Welcome to the Northeast Organic Farming Association Summer Conference!

This is your guide to the 36th Annual Conference and Celebration of Sustainability. Inside find info on the workshops, the speakers, the exhibits, the community events, entertainment and more! Enjoy!

2010 Keynote Addresses by Sally Fallon Morell and Fernando Funes
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Dear Friends,

Welcome to the NOFA Summer Conference.

If this is your first conference, or your 36th, we hope that it is a memorable experience for you. NOFA is an interesting group of folks who have a deep and tangible connection to the earth – we work with it to produce food. We’re a collection of folks who think for ourselves, often out of the box, and who embrace community at many different levels.

Every year at the conference we attempt to interest you, motivate you, and offer new insights for how to farm, eat, be in community, save energy, be more healthy, be more politically aware.

And, oh yes, have fun! We hope you leave this conference refreshed (if a little tired) and inspired. And go home knowing that there are many people out there who have the same passions and interests as you, with whom you can share ideas and skills you learned here.

While you are here, find anyone of us with a “staff” or “volunteer” t-shirt to help you find your way. From early morning breakfasts and 8 am workshops, hands on games to inspiring keynotes and midnight last dances, we hope you will experience the conference fully and enjoy yourself immensely.

Sincerely,

Julie Rawson and Jack Kittredge
NOFA Summer Conference Coordinators
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Directions to UMass: I-91 to Rte. 9 (x19 from I-91 North, x20 from I-91 South). East on 9 (5 mi.), left on 116 N 1 mi. to UMass exit. Right at end of ramp. Left at 2nd light on 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, on the lawn by the pond, 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: To offer/find rides, go to nofasummerconference.org, click "Directions," then "Find a ride with Ridebuzz"; or, contact Kathleen Geary, registration@nofasummerconference.org, (413) 259-5346. Please make all requests before 8/1.

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 Dennis Cronin at (508) 799-2278, or rabbitnet@juno.com, or check the “Creative Financing” section of the NOFA Summer Conference website, www.nofasummerconference.org.

Handicapped Accessibility: Most of UMass is handicapped accessible. Please contact us in advance with any special needs.

Dormitories: Singles, Doubles and Suites (4 singles, kitchen, private baths). All beds are twins. All children under 12 must room with parent/guardian. If you reserved a room or plan to, remember to bring your own sheets, blankets, pillows, and towels. A small fan is advisable. Refrigeration is not available, so bring a small cooler if you want to keep food cool. 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. Deposit checks should be made payable to UMass.

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

Parking To Register & Those Not in UMass Housing: On Friday before 5pm, parking is restricted to the Campus Center Parking Garage and specific lots. At registration you will receive a golden parking pass listing the lots available Friday before 5 pm, along with 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 on Friday and all day Saturday and Sunday, you may park for free in any surface lot on campus except Lots 21, 29, 35, 39, 46 (in front of Brett & Brooks Dormitories), 47, 50, 54, 67, and all spots in lot 62 behind the Fine Arts Center. Check parking signs for restrictions.

The Campus Center Parking Garage will be open all weekend. The rate is $1.50/hour during the day, and a $3.00 flat rate 5:00 pm – 5:00 am, payable to the garage attendant upon exit. If you will be in the garage for an extended period, ask for a discount coupon at Registration. This coupon will entitle you to a full day of parking in the garage for a flat $5.00/day. Simply present the discount coupon, along with your garage gate ticket, to the attendant the first time you exit the garage. The attendant will charge you $5.00 and staple a receipt to your coupon which allows you to come and go for the rest of that day at no charge.

Special note for campers/RVs: Before 5pm on Friday RVs and Campers must park in the North End of Lot 25 on Commonwealth Ave. After 5pm on Friday RVs and Campers can move to any numbered lot, as per above. We encourage those with campers/RVs to park in the north end of lot 25 near the tree line as it provides some added space and privacy for you. However, if you would prefer to be closer to the registration area and/or restroom facilities, you may move to one of the lots, as per above.

Parking For Those Staying in UMass Housing: Once you’ve checked in at the Registration tent, park at the appropriate dorm. Those staying in a Single or Double should check in at Brett Hall. Before Friday at 5pm, the closest available lot to Brett Hall is lot 49. 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. Those staying in a Suite should check in at 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 unre-
stricted lot.

**Be sure to read parking signs for restrictions!**

**Important Towing Information:** Vehicles must be parked in
designated lots – read signs in parking areas! If you park in a Tow
Zone or a Restricted Lot you will be towed. If your vehicle is
towed, you may claim it at Ernie’s Towing in North Amherst by
calling (413) 586-1021. The charge is $90.00, payable in cash or by
major credit card (no checks). There is an additional charge of
$20.00 per day for vehicles left unclaimed longer than 24 hours.
These charges are in addition to any applicable parking fees
payable to the University of Massachusetts. Should you need a ride
to Ernie’s to claim your car, you can call the number above and ask
for a pick-up. Ernie’s staff always attempts to pick up stranded
folks on the UMass campus.

**General Conference Information**

**Check In:** Go to the Registration Tent to get your Program and
Addendum, nametag, dorm assignment or camping permit before
going to workshops, dorms or camping areas. Plan to spend 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 go to Brett dorm to get your room
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 at the
Registration tables under the big tent. If you need help, informa-
tion, 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 head-
quarters 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 Tag: It is your admission pass to all conference workshops, meals and special events. It must be worn in a visible manner at all times as you will asked to show your name tag 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 area in the big 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 area in the big tent. You may also visit the University Health Center located near Brett dorm. 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. For Singles or Doubles, go then to Brett Hall for room check-in; for Suites, go to North Building C. There you’ll get your access card and room key. To facilitate the key pick-up, please have a $70 check ready, payable to UMass, for key deposit. Your deposit will be returned when you turn in your key and access card to UMass staff at your dorm. Rooms are available on a first-come, first-served basis for walk-in registrants.

Camping: Sites are on the library side of the pond in the center of campus, and on Metawampe Lawn, at the base of both the Student Union and the Campus Center. 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.

Toilets & Showers: Student Union bathrooms are open 24 hrs. Portapotties are on the lawn. Camper showers 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 & safety of those who are chemically sensitive, kindly refrain from wearing volatile compounds such as scented hairspray, perfume, cologne or aftershave.

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

Dining Hall: IMPORTANT NOTE: This year all meals will be served in the Worcester Dining Commons, located in the Northeast residential section of the UMass campus. 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.

All meals at the Conference are made with organic, and when possible, local ingredients. In-season vegetables are purchased from local farms, from Whole Foods Market, and from United Natural Foods in NH. Meat products are purchased through Whole Foods and United Natural as well. The UMass 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, 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 Café will be serving food under a tent on the lawn by the pond, not far from the big exhibit tent, beginning with coffee on Friday morning and going right through to Sunday lunch. Please check the Program Addendum for more information on specific hours. All food will be organic and sourced locally to the extent possible. The Menu will consist of:

Breakfast
Buckwheat Pancake Fruit Rollups, Egg and Cheese Croissants
Yogurt and Fruit Parfaits, Assorted Pastries and Muffins, Fresh Fruit, Coffee and Beverage Station

Lunch and Dinner
All Natural Beef Burgers, Free Range All Natural Chicken Breast, Organic Veggie Burgers, Grilled Local Veggie Medley, Whole Wheat Pasta Salad, Roasted Local Corn on the Cob, Macro Vegetarian Dumpling Boxes, French Meadow Organic Salads and Sandwiches, French Meadow All Natural Cookies, Local Ice Cream, Fresh Fruits, Beverage Station
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Friday Keynote Speaker - Sally Fallon Morell

Journalist, chef, nutrition researcher, homemaker and community activist, Sally Fallon Morell is the author of the best-selling Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats. This well-researched, though-provoking guide to traditional foods contains a startling message: Animal fats and cholesterol are not villains but vital factors in the diet, necessary for normal growth, proper function of the brain and nervous system, protection from disease and optimum energy levels.

Fallon Morell is founding president of the Weston A. Price Foundation (www.westonaprice.org) and editor of the Foundation's quarterly magazine, as well as the founder of A Campaign for Real Milk (www.realmilk.com). She is also president and owner of NewTrends Publishing, serving as editor and publisher of The Cholesterol Myths by Uffe Ravnskov, MD, PhD; The Untold Story of Milk by Ron Schmid, ND; The Yoga of Eating by Charles Eisenstein; The Fourfold Path to Healing by Thomas Cowan, MD; and The Whole Soy Story by Kaayla T. Daniel, PhD.

Sally's other book, Eat Fat Lose Fat, co-authored with Dr. Mary Enig, includes 3 diet plans-Quick and Easy Weight Loss, Health Recovery and Everyday Gourmet-along with delicious coconut-based recipes from around the world.

Saturday Keynote Speaker - Dr. Fernando Funes

Dr. Fernando Funes is widely known as the father of the Cuban organic agricultural movement. His organization, The Organic Agriculture Group, was awarded the Right Livelihood Award, commonly known as the 'Alternative Nobel Prize.' Dr. Fernando Funes Sr. is a researcher at the Pasture and Forage Institute (IIPF) in Havana, and secretary of the Organic Agriculture Group (GAO) of the Cuban Association of Agronomists and Foresters (ACTAF). Following the 1989 collapse of the Soviet Union, imports shrank by 75% and Cuba was suddenly forced to produce their own food. Dr Fernando Funes played a significant role in Cuba's aggressive shift toward a new model of agriculture based on organic agriculture. Today nearly 70% of food is grown in the cities of Cuba, employing half a million people and using integrated organic urban agricultural techniques.

You can attend either keynote program for $15 per night without being a conference registrant. Come to the Campus Center Auditorium and pay at the door.
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Demand for farm-fresh, unpasteurized milk has grown dramatically in recent years, as has the level of crackdowns on farmers’ rights to sell it, and consumers’ rights to purchase it. Laws are inconsistently implemented and enforced, false public safety claims are manipulated to scare people, and efforts are made to marginalize consumers who seek out raw milk. Yet the virtues of raw milk continue to be extolled by those who drink it, evidence of its health benefits is mounting, and the public outcry to demand that our food freedom be protected is growing by the day.

The 2010 Northeast Raw Milk Symposium will be an opportunity for raw milk farmers, consumers and advocates to come together to learn and discuss the issues around access to unpasteurized milk, and to strategize about how to work together to defend and expand our rights. The Symposium will feature talks and opportunities for dialogue with two of the leading voices in the field of raw milk, Sally Fallon Morell and Pete Kennedy. Both have written and spoken extensively about raw milk issues around the United States and internationally.

Sally Fallon Morell, MA, will talk about the health issues around raw milk. Sally is the president of The Weston A. Price Foundation and founder of A Campaign for Real Milk (www.realmilk.com). She is the author of Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats (with Mary G. Enig, PhD), a well-researched, thought-provoking guide to traditional foods. Sally is also a journalist, chef, nutrition researcher, homemaker, and community activist. Her four healthy children were raised on whole foods including butter, cream, eggs and meat.

Peter Kennedy, Esq. will talk about legal and rights issues around raw milk. Pete is president of the Farm to Consumer Legal Defense Fund, an organization devoted to defending the rights of farmers to sell what they produce, and of consumers to have access to those products. He is also an attorney and works primarily on the right of farmers to distribute raw milk and raw milk products direct to consumers. He has represented or assisted in the representation of dairy farmers facing possible state enforcement action in Florida, Wisconsin, Ohio, Michigan and Indiana. He has helped farmers get started in the business of distributing raw milk and raw milk products in many other states. He is currently working with others to challenge the federal ban on the interstate shipment of raw milk for human consumption.

The Symposium will also feature a Panel Discussion of raw milk farmers and advocates from around the region, which will offer an opportunity for participants to hear about specific issues around access to raw milk in the Northeast. This discussion will give attendees a chance to brainstorm ideas for how to work together to share resources and ideas aimed and broadening and preserving access to raw milk.
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Children’s Conference

The Children’s Conference will be based in the Cape Cod Lounge in the Student Union. 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 15 minutes before workshops begin and picked up 15 minutes after they are over. All children must be registered and must be wearing a name tag with cell phone numbers for their guardians at the Conference. Children without name tags will not be admitted into the Children’s Conference area or workshops.

Children 2-4 years old will be with experienced caretakers in a spacious, enclosed area in the Cape Cod Lounge. They’ll have opportunities for various activities, indoor & outdoor. A change of clothes and diapers are recommended.

All Children 5 to 12 years must first sign in. There will be workshop sign-up sheets for the entire conference on a table. (A few workshops are first come first serve). Guardians are encouraged to assist children in signing up for the workshops upon arrival, printing their names neatly. Please take note of age requirements in the workshop description. When it is time for their chosen workshop to begin a teacher and presenter will call the name of the workshop and take children to the appropriate location. Please make sure your children are clear on your plans for picking them up from the children’s conference area and that they are to stay at the Children’s Conference until a parent comes and signs them out.

There will be snacks provided each day of the conference after the first workshop. Please have your children bring water bottles to be refilled at the bubblers in the halls adjacent to the conference area.

For details on kids’ workshops, see workshop descriptions beginning on pages 62 & 80. Also check the bulletin board at the children’s conference for changes.

Fri 2pm - NOFA Mural Painting; Creative Cuisine for Kids; Outdoor Games; Wild About Flowers-a Botany Adventure  
Fri 4pm - Building Fairy Houses; Felting Fun  
Sat 8am - Angora Rabbits for Young Children; Mix it Up--Make Soil, a Pot & a Plant; Music Time with Tad  
Sat 10am - Butter Making For Kids; Candle Lanterns; Patchwork and Quilting; Wildcraft: Herbal Adventures  
Sat 1pm - Parade Prep-all ages welcome, parade begins at 3:15; Don’t Let Them Tell You that! Poster Making, Happy Dan Parade Prep!  
Sat 3pm - Fair Workshops: (Children welcome with adult chaperone) Dogs Herd Ducks, Kids Herd Ducks; Llamas on the Lawn  
Sun 8am - Make a Flower Fairy; Sprout Magic; Victorian Games  
Sun 10am - Hopscotch; Learn to Draw Your Favorite Animals; Play Party Rhythm Games and Dances; Silly Science  
Sun 1pm - Cattle Care; Outdoor Games; Storytime in American Sign Language

There will be child care during the Friday night keynote from 7-9pm in the Cape Cod Lounge. Children 5-12 are welcome to attend without parents. Children 2-4 are welcome with a parent or guardian.
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Teen Conference

The Teen Conference kicks off on Friday at 2:00 with the ever popular Tie-dyeing workshop. Remember to bring pre-washed white clothing that you can dye. Also at 2:00 we will have a workshop on Rabbit Spinning and Weaving - the fleece that is.
At 4:00 will be Aromatherapy Basics - make your own personal scent. Also, Film Making for Anyone - make a movie in an hour and a half!

Saturday morning at 8:00 we will offer a workshop on Global Hunger and how one organization uses livestock to help feed families and communities. Also learn how to Build Structures to house that rabbit or chicken flock.
At 10:00 the offerings are Wild Foods – Cooking and Eating your Weeds And, How to Bag Waste - learn how can you reduce your garbage footprint.
At 1:00 you can learn about Honeybees - yes, you can keep bees or Make Herbal body Care Products - make some nice things for your skin.
At 3:00 come to the fair! DJ Reuben will be in the Cape Cod Lounge on Saturday night with 80s and 90s music.

Sunday morning at 8:00 will be a workshop on Ins and Outs of Raising your Home Chicken Flock
At 10:00 we are offering Working with Oxen or you can Play Games that are not just Games
At 1:00 we will have a workshop on How Teens Can and Do Unschool their High School Education
Also at 1:00 will be a workshop on the History and Uses of Blue Corn, also try some yummy corn dishes.
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2010 NOFA Conference Dining Hall Menu

Friday Lunch
Beef and Veggie burgers                                           Potato salad
Chilled cucumber soup                                           Salad Bar
No Bake Chocolate Cookies (vegan friendly)

Friday Dinner
Pan Fried Tofu / Chicken with spicy peanut sauce
Steamed organic sushi rice                  Bun style rice noodle salad
Miso soup                                           Mango Sticky Rice
Salad Bar

Saturday Breakfast
Blueberry Pancakes                                                Scrambled Eggs
Organic veggie/pork sausage                      Lyonnaise Potatoes
Apple Cranberry Croissant Bread Pudding
Breakfast Bar

Saturday Lunch
Chile con Carne                                              Cajun Beans and Rice
Gazpacho                                               Corn Bread
Salad Bar                                   Mexican Wedding Bar
Chocolate Cake w/ Choc Frosting (vegan friendly)

Saturday Dinner (All Local!)
Chicken and two mushroom ragu over whole spelt
Mixed venetian vegetable stew over whole spelt
Bread and cheese
Smaller local organic salad bar with lemon thyme vinaigrette
Strawberry Shortcake
Blueberry Crisp (vegan friendly)

Sunday Breakfast
Organic maple walnut sticky buns                     Oatmeal w/ assorted toppings
Omelet bar                                            Red flannel & vegan hash
Breakfast Bar

Sunday Lunch
Jamaican jerk pork                                      Jamaican jerk tempeh
Caribbean black bean soup                                Corn, tomato, and scallion salad
Salad Bar                                                                
Treacle Tart                                         Oatmeal Raisin Bar (vegan friendly)

* All Lunches and Dinners will be accompanied by an organic salad bar, steamed brown rice, and grilled summer vegetables

** Breakfasts will include a breakfast bar – items to be decided upon, but fruit, bagels, yogurt and granola are likely.
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Live Auction and Silent Auctions

Bring your purse, your pocketbook, your wallet, your carryall, your suitcase, your checkbook, your credit card, your wife, your husband, your firstborn child! Beg borrow or steal to come to support the Live Auction at 3pm, Saturday August 14 during the Fair. Exciting items include restaurant gift certificates, travel packages and entrance passes to all the hottest museums and tourist locations throughout New England, holistic massage and spa packages, agricultural supplies, products and services, CSA shares and more will be up for bid! Chuk Kittredge will take the helm as the auctioneer, and buyer beware – he won’t take no for an answer. Saving up for that trip with the grandkids?! Bid at the auction. Looking for something nice for your mom for Christmas? Bid at the auction. Thinking of adding a little something nice to the wall in your home? Bid at the auction. For more information about the Summer Conference Live and Silent Auctions, please contact Mindy Harris, Public Relations Coordinator at mindy@nofamass.org or 310-663-0054. Silent Auction items will be up for bid in the Exhibitor Tent beginning on Friday, August 13th. Participants are encouraged to peruse the items at leisure and write their bids until the Silent Auction closes at 5:30 pm on Saturday. All winning bidders should plan to claim items by 6 pm on Saturday, August 14th.

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Conference Entertainment and Activities

Films to be Shown Throughout the Weekend

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.

Please note: All films will be shown in the Campus Ctr. Reading Room, next to the Graduate Lounge and across from the Blue Wall café. This is a plug ‘n play service: at the appropriate 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.

