloth involves many steps. Seeding, tending and harvesting will be explained; processing from retting through weaving will be demonstrated. Handouts and fiber samples provided; similarities to processing other bast fibers (like hemp) explained.

51) Growing Grains on a Vegetable Farm *Advanced*

Campus Center 811-15

Noah Kellerman: Raises vegetables, grains and beef at Alprilla Farm.

We have integrated grain production into the crop rotation of our diversified vegetable farm to better feed our customers, soil, and ourselves. I'll discuss the agronomy, processing and marketing of wheat, corn, barley and other crops. The presentation is oriented towards commercial growers of all sizes, while drawing parallels with garden scale production.

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

Campus Center 904-08

Steve Walach: On 1/11th acre averaged 5,724 lbs vegetables over past three years, or 62,000 lbs/acre.

Participants will learn how to care for seedlings, extend the growing season, plan efficient crop cycles, select best fertilizers, anticipate labor requirements, organize garden space, choose helpful tools, hold input costs at a minimum and maximize production.

54) On-Farm Produced Inoculants and Nutrients: A Hands-on Demo *All levels*

Pond Lawn: Meet at the two maple trees by the Fine Arts Center service road, halfway between N. Pleasant and the Pond (loc#2).

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

Based on principles of Korean Natural Farming, participants will help create the following fertility products: calcium spray (using eggshells and vinegar); Fish emulsion (using fish scraps and sugar); Indigenous Mico-Organisms (using a rice base); and Fermented Plant Juice spray (using plant matter and sugar). [More info.](#)

55) Organic Apple Orchard Season *All levels*

Campus Center 805-09

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

We will share our annual cycle of organic orchard care, highlighting jobs required and key management practices. We will discuss apple variety and rootstock size choices, pests and diseases to watch out for and ways to manage them, and strategies for being commercially viable.

56) Pastured Swine Production *Intermediate*

Campus Center 804-08

Leonard Pollara: Operated Upper Meadows Farm, a fully integrated holistic organic farm.

Basics of raising and finishing swine on a pasture based system. Housing, fencing, feed, pasture types, and swine breeds best suited to success.

60) TOUR: That's A Plenty Farm: Create a Pollinator Habitat Nursery & Meadow *Beginner*

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

Michael and Cathy Katz: Owner/operators of That's A Plenty Farm.

We will show how the nursery and meadow attract at least 30 native pollinators in a neighborhood where abutting farmland is under conventional management. Half of the 3 acre farm is a 1 1/2 acre pollinator nursery and meadow within the Honey Pot section of the "Great Meadow" – a 350-acre historical site recognized by the World Monument Fund. It is located on a peninsula "surrounded" by the quirky bends of the Connecticut River. Come see what the first pollinator nursery in western MA has done since 2011 to enliven this otherwise denatured landscape. DIRECTIONS: Take Rt. 116 to RT 9, where you turn RIGHT. Follow RT. 9 toward

Northampton; approx 3 miles. At West Street (a double street at the Hadley Green), turn right and proceed to the first LEFT which is Cemetery Road. Proceed on Cemetery Road; when it crosses the dike, continue STRAIGHT onto Honey Pot Road (dirt road). Take the first right and follow Honey Pot Road about 3/4 mile to That's A Plenty Farm (on the right with a bunch of hoop houses and a solar array). Park on Honey Pot Road. TOTAL DRIVING TIME FROM UMass - 18 MINUTES. ADDRESS: 80 Honey Pot Road, Hadley, MA. ARRANGE CARPOOLS USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT. Link to google map directions here.

CHILDREN'S WORKSHOPS - SATURDAY, AUGUST 15, 8-9:30 AM

61) Knots for Farming and Living

Campus Center, 10th floor, Amherst Room

Age 5-12

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.

62) Playing Fowl: Caring for Our Chicken Friends

Pond Lawn: Meet at line of maples along North Pleasant Street (loc#4).

Age 5-12

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

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!

63) Strawberry Blast-Off!

Campus Center, 10th floor, Amherst Room

Age 8-11

Samantha Corcoran: Plant Biology PhD Student; Sustainable Agriculture Research

Caroline Wise: Plant Biology Masters Student; Sustainable Agriculture Research

Time will be split between strawberry DNA extraction (using household ingredients) and creating homemade "bottle rockets" that we will launch outside; activities accompanied by fun worksheets. (Alternate indoor activity in the event of rain). Great fun for crafters, tinkerers, and wonderers.

TEEN WORKSHOPS - SATURDAY, AUGUST 15, 8-9:30 AM

64) Advantages and Disadvantages of Perspectives

Campus Center UPUB

Brianna Mann: Stockbridge School of Agriculture Graduate within the Sustainable Horticulture program.

During this workshop you will gain awareness of how perspectives play a role within a group settings. You will see firsthand through both a flexible and card game activity how these perspectives influence the decisions we all make each day in our lives.

ADULT WORKSHOPS - SATURDAY, AUGUST 15, 10-11:30 AM

65) Biodynamic Approach to Soil Health **BD & OLC Tracks** *All levels*

Campus Center 804-08

Mac Mead: Director, The Pfeiffer Center; 40 years experience in biodynamic farming. I will cover specific measures essential in developing soil health efficiently in the whole farm organism, including: diversity of plant and animal life, producing high quality compost and potting soil, raised bed systems (for hand, horse, and tractor work), cover crops, and use of the biodynamic preparations.

66) Build & Manage Low-tech, Low-cost, Low-tunnels *Beginner*

Campus Center 904-08

Daniel Botkin: Athlete, teacher and permaculture-inspired farmer in Gill, MA. This workshop explores the fabrication and use of home-crafted, low-cost, low-tunnel greenhouses for crop protection and season extension in the backyard garden or micro-farm. We'll compare various materials and "low-end" building options, including wire, slats, PVC pipe, and EMT conduit pipes.

67) Cholesterol & Fats in Health Pt.2 of 3: Chronic Disease Mechanisms & Prevention Strategies
All levels

Campus Center Auditorium

Natasha Campbell-McBride: Medical doctor, nutritional consultant and developer of the GAPS Diet.

What actually causes heart disease, obesity and diabetes and what can we do to prevent it? I will carry on from points in the first presentation.

68) Co-op Conversion for Business Success **COOP Track** *All levels*

Campus Center 903

Adam Trott: Staff, Valley Alliance of Worker Co-ops; Worker/Member, Collective Copies.

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

Co-ops are a great model for business succession, retaining jobs, and rooting businesses in communities. Why go co-op? How do co-ops strengthen our regional food system and economy? Learn about the process of conversion, and hear from representatives from a variety of businesses that have converted to the co-operative model.

69) Creating Beautiful Wool Batts *All levels*

Franklin Dining Hall

Betsy Alspach: Knitter, 19 year spinning and dyeing addict, published in SpinOff Magazine.

