Welcome to the Northeast Organic Farming Association Summer Conference with Northeast Animal-Power Field Days!

This is your guide to the 37th Annual Conference. Inside find info on the workshops, the speakers, the exhibits, the community events, entertainment and more! Enjoy!

2011 Keynote Addresses by
Eric Toensmeier and Ignacio Chapela
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Dear Friends,

Welcome to the 37th annual NOFA Summer Conference. On behalf of the entire organizing committee, I wish for you a rich and possibly life-transforming experience this weekend. You will benefit from the planning of hundreds of presenters and organizers committed to sharing their expertise and transforming how we grow, eat, and live on this planet. We’re sure that the people you meet will inspire you, whether this is your first experience with NOFA or you make the Summer Conference part of your life every year.

NOFA celebrates its 40th anniversary this year. Started in 1971 by urban radicals seeking independence from a culture they saw as wasteful, consumerist, and unsustainable, NOFA began as an association of people who knew little about farming but who understood that it was imperative to learn about it to live rightly on this planet. Even as the membership has become ever more skilled in practical applications of organic agriculture, the Summer Conference today remains a place where intellectual generosity and grounded seeking of right approaches are the driving forces behind participants’ engagement.

The Summer Conference is intended to educate you about the wealth of knowledge the organic movement offers, but to help you renew your spirit as you return home to engage with your families, neighborhoods, organizations, and the political institutions in your midst. As our keynotes will emphasize in their speeches, our work in organic agriculture is urgently important.

We want you to take part in this movement. If during the weekend, you have any questions about how you can take advantage of the full offerings of this conference – adult workshops, Northeast Animal-Power Field Days, off-site tours, children’s and teen conferences, NOFA Country Fair, evening entertainment, films, exhibits, and the opportunities to network with people from all over the Northeast, please ask. The staff wears Summer Conference t-shirts with “STAFF” on the back.

Lastly, the NOFA Summer Conference is the treasure that it is today because since its beginnings, organizers have adjusted to changing times and participant evaluations. We continue this today. When the conference is done, registrants who provided e-mail addresses will be messaged reminding them to fill out an online evaluation form. A link to this form will also be posted to www.nofasummerconference.org immediately following the conference. We make it easy for you to tell us what you think of this experience, because we want to know.

Sincerely,

Ben Grosscup
NOFA Summer Conference Coordinator
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Where to Park Before Going to Registration: UMass restricts parking on campus before 5pm during the week to accommodate its employees. Please park in one of the following locations before going to registration on Friday afternoon. (If you are staying at UMass Housing, you may park at lots close to your dorms, but only after you check in at the registration desk first. See “Parking for those staying in UMass Housing” below.)

**Lot 62** will be free for conference participants after 1pm Friday and all day Saturday and Sunday, and is a short walk from the campus center. Signs will direct you from the parking lot to the Registration Tent. Lot 62 is on the opposite side of N. Pleasant Street from the Fine Arts Center, and it is the closest parking lot to the conference area. (On the campus map on page 78, you will find Lot 62 at the cross section of 4 and D).

**Don’t park in lot 62 before 1pm or you will be ticketed/towed.**

**The Campus Center Parking Garage** will be open all weekend and is adjacent to the Conference Center. The rate is $1.50/hour during the day, and a $3.00 flat rate from 5:00 pm - 5:00 am, payable in cash only to the garage attendant upon exit. If you will be in the garage for an extended period, ask for a discount coupon at the registration tent. This coupon entitles you to a full day of parking in the garage for a flat $5.00/day. Simply present the 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. (On the campus map on page 78, you will find the Parking Garage at the cross section of 3 and B).

**Lots 44 & 49** are available for parking throughout the entire conference at no charge. Lot 44 is behind North Apartments (location for dorm suites). Lot 49 is made up of many small lots next to Baker and above Brooks, Brett, and Wheeler (location for singles and doubles). Just park and you can leave your car in these lots for the entire conference for free! No hassle of moving it! (On the campus map on page 78, you will find lot 44 at the cross section of 1 and C and 49 at the cross section of 3 and D.)

**After 5pm Fri. & all-day Sat. and Sun.,** park free in any other surface lot on campus. The exceptions where you may never park are Lots 21, 29, 35, 39, 46 (in front of Brett & Brooks Dorms), 47, 50, 54, 67, & the narrow part of lot 62 that is immediately behind the Fine Arts Center and not separated by N. Pleasant Street. **Check parking signs for restrictions.**
Where to park for Campers and RVs/Camper Vans: Unlike in past years, we don’t recommend that campers and RVs/camper vans park in lot 25. There is another large event happening and lot 25 will be full for the entire weekend. People who are camping on the lawns near the registration tent will be able to drop off their campus equipment and belongings in close proximity to the lawns as in years past. However the route has been changed this year to accommodate a construction project. To access the camping areas, participants should follow the “Hicks Way” detour and enter the Haigis Mall horseshoe on President's Drive (on the campus map on page 78, you will find Haigis Mall at the cross section of 4 and C ) and follow the signed sidewalks, passing by Herter and Memorial Hall en route to the camping area. NOFA Volunteers will be on hand to assist you, and to expedite your unloading. After unloading, you will exit the same way that you entered and then park your car for the day. We ask that you use this route only if necessary; in all other cases, please travel on foot from your parking area, bringing camping gear with you. We recommend that attendees who are camping on the lawn park their cars in lots 44 and 49 for the weekend. RVs and camper vans can be parked in lots 44 & 49 anytime. They may also be parked in any of the unrestricted lots on campus after 5pm on Friday or in Lot 62 after 1pm on Friday as detailed above, but we recommend parking them in lots 44 & 49 as they are large open spaces and would offer you the most privacy.

Parking for those staying in UMass Housing: After 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, and 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.

Important Towing Information: Be sure to read parking signs for restrictions! 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 ONLY (no checks or credit cards). 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 people stranded on the UMass campus.
GENERAL LOGISTICAL INFORMATION

Check In - Amherst: When you registered you chose whether to pick up your registration packet in Amherst or South Deerfield. If Amherst, 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.

Amherst Registration Hours: Friday, 11am - 7pm; Saturday, 7am - 11am AND 4pm - 7pm; Sunday, 7am - 11am.

Check-In: South Deerfield: Go to the registration area to get your Program and Addendum, nametag, dorm assignment or camping permit before going to workshops, dorms or camping areas. PLEASE NOTE: The central registration staff will be located at the UMass Amherst campus, so if you have any problems with your registration, you will need to resolve them with the registration staff in Amherst, even if you plan to pick-up your registration packet in South Deerfield.

South Deerfield Registration Hours: Friday, 11am - 5pm; Saturday, 7am – 1:30pm; Sunday, 12pm – 2pm.

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.

Dorm Key Policy: If you pre-paid for a dorm room, you will get your dorm assignment in your registration packet. For Singles or Doubles, go then to Brett Hall for room check-in; for Suites, go to North Building C. There you will be given your access card and room key by the UMass housing staff. In order to pick-up your key and access card, you must have a $70 check ready, payable to UMass, for key and card deposit. Your deposit will be returned when you return your key and access card to UMass staff at the dorm where you picked them up (key deposit $50, card deposit $20). Rooms are available on a first-come, first-served basis for walk-in registrants and only at the UMass Registration Table.

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.

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 hours. Portapotties are on the lawn. Camper showers are in Brett dorm.

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

**Contacting Conference Staff:** The conference headquarters is at the registration table under the big tent. If you need help, information, or you want to contact the conference staff, go there. The phone number for the NOFA Summer Conference registration team is (413) 230-7835.

**Name Tag:** It is your admission pass to all conference workshops, meals, and special events, including the Northeast Animal-Power Field Days component at the UMass Research Farm in South Deerfield. Your name tag must be worn in a visible manner at all times as you will be asked to show it to gain entrance to workshops, meals, and all other events.

**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 registration line: (413) 230-7835. 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.

**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.

**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:** Please leave your pets at home! UMass Security and NOFA staff will ask you to remove your pet from the campus if you bring it. This is equally true for The UMass Research Farm and the UMass Campus.
2011 Worcester Dining Commons: Meals will be served in the Worcester Dining Commons, located in the Northeast residential section of the UMass campus (a ten-minute walk from the central Conference tent). In order to be served in the dining commons, 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 served at the Worcester Dining Commons during the Conference are made with all organic ingredients, which means among many other things that no GMOs were used in the production process. When possible, ingredients are also local. 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 Melanie Shaw, Food Donations Coordinator, 978-376-7092, mel.q.shaw@gmail.com.

Saturday Local Meal: All food served in the Worcester Dining Commons on Saturday evening is locally grown or produced on organic farms in the Northeast. At your table Saturday evening, look for more information about the farmers and farms represented in this meal.

Dining Hours: The Worcester Dining Commons will be open: Friday Lunch 11:00 am – 1:00 pm; Friday Dinner 5:30 – 8:00 pm; Saturday Breakfast 6:30 – 8:00 am; Saturday Lunch 11:00 am – 1:00 pm; Saturday Dinner 4:30 – 8:00 pm; Sunday Breakfast 6:30 – 8:00 am; Sunday Lunch 11:00 am – 1:00 pm.

Walk-in Prices for Meals: Conference participants can walk in and pay cash to eat on an as-available basis. The cash prices are always higher than the advance price. Adult Breakfast - $12.00; Adult Lunch - $16.00; Adult Dinner - $18.00; Child Breakfast - $10.00; Child Lunch - $14.00; Child Dinner - $15.00; (Those 12 and under are considered “children”.)

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Dining Commons Menu

Friday Lunch

Vegan carrot ginger soup
Steamed broccoli florets
Indonesian style tofu with peanut sauce
Salad bar

Steamed brown rice
Grilled chicken w/peanut sauce
Thai style cucumber salad
Whole wheat choc. chip cookies
Friday Dinner
Shepards pie with tempeh  Shepards pie with ground beef
Mac and cheese  Three bean salad
Vegetarian chili  Corn bread
Salad bar  Maple blueberry cheesecake
Vegan zucchini bread

Saturday Breakfast
Oatmeal w/ assorted toppings  Tofu Migas or Egg Migas
Vegan hash  Red potato home fries
Cranberry, orange, corn, and quinoa muffins
Breakfast bar (bagels & spreads, yogurt, granola, fruit)

Saturday Lunch
Beef fajitas  Tofu fajitas
Brown rice  Black bean and tomato salsa
Tortilla chips  Corn on the cob
Herbed pasta salad  Salad Bar
Puffed grain, nut, and seed bat  Maple sugar cookies

Saturday LOCAL Dinner
Roasted chicken  Stuffed peppers
Garlicky kale  Smashed potatoes
Balsamic roasted beets  Spelt
Bread and cheese  Smaller local organic salad bar
Yogurt and fresh blueberries  Some maple sweetened dessert
Maple raspberry bread pudding w/Grand Marnier crème anglaise
Vegan carrot cake w/vegan cream cheese frosting

Sunday Breakfast
Granola pancakes  Scrambled eggs
Tofu scramble  Veggie sausage
Pork sausage  Banana nut muffin top
Breakfast bar (bagels & spreads, yogurt, granola, fruit)

Sunday Lunch
Whole wheat pizza  Vegan lasagna
Apple barley salad w/almonds  Carrots w/thyme & butter
Sautéed summer squash and zucchini squash
Salad bar  Vegan Brownie
Blue Wall Café Tent: If you want a snack or a meal purchased by the item, you can visit the Blue Wall Cafe tent, on the lawn by the pond, near the big exhibit tent. Perk up with coffee on Friday morning or grab a burger until lunchtime on Sunday. Please check the Program Addendum for more information on specific hours. **All food will be organic** (and therefore, non-GMO). It will be sourced locally to the extent possible.

**Hours of Service:** The Blue Wall Café Tent will be open: Friday 12:00 noon – 7:00pm; Saturday 6:45am – 7:00pm; Sunday 6:45am – 2:00pm.

**Service at UMass Research Farm:** The Blue Wall Café will also be serving lunch (using the lunch menu below) at the UMass Research Farm on Saturday, August, 13 from 11:15am to 1:15pm.

### 2011 Blue Wall Café Tent Menu

#### Breakfast
- Buckwheat Pancake Fruit Rollups
- Organic Egg and Cheese Croissants
- Fruit and Yogurt Parfaits
- Pastries and Muffins
- Fresh Fruit
- Coffee, Iced Tea, Lemonade, Water

#### Lunch and Dinner
- Beef Burgers
- Chicken Breast
- Veggie Burgers (not vegan)
- Grilled Local Veggie Medley
- Whole Wheat Pasta Salad
- Roasted Corn on the Cob (not local)
- French Meadow Salads & Sandwiches
- French Meadow Organic Cookies
- Fresh Fruit
- Coffee, Iced Tea, Lemonade

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The Importance of the Plant’s Root Ball

Frequently a bedding plant is transplanted into field soil conditions that are less than perfect. Within the root block or ball, the plant, and the plant’s partner microbes should have established a system and structures capable of extending their organization out into the field soil. The green leaves provide the energy to power the outreach and the potting soil serves as the cultural base. Investing in sufficient media for ample root balls pays back in improved crop yields.
KEYNOTE SPEAKERS
Friday, 7:30 pm – Eric Toensmeier

Eric Toensmeier has spent twenty years exploring edible and useful plants of the world and their use in perennial agroecosystems. He is the author of Perennial Vegetables and co-author of Edible Forest Gardens with Dave Jacke. Both books have received multiple awards. His current project is promoting perennial farming systems, including agro-forestry and perennial staple crops, as a strategy to sequester carbon while restoring degraded lands, and providing food, fuel, income, and ecosystem services. He presents on perennial food production systems to groups ranging from Mexican agronomists, Maya villagers, seed bank directors, urban farmers, and aspiring permaculture entrepreneurs. Eric is a founding Board member of the Apios Institute for Regenerative Perennial Agriculture and recently founded the Bosque Comestible project, an online Spanish-language user-generated database of useful perennials for Mesoamerica and the Caribbean, with an international team. Eric's writings and photos can be viewed at www.perennialsolutions.org.

Saturday, 7:00 pm – Ignacio Chapela

Dr. Chapela is associate professor in the Department of Environmental Science, Policy and Management at the University of California, Berkeley, and Senior Scientist at the Norwegian Center for Biosafety, GenØk. He trained as a microbial ecologist, specializing in fungal symbioses. Since 1996, Dr. Chapela has advised national governments and multilateral institutions on policy-making on genetic engineering and sovereignty over genetic resources. He assists indigenous organizations and NGOs in Latin America and elsewhere to meet challenges related to genetic engineering. He conducts research and development in public approaches to the mapping of DNA sequences at real geographical scales of space and time. Dr. Chapela has collaborated on several films, including "The Future of Food" and is working with the director of that film, Deborah Koons Garcia, on a new film titled, "The Symphony of Soil." He made world headlines with his pioneering documentation of GMO contamination of indigenous corn varieties in Mexico.

Celebrate 40 years of NOFA with us at two historical shorts at each keynote!

For Non-Conference Registrants - If you’re not registered for the day of the Conference when a keynote program is taking place, you can still attend the program by paying a $15 admission fee at the door.
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www.NaturalExpo.org
**PRE-CONFERENCES**

**Organic Lawns & Landscapes Refreshers**  
Friday, August 12, 8am-Noon, UMass Amherst Campus Center 904-908, Amherst  
With Chip Osborne  
Also:  
Friday, August 19, 9am-1pm, Parker River National Wildlife Refuge, Newburyport  
With Javier Gil

Practical skills and problem solving will be the focus of these four-hour intensive workshops. Beginning with an overview of the systems approach to organic landscaping; soil testing; soil amendments; managing nutrition; grass types; and compost tea, Osborne and Gil will then delve into practical solutions for real-life landscape problems. Case study examples will be explored in depth within small groups, with the goal of boosting students' hands-on knowledge of organic lawns and landscaping and how to transition to organic management with success, cost-efficiency and grace.

Re-accreditation credits available. Registration for this event is run separately from the NOFA Summer Conference. Workshop cost: $100 general public; $75 NOFA members and AOLCPs. Walk-ins welcome; bring check made out to NOFA/Mass to the workshop. To register, visit www.nofamass.org/programs/landcare/index.php or contact coordinator Kathy Litchfield at (413) 773-3830 or Kathy@nofamass.org.