Jamaica for Sale
Jamaica may sustain a reputation as one of the most desirable tourist hotspots in the world, but this reputation is short-lived. This film commences with a brief overview of Jamaican history, from the British-dominated colonialist era into the present, then spends time reflecting on the significance of a strike by poorly paid native workers, severely injured on the job at a local construction site. Despite the veritable ruination of the Jamaican fishing industry and almost cataclysmic damage caused on natural venues by toxic resort runoff, the Jamaican government still insists on attempting to double the amount of tourism on the island by the year 2012 to an estimated 5 million tourists per year. The equation, as the filmmaker reminds the audience, doesn’t quite add up. (92 min)

Sunday, 10:00 am

My Father’s Garden
This is an emotionally charged documentary about the use and misuse of technology on the American farm. In less than fifty years the face of agriculture has been utterly transformed by synthetic chemicals which have had a serious impact on the environment and on the health of farm families. This film tells the story of two farmers, different in all details, yet united by their common goal of producing healthy food. (56 min)

Friday, 1:00 pm

Blue Gold: World Water Wars
Wars of the future will be fought over water as they are over oil today, as the source of human survival enters the global marketplace and political arena. Corporate giants, private investors, and corrupt governments vie for control of our dwindling supply, prompting protests, lawsuits, and revolutions from citizens fighting for the right to survive. Past civilizations have collapsed from poor water management. Can the human race survive? (90 min)

Saturday, 5:00 pm
The Power of Community: How Cuba Survived Peak Oil
When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half and food by 80 percent, people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic farming methods and urban gardens. It is an unusual look into the Cuban culture during this economic crisis which they call 'The Special Period.' The film opens with a short history of Peak Oil, a term for the time in our history when world oil production will reach its all-time peak and begin to decline forever. Cuba, the only country that has faced such a crisis - the massive reduction of fossil fuels - is an example of options and hope. (53 min)
Saturday 12:30 pm

Flow: For Love of Water
Irena Salina builds a case against the growing privatization of the world's dwindling fresh water supply with an unflinching focus on politics, pollution, human rights, and the emergence of a domineering world water cartel. (93 min)
Sunday, 12:00 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, 4:00 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, 11:00 am

Crude Impact
This film is a powerful and timely story that deftly explores the interconnection between human domination of the planet and the discovery and use of oil. This documentary film exposes our deep-rooted dependency on the availability of fossil fuel energy and examines the future implications of peak oil - the point in time when the amount of petroleum available worldwide begins a steady, inexorable decline. (98 min)
Friday, 4:00 pm
**One Man, One Cow, One Planet**
Modern industrial agriculture is destroying the earth: Desertification, water scarcity, toxic cocktails of agricultural chemicals pervading our food chains, ocean ecosystem collapse, soil erosion and massive loss of soil fertility. Our ecosystems are overwhelmed. Humanity's increasing demands are exceeding the Earth's carrying capacity. A simple recipe to save the world? One old man and a bucket of cow dung. Are you crazy? (56 min)

**Friday, 2:30 pm**

**Strange Culture**
The conflict between policies that support national security and those that protect civil liberties are embodied in the bizarre, terrifying story of Steve Kurtz, an artist, activist and SUNY Buffalo professor for whom a personal tragedy led to a Kafkaesque nightmare courtesy of the War on Terror. (75 min)

**Saturday, 9:00 am**

**Challenging Natural Law**
Are humans immune to natural laws or are they subject to the limits of growth? Lecture and Discussion Group
Presented by Phillip Botwinick, Local Energy Solutions NYC
Human behavior demonstrates our belief that the laws of nature do not apply to us. This manifests in our rigid belief that physical growth can go on forever. This presentation will explore man’s obsession with growth throughout history and how it has led us to our current crisis. We’ll conclude with a look at our options and whether we have the courage to take action.

**Saturday, 2-4 pm**

**Conference Entertainment**

Saturday 3-6 pm
The NOFA Summer Country Fair. Festive fun, games, silliness and entertainment for all ages. Kicked off at 3 pm by our Kids' Parade, it's a time for sheer enjoyment, schmoozing and relaxing. Come check out our real live Auction of exciting country living items (with silent auction as well) - a new highlight in this year's Fair. Stroll through the Farmer's and Crafter's Market, watch animal demos, thrill to the Pie Eating Contest and Corn Nibble Fandangle, try your hand at the Vegetable Sculpture table, come join in the Fun. Don't forget to bet on your Cow Plop square!

Friday 9:00 – 11:00 pm
Drumming Journey with Steve Leicach
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 experience by which you can march to the beat of your own drum.

Friday 9:00 – Midnight
Contra Dance with Rhubarb Pie
Pond Lawn next to Registration Tent (in case of rain, the dance will be in the Campus Center Auditorium)

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 NOFA summer 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 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 College 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
Pond Lawn next to Registration Tent (in case of rain, the dance will be in the Campus Center Auditorium)

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, fruits and vegetables, and snacks. These donations from health food stores and organic distributors can be had for rock-bottom prices, along with a healthy serving of sarcasm and ridicule, from auctioneer Chuk Kittredge. Bring cash money, an empty box or two, and your shrewd bargaining skills. All proceeds benefit the NOFA Scholarship Fund. Yes, we have no beer.
CONFERENCE SCHEDULE

See the Program Addendum and the blackboard at Registration for Schedule Changes
* Directions to all TOUR sites are provided in the full workshop descriptions, which begin on page 80.

FRIDAY, AUGUST 13

9:00 am – 12:00 noon 2010 Northeast Raw Milk Symposium
Cape Cod Lounge, Student Union
An opportunity for raw milk farmers, consumers and advocates to come together to learn and discuss the issues around access to unpasteurized milk, including talks from Sally Fallon Morell and Pete Kennedy. Pre-conference event, open to the public, admission $20 for NOFA members, $25 for non-members.

11:00 am - 7:00 pm REGISTRATION – The Big Tent on the Pond Lawn

12:00 noon – 1:30 pm NOFA Interstate Council Meeting - Worcester Dining Hall

11:00 am - 1:00 pm LUNCH – Worcester Dining Hall

1:00 pm FILM: My Father's Garden – Grad Lounge, Campus Center

ADULT WORKSHOPS – 2:00-3:30 PM
1) Attached Greenhouse for Food, Heat, and Hot Water – Campus Center 165-69
2) CSA – Quality Production for the Entire Season – Campus Center 805-09
3) Easy no-Knead Artisan Bread at Home – Brett Dorm Lounge 328
4) Edible Landscapes – Campus Center 811-15
5) Farm to Pharmacy: Agriculture, Education, and Herbal Medicine – Campus Center 903
6) Hands-on Draft Horses - Outside: Meet at the Horses
7) Making your Own Salad dressings with Fresh Herbs - Brett Dorm Lounge 001
8) Managing Towards A Triple Bottom Line - Campus Center 904-08
9) Mycoscaping: Mushrooms in the Permaculture Landscape – Campus Center 804-08
10) Natural Honeybees Management - Campus Center 905-09
11) Neighboring Food Co-ops: Working for a Sustainable Future - Campus Center 163C
12) Organic Turkeys - Campus Center 917
13) Organics & the Movement for Climate Justice - Campus Center 174-76
14) Red Tomato?a Model of Regional Wholesale Distribution to Supermarkets - Campus Center 162-75
15) Soil Fertility in Organic Farming - Campus Center 803
16) The Farm as Classroom: Learning to Farm and Farming to Learn - Campus Center 168C
17) The Public Health Imperative for Sustainable Agriculture: Pastured Meat - Campus Center 101
18) USDA Introduces New Risk Management Tools for Organic Producers - Campus Center 911-15
19) Whole Farm Organism Dairying for the Northeast - Pt. 1 of 2 - Campus Center Auditorium

CHILDREN'S WORKSHOPS – 2:00-3:30 PM
20) 2010 NOFA Mural Painting - Cape Cod Lounge, Student Union
21) Creative Cuisine For Kids - Cape Cod Lounge, Student Union
22) Outdoor Games - Cape Cod Lounge, Student Union
23) Wild About Flowers, a Botany Adventure - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 2:00-3:30 PM
24) Tie-Dying - Grad Lounge, Campus Center
25) Weave and Spin a Rabbit - Grad Lounge, Campus Center

2:30 pm FILM: One Man, One Cow, One Planet – Grad Lounge, Campus Center
4:00 pm FILM: Crude Impact – Grad Lounge, Campus Center

ADULT WORKSHOPS – 4:00-5:30 PM
26) A Practical Experience with the Promise of Biochar - Campus Center 174-76
27) Approving Organic Materials and Ag Inputs - Campus Center 911-15
28) Compost Technologies for Soil and Plant Health - Campus Center 805-09
29) DIY Alternative Energy on the Farm - Campus Center 101
30) Ecological Literacy Through Permaculture - Campus Center 804-08
31) Getting Leadership: From Sustainable Food to Social Equity - Brooks Dorm Lounge
32) Grass-fed Sheep Production and Management - Campus Center 904-08
33) Growing Great Fall Brassicas - Campus Center 162-75
34) Growing Organic in USDA Conservation Programs - Campus Center 803
35) How & Why to Keep Bees in Top Bar Hives - Outside: Meet at the Hives
36) Louis Bromfield and the Literature of Place. - Campus Center 165-69
37) Microbes: Friend or Foe? Or: Why Eat More Yogurt and Sauerkraut - Brett Dorm Lounge 001
38) Propagating Field Grown Herbs - Campus Center 903
39) Raising Chickens From Day-old to Maturity in Your Back Yard - Outside: Meet at the Chickens
40) Share Your Farm Story and Harvest Media Coverage - Campus Center 917
41) Social Entrepreneurship: A New Kind of Social Justice - Campus Center 811-15
42) TOUR: Brookfield Farm's CSA Management - TOUR
43) Transition Towns: Building Community Resilience in a Time of Change - Campus Center 168C
44) Tree and Plant Whispering: An Experience - Campus Center 905-09
45) Whole Farm Organism Dairying for the Northeast - Pt. 2 of 2 - Campus Center Auditorium
46) Working for a Co-operative Economy! - Campus Center 163C
CHILDREN’S WORKSHOPS – 4:00-5:30 PM
47) Building Fairy Houses - Cape Cod Lounge, Student Union
48) Felting Fun - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 4:00-5:30 PM
49) Aromatherapy Basics - Grad Lounge, Campus Center
50) Filmmaking is for Anyone - Grad Lounge, Campus Center

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

7:30 - 9:00 pm KEYNOTE ADDRESS by Sally Fallon Morell and Annual Meeting
– Campus Center Auditorium

9:00 – 11:00 pm Drumming Journey with Steve Leicach – Cape Cod Lounge, Student Union
9:00 pm - midnight Contra DANCE with Rhubarb Pie – Pond Lawn next to Registration Tent (in case of rain, the dance will be in the Campus Center Auditorium)

SATURDAY, AUGUST 14

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

7:00 am - 1:00 pm REGISTRATION – The Big Tent on the Pond Lawn

ADULT WORKSHOPS – 8:00-9:30 AM
51) 35 Years Growing Co-ops! - Campus Center 917
52) Cultured Dairy Products - Brett Dorm Lounge 001
53) Degraded Lands Restoration: Farming the Other 90% of the Landscape - Campus Center 811-15
54) First Aid Homeopathy for Gardeners and Family - Campus Center 904-08
55) Grazing Basics 101 - Campus Center 165-69
56) Greenhouse Crop Selection for Specialty Customers - Campus Center 163C
57) Hickory Gardens: A Permaculture Homestead - Campus Center 804-08
58) Llamas 101 – South American Camelid Essentials - Campus Center 911-15
59) Making Herbal Creams, Oils and Lip Balms - Brett Dorm Lounge 328
60) Natural Self Care – Brooks Dorm Lounge
61) Nuts & Bolts of a Financially Successful Business - Campus Center 805-09
62) Permaculture in New Zealand - Campus Center 803
63) Pomona’s Secrets: Hardy, Delectable, Pest-free Fruits - Campus Cntr 162-75
64) Power Your Farm with Renewable Energy - Campus Center 905-09
65) Principles, Protocols, Products for Nutrient Density - Campus Center 168C
66) Small Engine and Lawnmower Repair - Outside: Meet in the flagstones area, on patio just outside Campus Center
67) Soil Health - Campus Center 903
68) Starting A Farm - Campus Center 101
69) The History, Science and Art of Biochar - Campus Center 174-76
70) Nourishing Traditions Seminar - Pt. 1 of 6: The Oiling of America/The
CHILDREN’S WORKSHOPS – 8:00-9:30 AM
72) Angora Rabbits For Young Children - Cape Cod Lounge, Student Union
73) MIX IT UP; Make Soil, A Pot & A Plant - Cape Cod Lounge, Student Union
74) Music Time With Tad - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 8:00-9:30 AM
75) Global Hunger and Heifer International - Grad Lounge, Campus Center
76) Small Structures - Grad Lounge, Campus Center

9:00 am FILM: Strange Culture – Grad Lounge, Campus Center

ADULT WORKSHOPS – 10:00-11:30 AM
77) Acquiring a Farm - Pt.1 of 2 - Campus Center 165-69
78) Advanced Lacto-Fermentation (Vegetables) - Campus Center 163C
79) Agroforestry in the Northeast - Campus Center 803
80) Andes Alive – Outside: Meet at the Llamas
81) City Chickens: Keeping Hens in Cities & Towns - Campus Center 917
82) Composting for Beginners – Brooks Dorm Lounge
83) Farm or City: Raise and Use your Own Fiber – Outside: Meet at the Sheep and Rabbits
84) Farmers’ Rights: Raw Milk, Poultry Processing & More - Campus Center 162-75
85) Health and Homeopathy for Dairy Cows - Campus Center 904-08
86) Herbal Remedies 101: A Demonstration - Brett Dorm Lounge 001
87) Introduction to Water Bath Canning - Brett Dorm Lounge 328
88) Knots for Farming and Living - Campus Center 905-09
89) Mushrooms in the Northeast - Campus Center 174-76
90) Nourishing Traditions Seminar - Pt. 2 of 6: Nourishing Traditional Diets -- The Key to Vibrant Health - Campus Center Auditorium
91) People Power in Urban Community Gardens (Bronx, NY) - Campus Center 805-09
92) Permaculture For Farmers - Campus Center 804-08
93) Pruning Berry Plants - Campus Center 101
94) Responsible Stewardship of the College Campus - Campus Center 811-15
95) The Details of High School Composting and Gardening - Campus Center 903
96) Unraveling the Mystery of Humus and Humic Acids - Campus Center 168C
97) Vermiculture: The Wonderful World of Worm Composting - Campus Center 911-15

CHILDREN’S WORKSHOPS – 10:00-11:30 AM
98) Butter Making for Kids - Cape Cod Lounge, Student Union
99) Candle Lanterns - Cape Cod Lounge, Student Union
100) Patchwork and Quilting - Cape Cod Lounge, Student Union
101) Wildcraft: Herbal Adventures - Cape Cod Lounge, Student Union
TEEN WORKSHOPS – 10:00-11:30 AM
102) How to Bag Waste - Grad Lounge, Campus Center
103) Preparing Wild Edibles and Weeds - Grad Lounge, Campus Center

11:00 am FILM: We Feed the World – Grad Lounge, Campus Center

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

12:30 pm FILM: The Power of Community: How Cuba Survived Peak Oil – Grad Lounge, Campus Center

ADULT WORKSHOPS – 1:00-2:30 PM
104) A Farmer’s Report Along the Path to High Brix - Campus Center 168C
105) Acquiring a Farm - Pt.2 of 2 - Campus Center 165-69
106) DEBATE: Can Biochar Help Address the Climate Crisis? - Campus Center 174-76
107) Eating Well on a Budget: Pressure Cookers, Crock Pots, and Using the Whole Hog - Brett Dorm Lounge 001
108) Ecological Technologies for Community Resilience – Soldier Flies - Campus Center 804-08
109) Fair Trade – Why Not Try It Here? - Campus Center 903
110) FAMACHA Certification for Small Ruminant Farmers - Campus Center 917
111) How to Get Started in Beekeeping - Campus Center 911-15
112) Human Manure and Sustainability - Campus Center 162-75
113) Insect Pests on Vegetables - Campus Center 805-09
114) La Finca: Supporting New Farmers in Holyoke, MA - Campus Center 905-09
115) Llama Management – Haltering, Grooming, Handling - Outside: Meet at the Llamas
116) Lyme Disease: Naturopathic and Conventional Approaches to Treatment - Campus Center 163C
117) Nature as Mentor: Rearing Pigs with Biology - Campus Center 904-08
118) Permaculture Principles in Home Landscape Design - Campus Center 803
119) Nourishing Traditions Seminar - Pt. 3 of 6: Principles of Healthy Traditional Diets - Campus Center Auditorium
120) Season Extension For the Winter CSA and Home Garden – Brooks Dorm Lounge
121) Small Fruit on a Certified Organic Farm - Campus Center 101
122) Sustaining OrganiCzational Momentum - Campus Center 811-15
123) The Family Cow – Outside: Meet at the Cow
124) TOUR: Cover Crops for Soil and Crop Health - TOUR
125) TOUR: Sidehill Farm Dairy - TOUR

CHILDREN’S WORKSHOPS – 1:00-2:30 PM
126) Don’t Let Them Tell You That! Protest Poster Making - Cape Cod Lounge, Student Union
127) Happy Dan Parade Prep! - Cape Cod Lounge, Student Union
TEEN WORKSHOPS – 1:00-2:30 PM
128) Honeybee Ecology - Grad Lounge, Campus Center
129) Making Herbal Bodycare - Grad Lounge, Campus Center

2:00 – 4:00 pm LECTURE & DISCUSSION: Challenging Natural Law – Grad Lounge, Campus Center
3:00 - 6:00 pm THE FAIR and FARMERS MARKET - On the Green by the Pond
3:00 pm – LIVE AUCTION! – At The Big Tent

WORKSHOPS DURING THE FAIR
3:00 - 5:00 PM
130) Dogs Herd Ducks; Kids Herd Kids – Outside: Meet at the Dogs and Ducks
131) Llamas on the Lawn – Outside: Meet at the Llamas
3:00 - 4:30 PM
132) NOFA Policy Issue Forum – Campus Center 165-69
4:00 - 5:30 PM
133) A Place for Us: People of Color in the Organic Movement - Campus Center 903

4:00 pm FILM: Money As Debt – Grad Lounge, Campus Center

4:00 - 7:00 pm REGISTRATION – The Big Tent on the Pond Lawn

4:30 - 7:30 pm DINNER - Worcester Dining Hall

5:00 pm FILM: Blue Gold: World Water Wars – Grad Lounge, Campus Center

7:00 - 9:00 pm KEYNOTE ADDRESS by Fernando Funes – Campus Center Auditorium

9:00 pm - midnight Cajun DANCE Party with Dirty Rice – Pond Lawn next to Registration Tent
(in case of rain, the dance will be in the Campus Center Auditorium)

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

SUNDAY, AUGUST 15

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

7:00 - 10:00 am REGISTRATION – The Big Tent on the Pond Lawn

ADULT WORKSHOPS – 8:00-9:30 AM
134) Nourishing Traditions Seminar - Pt. 4 of 6: A Campaign for Real Milk - Campus Center Auditorium
135) Biodynamics: What’s It All About? - Campus Center 101
136) Biological Farm Management of Pastures and Hayfields - Campus Center 168C
137) Building a Root Cellar - Campus Center 904-08
138) Carbon Neutral/Carbon Negative Greenhouse Production - Campus Center 162-75
139) Community-based Approaches to Urban Food Security - Campus Center 803
140) Double Cropping and Season Extension - Campus Center 174-76
141) Environmental Medicine: A Naturopathic View - Pt. 1 of 2 – Brett Dorm Lounge 001
142) Felting Wool – Outside: Meet at the Registration Tent
143) Fossil Fuel Free Farming - Campus Center 911-15
144) Growing Edible Sprouts At Home – Brett Dorm Lounge 328
145) Integrating Livestock and Vegetable Production - Campus Center 805-09
146) Peace/Earth/Healing/Sing – Brooks Dorm Lounge
147) Pollinator-friendly Landscaping - Campus Center 811-15
148) Potato Culture - Campus Center 163C
149) Resources & Inspiration for Women Farmers - Campus Center 165-69
150) Starting and Managing a CSA with Permaculture Principles – Campus Center 804-08
151) The Home Apple Orchard - Campus Center 917
152) TOUR: Simple Gifts Farm’s CSA Management - TOUR
153) Updates on Governmental Food Safety Initiatives and Effects on Farmers - Campus Center 903