Christine McCluskey: Spins, dyes, and especially enjoys wool combing.

Participants will use flick cards, hand cards, wool combs and drum carders, and a variety of fibers to prepare colorful wool batts that can be used for spinning, felting, rug hooking or other wool crafts.

70) Farm Mechanization Efficiencies *All levels*

Campus Center 163C

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.

71) Finding, Assessing, and Securing Farmland *All levels*

Campus Center 803

Rachel Murray: Land For Good's Connecticut Field Agent and farmer.

Kathy Ruhf: Land For Good's Senior Program Director and Massachusetts Field Agent. We will provide a comprehensive overview of strategies, considerations, and resources for achieving secure access to farmland. Learn ways to find farm properties and assess their suitability for your farm plan. We'll consider traditional and creative land access options and how to achieve the most appropriate tenure for you. [More info.](#)

72) How GMOs Affect Gut and Soil Microbiomes *Intermediate*

Campus Center 911-15

Daniela Connelly, MD MPH: Family practice doctor, organic farmer, and soil advocate.

Laura Wolfer, MA MS: Organic gardener, archeologist, and molecular biologist.

GMO agriculture has a striking effect on microbial communities of both the soil and the human gut. We will give an overview of the science behind GMOs so that participants will understand the process. Then we will discuss the impact of GMO agriculture on the microbiomes of both the soil and the gut.

72.5) Introduction to Organic Certification *Beginner*

Campus Center 174-76

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.

73) Keeping Bees Healthy Organically *Intermediate*

Campus Center 917

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.

74) Labor Management – 25 years of trial and error!! *Intermediate*

Campus Center 811-15

Dan Kaplan: Farm Manager since 1990. Apprentice from 1987 – 1990.

Aimed at people considering hiring or currently managing labor for their market farm operation. I will fully describe the three labor systems I use on the farm – apprentice, wage labor (e.g., weeder crew), and salaried workers (assistant manager, administrator, mechanic, and cook). I'll touch on the failures we've experienced and the "systems for success" for each labor system.

75) Making the Most of Goat & Mutton *Intermediate*

Campus Center 905-09

Jake Levin: Butcher, produce manager, Berkshire Food Guild co-founder & local food advocate.

Jamie Paxton: Chef, meat enthusiast, Berkshire Food Guild co-founder & local food advocate.

Goats and sheep are multi-purpose animals well suited to many New England landscapes.

Outside of lamb, however, they have a reputation as tough and gamey and are a hard sell. We disagree!

We will discuss the merits of goat and mutton meat, including uses in cured products.

Tastings included!

76) Peach Trees for Beginners *Beginner*

Campus Center 162-75

Charlotte Trim: Beekeeper, orchardist and soil consultant.

Aimed at backyard gardeners, this workshop covers how to plant and care for peach trees. Includes pruning, dealing with borers, and identifying tell-tale signs of mineral deficiencies and remediating them. I'll discuss simple recipes for foliar spraying, different peach varieties and rootstocks, and consider some uses for bushels of peaches.

77) Problems of Capitalist Agriculture *All levels*

Campus Center 168C

Fred Magdoff: Professor Emeritus, University of Vermont.

Capitalist Agriculture is rife with numerous irrationalities. We will discuss and analyze a) how agricultural systems in capitalist economies function, b) how one decision leads logically to another, c) the problems that arise “naturally” in such a system, and d) how to function within the system’s limitations.

78) Soil: the Climate-Cattle Connection **SCC Track** *Intermediate*

Campus Center 165-69

Ridge Shinn: Grass-fed beef expert. Called “Carbon cowboy” in TIME magazine.

The same management practices that fatten cattle for 100% grass-fed beef also increase soil fertility and combat climate change. I will explain how you can build topsoil, provide cattle with essential nutrients, and take carbon from the air and put it deep in the ground with managed rotational grazing.

79) Use and Maintenance of Traditional Hand Tools *All levels*

Pond Lawn: Meet at the two maple trees by the Fine Arts Center service road, halfway between N. Pleasant and the Pond (loc#2).

Shelby Howland: Has over 10 years experience farming with hand tools.

I will talk about variation in tools and their uses in previous eras and today. I will discuss sharpening, basic upkeep, and uses of the most common tools (shovel/spade, hoe, pruners/loppers, axes, forks). I will also discuss some aspects of tool design.

80) Wild Approach to Making Hard Cider *All levels*

Campus Center 805-09

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

We’ll explain how to make hard cider by fermenting apples with wild yeasts just as farmers did 200 years ago. Topics include: choosing cider apples, sourcing fruit that can be used for wild fermentation, and the equipment needed for home production or micro commercial scale.

WORKSHOP #81: CANCELLED:

~~81) Woodland Duck Polycultures **PC Track** *All levels*~~

~~Campus Center 174-76~~

~~**Steve Gabriel:** Author, *Farming the Woods*; ecologist; educator, Cornell Small Farms; farmer.~~

~~I have been raising ducks for five years for meat, eggs, and farm ecosystem benefits (i.e. slug and pest predation). This workshop will cover the basics of raising ducks and how they have been put to work at Wellspring Forest Farm to support mushroom, sheep, and vegetable production. [More info.](#)~~

82) TOUR: Franklin Permaculture Garden: History and Design **OLC & PC TRACKS** *All levels*

Garden Area Immediately outside of Franklin Dining Commons

Lilly Israel: Certified permaculture designer and manager of the UMass Permaculture gardens.

In 2010, thousands of volunteers transformed a grass lawn into the Franklin Permaculture Garden – a growing space featuring over 150 edible plant species, which has become a hub for hands-on learning at UMass. I’ll present the project history, explain how the design embodies

permaculture principles, point out some unusual perennials, and conduct plant tastings. [More info.](#)

83) TOUR: Fungi Ally Farm: Outdoor Mushroom Cultivation *Beginner*

Willie Crosby: Owner and Operator of Fungi Ally.

Come explore Fungi Ally Farm and the outdoor mushroom cultivation systems we have implemented for the last 3 years. We will discuss growing shiitakes on logs, growing wine cap mushrooms on woodchip beds, and growing maitake outside. Participants will have an opportunity to practice these techniques of mushroom cultivation. **DIRECTIONS:** Drive north on North Pleasant St., which is the main road that borders the Campus Pond Lawn. Go straight through the traffic circle staying on North Pleasant St. Continue for 1 mile. Go straight through the lights and bear right onto Montague Road/Route 63. Parking will be across from Summer Street at a red barn/garage. The farm is located on the right on the corner of Summer and Montague. **ADDRESS:** 125 Montague Rd, Amherst, MA. **ARRANGE CARPOOLS, USING THE —TOUR RIDE BOARD—PLACED AT THE REGISTRATION TENT.** Link to google map directions here.

