Welcome to the Northeast Organic Farming Association Summer Conference!

This is your guide to the 35th Annual Conference and Celebration of Sustainability. Inside find info on the workshops, the speakers, the exhibits, the community events, entertainment and more! Enjoy!

2009 Keynote Addresses by Paul Stamets and Will Allen
Dear Friends,

Welcome to the 35th annual NOFA Summer Conference.

We really can’t imagine an August without the NOFA Summer Conference. This will be our 25th year in a row to attend it. For us, the conference is the time of year where old friends meet from across the Northeast, where the brightest of the national and sometimes international leaders come to address and inspire us, where a sense of rejuvenation and re-focus is shared among the participants. We hope that the NOFA Conference has a similar meaning in your lives, be this your first or your twentieth time to attend.

As pollution in our national and international food sources moves to crisis levels, it is heartening to know that our Friday night keynoter, Paul Stamets, feels strongly that mushrooms can save the world. Equally certain is Will Allen (Saturday night’s keynoter) of the power of organic agriculture to build communities and heal the human soul and body. These are the most famous of the many inspiring lecturers who will be sharing their knowledge at the conference.

If this is your first time, be sure to ask as many questions as you need in order to take full advantage of the adult workshops, the children’s conference, the teen conference, the fair, the evening entertainment, the films, the exhibits, and all the networking possibilities that the NOFA Summer Conference brings. Check with a staff member if you need directions or any kind of assistance during the weekend; someone will always be at the registration tent, and we wear NOFA Summer Conference t-shirts with “Staff” written on the back.

We hope the NOFA Summer Conference will for you, as it does for us, serve as a touchstone for your daily activities for the year to come.

Sincerely,

Julie Rawson and Jack Kittredge
NOFA Summer Conference Coordinators
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ELIZABETH HENDERSON
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—John Peterson, Angelic Organics

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“Interspersed with good-humored vintage anecdotes and his usual 'Contrary Farmer' commentary, this primer elevates the status of grain-growing on farms of all sizes (from the backyard on up) to a happy essential”
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“…Fresh Food from Small Spaces is a timely guide for a highly productive home food system, full of new and proven sustainable ways to grow and process your favorite foods in the smallest of space.”
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Before You Arrive

Directions to UMass: I-91 to Rte. 9 (Exit 19 from I-91 North, Exit 20 from I-91 South). East on 9 to Rte. 116, left on 116 North 1 mile to UMass exit. Right onto Mass Ave. Left at 2nd light onto Commonwealth. Right at next light on Campus Center Way, parking garage is at top of hill on right. Once you're there, your way to the Registration Tent will be well marked.

Public Transportation: Valley Transporter runs shuttles from Bradley (Windsor Locks, CT), Logan (Boston), NYC-area and Providence airports. (413) 253-1350 or www.valleytransporter.com for information. PVTA bus service runs to UMass/Amherst from both Amherst Ctr. and Northampton in the summer. (413) 586-5806 or www.pvta.com for current schedule info. Ride Share: Find ride shares at http://ridebuzz.org/events-group/nofa-summer-conference-2009-3148.html, or contact Deb Pouech at (860) 684-0551, debpouech@nofamass.org. Requests made after 7/29 may not be answered.

Helping Hands: WE NEED YOU! Give yourself a weekend pay raise; work 4 hours and get $25 ($30 for working the Children's Conference). It's fun, you'll meet some great people and you'll make a critical difference in making the conference run smoothly. As we grow, you are needed more than ever! Helping Hands are reimbursed by mail after the conference. To sign up, contact Dorothy Siudut at (508) 361-5105, dorabead@yahoo.com.

Handicapped Accessibility: Most UMass buildings are handicapped accessible. Please contact us well in advance if you have any special needs.

Dormitories: Standard Single; Standard Double; Deluxe Suite (AC). All rooms, even doubles, have twin size beds. All children under 12 must room with parent/guardian. If you reserved a dormitory room or plan to reserve one upon arrival, remember to bring your own sheets, blankets, pillows, and towels. A small fan is advisable to beat those dog days (and nights) of August. Refrigeration is not available in the dormitories, so bring a small cooler if you want to keep personal beverages or food from perishing. Ice can be purchased at stores in town.
UMass requires a key deposit of $70, which will be held by UMass until the key and access card are turned in. Checks for the $70 deposit should be made payable to UMass.

Pets: Leave your pets at home! UMass Security personnel and NOFA staff will ask you to remove your pet from the campus if you bring it.
When You Get Here

Parking To Register & For Those Not Staying in UMass Housing: On Friday before 5pm, parking is restricted to the parking garage and specific lots. You will get a yellow parking pass at registration listing the lots available Friday before 5 and a map of their locations. The pass must be filled out completely & displayed clearly on your dashboard. If you need an extra pass, ask at Registration. After 5pm Friday & all day Saturday & Sunday, park for free in any lot except 21, 29, 35, 46 (in front of Brett, Brooks & Wheeler Dorms), 47, 50, 54, and 67. Check parking signs for restrictions.

The Campus Center Parking Garage will be open all weekend--$1.50/hour during the day, or $5.00 for the whole day, payable upon exit.

Special note for campers/RVs: Before 5pm Friday, park only in the lots on the yellow parking pass you received at Registration. After 5pm, you are welcome to move to any lot on campus except those noted above. Lot 62 (by the studio arts building) is close to the dining commons and the dorms.

Parking For Those Staying in UMass Housing: Once you’ve checked in at the Registration tent, park at the appropriate dorm. Those staying in traditional residence halls should check in at Brett Hall. Those staying in the deluxe dorms should check in at North Apartment Building C.

Parking for Brett Hall: Before Friday at 5pm, the closest available lot to Brett Hall is lot 49. After Friday at 5pm, you may park in any unrestricted lot. Note: Lot 46 directly in front of Brooks/Brett/Wheeler is a 24 hour restricted lot. There is no parking available there at any time.

Parking for North Apartment Building C: Before Friday at 5pm, the closest available lot to these dorms is lot 44. After Friday at 5pm, you may park in any unrestricted lot.

Be sure to read parking signs for restrictions!

Important Towing Information: Vehicles must be parked in designated lots– read signs in parking areas! Vehicles parked in tow zones, along roadways, on lawns, or in spaces reserved for the handicapped without displaying a special license plate or sticker will be ticketed and towed. If your vehicle is towed, you may claim it at Amherst Towing in North Amherst (549-0828). The charge is $110.00 + full surcharge tax, payable in cash or by MasterCard or Visa only, plus the cost of the parking ticket if the vehicle is claimed within 24 hours. There is an additional charge of $20.00 per day for vehicles left unclaimed longer than 24 hours.
General Conference Information

Check In: Go to the Registration Tent to get your updated program, nametag, wrist band, dorm assignment or camping permit before going to workshops, dorms and camping areas. Plan for spending up to 25 minutes at registration lines during peak hours.

Late Arrivals: If you arrive after Registration hours, set up your tent in the camping area or call Deb at 860-371-5900 to get your dorm assignment. Then check in at Registration the next morning. Camping space and dorms are available on first-come, first-served basis for walk-in registrants.

Contacting Conference Staff: Conference headquarters is the Registration tent. If you need help, information, or you want to contact the conference staff, go there. Registration hours are listed in the conference schedule. The phone number for NOFA Summer Conference headquarters is (413) 545-7320. This line will be in service beginning 1 pm Thursday throughout the conference; callers will be able to leave voicemail messages there.

Name Tags & Wrist Bands: The name tags and wrist bands are your admission passes to all conference workshops, meals and special events. They must be worn in a visible manner at all times as you will be asked to show them to gain entrance to workshops, meals, and all other events.

Telephones: pay phones are on the first level of the Campus Center. There are speaker phones outside the doors to dormitories from which you can dial extensions on campus.

Messages and Announcements: There is a bulletin board at the Registration tent to use for messages and announcements. Incoming calls should be directed to the Conference headquarters line: (413) 545-7320. In emergencies, we will try to page you. For non-emergencies, we post messages on the bulletin board. Please check it periodically.

First Aid: If you need medical attention, come to the Registration tent. You may also visit the University Health Center located in the same area as the dorms and Franklin Dining Commons. For extreme emergencies where an ambulance or fire engine is needed, call 911. The Cooley Dickinson Hospital is located in nearby Northampton.

ATMs: ATMs are on the first level of the student union. There are also several banks in the center of the town of Amherst.
**Dorm Key Policy:** If you pre-paid for a dorm room, you get your dorm assignment when you register. You can then go to Brett Hall for check-in, where you receive your access card and room key. (If you are staying in deluxe dorms, check-in is at North Building C.) To facilitate the key pick up, please have a check in the amount of $70 (payable to UMASS) for key deposit ready. Your deposit will be returned when you turn in your key and access card to UMass staff at Brett Hall and North Building C. Rooms are available on a first-come, first-served basis for walk-in registrants.

**Camping:** Sites are near the Campus Pond, the Fine Arts Building, and Metawampe Lawn. Set up tents only in designated spaces. If you’re camping only Friday night, you must vacate your space by noon Saturday to make room for others. Cooking and campfires are not allowed. Please treat your campsite with the utmost care, leaving it as you found it with no damage to the field. Trash/recycling/compost barrels are available.

**Bathrooms & Showers:** The Student Union bathrooms are open 24 hrs. Porta-potties are also available. Showers for campers are in Brett dorm.

**Minimize Waste!** Please help us reduce what gets sent to the landfill. Bins for Recyclables (cans, glass, paper, plastic), Compostables (food scraps) and Garbage, will be at convenient locations throughout campus. Please sort your waste and place in the appropriate bins.

**Chemical Sensitivity:** For the health and safety of those who are chemically sensitive, kindly refrain from wearing volatile compounds such as scented hairspray, perfume, cologne or aftershave.

**UMass Dining Commons:** In order to be served, be prepared to show your nametag with pre-purchased meals listed. Please be expeditious in going through the line and eating in the dining hall to make room for more folks. Please arrive early for Saturday lunch and dinner as these are the busiest meals. A limited number of meals will be available for cash purchase at the dining hall at a slightly higher price, with the exception of the Saturday night local meal, which must be purchased in advance.

**Conference Meals:** All meals served during the conference are made with organic, and when possible, local ingredients. In-season vegetables are purchased from an array of local farmers, from Whole Foods Market, and from United Natural Foods distribution center in New Hampshire. Meat
products are purchased through Whole Foods and through United Natural as well. The University of Massachusetts Baking Department will prepare the desserts. We hope you enjoy the healthy organic fare!

Food donations for the Conference are solicited from organic producers and distributors and help defray the total costs. If you know of an organic source that might want to donate, please contact John Ferris, Food Donations Coordinator, (413) 548-6930 or j_david_ferris@hotmail.com.

**Saturday Local Meal:** All food served in the dining common on Saturday evening is locally grown or produced on NOFA organic farms from the seven state chapter region.

At your table Saturday evening, look for more information about the farmers and farms represented in this meal.

**Other Food Options:** The Blue Wall Cafe in the Campus Center is pleased to offer organic baked goods and hot beverages for the duration of the conference. Organic offerings include cinnamon raisin scones, chocolate chip cookies, walnut bars, coffee and tea.
Friday Keynote Speaker

Paul Stamets is an expert on the ways in which mushrooms can benefit human and environmental health by breaking down toxic waste, restoring soil, aiding in water filtration, and even treating viruses and diseases in humans and animals.

Paul will discuss how we can start to put mushrooms to practical use, as well as his current work with the U.S. Government’s BioShield BioDefense program.

Paul is an advisor to the Program of Integrative Medicine at the University of Arizona Medical School, Tucson, and is the supplier and co-investigator of the first two NIH funded clinical studies using medicinal mushrooms in the United States.

Stamets is the author of six books, including Mycelium Running: How Mushrooms Can Help Save The World. In 1998 he received the "Bioneers Award" from The Collective Heritage Institute. Last year, Paul received National Geographic Adventure’s Magazine’s Green-O-vator and the Argosy Foundation’s E-chievement Awards, and was recognized by Utne Reader as one of the 50 Visionaries of the Year in 2008.

Saturday Keynote Speaker

Will Allen is an urban farmer, community activist, and founder and CEO of Growing Power. Growing Power brings sustainable farming practices and food freedom to people in low income, urban areas in the Milwaukee area and beyond. GP offers hands-on training, workshops, youth training programs, active demonstration and technical support to farmers and potential farmers.

Will is also founder and president of The Rainbow Farmers Cooperative, an organization dedicated to helping farmers keep their small family farms running by working together. The RFC offers marketing, transportation, access to storage space, training workshops and seminars to their farmers.

An innovator who has developed a system to grow food in the winter without conventional heating and a bio-intensive growing system using worms, Allen is also an expert composter and is working to use renewable energy sources within Growing Power.

Allen received the “Leadership for a Changing World Award from the Ford Foundations in 2005, and in 2008 was awarded the MacArthur Genius Fellowship, a $500,000 grant given to people who show exceptional creativity in their work and promise for the future.
Children’s Conference

The Children’s Conference will be based in the Cape Cod Lounge in the Campus Center. Check-in will be at the side entrance to the lounge. Please use only that entrance when picking up and dropping off children. Children may be dropped off fifteen minutes before workshops begin and picked up fifteen minutes after they are over. All children must be registered and must be wearing a name tag on which will be written cell phone numbers for guardians at conference. Children without name tags will not be admitted into the children’s conference area or workshops.

Children 2-4 will be with experienced caretakers in a spacious, enclosed area within the Lounge. They’ll have opportunities for various indoor & outdoor activities. A change of clothes & diapers are recommended. Snacks are provided and nap space will be available.

Children 5 to 12 years old will have a home group based on age. All children participating in the Children’s Conference must first sign in. They will then be directed to their group leader (or teacher), who will assist them in selecting workshops and grouping them to go with workshop leaders. Please take note of age requirements in the workshop descriptions. Please make sure your children are clear on your plans for picking them up from the children’s conference area. It is important that they have a clear understanding that they are to stay at the Children’s Conference until a parent comes and signs them out.

For details on the children’s workshops, see the workshop descriptions beginning on page 68 of this book; workshops are listed by number (#). Also check the Program Addendum, and the bulletin board at the children’s conference for changes.

Fri 4pm - (52)Fairy Houses, (54)Painting the Parade Banner, (53)Indoor Composting with Red Wigglers, (55)Victorian Games
Sat 8am—(79)Calf Care, (80)Dogs Herd Ducks; Kids Herd Kids, (82)Karate Kids, (83)Wildcraft Herbal Adventures, (81)Down on the Farm
Sat 10am - (112)Oxen, (110)Hopi Blue Corn, (111)Not-So-Boring Board Games, (113)Singing All the Day
Sat 1pm - (141)NOFA Anthem, (142)Parade Prep
Sun 10am -(195)Discovering Wind Energy, (198)What is Health?, (197)Puppets, (196)Farm Soccer
Sun 1pm - (223)Play Party Dancing, (222)Plant Part Salad, (224)Pond Creatures
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Teen Conference

The Teen Conference offers young adults (ages 13-17) the Graduate Student Lounge in the Campus Center as a place to hang out and attend fun, informative workshops. We will have free snacks and the pool table will be open. So come and see what is going on for all or part of the weekend. For details on the workshops, see the workshop descriptions beginning on page 68 of this book; workshops are listed by number (#). Also check the Program Addendum, and the blackboard at Registration and at the Graduate Student Lounge for workshop changes.

Friday 2:00 - (23) Tie Dye - Bring a t-shirt or other white clothes for dying.
   - (22) How to Bag Waste - A fun game about the global waste stream.

Friday 4:00 - (51) Preparing Wild Edibles and Weeds - Eat your weeds!
   - (50) Filmmaking for Beginners

Saturday 8:00 - (78) Natural Remedies for a Toxin Free Life!
   - (77) Coastal Erosion, Fisheries & and Climate Change: Because We All Live Downstream

Saturday 10:00 - (109) Making Herbal Creams and Salves
   - (108) Fiber Art Fun

Saturday 1:00 - (140) Wild Plant Walk - Learn about what weeds are what.
   - (139) Goat Husbandry

Saturday 2:30 - Come to the Fair!

Saturday 9:00 pm in the Cape Cod Lounge, DJ Reuben will be spinning fun and funky music especially for Teens – but all are welcome to dance!

Sunday 8:00 - (167) You GLOW Girl!

Sunday 10:00 - (194) Making Nature Journals
   - (193) Backyard Chickens

Sunday 1:00 - (220) Needle Felting
   - (221) Writing Music for Social Change
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2009 NOFA Conference Menu

**Friday Lunch** (served in the Student Union Ballroom)
Vegetarian Stirfry w/local seasonal veggies     Brown Rice Pilaf (vegetarian)
Roast Turkey (local)                                     Fresh Cranberry Sauce
Fresh Whole Grain Breads                           Cranberry Tea Bread
Local-Grown Cobb Salad                             Shredded Lemon Carrot Salad
Locally Produced Coleslaw                           Cookie Assortment

All other meals during the conference are served at Franklin Dining Commons.

**Friday Dinner***
Sausage Gumbo                                          Tofu w/Hot Black Bean Sauce & Brown Rice
Orzo Salad with Tomato and Arugula            Roast Cauliflower with Garlic
Salad Bar                                                    Carrot Cake w/ Cream Cheese Frosting

**Saturday Breakfast**
Omelet Bar                                                 Breakfast Bar **
Red Flannel & Vegan Hash                             Oatmeal w/ assorted toppings
Blueberry Lemon Scones

**Saturday Lunch**
Chicken Fajitas                                            Dirty Rice and Beans
Vegan Fajitas                                               Corn, Tomato, and Scallion Salad
Salad Bar                                                    Oatmeal Raisin Cookies

**Saturday Dinner (All-Local Meal)**
Creamy Broccoli Soup                                  Pork Sausages
Dirty Mashed Potatoes                                Butternut’s Stuffed Peppers w/Mushrooms
Sautéed Green Beans                                   Real Pickles Sauerkraut & Leeks
Local Organic Salad Bar w/                           Bread and Cheese
    Maple Basil Onion Vinaigrette                 Blueberry Shortcake

**Sunday Breakfast**
Blueberry Pancakes                                       Scrambled Eggs
Organic veggie/pork sausage                         Lyonnaise Potatoes
Breakfast Bar                                               Apple Cobbler

**Sunday Lunch**
Vegetable / Chicken Lo Mien                        Tofu and Leek Teriyaki
Carrot Raisin Salad                                       Salad Bar
Brownie Bar

*Hot food at all lunches & dinners includes brown rice, grilled vegetables, & steamed greens.

** - Breakfast Bars include bagels & spreads, yogurt, granola and fruit.

The Blue Wall Cafe is located on the ground floor of the Campus Center and offers the following organic vending options during the conference: Cinnamon Raisin Scones, Chocolate Chip Cookies, Walnut Bars, Coffee, Tea.
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Conference Films

NOFA would like to thank Phillip Botwinick of Local Energy Solutions, a NY-based not-for-profit which educates on matters of energy, economics, and environment. Contact Phil at: phil@localenergysolutions.org. See Conference Activities for info on Phil’s lecture & discussion on Saturday 2:00-4:00 pm.

Please note: All films are shown in the Campus Center Reading Room, next to the Graduate Lounge, across from the Blue Wall café. This is a plug ‘n’ play service: at the listed starting time, please select the movie and begin playing it. All playing times are designed to allow a break between movies, but we encourage you to be on time for your showing.

Farming the Future: Farm Life on Long Island
This movie examines the challenges of farming in suburbia, and celebrates the way of life, work ethic, and value system of the family farmer that has endured on Long Island for over three centuries. The documentary highlights challenges that prevent farmers from passing on their traditions to the next generation, and explores solutions that can help farmers remain on the land that has sustained them for generations. (57 min) Sunday, 12 noon

The Real Dirt on Farmer John
This is the epic tale of a maverick Midwestern farmer. An outcast in his community, Farmer John bravely stands amidst a failing economy, vicious rumors, and violence. By melding the traditions of family farming with the power of art and free expression, this powerful story of transformation and renewal heralds a resurrection of farming in America. It is a haunting odyssey, capturing what it can mean to be different in rural America. (83 min) Friday, 1 pm

Escape From Suburbia
This movie takes us “through the looking glass” on a journey of discovery – a sobering yet vital and ultimately positive exploration of what the second half of the Oil Age has in store for us. (90 min) Saturday, 6 pm

In Debt We Trust
Shows how the mall replaced the factory as America’s dominant economic engine and how big banks and credit card companies buy our Congress and drive us into what a former major bank economist calls modern serfdom. Americans and our government owe trillions in consumer debt and the national debt, a large amount of it to big banks and billions to China. (89 min) Sunday, 1 pm

Money as Debt
Where does all the money come from? If there was NO DEBT there would be NO MONEY. This fast-paced and highly entertaining animated feature explains today’s magically perverse Debt-Money system in terms that are easy to understand. (47 min) Saturday, 4 pm

We Feed the World
A film about food and globalization, fishermen and farmers, long-distance lorry drivers and high-powered corporate executives, the flow of goods and cash flow—a film about scarcity amid plenty. With its unforgettable images, the film provides insight into the production of our food and answers the question what world hunger has to do with us. Interviewed are not only fishermen, farmers, agronomists, biologists and the UN’s Jean Ziegler, but also the director of production at Pioneer, the world’s largest seed company, as
well as Peter Brabeck, Chairman and CEO of Nestlé International, the largest food company in the world. (96 min.) **Saturday, 12 noon**

**Arithmetic, Population and Energy**
Explores how the simple process of exponential growth has led us to a world wide crisis in food, energy and space (94 min) **Friday, 7 pm**

**The Corporation**
The corporation is today's dominant institution, creating great wealth but also great harm. This 26 award-winning documentary examines the nature, evolution, impacts and future of the modern business corporation and the increasing role it plays in society and our everyday lives. (145 min) **Friday, 4 pm**

**The Century of the Self**
Adam Curtis' acclaimed BBC series examines the rise of the all-consuming self against the backdrop of the Freud dynasty. To many in both politics and business, the triumph of the self is the ultimate expression of democracy, where power has finally moved to the people. Certainly the people may feel they are in charge, but are they really? The Century of the Self tells the untold and sometimes controversial story of the growth of the mass consumer society in Britain and the United States. (55 minutes each episode)
Episode 1: Happiness Machines **Saturday, 8 am**
Episode 2: The Engineering of Consent **Saturday, 9 am**
Episode 3: There's a Policeman Inside All Our Heads: He Must Be Destroyed **Sun., 8 am**
Episode 4: Eight People Sipping Wine in Kettering **Sunday, 9 am**

**The Crash Course**
This film seeks to help you understand the nature of some extremely serious challenges and risks to our economy and your future prosperity. Chris Martenson weaves together a number of seemingly disparate topics into a single story, discussing the Economy, Energy, and the Environment. For it is where these fields overlap and intersect that the greatest story of any generation will get told.
The Crash Course, Part One: Chapters 1-10 (80 min.) **Friday 2:30 pm**
The Crash Course, Part Two: Chapters 11-16 (80 min.) **Saturday 10 am**
The Crash Course, Part Three: Chapters 17-20 and discussion with Chris Martenson (120 min.) **Sunday 10 am - 12 noon**

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Conference Activities & Entertainment

NOFA 2009 Country Fair, 3:00 - 6:00 pm Saturday afternoon, Open To The Public!
Come kick back at the Fair, connect with friends old and new - enjoy kids' parade, games of skill and silliness, races, animal antics, and open mike musicians. Shop and browse the Farmer's and Crafter's Market. Check out the Teacup Raffle Table, and of course the inimitable Cow Plop, and make some bets. Somebody will win, it could be you!
Hey Foodies - News Flash! SALSA CONTEST, new this year! Enter your salsa and win Best of NOFA 2009! Don't miss the Pie Eating Contests and the Corn Nibble Fandangle!
Also this year the Fair will feature a barter/swap corner, where farm related goods (and perhaps even services) can be swapped, and people can network..........
For more info on any of the above (particularly SALSA), call Tricia, Fair Coordinator, at (617) 558-3322.