CHILDREN’S WORKSHOPS – 8:00-9:30 AM
154) Make a Flower Fairy - Cape Cod Lounge, Student Union
155) Sprout Magic - Cape Cod Lounge, Student Union
156) Victorian Games - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 8:00-9:30 AM
157) Backyard Chickens - Grad Lounge, Campus Center

10:00 am FILM: Jamaica For Sale – Grad Lounge, Campus Center

ADULT WORKSHOPS – 10:00-11:30 AM
158) Apitherapy: Healing with Hive Products - Campus Center 803
159) Cattle Genetics for 100% Grass-Fed Beef Production - Campus Center 163C
160) Chemicals, Hormone Disruption & Immune Effects - Pt. 2 of 2 – Brett Dorm Lounge 001
161) Creating Enthusiasm for Change in Your Community - Campus Center 811-15
162) Cultivating the Campus: Growing Food and Consciousness - Campus Center 805-09
163) Financial Permaculture & Ecosystem Investing - Campus Center 804-08
164) GMO Crisis in Maya Land- Heirloom Seeds, and Multi-nationals - Campus Center 917
165) Growing Herbs in Containers – Outside: Meet at Registration Tent
166) Nourishing Traditions Seminar - Pt. 5 of 6: How to Change Your Diet for the Better - Campus Center Auditorium
167) The Science of Quality and a Strategy for Nutrient Density Standards - Campus Center 168C
168) Singing for Activism, Fun, and Transformation – Brooks Dorm Lounge
169) Small-scale Grain Production - Campus Center 174-76
170) Starting a CSA - Campus Center 165-69
171) Sustainably Raising Chickens - Campus Center 904-08
172) The Birds and the Bees: Urban Agriculture and Environmental Education - Campus Center 911-15
173) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production - TOUR
174) Twenty Years Later – The Organic World Since the OFPA - Campus Center 905-09
175) Urban and Suburban Agriculture - Campus Center 101
176) Winter Vegetable Production for the Backyard Gardener - Campus Center 162-75
177) Yoga for Farmers and Gardeners – Outside: Meet at Registration Tent

CHILDREN’S WORKSHOPS – 10:00-11:30 AM
178) Hopscotch - Cape Cod Lounge, Student Union
179) Learn to Draw Your Favorite Animals - Cape Cod Lounge, Student Union
180) Play Party Rhythm Games and Dances - Cape Cod Lounge, Student Union
181) Silly Science - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 10:00-11:30 AM
182) Play & Think & Play Some More - Grad Lounge, Campus Center
183) Working Oxen – Outside: Meet at the Oxen

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

12:00 pm FILM: Flow: For Love of Water – Grad Lounge, Campus Center

ADULT WORKSHOPS – 1:00-2:30 PM
184) An Upstart in the Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive? - Campus Center 811-15
185) Animals and Crops Integration in Agroecology - Campus Center 101
186) Arcosanti, Paolo Soleri, and Ecological Cities - Campus Center 903
187) Backyard Medicinal Herb Walk – Outside: Meet at the Registration Tent
188) Nourishing Traditions Seminar - Pt. 6 of 6: Breakfast, Lunch and Dinner - Campus Center Auditorium
189) Build Rich Soil with Keyline Design - Campus Center 804-08
190) Building Community Gardens That Are Accessible To All People - Campus Center 803
191) Creating Vibrant Youth Programs - Campus Center 917
192) Easy and Free Computer Farm Record Keeping - Campus Center 805-09
193) For the Love of Fiber: Sheep to Shawl Overview - Campus Center 165-69
194) Gardening in Small Spaces - Campus Center 168C
195) Growing Winter Greens - Campus Center 163C
196) Nourishing Our Children - Campus Center 174-76
197) Preventing Back Injuries on the Farm and in the Garden - Campus Center 904-08
198) Small Grains on Small Farms - Campus Center 162-75
199) TOUR: UMass Student Farm - Organic Research - TOUR
200) Weston A. Price Foundation Principles in Medicine and Dentistry - Campus Center 911-15
201) Worm Composting - From The Ground Up - Campus Center 905-09

CHILDREN’S WORKSHOPS – 1:00-2:30 PM
202) Cattle Care – Outside: Meet at the Young Cows
203) Outdoor Games - Cape Cod Lounge, Student Union
204) Story Time in American Sign Language - Cape Cod Lounge, Student Union

TEEN WORKSHOPS – 1:00-2:30 PM
205) A Real Food Connection: Hopi Blue Corn - Grad Lounge, Campus Center
206) Yes, Teens Don’t Have To Go To School - Grad Lounge, Campus Center

1:00 - 3:30 pm REGISTRATION – The Big Tent on the Pond Lawn

3:00 pm AUCTION To Benefit the Farming Education Fund – The Big Tent on the Pond Lawn

* Directions to all TOUR sites are provided in the full workshop descriptions, which begin on page 80.
<table>
<thead>
<tr>
<th>Neighboring Food Cooperatives Association</th>
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<td>Working together for a sustainable future</td>
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<tr>
<th>Location</th>
<th>Website</th>
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<tr>
<td>Hunger Mt. Coop</td>
<td><a href="http://www.hungermountain.com">www.hungermountain.com</a></td>
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<td>Montpelier, VT</td>
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<td>Buffalo Mt. Coop</td>
<td><a href="http://www.buffalomountaincoop.org">www.buffalomountaincoop.org</a></td>
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<td>Hardwick, Vermont</td>
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<td>Coop Food Stores</td>
<td><a href="http://www.coopfoodstore.com">www.coopfoodstore.com</a></td>
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<td>Hanover, NH</td>
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<td>Lebanon, NH</td>
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<td>Littleton Food Coop</td>
<td><a href="http://www.littletoncooop.org">www.littletoncooop.org</a></td>
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<td>Littleton, NH</td>
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<td>Concord Cooperative Market</td>
<td><a href="http://www.concordfoodcoop.coop">www.concordfoodcoop.coop</a></td>
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<td>Brattleboro Food Coop</td>
<td><a href="http://www.brattleborofoodcoop.com">www.brattleborofoodcoop.com</a></td>
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<td>Franklin Community Coops</td>
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<td>Green Fields Market Store</td>
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<td>McCuskers Coop Store</td>
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<td>Shelburne Falls, MA</td>
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<tr>
<td>Leverett Village Coop</td>
<td>(413) 367-9794</td>
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<td>Leverett, MA</td>
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<tr>
<td>Springfield Coop</td>
<td><a href="http://www.springfieldfoodcoop.com">www.springfieldfoodcoop.com</a></td>
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<td>Springfield, VT</td>
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<td>New City Market Coop</td>
<td><a href="http://www.citymarket.coop">www.citymarket.coop</a></td>
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<td>Burlington, VT</td>
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<tr>
<td>Upper Valley Coop</td>
<td><a href="http://www.uppervalleyfood.coop">www.uppervalleyfood.coop</a></td>
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<td>White River Junction, VT</td>
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<td>South Royalton Market</td>
<td><a href="http://www.soromarket.com">www.soromarket.com</a></td>
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<td>South Royalton, VT</td>
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<td>Rutland Area Food Coop</td>
<td>802-773-0737</td>
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<td>Middlebury Coop</td>
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<td>Middlebury, VT</td>
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<td>Putney Food Coop</td>
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<td>Wild Oats Coop</td>
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<td>Williamstown, MA</td>
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<td>River Valley Market</td>
<td><a href="http://www.rivervalleymarket.coop">www.rivervalleymarket.coop</a></td>
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<td>Northampton, MA</td>
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WORKSHOPS BY CATEGORY

Here is a quick reference guide of 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 whiteboard at the registration table for any last minute changes or cancellations.

ALTERNATIVE ENERGY AND THE ENVIRONMENT
1) Attached Greenhouse for Food, Heat, and Hot Water: Friday 2:00-3:30PM
29) DIY Alternative Energy on the Farm: Friday 4:00-5:30PM
64) Power Your Farm with Renewable Energy: Saturday 8:00-9:30AM
143) Fossil Fuel Free Farming: Sunday 8:00-9:30AM

ANIMALS
159) Cattle Genetics for 100% Grass-Fed Beef Production: Sunday 10:00-11:30AM
10) Natural Honeybee Management: Friday 2:00-3:30PM
35) How & Why to Keep Bees in Top Bar Hives: Friday 4:00-5:30PM
111) How to Get Started in Beekeeping: Saturday 1:00-2:30PM
19) Whole Farm Organism Dairying for the Northeast - Pt. 1: Friday 2:00-3:30PM
45) Whole Farm Organism Dairying for the Northeast - Pt. 2: Friday 4:00-5:30PM
85) Health and Homeopathy for Dairy Cows: Saturday 10:00-11:30AM
11) The Family Cow: Saturday 1:00-2:30PM
6) Hands-on Draft Horses: Friday 2:00-3:30PM
55) Grazing Basics 101: Saturday 8:00-9:30AM
145) Integrating Livestock and Vegetable Production: Sunday 8:00-9:30AM
185) Animals and Crops: Integration in Agroecology: Sunday 1:00-2:30PM
80) Andes Alive: Saturday 10:00-11:30AM
115) Llama Management – Haltering, Grooming, Handling: Saturday 1:00-2:30PM
131) Llamas on the Lawn: Saturday Fair: 3:00PM-5:00PM
117) Nature as Mentor: Rearing Pigs with Biology: Saturday 1:00-2:30PM
12) Organic Turkeys: Friday 2:00-3:30PM
39) Raising Chickens From Day-old to Maturity in Your Back Yard: Friday 4:00-5:30PM
81) City Chickens: Keeping Hens in Cities & Towns: Saturday 10:00-11:30AM
171) Sustainably Raising Chickens: Sunday 10:00-11:30AM
32) Grass-fed Sheep Production and Management: Friday 4:00-5:30PM
83) Farm or City: Raise and Use your Own Fiber: Saturday 10:00-11:30AM
110) FAMACHA Certification for Small Ruminant Farmers: Saturday 1:00-2:30PM

CHILDREN'S WORKSHOPS
20) 2010 NOFA Mural Painting: Friday 2:00-3:30PM
21) Creative Cuisine For Kids: Friday 2:00-3:30PM
The USDA Natural Resources Conservation Service works with Massachusetts’ private land owners who are committed to conserving their natural resources.

Are you a certified organic farmer or are you transitioning to organic production?

New opportunities for financial and technical assistance are now available. Conservation practices for air quality and energy, pollinator and wildlife habitat, as well as soil and water quality are priorities under the 2008 Farm Bill.

Beginning, limited-resource and socially disadvantaged farmers may be eligible for higher payment rates.

Are you an experienced organic planner?

Register as an NRCS-certified technical service provider (TSP) to develop conservation plans supporting organic transition for program participants who may receive financial assistance for planning services.

If you’re passionate about conservation, visit www.ma.nrcs.usda.gov to learn more.

Helping People Help The Land

United States Department of Agriculture
Natural Resources Conservation Service

USDA is an equal opportunity employer and provider.
22) Outdoor Games: Friday 2:00-3:30PM
23) Wild About Flowers, a Botany Adventure: Friday 2:00-3:30PM
47) Building Fairy Houses: Friday 4:00-5:30PM
48) Felting Fun: Friday 4:00-5:30PM
72) Angora Rabbits For Young Children: Saturday 8:00-9:30AM
73) MIX IT UP; Make Soil, A Pot & A Plant: Saturday 8:00-9:30AM
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181) Silly Science: Sunday 10:00-11:30AM
202) Cattle Care: Sunday 1:00-2:30PM
203) Outdoor Games: Sunday 1:00-2:30PM
204) Story Time in American Sign Language: Sunday 1:00-2:30PM

CROPS
33) Growing Great Fall Brassicas: Friday 4:00-5:30PM
56) Greenhouse Crop Selection for Specialty Customers: Saturday 8:00-9:30AM
113) Insect Pests on Vegetables: Saturday 1:00-2:30PM
140) Double Cropping and Season Extension: Sunday 8:00-9:30AM
169) Small-scale Grain Production: Sunday 10:00-11:30AM
198) Small Grains on Small Farms: Sunday 1:00-2:30PM
195) Growing Winter Greens: Sunday 1:00-2:30PM
9) Mycoscaping: Mushrooms in the Permaculture Landscape: Friday 2:00-3:30PM
89) Mushrooms in the Northeast: Saturday 10:00-11:30AM
148) Potato Culture: Sunday 8:00-9:30AM

FARM ECONOMICS AND MANAGEMENT
2) CSA – Quality Production for the Entire Season: Friday 2:00-3:30PM
8) Managing Towards A Triple Bottom Line: Friday 2:00-3:30PM
18) USDA Introduces New Risk Management Tools for Organic Producers: Friday 2:00-3:30PM
27) Approving Organic Materials and Ag Inputs: Friday 4:00-5:30PM
61) Nuts & Bolts of a Financially Successful Business: Saturday 8:00-9:30AM
68) Starting A Farm: Saturday 8:00-9:30AM
Products from the Ocean, to Set Your Fields in Motion

ORGANIC FERTILIZER

WHAT MAKES NEPTUNE’S HARVEST FISH STAND OUT:

- Our Fish are caught far off shore, in the **cold, clean, dark, mineral rich, North Atlantic Ocean**. (You start with good Fish, you end with good Fish Fertilizer).
- **Many species** of Fish are used. Each Fish contains a slightly different nutrient analysis profile.
- Fillet is used for food, and the rest of the Fish for Fertilizer, so **100% of the Fish is used**. No waste.
- **Cold process** protects heat sensitive nutrients, and keeps the enzymes alive in the final product.
- **Stabilized with Phosphoric Acid**, which is something crops need anyway.
- The last screening process is through a **150-Micron Screen**, as it is pumped into the final container.
- **Family owned** and operated since 1965.
- A **real person will answer the phone** and your questions, during normal business hours.

Dear Ann,

I just wanted to tell you that last winter was the 1st year to feed hay fertilized with your Fish. 10 to 12 pounds per day, as opposed to 20 to 25 for conventionally grown hay, to maintain a body condition score of 4. These cattle are fed on winter range so they have “pickins” other than hay. **Outstanding product!!**

P.S. I also fed 80% less mineral!!

Tom Seawald
Mantle Ranch
Dinosaur, CO 81610

Call for FREE SAMPLE & Catalog

1-800-259-4769
www.neptunesharvest.com

OMRI Listed
Permaculture For Farmers: Saturday 10:00-11:30AM
Season Extension For the Winter CSA and Home Garden:
Saturday 1:00-2:30PM
Sustaining Organizational Momentum: Saturday 1:00-2:30PM
Resources & Inspiration for Women Farmers: Sunday 8:00-9:30AM
Starting and Managing a CSA with Permaculture Principles:
Sunday 8:00-9:30AM
Financial Permaculture & Ecosystem Investing: Sunday 10:00-11:30AM
Easy and Free Computer Farm Record Keeping: Sunday 1:00-2:30PM
Starting a CSA: Sunday 10:00-11:30AM

Farming and the Community

Neighboring Food Co-ops: Working for a Sustainable Future:
Friday 2:00-3:30PM
Transition Towns: Building Community Resilience in a Time of Change:
Friday 4:00-5:30PM
Working for a Co-operative Economy!: Friday 4:00-5:30PM
35 Years Growing Co-ops!: Saturday 8:00-9:30AM
Details of High School Composting and Gardening:
Saturday 10:00-11:30AM
Acquiring a Farm - Pt. 1: Saturday 10:00-11:30AM
Acquiring a Farm - Pt. 2: Saturday 1:00-2:30PM
Cultivating the Campus: Growing Food and Consciousness:
Sunday 10:00-11:30AM
Building Community Gardens that are Accessible to all People:
Sunday 1:00-2:30PM

Food and Family

Growing Edible Sprouts at Home: Sunday 8:00-9:30AM
Nourishing Our Children: Sunday 1:00-2:30PM

Food and Farm Education

The Farm as Classroom: Learning to Farm and Farming to Learn:
Friday 2:00-3:30PM
Ecological Literacy Through Permaculture: Friday 4:00-5:30PM
The Birds and the Bees: Urban Agriculture and Environmental Education:
Sunday 10:00-11:30AM
Creating Vibrant Youth Programs: Sunday 1:00-2:30PM

Food Preservation and Cooking

Easy no-Knead Artisan Bread at Home: Friday 2:00-3:30PM
Making your Own Salad Dressings with Fresh Herbs: Friday 2:00-3:30PM
Microbes: Friend or Foe? Or: Why Eat More Yogurt and Sauerkraut:
Friday 4:00-5:30PM
Cultured Dairy Products: Saturday 8:00-9:30AM
Advanced Lacto-Fermentation (Vegetables): Saturday 10:00-11:30AM
Introduction to Water Bath Canning: Saturday 10:00-11:30AM
PEONY NURSERY FOR SALE: 12 year old Vt. based organic peony nursery is closing and wishes to sell 4+ acres of display and propagation stock (no land or equipment). Well organized with 300 different varieties (over 5000 plants) and 75-100 varieties in a 3 yr cyclical growing regime. Many unusual, rare and expensive peony varieties as well as 2 collections of Siberian and Japanese Iris. Presently producing 2000 + root divisions a year as well as 3000+ flowers for the local bridal market. Easy expansion into the national wholesale cut flower market. Good on-line presence with only recent up and running on-line storefront. Great opportunity for small farmstead to bring this to the next level. Present operation is lacking in enough land and current leased property is questionable for long term use. A level, dry, 10 acre (minimum) piece not off the “beaten path” would be an ideal location. Owners willing to share and collaborate their 25+ years of knowledge including how to manage peonies in a sustainable and organic manner. An initial cash investment will be required. Open to mutually beneficial offers/terms. If you have a love of flowers and some knowledge of peonies (or are willing to learn) some land, capitol and the interest in a sustainable agricultural enterprise this may be a unique opportunity. Serious inquires only please. contact via email dmq40@vermontel.net
107) Eating Well on a Budget: Pressure Cookers, Crock Pots, and Using the Whole Hog: Saturday 1:00-2:30PM

FRUITS, NUTS AND TREES
44) Tree and Plant Whispering: An Experience: Friday 4:00-5:30PM
63) Pomona's Secrets: Hardy, Delectable, Pest-free Fruits: Saturday 8:00-9:30AM
93) Pruning Berry Plants: Saturday 10:00-11:30AM
121) Small Fruit on a Certified Organic Farm: Saturday 1:00-2:30PM
151) The Home Apple Orchard: Sunday 8:00-9:30AM

GARDEN AND GREENHOUSE
138) Carbon Neutral/Carbon Negative Greenhouse Production: Sunday 8:00-9:30AM
176) Winter Vegetable Production for the Backyard Gardener: Sunday 10:00-11:30AM
194) Gardening in Small Spaces: Sunday 1:00-2:30PM