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

84) Chef in the Classroom: Kale Salad and Kale Chips

Campus Center, 10th floor, Amherst Room

Age 5-12

Sandy McKelvey: Working to help kids understand where their food comes from.

Chef in the Classroom is a fun, hands-on program designed to get kids excited about eating fresh fruits and vegetables. This class will feature local kale. Kids will learn all about kale: fun facts, health benefits, and then they will make a recipe for kale salad and kale chips.

85) Everyone Loves Ducks!

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (loc#6).

Age 3-12

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

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 for you to pet, and we'll also read a book (or two) and talk about taking care of our feathered friends.

86) MUSIC WORKSHOP for the PARADE!

Campus Center, 10th floor, Amherst Room

Ages 10-Adult

Tad Hitchcock: Musician, gardener, teacher, and Dad.

We will have fun learning and practicing 1 or 2 songs to play in the parade at the fair. Bring your favorite portable acoustic instrument! Drums, guitars, recorders, horns etc! I will provide some drums & percussion instruments. Teens and adults also invited to help prepare music and fun for the parade. See you there!

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

WORKSHOP #87: CANCELLED:

~~87) Create a School Garden to Raise Food Awareness~~

~~Campus Center UPUB~~

~~**Shawn Hmitch:** 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.~~

88) Working with Draft Horses

Pond Lawn: Meet at line of maples along North Pleasant Street (loc#4).

Pamela Rickenbach: Executive Director of Blue Star Equiculture, writer, educator, advocate.

Brian Jerome: General Manager of Blue Star Equiculture, mechanic, and young teamster .

Ruth L. diBuono: Office Manager of Blue Star Equiculture, UMass intern, rising teamster and farmer.

Using our team of horses, we will demonstrate the role draft horses can play in how we work the land. Touching on the history of draft horsepower, we'll address the challenges and rewards of having these magnificent animals as partners. Teens will have an opportunity to interact with the animals.

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

89) 21st Century Land Grabs *All levels*

Campus Center 165-69

Fred Magdoff: Professor Emeritus, University of Vermont.

Taking of land has a long history, with different techniques used over time. Land grabs are now occurring at a rapid pace in Africa, Latin America, and Southeast Asia. We will explore who is doing the grabbing and why as well as the effects on displaced farmers.

90) Apitherapy: Healing with Hive Products *Intermediate*

Campus Center 917

Ross Conrad: Author, "Natural Beekeeping: Organic Approaches to Modern Apiculture" 2nd Edition

The honeybee and hive products have historically played a large role in disease care and prevention. Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Covered are the production, harvesting, processing and healing properties of Honey, Pollen, Propolis, Royal Jelly, and Honeybee Venom.

91) Cholesterol & Fats in Health Pt.3 of 3: Diets to Reverse Chronic Disease *All levels*

Campus Center Auditorium

Natasha Campbell-McBride: Medical doctor, nutritional consultant and developer of the GAPS Diet.

What are the correct foods to eat to prevent and reverse heart disease, obesity and diabetes? I will carry on from points in the first and second presentations.

92) Determining your Costs of Production *All levels*

Campus Center 163C

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

Are you making a profit with your current sales prices? This group working session will simplify the process for measuring profitability by demystifying production costs for various farm ventures. Learn which ones are making money (or not). Beginning and seasoned farmers alike will benefit, and share in some eye-opening results.

93) Fall Season Extension Without Devices for Garden *Intermediate*

Campus Center 904-08

Al Johnson: Organic grower for 40 years. Organic inspector since 1990.

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

94) Farmer Co-ops For Efficient Production & Marketing **COOP Track** *All levels*

Campus Center 903

Roger Noonan: President, New England Farmers Union.

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

Co-operatives benefit their member-owners, farmers, consumers, and the food system. Learn how your operation could benefit by being part of a producer/marketing co-operative, and discover the steps involved in setting one up.

95) Gardening in Small Spaces **PC Track** *Intermediate*

Campus Center 168C

Carolyn Edsell-Vetter: 15 years' experience designing and maintaining small urban gardens.

We will explore examples of small-scale gardens, from roof decks to small urban yards, including some space-saving technologies and particular plants suited to tight quarters. We will also spend some time on bringing permaculture lessons to bear on urban contexts.

96) Hands-on Draft Horses *All levels*

Pond Lawn: Meet at line of maples along North Pleasant Street (loc#4).

Pamela Rickenbach: Executive Director of Blue Star Equiculture, writer, educator, advocate.

Brian Jerome: General Manager of Blue Star Equiculture, mechanic, and young teamster .

Ruth L. diBuono: Office Manager of Blue Star Equiculture, UMass intern, rising teamster and farmer.

Using our own team of horses, We will demonstrate the role draft horses can play in how we work the land. Touching on the history of draft horsepower, we'll address the challenges and rewards of having these magnificent animals as partners and teachers, focusing on the practical considerations of horsepower for the small farm. [More info.](#)

97) Herbal Antibiotics, Antivirals (& Lyme) *Beginner*

Campus Center 804-08

Sarah Stockwell-Arthen: Has been making herbal foods and remedies for 25 years.

I will explore the benefits of plant medicine in fighting bacterial and viral illness and building our bodies' resistance. Great promise lies in these plants as antibiotics become less effective. Many can be grown locally; some are native. Informed by Stephen Harrod Buhner's, Herbal Antibiotics, Herbal Antivirals, and Healing Lyme.

98) Home Funerals and Green Burials *All levels*

Campus Center 905-09

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

In this experiential workshop, we will demonstrate 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 provides the necessary information, confidence, and courage to create a meaningful home wake/vigil and a green funeral.

99) How to Make and Preserve Fruit Jams *Beginner*

Franklin Dining Hall

Andrea Chesman: Author of *Backyard Homesteader's Guide to Kitchen Know-How* and other related books.

I will cook a jam sweetened to taste and demonstrate how use a low-sugar pectin to make it gel. I will process it in a boiling water bath and provide full instructions for using boiling water bath canning. I'll bring samples of jams made with different types of pectin for tasting.

100) Hows and Whys of Electric Fencing *Beginner*

Campus Center 805-09

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

Learn how and why electric fences work and how to configure a fence to do what you need it to do—psychologically contain livestock or exclude wild animals. Craig will discuss common electric fencing mistakes, focusing on temporary electric fencing used for rotational paddocks.

101) Inner and Outer Gesture of Composting: A Biodynamic Approach **BD & OLC Tracks**

All levels

Campus Center 811-15

Bruno Follador: Director of the Living Soils Project at The Nature Institute.

In this workshop, we will cover the practical and technical details of biodynamic composting. In addition, we will explore how we can develop a qualitative understanding of the dynamic processes in the compost pile, and consider the significance of compost in the whole farm organism.