Saturday, 2:00 - 4:00 pm
Money Talks: The Two Faces of Money - Campus Center Reading Room
Lecture & Discussion Group presented by Phil Botwinick, Local Energy Solutions NYC
Food & money have a long history. In fact up until World War II, tea bricks were used as money in Siberia. Today, unfortunately, neither system is sustainable, but thankfully that’s beginning to change – for food at least. Money is a daily part of our lives too, but there is no movement for a sustainable monetary system, worse yet, few people understand it. Join us for an opportunity to better understand our current monetary system – its origins, evolution, the current economic crisis, and how a sustainable monetary system is possible.

Friday 7:00 - 9:00 pm
Eat Like a Rainbow and Other Songs, with Jay Mankita - Cape Cod Lounge
Jay Mankita is a masterful guitarist, singer, and songwriter who for the past 25 years has presented thousands of concerts throughout the Northeast. Hailed by Pete Seeger as ‘one of the half dozen best songwriters today’, Jay also drives a touring van powered by recycled vegetable oil, which he enjoys showing after every show. Eat Like A Rainbow is a rocking, funky, danceable collection of quirky kids songs about healthy food and sustainable living. These songs promote fruits, vegetables, grains, beans, and seeds - plant based foods from our farms and gardens. Kids, bring your parents. Parents, bring your kids.

Friday 9:00 - Midnight
Contra Dance with Rhubarb Pie - Student Union Ballroom
After the keynote address, meet friends old and new at the Get Acquainted Party and Dance. We are pleased to have perennial favorites The Rhubarb Pie String Band back at the Conference. A lively collection of musicians, led by caller Steve Howland, they will perform hours of your favorite contra music, so get those feet ready for some vigorous dancing! Snacks, drinks (alcoholic and otherwise), and other comestibles available for purchase from UMass Catering.

Saturday 7:00 pm
Comedy Warm-up with Scott Blakeman - Student Union Ballroom
Join renowned comedian Scott Blakeman for a humorous introduction to Will Allen’s Saturday night keynote address. Scott’s progressive political and environmental humor, blended with his own brand of Jewish comedy, is a guaranteed hit. His sharp wit has been featured on Comedy Central, David Letterman, CBS and NBC. Scott is also a regular contributor to NPR. Come early, and come prepared to laugh.
Saturday 7:00 - 9:00 pm  
**Drumming Journey with Steve Leicach** - Cape Cod Lounge  
Join master percussionist Steve Leicach as he takes you on a drumming journey through Africa, Brazil, and the Caribbean. Featuring masterful, exciting demonstrations using a variety of traditional drums and percussion instruments, fun audience participation and rhythm chants, body percussion, and a special hands-on workshop at the end of the evening, this is sure to be a wonderful way to march to the beat of your own drum.

Saturday 9:00 - Midnight  
**DJ Reuben’s Dance Party** - Cape Cod Lounge  
Reuben Telushkin aka DJ Herb Chambers is a Valley native and a student at Hampshire College. He is majoring in Art, Science, Education, Black Studies, and Media Justice, because at Hampshire, he can do that. For your bootyshakin’ pleasure he will be serving a mix of Funk, Soul, Hip-Hop, and 80’s & 90’s classics. Strictly for kids of all ages.

Saturday 9:00 - Midnight  
**Cajun Dance Party with Dirty Rice** - Student Union Ballroom  
Join us after Saturday night’s keynote for an upbeat, lively time with perennial zydeco favorites Dirty Rice. Playing a fusion of cajun, zydeco, and rockabilly styles, this band will be laying down a groove late into the night. Be prepared for a wild night of dancing. Snacks, drinks (alcoholic and otherwise), and other comestibles available for purchase from UMass Catering.

Sunday 3:00 pm - NOFA Annual Post-Conference Auction - Registration Tent  
Join us for a quick auction after the last workshop session, where you can score great deals on organic drinks, produce and snacks. These unused donations from organic vendors can be had for rock-bottom prices, along with a healthy serving of wit and sarcasm, from auctioneer Chuk Kittredge. Bring cash, an empty box or two, and your shrewd bidding skills. All proceeds benefit the Farming Education Fund. Yes, we have no beer.
The 5th annual NOFA Organic Lawn & Turf Course is happening during the NOFA Summer Conference! This special, intensive offering teaches participants how to grow organic lawns and turf that look good and survive stress, how to transition from conventional to organic management, how to educate and communicate with clients about organic land management methods, and provides lots of practical information and time for Q&A with NOFA Accredited Organic Land Care Professionals (AOLCPs). This course is also worth 4 reaccreditation credits for NOFA AOLCPs. Over 400 professionals, homeowners, municipal groundskeepers, landscapers and activists have benefited from the information taught at this course over the last four years, and gone on to lead organic management efforts in their communities. In addition to the course at UMass Amherst, this course will also be held on Tuesday, Aug. 18 at Duke Farms, Hillsborough, NJ (email cdeetz@nofanj.org); and on Thursday, Aug. 20 at Manchester Community College, Manchester, CT (email akremser@ctnofa.org); or register online for either course at www.organiclandcare.net.

If you want to attend and haven’t already registered, visit www.nofasummerconference.org!

Schedule of Workshops

8-8:30 Registration/coffee/tea
8:30-9:00 Why Organic - Kimberly Stoner
9-10:15 Soil Fertility & Health - Bill Duesing
10:15-10:30 BREAK
10:30-11:15 Soil Amendments & Compost - Chip Osborne
11:15-12:30 Cultural Practices - Chip Osborne
12:30 – 1:30 LUNCH
1:30-3:00 Pests, Weeds, Diseases - Donald Bishop
3:00-4:00 Water Management & Conservation - Amy Vickers
4:00-5:00 Q&A with AOLCPs - vary by state

Course Faculty

Donald Bishop - Gardens Are Inc., Marlborough, MA
Bill Duesing - CT NOFA Executive Director, Solar Farm Education, Oxford, CT
Chip Osborne - Osborne Organics, Marblehead, MA
Kimberly Stoner - Entomologist, CT Agricultural Experiment Station, New Haven, CT
Amy Vickers - Engineer and water conservation expert; president of Amy Vickers & Associates Inc., Amherst, MA

Course Materials and Logistics

You will receive:
- The NOFA Organic Lawn & Turf Handbook: Beautiful Grass Naturally
- Course binder with PowerPoint presentation handouts and additional resources
- Locally sourced catered lunch by UMass Amherst

Questions? Contact coordinator Kathy Litchfield at (413) 773-3830 or kathy@nofamass.org.
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The Grazing School is organized by Mass Grass, a statewide grazing group of Massachusetts livestock farmers & educators from agricultural organizations, including New Entry Sustainable Farming Project, NOFA/Mass, UMass Extension & USDA Natural Resources Conservation Service. Mass Grass also sponsors a series of Pasture Walks and Field Schools for 2009 (see below). For more info about Mass Grass visit www.massgrass.org, or contact Kate Rossiter, NOFA/Mass Extension Staff, 413-498-2721, krossiter@nofamass.org.

Grazing School workshops are open to all Summer Conference participants.

Saturday 8:00 - 9:30 AM
Grazing 101: Sarah Flack, Grazing Consultant - Campus Center (CC) 804-08
Pasturing in Extreme Conditions: Stephen Herbert, Professor of Agronomy - CC 805-09

Saturday 10:00 - 11:30 AM
Livestock Alternative Health Practices: Michael Keilty, UConn Sustainable Ag - CC 804-08
Plant Species Diversity & Pasture Management: Matt Sanderson, Agronomist - CC 805-09

Saturday 1:00 - 2:30 PM
Cheese From Sunlight & Rain: 100% Grass-fed Dairying: Jonathan White, Farmer - CC 803
Comparing Grass-fed to Grain-fed Steers: Tom Gallagher, Cornell Extension - CC 805-09
Producing Natural, Local Meat for Consumers: Joseph Bonelli, Research Economist, UConn, and Kristen Castrataro, Marketing and Production Specialist, URI - CC 804-08

Saturday 3:30 - 5:00 PM
Pasture Walk, UMass Pasture Center, Deerfield, MA: Stephen Herbert, UMass (see Workshop Descriptions for directions to the UMass Pasture Center)

Upcoming Grazing Events Sponsored By Mass Grass
Visit www.massgrass.org for more information

Swine Field School: Farrowing and Finishing Swine for Optimal Production & Profit
Sat., August 22, 10 AM - 3 PM, Tufts Cummings School of Vet Medicine, 200 Westboro Road, North Grafton, MA 01536. $35 registration fee includes lunch.
Contact Jennifer Hashley, jennifer.hashley@tufts.edu, 978-654-6745

Grazing Basics
Tuesday, August 25, 4 PM - 7 PM, Blue Hill Farm, 398 Blue Hill Road, Great Barrington, MA, 413-528-2092. Cost is $5.00. No preregistration required.
Contact Winton Pitcoff, winton@nofamass.org, 413-634-5728

Multi-Species Grazing for Meat Animals II
Tuesday, September 15, 4 PM - 7 PM, Pete and Jen’s Backyard Birds, 159 Wheeler Road, Concord, MA, 617-306-4879. Cost is $5.00. No preregistration required.
Contact Winton Pitcoff, winton@nofamass.org, 413-634-5728

Beef Cattle Field School: Tapping into the Market for Grass-fed Beef, Considerations and Quality Control
Sat., October 17, 10 AM - 3 PM, Tufts Cummings School of Veterinary Medicine, 200 Westboro Road, North Grafton, MA. $35 registration fee includes lunch. Contact Jennifer Hashley, jennifer.hashley@tufts.edu, 978-654-6745
Mass Grass would like to thank our sponsors and the individuals and other organizations who volunteered their time and helped make the Grazing School possible.
CONFERENCE SCHEDULE

* Directions to all TOUR sites are provided in the full workshop descriptions, which begin on page 68.

FRIDAY, AUGUST 7

8:00 am - 5:00 pm  Lawn and Turf Course - Student Union Ballroom
                  Separate Registration Required! See page 44

8:30 am - 12:15 pm Raw Milk Roundtable - Campus Center Room 804
                  Raw milk farmers & advocates from around the Northeast are meeting in a pre-conference session to share ideas and resources. Topics to be discussed include regulations and laws, marketing, advocacy, and developing ways for raw milk farmers to collaborate effectively. Open by invitation only; contact Winton Pitcoff at winton@nofamass.org, or (413) 634-5728.

11:00 am - 7:00 pm REGISTRATION - Registration Tent

11:00 am - 12:30 pm MEETING, NOFA Interstate Council - Suffolk Room, Student Union

12:30 - 1:30 pm Lunch by UMass Catering - Student Union Ballroom

1:00 pm    FILM: The Real Dirt on Farmer John – Campus Center Reading Room

ADULT WORKSHOPS - FRIDAY 2:00 - 3:30 pm
1) Animal Power in Vegetable Fields - Campus Center 804-08
2) Attached Greenhouses for Food, Heat, and Hot Water - Campus Center 905-09
3) Dahlias and Gladiolas - Campus Center 911-15
4) Gardening Like the Forest: Home-Scale Food Forestry - Campus Center 163C
6) Growing Small Fruits - Campus Center 904-08
7) Be More Self-Reliant During Difficult Economic Times - Isenberg School 123
8) Land Trusts & Grassroots Community Organizations - Campus Center 811-15
9) Loans, Grants & Other Financial Assistance for NE Organic Farms - Campus Center 903
10) Let's Lacto-fer-mentate! - Isenberg School 122
11) Make Delicious Meals with Local Greens - Wheeler Dorm Basement Kitchen
12) Organic Apple Growing at Bird of the Hand Farm - Campus Center 168C
13) Pastured Certified Organic Poultry Production - Campus Center 101
14) Pedal Revolution: Bike Transport Today - Isenberg School 117
15) Principles of Making Quality Hay - Campus Center 917
16) Restoring Our Seed: On-Farm Breeding for Farmers - Campus Center 174-76
17) Rethinking Local Agricultural Infrastructure - Campus Center 805-09
18) Sausage Making, Smoking & Curing at Home - Campus Center 162-75
19) TOUR*: Hampshire College Farm Tour
20) Transitioning a Dairy Farm to Organic - Campus Center 803
21) What You ACTUALLY NEED to Live Off the Grid, and Why - Campus Center 165-69

TEEN WORKSHOPS - FRIDAY 2:00 - 3:30 pm - Grad Lounge, Campus Center
22) How to Bag Waste-CANCELLED
23) Tie-Dying
KIDS’ WORKSHOPS - FRIDAY 2:00 - 3:30 pm - Cape Cod Lounge, Student Union
24) Butter Making for Beginners
25) Creating a Nature Weaving
26) Drawing from Nature
27) Felting Fun

2:30 pm    FILM: The Crash Course (Part 1) - Campus Center Reading Room

ADULT WORKSHOPS - FRIDAY 4:00 - 5:30 pm
28) Backyard Medicinal Herb Walk - Meet at Registration Tent
29) Building Direct Year-Round Markets - Campus Center 163C
30) Carbon Negative Farming & Climate Change - Campus Center 168C
32) Co-ops: Planning for a Sustainable Future - Campus Center 803
33) Easy No-Knead Artisan Bread at Home - Wheeler Dorm Basement Kitchen
34) Farm and Garden Native Bee Habitat Creation - Campus Center 804-08
35) Growing Broccoli and Other Brassicas - Isenberg School 129
36) Growing Food and Family: Homestead Production - Campus Center 162-75
37) Holistic Energy Healing for Trees/Plants - Campus Center 903
38) Importance of Omega-3 Fatty Acids in Your Diet - Campus Center 911-15
39) Local Produce for Low-Income Communities - Campus Center 811-15
40) Northeast SARE Farmer Grants - Campus Center 805-09
41) Owner-Built Straw Bale Home Construction - Campus Center 917
42) Perennial Division - Isenberg School 123
43) Starting a CSA - Campus Center 101
44) Stretches to Sustain the Farmer’s Body - Isenberg School 122
45) The Raw Milk Revolution - Campus Center 174-76
46) TOUR*: Simple Gifts Farm’s CSA Management
47) Using Organic Dairy Resources in the Field - Campus Center 905-09
48) Vegetable Production for the Fall Market - Campus Center 165-69
49) Vitex: A Woman’s Incredible Herb! - Isenberg School 117

TEEN WORKSHOPS - FRIDAY 4:00 - 5:30 pm - Grad Lounge, Campus Center
50) Filmmaking for Beginners
51) Preparing Wild Edibles and Weeds

KIDS’ WORKSHOPS - FRIDAY 4 - 5:30 pm - Cape Cod Lounge, Student Union
52) Building Fairy Houses
53) Indoor Composting with Red Wigglers
54) Painting the 2009 Children’s Parade Banner
55) Victorian Games

4:00 pm    FILM: The Corporation - Campus Center Reading Room

5:30 - 7:00 pm    DINNER - Franklin Dining Hall

7:00 pm    FILM: Arithmetic, Population and Energy - Campus Center Reading Room
7:00 - 9:00 pm  CONCERT: Jay Mankita: Eat Like a Rainbow and Other Songs  
Cape Cod Lounge, Student Union

7:30 - 9:00 pm  KEYNOTE ADDRESS by Paul Stamets - Student Union Ballroom

9:00 pm - midnight Contra DANCE with Rhubarb Pie - Student Union Ballroom

SATURDAY, AUGUST 8

6:30 - 8:00 am  BREAKFAST - Franklin Dining Hall

7:00 am - 1:00 pm  REGISTRATION – Registration Tent

ADULT WORKSHOPS - SATURDAY 8:00 - 9:30 am

56) Paradigm Shift: Concepts for Producing Nutrient Dense Crops - Campus Center 174-76
57) Arcosanti, Paolo Soleri, and Ecological Cities - Campus Center 905-09
58) DIY Natural Body Products - Isenberg School 122
59) Eden Arising: Ecological Design as Spiritual Practice - Campus Center 163C
60) Felting Wool - Meet at Registration Tent
61) Grazing 101 - Campus Center 804-08
62) How to Get Started in Beekeeping - Isenberg School 125
63) Indoor Composting with Redworms - Isenberg School 129
64) Los Básicos de Fertilidad de Suelo (Spanish) - Campus Center 911-15
65) Introduction to Water Bath Canning - Wheeler Dorm Basement Kitchen
66) LIFE: Locally Integrated Food and Energy - Campus Center 917
67) Luscious Landscaping - Campus Center 101
68) Making the Most of Your Woodland - Campus Center 903
69) Maple Sugarin’ - Campus Center 811-15
70) NAIS: What It Is, And What You Can Do About It - Isenberg School 117
71) Nuts & Bolts of a Financially Successful Business - Campus Center 168C
73) Pasturing in Extreme Conditions - Campus Center 805-09
74) Perennial Plant Care - Isenberg School 123
75) Raising Organic Hogs from Piglet to Porkchop - Campus Center 165-69
76) Sustainable Mushroom Cultivation For Home & Farm - Campus Center 162-75
76A) Getting Into Raw Foods - Campus Center 904-08
76B) Humanure - Campus Center 803

TEEN WORKSHOPS - SATURDAY 8:00 - 9:30 am - Grad Lounge, Campus Center

77) Coastal Erosion, Fisheries, and Climate Change
78) Natural Remedies for a Toxin Free Life!