HERBS AND FLOWERS
5) Farm to Pharmacy: Agriculture, Education, and Herbal Medicine: Friday 2:00-3:30PM
38) Propagating Field Grown Herbs: Friday 4:00-5:30PM
59) Making Herbal Creams, Oils and Lip Balms: Saturday 8:00-9:30AM
165) Growing Herbs in Containers: Sunday 10:00-11:30AM
187) Backyard Medicinal Herb Walk: Sunday 1:00-2:30PM

INTERNATIONAL AGRICULTURE
62) Permaculture in New Zealand: Saturday 8:00-9:30AM
164) GMO Crisis in Maya Land- Heirloom Seeds, and Multi-nationals: Sunday 10:00-11:30AM

LAND CARE
4) Edible Landscapes: Friday 2:00-3:30PM
41) Social Entrepreneurship: A New Kind of Social Justice: Friday 4:00-5:30PM
94) Responsible Stewardship of the College Campus: Saturday 10:00-11:30AM
118) Permaculture Principles in Home Landscape Design: Saturday 1:00-2:30PM
147) Pollinator-friendly Landscaping: Sunday 8:00-9:30AM
161) Creating Enthusiasm for Change in Your Community: Sunday 10:00-11:30AM
184) An Upstart in the Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive?: Sunday 1:00-2:30PM

MARKETING
14) Red Tomato?a Model of Regional Wholesale Distribution to Supermarkets: Friday 2:00-3:30PM
4th Annual Northeast Animal Power Field Days

Friday-Sunday
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www.animalpowerfielddays.org
40) Share Your Farm Story and Harvest Media Coverage: Friday 4:00-5:30PM

NOURISHING TRADITIONS SEMINAR
70) Pt. 1: The Oiling of America/The Cholesterol Myths: Saturday 8:00-9:30AM
90) Pt. 2: Nourishing Traditional Diets -- The Key to Vibrant Health: Saturday 10:00-11:30AM
119) Pt. 3: Principles of Healthy Traditional Diets: Saturday 1:00-2:30PM
134) Pt. 4: A Campaign for Real Milk: Sunday 8:00-9:30AM
166) Pt. 5: How to Change Your Diet for the Better: Sunday 10:00-11:30AM
188) Pt. 6: Breakfast, Lunch and Dinner: Sunday 1:00-2:30PM

NUTRITION AND HEALTH
17) The Public Health Imperative for Sustainable Agriculture: Pastured Meat: Friday 2:00-3:30PM
54) First Aid Homeopathy for Gardeners and Family: Saturday 8:00-9:30AM
86) Herbal Remedies 101: A Demonstration: Saturday 10:00-11:30AM
116) Lyme Disease: Naturopathic and Conventional Approaches to Treatment: Saturday 1:00-2:30PM
141) Environmental Medicine: A Naturopathic View - Pt. 1: Sunday 8:00-9:30AM
160) Chemicals, Hormone Disruption & Immune Effects - Pt. 2: Sunday 10:00-11:30AM
158) Apitherapy: Healing with Hive Products: Sunday 10:00-11:30AM
200) Weston A. Price Foundation Principles in Medicine and Dentistry: Sunday 1:00-2:30PM

OF THE SPIRIT
36) Louis Bromfield and the Literature of Place.: Friday 4:00-5:30PM
146) Peace/Earth/Healing/Sing: Sunday 8:00-9:30AM
168) Singing for Activism, Fun, and Transformation: Sunday 10:00-11:30AM
177) Yoga for Farmers and Gardeners: Sunday 10:00-11:30AM

POLITICS AND POLICY
13) Organics & the Movement for Climate Justice: Friday 2:00-3:30PM
31) Getting Leadership: From Sustainable Food to Social Equity: Friday 4:00-5:30PM
34) Growing Organic in USDA Conservation Programs: Friday 4:00-5:30PM
84) Farmers’ Rights: Raw Milk, Poultry Processing & More: Saturday 10:00-11:30AM
106) DEBATE: Can Biochar Help Address the Climate Crisis?: Saturday 1:00-2:30PM
109) Fair Trade – Why Not Try It Here?: Saturday 1:00-2:30PM
132) NOFA Policy Issue Forum: Saturday Fair: 3:00PM-4:30PM
133) A Place for Us: People of Color in the Organic Movement: Saturday Fair: 4:00PM-5:30PM
153) Updates on Governmental Food Safety Initiatives and Effects on Farmers: Sunday 8:00-9:30AM
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174) Twenty Years Later – The Organic World Since the OFPA: Sunday 10:00-11:30AM

PRACTICAL SKILLS
60) Natural Self Care: Saturday 8:00-9:30AM
66) Small Engine and Lawnmower Repair: Saturday 8:00-9:30AM
88) Knots for Farming and Living: Saturday 10:00-11:30AM
137) Building a Root Cellar: Sunday 8:00-9:30AM
142) Felting Wool: Sunday 8:00-9:30AM
193) For the Love of Fiber: Sheep to Shawl Overview: Sunday 1:00-2:30PM
197) Preventing Back Injuries on the Farm and in the Garden: Sunday 1:00-2:30PM

SOIL AND FERTILITY
15) Soil Fertility in Organic Farming: Friday 2:00-3:30PM
26) A Practical Experience with the Promise of Biochar: Friday 4:00-5:30PM
28) Compost Technologies for Soil and Plant Health: Friday 4:00-5:30PM
53) Degraded Lands Restoration: Farming the Other 90% of the Landscape: Saturday 8:00-9:30AM
65) Principles, Protocols, Products for Nutrient Density: Saturday 8:00-9:30AM
67) Soil Health: Saturday 8:00-9:30AM
69) The History, Science and Art of Biochar: Saturday 8:00-9:30AM
82) Composting for Beginners: Saturday 10:00-11:30AM
96) Unraveling the Mystery of Humus and Humic Acids: Saturday 10:00-11:30AM
97) Vermiculture: The Wonderful World of Worm Composting: Saturday 10:00-11:30AM
104) A Farmer’s Report Along the Path to High Brix: Saturday 1:00-2:30PM
112) Human Manure and Sustainability: Saturday 1:00-2:30PM
135) Biodynamics: What’s It All About?: Sunday 8:00-9:30AM
136) Biological Farm Management of Pastures and Hayfields: Sunday 8:00-9:30AM
167) The Science of Quality and a Strategy for Nutrient Density Standards: Sunday 10:00-11:30AM
189) Build Rich Soil with Keyline Design: Sunday 1:00-2:30PM
201) Worm Composting - From The Ground Up.: Sunday 1:00-2:30PM

TEEN WORKSHOP
24) Tie-Dying: Friday 2:00-3:30PM
50) Filmmaking is for Anyone: Friday 4:00-5:30PM
75) Global Hunger and Heifer International: Saturday 8:00-9:30AM
102) How to Bag Waste: Saturday 10:00-11:30AM
103) Preparing Wild Edibles and Weeds: Saturday 10:00-11:30AM
128) Honeybee Ecology: Saturday 1:00-2:30PM
157) Backyard Chickens: Sunday 8:00-9:30AM
183) Working Oxen: Sunday 10:00-11:30AM
Save the Date!

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The biodynamic methods bring man to a deeper understanding of nature. Thoughtless, mechanical cultivation of the earth must be avoided; the cultivator himself should be the guiding and observing factor...

EHRENFRIED PFEIFFER
205) A Real Food Connection: Hopi Blue Corn: Sunday 1:00-2:30PM
206) Yes, Teens Don’t Have to Go to School: Sunday 1:00-2:30PM
25) Weave and Spin a Rabbit: Friday 2:00-3:30PM
49) Aromatherapy Basics: Friday 4:00-5:30PM
76) Small Structures: Saturday 8:00-9:30AM
129) Making Herbal Bodycare: Saturday 1:00-2:30PM
182) Play & Think & Play Some More: Sunday 10:00-11:30AM

TOURS
42) Brookfield Farm's CSA Management: Friday 4:00-5:30PM
71) Hampshire College Farm Tour: Saturday 8:00-9:30AM
124) Cover Crops for Soil and Crop Health: Saturday 1:00-2:30PM
125) Sidehill Farm Dairy: Saturday 1:00-2:30PM
152) Simple Gifts Farm’s CSA Management: Sunday 8:00-9:30AM
173) Simple Gifts Farm: Integrating Livestock and Vegetable Production: Sunday 10:00-11:30AM
199) UMass Student Farm - Organic Research: Sunday 1:00-2:30PM

URBAN AGRICULTURE
91) People Power in Urban Community Gardens (Bronx, NY): Saturday 10:00-11:30AM
114) La Finca: Supporting New Farmers in Holyoke, MA: Saturday 1:00-2:30PM
139) Community-based Approaches to Urban Food Security: Sunday 8:00-9:30AM
175) Urban and Suburban Agriculture: Sunday 10:00-11:30AM
186) Arcosanti, Paolo Soleri, and Ecological Cities: Sunday 1:00-2:30PM
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ATTENTION AOLCPs!

NOFA AOLCP CREDIT-APPROVED WORKSHOPS

To renew accreditation, Accredited Organic Land Care Professionals (AOLCPs) must earn 4 re-accreditation credits per year. Workshops at the NOFA Summer Conference 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 and at the OLC table in the Exhibitors’ Tent.

Approved at the 2010 NOFA Summer Conference:

Friday 2-3:30 PM: Edible Landscapes – Laura Kelley (AOLCP); Soil Fertility in Organic Farming – Joseph Heckman; Myoscaping: Mushrooms in the Permaculture Landscape – Rafter Sass (.75 credits); Natural Honeybees Management – Jean-Claude Bourrut (.75 credits).

Friday 4-5:30 PM: A Practical Experience with the Promise of Biochar – Barry Hollister, David Yarrow; Approving Organic Materials and Ag Inputs – Don Franczyk; Compost Technologies for Soil and Plant Health – Peter Schmidt (AOLCP); Tree and Plant Whispering: An Experience – Jim Conroy (AOLCP), (.75 credits).

Saturday 8-9:30 AM: Soil Health – Bill Duesing; the History, Science and Art of Biochar – Hugh McLaughlin; Pomona’s Secrets: Hardy, Delectable, Pest-free Fruits – Lee Reich (.75 credits).

Saturday 10-11:30 AM: Composting for Beginners – Matt Verson; Mushrooms in the Northeast – David Demarest; Unraveling the Mystery of Humus and Humic Acids – Michael Martin Melendrez; Vermiculture: the Wonderful World of Worm Composting – Joan O’Connor; Pruning Berry Plants – Lee Reich (.75 credits); The Details of High School Composting and Gardening – Karen DiFranza (.75 credits).

Saturday 1-2:30 PM: Permaculture Principles in Home Landscape Design – Ted Chapman (AOLCP); A Farmer’s Report Along the Path to High Brix – Derek Christianson (.75 credits); How to Get Started in Beekeeping – Roland Sevigny (.75 credits).


Sunday 10-11:30 AM: Growing Herbs in Containers – Dawn Pavone (AOLCP); Creating Enthusiasm for Change in Your Community – Heidi Kost-Gross (AOLCP), (.75 credits).

Sunday 1-2:30 PM: An Upstart in the! Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive? – David Eggleton (AOLCP); Build Rich Soil with Keyline Design – Mark Krawczyk; Gardening in Small Spaces – Carolyn Edsell-Vetter (AOLCP); Worm Composting from the Ground Up – Ben Goldberg, David Lovler; Preventing Back Injuries on the Farm and Garden – Cora Roelofs, Jamie Tessler (.75 credits).
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ELA provides information and networking opportunities to its members through educational seminars, roundtables, eco-tours, our Annual Conference & Eco-Marketplace the monthly Ecological Landscaper e-newsletter, a member-to-member discount program and an online search: Find an Eco-Pro.

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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 (for a full listing, see page # - insert it here Don).

ADULT WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM
1) Attached Greenhouse for Food, Heat, and Hot Water  All levels
Campus Center 165-69
Bob Jennings: Architectural structural engineer with experience in greenhouses & solar hot air & hot water systems. Envision an attached greenhouse on your home, and learn ideas and details for design and construction.

2) CSA – Quality Production for the Entire Season  Intermediate-Advanced
Campus Center 805-09
Julie Rawson: Lifelong farmer, CSA for 19 years, 120 members, 31 weeks. Focusing foremost on fertility, then on timing, for planting, succession cropping and growing under cover, we will discuss a rich crop mix to keep the CSA bags full, varied and delicious. We will discuss each crop in turn and in detail.

3) Easy no-Knead Artisan Bread at Home  Beginner
Brett Lounge 328
Linda Ugelow: Farms (small-scale), 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 gluten free for cooking in the oven, on the stove or in a toaster oven.

4) Edible Landscapes**  All levels
Campus Center 811-15
Laura Kelley: All natural honeybee keeper, organic landscaper, land designer, nutritionist, naturalist. Grow flavorful edibles throughout your landscape. Adding nutrition to your soil incorporates minerals for plants your loved-ones will enjoy. Why not have a yard full of flavors? With a 30 minute showing of Beeography we will see the importance of honeybees in the pollination process that is essential for plants to grow. Keeping edible bounty throughout your land is flavorful and fun!

5) Farm to Pharmacy: Agriculture, Education, and Herbal Medicine  All levels
Campus Center 903
William Siff: Acupuncturist & herbalist, director of Goldthread Herb Farm. Come and learn about how the innovative Farm to Pharmacy internship program
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6) Hands-on Draft Horses  All levels
Outside--Meet at the Horses
Dale Perkins: Works with horses at Mesa Farm in Rutland, MA.
I’ll cover the basics of draft horses: Harnessing, driving, care, and management. Expect some hands-on opportunities.

7) Making your Own Salad Dressings with Fresh Herbs  All levels
Brett Lounge 001
Leslie Cerier: www.lesliecerier.com; The organic gourmet chef; author; educator; photographer; environmentalist.
“Moroccan Tahini Dressing with Cilantro”, “Avocado Dressing with Garlic Scapes”, “Basil-Oregano Vinaigrette”, “Garlicky Basil Dressing” are some of the delicious, versatile dressings that we will make together. Come learn how to mix and match fresh herbs to make flavorful, quick and easy globally-inspired recipes for summer salads. Tasty samples.

8) Managing Towards A Triple Bottom Line  All levels
Campus Center 904-08
Seth Wilner: UNH Cooperative Extension Agricultural Educator, certified in Holistic Management.
This workshop will provide an overview of the Holistic Management Framework. Participants will leave this workshop with the ability to set a whole farm goal, look at their farm environmental conditions through a different lens, and gain new techniques for deriving greater farm profits.

9) Mycoscaping: Mushrooms in the Permaculture Landscape**  All levels
Campus Center 804-08
Rafter Sass: Permaculture designer, activist/educator, mycophile, & graduate student in ecological design.
If you are only growing plants and animals, you’re missing out! There is an entire other kingdom to explore - and eat. I’ll give an overview of several easy-entry mushroom growing techniques, and what’s involved in scaling up to market production. I’ll put it all in the context of historical, present-day, and emerging practices, with a focus on integration with ecologically-managed, multifunctional landscapes.

10) Natural Honeybees Management**  Beginner
Campus Center 905-09
Jean-Claude Bourrut: Organic farmer; beekeeper for 20 years.
Start beekeeping on the right foot for a sustainable natural system in the time of mites, Colony Collapse Disorder, and multiple pests. Material, set-up, low input-low labor system of apiculture, and natural management. There will be time to discuss issues you are interested to bring up within the topic.
11) Neighboring Food Co-ops: Working for a Sustainable Future
Campus Center 163C   All levels
Robyn O’Brien: General Manager of the Putney Food Co-op in Putney, VT.
As community owned businesses, food co-ops have long been leaders in local, organic and fairly traded foods in the Northeast. Come learn about how food co-ops are collaborating with local producers and other co-operatives to build a thriving regional economy and how you can get involved.

12) Organic Turkeys   Beginner
Campus Center 917
Lynda Simkins: Director of Natick Community Organic Farm & farmer for 30 years.
I will start with brooding of day olds through slaughter. I will talk about housing, feed, special requirements, and any other questions that come up.

13) Organics & the Movement for Climate Justice   All levels
Campus Center 174-76
Rachel Smolker: Codirector of Biofuelwatch, biologist, author, climate activist.
How can organic farming best contribute to solving the global climate crisis? We will address the contribution of industrial farms to global warming, the widespread false solutions (GMOs and agricultural offsets), and ways that organic farmers and consumers can best contribute to the growing movement for climate justice.

14) Red Tomato: a Model of Regional Wholesale Distribution to Supermarkets
Campus Center 162-75   Intermediate
Michael Rozyne: Co-director of Red Tomato; previously co-founder of Equal Exchange.
Sue Futrell: Director of marketing for Red Tomato.
Reaching millions of people in the Northeast with farm-identified locally-grown fruits and vegetables requires a supermarket strategy that treats farmers fairly. Red Tomato, a hybrid business/non-profit, has a regional wholesale distribution business emphasizing freshness and flavor, fair trade, and ecological farming (organic and advanced IPM). Here’s how it works.

15) Soil Fertility in Organic Farming**   Intermediate
Campus Center 803
Joseph Heckman: Professor of Soil Science, Rutgers University, & hobby organic farmer.
A soil fertility program for an organic farm ideally functions as an ecosystem that includes a complex rotation of annual and perennial crops integrated with livestock. I will describe practical and philosophical aspects of effectively recycling and mobilizing nutrients to build and sustain soil fertility and produce quality food.
16) Farm as Classroom: Learning to Farm & Farming to Learn
Campus Center 168C   Beginner
Judy Fink: Education Programs Director at Stone Barns Center.
Participants will be introduced to the benefits and joys of using farms to teach children and adults about their role in sustainable farming. I’ll share how Stone Barns Center weaves education into all aspects of our farm through field trips, programs for teachers, camp, family programs and internships, and suggest resources to help farmers start their own farm-based education initiatives.

17) Public Health Imperative for Sustainable Agriculture: Pastured Meat
Campus Center 101   All levels
Jill Stein: Physician, with environment and nutrition expertise, co-author: Environmental Threats to Healthy Aging.
Industrial agriculture and confined animal feeding contribute to the degraded nutrition in the modern diet. This increases the inflammatory effects of diet, and increases the risk of chronic diseases including heart disease, diabetes, asthma and Alzheimer’s. These risks can be reduced by eating sustainably produced food, including pasture fed animal products.

18) USDA Introduces New Risk Management Tools for Organic Producers
Campus Center 911-15   Beginner-Intermediate
Clifton Parker: 30+ years of service to USDA Risk Management Agency. Works with Custom Ag Solutions under a contract to educate organic producers about USDA programs.
USDA is looking closely at the benefits of Organic Production. This workshop will outline what USDA has to offer organic producers. The workshop will cover programs that were developed in coordination with organic organizations to help protect organic production in the US. I’ll cover USDA programs for organic producers and changes in USDA programs over the past few years.

19) Whole Farm Organism Dairying for the Northeast - Pt. 1 of 2*
Campus Center Auditorium
Jack Lazor: Organic homesteader, dairy farmer, grower of grain for humans & animals, & a processor of organic yogurt & Jersey cream for 35 years. Farms about 375 acres of land with wife, Anne, in Westfield, VT, near Canadian border.
Health and wellbeing begin with mineralized, high humus soil. In this first part of a two-part workshop (the second follows immediately at 4:00pm), we explore the relationship between good earth care and the dairy as a farm organism unto itself. Part one concentrates on soil testing, interpretation, and the addition of amendments necessary to produce healthy, mineralized forages. We will run some soil tests, so bring a soil sample if you wish.
CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM
20) 2010 NOFA Mural Painting
Cape Cod Lounge Ages 6-12
Rachel Silverman: Designer and Art Teacher dedicated to sparking children's creative process.
Children will design and create the annual painted banner that will lead the parade during the Saturday fair. Lots of fun and some mess, so bring a smock or old clothes that can get painty.