**Federal Ag Policy: What it Means to Northeast Farmers & Consumers**  
Winton Pitcoff, Executive Director, New England Farmers Union  
Friday, August 12, 10am – noon, Campus Center 803

As farmers and consumers, we cannot afford to simply let these decisions be made in Congress and at federal agencies without ensuring that the policymakers and regulators hear from those of us who are involved in the food system. With the farm bill coming up for renewal and the budget for agriculture programs being slashed, it is more urgent than ever that those of us in the Northeast organize to ensure that we have a voice in the process and that the decisions made reflect the needs of our region.

This session will discuss the federal policy issues of greatest importance to our region, and explore ways of educating and engaging people in the process of policymaking. Registration is free, but please RSVP to: winton@newenglandfarmersunion.org.
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

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NORTHEAST ANIMAL-POWER FIELD DAYS

Program
The Northeast Animal-Power Field Days (NEAPFD), a Draft Animal Power Network (DAPNet) event, represents a portion of the NOFA Summer Conference that is devoted to the use of draft animal power in farming, logging, and other practical purposes. In our program you will find a wide range of workshop topics for all ages.

All NEAPFD workshops using live working animals (except teen and children workshops) will be held at the UMass Research Farm in South Deerfield. All classroom-based Animal-Power workshops, all Children and Teen animal workshops, as well as Animal-Power exhibitors will be located at the UMass campus in Amherst. There will also be farm tours of two nearby animal-powered farms.

Bus Service
There’ll be free bus service between the UMass campus and the Research Farm, as well as to the farm tour in Conway on Sunday morning. Buses run on a tight schedule designed to make the workshops run on time as much as possible. If you are relying on bus service between sites, please check the schedule well in advance as there is a small time window for travel between some workshop slots. The bus schedule will be printed in the addendum you will receive with your program book. The workshop schedule provides just 30 minutes between the end of one workshop and beginning of the next. Buses run on a tight schedule and the departure time listed are precise. Get to your bus stop 3-5 minutes before it leaves.

For workshop details, see descriptions beginning on page 84. For a summary workshop schedule and map of the site, see pp. 80-81.
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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. Only use this 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 end. All children must be registered and must be wearing a name tag with cell phone numbers for their guardians at the Conference (if you have cell phones). 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.

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 go with the children to the appropriate location. Please make sure your children understand your plans for picking them up from the children’s conference area, and please explain that they must stay at the Children’s Conference or with Children’s Conference staff 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 and reusable plates with names written on them to use for snacks.

For details on children’s workshops, see workshop descriptions beginning on page 84. Also check the bulletin board at the children’s conference (Cape Cod Lounge) for changes.

**Fri 2pm** –
23) 2010 NOFA Mural Making (Ages 9-12); 24) Building Fairy Houses (Ages 5-12); 25) We’re All Nuts (Ages 5-8)

**Fri 4pm** –
49) Calf Training (Ages 5-12); 50) Creative Cuisine For Kids (Ages 5-6); 51) The 1-2-3 of Bees (Ages 7-8); 52) What is Gravestone Art? (Ages 9-12)

**Sat 8am** –
80) Butter Making For Kids (Ages 5-8); 81) Indoor Vermacomposting with Red Wigglers (Ages 9-12); 82) Mini Draft Horse Power for Kids (Ages 5-12)

**Sat 10am** –
112) Driving Miss Daisy (Age 5-12); 113) Giant EcoArt Mandala (Age 9-12) Limit 15
114) Tour of UMass Gardens (Ages 5-6); 115) Wonderful Wiggly Worms (Age 7-8)
Sat 1pm –
146) Children’s Parade & Celebration Circle Prep (Ages 5-12)
Sat 3:00-5:00PM (During Fair) –
150) Dogs Herd Ducks; Kids Herd Kids: (All ages, including families)

Sun 8am –
172) Caring for Rabbits (Ages 5-12); 173) Nature’s Colors (Ages 9-12); 174) Play Party Rhythm Games and Dances (Ages 5-8)

Sun 10am –
197) Hopscotch For Hip Kids (Ages 7-8); 198) Make Your Own Yummy Lip Balm! (Ages 5-12)
199) Mr Guitar Man (Ages 2-6); 200) Surprise Craft (Ages 9-12)

Sun 1pm –
228) Decoupage Discovery (Ages 9-12); 229) Paper Airplanes (Ages 5-12); 230) When the Root Children Wake Up (Ages 5-8)

During Keynotes: There will be child care in the Cape Cod Lounge during the Friday night keynote from 7:15-9:15pm, and during the Saturday night keynote from 6:45-8:45. Children 5-12 are welcome to attend without parents. Children 2-4 are welcome with a parent or guardian.
Welcome to the NOFA Teen Summer Conference! Come meet other teenagers from all over the Northeast for a weekend of good fun, delicious food, and fun things that you can learn about organic food, farming, and ecological sustainability. All youth ages 13-17 are welcome.

We will be using the Grad Student Lounge, located in the Campus Center, as a workshop and meeting place. It is here we will attend informative, challenging workshops, eat yummy organic snacks, and play demanding games of pool!

Come hang out for the whole weekend or just to attend a few workshops. For the workshops that take place elsewhere we will meet at the Grad Lounge and then the leave together.

A few things to note about the workshops: Remember to bring your pre-washed white garments for the Friday tie-dying workshop at 2pm. If you want to build your own hive at the Top Bar hive building workshop, Saturday at 8:00, you will need to bring your pre-cut materials with you. You can contact the presenter, Jean-Claude Bourrut at 508-655-2204 or view the materials list on the website under the “Program Tab” for this information.

For details on Teen workshops, see workshop descriptions beginning on page 84. Also check the signs at the Grad Lounge for changes.

**Fri 2pm –**
26) Tie-Dying

**Fri 4pm –**
54) I Need, I Want, Gotta Have: Me & My Carbon Footprint

**Sat 8am –**
83) Building a Top Bar Hive; 84) Filmmaking for Beginners

**Sat 10am –**
116) Exploring Permaculture; 117) Using Mini Horses on the Farm

**Sat 1pm –**
147) I’m ”just” a teenager - can I keep bees; 148) Raising Awareness about Food Justice Issues; 149) The Joy & Health Benefits of Keeping Goats

**Sun 8am –**
175) Exploring Green Energy; 176) Preparing Wild Edibles and Weeds

**Sun 10am –**
201) Exploring Our Animal Energies through Qigon; 202) Indian Meal; 203) Raising Rabbit

**Sun 1pm –**
231) Beginning Backyard Chickens; 232) Solution to World Hunger: Farm Animals
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Maria and Friends Planting Seeds

...a collection of 19 songs by a community of musicians celebrating agriculture and sustainability.

Featuring Maria Sangiolo, Rani Arbo & Daisy Mayhem, Lui Collins, Peter Mulvey, Lori McKenna, Alastair Moock, Jim Henry & Tracy Grammer, Mark Ereli, SteveSongs, Sally Rogers, Howie Bursen and Brooks Williams.

“A portion of the proceeds from the sale of this recording will benefit the work of NOFA.”

“Sangiolo has one of the prettiest voices in children’s music today,” enthuses Babble.com. She’s an award-winning songwriter who has won 3 Parents Choice Awards, a NAPPA Gold Award and 3 Children’s Music Web Awards. Visit www.MariaSangiolo.com or www.cdbaby.com to purchase your copy today!
SILENT AUCTION

Don’t forget to check out our silent auction and help support NOFA while supporting your budget! Whether it’s for a friend or just a treat for you, come peruse and bid at the Silent Auction beginning on Friday, August 12th through closing at 5:30 pm on Saturday, August 13th. Exciting items include restaurant gift certificates, travel packages and entrance passes to some of 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! Saving up for that trip with the grandkids?! Looking for something nice for your mom for Christmas? Thinking of adding a little something nice to the wall in your home? Bid at the auction. All winning bidders should plan to claim items by 6 pm on Saturday, August 13th.

For more information about the Summer Conference Silent Auction, please contact Mel Shaw, Auction Coordinator at mel.q.shaw@gmail.com or 978-376-7092.

For a complete list of items being auctioned off, look at the list in the program addendum.
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www.AmethystFarm.org
info@AmethystFarm.org
CONFERENCE ENTERTAINMENT

Friday 9:00 – Midnight

**Contra Dance with Calamity Physics**  
Campus Center Auditorium

After the keynote, meet friends old & new at the Get Acquainted Party & Dance. We are pleased to have perennial favorites Calamity Physics (fka Rhubarb Pie) back at the Conference. Led by caller Steve Howland, they’ll perform hours of your favorite contra music, so get those feet ready! Snacks, drinks (alcoholic and otherwise), and other comestibles available for purchase from UMass Catering.

Saturday 7:00 - 9:00 pm

**Drumming Journey with Steve Leicach**  
Cape Cod Lounge

Join master percussionist Steve Leicach as he takes you on a drumming journey through Africa, Brazil, and the Caribbean. Featuring masterful, exciting demonstrations using a variety of traditional drums and percussion instruments, fun audience participation and rhythm chants, body percussion, and a special hands-on workshop at the end of the evening.

Saturday 9:00 – Midnight

**DJ Dance Party**  
Cape Cod Lounge

With hot hits from years past and present, our DJ Dance feature will, well, feature a classic selection of up-tempo dance hits. It’s the children's conference by day, but kids of all ages are welcome tonight. Strictly for kids of all ages.

Saturday 9:00 – Midnight

**Cajun Dance Party with Dirty Rice**  
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 natural food stores and organic distributors can be had for rock-bottom prices, along with a healthy serving of sarcasm, petulance and ridicule, from auctioneer Chuk Kittredge. Bring cash money and your shrewd bargaining skills. All proceeds benefit the NOFA Scholarship Fund. Yes, we have no beer.
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NOFA would like to thank Phillip Botwinick, CFO of More Gardens! Fund. Contact Phil at: phil@localenergysolutions.org

Please note: All films, unless otherwise noted with “***”, 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.

**Capitalism: A Love Story** (2009, 127 min) – Examines the impact of corporate dominance on the everyday lives of Americans (and the rest of the world). The film moves from Middle America, to the halls of power in Washington, to the global financial epicenter in Manhattan. With humor and outrage, the film explores the question: What is the price that America pays for its love of capitalism? Families pay the price with their jobs, their homes and their savings. Moore goes into the homes of ordinary people whose lives have been affected, and he looks for answers in Washington and elsewhere. What he finds are the all-too-familiar symptoms of a love affair gone astray: lies, abuse, betrayal...and 14,000 jobs being lost every day. The film also presents what a more hopeful future could look like. Who are we and why do we behave the way that we do?

**Friday, 1:30 pm, Sunday, 11:30 am.**

**The Economy of Happiness** (2011, 56 min) - Describes a world moving simultaneously in two opposing directions. On the one hand, an unholy alliance of governments and big business continues to promote globalization and the consolidation of corporate power. At the same time, people all over the world are resisting those policies, demanding a re-regulation of trade and finance—and, far from the old institutions of power, they’re starting to forge a very different future. Communities are coming together to re-build more human scale, ecological economies based on a new paradigm – an economics of localization.

**Friday, 4 pm**

**END: CIV Resist or Die** (2011, 75 min) – The causes underlying the collapse of civilizations are usually traced to overuse of resources. The world is reeling from economic chaos, peak oil, climate change, environmental degradation, and political turmoil. Every day, the headlines re-hash stories of scandal and betrayal of the public trust. Based in part on Endgame, the best-selling book by Derrick Jensen, END:CIV asks: "If your home was invaded by aliens who cut down the forests, poisoned the water and air, and contaminated the food supply, would you resist?"

**Friday, 5 pm, Sunday 10:00 am.**
The End of the Line (2009, 85 min) - In the film we see firsthand the effects of our global love affair with fish as food. It examines the imminent extinction of blue-fin tuna, brought on by increasing western demand for sushi; the impact on marine life resulting in huge overpopulation of jellyfish; and the profound implications of a future world with no fish that would bring certain mass starvation. Filmed over two years the film follows the investigative reporter Charles Clover as he confronts politicians and celebrity restaurateurs, who exhibit little regard for the damage they are doing to the oceans. One of his allies is the former tuna farmer turned whistleblower Roberto Mielgo. Filmed across the world – from the Straits of Gibraltar to the coasts of Senegal and Alaska to the Tokyo fish market – featuring top scientists, indigenous fishermen and fisheries enforcement officials.

Friday, 7 pm.

Escape from Suburbia (2007, 90 min) - Takes us “through the looking glass” on a journey of discovery – a sobering yet vital and ultimately positive exploration of what the second half of the Oil Age has in store for us.

Saturday, 9 am, Sunday 2:00 pm.

The Farmer and the Horse (2010, 75 min) *** Campus Center 168C  
A story about a landless farmer, a non-conformist, and an escaped office worker, this film digs into difficult questions about sustainability, self-sufficiency, and why we do the work we do. The film goes beyond the usual platitudes of smiling organic farmers talking about the good life. Farming is hard work—especially if you don’t use a tractor. Award-winning journalist Jared Flesher will be present for and will answer questions. More info: www.thefarmerandthehorse.com

Saturday, 3:00 pm

Food, Inc. (2009, 91 min) – This film lifts the veil on our food industry, exposing how our food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, farmer livelihood, the safety of workers, and our own environment. This film reveals surprising - and often shocking truths - about what we eat, how it’s produced, and who we have become as a nation.

Saturday, 10:30 am, Sunday 8:00 am

Gone Tomorrow: The Hidden Life of Garbage (2005, 19 min) - Explores the history and politics of garbage, a substance both hidden and omnipresent. In 1998, each American dumped 1,600 pounds of refuse, and our mountains of trash get bigger every year. To investigate the roots of our waste addicted culture, this 19-minute documentary excavates the history of garbage handling from the 1800s to the post-WWII golden era of consumption and up through the contradictions of modern day recycling. Using interviews, scenes from massive dumps, and an array of
obscure and beautiful archival footage, this film uncovers the links between modern industrial production, consumer culture, and our disposable lifestyle. The film is serious yet wryly humorous; and while its subject is ugly, its images and rhythm foreground the unintentional beauty of production, waste, and the stories our culture tells about both. Most of all, the film attempts to answer the question: why do we produce so much trash and what can be done about it?

**Saturday, 12:00 pm.**

**Confusing Education with Schooling:** Phillip Botwinick, presenter
See workshop 149A on page ## for a description.

**Saturday, 2:30 - 4:30 pm**

**Hooked on Growth** (2011, 74 min) - From Las Vegas to Atlanta, Mexico City to Mumbai, the White House to the Vatican, Hooked on Growth takes us on a whirlwind tour of growth mania. It’s Wild Kingdom with a twist: the cameras are turned on humanity as our own survival skills are examined. Hooked on Growth looks into the psychology of denial and crowd behavior. It explores our obsession with urban and economic growth, and our reluctance to address overpopulation issues head-on. This documentary holds up a mirror, encouraging us to examine the beliefs and behaviors we must leave behind — and the values we need to embrace — so our children can survive and thrive.

**Saturday, 12:30 pm.**

**Natural History of the Chicken** (2000, 60 min) - Investigates the role of the chicken in American life and tells several remarkable stories. A Maine farmer says she found a chicken frozen stiff, but was able to resuscitate it. Colorado natives tell a story of the chicken who lost its head-- and went on living. A Virginia farmer tells about (and demonstrates) the benefits of raising chickens for his own consumption. Perhaps most surprising is the case of the Florida woman: she bathes her pet bird, and takes it both swimming and shopping. Through these and other stories, this documentary illuminates the role that chickens play in (some of) our lives.

**Saturday, 4:30 pm.**

**Percy Schmeiser - David versus Monsanto** (2009, 66 min) - The experience of the family of Percy and Louise Schmeiser in Canada, also winners of the Alternative Nobel Prize, who’ve been fighting the chemicals and seed manufacturer Monsanto since 1996. Nowadays, nearly three-fourths of genetically-manipulated plants harvested worldwide originate from Monsanto's labs. Monsanto is a U.S.-based corporation calling dismal inventions such as DDT, PCB and Agent Orange its own. In its efforts to gain absolute hegemony over plants – from field to the consumer's plate – Monsanto knows no qualms. Farmers Tony Rush, David Runyon & Marc
Loiselle also learned the hard way what it means to confront Monsanto’s methods of doing business, as did thousands of other farmers worldwide.

Saturday, 6:00 pm.