KIDS’ WORKSHOPS - SATURDAY 8 - 9:30 am - Cape Cod Lounge, Student Union

79) Calf Care Union
80) Dogs Herd Ducks; Kids Herd Kids
81) Down on the Farm
82) Karate Kids
83) Wildcraft: Herbal Adventures
8:00 am   FILM: The Century of the Self, Episode 1 - Campus Center Reading Room

9:00 am   FILM: The Century of the Self, Episode 2 - Campus Center Reading Room

ADULT WORKSHOPS - SATURDAY 10:00 - 11:30 am
84) Alternative Health Practices for Livestock - Campus Center 804-08
85) Bicycle Empowerment - Meet at Registration Tent-CANCELLED
86) Cultivating A Profit From Community and School Gardens - Isenberg School 129
87) Gardening in the 21st Century: The Sustainable Landscape - Campus Center 168C
88) Got Stress? A Holistic Approach to Health - Isenberg School 123
89) Grass-fed Sheep Production and Management - Meet at the sheep
90) Growing Gourmet & Medicinal Mushrooms - Campus Center 101
91) Herbal Medicine From the Outside In - Wheeler Dorm Basement Kitchen
92) Herbs and Companion Planting - Isenberg School 117
93) How Are We Going To Eat? - Campus Center 803
94) Introduccion a la Venta de Productos y Servicios Agricola (Spanish)- Campus Center 911-15
95) Making the Most of Your Maples - Campus Center 903
96) Nutrient Dense Crop Production: A How To - Campus Center 174-76
97) Plant Species Diversity and Pasture Management - Campus Center 805-09
98) Production & Business Fundamentals of Organic Egg Production - Campus Center 163C
99) Promoting Urban Agriculture with Inner-City Youth - Campus Center 905-09
100) Raised Bed Gardening - Campus Center 904-08
101) Root Cellars & Crop Storage Structures: Methods, Materials, and Designs - Campus Center 162-75
103) Small Scale Aquaculture & Aquaponics - Agricultural Engineering Building 102
104) Sustainable City Toolbox - Isenberg School 122
105) This Ain't Peanuts! It's Small Farm Food Safety - Isenberg School 125
106) Tools for Starting Community Farms - Campus Center 811-15
107) Value-Added Products From Your Farm - Campus Center 165-69
107A) Streamlining Your Garden Maintenance Routine - Campus Center 917

TEEN WORKSHOPS - SATURDAY 10:00 - 11:30 am - Grad Lounge, Campus Center
108) Fiber Art Fun
109) Making Herbal Creams and Salves

KIDS’ WORKSHOPS - SATURDAY 10 - 11:30 am - Cape Cod Lounge, Student Union
110) Hopi Blue Corn from Grain to Griddle
111) Not-so-boring Board Games
112) Oxen
113) Singing all the Day

10:00 am   FILM: The Crash Course, Part 2 - Campus Center Reading Room

11:00 am - 1:00 pm   LUNCH - Franklin Dining Hall

12 noon   FILM: We Feed the World - Campus Center Reading Room
ADULT WORKSHOPS - SATURDAY 1:00 - 2:30 pm

114) Basic Homestead Electrical Wiring - Campus Center 903
115) Cheese from Sunlight & Rain: Profitable Grass-fed Dairying - Campus Center 803
116) Comparing Grass-fed Steers to Grain-fed Steers - Campus Center 805-09
117) Continuous Lettuce Production - Campus Center 174-76
118) Designing & Building Low Cost Farm Structures - Campus Center 163C
119) Dismantling Legal Obstacles to Self-Reliance - Isenberg School 122
120) Extending the Growing Season in New England - Campus Center 904-08
121) Hands-on Draft Horses - Meet at the draft horses
122) Introduccion a la Permacultura (Spanish) - Campus Center 911-15
123) Living Aloha - Campus Center 905-09
124) Local Economies Connecting Communities and Agriculture - Campus Center 162-75
125) Maintaining Optimum Health for the Whole Family - Isenberg School 117
126) Metabolic Cleansing for Today's Toxic World: A 3-Step Approach - Campus Ctr. 917
127) My Weedless Garden - Campus Center 168C
128) Mycoforestry and Mycoremediation - Campus Center 101
129) Primitive Spinning for the 21st Century - Isenberg School 125
130) Producing Natural, Local Meat for Consumers - Campus Center 804-08
131) Public Schools and Summer Programs - Campus Center 811-15
132) Raising Sheep: Why and How - Meet at the sheep & herding dogs
134) TOUR*: Red Fire Farm's Machinery for Vegetable Farming
135) TOUR*: Sidehill Farm Dairy
136) Urban Farms: Connecting Urban Communities to Local Food - Isenberg School 129
137) Veggies Your Family Will Love! - Wheeler Dorm Basement Kitchen
138) Winter Growing for CSA - Campus Center 165-69
138A) Overcoming the Affordability Barrier: Connecting Low-Income People to Fresh Food – Isenberg School 123

TEEN WORKSHOPS - SATURDAY 1:00 - 2:30 pm - Grad Lounge, Campus Center

139) Beginning Goat Keeping
140) Edible Wild Plants of the Northeast

KIDS’ WORKSHOPS - SATURDAY 1 - 2:30 pm - Cape Cod Lounge, Student Union

141) NOFA Anthem Parade Rap
142) Parade Prep

2:00 - 4:00 pm DISCUSSION GROUP& LECTURE - Campus Center Reading Room
- Phillip Botwinick presents Money Talks: The Two Faces of Money

3:30 - 5:00 pm TOUR*: Grazing School Pasture Walk - UMass Pasture Research Center

3:00 - 6:00 pm THE FAIR and FARMERS MARKET - On the Green by the Pond

4:00 - 7:00 pm REGISTRATION – Registration Tent

4:00 pm FILM: Money as Debt - Campus Center Reading Room
4:30 - 7:30 pm  DINNER - Franklin Dining Hall

6:00 pm  FILM: Escape From Suburbia - Campus Center Reading Room

7:00 - 9:00 pm  CONCERT: Drumming Journey with Steve Leicach - Cape Cod Lounge, Student Union

7:00 - 9:00 pm  KEYNOTE ADDRESS by Will Allen - Student Union Ballroom

9:00 pm - midnight  Cajun DANCE Party with Dirty Rice - Student Union Ballroom

9:00 pm - midnight  DJ Reuben’s DANCE Party - Cape Cod Lounge, Student Union

SUNDAY, AUGUST 9

6:30 - 8:00 am  BREAKFAST - Franklin Dining Hall

7:00 - 10:00 am  REGISTRATION - Registration Tent

ADULT WORKSHOPS - SUNDAY 8:00 - 9:30 am
144) Acquiring Land: Strategies and Options - Isenberg School 125
145) City Chickens: Hens in Cities and Suburbs - Campus Center 917
146) College to Collards: Creating Campus Gardens - Campus Center 803
147) Connecting Growers and Buyers - Isenberg School 122
148) Cultured Dairy Products - Campus Center 101
149) Food as Medicine - Isenberg School 123
150) Food Safety: What’s Next? - Campus Center 805-09
151) Growing Whole: An Introduction to Psychosynthesis for Farmers/Gardeners - Campus Center 903
152) Health Focused Dentistry - Campus Center 904-08
153) Heirloom Economy - Campus Center 165-69
155) More than Just Food: Mission-Driven Education - Campus Center 811-15
156) On-Farm Water Quality Monitoring - Campus Center 905-09
158) Putting Up Food: Local Eating for the Year - Campus Center 168C
159) Replacing Invasive Plants with Native Varieties - Meet at Registration Tent
160) Small Growers Co-ops for Farm Viability - Isenberg School 117
161) Starting A Farm - Campus Center 163C
162) Storage Crops for Market: Expanding into Winter Availability - Campus Center 162-75
163) The Path to Nutrient Density - Campus Center 174-76
164) Sustainable, Affordable, and Ecological Living - Campus Center 804-08
165) Your Farm’s First Cow - Meet at the cow
165A) Changing the Landscape of Landscaping: Organic Land Care Activism - Campus Center 911-15
165B) Community Acupuncture for All - Isenberg School 129

TEEN WORKSHOP - SUNDAY 8:00 - 9:30 am - Grad Lounge, Campus Center
167) You GLOW Girl!
KIDS' WORKSHOPS - SUNDAY 8:00 - 9:30 am - Cape Cod Lounge, Student Union
168) Candlemaking
169) Music and Movement
170) Rubber Stamping
171) Why is the Sky So High? A Play

8:00 am  FILM: The Century of the Self, Episode 3 - Campus Center Reading Room
9:00 am  FILM: The Century of the Self, Episode 4 - Campus Center Reading Room

ADULT WORKSHOPS - SUNDAY 10:00 - 11:30 am
173) Community Farming in Maine: A Case Study - Campus Center 811-15
174) Culinary Herbs for Fresh, Potted and Dried Sales - Campus Center 163C
175) Farms Forever: Farm Transfer Resources - Campus Center 805-09
176) Forming and Maintaining a Group Garden - Isenberg School 123
177) Generating an Income and Empowering Teens - Isenberg School 125
178) Growing Black Walnuts for Timber and Sustenance - Isenberg School 129
179) Lyme Disease: A Conventional and Naturopathic Medical Perspective - Isenberg School 122
180) MA Beginning Farmers: Programs Assessment - Campus Center 911-15-CANCELLED
181) Market Mobile: Better Food Distribution - Campus Center 162-75
182) Nature as Model: Rearing and Breeding Pigs in the Woods - Campus Center 168C
183) Political Climate for Raw Milk - Campus Center 903
184) Preserving Land in the City for Food Production - Campus Center 101
185) Producing Diverse and Biologically Active Compost Tea - Campus Center 165-69
186) Small-Scale Grain Production - Campus Center 917
187) Take Grazing to a Higher Level - Campus Center 905-09
188) Teaching Kids in the Kitchen, Barn, and Garden - Isenberg School 117
189) Tomatoes 101 - Campus Center 174-76
190) TOUR*: Brookfield Farm's CSA Management
191) Vermiculture: The Wonderful World of Worm Composting - Campus Center 804-08
192) Zero Waste: A Solution to the Garbage Crisis - Campus Center 803
192A) Slow Foods for Quick Preparation - Wheeler Dorm Basement Kitchen

TEEN WORKSHOPS - SUNDAY 10:00 - 11:30 am - Grad Lounge, Campus Center
193) Backyard Chickens
194) Making Nature Journals

KIDS' WORKSHOPS - SUNDAY 10 - 11:30 am - Cape Cod Lounge, Student Union
195) Discovering Wind Energy
196) Farm Soccer
197) Puppets
198) What is Health?

10:00 am - 12 noon  FILM: The Crash Course, Part Three - Campus Center Reading Room
11:00 am - 1:00 pm  LUNCH - Franklin Dining Hall
ADULT WORKSHOPS - SUNDAY 1:00 - 2:30 pm
199) “Real Food” From the Home Garden - Campus Center 168C
200) Accessing Public & Non-Profit Land for Community Farming -Campus Center 811-15
201) Agroforestry in the Northeast - Campus Center 917
202) Bio-Intensive Backyard Gardening - Campus Center 162-75
203) Cooking With Herbs - Isenberg School 117
204) Deep Green Technology, Home Planning, and the Code - Campus Center 911-15
205) Electric Tractors for Farm Use - Campus Center 803
206) Growing an ORGANICzation - Campus Center 805-09
207) Herbal Remedies 101: A Demonstration - Isenberg School 129
208) Herbs and Perennials in Landscape Design - Campus Center 804-08
209) Indian Snacks - Wheeler Dorm Basement Kitchen
210) Net Zero Energy Homes - Campus Center 165-69
211) New Farmer Training Programs & Multi-Farm CSAs - Campus Center 904-08
212) Organic Agriculture in Cuba - Isenberg School 123
213) Potatoes: Not Just Round and White! - Campus Center 101
214) Producing Organic Compost for the Current Markets - Campus Center 163C
215) Singing for Love of Land and Life - Isenberg School 125
216) The Ecological Impact of Factory Farming - Isenberg School 122
217) TOUR*: Insect Biology and Management at Simple Gifts Farm
218) Traditional Pickling/Lacto-Fermentation - Campus Center 174-76
219) Urban Beekeeping - Campus Center 905-09

TEEN WORKSHOPS - SUNDAY 1:00 - 2:30 pm - Grad Lounge, Campus Center
220) Needle Felting
221) Writing Music For Social Change

KIDS’ WORKSHOPS - SUNDAY 1:00 - 2:30 pm - Cape Cod Lounge, Student Union
222) Plant Part Salad
223) Play Party Dancing
224) Pond Creatures

1:00 pm FIlM: In Debt We Trust - Campus Center Reading Room

1:00 - 3:30 pm REGISTRATION - Registration Tent

3:00 pm AUCTION To Benefit the Farming Education Fund - Registration Tent

* Directions to all TOUR sites are provided in the full workshop descriptions, which begin on page 68.
ADULT WORKSHOPS BY CATEGORY

Here is a quick reference guide of adult workshops by category. Check under the Workshop Descriptions by Time Slot section for further details about each workshop. Remember to check your Program Addendum and the chalkboard at the registration tent for any last minute changes or cancellations.

ALTERNATIVE ENERGY AND THE ENVIRONMENT

2) Attached Greenhouse for Food, Heat, and Hot Water: Friday 2:00-3:30PM
14) Pedal Revolution: Bike Transport Today: Friday 2:00-3:30PM
21) What You ACTUALLY NEED to Live Off the Grid, and Why: Friday 2:00-3:30PM
30) Carbon Negative Farming & Climate Change: Friday 4:00-5:30PM
66) LIFE: Locally Integrated Food and Energy: Saturday 8:00-9:30AM
192) Zero Waste: a Solution to the Garbage Crisis: Sunday 10:00-11:30AM
204) Deep Green Technology, Home Planning, and the Code: Sunday 1:00-2:30PM
205) Electric Tractors for Farm Use: Sunday 1:00-2:30PM
210) Net Zero Energy Homes: Sunday 1:00-2:30PM
216) The Ecological Impact of Factory Farming: Sunday 1:00-2:30PM

ANIMALS

13) Pastured Certified Organic Poultry Production: Friday 2:00-3:30PM
20) Transitioning a Dairy Farm to Organic: Friday 2:00-3:30PM
47) Using Organic Dairy Resources in the Field: Friday 4:00-5:30PM
62) How to Get Started in Beekeeping: Saturday 8:00-9:30AM
75) Raising Organic Hogs from Piglet to Porkchop: Saturday 8:00-9:30AM
89) Grass-fed Sheep Production and Management: Saturday 10:00-11:30AM
98) Organic Egg Production and Business Fundamentals: Saturday 10:00-11:30AM
103) Small Scale Aquaculture and Aquaponics: Saturday 10:00-11:30AM
121) Hands-on Draft Horses: Saturday 1:00-2:30PM
132) Raising Sheep: Why and How: Saturday 1:00-2:30PM
165) Your Farm’s First Cow: Sunday 8:00-9:30AM
182) Nature as Model—Rearing and Breeding Pigs in the Woods: Sunday 10:00-11:30AM
187) Take Grazing to a Higher Level: Sunday 10:00-11:30AM
219) Urban Beekeeping: Sunday 1:00-2:30PM

COMMUNITY FARM TRACK

106) Tools for Starting Community Farms: Saturday 10:00-11:30AM
131) Public Schools and Summer Programs: Saturday 1:00-2:30PM
155) More than Just Food: Mission-Driven Education: Sunday 8:00-9:30AM
173) Community Farming in Maine: A Case Study: Sunday 10:00-11:30AM
200) Accessing Public & Non-Profit Land for Community Farming: Sunday 1:00-2:30PM

CROPS

1) Animal Power in Vegetable Fields: Friday 2:00-3:30PM
15) Principles of Making Quality Hay: Friday 2:00-3:30PM
16) Restoring Our Seed: On-Farm Breeding for Farmers: Friday 2:00-3:30PM
35) Growing Broccoli and other Brassicas: Friday 4:00-5:30PM
48) Vegetable Production for the Fall Market: Friday 4:00-5:30PM
76) Sustainable Mushroom Cultivation For Home & Farm: Saturday 8:00-9:30AM
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Hunger Mt. Coop
Montpelier, VT
www.hungermountain.com

Buffalo Mt. Coop
Hardwick, Vermont
www.buffalomountaincoop.org

Coop Food Stores
Hanover, NH
Lebanon, NH
www.coopfoodstore.com

Littleton Food Coop
Littleton, NH
www.littletoncoop.org

Concord Cooperative Market
Concord, NH
www.concordfoodcoop.coop

Brattleboro Food Coop
Brattleboro VT
www.brattleborofoodcoop.com

Franklin Community Coops
Green Fields Market Store
Greenfield, MA
McCuskers Coop Store
Shelburne Falls, MA
www.greenfieldsmarket.coop

Leverett Village Coop
Leverett, MA
(413) 367-9794

Springfield Coop
Springfield, VT
www.springfieldfoodcoop.com

New City Market Coop
Burlington, VT
www.citymarket.coop

Upper Valley Coop
White River Junction, VT
www.uppervalleyfood.coop

South Royalton Market
South Royalton, VT
www.soromarket.com

Rutland Area Food Coop
Rutland VT
802-773-0737

Middlebury Coop
Middlebury, VT
www.middleburycoop.com

Putney Food Coop
Putney VT
www.putneyfood.coop

Wild Oats Coop
Williamstown, MA
www.wildoats.coop

River Valley Market
Northampton MA
www.rivervalleymarket.coop
90) Growing Gourmet & Medicinal Mushrooms: Saturday 10:00-11:30AM
101) Root Cellars & Storage Structures: Methods, Materials, & Designs: Sat. 10 -11:30AM
117) Continuous Lettuce Production: Saturday 1:00-2:30PM
162) Storage Crops for Market: Expanding into Winter Availability: Sunday 8:00-9:30AM
186) Small-Scale Grain Production: Sunday 10:00-11:30AM
189) Tomatoes 101: Sunday 10:00-11:30AM
213) Potatoes: Not Just Round and White!: Sunday 1:00-2:30PM

FARM ECONOMICS AND MANAGEMENT
9) Loans, Grants, & other Financial Assistance for NE Organic Farms: Friday 2-3:30PM
40) Northeast SARE Farmer Grants: Friday 4:00-5:30PM
71) Nuts & Bolts of a Financially Successful Business: Saturday 8:00-9:30AM
161) Starting A Farm: Sunday 8:00-9:30AM
206) Growing an ORGANICzation: Sunday 1:00-2:30PM

FARMING AND THE COMMUNITY
8) Land Trusts & Grassroots Community Organizations: Friday 2:00-3:30PM
32) Co-ops: Planning for a Sustainable Future: Friday 4:00-5:30PM
124) Local Economies Connecting Communities and Agriculture: Saturday 1:00-2:30PM
138A) Overcoming the Affordability Barrier: Connecting Low-Income People to Fresh Food: Saturday 1:00-2:30 pm
144) Acquiring Land: Strategies and Options: Sunday 8:00-9:30AM
146) College to Collards: Creating Campus Gardens: Sunday 8:00-9:30AM
153) Heirloom Economy: Sunday 8:00-9:30AM
164) Sustainable, Affordable and Ecological Living: Sunday 8:00-9:30AM
175) Farms Forever: Farm Transfer Resources: Sunday 10:00-11:30AM
177) Generating an Income and Empowering Teens: Sunday 10:00-11:30AM
180) MA Beginning Farmers - Programs Assessment: CANCELLED
181) Market Mobile: Better Food Distribution: Sunday 10:00-11:30AM
211) New Farmer Training Programs & Multi-farm CSAs: Sunday 1:00-2:30PM

FOOD AND FAMILY
11) Make Delicious Meals with Local Greens: Friday 2:00-3:30PM
33) Easy no-Knead Artisan Bread at Home: Friday 4:00-5:30PM
36) Growing Food and Family: Homestead Production: Friday 4:00-5:30PM
76A) Getting Into Raw Foods: Saturday 8:00-9:30 am
188) Teaching Kids in the Kitchen, Barn, and Garden: Sunday 10:00-11:30AM
203) Cooking with Herbs: Sunday 1:00-2:30PM

FOOD PRESERVATION AND COOKING
65) Introduction to Water Bath Canning: Saturday 8:00-9:30AM
137) Veggies Your Family Will Love!: Saturday 1:00-2:30PM
148) Cultured Dairy Products: Sunday 8:00-9:30AM
192A) Slow Foods for Quick Preparation: Sunday 10:00-11:30AM
209) Indian Snacks: Sunday 1:00-2:30PM
218) Traditional Pickling/Lacto-Fermentation: Sunday 1:00-2:30PM
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FRUITS, NUTS AND TREES
4) Gardening Like the Forest: Home-Scale Food Forestry: Friday 2:00-3:30PM
6) Growing Small Fruits: Friday 2:00-3:30PM
12) Organic Apple Growing at Bird of the Hand Farm: Friday 2:00-3:30PM
34) Farm and Garden Native Bee Habitat Creation: Friday 4:00-5:30PM
37) Holistic Energy Healing for Trees/Plants: Friday 4:00-5:30PM
67) Luscious Landscaping: Saturday 8:00-9:30AM
68) Making the Most of Your Woodland: Saturday 8:00-9:30AM
69) Maple Sugarin’: Saturday 8:00-9:30AM
95) Making the Most of Your Maples: Saturday 10:00-11:30AM
128) Mycoforestry and Mycoremediation: Saturday 1:00-2:30PM
178) Growing Black Walnuts for Timber and Sustenance: Sunday 10:00-11:30AM
201) Agroforestry in the Northeast: Sunday 1:00-2:30PM

GARDEN AND GREENHOUSE
87) Gardening in the 21st Century: The Sustainable Landscape: Saturday 10:00-11:30AM
100) Raised Bed Gardening: Saturday 10:00-11:30AM
120) Extending the Growing Season in New England: Saturday 1:00-2:30PM
127) My Weedless Garden: Saturday 1:00-2:30PM
202) Bio-intensive Backyard Gardening: Sunday 1:00-2:30PM

GRAZING SCHOOL
61) Grazing 101: Saturday 8:00-9:30AM
73) Pasturing in Extreme Conditions: Saturday 8:00-9:30AM
84) Alternative Health Practices for Livestock: Saturday 10:00-11:30AM
97) Plant Species Diversity and Pasture Management: Saturday 10:00-11:30AM
115) Cheese from Sunlight & Rain: Profitable Grass-fed Dairying: Saturday 1:00-2:30PM
116) Comparing Grass-fed Steers to Grain-fed Steers: Saturday 1:00-2:30PM
130) Producing Natural, Local Meat for Consumers: Saturday 1:00-2:30PM
143) Pasture Walk: UMass Pasture Research Center: Saturday 3:30pm (special time)

HERBS AND FLOWERS
3) Dahlias and Gladiolas: Friday 2:00-3:30PM
28) Backyard Medicinal Herb Walk: Friday 4:00-5:30PM
49) VITEX: A Woman's Incredible HERB!: Friday 4:00-5:30PM
91) Herbal Medicine From the Outside In: Saturday 10:00-11:30AM
125) Maintaining Optimum Health for the Whole Family: Saturday 1:00-2:30PM
149) Food as Medicine: Sunday 8:00-9:30AM
174) Culinary Herbs for Fresh, Potted and Dried Sales: Sunday 10:00-11:30AM
208) Herbs and Perennials in Landscape Design: Sunday 1:00-2:30PM

LAND CARE
42) Perennial Division: Friday 4:00-5:30PM
74) Perennial Plant Care: Saturday 8:00-9:30AM
92) Herbs and Companion Planting: Saturday 10:00-11:30AM
107A) Streamlining Your Garden Maintenance Routine: Saturday 10:00-11:00 am
156) On-Farm Water Quality Monitoring: Sunday 8:00-9:30AM
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159) Replacing Invasive Plants with Natives Varieties: Sunday 8:00-9:30AM
165A) Changing the Landscape of Landscaping: Org. Land Care Activism: Sun. 8:00-9:30 AM

MARKETING
17) Rethinking Local Agricultural Infrastructure: Friday 2:00-3:30PM
29) Building Direct Year-Round Markets: Friday 4:00-5:30PM
43) Starting a CSA: Friday 4:00-5:30PM
138) Winter Growing for CSA: Saturday 1:00-2:30PM
147) Connecting Growers and Buyers: Sunday 8:00-9:30AM