102) Permaculture design for Bioregional Economies **PC & OLC Tracks** *Intermediate*

Campus Center 174-76

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

Permaculture design meets human needs with ecological integrity. We can provide food, fuel, fiber, and energy in synergistic ways that strengthen community economies and reconnect people with their natural beauty and biology. By cooperating regionally and designing ecologically we create and insure healthy and secure economies, landscapes, and communities.

103) Quality Organic Apples on a Small-Scale *Beginner*

Campus Center 803

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

I will present organic and holistic practices that have allowed me to grow disease and pest "tolerant" apples. I live on a homestead orchard with 50 trees for fresh eating and cider production. My focus is disease resistant and heirloom varieties. I welcome others to share their stories as well.

104) Raising High Quality Vegetables While Building Carbon **SCC Track** *Intermediate*

Campus Center 162-75

Julie Rawson: Vegetable Farming 30 years, \$30K/acre, lots of livestock too.

My goal is to have the best tasting, highest yielding, most nutritious produce possible. This improves farm profitability and personal health. We'll cover in detail 8-10 practices for building soil carbon that garnered our farm the highest marks in a 2014 carrot trial with 13 other farms. Techniques applicable for many annual crops.

105) Relationship Between Soil Tilth and Human Health **OLC Track** *Intermediate*

Campus Center 911-15

Daniela Connelly, MD MPH: Family practice doctor, organic farmer, and soil advocate.

Laura Wolfer, MA MS: Organic gardener, archeologist, and molecular biologist.

As science begins to unearth the vital importance of the human microbiome, we are learning how dependent we are on the microbial world. We will explore the intricate relationships among the soil, plant, and human microbiomes, their intriguing parallels, and how healthy soil is fundamental to optimum plant and human health.

WORKSHOP #106: CANCELLED:

~~106) TOUR: Red Fire Farm(Granby, MA): Mechanical Tillage and Cultivation for the Beginning Farmer — *Beginner*~~

~~**Alexander Vaughn:** Production Manager at Red Fire Farm.~~

~~**Fred Beddall:** Has farmed in Western Mass, the mid Atlantic, Montana, and Scotland. Red Fire Farm grows certified organic produce on 180 acres for CSA shares, farm stands, farmers markets and wholesale accounts. We will demonstrate how we use mechanical tillage and cultivation to prepare fields and manage weeds. We will discuss the necessity of these practices for our cropping system and their effect on soil biology.~~

CHILDREN'S WORKSHOPS – SATURDAY, AUGUST 15, 1-2:30 PM

107) Parade Prep Workshop - All Are Welcome!

Campus Center, 10th floor, Amherst Room

Ages 2-ADULT

Teachers and volunteers:

Children will make fun hats or noise makers to carry in the parade. They will decorate a golf cart and line up with NOFA State banners. Caregivers will join us at 2:45 sharp to line up with your children. All families return to children's conference after parade to clean up.

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

108) Action Filled Flax

Campus Center UPUB

Jill Horton-Lyons: Grows and processes flax, then turns it into linen.

Jim Lyons: Builds processing equipment.

What were Columbus' sails made from? Linen! Why not cotton? We'll have pictures of the growing and harvesting, we'll set up a pool for retting, and then together we'll all have fun breaking, scutching, and hackling this very strong fiber. We'll spin and end up with linen braids or rings.

109) The Joys and Challenges of Keeping Dairy Goats

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (loc#6).

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

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.

WORKSHOP DURING THE FAIR, SATURDAY, AUGUST 15, 3:00-4:30 PM

110) NOFA Grassroots Policy Input Wanted! *All levels*

Campus Center 904-08

Steve Gilman: Longtime Policy Coordinator for the NOFA Interstate Council.

Elizabeth Henderson: Co-Chair of the Interstate NOFA Policy Committee from NY.

Alex Simpson: Co-Chair of the Interstate NOFA Policy Committee from NH.

In this interactive workshop, participants and a panel of Interstate NOFA Policy Committee members will dig into today's policy landscape. Should hydroponics, nanotechnology, and open net aquaculture pens be allowed in organic? Should Congress pre-empt state GMO labeling laws and push fast-track trade agreements? Should organic check-off be allowed? What issues do you want to bring to the table?

ADULT WORKSHOPS – SUNDAY, AUGUST 16, 8-9:30 AM

114) Common Weeds That Heal *All levels*

Campus Center 804-08

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

Certain plants love to grow around human disturbances (gardens, edges, yards, farms, homesteads), namely the weeds! Perhaps not coincidentally, many of these oh-so-common plants are rich sources of nutritious food and potent medicine. Learn how to ally with familiar weeds and bring them into the home medicine cabinet and kitchen for better health.

115) Compost Tea: True Elixir or Snake Oil? **OLC Track** *All Levels*

Campus Center 162-75

Lee Reich, PhD: Farmdener, writer, researcher, and consultant.

An objective look at compost tea, in the process also looking at the broader issue of how hypotheses (such as “Compost tea controls mildew on pumpkins”) are validated. I'll explain the various kinds of compost teas, their uses, their production, and theorized mechanisms by which they work. I'll present results of field, greenhouse, and laboratory tests on the effectiveness of compost teas. Discussion is encouraged.

116) Creating a Profitable CSA Farm *Beginner*

Campus Center 168C

Erin Bullock: Vegetable grower for 7 years, founder of Mud Creek Farm CSA.

I started a 15-acre CSA vegetable farm from scratch, grew it to a profitable 400-member operation in 5 years, and sold the whole business to a friend. I will address marketing and website, business planning, crop diversification, UPick, time management, mentoring interns, sustaining customers, neighbor relationships, land leasing, and letting go.

117) Dealing with Conflict on the Farm *All levels*

Campus Center 903

Don Zasada: Manages Caretaker Farm in Williamstown, MA.

How do you manage conflict in a farm crew? How do you define conflict, prepare for conflict, work with conflict, and hire with the topic of possible conflict in mind? We will discuss plans for managing expectations and specifically look at a method for communicating uncomfortable topics in a safe environment on a farm.

118) Growing Raspberries and Blackberries *Beginner*

Campus Center 905-09

Gina Barkovitch: Biological, biodynamic brix farmer, orchardist, shephard, fiber artist, muralist, mom.

We will cover soil preparation and planting depths, when to plant, preferred varieties, primocanes vs. floricanes, and selecting fungally dominant environments to plant into. I'll

discuss mulching, harvesting, predator protection, and propagation through suckers or tip-rooting. Info on holistic nutritional sprays, assessing soil conditions, and using biological amendments.

119) Improving Soil Health with Cover Crops **OLC & SCC Tracks** *All levels*

Campus Center 165-69

Thomas Akin: State Resource Conservationist with NRCS in Amherst, MA.

Cover crops are not just for soil erosion mitigation; they provide a great food source (lots of fresh carbon!) for your soil's bacteria, fungi, and other critters. Learn how to make your soils healthier by planting cover crop cocktails throughout the growing season! Presentation aimed toward vegetable farmers. [More info.](#)

120) Local Medicine Communities **BD Track** *Beginner*

Campus Center 917

Dawn Combs: Internationally published author and contributor, ethnobotanist, herbalist and herbal educator.