21) Creative Cuisine For Kids
Cape Cod Lounge Ages 7-12
Polly Jutras: First year farmer and professional personal chef.
We will prep salad from the Fletcher Community Farm in Haverhill, MA, make salad dressing and organic hummus and share the meal with others at the Children’s Conference.

22) Outdoor Games
Cape Cod Lounge Ages 8-12
Donnie Cox: Farmer, musician, philosopher, previous boys and girls club counselor.
We will play games such as ultimate frisbee, soccer and four square.

23) Wild About Flowers, a Botany Adventure
Cape Cod Lounge Ages 6-12
Philip Wooldridge: Homeschooling dad, software engineer, loves to fix things.
Through stories, games, a computer slideshow and hands-on learning, we will teach the differences between flowers, shrubs and vines; the language of flower identification; and how to use a guide for classification and identification.

TEEN WORKSHOPS – FRIDAY, AUGUST 13: 2:00-3:30 PM
24) Tie-Dying Grad Lounge
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.

25) Weave and Spin a Rabbit Grad Lounge
Jill Horton-Lyons: Jill started spinning, weaving and raising rabbits before teens were born.
Teens will learn about basic rabbit care, housing, feeding and handling. We'll explain spinning and weaving, then each person will pluck and spin some angora yarn. Each person will warp a small bookmark loom and will use their handspun yarn to make the bookmark.
26) A Practical Experience with the Promise of Biochar**  
Campus Center 174-76  
Barry Hollister: gardener, facilitator, eco-preneur, NE Biochar Assn. Board.  
David Yarrow: Healer, naturalist, activist, teacher, journalist, dowser, taozer.  
Discover how the pyrolysis process for creating biochar works and how it can work for you producing heat and gases for electricity, sequestering carbon, water purification, restoration and retention in the soil, increasing soil fertility as a residence for microorganisms, and increasing crop yields and farm profitability while building community wealth.

27) Approving Organic Materials and Ag Inputs**  
Intermediate-Advanced  
Campus Center 911-15  
Don Franczyk: Executive Director of Baystate Organic Certifiers; semi-retired organic farmer.  
Have you ever wondered why organic farmers can’t use synthetic biodegradable mulch, or what input products are organically approved for nutrient density programs? This workshop will focus on the logic and process for what input materials are allowed in organic agriculture, and what materials are prohibited and why. Extensive Q&A addressing your own materials questions.

28) Compost Technologies for Soil and Plant Health**  
Advanced  
Campus Center 805-09  
Peter Schmidt: Co-founder & partner of Compostwerks! LLC. In the horticultural field since 1984.  
Participants of this workshop will able to apply knowledge in the use of compost in nearly every growing scenario. Nutrient cycling and sequestration, soil structure, water management, soil biology, compost production, soil amendments and compost tea applications will be discussed in detail.

29) DIY Alternative Energy on the Farm  
Intermediate  
Campus Center 101  
Bill MacKentley: Longtime druid greenman & scrounger for 60 years!  
This slideshow will go through how we at St. Lawrence Nurseries set up photovoltaic, hot water, wind energy, coolers and other systems on our farm. Slides will show how we built each separate system using inexpensive, home-built, do-it-yourself construction. Emphasis will be placed on indispensable hardware while analyzing where you can save money and build a better system. I’ll help you circumvent mistakes we have made in the past.

30) Ecological Literacy Through Permaculture  
All levels  
Campus Center 804-08  
Nelson Lebo: 20 years as environmental educator, now PhD candidate.  
This cutting edge educational research seeks to enhance scientific and ecological literacy in a high school science classroom by using permaculture as the lens through which to study science. Key concepts include systems thinking, transformative learning theory, and ecological design.
31) Getting Leadership: From Sustainable Food to Social Equity
Brooks Lounge All levels
Rafter Sass: Permaculture designer, activist/educator, mycophile, & graduate student in ecological design.
How does our work in food production relate to our dreams of an equitable society? Often enough, it seems like the answer is: it doesn’t. That can change. We can chart a course that starts from our own work and passions and moves us in the direction of real, ecological AND social sustainability. I’ll present some strategic tools and perspectives, offer some short exercises, and facilitate lots of discussion.

32) Grass-fed Sheep Production and Management All levels
Campus Center 904-08
Dale Perkins: Raises small flock of sheep at Mesa Farm in Rutland, MA.
I’ll cover the basics of sheep production with an emphasis on grass-fed production. Included will be health, nutrition, reproduction, marketing and pasture management.

33) Growing Great Fall Brassicas Intermediate-Advanced
Campus Center 162-75
Nancy Hanson: Manager of the Hampshire College CSA since 1999.
Members of the Brassica family -- broccoli, cauliflower, cabbage, and others -- are an important part of the fall crop mix at the Hampshire CSA. I will discuss methods of fall production from variety selection to harvest.

34) Growing Organic in USDA Conservation Programs All levels
Campus Center 803
Traci Bruckner: Assistant Director, Rural Policy Program, Center for Rural Affairs, Lyons, Nebraska.
Martha Noble: Senior Policy Associate, National Sustainable Agriculture Coalition, Washington, DC.
Although USDA’s Natural Resources Conservation Service (NRCS) distributes millions of dollars yearly to help farmers with on-farm conservation activities, organic producers get surprisingly little. But you can change that in your state. Learn how participation of organic farmers on State Technical Committees and Local Working Groups can influence NRCS to recognize and reward organic agriculture’s conservation benefits.

35) How & Why to Keep Bees in Top Bar Hives All levels
Outside--Meet at the Hives
Christy Hemenway: An emerging leader & educator in sustainable beekeeping. A top bar hive lets bees make their own beeswax. Learn why this matters! This introductory workshop will demonstrate this natural, green method of keeping our important pollinators healthy.

36) Louis Bromfield and the Literature of Place. Beginner
Campus Center 165-69
Charles D. Sherzi, Jr.: Certified arborist & accredited land care professional.
As most of our lives recede farther and farther from the land, these writings remind us of our connection to the land and the importance of soil as a vital resource. The literary work of Louis Bromfield offers fresh insight by helping to reconnect people to the land through the written word.

Microbes: Friend or Foe? Why Eat More Yogurt and Sauerkraut  All levels
Brett Lounge 001
Rosalind Michahelles: Certified Holistic Health Counselor in Cambridge, MA. Which microbes do we want to encourage in our insides and what illnesses might they help prevent? What’s behind the current buzz over homemade sauerkraut? What’s so good about miso? If we want to ferment vegetables or other food ourselves, where can we look for helpful information? Or, if we’re too busy for that, which yogurt, which sauerkraut, etc. is better to buy and why? We’ll do tasting and you will leave with a simple recipe.

Propagating Field Grown Herbs  All levels
Campus Center 903
Kathy Morris: Homesteader. The “how to, when to, and why to” on propagating perennial, biennial, and annual herbs, garnered from 34 years of experience. This is a discussion and demonstration of techniques applicable to most common and not so common herbs and includes tips to aid in winter hardiness.

Raising Chickens From Day-old to Maturity in Your Back Yard  All levels
Outside--Meet at the Chickens
Cynda Williams: Certified organic for poultry by Baystate Certifiers since 2006. Learn to raise day-old chicks through the pullet age and up to layer hens. Information includes choosing breeds, housing, feed, water & weather requirements, yard requirements, specific feeding for organic or natural feeds, illnesses, problems one encounters, and whether a rooster is needed.

Share Your Farm Story and Harvest Media Coverage  Beginner
Campus Center 917
Lisa Kivirist: Co-owner, Inn Serendipity Farm and Bed & Breakfast
John Ivanko: Co-author of "Ecopreneuring," "Rural Renaissance","Edible Earth." Learn how to identify and promote your compelling farm story, write press releases, and connect with journalists through FARM (Farm & Agriculture Resources for Media), a program of the National Sustainable Agriculture Coalition (NSAC).

Social Entrepreneurship: A New Kind of Social Justice  All levels
Campus Center 811-15
Bernadette Giblin: AOLCP, activist & owner of Safeground Organic Landcare. What is Social Entrepreneurship? Learn the importance of putting the mission front and center. Understand the value of being mission-driven, the power of measuring the success of projects and the need to freely share this with your constituents, clients and the others via Social Media.
42) TOUR: Brookfield Farm's CSA Management  Intermediate  Friday 4:00

Brookfield Farm, Amherst, MA
Kerry Manire: Assistant Farm Manager at Brookfield Farm.
Overview of entire farm operation from fertility management to harvest to marketing. Special focus on CSA Management. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going south. Go through 2 lights (the 2nd one is at Rt 9) and continue straight. About 1.6 miles after you cross Rt 9, turn a slight left onto Shays Street and follow for 1.2 miles. This brings you to the South Amherst Common. Take a very slight right onto Southeast Street and follow for 1.9 miles. Turn left onto Bay Rd and follow for 0.5 miles. Make first left onto Hulst Rd (you’ll see a sign for Brookfield Farm). Go 600 yards on Hulst and turn in to Brookfield Farm at the sign on your left. Address: 24 Hulst Road, Amherst, MA.

43) Transition Towns: Building Community Resilience in a Time of Change
Campus Center 168C  All levels
Rising energy costs, climate change, and economic instability pose challenges that require creative solutions. The Transition movement is a positive, inspiring, bottom-up approach to building community resiliency. Thousands of people around the world are now organizing “Transition Initiatives” in their towns, cities, and neighborhoods. The Transition model and process offers a successful way to engage large numbers of diverse community members in creative action to increase vitality and security in a changing world. A key aspect of the Transition model is increased community support for local agriculture and demand for local farm products.

44) Tree and Plant Whispering: An Experience**  All levels
Campus Center 905-09
Jim Conroy: PhD in Plant Pathology, teacher, grower, AOLCP.
Realize a new paradigm: Botany in Balance. Learn about an holistic energy healing, no-product green solution to heal stressed trees, plants, crops, acreages and forests. Hear insights & plants’ secret messages. Learn why/how trees/plants go into decline. New sciences and metaphysics apply. Have hands-on experience of plant’s GROWTH ENERGY.

45) Whole Farm Organism Dairying for the Northeast - Pt. 2 of 2*  All levels
Campus Center Auditorium
Jack Lazor: Organic homesteader, dairy farmer, grower of grain for humans & animals, and a processor of organic yogurt & Jersey cream for 35 years.
In this second part of this two-part workshop (the first is at 2:00PM), we will explore dairy farm self-sufficiency; growing forages and grains in rotation for your one cow or your fifty cows. Topics for discussion will include the closed herd concept, compost and the bedded pack housing system, and on-farm milk processing.
46) Working for a Co-operative Economy!  
All levels  
Campus Center 163C  
Friday 4:00
Alex Jarrett: Founding member of Pedal People Co-op.
Erbin Crowell: Staff project coordinator for Valley Alliance of Worker Co-ops.
Worker co-ops are locally-owned, democratically managed alternatives for building resilient, participatory communities. We will discuss how the Valley Alliance of Worker Co-ops is working for a more just, sustainable and democratic economy, and provide feedback to people interested in starting a new co-op or converting an existing business.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 13: 4:00-5:30 PM
47) Building Fairy Houses  
Cape Cod Lounge  
Ages 5-10
Pamela Kimball: Works to create a sustainable society in Western MA.
Come learn about fairies and the places where they like to 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.

48) Felting Fun  
Cape Cod Lounge  
Ages 5-12
Iris Weaver: Spiritual herbalist; loves making things by hand.
We will take colored sheep's wool and learn to make felt! It's easy, fun, and messy. Everyone will go home with a felted ball or snake, or other object.

TEEN WORKSHOPS – FRIDAY, AUGUST 13: 4:00-5:30 PM
49) Aromatherapy Basics  
Grad Lounge  
Dawn Pavone: Dawn is certified in Aromatherapy through the Eclectic Institute of Aromatherapy.
Elaine Peterson: Gardener/herbalist for over 25 years who enjoys the fragrances of life.
We will cover the basics of aromatherapy. We will concentrate on qualities, uses, blending and safe handling of essential oils. Bring your noses and be prepared for some excellent scents! Participants will leave with a personalized blended product.

50) Filmmaking is for Anyone  
Grad Lounge  
Cheri Robartes: Filmmaker, musician and teacher in Boston.
We’ll plan, cast and then shoot a (very) short film - here and now!
ADULT WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

51) 35 Years Growing Co-ops!  All levels
Campus Center 917
Erbin Crowell: Marketing & Co-op Relations Manager with CFNE.
Betsy Black: Northwest New England Loan and Outreach Officer with CFNE.
Since 1975, the Cooperative Fund of New England has been growing co-ops, lending over $18 million to nearly 500 co-operatives and community organizations without losing a penny of investor resources. Come learn how our partners contribute to a sustainable regional economy and how you can become a borrower or supporter.

52) Cultured Dairy Products  Beginner
Brett Lounge 001
Rebecca Buell: I raise a small herd of dairy goats in Petersham, MA.
In this workshop, for beginners, I will demonstrate how to make butter, yogurt, a soft cheese, and kefir – four delicious and healthful foods you can easily make in your own kitchen. I will have plenty of samples to taste.

53) Degraded Lands Restoration: Farming the Other 90% of the Landscape
Campus Center 811-15  All levels
Ben Falk: Farms & performs design work from his degraded hillside in Vermont.
We’ll view and discuss ”marginal” lands agricultural strategies that utilize radical soil building and perennial cropping techniques for reinhabiting degraded New England hillsides, including: perennial cropping, mushroom mulching, fish, wetland cropping, swale-mound on contour planting, fuelwood hedges.

54) First Aid Homeopathy for Gardeners and Family  All levels
Campus Center 904-08
Learn how to stay healthy & treat summer colds, sports accidents, insect bites, poison ivy, gardening strains, first aid challenges & other seasonal happenings. Learn the basics of using homeopathic medicines safely. Bring your health questions as we explore together homeopathic options.

55) Grazing Basics 101  Beginner
Campus Center 165-69
Mike Ghia: Grazing Technical Assistant with the UVM & a private farm consultant.
Using real examples of different types of grazing systems, this workshop will cover the basic principles of how plants grow, how to avoid 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 or measure how much dry matter there is per acre, how many acres are needed, and how big the paddocks need to be. Other topics will include pasture design, building lanes, fence and water systems, parasite management, and how to avoid common grazing mistakes.
56) Greenhouse Crop Selection for Specialty Customers  
Jack Algiere: Farm Manager, Stone Barns Center for Food and Agriculture.
I will relate the benefits of sound environmental practices, crop selection, method and perception to develop an efficient and viable greenhouse model for community scale. I will present practical and procedural examples developed for the greenhouse production at Stone Barns Center for Food and Agriculture.

57) Hickory Gardens: A Permaculture Homestead  
Jono Neiger: Teacher & practitioner of ecological design & permaculture. Kemper Carlsen: Parent, gardener, teacher, cook and homesteader who loves to learn.
With stories and pictures we will show our work over the last six years at our 3-acre permaculture designed homestead. We’ll cover passive solar home renovation, rainwater collection, compost toilet, gardens, forest garden, small fruit, kiwi vineyard, terraces, pond, hedgerow, tree crops, chicken forage system, woodland management, and community collaboration.

58) Llamas 101 – South American Camelid Essentials  
Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant since 1987.
Participants will be introduced to reasons for keeping llamas, techniques for selecting & maintaining a trouble free herd, and essentials for successful housing, feeding & managing llamas in New England. A bibliography of resources, question time and the opportunity to meet the llamas round out this workshop. Family attendance encouraged.

59) Making Herbal Creams, Oils and Lip Balms  
Sarah Shields: Farmer & herbalist for 12 years, owner of Birch Moon Herbals.
You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

60) Natural Self Care  
Tom Nielsen: Librarian & permaculture teacher in New York City.
Our kitchen and bathroom cabinets contain hidden gems that we can use to practice natural self care everyday as well as in emergencies. I’ll show you some of these items and how to use them. Empower yourself and save time and money to boot.
61) Nuts & Bolts of a Financially Successful Business  All levels  Saturday 8:00
Campus Center 805-09
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 to ensure a financially successful business from both a retail manager and farm manager perspective. We’ll look over financial reports to help understand the performance needed, and discuss income and expense management that covers labor and material/product costs.

62) Permaculture in New Zealand  All levels
Campus Center 803
Dani Lejnieks: Teacher, veggie-grower, permaculturist living in Raglan, NZ.
Nelson Lebo: 20 years as environmental educator, now PhD candidate.
Kia Ora! We will look at the permaculture movement in New Zealand, giving an interesting perspective on this “clean green” nation. We will evaluate successes and failures of the movement at the national level by exploring a wide range of projects, viewing inspirational photos, and hearing stories of kiwi culture.

63) Pomona's Secrets: Hardy, Delectable, Pest-free Fruits*, **  All levels
Campus Center 162-75
Lee Reich, PhD: Farmdener, writer, researcher, & consultant, author of, "The Pruning Book," "Weedless Gardening," "Uncommon Fruits for Every Garden"
Meet some fruits that are not well-known, but are delectable and easy to grow. These “secret” fruits of Pomona, Roman Goddess of fruits, are cold-hardy, laugh off pests, and require little care. Some -- hardy kiwi and cornelian cherry, for example -- are perfect for “luscious landscaping.” The potential for organic commercial production can be discussed.

64) Power Your Farm with Renewable Energy  Beginner
Campus Center 905-09
John Ivanko: Co-author of ECOpreneuring, Rural Renaissance & Edible Earth.
Harvest wind and/or solar energy and spin your electric meter backwards.
Explore your options with wind, solar electric and solar thermal systems based on practical knowledge drawn from Inn Serendipity B&B and Farm’s success in going fossil-fuel free.

65) Principles, Protocols, Products for Nutrient Density  Beginner
Campus Center 168C
Daniel Kittredge: Farmer, entrepeneur, director of the Real Food Campaign.
Principles of Nutrient Dense Crop Production. Protocols to streamline the process, products that maximize biological functionality, and practices to monitor progress.

66) Small Engine and Lawnmower Repair  Intermediate
Outside--Meet in the flagstones area, on patio just outside Campus Center
Robert Fuqua: Worked as small engine mechanic.
Will cover lawnower troubleshooting and maintenance & 4 cycle engine repair.
67) Soil Health**  All levels
Campus Center 903
Bill Duesing: Long time organic farmer & author of "Living on the Earth."
Using the local ecosystem and nature’s processes as a starting place, I’ll teach the
most important aspects of soil health: what it is, where it comes from and how to
achieve it. I’ll focus especially on the role of leaves in building a healthy soil.

68) Starting A Farm  Beginner
Campus Center 101
Elizabeth Henderson: CSA Farmer for 21 years, 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.

69) The History, Science and Art of Biochar**  All levels
Campus Center 174-76
Hugh McLaughlin, PhD, PE: Director of Biocarbon Research, Alterna Biocarbon,
Prince George, BC Canada.
Biochar is a new word for an old concept – Terra Preta. It promises to improve
agricultural productivity and reduce global warming – but can it deliver on all
these promises? This talk will explain how and why biochar is unique and how
those unique properties will perform in the soil.