NUTRITION AND HEALTH
38) Importance of Omega-3 Fatty Acids in Your Diet: Friday 4:00-5:30PM
88) Got Stress? A Holistic Approach to Health: Saturday 10:00-11:30AM
126) Metabolic Cleansing for Today's Toxic World: a 3 Step Approach: Sat. 1:00-2:30PM
152) Health Focused Dentistry: Sunday 8:00-9:30AM
165B) Community Acupuncture for All: Sunday 8:00 – 9:30 AM
179) Lyme Disease: Conventional & Naturopathic Medical Perspective: Sun. 10-11:30AM
207) Herbal Remedies 101: A Demonstration: Sunday 1:00-2:30PM

OF THE SPIRIT
59) Eden Arising: Ecological Design as Spiritual Practice: Saturday 8:00-9:30AM
123) Living Aloha: Saturday 1:00-2:30PM
151) Growing Whole: Intro to Psychosynthesis for Farmers/Gardeners: Sunday 8-9:30AM
215) Singing for Love of Land and Life: Sunday 1:00-2:30PM

POLITICS AND POLICY
45) The Raw Milk Revolution: Friday 4:00-5:30PM
70) NAIS: What It Is, And What You Can Do About It: Saturday 8:00-9:30AM
93) How Are We Going To Eat?: Saturday 10:00-11:30AM
105) This Ain't Peanuts!-It's Small Farm Food Safety: Saturday 10:00-11:30AM
150) Food Safety: What's Next?: Sunday 8:00-9:30AM
183) Political Climate for Raw Milk: Sunday 10:00-11:30AM
212) Organic Agriculture in Cuba: Sunday 1:00-2:30PM

PRACTICAL SKILLS
7) How to Be More Self-Reliant During Difficult Economic Times: Friday 2:00-3:30PM
10) Let's Lacto-fer-mentate!: Friday 2:00-3:30PM
18) Sausage Making, Smoking & Curing at Home: Friday 2:00-3:30PM
41) Owner-Built Straw Bale Home Construction: Friday 4:00-5:30PM
44) Stretches to Sustain the Farmers Body: Friday 4:00-5:30PM
58) DIY Natural Body Products: Saturday 8:00-9:30AM
60) Felting Wool: Saturday 8:00-9:30AM
85) Bicycle Empowerment: Saturday 10:00-11:30AM-CANCELLED
107) Value-Added Products From Your Farm: Saturday 10:00-11:30AM
114) Basic Homestead Electrical Wiring: Saturday 1:00-2:30PM
118) Designing & Building Low Cost Farm Structures: Saturday 1:00-2:30PM
129) Primitive Spinning for the 21st Century: Saturday 1:00-2:30PM
158) Putting Up Food: Local Eating for the Year: Sunday 8:00-9:30AM
191) Vermiculture: The Wonderful World of Worm Composting: Sunday 10-11:30AM
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SOIL AND FERTILITY
56) Paradigm Shift: Concepts for Producing Nutrient Dense Crops: Saturday 8-9:30AM
63) Indoor Composting with Redworms: Saturday 8:00-9:30AM
76B) Humanure: Saturday 8:00-9:30AM
96) Nutrient Dense Crop Production: A How To: Saturday 10:00-11:30AM
163) The Path To Nutrient Density: Sunday 8:00-9:30AM
185) Producing Diverse and Biologically Active Compost Tea: Sunday 10:00-11:30AM
199) “Real Food” From the Home Garden: Sunday 10:00-2:30PM
214) Producing an Organic Compost for the Current Markets: Sunday 1:00-2:30PM

SPANISH-LANGUAGE WORKSHOPS
64) Los Basicos de Fertilidad de Suelo: Saturday 8:00-9:30AM
94) Introduccion a La Venta de Productos y Servicios Agricola: Saturday 10:00-11:30AM
122) Introduccion a la Permacultura: Saturday 1:00-2:30PM

TOURS
19) Hampshire College Farm Tour: Friday 2:00-3:30PM
46) Simple Gifts Farm’s CSA Management: Friday 4:00-5:30PM
134) Red Fire Farm's Machinery for Vegetable Farming: Saturday 1:00-2:30PM
135) Sidehill Farm Dairy: Saturday 1:00-2:30PM
190) Brookfield Farm’s CSA Management: Sunday 10:00-11:30AM
217) Insect Biology and Management, Simple Gifts Farm: Sunday 1:00-2:30PM

URBAN AGRICULTURE
39) Local Produce for Low-Income Communities: Friday 4:00-5:30PM
57) Arcosanti, Paolo Soleri, and Ecological Cities: Saturday 8:00-9:30AM
86) Cultivating a Profit from Community and School Gardens: Saturday 10:00-11:30AM
99) Promoting Urban Agriculture with Inner-city Youth: Saturday 10:00-11:30AM
104) Sustainable City Toolbox: Saturday 10:00-11:30AM
119) Dismantling Legal Obstacles to Self-reliance: Saturday 1:00-2:30PM
136) Urban Farms: Connecting Urban Communities to Local Food: Saturday 1 - 2:30PM
145) City Chickens: Hens in Cities and Suburbs: Sunday 8:00-9:30AM
160) Small Growers Co-ops for Farm Viability: Sunday 8:00-9:30AM
184) Preserving Land in the City for Food Production: Sunday 10:00-11:30AM
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THE ORGANIC LAND CARE PROGRAM (www.organiclandcare.net)

The NOFA Organic Land Care Program offers the 5-day comprehensive Organic Land Care Accreditation Course in CT, MA and RI, through which we annually accredit professionals who pass an exam. We also offer the 1-day Organic Lawn & Turf Course -- during this Conference (see p. 42); on Aug. 18 (Hillsborough, NJ); and Aug. 20 (Manchester, CT). Info: MA – Kathy Litchfield (413) 773-3830, kathy@nofamass.org; NJ - Connie Deetz (609) 737-6848, cdeetz@nofanj.org; CT - Ashley Kremser (203) 888-5146, akremser@ctnofa.org.

To renew accreditation, Accredited Organic Land Care Professionals (AOLCPs) must earn 4 re-accreditation credits per year. Workshops that qualify for credits this year (1 credit per hour, 1.5/workshop, unless otherwise stated below) are listed below and double asterisked** in the workshop descriptions. You must get workshop instructors’ signatures. Forms are available ahead of time at www.organiclandcare.net & the OLC table in the Exhibitors’ Tent.

AOLCP APPROVED WORKSHOPS

Friday 2:00 PM – Gardening Like the Forest: Home-Scale Food Forestry – Dave Jacke (.75 credits); How to be More Self-Reliant During Difficult Economic Times - Bill MacKentley; Organic Apple Growing – Cathy Harragian and Sue Harragin; Restoring Our Seed: On-Farm Breeding – Ruth Hazzard, Eli Rogosa, CR Lawn

Friday 4:00 PM – Carbon Negative Farming & Climate Change – D. Yarrow; Perennial Division – E. Peterson & D. Pavone; Holistic Energy Healing for Trees and Plants - J. Conroy


Saturday 10:00 AM – Herbs and Companion Landscaping – Ruth Green; Raised Bed Gardening – Sammy De; Nutrient Dense Crop Production: A How To – Daniel Kittredge; Gardening in the 21st Century – the Sustainable Landscape – Marie Stella

Saturday 1:00 PM – Intro to Permaculture (Spanish) – Eric Toensmeier; My Weedless Garden – Lee Reich; Red Fire Farm Tomato Growing Systems TOUR – Ryan Voiland

Sunday 8:00 AM - Changing the Landscape of Landscaping: OLC Activism – B. Giblin; On-Farm Water Quality Monitoring – P. Thomas; Replacing Invasive Plants with Native Varieties – C. Schminke and L. Courtney; The Path to Nutrient Density – D. Christianson

Sun. 10 AM –Producing Diverse & Biologically Active Compost Tea –P. Schmidt; Growing Black Walnuts for Timber & Sustenance – B. MacKentley; Lyme Disease – Dr. E. Maiella

Sunday 1:00 PM – Growing an ORGANICzation – J. Mastrianni (.75 credits); Herbs and Perennials in Landscape Design – L. Hartman; Producing an Organic Compost for Current Markets – Robert Kelly; TOUR, Simple Gifts Farm for Insect Biology and Management – Ruth Hazzard; Urban Beekeeping – Jean-Claude Borrut
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WORKSHOP DESCRIPTIONS

Workshops marked * will be taped for future rental through the NOFA Video Project (http://www.nofa.org/conference/video/index.php).

Workshops marked ** will qualify for credits in the NOFA Organic Land Care Program.

Workshops marked *** are part of the Mass Grass Grazing School.

ADULT WORKSHOPS - FRIDAY 2:00-3:30 PM

1) Animal Power in Vegetable Fields  Intermediate
Campus Center 804-08
Tevis Robertson-Goldberg: Raises vegetables, cattle, and sheep at Crabapple Farm.
I will discuss methods of integrating livestock into crop production, from using oxen and horses for fieldwork to planting forage crops as part of a rotation and grazing crop stubble.
We use livestock for tillage, weed control, and fertility management.

2) Attached Greenhouse for Food, Heat, and Hot Water  All levels
Campus Center 905-09
Bob Jennings: Architectural structural engineer with experience in greenhouses and solar/wood fired hot water systems.
Envision an attached greenhouse on your home, and learn ideas and details for design and construction.

3) Dahlias and Gladiolas  Beginner
Campus Center 911-15
Lynda Simkins: Farm manager of Natick Community Organic Farm.
I will demonstrate division, planting, staking, picking and storage for these great old flowers.

4) Gardening Like the Forest: Home-Scale Food Forestry**  Intermediate
Campus Center 163C
Dave Jacke: Primary author of Edible Forest Gardens and long time ecological designer.
Healthy forests maintain, fertilize, and renew themselves. We can grow food forests that mimic natural forests, regenerate healthy ecosystems, and grow food, fuel, fiber, fodder, fertilizers, farmaceuticals, and fun, too! This talk introduces the forest gardening vision, science, a few examples, and some useful perennial edibles you can grow.

6) Growing Small Fruits  Beginner-Intermediate
Campus Center 904-08
Daryl Hoitt: 30+ years organic, medicinal herbs, vegetables, small fruits – Red Fox Farm.
We will discuss growing, pruning and expanding your plants – emphasis on strawberries, raspberries & grapes.

7) How to Be More Self-Reliant During Difficult Economic Times**  Beginner-Intermediate
Isenberg School of Management 123
Bill MacKenty: Longtime druid greenman and scrounger for 60 years!
Want to have your own garden or farm? Build? Grow your own energy? Live OUTSIDE the box? 40 years of living close to the land, scrounging the waste of society, and remaining true to values of culture, ecology, and traditional agricultural systems have become a way of life -- living lightly on Mother Earth. Come bring your ideas and I'll share my list of "do's" and "don'ts." You too can live an exciting, fun-filled life, yet not cost you a fortune.
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1) Campus Center: Classrooms, Blue Wall, Hotel
2) Isenberg School of Management
3) Dorms: Wheeler, Brooks, Brett
4) Franklin Dining Area
5) Registration Tent, Saturday Fair, Exhibit Tent
6) Student Union

Route for Exhibitors and Campers
Camping Areas

To Lot 49
Rt 63 N Deluxe Dorms
Lot 62
N Pleasant St
Thatcher Way
Stockbridge Rd

University of Massachusetts-Amherst
Parking Garage
Campus Center Way
Commonwealth Ave
Commonwealth Ave
Clark Hill
Interfield Terrace

Lot 25
8) Land Trusts & Grassroots Community Organizations  All levels
Campus Center 811-15
Kate Kerivan: Community Outreach Coordinator, Mount Grace Land Conservation Trust.
Sarah Mildren: Service Learning Coordinator, Mount Grace Land Conservation Trust.
Kate will talk about the process of community organizing for the purpose of identifying and protecting urban and semi-rural land for a community farm and gardens. Specifically, Greenfield’s original “poor farm,” deeded to the citizens of Greenfield and their descendants by a 19th century farmer, Justin Root. Sarah will share her experiences of working with small towns to organize community gardens.

9) Loans, Grants, and other Financial Assistance for NE Organic Farms  All levels
Campus Center 903
Norman Bender: Extension Educator, Economic Development, UConn.
Farmers will learn about a variety of funding sources and information requirements for potentially successful loan and grant applications.

10) Let’s Lacto-fer-mentate!  Beginner-Intermediate
Isenberg School of Management 122
Beth Ingham: Whole Health Educator and happy farmer fermenting for 15 years.
Basic introduction to the art of lactofermentation. Sauerkraut, kimchee, pickles and salsa. Also discussed will be the benefits to health and well-being.

11) Make Delicious Meals with Local Greens  All levels
Wheeler Dorm Basement Kitchen
Leslie Cerier: Organic gourmet chef, caterer, author, recipe consultant, cooking teacher
Join Leslie Cerier for an informative and fun approach to cooking and eating, mixing and matching a wealth of tasty healthy greens with herbs and spices to create a variety of nutritious global gourmet salads, salad dressings, soups, stir-fries and more. Tasty samples offered.

12) Organic Apple Growing at Bird of the Hand Farm**  Beginner-Intermediate
Campus Center 168C
Cathy Harragan: Organic Gardener/Landscaper, Chemistry degree, runs small orchard.
Sue Harragan: Organizational manager and pruning goddess at Bird of the Hand Farm.
Learn organic techniques to control insects and diseases affecting apples. Pests covered include: plum curculio, coddling moth, and apple maggot fly. Diseases: scab, powdery mildew and apple cedar rust. Pruning and maintenance of orchards and apple variety selection will also be addressed. Specific issues of raising organic apples in New England will be discussed along with marketing issues related to the perception of a perfect apple.

13) Pastured Certified Organic Poultry Production*  All levels
Campus Center 101
Julie Rawson: Life long farmer, 38 of those years organically.
Jack Kittredge: Homesteader, designer and carpenter.
We raise meat chickens, turkeys, geese, and layers on range. We will filter through 25 years of experience to share with you our best practices regarding brooding, housing feed, pasture, marketing, predation, health issues and slaughter.
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14) Pedal Revolution: Bike Transport Today  
Isenberg School of Management 117  
Jack Spula: Rochester, NY-based writer, environmentalist, and activist.
As a year-round, all weather bicycle commuter and advocate, I’ll cover the practical, commercial, and load hauling potential of modern bicycles, bike trailers and related equipment – and I’ll illustrate how this traditional zero-emissions technology can benefit rural, urban and suburban enterprises and lifestyles.

15) Principles of Making Quality Hay  
Campus Center 917  
Stephen Herbert: Plant, Soil & Insect Professor, Livestock Extension Program.  
Quality hay starts with timing cutting with hay crop growth stage and weather. The hay making process also influences the retention of quality. Both aspects will be discussed and samples of hay varying in quality will be displayed.

16) Restoring Our Seed: On-Farm Breeding for Farmers**  
Campus Center 174-76  
Eli Rogosa: Conserves rare heritage wheats and is an artisan baker.  
CR Lawn: Founder of the Fedco Seed Company; trials diverse heirloom varieties.
Join us to learn how to save seed and breed delicious, organic varieties for ecological farming systems. On-farm breeding projects include: 1. winter-hardy greens that resist flea beetles in spring; 2. heritage wheats with rich flavor, nutrition and baking quality; 3. flavorful heirloom tomatoes that do not crack.

17) Rethinking Local Agricultural Infrastructure  
Campus Center 805-09  
Margaret Christie: CISA staff, works to strengthen local agriculture.  
Jess Cook: CISA staff working on local food infrastructure needs.
Building on lessons from three of CISA's processing infrastructure projects (dairy, salad greens, and meat), we'll make the case for revitalizing local agricultural infrastructure. We'll also take a practical look at the challenges in developing new local and regional infrastructure resources to fill the need of direct and wholesale markets.

18) Sausage Making, Smoking & Curing at Home  
Campus Center 162-75  
Anne Obelnicki: Chef, urban gardener, and elaborate food project hobbyist.
I will go over fresh sausage making as well as pork curing & aging, and hot- & cold-smoking. Equipment, resources, logistics and techniques will all be discussed, accompanied by photos of my own porcine adventures from sausage-making parties to basement prosciutto production. This class is focused on home production.

19) TOUR: Hampshire College Farm Tour  
Leslie Cox: Farm Manager of the Hampshire College Farm Center.
We will meet at the Hampshire College Farm Center and tour all the facilities that the farm operates. This includes the CSA barn and growing areas, maple sugar house, cider press, compost pad, livestock areas, sheep dairy and poultry. DIRECTIONS: From UMass, travel south on Rt. 116 through Amherst Center. The Farm Center will be on the right, before the main entrance to Hampshire College. ADDRESS: 791 West Street, Amherst, MA.
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20) Transitioning a Dairy Farm to Organic  
Campus Center 803
Sarah Flack: Grazing & organic consultant, farmer & author of Organic Dairy Production. What should you consider before transitioning? What resources are there & when is the best time to transition? Topics will include: overview of organic standards, current organic milk markets, allowed health care products, organic forages & grains, soil health & allowed fertilizers, record keeping requirements, transition cost planning & more.

21) What You ACTUALLY NEED to Live Off the Grid, and Why  
Campus Center 165-69
Jim Strickland: Builder/homesteader experienced in renewables & strawbale construction. Dave Smally: Dave is old but really does live with renewables and fortunately with Sarah. We talk about our 12 plus years of living with renewable energy off the grid at our two homesteads, comfortably and affordably. Demand side management will be emphasized before any planning for wind solar or hydro. Don't get discouraged by folks selling large systems and hyping government incentives, lots of time for discussion.

TEEN WORKSHOPS - FRIDAY 2:00-3:30 PM – Grad Lounge, Campus Center

22) How to Bag Waste-CANCELLED
Heather Botelle: AP Environmental Science Teacher
We’ll discuss how the 3 R’s (reduce, reuse, recycle) relate to how we eat, including growing, buying, cooking, storing, and eating!. We’ll discuss various ways we can reduce. Each participant will paint their own reusable bag as an aid in the journey to reducing waste.

23) Tie-Dying
Sharon Begley: "I thank you for sharing your beautiful creations with me."
We'll cover tie dying basics, then you'll get to create your own work of art. Please bring white pre-washed articles that you would like to bring to life. No experience required.

KIDS’ WORKSHOPS - FRIDAY 2:00-3:30 PM – Cape Cod Lounge, Student Union

24) Butter Making for Beginners (Ages 7-12)
Gavin Harper: Hand milker from Sunnyfield Farm farm in New Hampshire.
Come make butter, whipped cream & buttermilk by hand from organic cream, and compare with conventional products. If time permits, we’ll read from Little House in the Big Woods.

25) Creating a Nature Weaving (Ages 5-10)
Adele Smith-Penniman: Grandmother, activist and lover of woods.
We’ll collect signs of nature (grasses, feathers, sticks) and weave them into a wall hanging.

26) Drawing from Nature (Ages 7-12)
Deborah Bazer and Lahri Bond
We'll look at a wide array of plants, animals and insects, observing the shapes and patterns that they are made of. Then we'll break them down into basic shapes and draw, draw, draw!

27) Felting Fun (Ages 6-12)
Iris Weaver: Spiritual herbalist and experienced fiber lover.
Felting is the ancient art of making fabric and useful objects from wool. In this workshop we will use colorful wool batting and learn the basic steps to making felt. Everyone will go home with one or two pieces they have felted, such as a marble, snake, or heart.
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28) Backyard Medicinal Herb Walk  All levels
Meet at Registration Tent
Chris Marano: Master herbalist and teacher located in the Pioneer Valley.
I'll lead an herb walk on the conference grounds, pointing out medicinal & other values of herbs we see this time of year, including those we sometimes curse as weeds and invasives.

29) Building Direct Year-Round Markets  All levels
Campus Center 163C
Claire Morenon: Program Coordinator at Community Involved in Sustaining Agriculture.
Devon Whitney-Deal: CISA’s Member Services Coordinator.
This workshop is for farmers market managers and farmers interested in continuing direct sales into the winter months. We’ll discuss best practices for wintertime farmers markets & innovative ideas for continuing direct sales from the farm or through alternative models.

30) Carbon Negative Farming & Climate Change**  Intermediate
Campus Center 168C
David Yarrow: Earth advocate, food educator, farming activist, teacher, and healer.
In this new climate, carbon neutral isn’t enough. We must be carbon negative to reverse global heating facing future generations. Converting plant bio-mass to bio-char can sequester carbon, create sustainable fertility, reduce fertilizer & fossil fuel use, produce renewable bio-fuels and – best of all – grow nutrient dense food. This newly emerging carbon negative strategy is based on Terra Preta, a legacy left by ancient Amazon civilization.

32) Co-ops: Planning for a Sustainable Future  All levels
Campus Center 803
Robyn O’Brien: General Manager of the Putney Food Co-op in Putney, VT.
Neighboring Food Cooperative Association is a regional alliance of food co-ops facilitating community sustainability through collaboration and information sharing. We will share results from a regional food co-op Economic Impact Study and invite you to join us in designing a future that fosters a regenerative regional economy. We welcome stakeholders in the New England regional economy, such as farmers and the infrastructure that supports them; people and organizations that emphasize sustainability, and regional cooperation.

33) Easy no-Knead Artisan Bread at Home  Beginner
Wheeler Dorm Basement Kitchen
Linda Ugelow: Gardens and loves cooking and baking nutrient dense foods.
No-Knead Bread is all the rage. Gorgeous and delicious whole grain fermented bread can be yours for just a few minutes effort, and stored dough can be baked on a moment’s notice. I’ll cover the science behind the phenomenon and demonstrate techniques for round loaves, pita, pizza and more for cooking in the oven, toaster oven and sun oven.