"Buy Local" has influenced local food choices, so why shouldn't we expect healthcare solutions grown and created in our own communities? Learn how to create local health communities and learn some basic healthcare techniques that can feature common medicinals and make your health choices local. [More info.](#)

121) Making Raw Milk Kefir and Kefir Cheese *All levels*

Campus Center 911-15

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

I started making raw milk kefir in January 2008 and it was the catalyst that got me out of a wheelchair. Learn about what milk to use and how to make a simple kefir cheese. I will have samples. I may have a few kefir grains to share. Handouts offered.

122) Making the most of Urban and Suburban Gardens *Beginner*

Campus Center 904-08

Allison Houghton: Author, Grower and CSA Manager for The Food Project.

Gain take home tips you can immediately apply to your garden to boost productivity, overall health, and quality of garden produce. We will discuss light requirements for various crops, soil fertility, thinning, pruning vegetable crops, pollinating squash, maximizing the potential for each season, and harvesting to increase your yields.

123) Managing Unwanted Vegetation with Sheep and Goats *Beginner*

Campus Center 805-09

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

Sharing experiences gleaned from two years of tackling problematic vegetation in the Rockefeller Park Preserve with goats and sheep, we'll cover the theory and research behind targeted grazing – addressing its benefits and challenges versus other weed controls. I will highlight basic strategies and animal care.

124) Northern-Hardy Tree Breeding *All Levels*

Campus Center 163C

Bill MacKentley: Recently retired operator of tree provider, St. Lawrence Nurseries.

My mentor, Fred Ashworth, taught me how to select for unique traits in trees, and since 1972, I have been breeding fruits and nuts, specifically suited to a Northern climate. I'll help you begin the fun, engaging, and decades-long process of breeding regionally adapted varieties on your

farm.

125) Raising Rabbits Organically *All levels*

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (loc#6).

Leslie Ardison: I have been raising rabbits for over 20 years.

Pasturing rabbits is more complex than putting good fence around a nice pasture. Nonetheless, people have been keeping rabbits in diverse natural settings for centuries. We'll demonstrate several housing examples, and discuss pros and cons of each. We'll cover nutrition & feeding, cages, anatomy, breeds, finding or mixing organic feed, diseases, and good management practices.

126) Small Scale Garlic Growing for the Beginner *Beginner*

Campus Center 811-15

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.

127) Soapmaking For A Skin-Friendly Microbiome *Beginner*

Franklin Dining Hall

Rosemary Roman Nolan: Teaches food folklore, cheese making, soap making, & natural pet care.

In this class we will demystify the process of soapmaking while learning how to customize your soaps for specific skin types and conditions. You'll learn a lot about aromatherapy, the use of essential oils, and how to include botanical ingredients in your final product for healthy, safe, luxurious soaps!

128) Spiritual Gardening: Dowsing and Agriculture *Beginner*

Campus Center 803

Lisa McCrory: Organic Farmer and Grazing Consultant, dowsing for 20+ years.

I will show you how you can use dowsing in farming and gardening: garden layout and design, working with Nature Spirits, Garden Devas, earth energies, determining soil nutrient levels and soil amendments needed, and livestock. Gain a sense of the vast potential of dowsing for agriculture and for all aspects of life.

129) State of the Anti-GMO & Right to Know Labeling Movements **OLC Track** *All levels*

Campus Center Auditorium

Ronnie Cummins: Author, lifetime activist, Founder and Director Organic Consumers Association.

I will review recent developments in the anti-GMO movement with an emphasis on “Right to Know” ballot initiatives and legislative efforts in CA, WA, OR, CO, HI, VT, plus upcoming battles in ME, CT, and MA. I will discuss "Traitor Brand" boycotts and marketplace pressure campaigns, mandatory labeling of factory-farmed foods, and a "Care What You Wear" campaign to raise consciousness about clothing and apparel.

130) Treating ADHD & Autism without Harmful Medication *Beginner*

Campus Center 174-76

Jennifer Giustra-Kozek, LPC, NCC: Board-certified psychotherapist, 15+ years clinical experience, author, “Healing without Hurting”.

Numerous studies demonstrate the link between ADHD/autism and nutritional deficiencies, food intolerances, genetically modified foods, and environmental toxins. Still, many doctors turn to potentially dangerous medication first. Learn about underlying causes of ADHD and ASD and their co-morbid conditions (e.g., sleep issues, depression, anxiety, and impulsivity) and about non-pharmaceutical solutions that work. [More info](#).

130.5) Understanding Tools & Equipment for the Small Farm *All levels*

Campus Center 811-15

Andy Pressman: Agriculture Specialist and farmer with background in organic crop production. This workshop will focus on understanding tools and equipment in relation to scales of production. It will offer strategies for selecting the right tool for the job and how farm capitalization investments can affect profitability. Alternative sources for acquiring tools will be discussed as well as the importance of safely operating and maintaining equipment.

131) TOUR: Natural Roots Farm: Horse Powered CSA, part I *Intermediate*

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

Caleb Gwinn: Working with horses on N. Carolina farms, now at Natural Roots.

In the first part of this two-part tour of Natural Roots farm, we'll demonstrate how we run our CSA, 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.

132) TOUR: Simple Gifts Farm: Pest Scouting in the Field *All levels*

Lisa Mckeag: Supports Massachusetts vegetable farmers through the UMass Extension Vegetable Program.

Learn to identify and scout for pests (insects, diseases, and weeds), and natural predators and other beneficial species in a hands-on scouting demonstration on a vegetable farm. We will cover scouting techniques, determining action thresholds, and other integrated pest management strategies to help you manage vegetable pests preventively and ecologically. DIRECTIONS: Drive north on North Pleasant St., which is the main road that borders the Campus Pond Lawn. 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 16, 8-9:30 AM

133) Create a Future Community

Campus Center, 10th floor, Amherst Room

Age 9-12

Tina Clarke: Transition Towns Trainer, Program Director at Greenpeace & Clean Water Action. Do you ever think about where you might live when you grow up? Will you live near friends? Will you have a garden, or farm animals? Together we will create a community that is good for people, wildlife, animals and the earth. Come make an eco-neighborhood of the future!

134) Stories, Songs, and Dance

Campus Center, 10th floor, Amherst Room

Age 5-10

Tad Hitchcock: Music Teacher, Musician, Gardener, Beekeeper and Dad.

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.

135) Wind Fun(damentals)

Campus Center, 10th floor, Amherst Room

Age 5-12

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

Participants will learn how to harness the wind for energy by comparing pinwheels and make predictions on their speed. We will also design sails on a boat and test them on a string track. Wind mills are used for work, how would you design blades to lift weight?