This Way of Life (2010, 85 min) - An intimate, beautifully-filmed portrait of Peter Ottley Karena and his family. Though European, Peter was adopted into a Maori family, and is Maori in all but skin. Masterful in the saddle and Hollywood handsome, Peter lives by an internal code of values largely lost in modern times – he is horse-whisperer, philosopher, hunter and builder, husband and father. Despite seemingly overwhelming challenges, Peter refuses to compromise. The Ottley Karena’s unite their philosophy with their circumstances, turning hardship into a meaningful and satisfying life.

Saturday, 7:30 pm.

Weed the Soil not the Crop (73 min)

*** Campus Center 168C

A holistic plan for weed management, rotational cover cropping, and alternative tillage techniques. A film by Anne and Eric Nordell. Question and answer to follow with David Fisher of Natural Roots.

Saturday, 4:30 pm
THE NOFA SUMMER COUNTRY FAIR

Saturday 3:00 pm – 6:00 pm
On the Lawn by the Exhibit Tent
Fun and entertainment for all ages! Come to the circle of appreciation following the children’s parade at 3 pm and take part in a song and dance to recognize NOFA’s mission. Take a ride around the pond in a horse-drawn wagon, test your knowledge about organic food, and get your throwing arm warmed up in our veggie bowl toss. Don’t forget to put your judge’s cap on for the vegetable and fruit tasting contest. With your help, we’ll decide the best tasting produce from local farmers this growing season. Stroll through the Farmer’s and Crafter’s Market, watch animal demonstrations, bob for tomatoes, and bet on a Cow Plop square. Ready yourselves for a most memorable family fair experience! The Fair is the one part of the NOFA Summer Conference that is totally free and where registration is not required.
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CONFERENCE SCHEDULE

* See the Program Addendum and the white board at the Registration Desk for Schedule Changes and cancellations.
* Directions to all TOUR sites are provided in the full workshop descriptions, which begin on page 84.
* All workshops with locations in CAPS take place off the UMass Campus. All workshops with locations in lowercase take place on campus.

Friday, August 12

PRE-CONFERENCES (see page 36):

8am - 12 noon - Organic Lawns & Landscapes Refresher - Campus Center 904-908
10am - 12 noon - Fed. Ag Policy: Impact on Consumers & Farmers - Campus Ctr 803

11:00 am - 7:00 pm REGISTRATION At UMass Amherst Campus – The Big Tent on the Pond Lawn
11:00 am - 5:00 pm REGISTRATION At UMass Research Farm in South Deerfield – Registration Desk

11:00 am – Silent Auction Opens (it closes 5:30pm on Sat.) – The Big Tent on the Pond Lawn (description on page 44)

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

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

1:30 pm FILM: Capitalism: A Love Story 127 min - Campus Ctr. Reading Room

ADULT WORKSHOPS – 2:00-3:30 PM

1) Common Herbs, Ailments, Common Remedies - Campus Center 911-15
2) Debate: 2012 Farm Bill: Work With It or Fight It? - Campus Center 163C
3) Ecological Models for Economic Development - Campus Center 811-15
4) Farmer Maintenance: Ergonomics & Self-care - Campus Center 174-76
5) Getting Started with Farm Planning and Management - Campus Center 903
6) Grass-fed Beef: Genetics & Grazing Season Extension - Campus Center 803
7) Growing Salad Greens All year - Campus Center 905-09
8) How to Start a Food Co-op - Campus Center 904-08
9) Human Manure for Sustainable Fertility - Campus Center 101
10) Questioning the Invasive Species Paradigm - Campus Center Auditorium
11) Running a Large CSA on a Small Amount of Land - Campus Center 168C
12) Traditional Diets Vs. The American Diet - Campus Center 165-69
13) Underlying Principles in Agriculture - Campus Center 162-75
14) Understanding the Soil Foodweb - Campus Center 804-08
15) Wildcrafting & Agroforestry in the Northeast - Campus Center 805-09

NEAPFD WORKSHOPS – 2:00-3:30 PM
16) Animal-Powered Forestry Tools & Techniques, part I - UMASS RESEARCH FARM - LOGGING AREA
17) Getting started with Draft Horses: Harnessing and Driving - UMASS RESEARCH FARM - TRAINING AREA
18) Loose Hay Production with Horses - Campus Center 917
19) Mowing Hay with Animal-Power - UMASS RESEARCH FARM - HAYFIELD
21) Ox Yoke Making - UMASS RESEARCH FARM - TRACTOR BARN
22) The Walking Plow - UMASS RESEARCH FARM - TILLAGE AREA

CHILDREN’S WORKSHOPS – 2:00-3:30 PM
23) 2010 NOFA Mural Making - Cape Cod Lounge
24) Building Fairy Houses - Cape Cod Lounge
25) We’re All Nuts - Cape Cod Lounge

TEEN WORKSHOPS – 2:00-3:30 PM
26) Tie-Dying - Grad Lounge

4:00 pm FILM: The Economy of Happiness 56 min - Campus Ctr. Reading Room

ADULT WORKSHOPS – 4-5:30 PM
27) Cultivating Community with Permaculture - Campus Center 803
28) Easy no-Knead Artisan Bread at Home - Wheeler Kitchen
29) Ecodynamic Landcare - Campus Center 804-08
30) Growing Co-ops for Local Economies - Campus Center 165-69
31) Improving Nutrient Density of Pastures - Campus Center 168C
32) La Finca: Farm, Food, and Culture in Holyoke, MA - Campus Center 805-09
33) Living a Purpose Centered Life - Campus Center 174-76
34) Mushrooms in the Permaculture Landscape - Campus Center Auditorium
35) Nature as Mentor: Raising Pigs in the Woods - Campus Center 904-08
36) Omega-3 Fatty Acids: Important in Your Diet? - Campus Center 911-15
37) Renewable Energy for Greenhouse Heat - Campus Center 163C
38) Small Scale Grain Production - Campus Center 903
39) Soil Fertility in Organic Farming - Campus Center 101
40) Starting a CSA - Campus Center 811-15
41) The Evolving Landscape of Farm to School - Campus Center 162-75
42) Tree & Plant Whispering: An Experience - Campus Center 905-09
43) Worm Composting Basics - Brett Lounge 001
NEAPFD WORKSHOPS – 4-5:30 PM
44) Animal-Powered Forestry Tools & Techniques, part II - UMASS RESEARCH FARM - LOGGING AREA
45) Developing a Working Partnership with Your Horse - UMASS RESEARCH FARM - TRAINING AREA
46) Horse Drawn Mower Repair - UMASS RESEARCH FARM - TRACTOR BARN
47) Tillage with the Sulky Plow - UMASS RESEARCH FARM - TILLAGE AREA
48) Timber Harvest & Restorative Forest Management - Campus Center 917

CHILDREN’S WORKSHOPS – 4-5:30 PM
49) Calf Training - Cape Cod Lounge
50) Creative Cuisine For Kids - Cape Cod Lounge
51) The 1-2-3 of Bees - Cape Cod Lounge
52) What is Gravestone Art? - Cape Cod Lounge

TEEN WORKSHOPS – 4-5:30 PM
53) Harnessing and Driving Miss Daisy - Grad Lounge
54) I Need, I Want, Gotta Have: Me & My Carbon Footprint - Grad Lounge

5:00 pm FILM: END: CIV Resist or Die 75 min - Campus Ctr. Reading Room

5:30 - 8:00 pm DINNER - Worcester Dining Commons

7:00 pm FILM: The End of the Line 85 min - Campus Ctr. Reading Room

7:30 - 9:00 pm KEYNOTE ADDRESS by Eric Toensmeier and NOFA Annual Meeting – Campus Center Auditorium (see keynoter bios on page 34)

9:00 pm - midnight CONTRA DANCE with Rhubarb Pie – Campus Center Auditorium (description on page 46)

Saturday, August 13

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

7:00 am - 11:00 am REGISTRATION at UMass Amherst Campus – The Big Tent on the Pond Lawn
7:00 am - 1:30 pm REGISTRATION At UMass Research Farm in South Deerfield – Registration Desk
ADULT WORKSHOPS – 8-9:30 AM
55) Biodynamics: An Introduction - Campus Center 163C
56) Blueberries: Easy to Grow, Healthful, & Delicious - Campus Center 165-69
57) Commercial Food Forestry Enterprises - Campus Center Auditorium
58) Community Resilience in Changing Times - Campus Center 174-76
59) Composting Everything and Anything! - Brett Lounge 001
60) CSA Financial Management - Campus Center 904-08
61) Farm Education All Year - Campus Center 803
62) For Love of Nettle - Brooks Lounge
63) Johnes, Mastitis and Pathogens Oh my! - Campus Center 903
64) Knots for Farming and Living - Campus Center 804-08
65) Let’s Lacto-fermentate! - Campus Center 805-09
66) Increasing Ecosystem Health with Fungi - Campus Center 101
67) Organic Ag and Earth’s Life Support Systems - Campus Center 162-75
68) Permaculture Fundamentals - Campus Center 168C
69) The Health Risks of Genetically Modified Foods - Campus Center 905-09
70) Savonius Rotor: Low-Tech Wind Power for Small Farms - Campus Center 917
71) UMass Nutrient Dense Foods Garden - Outside: Next to Franklin Dining
72) Working for a Co-operative Economy! - Campus Center 911-15

NEAPFD WORKSHOPS – 8-9:30 AM
74) Animal-Power for Secondary Tillage, part I - UMASS RESEARCH FARM - TILLAGE AREA
75) Animal-Powered Forestry Tools & Techniques, part I - UMASS RESEARCH FARM - LOGGING AREA
76) Developing a Working Partnership With Your Horse - UMASS RESEARCH FARM - TRAINING AREA
77) Farm Horse Health: Dentistry & Nutrition - UMASS RESEARCH FARM - FREESTALL BARN - EAST END
78) Modern Oxyke Bow Making - UMASS RESEARCH FARM - TRACTOR BARN
79) Rigging the Hitch: Singles through Six Mule Hitch - UMASS RESEARCH FARM - HAY BARNYARD

CHILDREN’S WORKSHOPS – 8-9:30 AM
80) Butter Making For Kids - Cape Cod Lounge
81) Indoor Vermacomposting with Red Wigglers - Cape Cod Lounge
82) Mini Draft Horse Power for Kids - Cape Cod Lounge

TEEN WORKSHOPS – 8-9:30 AM
83) Building a Top Bar Hive - Grad Lounge
84) Filmmaking for Beginners - Grad Lounge
9:00 am FILM: Escape from Suburbia 90 min - Campus Ctr. Reading Room

ADULT WORKSHOPS – 10-11:30 AM
86) Biodynamics: Practical Applications - Campus Center 163C
87) Carbon Farming: Methods & Markets - Campus Center 168C
88) Creating Your Own Herbal Medicine - Brooks Lounge
89) Demystifying Massachusetts Agricultural Law - Campus Center 811-15
90) FarmHack- Sharing Farm-Built Tools & Inventions - Campus Center 101
91) Finding a Farm to Fit Your Vision - Campus Center 804-08
92) Food Resilience in Small Towns & Rural Areas - Campus Center 805-09
93) Interpreting Soil Tests - Campus Center 803
94) Introduction to Water Bath Canning - Wheeler Kitchen
95) Making Good Food Matter: Strategies for Liberation - Brett Lounge 001
96) Natural Energy and Vitality Enhancers - Campus Center 917
97) Perennial Crops with Commercial Potential for the Northeast - Campus Center Auditorium
98) Raising Sheep Organically - Campus Center 905-09
99) Regenerative Hillside Farming - Campus Center 174-76
100) Root Cellars & Crop Storage Structures: Methods, Materials, & Designs - Campus Center 162-75
101) School Food Made From Scratch & in the Black!! - Campus Center 911-15
102) Small Scale Aquaculture & Aquaponics - Aquaculture Lab, Agricultural Engineering Building 102 (just uphill from the Textbook Annex)
103) Taking Our CSAs to the Next Generation! - Campus Center 904-08
104) TOUR: Student Farm at UMass Research Farm - Organic Research - TOUR
105) Transitioning Farms to Four Season Harvesting - Campus Center 903
106) Useful & Fun Special Pruning Techniques - Campus Center 165-69

NEAPFD WORKSHOPS – 10-11:30 AM
107) Animal-Powered Forestry Tools & Techniques, part II - UMASS RESEARCH FARM - LOGGING AREA
108) Barefoot Working Horse Care & Maintenance - UMASS RESEARCH FARM - FREESTALL BARN - EAST END
109) Cultivation Innovations - UMASS RESEARCH FARM - TILLAGE AREA
110) Ground-Drive Haying Equipment - UMASS RESEARCH FARM - HAYFIELD
111) Selecting, Raising, & Training Calves - UMASS RESEARCH FARM - TRAINING AREA
CHILDREN’S WORKSHOPS – 10-11:30 AM
112) Driving Miss Daisy - Cape Cod Lounge
113) Giant Eco-Art Mandala - Cape Cod Lounge
114) Walking Tour of Umass Gardens - Cape Cod Lounge
115) Wonderful Wiggly Worms - Cape Cod Lounge

TEEN WORKSHOPS – 10-11:30 AM
116) Exploring Permaculture - Grad Lounge
117) Using Mini Horses on the Farm - Grad Lounge

10:30 am FILM: Food, Inc. 91 min - Campus Ctr. Reading Room

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

12:00 pm FILM: Gone Tomorrow: The Hidden Life of Garbage 19 min - Campus Ctr. Reading Room

12:30 pm FILM: Hooked on Growth 74 min - Campus Ctr. Reading Room

ADULT WORKSHOPS – 1-2:30 PM
118) Breeding Perennial Crops - Campus Center Auditorium
119) Business Strategies for Turbulent Times - Campus Center 905-09
120) Cities Will Save Us: Regenerative Urban Ecology - Campus Center 174-76
121) Community Resilience in Neighborhoods - Campus Center 805-09
122) Community Supported Fisheries - Campus Center 811-15
123) Debate: Organic Soil Fertility Approaches - Campus Center 163C
124) Regenerative Micro-Industries for Soil Detoxing - Campus Center 162-75
125) Farm Acquisition Finance - Campus Center 804-08
126) Getting Started in Beekeeping - Campus Center 803
127) Green Schools: Recycling, Composting, Gardening - Campus Center 904-08
128) Medicinal Herb Walk - Outside: Meet at the Registration Tent
129) Modern Homesteading: Retooling a Tradition - Campus Center 101
130) No-Till Raised Bed Gardening - Campus Center 168C
131) Profitable Specialty Crop Production - Campus Center 165-69
132) Raising a Family Cow - Outside -- Meet at the Cow
133) Teen Service Learning in Agriculture - Campus Center 903
134) Tips for Achieving Physical Wellness and Dental Health - Campus Center 917
135) TOUR: Beaver Lodge: Sustainable Home and Landscape - TOUR
136) TOUR: Brookfield Farm: CSA Systems - TOUR
137) TOUR: Red Fire Farm: Converting Land to Certified Organic and Managing Two Farm Locations. - TOUR
138) TOUR: Sidehill Farm Dairy - TOUR
139) TOUR: UMass Crops Research Farm: Hands-on Pest Management & Organic Insect Ecology - TOUR

NEAPFD WORKSHOPS – 1-2:30 PM
140) Adjusting, Positioning & Hitching D-Ring Harnesses - UMASS RESEARCH FARM - HAY BARNYARD
141) Animal-Powered Hay Harvest - UMASS RESEARCH FARM - HAYFIELD
142) Getting started with Draft Horses: Harnessing and Driving - UMASS RESEARCH FARM - TRAINING AREA
143) Oxen Hoof Trimming and Shoeing - UMASS RESEARCH FARM - FREESTALL BARN - EAST END
145) Working the Single Horse - UMASS RESEARCH FARM - TILLAGE AREA
145A) Training Oxen to Work - UMASS RESEARCH FARM - TRAINING AREA

CHILDREN’S WORKSHOPS – 1-2:30 PM
146) Children's Parade & Celebration Circle Prep - Cape Cod Lounge

TEEN WORKSHOPS – 1-2:30 PM
147) I’m “just” a teenager - can I keep bees? - Grad Lounge
148) Raising Awareness about Food Justice Issues - Grad Lounge
149) The Joy & Health Benefits of Keeping Goats - Grad Lounge

3:00 - 6:00 pm THE NOFA COUNTRY FAIR and FARMERS MARKET - On the Lawn by the Pond (see description on page 52)