34) Farm and Garden Native Bee Habitat Creation  Beginner
Campus Center 804-08
Tom Sullivan: Gardener and graduate of the Conway School of Landscape Design.
Learn strategies for attracting native bees to yards & farms through landscaping that provides needed habitat. I’ll show what orchardists, crop farmers & suburbanites can do to enhance seed and fruit set. Regional plant lists & pollinator resources will be supplied.
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35) Growing Broccoli and other Brassicas  Advanced
Isenberg School of Management 129

Elizabeth Henderson: CSA Farmer for 21 years and author of "Sharing the Harvest."
I will tell about my experience growing dozens of brassicas and enough broccoli for 300 share for 6 to 7 weeks each fall, including fertility, pest control, and post-harvest handling and then lead a free for all exchange on producing excellent brassicas for CSA's and retail markets. Please bring your brassica wisdom to share.

36) Growing Food and Family: Homestead Production  All levels
Campus Center 162-75

Margaret Christie and Nicholas Jones: Raise food and kids in Whately, MA.
We'll talk about our experience growing and preserving much of our family's food (vegetables, fruit, meat, dairy, eggs, maple). We'll include specifics about how we do things and how we involve our kids. Bring your questions, ideas, and innovations for home-scale food production: there will be time for discussion.

37) Holistic Energy Healing for Trees/Plants**  All levels
Campus Center 903

Tree/Plant Whispering is a bio-energetic, holistic healing alternative for reversing stress in trees, plants, crops, acreages, forests. Realize new paradigm: “inside-out!” Have hands-on experience of “growth energy.” Hear insights—trees' secret messages. Learn why/how trees/plants go into decline. See how new sciences and metaphysics apply.

38) Importance of Omega-3 Fatty Acids in Your Diet  All levels
Campus Center 911-15

Rosalind Miahelles: Certified Holistic Health Counselor in Cambridge, MA. After hearing why and how the drop in omega-3 fatty acid consumption in the U.S. has contributed to some common illnesses, participants will be invited to evaluate their own diets and consider ways to increase beneficial omega-3s.

39) Local Produce for Low-Income Communities  Intermediate
Campus Center 811-15

Heidi Exline: Project Manager, Food Development at City Harvest. Abby Youngblood: Fresh Food for All Coordinator at Just Food, a NYC non-profit.
Participants will hear about two successful models - low-income CSAs and a farm to pantry program - currently being used to bring fresh, locally-grown food to market outlets in low-income communities. An interactive segment will motivate participants to outline specific steps they could take to replicate these models in their own communities.

40) Northeast SARE Farmer Grants  Advanced
Campus Center 805-09

Carol Delaney: Small ruminant specialist with lots of experience working with farmers. SARE's competitive grant program supports farmers who want to test a new approach to sustainability, and the emphasis is on new approaches to sustainable farm practices. I will cover eligibility, the scope of the program, and how to develop a strong proposal that responds to SARE's priorities of good stewardship and profitability to the wider farm community.
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41) Owner-Built Straw Bale Home Construction  *All levels*
Campus Center 917

**David DeMar:*** Built off-grid, passive solar, straw-bale home with attached greenhouse. See pictorial tour of multiple stages of building David’s home. We’ll talk about the successes and failures that accompanied the building process and the many factors that should be considered prior to the decision to build your own house as well some of the “how to” components of building a home in a manner that minimizes environmental impact, professional labor, and cost of the project.

42) Perennial Division**  *Beginner-Intermediate*
Isenberg School of Management 123

**Elaine Peterson:** Has perennially gardened for 30 plus years.

**Dawn Pavone:**
We’ll show various methods of plant division, including tips on when to divide and how plants can signal they need division. If time allows we’ll expand into other methods of vegetative propagation.

43) Starting a CSA*  *Beginner*
Campus Center 101

**Carolyn Llewellyn:** Organic farmer and educator in NY.
We will discuss all aspects of starting a CSA, including land acquisition and management, crop planning, labor options, marketing, long-term planning, and more. Carolyn has been working on CSAs since 2000, and has founded two CSAs with her husband, Dave.

44) Stretches to Sustain the Farmers Body  *All levels*
Isenberg School of Management 122

**Lydia Irons:** Raised on a homestead, studies sustainable ag, anatomy and movement-theory.
Organic farmers work endlessly to sustain the land. In this workshop, I’ll teach you how to sustain your body. I will detail anatomically the repetitive movements in farm work and ways to prepare, sustain, and restore your body using quick and simple stretches and strengthening exercises. Participants will have a chance to try out the stretches and have them tailored to their needs.

45) The Raw Milk Revolution  *Intermediate*
Campus Center 174-76

**David Gumpert:** writer specializing in food, health, and business issues.
I’ll chronicle the state & federal crackdown on raw milk beginning in 2006. I’ll explain the causes of the crackdown, how raw dairy farmers have responded, and how the struggle over raw milk relates to a larger emerging struggle over food rights.

46) TOUR: Simple Gifts Farm’s CSA Management  *Intermediate*
Jeremy Barker-Plotkin: Has been growing veggies since 1999.
Simple Gifts moved to our new 35-acre farm site in 2006 and started a new CSA now at 150 members. I will lead participants on a general farm tour and address issues of transition from market to CSA production, financing, the start-up and expansion process, and general considerations for starting a CSA. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and Fine Arts Center. Simple Gifts Farm will be on the right in less than a mile. There is a big sign out by the road. ADDRESS: 1089 N. Pleasant St, Amherst, MA.
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As you know, we have been a loyal customer of yours for the last five years buying hydrolyzed fish for our 560-acre walnut orchard operation here in the great San Joaquin Valley of California. We mix it in a 600-gallon mobile trailer/tank and inject it into our solid set sprinkler system throughout the growing season when irrigations are frequent.

The harvest of 2005 was exceptional for quantity and quality in all our varieties of walnuts. We harvested 35% more walnuts than our previous best year of 2003 with outstanding edible yield and color, important quality parameters for walnuts. I attribute our success to our fish program and other sustainable activities that we promote to whomever will listen. We would hope that you continue to provide a quality product with which we will continue to fertilize our orchards.

Christopher John Locke
Locke Ranch, Inc., Lockeford, CA

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47) Using Organic Dairy Resources in the Field  Intermediate  Campus Center 905-09
Bethany Wallis: Co-manager for NOFA-NY’s Organic Dairy Transitions Project.
Robert Perry: Technician for NOFA-NY’s Organic Dairy Transitions Project.
This workshop is for agricultural professionals working with field crop and dairy farmers transitioning to organic production, and will introduce two books developed by NOFA-NY that help farmers identify risks they may face throughout the transition to organic production and how to mitigate those risks. These tools can be used one-on-one with farmers or with farmer learning groups.

48) Vegetable Production for the Fall Market  Intermediate-Advanced  Campus Center 165-69
Nancy Hanson: Manager of the Hampshire College CSA.
With the increasing interest in fresh, local food, demand for Fall season vegetables is on the rise. This workshop will focus on all aspects of organic vegetable production for fall harvest including: crop and variety selection, scheduling, transplant production, crop rotation, cover crops, pest control and harvest and storage techniques.

49) VITEX: A Woman's Incredible HERB!  Beginner  Isenberg School of Management 117
Carol Joyce: Organic herb farmer & Community Herbalist.
The attendees will learn the basics about Vitex (Chastetree berry) and how it can be incredibly helpful during child-bearing years and beyond! Tincture making essentials will be demonstrated, growing hints shared, and testers enjoyed.

TEEN WORKSHOPS - FRIDAY 4:00-5:30 PM – Grad Lounge, Campus Center

50) Filmmaking for Beginners  Cheri Robartes: Music teacher and film maker.
We will learn basics about how to make your own films, then plan one and shoot it then and there. A DVD of your short movie will be sent to you in the mail.

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

KIDS' WORKSHOPS - FRIDAY 4:00-5:30 PM – Cape Cod Lounge, Student Union

52) Building Fairy Houses (Ages 5-10)  Pamela Kimball: Works to create a sustainable society in Western Massachusetts.
Come learn about fairies and the places that they live. We will read a fairy story together to inspire us. We will then build fairy houses together from found materials in nature and draw pictures of the beautiful dwellings that we created for the fairies and other wild creatures.

This workshop will show the joy and simplicity of composting indoors with red wiggler composting worms, from setting up a worm bin to feeding the worms kitchen scraps.
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54) Painting the 2009 Children's Parade Banner (Ages 5-12)
Rachel Silverman: 10+ years art teacher who loves engaging children with their creativity. Children really do lead the way with this creative project! We will cooperatively design and create a painted banner to illustrate the theme, “Know Food, Know Freedom,” that will lead the Children's Parade.

55) Victorian Games (Ages 8-12)
Jennifer Byington: Homeschooling mother of four. Farms organically in New Hampshire. Have fun playing games you know (and some you don’t) while finding out more about them. Where did they come from and how long have people played them? Weather permitting, we will be outside. The games will range from active, such as Leap the Creek, to quiet, like Poor Pussy.

ADULT WORKSHOPS - SATURDAY 8:00-9:30 AM
56) A Paradigm Shift: Production of Nutrient Dense Crops**  Beginner
Campus Center 174-76
Daniel Kittredge: Director of the Real Food Campaign, practicing nutrient dense farming. Maximizing crop nutrition and yield are only possible when the biological system is understood and intelligently managed. This workshop will lay out the concepts and logistics underlying the production of NDC. We will focus on nutrient density, limiting factors in biological systems, principles and science behind transcending weed, insect and disease issues, protein synthesis and proteolysis, soil microbial and fungal dominance, ergs/paramagnetism and soil energy flow. Flavor and quality increase with nutrient density.

57) Arcosanti, Paolo Soleri, and Ecological Cities  Intermediate
Campus Center 905-09
George Kosmides: Has worked with Soleri and Arcosanti for the past 30 years. Arcology is architect and philosopher Paolo Soleri’s concept of cities which embody the fusion of architecture with ecology, and proposes a highly integrated and compact three-dimensional urban form that is the opposite of urban sprawl. Arcosanti is the prototype arcology being built in the Arizona desert. We will cover details of extensive use of solar and greenhouses for arcologies.

58) DIY Natural Body Products  Beginner
Isenberg School of Management 122
Tom Nielsen: Librarian and permaculture teacher in New York City. Look in your cupboards and you'll find ingredients for a number of body products you can make at home without chemicals. During this workshop we'll make deodorant, tooth powder, a facial astringent and shampoo; talk about the ingredients; and if you bring a couple small jars, you can take some with you.

59) Eden Arising: Ecological Design as Spiritual Practice  Intermediate
Campus Center 163C
Dave Jacke: Primary author of Edible Forest Gardens and long time ecological designer. Essentially, ecological design seeks to recreate the Garden of Eden—and why not? We CAN create healthy, self-maintaining, food-producing ecosystems. Yet, this requires inner changes to succeed. What can eodesign teach us about who we really are? What is our appropriate ecological role? Let’s explore making a healthy, functional, adult relationship to God/Goddess/Nature.
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60) Felting Wool  Beginner  
Meet at Registration Tent  
Rebecca Buell: My love and skills for fiber arts come from my great-grandmother. In this workshop I will show step by step how to turn raw fleece into felted wool, including cleaning, carding, preparing the roving, and felting. I will bring samples of different wools and participants will have a chance to try their hands at it. I will discuss stories and histories of felting wool.

61) Grazing 101***  Beginner  
Campus Center 804-08  
Sarah Flack: Grazing & organic consultant, farmer & author of Organic Dairy Production. Using real examples of different types of grazing systems, we'll cover the basic principles of how plants grow, avoiding overgrazing damage, what pre-grazing height to choose, how short to graze, why variable recovery periods are essential, what the signs of overgrazing damage are. We'll discuss methods to estimate how much dry matter there is per acre, how many acres are needed, & how big the paddocks need to be. Other topics will include pasture design, lanes, fence and water systems and how to avoid common grazing mistakes.

62) How to Get Started in Beekeeping  All levels  
Isenberg School of Management 125  
Roland Sevigny: Gardener, fruit grower, winemaker, MA Beekeeper of the Year: 2000. Beekeeping is a fascinating & rewarding hobby. One-third of the food we eat is a result of honeybees’ pollination, and they are environmentally threatened. Learn how to have them work for you & give you honey too. We'll cover equipment needed & how to get started.

63) Indoor Composting with Redworms**  Beginner-Intermediate  
Isenberg School of Management 129  
Carol Schminke and Lynette Courtney: long-time professional gardeners, nursery owners and worm farmers in Vermont. Let The Wacky Worm Sisters of Down To Earth Worm Farm educate and entertain you, while revealing the secrets of success to indoor composting and sharing the benefits the worm castings will have for your garden and potted plants.

64) Los Básicos de Fertilidad del Suelo  All levels, in Spanish  
Campus Center 911-15  
Frank Mangan: Dept. of Plant, Soil & Insect Sciences, UMass Amherst. Yo hago investigación, enseñanza y extensión en la producción y marketing sostenible de hortalizas. El enfoque de mi presentación será la evaluación de la fertilidad del suelo, con el uso de los resultados del análisis del suelo, y como se puede añadir fuentes orgánicas de fertilidad al suelo para proveer nutrientes que necesitan las plantas y también para mantener un suelo saludable.

65) Introduction to Water Bath Canning  Intermediate  
Wheeler Dorm Basement Kitchen  
Clio Fisher: Decades of experience with canning, which she learned from her parents. Eric Fisher: Clio's all time favorite piece of canning equipment. We will demonstrate the equipment used and method of canning fruits and tomatoes by the water bath method from start to finish. Safety will be emphasized. We will explain jar storage and management, shelf life, and tips on using canned foods.
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LIFE: Locally Integrated Food and Energy**  Intermediate
Campus Center 917
David Yarrow: Earth advocate, food educator, farming activist, teacher, and healer.
LIFE is a strategy to assure our NE region's capability to grow & distribute food & renewable biofuels in the next decade. Self-reliance in food & energy requires us to rebuild local infrastructures of community-centered farming & forestry systems to increase our capacity.

Luscious Landscaping * and ** All levels
Campus Center 101
Lee Reich: gardening consultant, author of "Landscaping with Fruit."
Deb Goldman: In charge of harvest on her farmden (more than a garden, less than a farm).
Fruits can be used as specimen plants, potted plants, evergreens, and for their specific features like bark, flowers, fall color, and of course fruits. Maintenance, fruit drop, and pest control considerations. What are the best plants for offering both edible fruit and beauty?

Making the Most of Your Woodland All levels
Campus Center 903
Michael Farrell: Director of Cornell University's Uihlein Forest in Lake Placid, NY.
I'll cover how to manage your woodlot for the greatest yield from limited resources. Topics will include timber management, managing non-timber products such as edibles, medicinals, florals, and specialty woods products, and options for grazing animals in the woods.

Maple Sugarin’ Beginner
Campus Center 811-15
Leslie Cox: Farm Manager at Hampshire College, maple sap in his veins.
I'll talk about sugar's origin and how natives processed maple sap. And then I will show slides of how we maple sugar at Hampshire College.

NAIS: What It Is, And What You Can Do About It All levels
Isenberg School of Management 117
Judith McGearry: Attorney, and grass-based livestock farmer with her husband
National Animal Identification System (NAIS) is at a critical stage, with USDA holding listening sessions & Congress debating funding it. Come learn what NAIS is, recent developments & what you can do. We'll briefly touch on related developments in food safety bills.

Nuts & Bolts of a Financially Successful Business** All levels
Campus Center 168C
Michael Faber: General Manager of the Wild Oats Market in Williamstown, MA.
Dan Kaplan: Farm Manager at Brookfield Farm, Amherst, MA.
We'll focus on the “Key Factors” necessary for a successful business from a retail manager and farm manager perspective. We'll look over financial reports and discuss strategies for improvement, including income & expense management and labor & material costs.

Pasturing in Extreme Conditions*** Intermediate
Campus Center 805-09
Stephen Herbert: Plant, Soil & Insect Science Prof., Livestock Extension Program Leader.
Extreme pasture conditions are often drought-related. Cool, wet conditions & too much forage can also create problems. We'll talk about options for meeting the goal of optimizing grazing intensity to meet the needs of the animal & long term productivity of the pasture.
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Madeleine Charney, Leslie Cox,
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74) Perennial Plant Care**  All levels
Isenberg School of Management 123
Stephanie White
We’ll cover deadheading, dividing, watering, etc.

75) Raising Organic Hogs from Piglet to Porkchop  Intermediate
Campus Center 165-69
Michael Glos and Karma Glos: Diverse farmers.
We will go through what is needed to raise organic pork including: finding piglets, management, healthcare, different housing methods, and working with your butcher. We will also touch on marketing and producing your own piglets.

76) Sustainable Mushroom Cultivation For Home & Farm  All levels
Campus Center 162-75
David Demarest: Striving to develop truly sustainable mushroom production. Compare common indoor and outdoor mushroom cultivation techniques and learn the principles and specific methods of producing specialty mushrooms in the most sustainable manners possible. 20-30 minutes will be reserved to answer questions and expand upon topics of interest.

76A) Getting Into Raw Foods  Beginner
Campus Center 904-08
Rawdawg Rory: Certified living foods chef and certifiable raw food nut!
Come and check out my workshop where you’ll learn some of the many health benefits of raw foods. I’ll briefly share some of my own experiences and then show you how to make some quick and tasty raw vegan eats! For more information about me check out www.rawdawgrory.com.

76B) Humanure  Beginner-Intermediate
Campus Center 803
Bill Duesing: Executive Director of CT NOFA, Farmer and author.
When you decide to defecating into drinking water, the Humanure system is a low cost and easy way to start. Learn the whys & hows for when dealing with your human wastes.

TEEN WORKSHOPS – SATURDAY 8 – 9:30 AM – Grad Lounge, Campus Center
77) Coastal Erosion, Fisheries, and Climate Change
Woody Ruiz: Oyster shucker, camp counselor, chef, lover of dogs and children.
Hurricane Katrina showed that shoreline protection from storm surge is declining dangerously because of the levee system and the oil industry. How does continued erosion of wetlands affect us in the Northeast? How can we deal with this problem?

78) Natural Remedies for a Toxin Free Life!
Arshinder Kaur: Environmentalist, works with farmers in Punjab for Organic Certification.
We’ll learn about natural remedies derived from vegetables and spices whose values go unidentified, unrecognized, and largely undocumented today. Participants will get a visual, palette, action-oriented demonstration of this material.
KIDS’ WORKSHOPS – SATURDAY 8-9:30 AM – Cape Cod Lounge, Student Union

79) Calf Care (All ages)
Brad Teeter: Farm Manager at The Farm School.
Josh Pincus: Staff at The Farm School.
Kids will get acquainted with 5 month old jersey calves, handling them, grooming them, and eventually leading them around a yard with a lead rope.

80) Dogs Herd Ducks; Kids Herd Kids (All ages)
Jill Horton-Lyons: Has been working with dogs for three years and is still a beginner.
Jim Lyons: Jim may some day work his own dog.
What good are border collies? Why are they not good for family pets (usually)? We’ll talk about how herding dogs work, how commands are given, what they can and can’t do.
Several dogs will work ducks and kids will get a chance to be both dogs and ducks!

81) Down on the Farm (Ages 3-8)
Janna Boettcher: Creative Mom who loves music, kids and silly fun.
Clare Boettcher: Fun-loving teen who enjoys animals and all types of music.
We will have some fun with songs, games and crafts all related to fun on the farm. Yeehaw! Come on down!

82) Karate Kids (Ages 5-7)
Lexi Ugelow: Kempo Junior black belt and team leader.
Endre Jobbagy: Kempo black belt.
Kids will have a blast learning fun karate moves through playing games.

83) Wildcraft: Herbal Adventures (Ages 7-12)
Maria Horvath: A naturalist and native of North Carolina.
Anais Sidonia: Avid herbal eater.
We will play a cooperative game that will challenge kids through the senses and teach them to identify important edible and medicinal herbs and their uses. This will be herbally tasty!

ADULT WORKSHOPS - SATURDAY 10:00 – 11:30 AM

84) Alternative Health Practices for Livestock*** Intermediate
Campus Center 804-08
Michael Keilty: Farmer, Sustainable Ag Educator & Researcher at UConn.
Important concerns regarding food safety, particularly antibiotic and chemical residues in meat, milk, and other livestock foods have stimulated a renewed interest in alternative methods of promoting livestock health. We will examine many alternative health practices currently being examined by farmers, researchers, and veterinarians.

85) Bicycle Empowerment Beginner
Meet at Registration Tent--CANCELLED
Ariel Stimson: Sustainability major and co-manager at UMass Bicycle Co-operative.
David Diorenzo: Same, but Social Thought and Political Economy Major.
With 5-10 participants, we’ll pull apart a bike piece by piece to demonstrate how the mechanisms work together. We’ll also lay out what a beginner’s toolbox should include, including cleaning/maintenance tools, and demonstrate how a trailer can be hooked up to a bicycle for hauling heavy loads. If there’s time at the end we’ll do how-to demonstrations of more specific lessons (i.e. how to change a flat) depending on what participants want to learn.
86) Cultivating a profit from Community and School Gardens
Isenberg School of Management 129  Intermediate
Aviva Asher: Coordinates Urban Ag & Youth programs for Groundwork Somerville.
I’ll take about Groundwork Somerville’s entrepreneurial ventures that sustain a non-profit
garden program, allow youth to develop entrepreneurial and farming skills, and demonstrate
the importance of economic sustainability in any farm venture. Pedal powered compost
pickup, farmers markets, value-added products, and more.

87) Gardening in the 21st Century: The Sustainable Landscape**  All levels
Campus Center 168C
Marie Stella: Landscape Historian, designer of a LEED PLATINUM house and landscape.
Gardeners going green take a proactive role: Dry gardening, meadow, native plants, invasive
species, wetlands, genetic diversity. Water management: permeable ground, mulch, green
ecorooft, rainwater harvesting, chemical-free swimming pools. We all can make a difference.