TEEN WORKSHOPS – SUNDAY, AUGUST 16, 8-9:30 AM

136) Yoga for Teens

Campus Center UPUB

Melissa Kenny Probst: Parent, soap-maker, and yoga enthusiast.

Yoga promotes unification of body, mind, and spirit, increasing your awareness, and guiding you to a place of peace and inner strength. Stretch your body, relax your mind and find out more about this 4000 year-old practice. Please bring a mat if you have one. Some mats available.

ADULT WORKSHOPS – SUNDAY, AUGUST 16, 10-11:30 AM

138) Conserving the Farmhouse with the Farmland *All levels*

Campus Center 905-09

Billie Best: Community Land Trust Program Director, Schumacher Center for a New Economics.

Protecting farmland from development may increase the value of the farmhouse beyond what a working farmer can afford. Breaking the farm into pieces, separating the land from family life, is a threat to our food security. Learn how a community land trust can conserve the farmhouse with the farmland. [More info.](#)

139) Constructing and Equipping a Small Dairy *All levels*

Campus Center 805-09

Rachel Scherer: Runs the Little White Goat Dairy in Orange, MA.

Bruce Scherer: Runs Heritage Fields Farm and Ag Services in Orange, MA.

We designed and built a 1,200 sq. ft. dairy with goat milking parlor, raw milk room, and pasteurization plant. We'll cover construction, equipping, and licensing, from the vegetative treatment area for wastewater through licensing raw milk sales, highlighting the keys to making good design decisions in a complex regulatory environment.

140) Encouraging Diversity In the Garden *Beginner*

Campus Center 911-15

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

We will explore the use of specific herbs, flowers, and wild volunteer plants as crop companions. These plants provide living mulches, insect traps, fertility, and added food. The overall goal of this approach is creating communities of plants that support each other, the people who tend them, and the soil that feeds them.

141) Essential Wild Foods for the Winter Larder *Beginner*

Campus Center 168C

Carly Leusner: A wild food enthusiast, cook, and educator; Acorn Kitchen's mother.

Hannah Jacobson-Hardy: Community Herbalist and Holistic Health Coach of Sweet Birch Herbals.

Enhance your winter pantry with wild condiments and preserves. Learn the brilliance and simplicity of incorporating wild foods in your winter diet using traditional recipes and preservation techniques. We will taste and discuss a variety of easy and effective ways to preserve summer's wild bounty, prioritizing nutrient preservation and flavor.

142) Food Energetics for Health and Healing *All levels*

Campus Center 174-76

John Kozinski, MEA: Health and Visual Diagnosis Teacher, Counselor, Writer, Researcher since 1976.

Traditional wisdom about the healing effects of foods is based upon an understanding that each food has a particular energy that it imparts to the eater with good or poor results for health. Drawing from case history examples, learn how to use this knowledge with a modern form of integrative diagnosis.

143) Herbal Care for Teeth and Gums *All levels*

Franklin Dining Hall

Brittany Nickerson: Herbalist, health educator and food activist in Amherst, MA.

Herbs and other holistic approaches are effective in preventing and treating teeth and gum issues. We will discuss the therapeutic use of herbs for cleansing, reducing inflammation and pain, preventing infection, and healing tissues. Students will leave empowered to make their own tooth powder/paste, tooth rinse and more!

144) Integrated Pest Management in Brassicas **OLC Track** *All levels*

Campus Center 804-08

Susan Scheufele: UMass Extension Vegetable Program, M.S. Plant Pathology.

Brassica production has been increasing in acreage and season-length across MA. Controlling pests is critical so populations don't build-up to uncontrollable levels. Learn identification and biology of common insect and disease pests, and how to prevent damage using cultural strategies and OMRI-approved chemical controls. Relevant to organic growers across scales.

145) Luscious Landscaping with Fruiting Trees, Shrubs & Vines *All Levels*

Campus Center 162-75

Lee Reich, PhD: Farmdener, writer, researcher, and consultant.

Learn to beautify your yard and put (very) local, healthful, and flavorful food on the table. You can introduce trees, shrubs, and vines that provide luscious fruits and beauty throughout the seasons. Some of these plants are low maintenance, pest-resistant, and require little or no pruning.

146) Masonry Wood Heaters for Home and Hearth *All Levels*

Campus Center 163C

Bill MacKentley: Longtime druid greenman and retired owner of St. Lawrence Nurseries.

This will be an in depth power-point, stone by stone depiction on building a masonry heater. Discussion will address just how environmentally friendly and necessary they are for the future of human habitation in the northeast. I'll finish with a comparative summary of different heating alternatives using wood, oil, gas, etc.

147) Movements for a Regenerative Organic Future **SCC Track** *All levels*

Campus Center Auditorium

Ronnie Cummins: Author, lifetime activist, Founder and Director Organic Consumers Association.

Regenerating the Earth's 28 billion acres of managed land requires an unprecedented global Movement of Movements, embracing everyone concerned about health, climate stability, animal welfare, rural development, green jobs, renewable energy, conservation, economic justice, peace, and democracy. Single-issue silos must give way to "connecting the dots" between the climate crisis, deteriorating public health, militarism, resource wars, poverty, factory farms, GMO crop production, biodiversity loss, and corporate control over politics and the mass media. I will sketch out local to international "populist" strategies to catalyze this Global Regenerative Revolution.

148) No-Till for Intensive Vegetable Growing *Intermediate*

Campus Center 165-69

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 25 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.

149) Organizing to Strengthen Legal Protections for Farmworkers *All levels*

Campus Center 903

Jessica Culley: Has worked as a community organizer for over 15 years.

Rose Bookbinder: Organizer with Western Massachusetts Jobs with Justice & Pioneer Valley Workers Center.

We'll review federal farmworker legal protections – the Fair Labor Standards Act, the Migrant Seasonal Protection Worker Act, OSHA, and WPS. We'll discuss how U.S. workers organizations have used these laws to protect rights, the limitations of these protections, and the role of the Agricultural Justice Project in filling these gaps.

150) Raising Heritage Thanksgiving Turkeys *Beginner*

Campus Center 803

Lisa McCrory: Organic diversified farmer and consultant, trained in Holistic Management. I have been raising 35-45 Heritage Turkeys each year for 9 years on a on a small, organic, diversified farm where we keep our own breeding stock. This presentation illustrates how to get started from hatching to slaughter. It includes housing, grazing systems, over-wintering of brood stock, and sharing our mistakes and successes.

150.5) Securing Land Access for Urban Growing *All levels*

Campus Center 811-15

Karen Washington: Urban farmer and food activist.

Sara Katz: Community Horticulturist for Bronx Green-Up.

Urban growers need land access. We'll discuss creating partnerships to put urban land into productive use as farms and community gardens. Drawing from NYC examples, we'll consider

land preservation and access strategies for public parks, community land trusts, and rooftops. Start mapping out steps to access land in your community.