70) Nourishing Traditions Seminar - Pt. 1 of 6: The Oiling of America/The
Cholesterol Myths  All levels
Campus Center Auditorium
Sally Fallon: President of the Weston A. Price Foundation and author of
"Nourishing Traditions."
How the false cholesterol theory caused Americans to abandon traditional whole
foods and created an epidemic of chronic disease. With raging debates over our
diets as a backdrop, this session will cut through fraud in scientific studies on
cholesterol and expose the dangers of cholesterol-lowering diets and drugs.

71) TOUR: Hampshire College Farm Tour  All levels
Hampshire College Farm, Amherst, MA.
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, head through the center of Amherst on Pleasant St
(Rt 116) going south. Go through 2 lights (the 2nd one is at
Rt 9) and continue straight. The Farm Center will be on the right, about 3.1 miles
after you cross Rt 9, but before the main entrance to Hampshire College.
ADDRESS: 791 West Street, Amherst, MA.
CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

72) Angora Rabbits For Young Children
Cape Cod Lounge       Ages 2-12
Jill Horton-Lyons: 23 years a shepherd & spinner, 20 years with angoras.
Jim Lyons: Reluctant shepherd, not a spinner.
Kids will learn what rabbits like & don’t like in touching, picking up, feeding, fiber care, and housing. We’ll practice holding different rabbits- some adult, some young- and each person will pluck some bunny fur. We’ll look at the rabbits and see what’s similar and different on various individuals. Kids will draw a picture of a favorite and then decorate their picture with some of the fur.

73) MIX IT UP; Make Soil, A Pot & A Plant
Cape Cod Lounge       Ages 5-12
Judy Isacoff: Environmental Arts Educator and Gardening Consultant for all ages and populations.
Learn the basics of organic growing while handling and mixing the nutritous ingredients of potting soil. We will make planting pots from newspaper, fill them with the good earth that will feed the seed, seedling or plantlet that each participant will sow to take home.

74) Music Time With Tad
Cape Cod Lounge       Ages 3-8
Tad Hitchcock: Music teacher and professional jazz guitarist who enjoys singing about the environment.
I will accompany singing, dancing, and percussion playing with my guitar as I have done with children the last 11 years as a music teacher. The songs will be about the natural world, farms, gardens, and birds.

TEEN WORKSHOPS – SATURDAY, AUGUST 14: 8:00-9:30 AM

75) Global Hunger and Heifer International
Grad Lounge
JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.
What is global hunger and why does it persist in our world? In this workshop we will look at the causes and extent of this problem, and we will examine Heifer International’s use of livestock and values based development to eradicate global hunger and poverty.

76) Small Structures
Grad Lounge
Edwin Santana: Sustainable farmer on a diverse family farm. Growing, building and raising sustainably.
Hands-on building of small structures. Learn to build a shed and other structures such as sheds, coldframes, pig house, and chicken tractors using as much recycled material as available.
ADULT WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM

77) Acquiring a Farm - Pt.1 of 2  All levels
Campus Center 165-69
Bob Bernstein: Helps farm seekers and landowners negotiate agreements.
Mike Ghia: Farm business planning; soil, crop, pasture management consultant.
Increase your understanding of farm acquisition strategies and which are best for you. Explore both purchase and lease options for acquiring a farm or farmland. Workshop provides useful information and an opportunity for individual assessment. Come learn how your vision, finances, skills and network all affect your acquisition choices and timing.

78) Advanced Lacto-Fermentation (Vegetables)  Advanced
Campus Center 163C
Dan Rosenberg: Professional pickler (owner of Real Pickles).
This is a discussion-based workshop for those with prior experience lacto-fermenting vegetables. It’s an opportunity to discuss successes and challenges, trade ideas, etc. You’re welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters.

79) Agroforestry in the Northeast  Beginner-Intermediate
Campus Center 803
Connor Stedman: Permaculture designer & nature educator from Western MA.
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.

80) Andes Alive  All levels
Outside--Meet at the Llamas
Children welcome with adult chaperone
Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant.
Participants will be introduced to the culture and agriculture of the Andes Mountains through the animals that live there. They will learn how animal partnerships make life possible in this area through stories, fiber and stamp craft sessions, and the opportunity to meet a Peruvian Hairless dog and a llama. Family attendance encouraged.

81) City Chickens: Keeping Hens in Cities & Towns  Beginner
Campus Center 917
Meg Taylor: Farm educator & founder, Pioneer Valley Backyard Chicken Assn.
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. Handout provided.
82) Composting for Beginners**  *Beginner*  
Brooks Lounge  
Matt Verson: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.  
In this workshop we will cover how to reduce household waste while creating a source of fertility with the simple yet profound technology of composting. I will address common problems, ideal situations, and your situation. At the end of this workshop everyone should have the insight and confidence to create their own backyard compost.

83) Farm or City: Raise and Use your Own Fiber  *Beginner*  
Outside: Meet at the Sheep and Rabbits  
Jill Horton-Lyons: 23 years a shepherd & spinner, 20 years with angoras.  
Jim Lyons: Reluctant shepherd, not a spinner.  
This workshop will quickly review the basics of care for angora rabbits and sheep. We will focus on different types of wool/fur from many different breeds and the appropriate uses of each. We’ll cover fiber harvesting, storage, and washing. Each person will spin a bit of yarn. Sheep, rabbits, and examples of 5 fiber uses will be presented.

84) Farmers’ Rights: Raw Milk, Poultry Processing & More*  *All levels*  
Campus Center 162-75  
Pete Kennedy, Esq.: President, Farm-to-Consumer Legal Defense Fund.  
I will discuss the rights of farmers related to raw dairy products, poultry processing (on-farm v. slaughterhouse options) and other legal issues that impact small, sustainable farm operations.

85) Health and Homeopathy for Dairy Cows  *All levels*  
Campus Center 904-08  
Anne Lazor: Organic dairy farmer using a holistic approach to cow health for the last 25 years.  
I will give a brief introduction to homeopathy, to familiarize those who are not familiar with this approach to health and healing. Then I will share my experiences and insights gained from using homeopathic medicine in the care of dairy cows over the last 20 years. Discussion will be encouraged.

86) Herbal Remedies 101: A Demonstration  *Beginner*  
Brett Lounge 001  
Sarah Stockwell-Arthen: Has been making herbal foods & 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.
87) Introduction to Water Bath Canning  Intermediate  
Brett Lounge 328 
Clio Fisher: Decades experience with canning, which she learned from her par- 
ents. 
We will demonstrate the equipment used and how to can 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.

88) Knots for Farming and Living  All levels  
Campus Center 905-09 
Michael Greenberg: Software engineer by day, organic farmer by night. 
Did you know that a square knot used in the wrong way can kill you? Come 
learn useful knots for farming (the square knot, bowline, monkey’s fist, and oth- 
ers) and for living (the button knot and the marlin spike knot for lanyards), and 
when and where to use them.

89) Mushrooms in the Northeast**  Intermediate-Advanced  
Campus Center 174-76 
David Demarest: Founder of Green Mountain Mycosystems. 
The identification, sustainable collection, and cultivation of many edible and 
medicinal mushrooms in the Northeast will be presented. Traditional healing 
properties and current medicinal research will also be covered. Species covered 
include: Artist`s Conk, Reishi, Turkey Tail, Chaga, Shiitake, Oyster Mushrooms, 
Maitake, Chicken of the Woods, & Lion`s Mane.

90) Nourishing Traditions Seminar - Pt. 2 of 6: Nourishing Traditional Diets -- 
The Key to Vibrant Health  All levels  
Campus Center Auditorium 
Sally Fallon: President of the Weston A. Price Foundation and author of 
"Nourishing Traditions." 
An introduction to the pioneering work of Dr. Weston A. Price and an in-depth 
look at vitamins A, D, and K2, the "fat-soluble activators," their critical role in 
human health, and the sacred foods that contain them.

91) People Power in Urban Community Gardens (Bronx, NY)  All levels  
Campus Center 805-09 
Sara Katz: Community Horticulturist for Bronx Green-Up, the outreach program 
of the New York Botanical Garden. 
Karen Washington: Community garden activist and President of the NYC 
Community Garden Coalition. 
Highlighting the successes and challenges of building community in Bronx, NY 
through urban gardening and agriculture, participants will learn about the 
process of starting and maintaining urban community gardens and garden mem- 
bership. This includes what you need to know to get started, i.e. recruiting vol- 
unteers and forming partnerships, dealing with risks like soil contaminants and 
figuring out who the garden will serve.
92) Permaculture For Farmers  Advanced 
Campus Center 804-08
Ethan Roland: Farmer & designer, founder of AppleSeed Permaculture & Carbon Farming Course.
Benneth Phelps: Permaculture teacher with urban planning background; manager of Mosaic Farm.
Come and learn the top 5 practices and principles of permaculture design through interactive exercises, slides and discussion -- we will explore perennial vegetables, no-maintenance fruit, keyline soil-building, zones & sectors, and financial permaculture planning. Whether you grow vegetables, manage orchards, graze animals, or are just starting a new farming venture, permaculture design can be incredibly useful.

93) Pruning Berry Plants**  All levels
Campus Center 101
Learn how to prune raspberries, gooseberries, blueberries, and other berry plants. Correct pruning, which is all-important in limiting disease problems and improving harvests, is key to growing these fruits organically.

94) Responsible Stewardship of the College Campus  All levels
Campus Center 811-15
Bud Winsor: Assistant Physical Plant Director, Keene State College.
Joe Britton: Gardener, Keene State College. Dee Denehy: Grounds, Keene State College.
Over the last 15 years, Keene State College has transitioned from traditional land care to a low input, ecologically conscious approach. We will share our insights, practices, and results. Topics covered will include: lawn care, biodiesel, compost tea, snow & ice management, our own mulch, and our best management practices.

95) The Details of High School Composting and Gardening**  All levels
Campus Center 903
Karen DiFranza: Lifetime organic gardener & founder of Hands to Earth, Educating for a Sustainable Future.
I will share detailed information about costs of setting up a high school composting and gardening program, obtaining funding, organizing student volunteers, working with staff, and building a bin, including a working drawing of the Quabbin Regional High School bins.

96) Unraveling the Mystery of Humus and Humic Acids**  Intermediate
Campus Center 168C
Michael Martin Meléndrez: Farmer, nurseryman, scientist & manufacturer of soil amendments & mycorrhizal inoculants.
Healthy soils grow healthy food – and I will show definitive evidence of how
humic acids are critical for a healthy soil. I have used the most advanced form of chemical studies, called Femtochemistry, to evaluate sources of humic acids and to figure out how to manufacture them. Humic acids are the most significant and essential product of soil chemistry and without them you cannot have optimum health of your soil. Learn the difference between soil organic matter (SOM) and humus by attending this cutting edge presentation.

97) Vermiculture: The Wonderful World of Worm Composting**  Beginner
Campus Center 911-15
Joan O’Connor: Playing with worms for 16 years, I give lectures, demonstrations, and sell at farmers’ markets. 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, environmentalists 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.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM
98) Butter Making for Kids
Cape Cod Lounge
Ages 6-12
Gavin Harper: Homeschooled brother of 4, organic farm born and raised. We will make farm fresh organic butter by hand.

99) Candle Lanterns
Cape Cod Lounge
Ages 5-12
Ariana Coate: Waldorf school teacher with a hankering for art and gardening. Come make a colorful candle lantern with recycled jars, tissue paper and other materials that you might find at home. Then light them after dark and see them shine.

100) Patchwork and Quilting
Cape Cod Lounge
Ages 9-12
Mary Lou Conna: Former scout leader, former elementary school teacher, and crafter. Boys and girls will sew together fabric to make a potholder or hot pad.

101) Wildcraft: Herbal Adventures
Cape Cod Lounge
Ages 7-12
Maria Horvath: A naturalist and native of North Carolina. Ginger Sajiera: Herbal healing Mom
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!
TEEN WORKSHOPS – SATURDAY, AUGUST 14: 10:00-11:30 AM

102) How to Bag Waste
Grad Lounge
Heather Botelle: AP Environmental Science Teacher.
We will discuss ways in which the 3 R’s (reduce, reuse, recycle) relate to how we eat. As a group, we will look at all aspects of our food systems including growing, buying, cooking, storing and best of all, eating! The discussion will emphasize various ways in which we can reduce. Each participant will paint their own reusable bag as an aid in the journey to reducing waste.

103) Preparing Wild Edibles and Weeds
Grad Lounge
Mira Nussbaum: A decade of loving, preparing, eating, and teaching others about wild plants.
Participants will experience a sensory explosion while testing out the flavors and smells of a dozen wild treasures. Come experience a live cooking show for weeds and wilds grown in Northeastern yards and fields. During each step of the process we will munch on wild snacks and sip twig and leaf teas.

ADULT WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM

104) A Farmer’s Report Along the Path to High Brix** Intermediate-Advanced
Campus Center 168C
Derek Christianson: Farmer & Community Educator at Brix Bounty Farm, Dartmouth, MA.
Learn about field and plant testing techniques used to inform fertility management decisions on the farm. We’ll discuss fertility plans, demonstrate methods, and examine results from weak-acid soil testing (Int’l Ag. Labs) and our data monitoring conductivity and brix levels from different fields across current and past seasons.

105) Acquiring a Farm - Pt.2 of 2 Intermediate
Campus Center 165-69
Bob Bernstein: Helps farm seekers and landowners prepare for and negotiate agreements.
Mike Ghia: Farm business planning; soil, crop, pasture management consultation.
Explore your own farm lease or farm purchase acquisition strategy. Working in small groups, draft a real or sample farm lease OR develop your own farm-finance readiness plan. Learn how to search effectively for farms, chose your next steps and become well prepared to succeed.

106) DEBATE: Can Biochar Help Address the Climate Crisis? All levels
Campus Center 174-76
Hugh McLaughlin, PhD, PE: Director of Biocarbon Research, Alterna Biocarbon, Prince George, BC Canada.
Rachel Smolker, PhD: Codirector of Biofuelwatch, biologist, author, and a climate activist.
In this session, we'll hear two distinct and conflicting points of view on biochar. This session will be run as a debate with opportunity for audience questions. It is perfect for newcomers to the subject and people with strong positions who are open to listening to other views. McLaughlin argues that biochar is a potentially pivotal component in transforming society from a fossil-fueled economy to a sustainable model where carbon dioxide levels are abated while improving agricultural productivity. Biochar, he says, is not a question of food versus fuel; it is food, plus renewable fuel, plus addressing the climate crisis – and social activism and more. Smolker questions biochar’s ability to sequester carbon and increase soil fertility. She argues there are few studies of biochar properties, impacts on soils and plant growth under field conditions or over reasonably long time frames, and the studies that have been done yield mixed results. Given the risks, a precautionary approach is advisable, she contends.

107) Eating Well on a Budget: Pressure Cookers, Crock Pots, and Using the Whole Hog  All levels
Brett Lounge 001
Mary Kathryn Wyle: Manages field crops at Misty Brook Farm for a 30-member whole farm CSA.
Andrew Barnet: Raises livestock and vegetables at Misty Brook Farm.
We will demonstrate cooking techniques that save time, energy, and money, while still allowing you to eat sustainably (and deliciously!). Among other things, we'll demonstrate safe, simple use of a pressure cooker and discuss frugal ways to incorporate good meat into your diet. We'll provide both vegetarian and omnivorous recipes and samples.

108) Ecological Technologies for Community Resilience – Soldier Flies  All levels
Campus Center 804-08
Scott Kellogg & Stacy Pettigrew: Authors of “Toolbox for Sustainable City Living”. They direct Albany, NY’s Radix Ecological Sustainability Center.
In this workshop, we will examine several techniques usable by urban and rural communities to achieve ecological and economic sustainability. These include aquaculture, bioremediation of toxins, autonomous energy, and mushroom cultivation. Attendees will have the opportunity to put their hands on and examine a functioning black soldier fly composting system, which converts putrescent wastes into valuable fertilizer.

109) Fair Trade – Why Not Try It Here?  All levels
Campus Center 903
Elizabeth Henderson: Represents NOFA on the Agricultural Justice Project steering committee.
NOFA folks know that many organic farmers are struggling financially and farm-workers are poorly paid. Hear what the Agricultural Justice Project is doing to bring fair trade home. Come with your ideas about how to make our trade in local farm products fair to all those who participate – workers, farmers, consumers.
110) FAMACHA Certification for Small Ruminant Farmers  
Campus Center 917  
Beginner  
Rosario Delgado-Lecaroz, DVM: Veterinarian & Sheep farmer from Upton, MA. 
The workshop will teach how to use FAMACHA, a system for assessing 
Haemonchus contortus infection in small ruminants. Farmers will benefit by 
decreasing the use of dewormers and improving the overall health of the herd. 
Learn about common parasites affecting sheep/goats. Attendees will learn how 
to use the chart on live animals. The cost for the 2 charts used in the FAMACHA 
system is $15 per attendee.

111) How to Get Started in Beekeeping**  
All levels  
Campus Center 911-15  
Roland Sevigny: Gardener, fruit grower, winemaker, beekeeper  
Beekeeping is a fascinating and rewarding hobby. One third of the food we eat is 
a result of the honeybees’ pollination, and they are environmentally threatened. 
Learn how to have them work for you and give you honey too. We will cover 
equipment needed and how to get started.

112) Human Manure and Sustainability  
All levels  
Campus Center 162-75  
Abraham Noe-Hays: Owner of Full Circle Compost Consulting  
Human manure was the cornerstone of Chinese agriculture for 4,000 years, and 
it is now becoming globally indispensable for sustaining soil fertility. Using high- 
and low-tech solutions, including composting toilets, we can safely reuse human 
manure as fertilizer to make farms flourish.

113) Insect Pests on Vegetables  
All levels  
Campus Center 805-09  
Ruth Hazzard: I’ve explored methods for organic pest management in vegetables 
since 1985 and continue to learn and discover new approaches. 
We will review key pests such as cucumber beetle, flea beetles, Colorado potato 
beetle, caterpillars in Brassicas and corn, aphids, cabbage maggot, bean beetle -- 
from perspective of life cycle, timing, prevention, monitoring, barriers, biocon- 
trols, organic insecticides. Natural enemies such as ladybeetles, soldier bugs, 
flower bugs as well as native and purchased parasitoids will be discussed.

114) La Finca: Supporting New Farmers in Holyoke, MA  
All levels  
Campus Center 905-09  
Amy Calandrella: Program Specialist at Nuestras Raíces Farm.  
Learn about “La Finca,” the Nuestras Raíces urban farm in Holyoke where we 
incorporate aspects of social and economic permaculture to support beginning 
farmers, grow small businesses, and celebrate Puerto Rican culture. Discussion 
about how we can make the local food movement accessible to all communities.

115) Llama Management – Haltering, Grooming, Handling  
All levels  
Outside--Meet at the Llamas  
Children welcome with adult chaperone
Mike (Warren Jr.) Zepp: Biologist, farmer, & llama breeder.
Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant.
Participants will observe the demonstration of techniques essential to the successful management of a llama herd: restraint, haltering, foot care, grooming, shearing, handling, and preparation for packing. Participants will have the opportunity to try some of these techniques as time, animals’ tolerance, and owners’ discretion allows. Family attendance encouraged.

116) Lyme Disease: Naturopathic and Conventional Approaches to Treatment
Campus Center 163C  All levels
Dr. Emily Maiella: Lyme-literate Naturopathic Physician 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 prospective.