88) Got Stress? A Holistic Approach to Health  Beginner
Isenberg School of Management 123
Kimberly Ladue: Holistic health practitioner providing health and nutrition counseling.
I will be exploring the stress response, its effects on appetite, digestion, and overall health.
Participants will learn concrete ways to manage stress, experience well being, and get the
most out of the food they are eating.

89) Grass-fed Sheep Production and Management  Beginner-Intermediate
Meet at the sheep
Dale Perkins: Raises sheep at Mesa Farm in Rutland, MA.
I’ll cover the basics of sheep production: handling, health, nutrition, marketing, etc. Expect
some hands-on opportunities.

90) Growing Gourmet & Medicinal Mushrooms*  Beginner
Campus Center 101
Paul Stamets: Author of 6 books, owns and runs Fungi Perfecti (www.fungi.com).
I will show how gardeners, farmers, and hobbyists can grow a wide variety of gourmet and
medicinal mushrooms. These methods and species can help improve soil by recycling
“waste” products, and increase profitability while reducing the need for fertilizers.

91) Herbal Medicine From the Outside In  Beginner-Intermediate
Wheeler Dorm Basement Kitchen
Jane LaForce: Gardener, goatherd, earth lover, and sharer of wise woman ways.
Explore the healing properties of plants when applied to the outside of the body as baths
(full, foot, hand or sitz), poultices or compresses. Specific herbs will be covered and demon-
strated. Please bring a towel should you wish to have a feet or hands in experience.

92) Herbs and Companion Planting**  Intermediate
Isenberg School of Management 117
Ruth Green: Owner of Green Arts Garden Design, horticulturist, and NOFA AOLCP.
Companion planting is planting different species together to get beneficial effects: repelling
unwanted pests, attracting pollinators and pest predators, enhancing growth and contribut-
ing to soil health. We’ll cover each of these & see how they help us in the garden.
93) How Are We Going To Eat?  Beginner  
Campus Center 803  
Bill Duesing: Executive Director of CT NOFA, Farmer and author. 
I will present the many reasons why a local, organic food system is critical to our future, 
tour the local and organic food system now being created and explore some of the challenges this system faces. Learn how you can get involved in this exciting work.

94) Introducción a la Venta de Productos y Servicios Agrícola  All levels, in Spanish  
Campus Center 911-15  
Derek Mitchell: Derek es el director de Fresh Roots, un programa de jóvenes en Lowell, MA lo que maneja una finca, una cocina comercial y un negocio pequeño. 
En esta charla, puedes aprender varias maneras de ganar dinero con la producción de su finca. Hoy en día, hay oportunidades de apoyo para las fincas con turismo, en finqueros (farmers markets), cooperativas, contratos directos con restaurantes, y con ventas directas a los consumidores a través de un modelo de ‘CSA’ (agricultura apoyado por comunidades). Vamos a compartir entre nosotros mismos las experiencias y conocimientos obtenido por sus propias ventas y mercados disponibles.

95) Making the Most of Your Maples  Intermediate  
Campus Center 903  
Michael Farrell: Director of Cornell University’s Uihlein Forest in Lake Placid, NY. 
Prices for maple syrup are at record high levels and many landowners are thinking about getting into the sugaring business. This session will discuss the costs/benefits and helpful tips for starting a maple sugaring operation, leasing taps to a neighboring sugarmaker, and gathering/selling sap to a nearby maple producer.

96) Nutrient Dense Crop Production: A How To**  Intermediate  
Campus Center 174-76  
Daniel Kittredge: Director of the Real Food Campaign, studying nutrient dense farming. 
Building on the basic concepts necessary to achieve Nutrient Dense Crop Production explained in my workshop, "A Paradigm Shift", we’ll focus on steps and protocols. Soil tests, mineral balancing, anion/cation balancing, biological inoculation, brix, electrical conductivity, pH, real time soil/plant analysis and balancing, and questions. These are tools and protocols to help maximize yield, nutrient density, and shelf life, and minimize weeds, pests, and disease. Consumer experience of exquisite flavor and aesthetic beauty is the result.

97) Plant Species Diversity and Pasture Management***  Intermediate  
Campus Center 805-09  
Matt Sanderson: Research agronomist with the USDA ARS. 
I will present new research in formation on the degree of plant species diversity that is found in pastures of New England and the Northeastern United States as a whole. I will also present new research in formation on how to manage complex mixtures of forage grasses, legumes, and other plants to increase pasture productivity and persistence.

Campus Center 163C  
Michael Glos and Karma Glos: Diverse farmers. 
We will present a detailed workshop on the production and marketing aspects of a small certified organic egg business. We will cover chick rearing, housing, pasturing, egg collec-
tion/packaging, marketing and their financial importance in a successful business. We will also discuss our specific cost/benefit analysis.

99) Promoting Urban Agriculture with Inner-City Youth  All levels
Campus Center 905-09
Ruby S. Maddox-Fisher: Founder, Gardening the Community, in Springfield MA.
We’ll discuss the meaning of agriculture, why it is important, and how it can contribute to local community economy, health, and sustainable living. We’ll also discuss program ideas, activities, and methods for organizing inner-city youth in the food justice movement. We’ll discuss ways to start, sustain, and grow your program.

100) Raised Bed Gardening and Nutrient Density**  All levels
Campus Center 904-08
Sammy De: Has been growing in raised beds for 5 years in Barre, MA.
How to amend the soil of raised beds during the Fall, start plants inside, manage succession planting, plant cover crops, mulch, maintain soil fertility, put your beds to bed for the Winter, and wake them up in the Spring. Special attention will be given to raising high-brix crops with a biological approach.

101) Root Cellars & Crop Storage: Methods, Materials, and Designs  Intermediate
Campus Center 162-75
Chris Chaisson: Chris Chaisson designs and builds root cellars for Whole Farm Services.
Glenn Coville: Co-owns Wild Branch Valley Farm in Craftsbury, VT.
All growers know that cold storage is key for crops in the summer while frost protection is paramount in the winter. In this workshop we will explore root cellars and other crop storage structures that work with seasonal crop flows and talk about their application for the market grower. We will look at several designs, the different materials used, and types of construction. We’ll address the pros and cons of each type of structure.

103) Small Scale Aquaculture and Aquaponics  Beginner
Agricultural Engineering Building Room 102
Craig Hollingsworth: Director, Western Massachusetts Center for Sustainable Aquaculture.
We have several small scale recirculating and aquaponics systems with tilapia and largemouth bass. The workshop will discuss the components of the systems and the lessons that we have learned from our mistakes. There will also be an open house at the Aquaculture Lab (Agricultural Engineering Building 102), Saturday from 2:30-3:30pm.

104) Sustainable City Toolbox  All levels
Isenberg School of Management 122
Scott Kellogg and Stacy Pettigrew: Authors of "Toolbox for Sustainable City Living" and co-founders of Texas' Rhizome Collective.
In this workshop we will develop a toolkit of skills for designing ecologically resilient urban communities. Topics will include low-tech bioremediation (bacteria and fungi vs. pollution), small scale aquaculture (algae-fish-duckweed polyculture), microlivestock (chickens, worms, and bugs), autonomous energy and heating in a post-petroleum economy, and floating trash islands for water purification.
105) This Ain't Peanuts!-It's Small Farm Food Safety
Isenberg School of Management 125  Intermediate-Advanced
Steve Gilman: Policy Coordinator for the NOFA Interstate Council.
With Congress considering food safety provisions, there's a danger that small farms will be lumped in with big industrial operations and even regulated out of business. We need to push for voluntary, scale-appropriate, risk-based and science-based alternatives. Learn what NOFA and others are doing and participate in creating a solution.

106) Tools for Starting Community Farms  Beginner
Campus Center 811-15
Heather Scott: Land Conservationist who leads the Medway Community Farm project.
Hear proven methods to garner neighbor and municipal official support for community farms, and for moving a project from discussion to reality. Tools include: engaging leaders early in the decision making process; sharing stories about food, land, and community; listening and identifying concerns; and getting decision makers on the land.

107) Value-Added Products From Your Farm  Intermediate
Campus Center 165-69
Cliff Hatch: Farmer in Gill, MA growing and merchandising crops for 25 years.
Learn about marketing products from the farm direct to consumers. I will share my experience marketing everything from custom fleeces and yarns, to farmstead cheeses and farm fresh milk, to jams, jellies, farm grown flour, and flowers as well as dealing with the regulatory requirements and business costs of diverse operations.

107A) Streamlining Your Garden Maintenance Routine  All levels
Campus Center 917
Ingrid Wheeler: "Ingrid's Cosmic Gardens" landscape company; NOFA AOLCP.
Garden care is easier when you develop an efficient routine. I'll show pictures and short film clips that illustrate the secrets of deadheading annuals and perennials; choosing great plants, speedy planting techniques, improving soil; growing better vegetables; and my favorite organic fertilizers.

TEEN WORKSHOPS – SATURDAY 10 – 11:30 AM – Grad Lounge, Campus Center
108) Fiber Art Fun
Joanne Ducas: Works with the Agricultural Arts Program at Hartsbrook Waldorf School.
In this workshop we will be learning some of the basic skills of working with wool. We will examine some of the different aspects of different types of fiber and their uses, and carry out a simple felting project.

109) Making Herbal Creams and Salves
Sarah Shields: Farmer and herbalist for 12 years, owner of Birch Moon Herbals.
We will use locally grown herbs to make infused oils, learn about which herbs you might use, then use our oils to make awesome creams and salves you can scent yourself with essential oils and take home! Recipes & a list of suppliers will be included.
110) Hopi Blue Corn from Grain to Griddle (Ages 5-12)
Rachel Scherer: Massage therapist, gardener and dairy goat gopi girl.
Bruce Scherer: Bruce does invasive plant management and studies soil nutrition.
We'll strip the kernels of dried ears of Hopi Blue corn from the Chestnut Hill Grow Community Garden. We'll treat with lime to create "nixtamal", an ancient corn meal preparation that greatly increases the available protein and creates a distinctive flavor. We'll grind the wet meal, form and cook tortillas.

111) Not-so-boring Board Games (Ages 8-12)
Claire Boettcher: Crazy teen who loves animals and all types of music.
Caitlin Zampieron: Fun-loving teen who enjoys animals and children.
We will create our own unique board games that are fun for all ages.

112) Oxen (All ages)
Brad Teeter: Farm Manager at The Farm School.
Josh Pincus: Staff at The Farm School.
Basic introduction to driving a team of yearling Holstein steers. Training for farm work in the field and forest. Introduction to voice commands and using a goad (whip). There will be hands on roles with the oxen for both children and adults.

113) Singing all the Day (Ages 2-6)
Cheri Robartes: Music teacher and film maker.
Songs and movement games for the young crowd.
ADULT WORKSHOPS - SATURDAY 1:00 – 2:30 PM

114) Basic Homestead Electrical Wiring  Beginner
Campus Center 903
Sharon Gensler: Homesteader for over 30 years who has electrified the world!
A discussion of general systems and some hands on wiring technique: a receptacle, switch,
light, etc. If possible, please bring any electrical hand tools you might have (linesman pliers,
wire stripper, needle nose pliers, rippers, scraps of romex, etc.).

115) Cheese from Sunlight and Rain: Profitable 100% Grass-fed Dairying***  All levels
Campus Center 803
Jonathan S. White: Cheesemaker for 20 years and farmer for seven in Vernon, NJ.
How can 200 acres of pasture produce a nice living for a family? By combining Bronze Age
Kerry genetics with “modern” dairy breeds, White has developed the Bobolink Black
Grazer, a small, sturdy, grass-smart breed that produces cheese, suckled veal, and 100%
grass-fed beef, on just sunlight and rain . . . and salt.

Campus Center 805-09
Tom Gallagher: Cornell Cooperative Extension Albany County Livestock Specialist.
I'll present the results of an on-farm cattle feeding trial comparing eleven grass-fed steers to
eleven grain finished steers. Winter feeding of the grass-fed group utilizing brown mid-rib
sorghum sudan will be discussed in detail along with analysis of the finished meat products.

117) Continuous Lettuce Production  Intermediate-Advanced
Campus Center 174-76
Julie Rawson: Life long farmer, 38 of those years organically.
My goal in our 20 week summer CSA is head lettuce every week. Add to that mesclun on
both ends for 31 weeks all told. I will share my 27 years of experience with lettuce produc-
tion methods in both greenhouse and field.

118) Designing & Building Low Cost Farm Structures  All levels
Campus Center 163C
Jack Kittredge: NOFA/Mass Social Action Coordinator & builder of many farm structures.
I will discuss designing and constructing farm structures – from a house and barn to a
greenhouse, shed, chicken coop or range house – and illustrate such designs from my own
experience. We'll cover principles of appropriate and economic design including uses, siting,
issues of access & drainage, materials, labor, and aesthetics.

119) Dismantling Legal Obstacles to Self-Reliance  Beginner
Isenberg School of Management 122
Scott Kellogg and Stacy Pettigrew: Authors of "Toolbox for Sustainable City Living" and
cow-founders of Texas' Rhizome Collective.
Municipal codes were originally designed to protect public interests, but they can create bar-
riers to affordable, sustainable lifestyles. As more towns & cities get interested in "green"
approaches to development, a new set of policies must be created that are compatible with
these goals. We'll look at how codes either assist or hinder the implementation of sustain-
able systems, and talk about the growing movement of "recoding", with an emphasis on
rules impacting urban livestock, alternative sanitation, natural building, & alternative energy.
120) Extending the Growing Season in New England  
Campus Center 904-08  Intermediate-Advanced
Ted Dobson: Organic vegetable farmer in the Berkshires for 26 years.
I will discuss both “Artificial Season Extension” using hoop-houses and hot beds to grow throughout the winter and early spring, as well as “Organic Season Extension,” discussing the “when, how, and where” of extending your harvest into the late fall.

121) Hands-on Draft Horses   Beginner-Intermediate
Meet at the draft horses
Dale Perkins: Dale uses draft horses at Mesa Farm in Rutland, MA.
I’ll cover the basics in harnessing, driving, and management of draft horses. Expect some hands-on opportunities.

122) Introducción a la Permacultura   All levels, in Spanish
Campus Center 911-15
Marikler Toensmeier
Permacultura (Agricultura Permanente) es el diseño consciente y el mantenimiento de ecosistemas agrícolas productivos, los cuales tienen la diversidad, estabilidad y resistencia de los ecosistemas naturales. Es la integración armónica del paisaje y la gente produciendo comida, energía, cobijo, materiales y otras necesidades y de una manera sostenible.

123) Living Aloha   All levels
Campus Center 905-09
Ellen Zepp: Wife, mother, farmer, naturalist, educator, scientific writer, Hawaiian at heart.
This workshop integrates past & present spiritual & practical aspects of life & agriculture in Hawaii. Gain insight into the Hawaiian way of being & love of the land. From wherever you are on your journey, come decide for yourself what workshop content you care to apply to your life & farming practices.

124) Local Economies Connecting Communities and Agriculture   Advanced
Campus Center 162-75
Barry Hollister: Founder of not-for-profit Berkshire Harmony Community Agriculture.
A fresh look at the needs of CSAs. There are more people wanting convenient access to farm fresh produce and products than available CSA memberships, and “there’s just not enough of the good stuff to go around.” Here’s a roadmap to find solutions.

125) Maintaining Optimum Health for the Whole Family   Beginner
Isenberg School of Management 117
Tony(a) Lemos: Director of Blazing Star Herbal School in Shelburne Falls, MA.
Learn how to boost your immune system and improve your terrain in order to decrease your risk of getting sick. We will explore the use of nourishing herbs, whole foods and tonifying condiments while creating a sample year long protocol that the whole family can participate in.

126) Metabolic Cleansing for Today's Toxic World: a 3 Step Approach   All levels
Campus Center 917
Dr. Abbas Qutab: Holistic medical doctor in Worcester.
Participants will learn how the toxins in our environment and diet affect their health. Specific health issues related to toxicity that will be covered include: chronic fatigue, pain, inflammation and various chronic diseases. Participants will then learn how to do a 3 Step Cleanse to eliminate toxins from their bodies.

127) My Weedless Garden**  All levels
Campus Center 168C
Lee Reich: gardening consultant, author of, "The Pruning Book" & “Weedless Gardening”.
Deb Goldman: In charge of harvest on her farmden (more than a garden, less than a farm). Emulate, rather than fight, Mother Nature with this novel, four-part system for soil care. Applications to new plantings as well as maintaining existing plantings will be discussed. Rooted in the latest agricultural research, these principals and practices could also be applied to sustainable, small farm systems.

128) Mycoforestry and Mycoremediation  All levels
Campus Center 101
Paul Stamets: Author of 6 books, owns and runs Fungi Perfecti (www.fungi.com).
Mycoforestry: Forests depend upon fungi, and from them we gain many edible and medicinal mushrooms. I’ll describe my experiences using fungi to enhance forest recovery and the many benefits forest fungi contribute to human and ecological health. Mycoremediation: I’ll show several mycoremediation projects, outlining practical methods for repairing toxin-damaged ecosystems, using mycelium to enable their recovery.

129) Primitive Spinning for the 21st Century  Beginner
Isenberg School of Management 125
Michael Greenberg: Software engineer by day, organic farmer by night.
Anyone can spin. It’s easy, satisfying, fun and requires no expensive tools. In this workshop you will learn how to spin wool into thread using a stick with a technique inspired by Navaho spinners.

130) Producing Natural, Local Meat for Consumers***  Intermediate
Campus Center 804-08
Joseph Bonelli: Resources Economist at UConn Department of Extension.
Kristen Castrataro: Marketing Production Specialist, URI Department of Extension.
Concerns regarding food safety, farm preservation, and family viability have stimulated renewed interest in producing local food. The grant is designed to increase engagement of Cooperative Extension Personnel in CT, MA, and RI Departments of Agriculture and other state and local agencies, NGO’s and farmers in the production, processing, and marketing of natural local meat.

131) Public Schools and Summer Programs  Beginner
Campus Center 811-15
Lynda Simkins: Farm Manager of Natick Community Organic Farm.
Learn about programs that draw upon the vast potential of public schools as centers for food-based education & community service and programs that serve youngsters, especially during the summer. Tools include: integrating programs with farm cycles, developing engaging curriculum, satisfying state requirements, and setting appropriate budgets & prices.
Raising Sheep: Why and How  
**Beginner-Intermediate**

Meet at the sheep & herding dogs


Sheep can benefit land & farmer in many ways. We'll cover their ever changing seasonal needs (housing, food, fencing, moving, health care & reproduction). Breeds vary greatly (carcass yield & flavor, wool, temperament, amount of feed) – we'll compare many. We'll discuss costs, marketing strategies, and predator protection. Herding dogs will be present along with sheep.

TOUR: Red Fire Farm’s Vegetable Farming Machinery * and **  
**Intermediate-Advanced**

Ryan Voiland: Owner and manager of Red Fire Farm – 900 member CSA.
Sarah Ingraham: Red Fire Farm personnel and marketing manager and tractor operator.

In this tour of Red Fire Farm, we will focus on the equipment we use for growing over 40 acres of organic vegetables. Over the years we have added a variety of equipment to allow the farm to grow from a 1 acre market garden into the current scale. This tour will provide demonstrations of some of our specialized equipment including an Imants Spader and Kennco bedformer. We will also discuss our overall approach to equipment acquisition and also how the different implements work together to make our growing system as efficient and effective as possible. The tour will also include some of our fields and greenhouses.

**DIRECTIONS:** Drive to Amherst center, and then continue on 116 south, past Hampshire College. Follow 116 south up and over the notch. Turn left onto Amherst Street. At the yellow flashing light, turn left onto West Street. West Street T’s into Route 202, turn left. Pass the Granby town common and take a right onto Taylor Street. Turn left at the first stop sign onto what continues to be Taylor Street. Turn left again at the intersection onto Carver Street. Red Fire Farm will be on your immediate left. Allow for 30 minutes travel time. **ADDRESS:** 7 Carver Street, Granby, MA

TOUR: Sidehill Farm Dairy  
**Intermediate**

Paul Lacinski and Amy Klippenstein: Small-scale dairy & vegetable farmers, homesteaders.

We will walk pastures and discuss intensive grazing, grass, manure, and fertility management, and animal health. We will also tour the milking facilities and discuss milking procedures, sanitation, and regulations for raw milk and processed dairy products. Tasting of raw milk and yogurt will follow. **DIRECTIONS:** Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, Deerfield, and Conway, and on to Ashfield center, enjoying the consistent drop in temperature as you gain elevation. Make a right onto Baptist Corner Rd. This will be your first right once you get to Ashfield Center; St. John's Episcopal Church is on the opposite corner. Follow Baptist Corner Rd for 1.75 miles. Turn right on Beldingville Rd, at the sign advertising raw milk for sale. Pass the next milk sign, and continue to the T. Turn right, this is Bellus Rd. #553 is the second driveway on the right. Drive past the house and back toward the barns. Total driving time from UMass- 45 minutes. Please plan accordingly! **ADDRESS:** 553 Bellus Rd, Ashfield, MA 01330.

Urban Farms: Connecting Urban Communities to Local Food  
**Beginner**

Isenberg School of Management 129

Matthew Kochka: Manages ReVision Urban Farm in Dorchester, MA.

I will review methods that we use at ReVision Urban Farm to connect our shelter residents and low-income community in Boston with local produce that we grow or source. I will
also go over some of the other successful programs employed by other local farms and hunger relief agencies.

137) Veggies Your Family Will Love!  
*Beginner*  
Wheeler Dorm Basement Kitchen  
Ibtihaj Amatul-Wadud: Director of Gardening the Community, a youth urban ag program.  
Qamaria Amatul-Wadud: Junior staff supervisor at Gardening the Community.  
This workshop will show you how to make a very delicious meal abundant in veggies! We’ll also show a few smaller meals that are jammed packed with veggies and are absolutely tasty down to the last bite! You could share them with your family….or sneak and keep them for yourself. Yes, they’re just that good!