151) Soil Health & the Connection to Human Fertility **BD & OLC Tracks** *Intermediate*
Campus Center 917

Dawn Combs: Internationally published author and contributor, ethnobotanist, herbalist and herbal educator.

Soil fertility and human fertility are strongly linked. Drawing on my own experience of overcoming infertility, I will discuss how the soil health philosophies of biodynamic farming help us address the nutritional deficiencies and imbalances at the root of both kinds of infertility rather than merely treating symptoms. [More info.](#)

152) Whole Life Design: Applying Permaculture Principles to your Life **OLC & PC Tracks**
Intermediate

Campus Center 904-08

Jonathan Bates: Abundance of life, family and friends came from a garden.

Do you long for the time and courage to live a life that's truly in line with your deepest values? In this workshop I'll show you how our family focused our life on what matters, creating abundance for ourselves and others, and freeing up time to enjoy it all.

153) TOUR: Natural Roots Farm: Horse Powered CSA, part II *Intermediate*

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

Caleb Gwinn: Working with horses on N. Carolina farms, now at Natural Roots.

In the second part of this two-part tour of Natural Roots farm, which begins Sunday at 8:00 AM (See #131), 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.

WORKSHOP #154: CANCELLED

154) ~~TOUR: Simple Gifts Farm: Mechanical Weed Control — *Intermediate*~~

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

~~We use many methods to control weeds at Simple Gifts Farm. This workshop will cover the mechanical means that we use, including basket weeding, mechanical mulch spreading, rolling cultivators, and our new finger weeder.~~

CHILDREN'S WORKSHOPS – SUNDAY, AUGUST 16, 10-11:30 AM

155) Rabbits

Pond Lawn: Meet at the four trees by the intersection of the diagonal walkway and pond lawn roadway (loc#6).

Age 5-12

Leslie Ardison: I have been working with youth groups and rabbits for 20 years.

Come meet some rabbits. Learn the proper way to pick them up and hold them, and take care of them.

156) Seed Snatching Fun for Kids

Campus Center, 10th floor, Amherst Room

Age 8-12

MariePatrice Masse: Former teacher, nature lover, prolific gardener, and confessed seed snatcher.

We'll explore the world of seeds through art, story, movement, and an indoor seed collecting fieldtrip. We'll look at seeds from a variety of edibles and learn how they grow, how to collect them, and how to save them. Each child will take seeds home for planting next spring.

157) Window Stars and Danish Hearts

Campus Center, 10th floor, Amherst Room

Age 9-12

Gabriela Zasada: A girl who loves art and cats.

Don Zasada: Manages Caretaker Farm in Williamstown, MA.

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

TEEN WORKSHOPS – SUNDAY, AUGUST 16, 10-11:30 AM

158) Carding and Felting of Alpaca Fleece

Campus Center UPUB

Keith & Debra Tetreault: Owner/Operator of Plain View Farm with over 30 alpacas.

Debra Tetreault: Owner/Operator of Plain View Farm with over 30 alpacas.

We will demonstrate the use of a drum carding machine to card alpaca fiber and demonstrate two types of felting. Needle felting and wet felting. We will also have the alpacas with us and will talk about their care and be able to interact with them.

159) Urban Forestry

Campus Center UPUB

Heather Botelle: Teaches AP and UCONN accredited environmental science classes.

We will discuss basic tree biology, forestry management and both the importance and difficulties encountered when placing trees in an urban landscape. Then we will walk around the campus evaluating plantings based on a variety of standards and evaluating those that may be experiencing current or future stress.

ADULT WORKSHOPS – SUNDAY, AUGUST 16, 1-2:30 PM

159.5) Advanced Vegetable Fermentation *Advanced*

Franklin Dining Hall

Dan Rosenberg: Founder/co-owner of Real Pickles.

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

160) Bio-stimulation to Combat Allium White Rot *Intermediate*

Campus Center 811-15

Amy LeBlanc: Maine Organic Grower specializing in tomatoes and garlic.

Of all the diseases that onion/garlic growers will face, AWR is the most devastating. We'll review all the common allium diseases, learn to recognize them, and how to manage them in an organic system. I'll share the details of our 4-year SARE Grant journey developing a management system for AWR.

162) Composts for Specific Crops & Growth Periods *Intermediate*

Campus Center 165-69

Bryan O'Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 25 years. We prepare various composts for use with specific crops and for their different growth periods. I'll present on methods for making these piles; selecting materials with beneficial qualities; and how and when to apply the composts. Composts can both fertilize high yielding crops and function as a mulch to control weeds.

WORKSHOP #163: CANCELLED

~~163) Crank up your Energy! Mitochondrial Medicine and Ozone Therapy *All levels*~~

~~Campus Center 168C~~

~~**Jean Nordin-Evans, DDS:** Holistic Dentist, mother, farmer, owner and founder of Groton Wellness.~~

~~The Mitochondria are the energy making centers within our bodies. We will discuss what helps and what inhibits your mitochondria function and how you can greatly improve it. This will help to improve your quality of life as well as increase longevity.~~

164) Creating Healing Gardens **BD Track** *All levels*

Campus Center 163C

Jean-David Derreumaux: Have worked many years with biodynamic farming and healing gardens.

I'll present about the multiple ways plants can heal from a biodynamic perspective. Participants will learn an adaptable approach for creating gardens that integrate the healing potential of plants, soil, landscape, people, and herbal products in therapeutic settings. [More info.](#)

165) Engaging Kids about Local Food in the Classroom & School Garden *All levels*

Campus Center 803

Sandy McKelvey: Founded HVFS in 2010 to help kids understand where their food comes from.

Children exposed to agriculture and cooking are more likely to try new foods. Participants will learn creative ways to integrate locally-grown produce and nutrition education in their elementary school curriculum, using hands-on cooking lessons and agricultural education in the school garden. Educators will receive curriculum resources, which meet State Standards.

165.5) Envisioning a Restored Planet & Livable Climate **SCC Track** *Intermediate*

Campus Center 168C

Seth Itzkan: Africa Center for Holistic Management Volunteer. Citizen Scientist. TEDx Speaker.

Grassland restoration offers hope for replenishing water tables, enhancing livelihoods and reversing global warming. As an Environmental futurist, I'll report from the front lines of restoration: ranchers using livestock to increase the carrying capacity and carbon capture of grasslands & restoration efforts for forests and wetlands. A greener planet may be more tenable than imaged.

166) Making Cheese on a Commercial Scale *All levels*

Campus Center 162-75

Suzanna Konecky: Cheese maker at Cricket Creek Farm.

Participants will get a behind the scenes view of cheese making on a commercial scale at Cricket Creek Farm. I will explain the components of milk, how they each play a role in creating a final cheese, and provide the basic milk biochemistry needed to succeed.