117) Nature as Mentor: Rearing Pigs with Biology  Intermediate
Campus Center 904-08
Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.
Understanding the nature of pigs should dictate how we manage the swine herd. Using “Nature as Mentor,” we’ll focus on the biology of the pig while covering the practical management of rearing pigs for meat. Through handling, herd health, feeding, breeding, farrowing and weaning, the nature of the pig will be emphasized.

118) Permaculture Principles in Home Landscape Design**  Intermediate
Campus Center 803
Ted Chapman: Professional landscaper, organic gardener, homeopath, designer for Newton Community Farm.
This permaculture workshop will introduce the concepts of permaculture through a virtual tour of a 25-year-old installation in the presenter’s suburban/urban residential landscape – including passive solar design: organic, edible and ornamental, annual, perennial, and tree gardens; on-site water, composting, and soil management, and season extension.

119) Nourishing Traditions Seminar - Pt. 3 of 6: Principles of Healthy Traditional Diets  All levels
Campus Center Auditorium
Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."
Learn the basic principles of healthy traditional diets, including the kinds and types of fats and oils in traditional diets. The session includes a review of the dangers of modern soy foods.
120) Season Extension For the Winter CSA and Home Garden  
**Brooks Lounge  Intermediate**

Kristin Lewis: Manager of Rabbit's Dance Farm for 7 years, garden educator & yoga teacher.

Local produce year round is in demand! Learn about how to organize and run a Winter CSA program. I will explain the structure of Rabbit's Dance Winter CSA, and the successes and challenges I have experienced. We'll discuss crops that grow well for me (in northern Rhode Island), specific varieties I like, planting and seeding dates, harvesting tips, and storage tips. And, I'll bring some photos! This workshop is also appropriate for experienced home gardeners.

121) Small Fruit on a Certified Organic Farm  **Intermediate-Advanced**

**Campus Center 101**

Julie Rawson: Can’t live without fruit.

Jack Kittredge: Tended orchards at the farm since 1982.

We raise blueberries, red and black raspberries, strawberries, elderberries, grapes, currants, gooseberries, and all sorts of other things. We will discuss pruning, renovation, fertility, harvest and marketing and give some recipes for elixirs, wines, jams, etc.

122) Sustaining OrganiCzational Momentum  **Intermediate**

**Campus Center 811-15**

Jack Mastrianni: Growing people & organizations, professionally, for 25 years.

Have you ever felt that the organization you are leading, directing or contributing to has a hard time sustaining momentum or success? Do you ever feel that the organization is stuck and can’t seem to grow or move forward? If the answer is yes, then this workshop is for you!

123) The Family Cow  **Beginner**

**Outside--Meet at the Cow**

Leslie Cox: Farm Manager of the Hampshire College Farm Center.

With a cow as a prop, I will talk about the purchasing, care, and milking of a dairy cow.

124) TOUR: Cover Crops for Soil and Crop Health*  **All levels**

**Red Fire Farm, Granby, MA**

Ryan Voiland: Owner & manager of Red Fire Farm with 55 acres of certified organic vegetables for retail, wholesale, and 1000+ member CSA.

In this tour of Red Fire Farm, we will focus on cover crops and how they help us with soil fertility and weed management. We will look at a variety of cover crop systems including interseeding, smother crops, and new field situations. The tour will include a wagon ride to some of our fields. DIRECTIONS: From UMass, head through the center of Amherst on Pleasant St (Rt 116) going 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, which you stay on for less than 300 feet. Then, make a slight left onto Center Street, followed by a left turn to stay on Center street.
Take a right onto Taylor Street, and go for 1.2 miles.

Turn left at the first stop sign onto what continues to be Taylor Street, and go 1 more mile. 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

125) TOUR: Sidehill Farm Dairy  Intermediate
Sidehill Farm, Ashfield, MA
Amy Klippenstein & Paul Lacinski: Small-scale dairy producers, 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: 137 Beldingville Rd., Ashfield, MA 01330.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM
126) Don't Let Them Tell You That! Protest Poster Making
Cape Cod Lounge
Ages 5-9
Leah Penniman: A small scale market grower, mother, educator and activist.
Jonah Vitale-Wolff: Natural builder, organic grower, father.
Grownups think they got it all figured out. Well enough is enough! It's time for young people to have their voices heard. Come create posters and chants in protest of what you can't stand and in support of what you want and need. We will march in the parade.

127) Happy Dan Parade Prep!
Cape Cod Lounge
All ages
Happy Dan The Music Man: Has been entertaining children of all ages in New England for 15 years.
Singing songs, decorating, creating community, having fun, producing a wonderful parade for everyone. I will work with the children's conference teachers and we will rock the fair!
TEEN WORKSHOPS – SATURDAY, AUGUST 14: 1:00-2:30 PM

128) Honeybee Ecology
Grad Lounge
Alice Armen: Gardens, raises dairy goats, chickens, and honeybees in Montague. Learn the inner workings of a honeybee hive and bees' role in pollinating flowers. Taste different types of honey, and learn what a beekeeper does to manage honeybees, including use of equipment. We'll examine dead bees under the microscope and also look at an observation hive containing a small nucleus hive to learn about the roles of different bees that make up a colony.

129) Making Herbal Bodycare
Grad Lounge
Sarah Shields: Herbal bodycare entrepreneur and teacher in Shutesbury MA. You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

WORKSHOPS DURING THE FAIR: 3-5:00 PM

130) Dogs Herd Ducks; Kids Herd Kids
Outside--Meet at the Dogs and Ducks
Children welcome with adult chaperone
Jill Horton-Lyons: They work with dogs on their farm in Leverett
Jim Lyons: Reluctant shepherd, not a spinner.
Dogs Herd Ducks; Kids Herd Kids

131) Llamas on the Lawn  All levels
Outside--Meet at the Llamas
Children welcome with adult chaperone
Ellen Zepp: Biologist, educator, farmer, llama breeder, trainer, consultant.
In addition to being able to attend the 3 workshops earlier in the day, participants may visit the llamas any time on Saturday, including during the NOFA Fair (3:00pm-6:00pm) to ask questions and enter into question-driven topic discussion. Management equipment will be on display when not in use for other workshops, and hands-on time with the llamas will be available as appropriate.

WORKSHOP DURING THE FAIR: 3-4:30 PM

132) NOFA Policy Issue Forum  All levels
Campus Center 165-69
Steve Gilman: Policy Coordinator for the NOFA Interstate Council.
Elizabeth Henderson: Chair of the NOFA Interstate Council Policy Committee.
As eaters, citizens, growers, etc. our lives and livelihoods are all determined to some extent by governmental policy. NOFA is working in concert with a wide range of farming and environmental organizations to develop, change and otherwise influence policy impacts. This workshop is a chance to bring your ideas to the table and help develop the policy positions NOFA takes in the future.
WORKSHOP DURING THE FAIR: 4-5:30 PM
133) A Place for Us: People of Color in the Organic Movement  All levels
Campus Center 903
Leah Penniman: Small scale market grower, mother, educator, & activist.
Adele Smith-Penniman: Leah’s mother, a UU minister, and organic consumer.
Come share your experiences as a person of color involved in the organic move-
ment. The purpose of the discussion will be the better understand each other’s
successes and challenges, share strategies for making a wholesome place for our-
selves in the movement, and learn about what existing networks are already
doing.

ADULT WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM
134) Nourishing Traditions Seminar - Pt. 4 of 6: A Campaign for Real Milk
Campus Center Auditorium  All levels
Sally Fallon: President of the Weston A. Price Foundation and author of
"Nourishing Traditions."
The seminar continues Sunday morning with an explanation of the dangers of
trans fatty acids, the importance of grass-feeding, and the health benefits of real
milk.

135) Biodynamics: What’s It All About?*  All levels
Campus Center 101
Mac Mead: Director, The Pfeiffer Center; 35 years experience in biodynamic
farming.
I will share the origins and underlying principles of biodynamics and progress
into the practical application and results of this method in both farming and gar-
dening.

136) Biological Farm Management of Pastures and Hayfields  Intermediate
Campus Center 168C
Dave Llewellyn: Farms at the Glynwood Center in Cold Spring, NY.
Biological farming practices create balanced soils for optimal nutrition in pasture
and hay. This workshop will provide an overview of biological farming practices.
Participants will learn how to interpret soil test results, budget for amending
large acreage, and how Glynwood has organized to record measurable results
and share data on improved yield and nutrition. It is recommended that atten-
dees be familiar with scientific concepts supporting nutrient density.

137) Building a Root Cellar  All levels
Campus Center 904-08
Jack Kittredge: Homesteader, satisfied builder of own root cellar 28 years ago.
We’ll learn many ways of storing crops “underground” for the winter: overwin-
tering in the soil, methods to bury them while maintaining access and preventing
rodent or water damage, free standing root cellars in hills, and true ”root cellars”
in homes. Advantages of each will be discussed and many illustrations shown.
138) Carbon Neutral/Carbon Negative Greenhouse Production  
Campus Center 162-75  All levels
Bruce Fulford: 30 years developing integrated 4 season agriculture, conservation, bioenergy systems.
Greenhouses can be heated using solar, wood, grass, oilseed, corn and compost energy sources. Biochar production may also be integrated. Compost and other biomass can also boost greenhouse CO2 levels and productivity. Each energy source presents challenges but can be practical and profitable in the appropriate settings.

139) Community-based Approaches to Urban Food Security  All levels
Campus Center 803
Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston.
Rich Pederson: Urban farmer at Southside Community Land Trust.
Drawing from our work in Boston and Providence, we will address the complexities of effective community engagement through urban agriculture. Through a variety of food production, distribution and community education initiatives, learn strategies for building healthy communities while addressing the complexities of community food security. Bring your own ideas and experiences to share.

140) Double Cropping and Season Extension  Intermediate
Campus Center 174-76
Chris Yoder: Operates Vanguarden, a 5 acre market garden in Dover, MA.
Explore two practical topics for profitable small scale vegetable production: 1. Double Cropping (onions and sweet corn) and 2. Season Extension ("jiffy pop" crops: quick brassicas, lettuce and spinach; and dried crops: shallots, hot peppers, popcorn, beans and grains).

141) Environmental Medicine: A Naturopathic View - Pt. 1 of 2  All Levels
Brett Lounge 001
Dr. Joyce R. Young, N.D., IBCLC: Naturopathic Medical Doctor, Lactation Consultant, M.S. Botany, Former NOFA/MA Farmer.
Environmental Medicine describes the effects, on human health, of the 100,000 synthetic chemicals/heavy metals from air, water, food & consumer products, etc; EMF’s/other radiation; molds/mycotoxins. I will present a detailed understandable overview of the current medical/scientific literature on health hazards and how to minimize exposures.

142) Felting Wool  Beginner
Outside--Meet at the Registration Tent
Rebecca Buell: I live and homestead in Petersham, MA. Wool is one of my favorite fibers.
This will be a hands-on beginner’s workshop. I will cover all the stages, including washing, carding and laying out the wool and various techniques for felting. I will also share some histories of the craft and have plenty of wool for participants to try their hands.
143) Fossil Fuel Free Farming  All levels  
Campus Center 911-15  
Jim Coate: Owner of The Electric Tractor Store & general EV nut.  
Electric cars draw headlines, yet there are electric tractors, ATVs, riding mowers, pick-up trucks and accessories like tillers, splitters and chippers that can perfectly complement small farm, large garden, homestead, and organic land care operations. I will discuss how and where to get the e-machinery that best matches your needs.

144) Growing Edible Sprouts At Home  All levels  
Brett Lounge 328  
David Lovler: Sprout grower for 35 years; trained at Hippocrates Health Institute.  
I will show you how you can supplement your diet with sprouts grown in your kitchen any time of year. I will cover a variety of techniques as well as seed saving tips and nutritional information.

145) Integrating Livestock and Vegetable Production  Intermediate  
Campus Center 805-09  
Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & sheep at Crabapple Farm.  
Strategies for building a sustainable farming system incorporating livestock production, including multi-species grazing management and integrating livestock into crop production. Cattle, sheep, goats, horses, pigs, and chickens will all be discussed.

146) Peace/Earth/Healing/Sing  Beginner  
Brooks Lounge  
Sarah Stockwell-Arthen: Professional musician, green witch and activist for many years.  
Not just for singers! It is for anyone who wants to sing in community, learning rounds and chants that you can use to create ritual and community in daily life, celebrating the Earth and its seasons. Come sing your hope, sing your courage, sing your strength, sing for the Earth.

147) Pollinator-friendly Landscaping**  All levels  
Campus Center 811-15  
Ellen Sousa: Writer, educator & garden coach.  
As our landscape is increasingly developed, backyards are a “final frontier” in providing essential habitat for at-risk pollinator species important to the health of our environment. Bring home some ideas for how to help sustain and restore pollinator populations in your own backyard, regardless of its size or location. Learn the best landscape plants to help feed and house pollinators, and some best practices for encouraging biodiversity at home.
148) Potato Culture  Intermediate  
Campus Center 163C  
Bryan O'Hara: Farms at Tobacco Road Farm in Lebanon, CT.  
Techniques for production of potatoes from hand tools to tractor tools and implements. Variety selection, prepping potatoes for planting, furrowing, hilling and cultivation, irrigation, diggers and harvesting, storage, and marketing.

149) Resources & Inspiration for Women Farmers  Beginner  
Campus Center 165-69  
Lisa Kivirist: Rural Women’s Project, Midwest Organic & Sustainable Education Service (MOSES).  
Are you a woman interested in running your own farm or food-based business? Come hear how women are reinventing our food system and connect with stories of women farmers and ecopreneurs passionate about organic, local, healthy food. Various grants, start-up assistance and resources will be discussed.

150) Starting and Managing a CSA with Permaculture Principles  All levels  
Campus Center 804-08  
Kevin Skvorak: Farms, teaches permaculture, & advocates for community-based farmland protection.  
Sarah Williford: Enjoys growing food for her local community.  
We will share our experiences at Regeneration CSA: starting and maintaining permanent beds using no-till and other regenerative farming practices, on-farm education in sustainable living skills and permaculture, and our philosophy about the "community" aspect of CSA growing, and what that has meant for us in theory and in practice.

151) The Home Apple Orchard**  Intermediate  
Campus Center 917  
Bill MacKentley: Longtime druid greenman & scrounger for 60 years!  
All small diversified farms need an orchard. From planning, to planting, to picking, I will go through all aspects of creating an orchard for your homestead. I will discuss site, soils, root stocks, cultivars, pruning, disease control, and harvesting at a basic level but with enough info to get you started growing apples.

152) TOUR: Simple Gifts Farm’s CSA Management  Intermediate  
Simple Gifts Farm, Amherst, MA  
Jeremy Barker-Plotkin: Has been growing veggies since 1999.  
Simple Gifts Farm is a 350-member CSA growing 15 acres of vegetables on a 35-acre farm that was preserved in 2006 from development by a local community effort. This tour will introduce the basics of our vegetable production operation 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 student 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.
Updates on Governmental Food Safety Initiatives and Effects on Farmers
Campus Center 903    All levels
Kate Fitzgerald: Senior Policy Associate for National Sustainable Agriculture Coalition.
Steve Gilman: Policy Coordinator for the NOFA Interstate Council.
Presenting timely updates on Congressional, FDA, and USDA food safety initiatives with their potential impacts on farmers from a NSAC policy specialist in Washington DC and NOFA’s policy coordinator.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM
154) Make a Flower Fairy
Cape Cod Lounge
Ages 4-10
Janna Boettcher: Mom who loves making fun creations from other people's trash.
Claire Boettcher: Fun-loving teen who enjoys all crafty activities.
We will help you to make a magical fairy friend to take home and keep you company in all you do.

155) Sprout Magic
Cape Cod Lounge
Ages 5-12
Sharon Kimmelman: Teacher K-12, health-rights advocate.
Everything has a beginning and an end. Sometimes they meet or overlap.
Learning to sprout seeds is a creative and nourishing approach to understanding life cycles. In it's way, sprouting teaches self-reliance and stewardship, by fostering our ability to nourish ourselves while caring for the planet.

156) Victorian Games
Cape Cod Lounge
Ages 7-12
Jennifer Byington: Homeschooling mother of four. Farms organically in NH.
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? We will be outside unless it rains. The games will range from active, such as Leap the Creek, to quiet, like Poor Pussy.

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 8:00-9:30 AM
157) Backyard Chickens
Grad Lounge
Pam Raymond & David Turner: They raise grass-fed beef, pastured broilers, free range layers, and grass-fed pigs.
There will be information on breed selection, raising day old chicks, coop requirements, raising layers and/or broilers, free ranging/pasturing, deep litter, handling predators, feeding requirements, general chicken information, and lots of resource materials. We also hope to have live chickens of different breeds.
118) Apitherapy: Healing with Hive Products  
**Beginner-Intermediate**
Campus Center 803

**Ross Conrad:** Author, *Natural Beekeeping: Organic Approaches To Modern Apiculture.*

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

119) Cattle Genetics for 100% Grass-Fed Beef Production  
**All levels**
Campus Center 163C

**Ridge Shinn:** Founder of Hardwick Beef, a 100% grass-fed-finish beef company & Rotokawa Cattle Co, breeder of Devon cattle.

Learn to appraise cattle for function on grass (all breeds). Learn how to “see” tenderness and fat in the live animal. Learn the ingredients for producing tender, tasty meat every time. Where to find the right type of cattle and how to know when they are “done” or finished. Importance of minerals to success.

120) Chemicals, Hormone Disruption & Immune Effects - Pt. 2 of 2  
**All levels**
Brett Lounge 001

**Dr. Joyce R. Young, N.D., IBCLC:** Naturopathic Medical Doctor, Lactation Consultant, M.S. Botany, Former NOFA/MA Farmer.

Common environmental chemicals are increasingly known to cause immunosuppression (allowing microorganisms access to the body) and its subset, endocrine hormone disruption. I will describe how these are connected to the many present-day epidemic diseases in all ages, how to minimize these chemical exposures, and how to prevent & reverse these diseases.

121) Creating Enthusiasm for Change in Your Community**  
**All levels**
Campus Center 811-15

**Heidi Kost-Gross:** Natural Resources Commissioner in Wellesley, MA; community activist; landscape designer & historian.

A case study of the town of Wellesley, MA. Drawing from my experiences in building community support for organic land management in a suburban town, I will illustrate the skills needed to transform a community’s traditional environmental ideas and bad habits into embracing cutting-edge and sustainable environmental efforts with enthusiasm.

122) Cultivating the Campus: Growing Food and Consciousness  
**All levels**
Campus Center 805-09

**Daniel MacPhee:** Farm Manager & Educator at Yale Sustainable Food Project.

We will share our experience integrating sustainable food and agriculture into student life. We will address effective organizing strategies and discuss successful programs and structures for urban educational gardens. Topics will include food production, institutional sustainability goals, classroom and service learning opportunities. Please come to collect and to share ideas!
163) Financial Permaculture & Ecosystem Investing  All levels  Sunday 10:00
Campus Center 804-08
Ethan Roland: Farmer & designer, founder of AppleSeed Permaculture & Carbon Farming Course.
Apply the principles of permaculture design to your financial systems! Learn specific tools to invest locally and design profitable farms, including: (1) The difference between live-stock and dead-stock, (2) Enterprise budgets for whole farm planning, and (3) Creating local investment circles to support food security and economic resilience.

164) GMO Crisis in Maya Land- Heirloom Seeds, and Multi-nationals  All levels  Campus Center 917
Camila Martinez: Director of the Maya Seed Ark Project, and eco-warrior.
The Maya civilization for millennia has carefully selected seeds of delicious and nutritious indigenous food. Now a silent tsunami of GMOs continues colonial conquest. Learn about the Maya spiritual vision of seeds and seed banks.