138) Winter Growing for CSA  
*Intermediate*  
Campus Center 165-69  
Kristin Lewis: Kristin's goal is to enjoy life to it's fullest.  
Local produce year round is in demand! Rabbit’s Dance Farm’s winter CSA program, in its 6th year, runs from October through December. We’ll tell you how we run our program, and we’ll also talk about crops that grow well for us (in northern Rhode Island), specific varieties we like, planting and seeding dates, harvesting tips, and storage tips. And, we’ll bring photos!

138A) The Affordability Barrier: Connecting Low-Income Folks to Fresh Food  
*Intermediate*  
Isenberg School of Management 123  
Kathryn Prybylski: Project Manager--Landscape & Infrastructure, Groundwork Lawrence.  
Janel Wright: Responsible for delivery of GWL’s fresh food programs.  
Fresh food is often out of reach for low-income people, who are also most burdened with diet-related disease. Learn how GWL is elevating Lawrence’s food security issues and shaping its programs (Farmers Market, CSA, and community & schoolyard gardens) to promote and advocate for greater access to fresh local food for low-income people.

**TEEN WORKSHOPS – SATURDAY 1 – 2:30 PM – Grad Lounge, Campus Center**

139) Beginning Goat Keeping  
Kaethe Armitage: Has kept goats for two years and has started breeding them.  
Jennifer Caron: Has been keeping dairy animals nearly her whole life.  
In this workshop, we will cover many aspects of keeping healthy and happy goats, including health concerns, housing, feeding, and breeding. We will also discuss all the great things you can do with goats and their milk. We will have a couple of lovely goats for you to meet!

140) Edible Wild Plants of the Northeast  
This workshop is a comprehensive introduction to the identification and uses of our native plants for food and beverage. This power point program features our most common and appealing plant species; samples are also provided for participants to examine and taste.
141) NOFA Anthem Parade Rap (Ages 9-12)
Valerie Walton: Music teacher and jazz musician.
We’ll review the NOFA anthem rap we wrote for the 2008 parade using facts about farming and the environment and work on performing it in the parade using movement and percussion or found sounds & add a verse for this summer’s theme, “know food, know freedom”.

142) Parade Prep (All ages)
Woody Ruiz: Oyster shucker, camp counselor, chef, lover of dogs and children.
Join us for face painting, making music, markers and flags, and dressing up with crazy hats and outfits, as we parade through the fairgrounds at 3:00PM. Older kids will perform NOFA anthem again with dance steps and percussion. NOTE TO PARENTS: Please sign your children out by 2:45pm at the latest & then accompany them during the parade. We’ll all end up back at the children's conference area for clean up and folding of flags, etc.

143) SATURDAY 3:30 – 5:00 PM – Grazing School Pasture Walk*** All levels
TOUR: UMass Pasture Research Center
Stephen Herbert: Director, Mass Center for Agriculture, Extension Team Leader Livestock.
We will view 28 pasture blends intensively grazed, innovative fencing, pasture grazing intensification, and summer annuals for grazing. DIRECTIONS: From UMass Campus take Rt. 116 north/west through Sunderland. Cross the bridge and immediately turn right on River Road (north). Travel 1 mile to farm just past the housing development. Look for signs for parking. ADDRESS: 89-91 River Road Deerfield MA, 01373.

144) Acquiring Land: Strategies and Options Beginner-Intermediate
Isenberg School of Management 125
Bob Bernstein: Co-director of Land For Good.
I'll address a critical challenge for entering farmers: acquiring land. I'll talk about various ownership and leasing options & how to decide what's right for you. I'll include how to work with different types of landowners as well as how to find and assess properties.

145) City Chickens: Hens in Cities and Suburbs Beginner
Campus Center 917
Meg Taylor: Farm educator and founder, Pioneer Valley Backyard Chicken Association.
Come be a part of the City Chicken revolution! In this beginner's workshop, you will learn how to get started with a backyard flock to call your own, topics covered include: food, shelter, health, egg production, breeds, regulations general care and helpful resources. Handouts provided.

146) College to Collards: Creating Campus Gardens All levels
Campus Center 803
Hannah Eisler Burnett: Program Coordinator for the Yale Sustainable Food Project.
Daniel MacPhee: Farm Manager at the Yale Sustainable Food Project.
In this workshop, you'll learn about organizing around food and agriculture on your campus. We'll talk about the best methods that have helped us to create a more sustainable dining system and that helped us break ground on our university’s educational farm. Come glean and share ideas about how to start a garden at your college!
147) Connecting Growers and Buyers  All levels
Isenberg School of Management 122
Jeffrey Barry: Founder and Owner of Boston Organics.
Learn what wholesale buyers are looking for when forming a partnership with a local grower. From personal experience, I will discuss what has worked for me when partnering with a farm. Challenges and opportunities will be covered.

148) Cultured Dairy Products*  Beginner
Campus Center 101
Rebecca Buell: My perfect foods: raw milk, cheese, kefir, and yogurt. Yum! Learn tips and techniques to make shaken butter, a simple soft cheese, kefir, and the easiest yogurt ever. I will bring samples of the different cheeses that you can make from this basic recipe by adding herbs and spices.

149) Food as Medicine  Beginner
Isenberg School of Management 123
Betzy Bancroft: United Plant Savers and Vermont Center for Integrative Herbalism.
We've always known that our food is our best medicine, so how do we make that real for ourselves? I will discuss the health benefits of common whole foods including berries, grains, vegetables and culinary herbs along with yummy recipes.

150) Food Safety: What's Next?  All levels
Campus Center 805-09
Jack Kittredge: NOFA/Mass Social Action Coordinator.
Recent foodborne disease outbreaks have led to bills being filed in Congress and agencies writing regulations designed to protect consumers from contaminated food. These will apply to industrial as well as small scale, diversified, organic farms. This workshop will present and discuss many of these proposals and how they impact organic growers.

151) Growing Whole: An intro to Psychosynthesis for Farmers/Gardeners  Beginner
Campus Center 903
Pru Smith: Lives on a small homestead in Wendell, MA.
An experiential workshop. Explore your inner Landscape, Cultivate an appreciation for all of who you are, Grow a deeper connection with Self. Psychosynthesis is a wholistic model for personal growth based upon the work of internationally renowned psychologist, Roberto Assagioli.

152) Health Focused Dentistry  Beginner
Campus Center 904-08
Introduction to all aspects of health-focused dentistry: safe mercury amalgam removal, root canal education, TMJ evaluation, materials biocompatibility, electrodermal screening, chelation therapy, homeopathy, detoxification therapies and more.
153) Heirloom Economy  All levels
Campus Center 165-69
Tim Wightman: Visionary Farmer, Activist, Author and President, Farm-to-Consumer
Foundation.
Every purchase you make from/as a small and local farm stimulates our national economy
– exponentially. Small farmers and their customers are the real (and proven) stimulus pack-
age. Learn about the little-known seven-fold multiplier effect and how small farms used it
to pull the USA out of the Depression.

155) More than Just Food: Mission-Driven Education   Beginner
Campus Center 811-15
Greg Maslowe: Farm manager at Newton Angino Community Farm.
Learn management strategies for incorporating middle school-aged youth and older as
meaningful contributors and active learners on community farms. These include organizing
programs around volunteer days, work programs, and adult education. Attracting diverse
audiences furthers the mission of empowering people to practice local agriculture in their
backyards.

156) On-Farm Water Quality Monitoring**  Beginner
Campus Center 905-09
Perry Thomas: Teaches ecology and monitors lakes in northern Vermont.
This workshop provides information and training for those interested in establishing long-
term, water-quality monitoring programs. Participants practice using survey sheets that sup-
port rapid assessment of streams and ponds. We will also consider invasive aquatic species
and the importance of watching for new introductions.

158) Putting Up Food: Local Eating for the Year   Beginner-Intermediate
Campus Center 168C
Leo Pollock: Education Director at the Southside Community Land Trust in Providence,
RI.
How to preserve as much food as possible in New England over the course of a year. I
started from scratch and want to inspire others to jump in! I’ll cover the historical context
of food preservation, share my own experiences with canning, freezing, fermenting, and
drying, and end with a discussion so that people can share stories, ask questions, offer tips,
etc.

159) Replacing Invasive Plants with Natives Varieties**  Beginner-Intermediate
Meet at Registration Tent
Carol Schminke and Lynette Courtney: Sisters Lynette and Carol are long-time professional
gardeners, nursery owners and worm farmers in Vermont.
Some of our most useful landscaping plants have been found to be "exotic invasives",
which have gone on to overrun many native varieties! Learn which natives can be used to
replace them, while offering equal beauty, wildlife food & habitat, and help protect our nat-
ural ecosystems.
160) Small Growers Co-ops for Farm Viability  
Isenberg School of Management 117  
Beginner-Intermediate

Richard Pederson: Urban farmer and a Founding member of Little City Growers Co-op.  
Christina Dedora: Flower grower & founding member of Four Friends CSA.  

Little City Growers Co-op and Four Friends CSA were created as Grange Spirited ways for farmers to cooperate in efforts to run a successful mixed income farmer’s market stand, manage a 100+ member CSA, and meet the growing demand for local produce from area restaurants. We will discuss how to set up your own co-op and share the challenges and rewards of this model in terms of community and sustainability.

161) Starting A Farm  
Beginner  
Campus Center 163C

Elizabeth Henderson: CSA Farmer for 21 years and author of "Sharing the Harvest."  
Having started over three times myself, I will share some stories and photos of my beginnings and then help participants think through the resources you need – physical, financial, and mental – to start a farm of your own or to expand a garden into a commercial enterprise. I will stress substituting creativity for loans or a trust fund and point the way to many resources.

162) Storage Crops for Market: Expanding into Winter Availability  
Intermediate  
Campus Center 162-75

Chris Chaisson: Designs and builds root cellars for Whole Farm Services.  
Glenn Coville: Co-owns Wild Branch Valley Farm in Craftsbury, VT.  

Northern growers know a short and very intense season. In this workshop, we will explore how storage crops can expand market season, spread workload, and ensure a better price for your crops. We will look at planning for field production, harvest procedures, potential markets, and the basic conditions and structures that will ensure fresh and quality produce long after the snow flies.

163) The Path To Nutrient Density**  
Intermediate  
Campus Center 174-76

Derek Christianson: Farmer and community educator in Dartmouth, MA.  
Come learn about tools, techniques, and amendments used at Brix Bounty Farm as we work toward growing nutrient dense crops. We’ll share results from this season’s data measuring pH and brix levels, monitoring soil conductivity on a weekly basis, and taking monthly “weak acid” soil tests through International Ag. Labs.

164) Sustainable, Affordable, and Ecological Living  
Intermediate  
Campus Center 804-08

Jen Smith: Organic farmer, beekeeper, conservationist.  
Megan McDonough: Community organizer, planner, environmentalist.  

Community and conservation land trusts partner with farmers to conserve farmland and provide sustainable housing. Using examples, we will describe how each functions, typical funding sources, and the tools that get the job done, including conservation and affordability restrictions. Learn who to contact about Together on the Land options.
Meet at the cow

Dominic Palumbo: 20 year NOFA/Mass member, has milked a cow for 15+ years.
This is a beginners’ intro to a family cow. We’ll explore what’s required for land, barn and
equipment; the lifecycle, health, veterinary, and feed needs of the cow; the time and person-
al commitments; and milking, milk and milk products. Meet Honeysuckle (the cow) too.

165A) Changing the Landscape of Landscaping: Organic Land Care Activism**  All levels
Campus Center 911-15
Bernadette Giblin: NOFA AOLCP, activist & owner of Safeguard Organic Landcare.
Don't preach to the choir! Promote truly green land care strategies on local and regional
lands now! We'll share local and regional stories of encouraging administrations to end the
use of synthetics and go petrochemical and pesticide free on public and private grounds.
I'll share my vision to organize a student movement on college campuses to encourage
administrations to go green on the grounds with 100% pesticide free, organic alternatives.

165B) Community Acupuncture for All  All levels
Isenberg School of Management 129
Tess Bois: Acupuncturist in Fitchburg, Mass. who provides affordable acupuncture.
Community Acupuncture, which is affordable individualized acupuncture treatments in a
group setting, has recently become available in the United States. Participants are encour-
gaged to volunteer to experience a treatment. Brief lecture on important aspects of commu-
nity acupuncture: affordability; accessibility; treatment methods; and the community
acupuncture network. Handouts provided.

TEEN WORKSHOP - SUNDAY 8 - 9:30 AM - Graduate Lounge, Campus Center
167) You GLOW Girl!
Melanée Addison: Founder of Blue Butterfly Wellness natural care body products.
Learn how easy and fun it is to create your own personal body products like natural lip
gloss and chocolate face masks. Limit of 12 people for the workshop.

KIDS’ WORKSHOPS – SUNDAY 8 – 9:30 AM – Cape Cod Lounge, Student Union
168) Candlemaking (All ages)
Rachel Besserman: Graduate student in Education at Smith College and co-creator of
We will gather to roll, sculpt and mold our very own shining lights.

169) Music and Movement (Ages 2-6)
Tad Hitchcock: Music teacher and musician who enjoys singing about the environment.
I will lead songs and movement games with my guitar in hand. I will focus on selections
which relate to the themes of garden and the environment.

170) Rubber Stamping (Ages 8-12)
Mary Lou Conna: Former elementary school teacher and craft lady.
We will sand a wooden block until smooth and then cut out a rubber stamp design from an
old tire. We will then use our stamp to create our own note cards. The cutting work is chal-
lenging but rewarding as we create something useful and artistic from recycled items.
171) Why is the Sky So High? A Play (All ages)

Tom Neilson: Teacher, father, musician, who does creative arts with children.
We will rehearse a 5 minute play about treating the environment with respect. We'll perform for the other children's conference attendees as well as teachers and other adults who can attend directly before snack. We will engage our audience in environmental thinking as well.

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

173) Community Farming in Maine: A Case Study  Beginner
Campus Center 811-15
Richard Rudolph: Executive director, Rippling Waters Farm, Steep Falls, Maine.
Relate to lessons and experiences of a dedicated citizen group that founded and now manages a nonprofit community farm. Understand implementation of business principles and key details of legal structure, marketing, finances, and staffing. Learn how the farm has engaged the public in a model farm-to-school education project.

174) Culinary Herbs for Fresh, Potted and Dried Sales  Beginner
Campus Center 163C
Michael Glos and Karma Glos: Diverse farmers.
Learn how we produce and sell herbs from April to December by utilizing greenhouses, high tunnels, field production, and drying areas. We will show how we integrate unheated overwintering of motherplants with early season cut and potted herb sales.

175) Farms Forever: Farm Transfer Resources  All levels
Campus Center 805-09
Katie Cavanagh: SEMAP's Farms Forever Coordinator and farmer in E. Bridgewater, MA.
This workshop details SEMAP's experiences with Farms Forever, a program designed as a local, on-the-ground catalyst to help Southeastern MA farms with farm transfer planning. We'll describe our offerings, lessons learned, current "marketing" approach, and case studies. If you're considering your farm's future, this workshop is for you.

176) Forming and Maintaining a Group Garden  All levels
Isenberg School of Management 123
Sondra Sprinkling and Michael Rice: Have been coordinating a garden collective for over 10 years with 10 neighborhood families in Delmar, NY.
Our group garden consists of about 10 households of varied experience levels who share the work and the harvest collectively. We learn from one another from year to year, and enjoy a weekly potluck during the season. This will be a discussion format in which we hope participants will share their own experiences or yearnings for gardening cooperatively.

177) Generating an Income and Empowering Teens  All levels
Isenberg School of Management 125
Derek Mitchell: Director, Fresh Roots Program, United Teen Equality Center, Lowell, MA.
Through the experience on our youth-run organic farm and commercial kitchen, the UTEC Fresh Roots program has developed products and business plans to support the program. From baked goods & flowers sold through the CSA to value-added products sold at market, we generate income and teach young people how to run a small business. We'll talk about lessons we've learned, and have a brief discussion for participants to share best practices.
178) Growing Black Walnuts for Timber and Sustenance**  All levels  
Isenberg School of Management 129
Bill MacKenty: Longtime druid greenman and scrounger for 60 years! 
Juglans nigra is an amazing tree producing both highly nutritious nuts and incomparably valuable timber. Hardy in New England? Yes! Come learn incredible facts about how you can grow and harvest this tree. We will also discuss equipment and technology useful for realizing a crop from your own trees.

179) Lyme Disease: A Conventional and Naturopathic Medical Perspective**  All levels  
Isenberg School of Management 122
Dr. Emily Maiella: Lyme-literate Naturopathic Physician, practicing in Montague, MA. 
As Lyme disease reaches endemic status in areas of Western MA, it is essential that all lovers of nature, farmers and back-door gardeners become more educated and aware of Lyme disease and other tick-born co-infections. We will focus on signs and symptoms, tick identification, diagnostic criteria and treatment, both from a conventional and naturopathic medical perspective.

180) MA Beginning Farmers - Programs Assessment  Intermediate  
Campus Center 911-15--CANCELLED
Jennifer Hashley: Director of the New Entry Sustainable Farming Project. 
Hugh Joseph: Has a long history in food systems design and planning. 
We will present the findings of our MA Beginning Farmer Strategic Planning process and invite participants to help us brainstorm ways we can build collaborations between new farmer programs in Massachusetts. We’ll share what we learned and gather input to move forward with coalition-building, policy suggestions, and strategies to help more people connect to land and succeed in farming.

181) Market Mobile: Better Food Distribution  All levels  
Campus Center 162-75
Noah Fulmer: Executive Director of Farm Fresh Rhode Island. 
Farm Fresh RI’s new program for delivering food to business and institutional customers. Market Mobile uses online ordering, shared trucks and pooled invoices to model a more efficient local food delivery system in Rhode Island.

182) Nature as Model: Rearing and Breeding Pigs in the Woods  Beginner  
Campus Center 168C
Craig Haney: Livestock manager at Stone Barns Center for Food & Agriculture. 
Ancestral pigs were woodland creatures, concerned with stable social groups, feed, scratching posts, and wallows. From purchasing stock, portable electric fencing, housing and waterers to logistics of groupings, breeding stock and group farrowing, the workshop explores husbandry practices that allow pigs to express their genetic hardwiring while raising a superior product.
183) Political Climate for Raw Milk  All levels  
Campus Center 903  
Pete Kennedy: Interim President, Farm-to-Consumer Legal Defense Fund.  
I will be speaking about recent developments regarding state and federal enforcement actions against raw milk producers and consumers and about the growth of the raw milk movement. I will also talk about legislation pertaining to raw milk at the state and federal level, and contractual models used to increase the distribution of raw milk.

184) Preserving Land in the City for Food Production*  Beginner  
Campus Center 101  
Katherine Brown: Executive Director, Southside Community Land Trust, Providence, RI.  
Michelle Sheehan: Rhode Island chapter of the Nature Conservancy and the Rhode Island Department of Environmental Management’s Land Acquisition Program.  
Drawing on Southside Community Land Trust’s 25+ year history in Providence RI, we will explore challenges, opportunities, and creative solutions for your own circumstances re: preserving and using urban land for food production. Topics: building supportive partnerships with growers, neighbors, government agencies; and securing long-term land tenure options when purchasing is not possible.

185) Producing Diverse and Biologically Active Compost Tea**  Intermediate  
Campus Center 165-69  
Peter Schmidt: Co-founder & partner, Compostwerks!. In the horticultural field since 1984.  
Compost Tea is the least labor intensive method of introducing beneficial micro-organisms into your growing system. The attendee will hear all about the importance of compost sources, brewing equipment, application techniques and food resource management. There will be an interactive discussion about soil biology and its role in plant nutrition.

186) Small-Scale Grain Production  Intermediate  
Campus Center 917  
Tevis Robertson-Goldberg: Raises vegetables, cattle, and sheep at Crabapple Farm.  
I will present my experiences with growing small grains on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. A historic perspective will show that there are appropriate methods for this region that need to be relearned.

187) Take Grazing to a Higher Level  All levels  
Campus Center 905-09  
Matthew Biskup: Grazes beef and dairy cattle at King Creek Farm in Ware, MA.  
Add tall grazing to your toolbox and find improved animal health, nutrient loading and fly and parasite control as just some of the benefits.

188) Teaching Kids in the Kitchen, Barn, and Garden  All levels  
Isenberg School of Management 117  
Meg Taylor: Farm Educator.  
Hope Guardenier: Garden Educator.  
Alya Stoffer-Koloszy: Early childhood Educator, Camp Director.  
Educators from The Farm Education Collaborative will lead fun, hands-on activities that adults can do with children at home or in school. Learn how to make tasty snacks using seasonal produce, use math and science in the barnyard, and create a successful kids garden. Demonstrations and discussion. Resources provided.
189) Tomatoes 101   Beginner-Intermediate
Campus Center 174-76
Matthew Kochka: Manages ReVision Urban Farm in Dorchester, MA.
Learn the basic info needed to raise great tomatoes. Matt will go over pruning and training
methods. He will go over basic pest and disease control as well as explain fertilization and
irrigation needs of this finicky plant.

190) TOUR: Brookfield Farm's CSA Management   Intermediate
Adan Martinez: Has worked at Brookfield Farm since 2007.
Overview of entire farm operation from fertility management to harvest to marketing.
Special focus on CSA Management. DIRECTIONS: Head through the center of Amherst
(on Pleasant St) going south. Go through 2 lights (the 2nd one is Rt 9) and continue
straight. Go about 3 miles. Take 2nd left after Hampshire College - onto Bay Rd heading
East towards Belchertown (strange intersection just BEFORE Atkins Farm Market).
Follow Bay Rd for 2.4 miles. Just after Southeast St, 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. Address: 24 Hulst Road, Amherst, MA.