WORKSHOPS DURING THE FAIR
2:30 - 4:30 pm 149A) Confusing Education with Schooling - Campus Ctr. Reading Room
3:00 - 5:00 pm 150) Dogs Herd Ducks; Kids Herd Kids - Outside - Meet at the Dogs and Ducks
3:00 - 4:30 pm 151) Take Part in NOFA’s Policy Capacity-Building! - Campus Center 165-69

OTHER ACTIVITIES DURING THE FAIR
3:00 - 6:00 pm Young and Beginning Farmer Mixer - On the Lawn
3:30 - 5:00 pm Beginning Farmer Agricultural Alliance Listening Session - Campus Center 904-908
3:00 pm FILM: The Farmer and the Horse 75 min - Campus Center 168C
4:30 pm FILM: Weed the Soil not the Crop 73 min - Campus Center 168C
4:30 pm FILM: Natural History of the Chicken 60 min - Campus Ctr. Reading Rm

5:30 pm – SILENT AUCTION CLOSES – The Big Tent on the Pond Lawn (p.79)
4:00 - 7:00 pm REGISTRATION at UMass Amherst Campus –
The Big Tent on the Pond Lawn

4:30 - 8:00 pm DINNER - Worcester Dining Commons

6:00 pm FILM: Percy Schmeiser - David versus Monsanto 66 min - Campus Ctr. Reading Room

7:00 - 9:00 pm KEYNOTE ADDRESS by Ignacio Chapela – Campus Center Auditorium (see keynoter bios on page 34)

7:30 pm FILM: This Way of Life 85 min - Campus Ctr. Reading Room

EVENING ENTERTAINMENT (see page 46)
7:00 – 9:00 pm Drumming Journey with Steve Leicach – Cape Cod Lounge, Student Union
9:00 pm - midnight Cajun DANCE Party with Dirty Rice – Campus Center Auditorium
9:00 pm - midnight DJ DANCE Party – Cape Cod Lounge, Student Union

Sunday, August 14

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

7:00 - 10:00 am REGISTRATION at UMass Amherst Campus – The Big Tent on the Pond Lawn

ADULT WORKSHOPS – 8-9:30 AM
152) Canning, Dehydrating, and Root Cellaring - Campus Center 804-08
153) Certified Organic Nutrient Dense Small Fruit - Campus Center 163C
154) Creating School Gardens with Local Farm Partners - Campus Center 805-09
155) Cultivating Community Through Food-Related Events - Campus Center 903
156) Cultured Dairy Products - Brett Lounge 001
157) Food and Fuel Collide: What to Expect? - Campus Center Auditorium
158) Kick Sugar Cravings in a Fun, Sustainable Way - Campus Center 811-15
159) Lessons Learned: 15 Years of Organic Poultry - Campus Center 917
160) Livestock for a Small Earth - Brooks Lounge
161) Making Compost Tea - Campus Center 165-69
162) Perennial Polycultures for the Farm - Campus Center 101
163) Systems + Species: A Peak-Oil Homestead Example - Campus Center 803
164) The Case for Full Spectrum Fertility - Campus Center 904-08
165) TOUR: Simple Gifts Farm: Integrating Livestock & Vegetable Prod. - TOUR
166) Transition to Resilience – a Global Movement - Campus Center 174-76
167) Tree Biology for orchards & Woodlots - Campus Center 168C
168) Urban Gardeners Unite! Gardening in NYC - Campus Center 162-75

NEAPFD WORKSHOPS – 8-9:30 AM
169) Animal-Powered Community Grains - Campus Center 911-15
170) Cooperative Animal-Powered Timber Harvest - Campus Center 905-09
171) TOUR: Natural Roots Farm: Horse Powered CSA, part I - TOUR

CHILDREN’S WORKSHOPS – 8-9:30 AM
172) Caring for Rabbits - Cape Cod Lounge
173) Nature's Colors - Cape Cod Lounge
174) Play Party Rhythm Games and Dances - Cape Cod Lounge

TEEN WORKSHOPS – 8-9:30 AM
175) Exploring Green Energy - Grad Lounge
176) Preparing Wild Edibles and Weeds - Grad Lounge

8:00 am FILM: Food, Inc. 91 min - Campus Ctr. Reading Room

10:00 am FILM: END: CIV Resist or Die 75 min - Campus Ctr. Reading Room

ADULT WORKSHOPS – 10-11:30 AM
177) Arcosanti, Paolo Soleri, and Ecological Cities - Campus Center 904-08
178) Bringing the Community Together to Transition - Campus Center 805-09
179) Essential Cover Crops - Campus Center 101
180) Essential Oils to Enhance your Life & Well Being - Campus Center 903
181) Fertilizer Use and Application Equipment - Campus Center 811-15
182) Hoop Houses: Count on Success - Campus Center 162-75
183) Making a Foolproof Country Wine - Campus Center 163C
184) Mindfulness for the Land, Food, and Work - Brooks Lounge
185) Pastured Poultry: From Brooder to Bag - Campus Center 917
186) Preserving Our Native Medicinal Plants - Campus Center 804-08
187) Site Assessment & Mapping - Campus Center 165-69
188) Small Woodlot Management for Multiple Yields - Campus Center 803
189) Synthetic Biology: The Frontier Beyond GMOs - Campus Center Auditorium
190) The Hows & Whys of Growing Heirloom Apples - Campus Center 168C
191) Traditional Pickling/Lacto-Fermentation - Brett Lounge 001
192) Yum! 6 Years of Perennial Food Production - Campus Center 174-76

NEAPFD WORKSHOPS – 10-11:30 AM
193) Animal-Power Equipment Innovation on Small Dairy - Campus Center 905-09
194) Overview of Draft Implements & Vehicles - Campus Center 911-15
195) TOUR: Natural Roots Farm: Horse Powered CSA, part II - TOUR
196) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm - TOUR

CHILDREN’S WORKSHOPS – 10-11:30 AM
197) Hopscotch For Hip Kids - Cape Cod Lounge
198) Make Your Own Yummy Lip Balm! - Cape Cod Lounge
199) Mr Guitar Man - Cape Cod Lounge
200) Surprise Craft - Cape Cod Lounge

TEEN WORKSHOPS – 10-11:30 AM
201) Exploring Our Animal Energies through Qigong - Grad Lounge
202) Indian Meal - Grad Lounge
203) Raising Rabbits - Grad Lounge

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

11:30 am FILM: Capitalism: A Love Story 127 min - Campus Ctr. Reading Room

12:00 noon - 2:00 pm REGISTRATION At UMass Research Farm in South Deerfield – Registration Desk

ADULT WORKSHOPS – 1-2:30 PM
204) Coppice Agroforestry— Fuel, Fodder, Craft & Fun - Campus Center 168C
205) Feeding Healthy Kids in a Junk Food World - Campus Center 804-08
206) Goats From the Ground Up: We are what THEY Eat - Campus Center 803
207) Hickory Gardens: A Permaculture Homestead - Campus Center Auditorium
208) High-Performance Potato Varieties - Campus Center 101
209) Homeopathy for Gardeners, Beekeepers and Nature Lovers - Campus Center 911-15
210) How & Why to Keep Bees in Top Bar Hives - Campus Center 904-08
211) Making Herbal Creams, Oils & Lip Balms - Brett Lounge 001
212) Managing Farm Interns as a High Value Crop - Campus Center 903
213) Metabolic Balance for Better Health - Campus Center 163C
214) Organic Pioneers & the Raw Milk Movement - Campus Center 162-75
215) Pastured Turkeys for the Thanksgiving Table - Campus Center 917
216) Personal Resilience through Sustainable Work - Campus Center 805-09
217) Season Extension for Small Scale Seedling Starting - Campus Center 905-09
218) Singing for the Soil and the Sensual - Brooks Lounge
219) Soil Management Techniques - Campus Center 811-15
220) Starting an Agroecology Fruit & Nut CSA - Campus Center 174-76
221) TOUR: Montview Neighborhood Farm: Permaculture in the City - TOUR
222) TOUR: Simple Gifts Farm: Biological Soil Fertility - TOUR
223) Water-Greywater-Rainwater in the Landscape - Campus Center 165-69

NEAPFD WORKSHOPS – 1-2:30 PM
224) Animal-Power for Secondary Tillage, part II -
UMASS RESEARCH FARM - TILLAGE AREA
225) No Pressure Driving: The Calm and Relaxed Horse -
UMASS RESEARCH FARM - TRAINING AREA
226) Precision Plow Adjustment -
UMASS RESEARCH FARM - TRACTOR BARN

CHILDREN’S WORKSHOPS – 1-2:30 PM
228) Decoupage Discovery - Cape Cod Lounge
229) Paper Airplanes - Cape Cod Lounge
230) When the Root Children Wake Up - Cape Cod Lounge

TEEN WORKSHOPS – 1-2:30 PM
231) Beginning Backyard Chickens - Grad Lounge
232) One Solution to World Hunger: Farm Animals - Grad Lounge

2:00 pm FILM: Escape from Suburbia 90 min - Campus Ctr. Reading Room

3:00 pm NOFA Annual Post-Conference Auction To Benefit the Farming Education Fund – The Big Tent on the Pond Lawn
The interests of agriculture are bound up, in all directions, with the widest spheres of life. Indeed there is scarcely a realm of human life which lies outside our subject.
— Rudolf Steiner

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ADULT WORKSHOPS BY CATEGORY

For an explanation of workshop track abbreviations, see page 84

ALTERNATIVE ENERGY
37) Renewable Energy for Greenhouse Heat: Fri, Aug. 12, 4-5:30pm
71) Savonius Rotor: Low-Tech Wind Power for Small Farms: Sat, Aug. 13, 8-9:30am

ANIMALS

LARGE RUMINANTS
6) Grass-fed Beef: Genetics & Grazing Season Extension: Fri, Aug. 12, 2-3:30pm
64) Johnes, Mastitis and Pathogens Oh my!: Sat, Aug. 13, 8-9:30am ND Track
132) Raising a Family Cow: Sat, Aug. 13, 1-2:30pm

SMALL RUMINANTS
98) Raising Sheep Organically: Sat, Aug. 13, 10-11:30am
206) Goats From the Ground Up: We are what THEY Eat: Sun, Aug. 14, 1-2:30pm

BEES
126) Getting Started in Beekeeping: Sat, Aug. 13, 1-2:30pm
210) How & Why to Keep Bees in Top Bar Hives: Sun, Aug. 14, 1-2:30pm

POULTRY
159) Lessons Learned: 15 Years of Organic Poultry: Sun, Aug. 14, 8-9:30am
185) Pastured Poultry: From Brooder to Bag: Sun, Aug. 14, 10-11:30am
215) Pastured Turkeys for the Thanksgiving Table: Sun, Aug. 14, 1-2:30PM

OTHER
35) Nature as Mentor: Raising Pigs in the Woods: Fri, Aug. 12, 4-5:30pm
102) Small Scale Aquaculture & Aquaponics: Sat, Aug. 13, 10-11:30am

CROPS
7) Growing Salad Greens All year: Fri, Aug. 12, 2-3:30pm
34) Mycoscaping: Mushrooms in Permaculture: Fri, Aug. 12, 4-5:30 OLC/PC Track
38) Small Scale Grain Production: Fri, Aug. 12, 4-5:30pm
97) Perennial Crops with Commercial Potential for the Northeast: Sat, Aug. 13, 10-11:30am PC Track
100) Root Cellars & Crop Storage Structures: Sat, Aug. 13, 10-11:30am BF Track
118) Breeding Perennial Crops: Sat, Aug. 13, 1-2:30pm PC Track
131) Profitable Specialty Crop Production: Sat, Aug. 13, 1-2:30pm
162) Perennial Polycultures for the Farm: Sun, Aug. 14, 8-9:30am PC Track
179) Essential Cover Crops: Sun, Aug. 14, 10-11:30am BF Track
208) High-Performance Potato Varieties: Sun, Aug. 14, 1-2:30pm

FARM ECONOMICS AND MANAGEMENT
5) Getting Started w/Farm Planning & Management: Fri, Aug. 12, 2-3:30 BF Track
8) How to Start a Food Co-op: Fri, Aug. 12, 2-3:30pm
11) Running a Big CSA on Small Amount of Land: Fri, Aug. 12, 2-3:30pm CSAT Track
Healing the Earth, Healing Ourselves

Biodynamics in Practice
Life on a Community Farm
Tom Petherick
People often view farms simply as food-producing factories. This book, however, shows that they can be much more, offering spiritually sustaining focal points of community cohesion and participation. Tom Petherick takes us on an inviting tour of England’s Tablehurst and Plaw Hatch farms, showing how biodynamic farms work, how they differ from conventional and organic farms, and why that difference is important. This book looks at animal husbandry, crops, dairy, cheese making, beekeeping, and the care of people with special needs.

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33) Living a Purpose Centered Life: Fri, Aug. 12, 4-5:30pm  
57) Commercial Food Forestry Enterprises: Sat, Aug. 13, 8-9:30am **PC Track**  
60) CSA Financial Management: Sat, Aug. 13, 8-9:30am **BF & CSA Track**  
69) Permaculture Fundamentals: Sat, Aug. 13, 8-9:30am **PC Track**  
87) Carbon Farming: Methods & Markets: Sat, Aug. 13, 1-2:30pm **BF & CSA Track**  
212) Managing Farm Interns as a High Value Crop: Sun, Aug. 14, 1-2:30pm  
216) Personal Resilience through Sustainable Work: Sun, Aug. 14, 1-2:30 **TT Track**  
40) Starting a CSA: Fri, Aug. 12, 4-5:30pm **BF & CSA Track**  
91) Finding a Farm to Fit Your Vision: Sat, Aug. 13, 10-11:30am **BF Track**  
125) Farm Acquisition Finance: Sat, Aug. 13, 1-2:30pm **BF Track**  

**FARMING AND THE COMMUNITY**  
3) Ecological Models for Economic Development: Fri, Aug. 12, 2-3:30pm **PC Track**  
27) Cultivating Community with Permaculture: Fri, Aug. 12, 4-5:30pm **PC Track**  
30) Growing Co-ops for Local Economies: Fri, Aug. 12, 4-5:30pm  
58) Community Resilience in Changing Times: Sat, Aug. 13, 8-9:30am **TT Track**  
73) Working for a Co-operative Economy!: Sat, Aug. 13, 8-9:30am  
92) Food Resilience in Small Towns & Rural Areas: Sat, Aug. 13, 10-11:30 **TT Track**  
101) School Food Made From Scratch & in the Black!!: Sat, Aug. 13, 10-11:30am  
103) Taking CSAs to the Next Generation!: Sat, Aug. 13, 10-11:30am **CSA Track**  
105) Transitioning Farms to Four Season Harvesting: Sat, Aug. 13, 10-11:30am  
122) Community Supported Fisheries: Sat, Aug. 13, 1-2:30pm  
133) Teen Service Learning in Agriculture: Sat, Aug. 13, 1-2:30pm  
155) Cultivating Community With Food-Related Events: Sun, Aug. 14, 8-9:30am  
178) Bringing Community Together to Transition: Sun, Aug. 14, 10-11:30 **TT Track**  

**FOOD AND FAMILY**  
129) Modern Homesteading: Retooling a Tradition: Sat, Aug. 13, 1-2:30pm  
163) Systems+Species: A Peak-Oil Homestead: Sun, Aug. 14, 8-9:30am **PC Track**  
205) Feeding Healthy Kids in a Junk Food World: Sun, Aug. 14, 1-2:30pm  

**FOOD AND FARM EDUCATION**  
41) The Evolving Landscape of Farm to School: Fri, Aug. 12, 4-5:30pm  
61) Farm Education All Year: Sat, Aug. 13, 8-9:30am  
127) Green Schools: Recycling, Composting, Gardening: Sat, Aug. 13, 1-2:30pm  
154) Creating School Gardens with Local Farm Partners: Sun, Aug. 14, 8-9:30am  

**FOOD PRESERVATION AND COOKING**  
28) Easy no-Knead Artisan Bread at Home: Fri, Aug. 12, 4-5:30pm  
66) Let’s Lacto-fermentate!: Sat, Aug. 13, 8-9:30am  
94) Introduction to Water Bath and Pressure Canning: Sat, Aug. 13, 10-11:30am
It Takes Cooperatives to Build A Food System ... Because Values and Structure Matter

How we build a regional food system matters, because we want to return ownership and control to local farmers, consumers and communities. The best way to ensure that ownership and control remain local is to create a system with the values we care about built in to every aspect of its operation.