167) Making Your Own Bioregional Incense *All levels*

Campus Center 804-08

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

Learn how to turn your local weeds, trees, and berries into aromatic and medicinal treasures! We'll cover several types of incense- smudges, loose incense, incense sticks, and kyphi. Learn the medicinal uses of the incenses we make and the plant ingredients we use. Recipes will be demoed and shared.

168) Pasture Friendly Poultry Production Methods *All levels*

Campus Center 174-76

Kristen Kilfoyle: Sugar River Farm, blogger for Mother Earth News, Polyface Intern.

I will cover methods of raising pastured poultry in a flexible, low cost, environmentally friendly way either for profit or for self-sufficiency. Participants will learn about housing, feeding, pasture rotation, marketing methods, and processing. I learned these methods, which are applicable across scale, interning at Polyface Farm. I've adapted them for my own operation.

169) Pruning, Training & Thinning Fruit Trees *Beginner*

Campus Center 904-08

Peter Tischler: Holistic orchardist from Northwest NJ, growing healthy fruit and soil.

Mastery of pruning skills helps remove the mystery of growing healthy fruit. I'll cover basic pruning techniques and tools, proper scaffold training, fruit bud formation, fruitlet thinning, and summer pruning of both pome fruit (apples and pears) and stone fruit. I'll demonstrate proper cuts using my pruning tools and some branches.

170) Refining Goals for Running a Profitable Farm *All levels*

Campus Center 911-15

Dave Chapman: Owner/grower of organic greenhouse tomatoes at Long Wind Farm.

As we face the challenges of farming as a business, choices about how to focus our time and money can be bewildering. I will share an approach for choosing meaningful goals and identifying the bottlenecks that prevent their attainment. This workshop includes exercises in which participants will learn thinking tools for business.

171) Running a Goat Dairy From the Ground Up *All levels*

Campus Center 805-09

Rachel Scherer: Runs the Little White Goat Dairy in Orange, MA.

Bruce Scherer: Runs Heritage Fields Farm and Ag Services in Orange, MA.

Our small goat dairy produces raw milk and cultured milk products. We'll offer our perspective on the role healthy soils and pastures play in maintaining a healthy herd. We'll describe biologically rational management practices to maximize milk quality through good lactations and efficient, sanitary facilities and operations.

172) Science and Politics of Honey Bee Die-Offs *All levels*

Campus Center Auditorium

Tiffany Finck-Haynes: Food futures campaigner at Friends of the Earth.

Bee and other pollinator populations – responsible for 2/3 of the food crops we eat everyday – are dwindling worldwide. Research shows neonicotinoid pesticides are a key factor. I'll address

how systemic food system transition can help, and I'll discuss efforts to protect bees at the local, state and federal levels.

173) Use and Maintenance of Scythes *Beginner*

Pond Lawn: Meet at the registration tent, and walk to a grassy spot to be determined.

Shelby Howland: Has over 10 years experience farming with hand tools.

All the grass fed to animals before tractors was cut with a scythe. Grain, grass and brush can all be cut efficiently with a scythe, so long as it is used correctly and kept in shape. We'll cover sharpening and peening. Opportunities to try out the scythes.

174) Water Management for Farm and Homestead **OLC & PC Tracks** *Intermediate*

Campus Center 917

Jono Neiger: Permaculture and ecological designer, homesteader, ecologist, and lover of the land.

Managing water is critical for crops, livestock, and farm/homestead function. Water management practices contribute to positive carbon farming. We'll look at water catchment, storage, and distribution; working with water on steep hillsides and floodplains. Strategies and practices such as, terraces, swales, ponds, irrigation, keyline, and mulch will be discussed.

175) Wild World of Mushrooms *All Levels*

Campus Center 905-09

Ari Rockland-Miller and Jenna Antonino DiMare: Co-founders of the blog, "The Mushroom Forager."

We will introduce the Northeast's safest and most distinctive gourmet and medicinal fungi. Discover how to use the ForageCast to make your wild mushroom forays safe, targeted, and fruitful. [More info.](#)

176) WWOOFing: What to know before you get there *All levels*

Campus Center 903

David Kelly: WWOOFed on 13 farms overseas. Currently an assistant farm manager.

As a WWOOFer, there's a lot to know before you volunteer at a farm. In this workshop, we will come from the WWOOFers perspective, covering finances, travel, what you want out of the experience, what to look for in a farm, work expectations, food, fall back plans and more.

177) TOUR: Simple Gifts Farm: Small-scale Livestock on an Organic Vegetable Farm

Intermediate

David Tepfer: Co-owner of Simple Gifts Farm.

I will show how we use small-scale beef, pork and egg production to improve soil health and fertility, thereby enhancing crop quality and yield on our 20 acres of organic mixed vegetables. I will touch on the husbandry of each species while focusing on the whole system from an agroecology perspective. **DIRECTIONS:** Drive north on North Pleasant St., which is the main road that borders the Campus Pond Lawn. 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 16, 1-2:30 PM

178) Compost Creatures

Campus Center, 10th floor, Amherst Room

Age 5-12

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

Emma Lindale: Student at Northfield Mount Herman school very involved in dairy.

We will explore what creatures are living in our compost and figure out what that means about how they work to make our soil. Investigation will include insect predator game, treasure hunt, and hands on time in the compost.

179) Floral Creations

Campus Center, 10th floor, Amherst Room

Age 5-9

Kathryn Vescio: Plant Biology PhD Student with experience in gardening and taxonomy

Calling young gardeners! Create the basic structure of a flower through building colorful pinwheels, and craft a small aquatic, succulent, or herb garden. Take these creations home to decorate, and begin a garden that will grow with you.

180) Stories and Scrapbooks

Campus Center, 10th floor, Amherst Room

Age 7-12

Sharlow Hitchcock: Long time NOFA attendee who loves stories and kids.

Emily Hitchcock: Long time NOFA attendee who loves stories and kids.

We will dream up our own stories through writing and improvised theatre games and then make a scrapbook telling the story of our experience at NOFA this weekend.

TEEN WORKSHOPS – SUNDAY, AUGUST 16, 1-2:30 PM

181) How to Make Your Own Solar Cooker

Campus Center UPUB

Seth Yarish: Teaches UCONN accredited classes.

Solar cookers are used where cooking fuel is not readily available or affordable. Shrinking reservoirs of fossil fuels coupled with global climate change mean increasing our reliance on sustainable fuels. Participants will discuss the basics of energy and thermodynamics then use materials to build a solar cooker.

182) Think Walnut Ink!

Campus Center UPUB

Eleonora Lecei: Artist/ Art Instructor, MFA. Dedicated to living organically.

Learn to identify, harvest, and make your own ink from black walnut husks! A short introduction to the historical uses of black walnut ink, followed by a hands-on-demonstration of how it's made, will inspire participants to explore and create works of art inspired by nature forms and patterns!