165) Growing Herbs in Containers**  Beginner
Outside--Meet at Registration Tent
Dawn Pavone: Owner of Turessa Botanicals, selling seedlings, dried herbs, & tinctures.
Elaine Peterson: Gardener/herbalist for over 25 years.
Grow a medicinal or culinary herb theme pot. Specific themes will be made in class such as "Sweet Dreams," Pesto Pot," "Scentability", “Mexicana”, etc. We also cover potting medium, watering, fertilizing, and harvesting. Bring a small pot and make your own theme pot. Herbs will be available for $2.00 per plant.

166) Nourishing Traditions Seminar - Pt. 5 of 6: How to Change Your Diet for the Better  All levels
Campus Center Auditorium
Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."
Takes a step toward implementation of healthier diets. If you value making the changes presented so far in this series of workshops, learn practical steps modern families can take to prepare healthy food and change our diets for the better.

Campus Center 168C
Daniel Kittredge: Farmer, father, organizer, entrepreneur, strategist, director of the Real Food Campaign.
Tad Montgomery: An ecological engineer coordinating research for the Real Food Campaign.
A report on the Real Food Campaign's nutrient density research program, including protocols, materials, and producers taking part in the documentation of increased nutrition levels in crops. The strategy of the RFC is to increase nutrition in crops through biological farming techniques involving mineral amendments and biological inoculations.
168) Singing for Activism, Fun, and Transformation  All levels  Sunday 10:00
Brooks Lounge
Eveline MacDougall: Founder of Amandla Community Chorus & Greenfield, MA community garden.
I will turn any group of participants into a chorus! We will sing a variety of songs from different cultures, in harmonies, explore a range of themes, and have extraordinary fun. All ages and vocal ranges welcome. This workshop has a history of producing astounding sounds!

169) Small-scale Grain Production  Intermediate
Campus Center 174-76
Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & 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.

170) Starting a CSA  Beginner
Campus Center 165-69
Carolyn Llewellyn: Children's Farm Educator at Glynwood Farm in Cold Spring, NY.
This workshop will go over all aspects one should keep in mind when considering starting a CSA – big issues and persnickity little details. Soul-searching, crop-planning, budgeting, pricing, relationships and communication, marketing, distribution, and more. Carolyn has worked with CSAs since 1999, including two she co-founded with her husband.

171) Sustainably Raising Chickens  Beginner
Campus Center 904-08
Edwin Santana: Sustainable farmer on small diverse family farm for 3 years.
Using methods to reduce cost in raising chickens, more range less grain, rationed portions of feed, discussing free and confined range, and alternative choices of feed. Raising from chick to slaughter.

172) The Birds and the Bees: Urban Agriculture and Environmental Education  Beginner
Campus Center 911-15
Leo Pollock: Education Director at the Southside Community Land Trust in Providence, RI.
Tara Cimini: Teaches SCLT's after-school Garden Club programs.
Students in our garden club programs over the past year have been observing and documenting biodiversity in urban food gardens and quantifying their contribution to the health of the urban environment. We will present the methods, lessons, and initial data from this exciting, EPA-funded project, and share our materials and experiences so that you can do the same in your own community! Warning: this workshop will cover the birds and the bees.
173) TOUR: Simple Gifts Farm: Integrating Livestock & Vegetable Production---Simple Gifts Farm, Amherst, MA  Intermediate
David Tepfer: Co-owner of Simple Gifts Farm.
We will demonstrate how we are integrating laying hens, beef calves, lambs, sows and pigs, and a young team of oxen onto fallow vegetable land and small areas of permanent pasture on our farm. We will touch on farm ecology, production systems, facilities and fencing, grazing management, processing, and marketing. DIRECTIONS: Drive north from the campus on North Pleasant St., which is the road by the pond and student 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.

174) Twenty Years Later – The Organic World Since the OFPA  All levels
Campus Center 905-09
Grace Gershuny: NOFA Foremother, former NOP staff, now organic consultant.
Katherine DiMatteo: President of International Federation of Organic Agriculture Movements, consultant, advocate.
Much has changed since the Organic Foods Production Act of 1990 (OFPA) was enacted. We will tell stories about what we see as positive and negative changes in the world of organic food and agriculture, and why. What should we do differently? Bring your questions and challenges – we want lots of discussion.

175) Urban and Suburban Agriculture*  All levels
Campus Center 101
Fernando Funes Aguilar, PhD: 200 publications, 350 scientific meetings, invited speaker in 30 countries.
Vince Cirasole: Market gardener working with Cuban growers in their use of innovative techniques in urban gardens.
The expansion of urban agriculture in Cuba has been an effective alternative to produce fresh and healthy foods in formerly unproductive areas of the cities, and to help the country reach food sovereignty by using organic methods with very low inputs.

176) Winter Vegetable Production for the Backyard Gardener  Intermediate
Campus Center 162-75
Danielle Andrews: Backyard gardener/urban farmer and educator at The Food Project in Boston.
From the most simple techniques to the more complex, let’s talk about ways that we can extend our vegetable growing season throughout the year. This talk will cover plant dates, varieties and simple and more complex structures to extend the season.

177) Yoga for Farmers and Gardeners  All levels
Outside--Meet at Registration Tent
Ellen Zientara: Nurse, yoga teacher, farmer.
Fun yoga class mixing humor with humus! Focus will be playful to promote health and wellbeing on and off the yoga mat.
CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 15: 10:00-11:30 AM

178) Hopscotch
Cape Cod Lounge Ages 5-12
Elizabeth Sampson: Student.
The game of hopscotch is said to date back to the Roman Empire and has traveled the world since then. There are many fun games that are easy to play. We will bring the chalk, you bring a stone and we will keep an old tradition alive!!

179) Learn to Draw Your Favorite Animals
Cape Cod Lounge Ages 5-12
Lexi Ugelow: Studied under the Monart method of drawing.
Endre Jobbagy: Learned to draw as a mechanical engineer.
Come learn fun and easy ways to draw your favorite animals on the farm and create a setting of your choice for a final illustration.

180) Play Party Rhythm Games and Dances
Cape Cod Lounge Ages 6-12
Valerie Walton: Music teacher, jazz musician and organic gardener.
Tad Hitchcock: Guitarist and early childhood music specialist.
We will teach games, songs, and dances originating mostly in the early 20th century farming communities of the American South. We will use recordings, singing and body percussion as our accompaniment.

181) Silly Science
Cape Cod Lounge Ages 9-12
Claire Boettcher: Creative teen, long time summer conference attendee, who loves to experiment.
Janna Boettcher: Mom who loves to get her hands dirty!
Come have fun learning science while experimenting with household ingredients. Guaranteed to get messy!

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 10:00-11:30 AM

182) Play & Think & Play Some More
Grad Lounge
Dani Lejnieks: Fun-loving traveler, farmer, and director of The ECO School.
Get all that energy out of your system with some games that will use your brain and body. We’ll use the activities to guide us in an informal discussion on leadership, community, and being an agent of change. Relaxed space for you to have fun and a chance for self-reflection.

183) Working Oxen
Outside--Meet at the Oxen
Bradley Teeter: Farm Manager at The Farm School.
I will be showing the participants how to drive a team of steers in the yoke. They will learn voice commands, and how to hitch the steers to a small log or stone boat when they become comfortable in the techniques of driving the team.
ADULT WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM

184) An Upstart in the Land Care Field: How Can AOLCPs Adjust, Adapt and Thrive?** All levels
Campus Center 811-15
David Eggleton: founder of Applied Ecologics, AOLCP since January 2007. Changes in land care market dynamics may be driven by the Guidelines & Performance Benchmarks of the Sustainable Sites Initiative (SSI), a project of a national collaborative in which NOFA did not participate. To support efforts of AOLCPs to adjust, adapt and thrive, this workshop will compare the NOFA Standards for Organic Land Care with the LEED-inspired site rating system that SSI released in the fourth quarter of 2009.

185) Animals and Crops Integration in Agroecology All Levels
Campus Center 101
Fernando Funes Aguilar, PhD: 200 publications, 350 scientific meetings, invited speaker in 30 countries. The role of animals, crops and trees in agroecological systems of production will be discussed. Research and commercial results in Cuba will be shown and discussed as an effective approach for both Third World and developed countries.

186) Arcosanti, Paolo Soleri, and Ecological Cities All levels
Campus Center 903
George Kosmides: Electrical engineer with Soleri & Arcosanti for past 30 years, working with solar & wind energy. Arcology is architect and philosopher Paolo Soleri’s concept of cities that embody the fusion of architecture with ecology. It proposes a highly integrated and compact three-dimensional urban form 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.

187) Backyard Medicinal Herb Walk All levels
Outside: Meet at the Registration Tent
Chris Marano: Master clinical herbalist & educator in the Pioneer Valley, MA. Herb walk on UMass grounds identifying and learning about the medicinal, edible and other properties of familiar and not-so-familiar plants that we encounter along the way. I will also share stories, anecdotes and personal experiences regarding plants we discover.

188) Nourishing Traditions Seminar - Pt. 6 of 6: Breakfast, Lunch and Dinner All levels
Campus Center Auditorium
Sally Fallon: President of the Weston A. Price Foundation and author of "Nourishing Traditions."
Following up on the core content of the seminar, Sally will give suggestions for no-fuss, economical meals that will help you get started with a traditional diet. This includes three weeks of meal planning and plenty of shopping and cooking advice.
189) Build Rich Soil with Keyline Design**  
**Intermediate**  
Sunday 1:00  
Campus Center 804-08  
Mark Krawczyk: Permaculture and keyline designer, educator & consultant in Burlington, Vermont.  
Keyline is a holistic design system informed by a dynamic understanding of the landscape. It’s used to build soil and develop water security. We’ll explore keyline principles, the use of the keyline subsoil plow, the role of biology in soil fertility and a suite of techniques that can rapidly transform subsoil into healthy, rich topsoil.

190) Building Community Gardens That Are Accessible To All People  
All levels  
Sunday 1:00  
Campus Center 803  
Karen Romanowski: Crew cook & co-farmer at Brookfield Farm, RN nurse.  
We will share how a family and a community farm came together to build an accessible garden that enabled people with various mobility and sensory disabilities to enjoy and access the farm experience. Participants can utilize ideas and resources from this project to create accessible garden spaces in their local communities.

191) Creating Vibrant Youth Programs  
All levels  
Sunday 1:00  
Campus Center 917  
Deb Habib: Co-founder & Director, Seeds of Solidarity Farm & Education Center.  
The SOL Garden Program for teenagers at Seeds of Solidarity will ignite our dialogue about creating innovative programs for youth on farms and community organizations. Participants will explore for-profit vs non-profit education models, gather fabulous curriculum ideas, and be inspired to engage the magnificent next generation in cultivating food and community.

192) Easy and Free Computer Farm Record Keeping  
All levels  
Sunday 1:00  
Campus Center 805-09  
Jeffrey S. Froikin Gordon, Ph.D and Giulia M. Stellari, Ph.D.: Both received their PhD from Cornell & are co-founders of AgSquared.  
Good record keeping practices can help you make informed management decisions that improve your farm’s health, productivity and profitability. Come learn about AgSquared, a new online farm record keeping system that helps you keep better records and learn more from them using an intuitive, map-based interface. Learn more at www.agsquared.com.

193) For the Love of Fiber: Sheep to Shawl Overview  
**Beginner**  
Sunday 1:00  
Campus Center 165-69  
Maile Jones: Writer, rug hooker, spinner, all-around fiber addict.  
The participants will be given an overview of the steps of the process of taking
animal fiber from shearing to finished knitted product. There will be discussion, demonstrations, and hands on experiences for workshop participants. Topics covered will include washing and carding wool, spinning, and natural dyeing as well as tips on choosing a good fleece.

194) Gardening in Small Spaces**  Beginner
Campus Center 168C
Carolyn Edsell-Vetter: Has been designing & maintaining small gardens for 10 years.
Living densely has many benefits, but may come with limited outdoor space. Yet, we can nourish our bodies and souls using space afforded by a roof deck, patio, or small yard. We will cover small space design, edibles for containers, and vertical gardening, plus small-scale bioshelters, composting, and rainwater harvesting.

195) Growing Winter Greens  Intermediate
Campus Center 163C
Bryan O’Hara: Farms at Tobacco Road Farm in Lebanon, CT.
This presentation will include details on protective structures, field lay out, crop and variety selection, crop timing, cultivation, pest control, seed production, harvest and marketing of winter grown leafy green vegetables.

196) Nourishing Our Children  Intermediate
Campus Center 174-76
Craig Fear: Nutritional Therapist helping people recover health & wellness via nutrition.
Timeless principles for supporting learning, behavior and health through optimal nutrition. I will make a connection between today’s modern foods and the myriad ailments that plague our children and I will discuss how the research of Dr. Weston Price offers a model back to radiant health and wholeness.

197) Preventing Back Injuries on the Farm and in the Garden**  All levels
Campus Center 904-08
Cora Roelofs: Occupational health expert at UMass Lowell & local food producer.
Jamie Tessler: Occupational ergonomics researcher, practitioner and consultant.
The Farmer’s BODY must be sustainable too! Chronic back problems can shorten a farming career. Learn how to recognize the situations that can lead to serious back problems. We will identify troublesome tasks, share back-preserving techniques and strategize how to save the backs of our talented organic farmers.

198) Small Grains on Small Farms*  Advanced
Campus Center 162-75
Clifford Hatch: Farmer growing fruits, vegetables, grains & dairy in Gill, MA.
This workshop relates the history of growing grain on 19th and early 20th century NE farms---tool, methods, structures and machinery---to contemporary farming practices and demands. Will provide a how-to guide for small grain growers.
199) TOUR: UMass Student Farm - Organic Research  All levels  Sunday 1:00
UMass Student Farm, Deerfield, MA
Learn about this unique program, which combines a 6-credit practical course to learn farming skills, a student business, and an education campaign for sustainable ag. on the UMass Campus. This fall we will launch a 30-share "Campus Supported Agriculture" at UMass. Ruth and Amanda initiated organic certification on 6 acres at the UMass Farm in 2004. We will tour 2010 Organic research trials including carrot varieties for storage; ecology of cuke beetles, mycorrhizae and pollinators in cucumber; heritage wheat. 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 past the housing development to far\m entrance near the animal barns. Look for signs for parking. ADDRESS: 89-91 River Road Deerfield MA, 01373.

200) Weston A. Price Foundation Principles in Medicine & Dentistry  Beginner
Campus Center 911-15
Jean Nordin-Evans: Holistic Dentist practicing mercury free dentistry with focus on prevention and education.
Charise Ivy: Doctor practicing holistic, nutritional, and functional medicine.
We will talk about what a nourishing traditions diet is; Why healthy fats are GOOD for the body; The value of good soup; Why giving kids raw milk is so important; Foods to eat to avoid dental problems; Why it is important to avoid toxic dentistry (e.g., mercury fillings, root canals, and poor orthodontics); The common sense behind all of these topics about which most doctors and dentists don’t know anything.

201) Worm Composting - From The Ground Up.**  Beginner
Campus Center 905-09
Ben Goldberg: Promotes soil & water conservation with worms & composting toilets.
David Lovler: Resident gardener and compostmeister for Pioneer Valley Cohousing, Amherst, MA.
Keeping worms is educational, practical, easy and fun. Worm composting is also an efficient way to convert food scraps into a rich soil amendment. We will cover various worm bin designs and bin making tips, getting started with worms and keeping a worm bin, and how to separate the castings for use. Learn the basics or share your experiences.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM
202) Cattle Care
Outside: Meet at the Young Cows
All ages
Bradley Teeter: Farm Manager at The Farm School.
Kids will get acquainted with some young cows, handling them, grooming them, and eventually leading them around a yard with a lead rope.
Outdoor Games
Cape Cod Lounge
All ages
Woody Ruiz: Oyster shucker, camp counselor, chef, lover of dogs and children.
I will play games outside, such as capture the flag and duck duck goose. Perhaps
we can learn some games from each other. Some of these good old games of yester-year have served children well and will continue to do so if not forgotten.

Story Time in American Sign Language
Cape Cod Lounge
Ages 5-12
Santina King: Current undergraduate, ASL Interpreter, working in the deaf community.
This workshop will start off with learning the ABC’s, numbers 1-10, and learning
different farm animal or foods signs as well as signs requested by participants.
We will create one big story, which will be presented by the group and interpret-ed.

TEEN WORKSHOPS – SUNDAY, AUGUST 15: 1:00-2:30 PM
A Real Food Connection: Hopi Blue Corn
Grad Lounge
Rachel & Bruce Scherer: They grow soul food and eat it with friends and family
in Orange, MA.
Maybe grocery store tortilla chips and drive-thru tacos are junk food, but the ancient method of turning home grown blue corn dried kernels into “nixtamal” increases nutrition, and develops aroma and flavor. We’ll learn how to process nixtamal to make REAL tortillas, chips, tamales, posole stew and champurrado, a hot chocolate drink.

Yes, Teens Don’t Have To Go To School
Grad Lounge
Teenage self-directed learners, teens that develop their own educational paths instead of going to school, are crazy successful, usually, and happy. Come to discern if this is a good idea for you or a teen you know, and—if yes—how to get started. For more info, go to www.northstarteens.org.
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* Does not include subscription to The Natural Farmer.

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135

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141, 160) Dr. Joyce R. Young, N.D., IBCLC: 356 Bunker Hill Rd., Newcastle, ME 04553, 207-563-1636, drjoyceyoung@tidewater.net
58, 80, 115, 131) Ellen Zepp: Orchid Patch, 190 Torrey Rd., Southbridge, MA 01550, 508-764-3388, orchidpatch@charter.net
115, 131) Mike (Warren Jr.) Zepp: Orchid Patch, 190 Torrey Rd., Southbridge, MA 01550, 508-764-3388, orchidpatch@charter.net
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Institute for Energy and the Environment at The Vermont Law School
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Mass Action For Animals
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Some Hotels and Motels in the UMass Area

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(Mention/use code NOFAC for a preferred rate through July 16, 2010)
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Granby Motel: 5 West State Street, Granby (413) 467-9256
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Hotel Northampton: 36 King Street, Northampton (413) 584-3100
Lathrop House B&B: 188 Sumner Avenue, Springfield (413) 736-6414
Lord Jeffery Inn: 30 Boltwood Avenue, Amherst (413) 253-2576
Norwottuck Inn: 208 Russell Street (Route 9), Hadley (413) 587-9866
Quality Inn & Suites, 117 Conz Street, Northampton (413) 586-1500

Directions To Puffer’s Pond

From the UMass campus, head NORTH on North Pleasant Street. (N. Pleasant 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.

Beware parking restrictions around the pond (it’s marked with signs).

Enjoy your swim!

BUS SERVICE: A bus runs from UMass to Puffers Pond on SAT. ONLY in the summer. Please refer to the schedule on www.pvta.com.
Dining Hours

WORCESTER DINING HALL

Friday Lunch 11:00 am – 1:00 pm
Friday Dinner 5:30 – 7:00 pm
Saturday Breakfast 6:30 – 8:00 am
Saturday Lunch 11:00 am – 1:00 pm
Saturday Dinner 4:30 – 7:30 pm
Sunday Breakfast 6:30 – 8:00 am
Sunday Lunch 11:00 am – 1:00 pm

Worcester Dining Hall is located in the Northeast residential area. NOTE: This is a different dining hall from last year, so leave yourself time to find the new location.