We want a food system—and an economy—that:

- ends inequality,
- increases democratic control,
- rewards businesses that serve real needs,
- ensures self-determination,
- respects the environment,
- and makes sustainability a driving force.

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152) Canning, Dehydrating, and Root Cellaring: Sun, Aug. 14, 8-9:30am
156) Cultured Dairy Products: Sun, Aug. 14, 8-9:30am
191) Traditional Pickling/Lacto-Fermentation: Sun, Aug. 14, 10-11:30am

FRUITS, NUTS AND TREES
42) Tree & Plant Whispering: An Experience: Fri, Aug. 12, 4-5:30pm OLC Track
56) Blueberries: Easy to Grow & Delicious: Sat, Aug. 13, 8-9:30am OLC Track
106) Useful & Fun Pruning Techniques: Sat, Aug. 13, 10-11:30am OLC Track
153) Certified Organic Nutrient Dense Small Fruit: Sun, Aug. 14, 8-9:30 ND Track
167) Tree Biology for Orchards & Woodlots: Sun, Aug. 14, 8-9:30 BF & OLC Track
190) Hows & Whys of Growing Heirloom Apples: Sun, Aug. 14, 10-11:30 OLC Trak
220) Starting Agroecology Fruit & Nut CSA: Sun, Aug. 14, 1-2:30 BF, CSA, PC Track

GARDEN AND GREENHOUSE
72) UMass Nutrient Dense Foods Garden: Sat, Aug. 13, 8-9:30am ND Track
130) No-Till Raised Bed Gardening: Sat, Aug. 13, 1-2:30pm OLC Track
182) Hoop Houses: Count on Success: Sun, Aug. 14, 10-11:30am
217) Season Extension for Small Scale Seedling Starting: Sun, Aug. 14, 1-2:30pm

HERBS
1) Common Herbs, Ailments, Common Remedies: Fri, Aug. 12, 2-3:30pm
63) For Love of Nettle: Sat, Aug. 13, 8-9:30am
88) Creating Your Own Herbal Medicine: Sat, Aug. 13, 10-11:30am
128) Medicinal Herb Walk: Sat, Aug. 13, 1-2:30pm
186) Preserving Our Native Medicinal Plants: Sun, Aug. 14, 10-11:30am
211) Making Herbal Creams, Oils & Lip Balms: Sun, Aug. 14, 1-2:30pm

LAND CARE
10) Questioning the Invasive Species Paradigm: Fri, Aug. 12, 2-3:30pm OLC Track
14) Understanding the Soil Foodweb: Fri, Aug. 12, 2-3:30pm OLC Track
29) Ecodynamic Landcare: Fri, Aug. 12, 4-5:30pm OLC Track
99) Regenerative Hillside Farming: Sat, Aug. 13, 10-11:30am PC Track
119) Business Strategies for Turbulent Times: Sat, Aug. 13, 1-2:30pm
161) Making Compost Tea: Sun, Aug. 14, 8-9:30am OLC Track
187) Site Assessment & Mapping: Sun, Aug. 14, 10-11:30am
192) Yum! 6 Years of Perennial Food Production: Sun, Aug. 14, 10-11:30 PC Track
223) Water-Greywater-Rain in the Landscape: Sun, Aug. 14, 1-2:30pm OLC Track
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NORTHEAST ANIMAL-POWER FIELD DAYS (More info on page 38)

CLASSROOM

18) Loose Hay Production with Horses: Fri, Aug. 12, 2-3:30pm
48) Timber Harvest & Restorative Forest Management: Fri, Aug. 12, 4-5:30pm
169) Animal-Powered Community Grains: Sun, Aug. 14, 8-9:30am
170) Cooperative Animal-Powered Timber Harvest: Sun, Aug. 14, 8-9:30am
193) Animal-Power Equipment Innovation on Small Dairy: Sun, Aug. 14, 10-11:30am
194) Overview - Draft Implements & Vehicles: Sun, Aug. 14, 10-11:30am

CROPS & TILLAGE

22) The Walking Plow: Fri, Aug. 12, 2-3:30pm
47) Primary Tillage with the Sulky Plow: Fri, Aug. 12, 4-5:30pm
74) Animal-Power for Secondary Tillage, part I: Sat, Aug. 13, 8-9:30am
109) Cultivation Innovations: Sat, Aug. 13, 10-11:30am
145) Working the Single Horse: Sat, Aug. 13, 1-2:30pm
171) TOUR: Natural Roots Farm: Horse Powered CSA, part 1: Sun, Aug. 14, 8-9:30am
195) TOUR: Natural Roots Farm: Horse Powered CSA, part 2: Sun, Aug. 14, 10-11:30am
196) TOUR: Simple Gifts Farm: Working Oxen, Veg. Farm: Sun, Aug. 14, 10-11:30am
224) Animal-Power for Secondary Tillage, part II: Sun, Aug. 14, 1-2:30pm

EQUIPMENT

21) Ox Yoke Making: Fri, Aug. 12, 2-3:30pm
46) Horse Drawn Mower Repair: Fri, Aug. 12, 4-5:30pm
78) Modern Ox Yoke Bow Making: Sat, Aug. 13, 8-9:30am
79) Rigging the Hitch: Singles through Six Mule Hitch: Sat, Aug. 13, 8-9:30am
140) Adjusting, Positioning & Hitching D-Ring Harnesses: Sat, Aug. 13, 1-2:30pm
226) Precision Plow Adjustment: Sun, Aug. 14, 1-2:30pm

HEALTH CARE

77) Farm Horse Health: Dentistry & Nutrition: Sat, Aug. 13, 8-9:30am
108) Barefoot Working Horse Care & Maintenance: Sat, Aug. 13, 10-11:30am
143) Oxen Hoof Trimming and Shoeing: Sat, Aug. 13, 1-2:30pm

TRAINING

17) Getting started w/Draft Horses: Harnessing & Driving: Fri, Aug. 12, 2-3:30pm
45) Developing a Working Partnership with Your Horse: Fri, Aug. 12, 4-5:30pm
76) Developing a Working Partnership With Your Horse: Sat, Aug. 13, 8-9:30am
111) Selecting, Raising, & Training Calves: Sat, Aug. 13, 10-11:30am
142) Getting started w/Draft Horses: Harnessing & Driving: Sat, Aug. 13, 1-2:30pm
225) No Pressure Driving: The Calm and Relaxed Horse: Sun, Aug. 14, 1-2:30pm
145A) Training Oxen to Work: Sat, Aug. 13, 1-2:30pm

FORESTRY

16) Animal-Powered Forestry Tools & Techniques, part I: Fri, Aug. 12, 2-3:30pm
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44) Animal-Powered Forestry Tools & Techniques, part II: Fri, Aug. 12, 4-5:30 pm
75) Animal-Powered Forestry Tools & Techniques, part I: Sat, Aug. 13, 8-9:30 am
107) Animal-Powered Forestry Tools & Techniques, part II: Sat, Aug. 13, 10-11:30 am

HAY
19) Mowing Hay with Animal-Power: Fri, Aug. 12, 2-3:30 pm
110) Ground-Drive Haying Equipment: Sat, Aug. 13, 10-11:30 am
141) Animal-Powered Hay Harvest: Sat, Aug. 13, 1-2:30 PM

NUTRITION AND HEALTH
4) Farmer Maintenance: Ergonomics & Self-care: Fri, Aug. 12, 2-3:30 pm BF Track
12) Traditional Diets Vs. The American Diet: Fri, Aug. 12, 2-3:30 pm
36) Omega-3 Fatty Acids: Important in Your Diet?: Fri, Aug. 12, 4-5:30 pm
70) The Health Risks of Genetically Modified Foods: Sat, Aug. 13, 8-9:30 am
96) Natural Energy and Vitality Enhancers: Sat, Aug. 13, 10-11:30 am
134) Tips for Achieving Physical Wellness & Dental Health: Sat, Aug. 13, 1-2:30 pm
158) Kick Sugar Cravings in a Fun, Sustainable Way: Sun, Aug. 14, 8-9:30 am
180) Essential Oils to Enhance your Life & Well Being: Sun, Aug. 14, 10-11:30 am
209) Homeopathy for Gardeners, Beekeepers & Nature Lovers: Sun, Aug. 14, 1-2:30 pm

OF THE SPIRIT
184) Mindfulness for the Land, Food, and Work: Sun, Aug. 14, 10-11:30 am
218) Singing for the Soil and the Sensual: Sun, Aug. 14, 1-2:30 pm

POLITICS AND POLICY
2) Debate: 2012 Farm Bill: Work With It or Fight It?: Fri, Aug. 12, 2-3:30 pm
89) Demystifying Massachusetts Agricultural Law: Sat, Aug. 13, 10-11:30 am
95) Making Good Food Matter: Strategies: Sat, Aug. 13, 10-11:30 am PC Track
149A) Confusing Education with Schooling: Sat, Aug. 13, 2:30 - 4:30 pm
151) Take Part in NOFA’s Policy Capacity-Building!: Sat, Aug. 13, 3:00-4:30 pm
157) Food and Fuel Collide: What to Expect?: Sun, Aug. 14, 8-9:30 am
160) Livestock for a Small Earth: Sun, Aug. 14, 8-9:30 am
166) Transition to Resilience—a Global Movement: Sun, Aug. 14, 8-9:30 am TT Track
189) Synthetic Biology: The Frontier Beyond GMOs: Sun, Aug. 14, 10-11:30 am
214) Organic Pioneers & the Raw Milk Movement: Sun, Aug. 14, 1-2:30 pm

PRACTICAL SKILLS
43) Worm Composting Basics: Fri, Aug. 12, 4-5:30 pm OLC Track
65) Knots for Farming and Living: Sat, Aug. 13, 8-9:30 am
67) Mycofacilitation: Increasing Ecosystem Health w/ Fungi: Sat, Aug. 13, 8-9:30 am
90) FarmHack—Sharing Farm-Built Tools & Inventions: Sat, Aug. 13, 10-11:30 AM BF Track
183) Making a Foolproof Country Wine: Sun, Aug. 14, 10-11:30 am
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SOIL AND FERTILITY

9) Human Manure for Sustainable Fertility: Fri, Aug. 12, 2-3:30pm

13) Underlying Principles in Agriculture: Fri, Aug. 12, 2-3:30pm ND Track

31) Improving Nutrient Density of Pastures: Fri, Aug. 12, 4-5:30pm ND Track

39) Soil Fertility in Organic Farming: Fri, Aug. 12, 4-5:30pm BF Track

55) Biodynamics: An Introduction: Sat, Aug. 13, 8-9:30am OLC Track

59) Composting Everything and Anything!: Sat, Aug. 13, 8-9:30am

68) Organic Ag and Earth’s Life Support Systems: Sat, Aug. 13, 8-9:30am OLC Track

86) Biodynamics: Practical Applications: Sat, Aug. 13, 10-11:30am BF Track

93) Interpreting Soil Tests: Sat, Aug. 13, 10-11:30am ND & OLC Track

123) Debate: Organic Soil Fertility Approaches: Sat, Aug. 13, 1-2:30pm OLC Track

124) Regenerative Micro-Industries for Soil Detox: Sat, Aug. 13, 1-2:30 OLC Track

164) The Case for Full Spectrum Fertility: Sun, Aug. 14, 8-9:30am ND Track

181) Fertilizer Use & Application Equipment: Sun, Aug. 14, 10-11:30am ND Track

219) Soil Management Techniques: Sun, Aug. 14, 1-2:30pm ND & OLC Track

TOURS

104) Student Farm at UMass - Organic Research: Sat, Aug. 13, 10-11:30am

135) Beaver Lodge: Sustainable Home and Landscape: Sat, Aug. 13, 1-2:30pm

136) Brookfield Farm: CSA Systems: Sat, Aug. 13, 1-2:30pm CSA Track

137) Red Fire Farm: Converting Land to Certified Organic and Managing Two Farm Locations.: Sat, Aug. 13, 1-2:30pm

138) Sidehill Farm Dairy: Sat, Aug. 13, 1-2:30pm

139) UMass Crops Research Farm: Hands-on Pest Management & Organic Insect Ecology: Sat, Aug. 13, 1-2:30pm BF Track

165) Simple Gifts Farm: Integrating Livestock and Vegetable Production: Sun, Aug. 14, 8-9:30am

221) Montview Neighborhood Farm: Permaculture in the City: Sun, Aug. 14, 1-2:30pm BF & PC Track

222) Simple Gifts Farm: Biological Soil Fertility: Sun, Aug. 14, 1-2:30pm ND Track

URBAN AGRICULTURE

32) La Finca: Farm, Food, and Culture in Holyoke, MA: Fri, Aug. 12, 4-5:30pm

120) Cities Will Save Us: Regenerative Urban Ecology: Sat, Aug. 13, 1-2:30pm PC Track

121) Community Resilience in Neighborhoods: Sat, Aug. 13, 1-2:30pm TT Track

168) Urban Gardeners Unite! Community Gardening in NYC: Sun, Aug. 14, 8-9:30am OLC Track

177) Arcosanti, Paolo Soleri, and Ecological Cities: Sun, Aug. 14, 10-11:30AM
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845-564-0630

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1113 Elmira Road
607-272-3492

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2849 Swarthout Rd.
315-536-3192

PORT LEYDEN
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315-348-6715

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1775 Rt. 300, N. Plank Road
845-564-0630

NEWFIELD
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1113 Elmira Road
607-272-3492

PENN YAN
Evergreen Small Engine
2849 Swarthout Rd.
315-536-3192

PORT LEYDEN
Mark’s Small Engine
3307 Douglas Ave.
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RICHMONDVILLE
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1182 State Route 7
518-294-2081

ROCHESTER
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77
Lot 62 is free after 1pm on Fri & all day Sat and Sun. Don't park in lot 62 before 1pm or you will be ticketed/towed.
Lots 44 & 49 are available for free throughout the entire conference without restriction.
The Campus Center Parking Garage costs money but is the closest to the conference center.