191) Vermiculture: The Wonderful World of Worm Composting   Beginner
Campus Center 804-08
Joan O'Connor: Playing with worms for 16 years, gives lectures, demos, and sells at market.
The demonstration will show how to take any container and turn it into a worm bin -- a
great project for farmers, gardeners, schoolteachers, homeschoolers, recyclers, environmen-
talists and hobbyists. Instead of discarding beautiful garbage, feed it to your hungry worms.
Anyone can have a worm bin from apartment dwellers up to farmers.

192) Zero Waste: A Solution to the Garbage Crisis   Beginner
Campus Center 803
Tracy Frisch: homesteader, writer, Regional Farm & Food Project founder.
Despite municipal recycling, Americans excel at producing garbage. The new Zero Waste
paradigm goes beyond recycling to conserve resources and prevent pollution/greenhouse
gases. What are these strategies? How are they working? What about landfills and inciner-
ators? As organic farmers and consumers, what is our role? How can we do better?

192A) Slow Foods for Quick Preparation   Intermediate
Wheeler Dorm Basement Kitchen
Tess Bois: Community acupuncturist and food fermenting enthusiast and pragmatist.
Dawn Desilets Sulmasy: Holistic Health Counselor whose passion is to feel great everyday.
This workshop emphasizes “living” foods that require some advance
planning but are easy time-savers for later meals. Learn about culturing,
dehydrating, making broths, and acidic cooking. Answers the question, “Why bother?”
Includes menu planning, foods to taste, notes with recipes, health benefits, kitchen econom-
ics, and equipment list.
193) Backyard Chickens
Alice Armen: Backyard farmer in Montague with garden, heritage poultry and dairy goats. Learn about keeping chickens at home. We will explore housing options, management options, and talk about ideas for developing good relationships with neighbors. We will also talk about choosing to raise one breed or a mixed flock and take a look at different heritage and commercial breeds. There will be examples of several live birds at the workshop. In addition, we will talk about how to manage broody hens and how to successfully incubate chicks. An incubator will be on display with eggs at various stages of development, which we will candle (look into with a light).

194) Making Nature Journals
Jenny Coy and David Coy: Raise vegetables, goats, chickens and journals. Participants will explore a variety of bookmaking techniques and make an individual handmade journal. This will be a multi-step process involving folding, binding and creative decorating. If there is time, we will also do some nature observation and journaling. Open to 12 year olds (next year's teens).

KIDS’ WORKSHOPS – SUNDAY 10 – 11:30 AM – Cape Cod Lounge, Student Union
195) Discovering Wind Energy (Ages 8-12)
Mark Walter: K-5 science specialist, with a focus on environmental education. Come and join us to discover the power of wind! We will explore some of the amazing things that can be done with wind like kite making and windmill building. This workshop is sure to blow you away!

196) Farm Soccer (All ages)
Tom Szekely: Is often calm as a fish, sometimes rambunctious as a chimp.
Maggie Caso
Farm Soccer is a playful, semi-competitive and very-supportive way to run and kick a ball. Organic too. Started by farmers in Eastern Mass (with small goals to keep shots low), its big goal is to bring a synthesis of energy and joy to all boys & girls. All ages welcome.

197) Puppets (Ages 5-12)
Tom Stock: Has been doing puppetry for two decades with Up-A-Tree Puppetry. A 30 minute puppet show followed by hands on puppetry by the kids. They will have an opportunity to get behind stage, manipulate puppets, give them life and speech. Coaching by peers and parents will engage all who participate.

198) What is Health? (Ages 9-12)
Kimberly Ladue: Holistic health practitioner and nurse with years of pediatric experience. I will be helping children understand that their health is more than just taking care of their bodies. Children will play a fun, interactive game to explore their own health.
ADULT WORKSHOPS - SUNDAY 1:00 – 2:30 PM

199) “Real Food” From the Home Garden   Beginner
Campus Center 168C
Amy LeBlanc: Certified Organic tomato grower, gardener, musician, and teacher in Maine. “Real Food” is nutritionally dense and flavorful! Review basics of creating intensely healthy soil and improving nutrients available for crops. Mulch reduces labor, prevents disease, develops soil texture, and reduces watering. Gain skills to increase yields. Learn to pick and preserve at peak ripeness! Handouts include recipes for eating fresh, freezing, canning, root cellaring.

200) Accessing Public and Non-Profit Land for Community Farming   Beginner
Campus Center 811-15
Grey Lee: Executive director of Land's Sake, Weston, MA.
Wayne Castonguay: Farm manager, Trustees of Reservations, Appleton Farms, Ipswich MA. Consider various practices of farming on land that is land-trusted, municipally-owned, or conserved in some other way. Explore strategies that demonstrate to local officials and residents the value of public land for farming and farm-based education and that build long-term commitment in a community for land preservation.

201) Agroforestry in the Northeast   Beginner-Intermediate
Campus Center 917
Connor Stedman: Permaculture designer and nature educator from Western Massachusetts. This workshop surveys regenerative agroforestry practices appropriate for the Northeast. We will discuss coppice, nut woodlands, low-maintenance fruit crops, full-shade forest farming, silvopasture, and more. We will explore the land use history of the Northeast, and ancestral agroforestry practices from around the world, as context and guidance for our management decisions today.

202) Bio-intensive Backyard Gardening   Intermediate
Campus Center 162-75
Danielle Andrews: Backyard gardener/urban farmer & educator, The Food Project, Boston. We will discuss techniques available to backyard gardeners with limited space who would like to maximize their fruit and vegetable production. Examples include square foot gardening, season extension, crop and variety selection. A power point will highlight various gardens managed by the presenter as well as from The Food Project’s urban farms.

203) Cooking with Herbs   All levels
Isenberg School of Management 117
Deb Hayes: Herbalist, holistic health educator. Teaching/sharing knowledge for 20 years. David Xanatos: Herbalist, hypnotist, communications specialist for over 20 years. Culinary herbs are not only easy to grow, but can enhance the flavor of our food and improve our health with their nutritional and healing qualities. I will demonstrate some delicious herbal recipes as well as discuss some preservation methods and the many benefits of several culinary herbs. Handouts. Samples.
204) Deep Green Technology, Home Planning, and the Code
Campus Center 911-15
Jonathan von Ranson and Susan von Ranson: Lived for years in a beautiful, remote home without electricity, have worked actively for a humbler human presence in their community. We're working with grassroots, town (Wendell, MA), and state organizations for permits for a non-electric new home. How we are confronting “minimum standards” codes that require electricity, concerns about unequal code enforcement, the systems we are proposing for water, light, refrigeration, toilet, and the relationship we see to climate, our rights, etc.

205) Electric Tractors for Farm Use
Campus Center 803
Jim Coate: Electric vehicle enthusiast and entrepreneur, NOFA AOLCP, voracious eater. I will explain the process and benefits of converting a small farm tractor to battery electric power, including specific details and lessons learned from a recently completed “G” conversion project. I will provide handouts and a brief review of other electric tractor options for lawn, garden and small farm-use.

206) Growing an ORGANICzation**
Campus Center 805-09
Jack Mastrianni: Grower of plants, people and organizations in sustainable ways. Whether or not you are responsible for running a CSA, Farmers Market, your Farm, a non-profit or a for profit organization, you need to understand how to apply the lessons of organic living systems to help your organization grow in sustainable ways!! This will be a highly interactive session.

207) Herbal Remedies 101: A Demonstration
Isenberg School of Management 129
Sarah Stockwell-Arthen: Musician who has been making herbal remedies for 20 years. Herbal medicine is a very important piece of the self-sufficiency puzzle. Books tell you what herbs to use for nourishment, health maintenance, etc. I will show you HOW, demonstrating simple herbal remedies, including a tincture, an infusion, an infused oil, and drying herbs. I'll discuss making salves and some of the most versatile herbs, which are easy to grow or forage.

208) Herbs and Perennials in Landscape Design**
Campus Center 804-08
Lynn Hartman: Started her herb farm 35 years ago with her husband and three children. I will discuss the propagation, planting schedule, harvesting and marketing of perennials and herbs. I will discuss using herbs and perennials in landscape design. I will hand out some garden design plans.

209) Indian Snacks
Wheeler Dorm Basement Kitchen
Roshni Prabakar: Native Indian, and mother of two with a flare for flavor. Anushka Prabakar: Roshni's sister and second in command. We will make vada, pakora, and samosas. Easy, scrumptious, healthy, and unique snacks for any occasion. Come watch, taste, and enjoy.
210) Net Zero Energy Homes  Beginner
Campus Center 165-69
Mary Kraus: Architect specializing in sustainable design & cohousing.
This slide presentation covers a step-by-step approach to making your home “net zero” – producing as much energy as it uses. My goal is to help you think critically about green design within the greater context of ecological living, so that you can decide what strategies make sense for your own situation.

211) New Farmer Training Programs & Multi-farm CSAs  Advanced
Campus Center 904-08
McKenzie Boekholder: NESFP’s Tech Assistance Coordinator & Business Plan instructor.
Matthew Himmel: NESFP’s multi-producer CSA Coordinator.
Based on experience of the New Entry Sustainable Farming Project, we will discuss the curriculum, necessary materials and process of running a new and immigrant farmer training program, offering everything from farm business planning classes to guided production on our incubation farms to assisted marketing through our cooperative CSA.

212) Organic Agriculture in Cuba  Beginner
Isenberg School of Management 123
Vince Cirasole: Landscaping service owner, organic gardener, seller of vegetables.
I have made about 10 trips to Cuba to study their organic farming activities. I discovered that organic farming is the standard agricultural process throughout the country. I believe them to be the world’s leaders in organic research and practices. I will be sharing how they got so involved in organics; how their farming system works; their urban gardening innovations; their international collaborations; and how their society contrasts with ours.

213) Potatoes: Not Just Round and White!*  Intermediate
Campus Center 101
Michael Glos: farmer, organic plant breeding and potato pathology researcher at Cornell.
Learn about the astonishing variety of color, shape, and size available in new and heirloom potato varieties, as well as cultural and pest management practices to help produce a successful crop of organic potatoes.

214) Producing Compost for the Current Organic Markets**  Intermediate
Campus Center 163C
Robert Kelly: Professional engineer who has designed specialty soils for over 10 years.
Federal and state parameters for accepting composts for use in complying with organic agricultural certifications have changed in the past two years. In addition, residential interest in using products accepted for organic use has increased greatly in the past year. This workshop will analyze the differences in the two markets and the requirements for each.

215) Singing for Love of Land and Life  All levels
Isenberg School of Management 125
Eveline MacDougal: Founder of Amandla Community Chorus and a community garden.
We will do a variety of rounds, 4-part harmony songs, and music from around the world. This workshop has a history of producing astounding sounds!
216) The Ecological Impact of Factory Farming  
Isenberg School of Management 122
Drew Wilson: Community organizer, writer and food justice advocate.
These days global warming is on everyone's mind. Did you know the UN recently released a report indicting factory farming as the top producer of greenhouse gases? You'll leave this workshop armed with info and stats about how factory farming is polluting our earth and messing with our climate.

217) TOUR: Insect Biology and Management, Simple Gifts Farm**  
Intermediate
I will lead a hands-on tour of the insects found in vegetable crops at Simple Gifts Farm, up the road from UMass, to learn about their lives and how they interact with plants. What do we look for, and when? How much of their feeding can we — and our customers — tolerate? Where is biological control happening, and how can we enhance it? What cultural practices make a difference? What organic insecticides work? This adds up to an organic integrated pest management approach. We’ll explore brassicas, potatoes, cucurbits, onions, greens, eggplants, peppers. Since it’s August, we’ll likely find and discuss a plant disease or two along the way. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and Fine Arts Center. Simple Gifts Farm will be on the right in less than a mile. There is a big sign out by the road. ADDRESS: 1089 N. Pleasant St, Amherst, MA.

218) Traditional Pickling/Lacto-Fermentation  
Beginner-Intermediate
Campus Center 174-76
Dan Rosenberg: Professional pickler, owner of Real Pickles.
Learn about lacto-fermentation, the original and healthy way of making pickles, sauerkraut, and other traditional foods. We’ll discuss the history, microbiology, and basic procedures of this ancient practice, as well as the health benefits associated with eating these foods. I’ll demonstrate preparing small batches in mason jars and have some finished samples on hand for tasting.

219) Urban Beekeeping**  
Beginner
Campus Center 905-09
Jean-Claude Bourrut LaCouture: Organic farmer; beekeeper for 20 years.
What does it take to start and manage bee hives in an urban or suburban setting while using organic approaches to hive pests and diseases? Learn about the fun, rewarding, and fascinating ecology of beekeeping. Local laws, etiquette, responsibilities, and costs will be covered.

TEEN WORKSHOPS – SUNDAY 1:00-2:30 PM – Grad Lounge, Campus Center
220) Needle Felting
Julia Agron
Needle felting is an exciting, inexpensive and portable new technique that uses nothing but a special needle, dyed wool, and your own imagination to paint, sculpt and embellish. You will leave the workshop with a finished piece and all the tools you need to keep on working.

221) Writing Music For Social Change
Tom Neilson: Award winning songwriter who does creative arts with children.
Participants will collectively write songs about social issues.
KIDS’ WORKSHOPS – SUNDAY 1 – 2:30 PM – Cape Cod Lounge, Student Union

222) Plant Part Salad (Ages 7-12)
Lauren Adler: Teaches gardening to children at School Sprouts Educational Gardens.
In this workshop, children will learn about the 6 parts of a plant -- roots, stems, leaves, flowers, fruits, and seeds. We will then prepare and enjoy plant part salad.

223) Play Party Dancing (Ages 7-12)
Valerie Walton: Music teacher and jazz musician.
These are dances and singing games, some of which originated in the rural south, probably by African American field worker children, and some from the Caribbean. We will use our voices, clapping, body percussion, and a CD player as musical accompaniment.

224) Pond Creatures (Ages 5-12)
Leah Penniman: Loves to learn outside with young people.
Jonah Vitale-Wolff: Builds houses out of wood, straw, and mud.
We will collect some muck from the edges of the pond to spread in pans and then use magnifiers and field microscopes to discover small animals. We will also try to spot larger animals, such as fish and frogs. We will use field guides to learn the names of the creatures we find!
The committee extends its thanks to Adrianne Schaefer, who was previously doing workshop coordination and outreach for the 2009 summer conference. Contact her at adrianne.schaefer@gmail.com.
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* Does not include subscription to The Natural Farmer.

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Pru Smith: 87 Bullard Pasture Rd., Wendell, MA 01379, 978-544-6347, prusmith@yahoo.com

Adele Smith-Penniman: 191 Wickett Pond Rd, Wendell, MA 01379, 978-544-1891, asmithpen@gmail.com
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87) **Marie Stella**: 719 Barnes Road, Shelburne Falls, MA 01370, O-413 625-2009; Cell-917-535-2723, kirinfarminc@aol.com

85) **Ariel Stimson**: 165 West St., Amherst, MA 01002, 617-797-6339, ariel.stimson@gmail.com

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207) **Sarah Stockwell-Arthen**: 88 Trow Road, Cummington, MA 01026

188) **Alya Stoffer-Koloszyc**: 65 Maple St., Easthampton, MA 01027, 413-695-4645, alyastoffer@hotmail.com

21) **Jim Strickland**: 207 McGregor Rd, Gloversville, NY 12078, 518-770-1503

34) **Tom Sullivan**: 13 H Street, Turners Falls, MA 01376, H-413-863-4480; C-413-325-1769, sullivan08@csld.edu

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79, 112) **Brad Teeter**, The Farm School: 488 Moore Hill Road, Athol, MA 01331, 978-413-5457, bradley@farmschool.org

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122) **Eric Toensmeier**, Nuestras Raices: 329 Main St, Holyoke, MA 01040, 413-531-2767, erict@nuestras-raices.org

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Northeast Region Sustainable Agriculture Research & Education Program
Helen Husher, 655 Spear St., University of Vermont, Burlington VT 05405-0107, (802) 656-0554, www.uvm.edu/~nesare/grants.htm, Helen.husher@uvm.edu

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Rainbow Kids
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Some Hotels and Motels in the UMass Area

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Days Inn: 117 Conz Street (Route 5), Northampton (413) 586-1500 or (800) 325-2525
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Granby Motel: 5 West State Street, Granby (413) 467-9256
Hampton Inn: 24 Bay Road, Hadley (413) 586-4851
Holiday Inn Express: 400 Russell Street (Route 9), Hadley (877) 863-4780
Hotel Northampton: 36 King Street, Northampton (413) 584-3100
Lathrop House B&B: 188 Sumner Avenue, Springfield (413) 736-6414
Lord Jeffrey Inn: 30 Boltwood Avenue, Amherst (413) 542-5601 or (800) 742-0358
Norwottuck Inn: 208 Russell Street (Route 9), Hadley (413) 587-9866
Comfort Inn: 237 Russell Street (Route 9), Hadley (413) 584-9816

Driving Directions To Puffer’s Pond

From the UMass/Amherst campus, head NORTH on North Pleasant Street. (North Pleasant Street is the road that runs along the top of the green where the exhibitor and registration tents are located.)

When heading to Puffers Pond on North Pleasant Street, that green will be on your left.

Drive about 1.5 miles to Pine Street, where there is a traffic light, and take a RIGHT.

About a half-mile up, take a slight LEFT on State Street.

Be alert to parking restrictions around the pond (the area is marked with signs).

Enjoy your swim!

BUS SERVICE: A bus runs from UMass to Puffers Pond on SATURDAYS ONLY in the summer. Please refer to the summer schedule for Route 32 on www.pvta.com.
New Event--Late Blight Forum

Emergency Meeting on Organic Methods for dealing with Late Blight Sunday 10:00 am, Student Union Ballroom. Moderator: Leslie Cox. Panelists: Ruth Hazzard, Dan Kittredge, and Michael Glos. This special meeting is offered free to farmers and gardeners looking for solutions for the short and long term to this disease. Come with ideas and an open mind.

Workshop Schedule Changes

172) Community Acupuncture For All, with Emily Konstan and Tess Bois, has had its time changed from Sunday 10:00 – 11:30 am to Sunday 8:00 – 9:30 am in Isenberg School 129.

Workshop Cancellations

22) How to Bag Waste: Friday 2:00-3:30PM (Teen Workshop)
85) Bicycle Empowerment: Saturday 10:00-11:30AM
180) MA Beginning Farmers - Programs Assessment: Sunday 10-11:30AM

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Presenter Changes

32) Co-ops: Planning for a Sustainable Future: Presenter, Michael Faber, has been replaced by Robyn O’Brien (robcoop@sover.net), General Manager of the Putney Food Co-op in Putney, VT.

122) Introduccion a la Permacultura (Introduction to Permaculture) Presented in Spanish: Presenter, Eric Toensmeier, has been replaced with Marikler Toensmeier.

138A) Overcoming the Affordability Barrier: Connecting Low-Income People to Fresh Food: Presenter, Heather McMann, has been replaced by Kathryn Prybylski (KPrybylski@groundworklawrence.org), Project Manager at Groundwork Lawrence for landscape and infrastructure improvements.

Early Bird Free Registration Winners

Congratulations to the following 2010 Early Bird Free Registration Winners!!! The following 10 recipients were drawn randomly from the 2009 early bird registrants:

Caitlin Rogers
Katherine Marcinowski
Laura Schultz
Clay Macdonald
Alyssa Wisehart

Lewis Nate
Vivian Orlowski
Lise Serrell
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Farm to Fork/Valley Free Radio
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Sherri Walters, 325 Richmond Road, Fitzwilliam NH 03447, 603-585-3023, www.harvesttomarket.com, Sherri@harvesttomarket.com

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William R. Skerrett, 11127 Willow Bottom Drive, Columbia MD 21044, 410-997-5450, cell 410-707-2794, www.ictorganics.com, bill@ictorganics.com

Marlboro College MBA
Mary Karis, 28 Vernon St, Ste 120, Brattleboro VT 05301, 802-451-7544, www.marlboro.edu, mkaris@marlboro.edu

New England Turf, Inc.
Glenn Chappell, PO Box 777, West Kingston RI 02892, 800-451-2900, www.newenglandturf.com, gchappell@newenglandturf.com

Pioneer Valley Climate Coalition
Carl Todd, 288 Hadley Rd, Sunderland MA 01375-9500, 413-241-7275, www.pvclimate.org, carl@pvclimate.org

Progressive Asset Management
Eric Packer, 177 Worcester St., Wellesley MA 02481, 771-239-1187, www.fwg.com, epacker@fwg.com

Second Generation Energy
Tara Mason, 21 Overdale Parkway, Hopedale MA 02038, 800-653-4270, www.sgegroup.com, tmason@sgegroup.com

(continued)

Green Buildings Open House
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www.topsprouts.com, alice@topsprouts.com  

University of the Wild  
Patrick Draper, 39 Glasheen Rd, Petersham MA 01366, 978-724-3448,  
www.universityofthewild.org, patrick@universityofthewild.org  

VegHead Conversions  
Dave Lacasse, PO Box 104, Acworth NH 03601, 508-954-8543,  
www.VegHeadConversions.com, Dave@VegHeadConversions.com  

WowGreen  
Imani Zito, www.greenconsultations.com, Imani@thegreenvibration.com  

Dr. Joyce Young, ND, IBCLC  
295 Bristol Rd, Damariscotta ME 04543, 207-563-1636,  
drjoyceyoung@tidewater.net  

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Job Openings with the NOFA Summer Conference

Being part of the NOFA Summer Conference committee is being part of a group of fun loving and hardworking folks who are dedicated to collecting and sharing all the best of the NOFA family’s knowledge and inspiration all in the context of one packed weekend. For the 36th annual NOFA Summer Conference we have two job openings – the registration coordinator, and the fair coordinator – the chief “fun” organizer. We hope to have these jobs hired by the first meeting of the new season – October 18. Go to http://www.nofamass.org/about/jobs.php to learn more.
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