Key
- 62) Lot 62
- PG) Parking Garage
- CR) Central Residence Area: Brooks, Brett, and Wheeler Dorms
- 49) Lot 49
- ND) North Dorms
- 44) Lot 44
Classroom Locations
1) Student Union
2) Campus Center
3) Brooks, Brett, and Wheeler Dorms
4) Aquaculture Lab, Agricultural Engineering Building 102
5) UMass Nutrient Dense Foods Garden

Dorms and Camping Locations
3) Brooks, Brett, and Wheeler Dorms
6) Metawampe Lawn camping
7) Library Lawn Camping

Food Locations
8) Worcester Dining Hall
9) Blue Wall Cafe tent

Main Conference Location
10) Registration and Exhibit Tent, Saturday Fair, and Silent Auction

Bus Stops
11) Hasbrouck Bus Stop (Drop off from S. Deerfield)
12) Morrill Science Center Bus Stop (Pick up to S. Deerfield)
Central Area
A) Registration Desk
B) Teamster Parking
C) Public Parking
D) Bus Stops (UMass Transit)
E) Wagon Shuttle Stop to logging area
F) Food Tent, Sat. 11:15am-1:15pm

Workshop Locations
G) Logging Area (Follow signs, 10min. walk)
H) Training Area
I) Hayfield
J) Tractor Barn
K) Tillage Area
L) Freestall Barn - East end
M) Hay Barn Yard
N) Non-NEAPFD Tours (#104 and #139)
# Overview of Northeast Animal-Power Field Days (NEAPFD) Workshops

## FRIDAY, AUGUST 12

<table>
<thead>
<tr>
<th>LOGGING AREA</th>
<th>TRAINING AREA</th>
<th>HAYFIELD</th>
<th>TRACTOR BARN</th>
<th>TILLAGE AREA</th>
<th>FREESTALL BARN</th>
<th>HAY BARN YARD</th>
<th>UMASS AMHERST</th>
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<tbody>
<tr>
<td>4:00-5:30PM</td>
<td>Animal Powered Forestry Tools &amp; Techniques II ~ B. Johnson, C. Russell, B. Patten, J. Piowden</td>
<td>Developing A Working Partnership with Your Horse ~ Bekah Bailey, Neal Perry</td>
<td>Horse Drawn Mower Repair ~ Donn Hewes, Jay Bailey</td>
<td>Primary Tillage with the Sulky Plow ~ Sam Rich, Sam White</td>
<td></td>
<td></td>
<td>Timber Harvest &amp; Restorative Forest Management ~ Guy Dunkle</td>
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## SATURDAY, AUGUST 13

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<th>UMASS AMHERST</th>
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### LUNCH

| 11:30-1:00AM | Training Oven to Work ~ Ray Ludwig | Animal Powered Hay Harvest ~ K. Mulder, P. Bacon, R. Crichton, Donn Hewes | Working the Single Horse ~ Michael Glos | Oxen Hoof Trimming and Shoeing ~ Bucky Cole | Adjusting, Positioning & Hitching D-Ring Harnesses ~ Les Barden |

## SUNDAY, AUGUST 14

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Horse-Powered Vegetable Production Systems at Natural Roots Farm, Tour and Workshop part I, CONWAY, MA ~ David Fisher, Daniel Berry, Lily Carone, Tom Coughlin</td>
<td>Coop. Animal-Powered Timber Harvest ~ Ben Canonica</td>
<td>Animal-powered Community Grains ~ E. Andrus, B. Lester</td>
<td></td>
</tr>
<tr>
<td>Horse-Powered Vegetable Production Systems at Natural Roots Farm, Tour and Workshop part II, CONWAY, MA ~ David Fisher, Daniel Berry, Lily Carone, Tom Coughlin</td>
<td>Farm Tour, AMHERST, MA: Simple Gifts Farm: Working Oxen on a Vegetable Farm ~ Dave Teener</td>
<td>Overview of Draft Implements ~ Erik Andrus, C. Tester</td>
<td></td>
</tr>
</tbody>
</table>

### LUNCH

| 11:30-1:00PM | No Pressure Driving: The Calm and Relaxed Horse ~ Donn Hewes | Precision Plow Adjustment ~ Sam Rich | Animal Power for Secondary Tillage II ~ P. Bacon, K. Mulder |

**Happening at UMass Amherst:** Animal-Power equipment exhibitors on display at exhibit Tent

Children's and Teens' workshops. Animal-power films and hayrides during NOFA Country Fair: Saturday 3-6pm. For details on all NEAPFD workshops, see workshop descriptions beginning on page 84. For a program overview of NEAPFD, see page 38.
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 are listed below. In the workshop descriptions, they are marked with “OLC Track” next to the workshop title. 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 2011 NOFA Summer Conference (each worth .75 credits):

**Friday 2pm:** 10) Questioning the Invasive Species Paradigm – Dave Jacke & Jono Neiger; 14) Understanding the Soil Foodweb – Paul Wagner.


**Saturday 8am:** 55) Biodynamics: An Introduction – Mac Mead; 56) Blueberries: Easy to Grow, Healthful and Delicious – Lee Reich; 68) Organic Agriculture & Earth’s Life Support Systems – Bill Duesing.

**Saturday 10am:** 93) Interpreting Soil Tests – Derek Christianson; 106) Useful & Fun Special Pruning Techniques – Lee Reich.

**Saturday 1pm:**


**Sunday 10am:** 190) The Hows and Whys of Growing Heirloom Apples – Bill MacKentley.

**Sunday 1pm:** 219) Soil Management Techniques – Bryan O’Hara; 223) Water-Greywater-Water in the Landscape – Frank Koll.
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Chatham, NY 518.392.3200

Derry, NH 603.432.9546
Fishkill, NY 845.896.5170
Litchfield, CT 860.482.3292
Milford, NH 603.673.2601

Rochester, NH 603.332.4122
Watertown, NY 315.788.0541
Windham, ME 207.892.9411
WORKSHOP DESCRIPTIONS BY TIMESLOT

You will find here a complete list of all the workshops, codes that indicate workshop tracks, skill levels to which the material is aimed, the location of the workshops, presenter names, bios, workshop descriptions, and directions for TOUR workshops.

LOCATIONS

Most of the conference workshops take place at the UMass Campus Center on the 1st, 8th, and 9th floors. There are also workshops in the Brett, Brooks, and Wheeler dorms, as well as some workshops that are outside on the lawn. There are tour workshops at some local farms.

For the Northeast Animal-Power Field Days (NEAPFD) component of the conference, however, most workshops are held at a satellite site — the UMass Research Farm. The exceptions are TOURs and workshops held at the UMass Campus Center. DIRECTIONS TO UMASS RESEARCH FARM: 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 farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. SEE ADDENDUM FOR BUS SCHEDULE BETWEEN THE UMASS CAMPUS AND THE UMASS RESEARCH FARM.

WORKSHOP TRACKS

A workshop track is a group of workshops that are related to each other under a common theme, practice, or perspective. While all workshops fit into a topic category (see page 66), they don’t always fit into a track.

• **BF** = Beginning Farmer Track
  - oProviding insight on logistics, investments, planning and strategy needed for incorporating the given technical topic into a farming enterprise.

• **CSA** = Community Supported Agriculture Track
  - oPresenting a variety of innovations for the CSA model.

• **ND** = Nutrient Density Track
  - oPresenting nutrient density principles for various scales & applications.

• **OLC** = Organic Land Care Track
  - oAttending these workshops qualifies participants for credits in the NOFA Organic Land Care Program (for a full listing, see page 82).

• **PC** = Permaculture Track
  - oPresenting permaculture approaches to organic agriculture & ecological design and offering ideas for regenerative land use & community building.

• **TT** = Transition Towns Track
  - oPresenting the Transition Towns organizing model.
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ADULT WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

1) Common Herbs, Common Ailments, Common Remedies    Beginner
Campus Center 911-15
Sarah Stockwell-Arthen: Has been making herbal foods & remedies for 20 years.
I will bring a bunch of the most common and useful plants/weeds for basic health maintenance and common illnesses (Echinacea, Red Clover, Red Raspberry, Valerian, Dandelion, Burdock, Plantain, etc.) and discuss their efficacy. Home-made plant remedies are sustainable and can help us avoid, or sometimes retreat from, the use of pharmaceuticals.

2) Debate: 2012 Farm Bill: Work Within It or Try to Defeat It?    All levels
Campus Center 163C
Elizabeth Henderson: Farmer/writer, NOFA rep to the Agricultural Justice Project.
Bill Duesing, Moderator, president of the NOFA Interstate Council.
The Farm Bill shapes US agricultural policy every 5 years with commodity subsidies, money for organic, environmental, domestic feeding, and other programs. But some critics feel it undercuts international agriculture and supports corporate control of our food system. What should those supporting sustainable ag do about this elephant in the room?

3) Ecological Models for Economic Development    PC Track    Beginner
Campus Center 811-15
Andrew Faust: Permaculture teacher with two decades of experience in Northeast.
We need regional plans of economic development that are more self-reliant, ecological, socially attuned, and prosperous for many generations. Learn how to create bioregional economies, farms and communities, using conservation tools and maps to design local foodsheds, decentralized energy, and local economies for the Northeast.

4) Farmer Maintenance: Ergonomics & Self-care    BF Track    All levels
Campus Center 174-76
Lydia Irons: Raised on a homestead, BA in sustainable ag, anatomy & movement-theory.
Rachel Scherer: Luckily, started my Massage Therapy practice before the farm!
If you work on a farm you probably have experienced muscle pain. Like any farm machinery, your body can be maintained with the right know how. In this workshop, you will gain a better understanding of the mechanics of your body during common tasks, and learn corrective exercises to address nagging aches and repetitive stress pains. Lots of time for Q&A. Handouts provided.

5) Getting Started with Farm Planning and Management    BF Track    All levels
Campus Center 903
Jeffrey Froikin Gordon & Giulia Stellari: PhDs (Cornell), co-founders of agsquared.com.
Creating a farm plan is an important step in building a sustainable farm enterprise. Discover techniques and tools that can improve the planning, management and record keeping practices on your farm. Receive a guided, live tour of AgSquared – free online farm planning and management software created especially for small farms.
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6) Grass-fed Beef: Genetics & Grazing Season Extension
All levels
Campus Center 803
Ridge Shinn: Founder, Hardwick Beef (100% grass-fed-finish), breeder of Devon cattle. Success in raising cattle on grass-only diet starts with the correct type of cattle. Managing cattle as they graze for high density impact benefits soil flora and fauna. Planned grazing to stockpile feed to extend the grazing season is critical to economic success in 100% grass-fed and finished beef production.

7) Growing Salad Greens All year
Beginner
Campus Center 905-09
Lynda Simkins: Director of Natick Community Organic Farm & farmer for 30 years. Natick Community Organic Farm has been very successful with greens production year-round. I will discuss our systems, varieties, and marketing.

8) How to Start a Food Co-op
Beginner-Intermediate
Campus Center 904-08
Michael Faber: General Manager of the Wild Oats Market in Williamstown, MA. Bonnie Hudspeth: Project Manager for the Monadnock Community Market Co-op. We will review resources and tools available to assist in starting a new Food Co-op and discuss the steps taken & lessons learned in the process of creating the Monadnock Community Market Co-op, scheduled to open in Keene, NH, in spring 2012.

9) Human Manure for Sustainable Fertility
All levels
Campus Center 101
Abraham Noe-Hays: Owner of Full Circle Compost Consulting Recycling human manure into fertilizer is the missing link in closing the nutrient cycle & maintaining soil fertility organically. Using high- and low-tech solutions, including composting toilets & urine diversion, we can safely use our waste as replacement for unsustainable fertilizers, helping farms despite the limitations of peak oil and phosphorous.

10) Questioning the Invasive Species Paradigm
OLC Track
Intermediate
Campus Center Auditorium
Jono Neiger: Recovering nativist, conservation biologist, ecological landscape designer. Dave Jacke: Former nativist, eco landscape designer, cowrote “Edible Forest Gardens”. Fundamental questions cast doubt on the paradigm of the “invasive species crisis.” Do scientifically valid definitions of key terms exist? What is humanity's appropriate ecological role? How does climate chaos relate? These and other queries are essential to making wise design & management choices in our turbulent landscapes, climate, and politics.

11) Running a Large CSA on a Small Amount of Land
CSA Track
Advanced
Campus Center 168C
Katie Miller: Virginia native, and has been running Scratch Farm for the past six years. Jo Bloch: California native; joined Katie to run Scratch Farm in 2007. Scratch Farm is a 2 acre mixed vegetable farm with an 80 member CSA. We will talk about our planting schedule, crop rotation, fertility management practices, and the logistics of signing up members & getting everything harvested and into town for our pickup.
Let the mighty and great, roll in splendour and state,
I envy them not, I declare it;
I eat my own land, my chicken and ham,
I shear my own fleece, and I wear it;
I’ve lands and I’ve bowers, I’ve fields and I’ve flowers,
the Lark is my daily alarmer;
So ye jolly boys now who delight in the plough,
Let’s drink long life and success to the farmer.

GREENHORNS YOUNG & BEGINNING FARMERS MIXER
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12) Traditional Diets Vs. The American Diet  All levels
Campus Center 165-69
Michele Jacobson: A certified clinical nutritionist and food writer.
The American/Western diet is one of the unhealthiest in the developed world. How can we learn from more traditional dietary patterns of other cultures? Some surprising info on what & how other cultures eat which is reflected in their overall health and longevity.

13) Underlying Principles in Agriculture  NDTrack  Intermediate
Campus Center 162-75
Dan Kittredge: Farmer, non-profit director, entrepreneur and continually seeking.
I’ll cover the subtle and less well understood realities that are foundational to comprehensive understanding of biological systems, including geometry of minerals, quantum coherence, and vibrational communication in cells. Understanding these concepts in relation to our crops can inform more effective, efficient, and cost appropriate management choices.

14) Understanding the Soil Foodweb  OLCTrack  Advanced
Campus Center 804-08
Paul Wagner: Lab director of Soil Foodweb New York.
We’ll learn how to manage plants & soils utilizing compost, compost teats, and organic amendments. Participants will develop a working knowledge of soil microbes and their roles in plant and soil health, and learn to integrate compost tea into treatment programs.

15) Wildcrafting & Agroforestry in the Northeast  PCTrack  Intermediate
Campus Center 805-09
Connor Stedman: Wilderness skills teacher & permaculture designer, Pioneer Valley, MA.
An introduction to the management and stewardship of “wild” landscapes for food, medicine, artisan materials, and biodiversity. We will cover Northeastern land use history; assessment tools for plant communities, habitats, and ecosystems; and ethical/regenerative practices for wildcrafting and ecosystem management. Workshop assumes basic familiarity with permaculture concepts and Northeastern plant species.

NEAPFD WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

16) Animal-Powered Forestry Tools & Techniques, part I  All levels
UMASS RESEARCH FARM - LOGGING AREA
Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.
Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.
Brian Patten: Has over 30 years experience working cattle in the woods.
John Plowden: Professional woodsman and equipment fabricator.
In this 2-session workshop, offered on Fri. afternoon and repeated Sat. morning, we will hold a logging demonstration featuring several teamsters at work with their animals. A single horse, an ox team, and a horse team will work with an innovative single-horse log arch, ground skidding, a team log arch, and a scoot for log transport. (For part II, see 44).
Food & Farming in the Garden State

Upcoming Programs

October
Alternative Energy Twilight Meeting
Exploring the Small Farm Dream
a short course to help aspiring farmers learn
what it will require to start and manage a farm

Tractor Maintenance and Safety
a 2-day, hands-on course for beginning farmers
learning basic tractor care and use

November
Tilling the Soil of Opportunity
a business planning course to test your ideas,
expand your markets and grow a successful
operation

2012 Winter Conference
Cultivating Change
Growing the Organic Food Movement
January 28 - 29, 2012
Princeton University

Keynotes: Shannon Hayes
Michael Schmidt

Plus dozens of sessions for farmers,
gardeners, foodies and more!

Look for registration
info in September!

Register and learn more at www.nofanj.org
17) Getting started with Draft Horses: Harnessing and Driving  Beginner
UMASS RESEARCH FARM - TRAINING AREA
Jennifer Judkins: Runs a small, organic, diversified farm in Springfield, NH.
In this workshop, Reno – my Percheron – and I will familiarize participants with basic care and harnessing of the workhorse as it relates to driving, then we’ll address driving skills, using simulations and hands-on instruction. Offered twice: Fri. 2 PM & Sat. 1pm.

18) Loose Hay Production with Horses  All levels
Campus Center 917
Jay Bailey: Teaches draft horse workshops and rebuilds/sells horse-drawn mowers.
Using a power point presentation, I will give an overview of the tools and considerations necessary to succeed with putting up loose hay with horses. I will have sample hay forks, hay knives and other tools to look at and feel.

19) Mowing Hay with Animal-Power  Beginner
UMASS RESEARCH FARM - HAYFIELD
Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College.
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.
Jake Blank: Owner, I & J Manufacturing, specializing in horse-drawn & tractor equipment.
Donn Hewes: Farms with horses and mules in Central New York.
In this workshop we will demonstrate mowing hay with oxen and mules. This workshop will feature a traditional ground drive sickle bar mower, new ground drive PTO cart with innovative European sickle bar mower, and a motorized forecart pulling a PTO haybine mower. We’ll discuss the features of both types of animals and pieces of equipment.

21) Ox Yoke Making  All levels
UMASS RESEARCH FARM - TRACTOR BARN
Mike Austin: Beef, dairy, and hay farmer.
Yoke making from log to yoke and all steps in between. Topics covered will include sizing the yoke, wood selection, and hardware.

22) The Walking Plow  All levels
UMASS RESEARCH FARM - TILLAGE AREA
Samuel White: Lifetime farmer. Grew up with, and later returned to, horse-power.
We’ll demonstrate use of the walking plow and teach you how to plow properly. We’ll talk about the range of considerations that affect success with this most basic tillage tool.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM

23) 2010 NOFA Mural Making  Ages 9-12
Cape Cod Lounge
Rachel Silverman: Designer, art teacher dedicated to sparking children’s creative process.
Children will design & create the painted banner that will lead the parade during the Sat. Fair. Lots of fun & some mess, so bring a smock or old clothes that can get painty.
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Please save the date for an evening of fun and games, food and dancing! Everyone is welcome and we hope to see you there.

For more information:
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24) Building Fairy Houses  
**Ages 5-12**  
**Fri 2/4:00 PM**  
Cape Cod Lounge  
**Pamela Kimball**: Works to create an ecologically-based community and sustainable life. Come connect to nature and build a fairy village! We will read about fairies and work with partners to create fairy houses out of found natural materials creating a fairy village. In the end we will tour the village together and make drawings of our creations.

25) We’re All Nuts  
**Ages 5-8**  
Cape Cod Lounge  
**Donnie Cox**: Farmer, musician, philosopher, and previous boys and girls club counselor. I grew up harvesting pecans and I will be talking about where pecans come from and how they are harvested. We will sing a harvest song while we dance like a shaking tree. Then we will trace our hands with crayons to think about our most valuable harvesting tools.

**TEEN WORKSHOPS – FRIDAY, AUGUST 12, 2:00-3:30 PM**

26) 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 or light colored pre-washed t-shirts and other fabrics that you would like to bring to life. No experience required.

**ADULT WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM**

27) Cultivating Community with Permaculture  
**PC Track**  
**All levels**  
Campus Center 803  
**Liz Falk**: Community Garden Teacher, Cornell Ext.; Common Good City Farm founder. This session explores engaging people in our land-based projects to build strong, safe, and inclusive communities. We will discuss why community engagement is key to our success as farmers – urban or rural – and how to identify and create leaders. Framed by permaculture principles and examples from community organizations practicing this work.

28) Easy no-Knead Artisan Bread at Home  
**Beginner**  
Wheeler Kitchen  
**Linda Ugelow**: Farms (small-scale), and loves cooking and baking nutrient dense foods. No-Knead bread is the easiest method of bread-making with fantastic results. Gorgeous and delicious whole grain bread can be yours for just a few minutes effort, and stored dough can be baked on a moments notice into loaves, flat breads, pizza and dessert. I'll touch on the science and demonstrate techniques for round loaves, pizza, pita and gluten free for cooking in the oven and on the stove.

29) Ecodynamic Landcare  
**OLC Track**  
**All levels**  
Campus Center 804-08  
**Steven Restmeyer**: Ecological landscape designer and maintenance engineer since 1990. Learn about the Ecological Wheel of Balance and EPM (Ecological Pest Management).
Understand the role beneficial insects, birds, and other elements within the ecosystem play in advancing the system toward balance. Practical applications for ecological lawn, tree and shrub care will be included.

30) Growing Co-ops for Local Economies  All levels
Campus Center 165-69
Erbin Crowell: Executive Director of the Neighboring Food Co-op Association (www.nfca.coop).
The United Nations has declared 2012 the “International Year of the Co-op,” recognizing the contribution of co-operatives to local economic development. We will present background on what makes co-ops different, how they contribute to sustainable local development, share some examples, and then invite participants to discuss some of the challenges they see in their communities and how co-ops can help address them.

31) Improving Nutrient Density of Pastures  ND Track  All levels
Campus Center 168C
Rebecca Brown: Herd Manager at The Grey Barn, running the organic grass-based dairy.
Discussion will be on evaluating soil and pasture conditions, determining objectives, exploring various management options, and prioritizing action. Starting with examples of soil samples and plant tissue analysis, we will explore different soil building programs focusing on soil amendments, foliar feeding, grazing management, tillage choices, and green manure crops.

**NOFA/Mass Upcoming Events**

**Advanced Growers Fall Seminar**
“The Modern Homestead”
with Harvey Ussery
November 4 & 5
Barre Congregational Church

**Organic Land Care Course**
January, 2012
Parker River Wildlife Refuge,
Newburyport, MA

**2012 Winter Conference**
January 14, 2012
Featuring John Jeavons, keynote speaker
Worcester Technical High School
32) La Finca: Farm, Food, and Culture in Holyoke, MA  All levels  
Campus Center 805-09  
Amy Calandrella: Farm Program Coordinator 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, create a center for food system education, and celebrate Puerto Rican culture.

33) Living a Purpose Centered Life  Intermediate  
Campus Center 174-76  
Jack Mastrianni: Growing people & organizations, professionally, for 25 years.  
We are living in very turbulent, unsettling times. We all need a compass to navigate these waters!! This workshop will help you develop a clear, compelling purpose statement and a set of guiding principles that will help you, your family, your farm, or your business not survive, but thrive.

34) Mycoscaping: Mushrooms in the Permaculture Landscape  OLC & PC Track  All levels  
Campus Center Auditorium  
Rafter Sass: Permaculture designer, mycophile, research agroecologist.  
Only growing plants and animals? You’re missing out! There’s a whole ’nother Kingdom to explore - and eat. I’ll give an overview of easy-entry mushroom growing techniques, and scaling up to market production. I put it in a context of historical and emerging practices, oriented toward ecologically-managed and multifunctional systems.

35) Nature as Mentor: Raising Pigs in the Woods  Intermediate  
Campus Center 904-08  
Craig Haney: Livestock manager since ’04 at Stone Barns Center for Food and Agriculture  
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 harvest, the nature of the pig will be emphasized.

36) Omega-3 Fatty Acids: Important in Your Diet?  All levels  
Campus Center 911-15  
Rosalind Michahelles: IIN graduate; American Assoc. of Drugless Practitioners member.  
Participants will hear how Omega-3 fatty acids can improve their health by helping to right the balance between inflammation and anti-inflammation in the body. Excess internal inflammation is blamed for illnesses such as cancer, diabetes, stroke, and heart disease. The session ends with how to increase Omega-3s in the diet.

37) Renewable Energy for Greenhouse Heat  Advanced  
Campus Center 163C  
Vern Grubinger: Vegetable and berry specialist for University of Vermont Extension.  
This slide presentation will show examples of energy conservation techniques, such as perimeter insulation of foundations and bench heating, as well as a variety of non-fossil fuel heating systems for commercial greenhouses, from wood boilers to used vegetable oil furnaces to experimental systems using solar hot water.
38) Small Scale Grain Production  Intermediate
Campus Center 903
Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & sheep at Crabapple Farm.
I will present my experiences with growing small grains (primarily wheat) on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. We have trialed over fifty varieties, learning about the genetic possibilities and adaptability in various species.

39) Soil Fertility in Organic Farming  BFTrack  Intermediate
Campus Center 101
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’ll describe recycling and mobilizing nutrients to build & sustain soil fertility & produce quality food.

40) Starting a CSA  BF & CSA Track  Beginner
Campus Center 811-15
Carolyn Llewellyn: Helped found two successful CSAs, and now does farm education. We’ll consider the various details that determine the success of a start-up veggie CSA, from land and growing to marketing, distribution, labor, administration, and more. Many handouts are supplied to cover these issues as well as crop planning and further resources.

41) The Evolving Landscape of Farm to School  All levels
Campus Center 162-75
Abbie Nelson: NOFA-VT Ag Ed Coord. Directs state Farm to School Project, VT FEED. Farm to School projects are growing, especially in the Northeast. Learn lessons from this movement in Vermont about procurement of local and organic food; food, farming, and nutrition education in the classroom; and developing community connections to sustain these programs. Learn how the National F2S Network can support local efforts.

42) Tree & Plant Whispering: An Experience  OLCTrack  All levels
Campus Center 905-09
Jim Conroy: PhD. Plant Pathology, teacher, grower, AOLCP.
Basia Alexander: “Chief Listener”, author, teacher, healer, co-creative practitioner
Discover the possibility of partnership with plants and their related insects/diseases for multilateral bioenergy balancing/healing. “Live and Let Live.” Learn about holistic energy healing, no-product green solution to stressed trees, plants, forests. Learn why/how trees/plants go into decline. Hands-on experience plant’s bioenergy: hear their messages.

43) Worm Composting Basics  OLCTrack  Beginner
Brett Lounge 001
Ben Goldberg: Promotes soil & water conservation with worms & composting toilets.
David Lovler: Compostmeister, gardener at Pulpit Hill Cohousing, right here in Amherst. Keeping worms is educational, easy, fun and an efficient way to convert food scraps into good compost. We will cover various worm bin designs, construction tips, worm ecology, care and feeding, and separating the castings for use. This’ll be an interactive workshop.
44) Animal-Powered Forestry Tools & Techniques, part II  
All levels
UMASS RESEARCH FARM - LOGGING AREA
Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.
Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.
Brian Patten: Has over 30 years experience working cattle in the woods.
John Plowden: Professional woodsman and equipment fabricator.
Part II continues the session begun on Friday at 2:00 PM. (See workshop #16).

45) Developing a Working Partnership with Your Horse  
Intermediate
UMASS RESEARCH FARM - TRAINING AREA
Bekah Bailey & Neal Perry: run Perry Farm, offering horse boarding, training, sleighrides.
What does a well developed partnership with a farm horse look like? How do you get a green horse there? Neal & Rebekah will demonstrate the “finished product” as well as how a young horse is brought along. Offered twice: Friday at 4 PM and Saturday at 8 AM.

46) Horse Drawn Mower Repair  
All levels
UMASS RESEARCH FARM - TRACTOR BARN
Donn Hewes: Farms with horses and mules in Central New York.
Jay Bailey: Teaches draft horse workshops and rebuilds/sells horse-drawn mowers.
Learn to make your mower sing like a singer, and help your horses mow like champs. We will discuss everything from cutter bars to bearings, bushings and seals. How to identify mowers to rebuild and where to find parts, will also be discussed.

47) Primary Tillage with the Sulky Plow  
All levels
UMASS RESEARCH FARM - TILLAGE AREA
Samuel White: Lifetime farmer. Grew up with, and later returned to, horse-power.
We will demonstrate the use of the riding, or sulky, plow and will teach you how to plow properly. We will talk about the range of considerations that will affect success with this most common tillage tool.

48) Timber Harvest & Restorative Forest Management  
All levels
Campus Center 917
We’ll discuss selecting trees for harvest and using animal-power for their removal, and regenerating forests, restoring abused woodlots and controlling undesirable plants.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

49) Calf Training  
Ages 5-12
Cape Cod Lounge
Jim Austin: 12 years old, enjoys woodworking and working with livestock.
Katherine Austin: Mother, leader of 4H Horse Club and riding lesson instructor.
Mike Austin: Beef, dairy, and hay farmer, and livestock dealer.
Learn how to select a well-matched pair & how to start training them. We’ll outline goals
to work towards and discuss the behavioral traits of a well-trained calf.

50) Creative Cuisine For Kids  Ages 5-6  Cape Cod Lounge  
Polly Jutras: Second year farmer and professional chef.  
Come learn how to prepare organic humus and fresh local vegetables for dipping. I will teach you where the ingredients come form and basic food preparation skills.

51) The 1-2-3 of Bees  Ages 7-8  Cape Cod Lounge  
Christy Hemenway: Founder of Gold Star Honeybees, advocate for young beekeepers!  
Honeybees are amazing! Learn what goes on inside a beehive and why bees are so important. We will identify queen, worker and drone bees and talk about their jobs in the hive. We’ll talk about why bees sting and what happens when they do. It won’t hurt, we promise.

52) What is Gravestone Art?  Ages 9-12  Cape Cod Lounge  
Phil Wooldridge: Homeschool parent, software engineer, fixer of just about anything.  
Learn how cemeteries were, and still are, types of art galleries. Discover the hidden meanings of the symbols found on gravestones through card games, a slide show and art you can create yourself. Hear a story about why some people decorate graves and try your hand at creating a gravestone rubbing.

TEEN WORKSHOPS – FRIDAY, AUGUST 12, 4-5:30 PM

53) Harnessing and Driving Miss Daisy  Grad Lounge  
Megan Johnson: Operates Buttercup Farm and Holy Cow Cheese Company.  
Driving Miss Daisy is a Jersey cow who has been trained to drive a Meadowbrook Cart. Participants will learn how to harness their own cow and truly create a dual-purpose animal. Megan will entertain questions and discussion topics about working dairy cattle.

54) I Need, I Want, Gotta Have: Me & My Carbon Footprint  Grad Lounge  
Sharon Kimmelman: School teacher (art & gardening), health-rights advocate.  
The choices we make (food, clothing, tools, ‘toys’) have a direct impact on the planet’s ability to sustain life in balance. Come discuss why to develop an awareness of interconnectedness of all things. How do you ‘live’ your convictions, create alliances with others? Brings your feelings, ideas, interest.
ADULT WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

**Sat 8:00**  
55) Biodynamics: An Introduction  **OLCTrack All levels**  
Campus Center 163C

**Mac Mead:** Director, The Pfeiffer Center; 35 years experience in biodynamic farming.  
I’ll share the origins & underlying principles of Biodynamics and introduce the specific techniques of this method of enhancing soil fertility and growing quality produce.

56) Blueberries: Easy to Grow, Healthful, & Delicious  **OLCTrack All levels**  
Campus Center 165-69

**Lee Reich:** Farmer and agriculture writer, researcher, and consultant.  
I’ll start where you will start, with kinds and varieties of blueberries to order and suggested nurseries. From there, we’ll move on to all-important soil preparation and ongoing soil care, then planting, pruning, and harvest. We’ll foray into bird issues and what to do with your probable overabundance.

57) Commercial Food Forestry Enterprises  **PCTrack All levels**  
Campus Center Auditorium

**Eric Toensmeier:** Award-winning author promoting food forestry to sequester carbon.  
How are farmers taking the edible forest garden model to a farm scale? This workshop will present enterprise options, marketing strategies, and equipment and infrastructure requirements for regenerative perennial farming strategies. We will also view case studies of food forest businesses.

58) Community Resilience in Changing Times  **TTTrack Beginner**  
Campus Center 174-76

**Tina Clarke:** Certified Transition Trainer. NGO consultant, trainer & advocate for 27 yrs.  
Strengthening your local community increases well-being and security. As energy costs rise and climate instability increases, building local resilience is a way to take positive action and have more fun! The Transition movement is an inspiring, global network of communities sharing insights, ideas and models for practical action.

59) Composting Everything and Anything!  **Beginner**  
Brett Lounge 001

**Matt Vernon:** BA, Agroecology. Worked on farms, ranches, orchards & compost operations.  
We’ll cover household composting. I’ll 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.

60) CSA Financial Management  **BF & CSA Track Advanced**  
Campus Center 904-08

**Dan Kaplan:** Farm Manager at Brookfield Farm, Amherst, MA for 16 years.  
Overview of how we create budgets, track payments, make financial reports, plan for infrastructure improvement, and analyze financial health. Includes descriptions and pictures of documents we use.
61) Farm Education All Year All levels
Campus Center 803
Marty Castriotta: Farmer, educator and natural builder from Alstead, NH.  
Sat 8:00
Participants will learn about The Orchard School’s approach to farm education through- 
out the year. We will examine methods to connect children to the cycles of the farm by 
involving them in the yearlong experience. From farm based snacks to building compost 
bins, this workshop will leave no loop open.

63) For Love of Nettle Beginner
Brooks Lounge
Mira Nussbaum: 10 yrs loving, preparing, eating, and teaching others about wild plants. 
We will learn to harvest, chop, cook, preserve, and dry nettle for food. We will learn to 
make hair rinse, vinegar infusion, tincture, rope, and compost tea with Nettle. While sip- 
ping nettle tea and tasting nettle quiche, nettle filo pastry, and nettle dip, we will learn 
about this healing and powerful plant.

64) Johnes, Mastitis and Pathogens Oh my! ND Track All levels
Campus Center 903
Learn to navigate the problems and solutions to managing modern dairy cows, producing 
safe, nutrient dense raw milk, while creating longevity and profitability in a raw milk herd 
of any size. Learn what to look for in a dairy cow, the applicability of diagnostic tests, and 
the economics of nutrient density.

65) Knots for Farming and Living All levels
Campus Center 804-08
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 others) and for living (the 
button knot and the marlin spike knot for lanyards), and when and where to use them.

66) Let’s Lacto-fermentate! Beginner-Intermediate
Campus Center 805-09
Beth Ingham: Whole Health Educator and happy farmer fermenting for 17 years. 
All the basics of lacto-fermentating: knifes, scale, salt, veggies, equipment, recipes, tech- 
nique, health benefits, Spacial Dynamics, will forces…and how to make the chopping fun!

67) Mycofacilitation: Increasing Ecosystem Health with Fungi Intermediate-Advanced
Campus Center 101
David Demarest: Founder of Green Mountain Mycosystems. 
Overview of current mycoremediation research, and details on the potential of mush- 
rooms and other fungi to degrade crude oil and numerous persistent organic pollutants 
such as DDT. We’ll cover specific mycofacilitation materials and methods that can be used 
to further improve the capacity of mushrooms and other fungi to positively impact 
ecosystem health.
68) Organic Agriculture and Earth’s Life Support Systems  **OLC Track**  
Campus Center 162-75  **All levels**  
**Sat 8:00**  **Bill Duesing:** Author, farmer, and executive director of CT NOFA.  
Local & organic ag addresses three of the most serious problems with Earth’s life support systems: climate change, excess nutrient flow, and loss of biodiversity. I’ll describe ways that organic practices do that and encourage participants to share that information widely.

69) Permaculture Fundamentals  **PC Track**  **All levels**  
Campus Center 168C  
**Lisa DePiano:** Permaculture designer/teacher; co-founder, Montview Neighborhood Farm.  
Permaculture uses ecology as the basis for designing integrated systems of food production, housing, appropriate technology, community resilience. We’ll cover definitions, history, ethics, & some principles & techniques. You’ll get a framework for understanding the connections between social and ecological health and a method for designing solutions.

70) The Health Risks of Genetically Modified Foods  **Intermediate**  
Campus Center 905-09  
I’ll cover the documented human health dangers of genetically engineered food, and discuss how we can stop the madness and prevent genetic engineering of our food supply. Prior to the workshop, participants should watch the film “The World According To Monsanto” at http://topdocumentaryfilms.com/the-world-according-to-monsanto/.

71) The Savonius Rotor: Low-Tech Wind Power for Small Farms  **All levels**  
Campus Center 917  
**Erik Andrus:** Farms with draft horses in Ferrisburgh, VT.  
I will introduce a simple, cost-effective wind power device, the Augmented Savonius Rotor. I will describe the design, construction, and installation process, and will also review its cost-effectiveness. I was funded by a 2010 NESARE farmer grant to research the potential of the Savonius rotor for renewable, farmer-built power.

72) UMass Nutrient Dense Foods Garden  **ND Track**  **Beginner-Intermediate**  
Outside: Next to Franklin Dining Commons  
**Ryan Harb:** LEED AP, MS, Sustainability Specialist at UMass Amherst.  
**Nathan Aldrich:** Asst Garden Mgr., Franklin Dining Commons Permaculture Garden.  
Learn how UMass Amherst transformed a conventional grass lawn into a thriving campus garden that supplies nutrient dense foods to the university's dining commons. A blend of permaculture techniques and principles along with intensive soil management is being used to showcase how agriculture is positively shifting in the 21st century. DIRECTIONS: From the campus center, walk toward the street (North Pleasant St.). At the bus stop adjacent to Hasbrouck Lab, cross the street to go up the stairs in between Morill Science Buildings. At the top of the stairs, you reach another street - bear right. Walk past the University Club on your right, and you will see Franklin Dining Commons up ahead on the left, and a big garden!
NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM

73) Working for a Co-operative Economy!  All levels
Campus Center 911-15
Alex Jarrett: Founding member of Pedal People Co-op.
Adam Trott: Staff 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.

74) Animal-Power for Secondary Tillage, part I  All levels
UMASS RESEARCH FARM - TILLAGE AREA
Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College.
Michael Glos: Diverse organic vegetable and livestock farmer for past 15 years.
The use of oxen and draft ponies for use in secondary tillage will be demonstrated. We will discuss and compare the features of draft ponies and oxen and a variety of tillage tools for small and medium scale production. (For part II, see #224).

75) Animal-Powered Forestry Tools & Techniques, part I  All levels
UMASS RESEARCH FARM - LOGGING AREA
Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.
Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.
Brian Patten: Has over 30 years experience working cattle in the woods.
John Plowden: Professional woodsman and equipment fabricator.
In this 2-session workshop, offered on Fri. afternoon and repeated Sat. morning, we will hold a logging demonstration featuring several teamsters at work with their animals. A single horse, an ox team, and a horse team will work with an innovative single-horse log arch, ground skidding, a team log arch, & a scoot for log transport. (For part II, see 107)

76) Developing a Working Partnership With Your Horse  Intermediate
UMASS RESEARCH FARM - TRAINING AREA
Bekah Bailey & Neal Perry: run Perry Farm offering horse boarding, training & sleighrides
What does a well developed partnership with a farm horse look like? How do you get a green horse there? Neal & Rebekah will demonstrate the “finished product” as well as how a young horse is brought along. Offered twice: Friday at 4 PM and Saturday at 8 AM.

77) Farm Horse Health: Dentistry & Nutrition  Beginner
UMASS RESEARCH FARM - FREESTALL BARN - EAST END
John Perdrizet: Vet - internal medicine, PhD, acupuncturist, herbologist, food therapist.
I will demonstrate an equine oral exam, discussing routine dental health and procedures used in dentistry. I will also discuss basic on-the-farm nutrition for working horses.
78) Modern Ox Yoke Bow Making  All levels
UMASS RESEARCH FARM - TRACTOR BARN
Sat 8:00  Bucky Cole: Bucky has owned, trained, and shod oxen for 35+ years
I’ll teach you how to steam bend bow strips, laminate, and finish an ox bow.

79) Rigging the Hitch: Singles through Six Mule Hitch  All levels
UMASS RESEARCH FARM - HAY BARNYARD
Pat Bacon: Drives and does small-scale tillage with her mules.
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.
We will cover safety and practical details of hitching mules (or any equine) for work. We
will start with a single mule and work our way up through teams, three and four mule
hitches, up to rigging a six mule hitch.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM
80) Butter Making For Kids  Ages 5-8
Cape Cod Lounge
Gavin Harper: Home schooled bother of four, organic farm born and raised.
We will make farm fresh organic butter by hand. Limit 15 participants.

81) Indoor Vermacomposting with Red Wigglers  Ages 9-12
Cape Cod Lounge
Erin Schmink: The daughter and niece of Vermont’s “Wacky Worm Sisters”
Kids will learn about the science and joys of vermacomposting. Learn about the micro-
ecosystem in a worm bin and see how food scraps from home can be turned into compost
and rich worm castings using red wiggler composting worms.

82) Mini Draft Horse Power for Kids  Ages 5-12
Cape Cod Lounge
Jean Cross: Small acreage farmer using mini horses and a pony mule.
Julie Nichols: Lifelong experience with horses. Recent convert to minis.
Our mini horses will show how children can help around the farm. We will talk about
harnessing safely, ground driving a team and hooking to a mid-sized stoneboat to move
some hay, shavings, and firewood. Participants will harness the team and hold the lines
while they pull a small load.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 8-9:30 AM
83) Building a Top Bar Hive
Grad Lounge
Jean-Claude Bourrut: Organic farmer; bee-haver and bee-keeper for 20 years.
With basic woodworking tools, we will build an alternative beehive, used in many coun-
tries. This appropriate technology design allows for a sustainable natural beekeeping sys-
tem of low input, low labor, and natural management. For teens who have some experi-
ence with beekeeping or are interested in starting this exciting activity. Limited to 10 par-
ticipants.
ADULT WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

84) Filmmaking for Beginners
Grad Lounge
Cheri Robartes: Filmmaker, musician, and teacher in Boston.
Doc Pryne: Filmmaker, writer, and card player in Boston.
We’ll write (or plan), cast and then shoot a (very) short film – here and now. After the conference, I’ll edit it and add music to it, and put it up on YouTube.

86) Biodynamics: Practical Applications  BFTrack  All levels
Campus Center 163C
Mac Mead: Director, The Pfeiffer Center; 35 years experience in biodynamic farming.
I will show how to apply several of the biodynamic principles to practical farming and gardening. We will cover farm individuality, raised beds, planting calendar, legumes, biodynamic preparations, weed/pest management, and fungus/disease management.

87) Carbon Farming: Methods & Markets  Intermediate-Advanced
Campus Center 168C
Ethan Roland: Researcher, farm consultant, organizing 2012 Carbon Farming Course
The climate is changing rapidly. Conventional agriculture is part of the problem, producing over 7% of domestic emissions. Carbon Farming can be part of the solution — capturing atmospheric carbon & putting it in the soil while increasing fertility, water-holding capacity, & soil life. Learn the 5 top Carbon Farming practices & the most recent science.

88) Creating Your Own Herbal Medicine  Beginner
Brooks Lounge
Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.
I will demonstrate the creation of tinctures (spirit based preparations) from fresh and dried herbs. I will also cover glycerites, vinegars, and water based preparations, as well as herbal oils and salves. Harvesting, drying, and storage tips will be offered. Focus will be on method, with some incidental mention of usage.

89) Demystifying Massachusetts Agricultural Law  All levels
Campus Center 811-15
Michael Pill: MA licensed attorney specialized in land law including agricultural law.
Bob Ritchie: General Counsel for the MA Department of Agricultural Resources.
Learn about the legal rights and obligations for farming, market gardening and animal raising in Massachusetts. We’ll cover: zoning; wetlands; endangered species; “right to farm” laws & private nuisance; raw milk; farm labor regulation; benefits and dangers of Agricultural Preservation Restrictions(APRs); regulations governing cattle, poultry, swine, horses; apiaries; and agricultural land tax classification.
90) FarmHack- Sharing Farm-Built Tools & Inventions  BF Track
Campus Center 101  All levels
Benjamin Shute: Owner of Hearty Roots Community Farm and editor of FarmHack.net.
Sat 10:00  The Farm Hack project helps farmers share inventions, plans, ideas and tools with one another. We will look at some of the tools profiled at FarmHack.net and discuss tools that we as a group have invented, used, or dreamed up but not yet built.

91) Finding a Farm to Fit Your Vision  BF Track  All levels
Campus Center 804-08
Bob Bernstein: LFG co-dir. helps farm seekers, farmers, landowners keep farms working. Learn how to find a farm and explore leasing and purchasing options. Find out how you can draw upon your personal network and members of the communities where farms are sited to locate available properties. Practice evaluating the fit between your proposed operation and the farm prospects you have identified.

92) Food Resilience in Small Towns & Rural Areas  TT Track  Beginner
Campus Center 805-09
Shay Cooper: Transition Wendell Initiating Group (TWIG), yoga instructor.
Diane Poland: TWIG, Food Pantry & Conservation/Open Space Committees.
Liz Carter: Local Food Coordinator, Wendell, MA.
Marcelle Morgan: Participant in Conway Cans.
Community-organized food growing, sharing, preserving and related activities can rebuild local resilience and food security. Transition Initiatives in Wendell & Conway use food activities to bring together long-time residents and new neighbors. Hear about Wendell’s Food Security project, “Conway Cans” & efforts to expand access to food & farmland.

93) Interpreting Soil Tests  ND & OLC Track  Beginner
Campus Center 803
Derek Christianson: Farmer, Community Educator, Brix Bounty Farm, Dartmouth, MA.
Accurately gauging nutrient needs in our soils is a critical step in making sound fertility decisions. We will set out to demystify soil test results, from cation exchange capacity (CEC) and base saturation to ppm and lbs/acre. Hands-on activity included to help participants gain confidence in interpreting soil test results.

94) Introduction to Water Bath and Pressure Canning  Intermediate
Wheeler Kitchen
Clio Fisher: Decades experience with canning, which she learned from her parents. Equipment will be demonstrated and the entire process of canning tomatoes in a water bath canner and green beans in a pressure canner will be done in a hands-on workshop. Jar storage & management and shelf life will be explained. Safety will be emphasized.

95) Making Good Food Matter: Strategies for Liberation  PC Track  All levels
Brett Lounge 001
Rafter Sass: Permaculture designer, mycophile, research agroecologist
Felix Wai: Community organizer, ecological designer, PhD student in urban agriculture
Did you get into food production with a vision of an equitable society – only to find your-
self-producing boutique products for hipsters and yuppies? We can design our movement so we’re helping transform society, not just propping up a sick system with an infusion of delicious salad. Come and strategize!

96) Natural Energy and Vitality Enhancers Intermediate
Campus Center 917
Ellen Kamhi: Med professor, herbalist, author, authority in the field of natural healing
The ring of fire establishes energetic feedback loop between important glands and chakras – the body’s energy centers. Harmony among them results in a feeling of vibrancy and health. How to make your own Orgone Accumulator, Taoist breathing exercises, herbs and recipes, & specific self-point stimulation to increase natural production of DHEA.

97) Perennial Crops with Commercial Potential for the Northeast PC Track Intermediate
Campus Center Auditorium
Eric Toensmeier: Award-winning author promoting food forestry to sequester carbon.
Benneth Phelps: Commercial vegetable, fruit and small animal farmer at Mosaic Farm.
Get to know hardy perennial crops ready for commercial production, including vegetables. They have potential as new specialty crops for marketing to restaurants, farmers’ markets, and particularly for CSAs. Including perennial salad crops, braising greens, broccoli, edible shoots, and specialty bulbs and tubers, with coverage of a few nuts and fruits.

98) Raising Sheep Organically All Levels
Campus Center 905-09
Kim Mastroianni: B.S. in Animal Science, raising sheep organically for 6 years.
Participants will learn options for managing sheep organically including practices for parasite control, feeding and medical treatment. In addition, the presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

99) Regenerative Hillside Farming PC Track Intermediate
Campus Center 174-76
Keith Zaltzberg: Permaculture teacher & designer, homesteading on a wet, rocky hillside.
Practical, perennial solutions for ecologically-sound farming/gardening on hilly landscapes in the NE. Strategies and systems to prevent erosion, build soil, create wildlife habitat, and yield food, fodder, and other useful materials on steep hillsides. Our illustrated talk will cover terrace building, infiltration swales, vegetation dams, and more.

100) Root Cellars & Crop Storage Structures: Methods, Materials, & Designs BF Track Intermediate
Campus Center 162-75
Chris Chaisson: Designs & builds root cellars for Whole Farm Services.
We will explore root cellars and other storage structures for crops and talk about applications for the market and small grower. We will look at several designs, retrofits, and new construction, passive and mechanical, and different materials used. Understand operational concerns for making the most efficient storage system possible.
101) School Food Made From Scratch & in the Black!!  All levels
Campus Center 911-15
Julie Baird Holbrook: Food Service Dir./Cook/Gardener, Keene Central School, NY.
Sat 10:00  Participants will learn how we cook completely from scratch in our school while staying within our budget. We will share our knowledge, shortcuts, recipes, philosophy and how we survived eliminating flavored milk! Info on pilot year of CSA share providing vegetables and eggs; finding inexpensive local grass-fed beef.

102) Small Scale Aquaculture & Aquaponics  All levels
Aquaculture Lab, Ag Engineering Building 102 (just uphill from the Textbook Annex)
Craig Hollingsworth: Director, Western MA Center for Sustainable Aquaculture.
We will demonstrate our aquaponics systems which grow tilapia and largemouth bass using greens and vegetables to filter the water and to remove nitrogen. Discussion will include fish species, water quality, feed, temperature, nutrient balance, lighting options and legal requirements. The system is affordable, accessible, and applicable to backyard growers. Hand-outs provided.

103) Taking Our CSAs to the Next Generation!  CSA Track  Intermediate
Campus Center 904-08
Elizabeth Henderson: CSA farmer for 22 years, author “Sharing the Harvest.”
I will present a dazzling review of inspiring new ideas and images from CSAs in the US and around the world. Then I will invite participants to share their innovations or their problems with their CSAs. We will brainstorm as a group to come up with good solutions for the problems.

104) TOUR: Student Farm at UMass Research Farm - Organic Research  All levels
TOUR
Amanda Brown: Ext. educator on IPM, organics, beginning farmers & season extension.
Ruth Hazzard: Publishes insect and vegetable observations in Vegetable Notes newsletter.
The tour will focus on current research projects on certified organic land at the UMass Crop and Animal Research Farm in South Deerfield MA, as well as a tour of the Student Organic Farming Enterprise Program. 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 farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. BUS SERVICE PROVIDED, SEE ADDENDUM FOR BUS SCHEDULE.

105) Transitioning Farms to Four Season Harvesting  All levels
Campus Center 903
Barry Hollister: Berkshire Harmony founder,farmer;Community Support Energy Network
Brian Kuhn: Co-founder of Aeronautica Wind Power; 30 years in wind energy.
This workshop is designed to help farmers meet the demand for year round locally grown produce through the process for transitioning farms to year round growing with the community supported energy, greenhouses, controlled environment growing, and delivery systems to bring the farm’s produce to market.
106) Useful & Fun Special Pruning Techniques  
OLC Track  All levels
Campus Center 165-69
Lee Reich: Farmdener and agriculture writer, researcher, and consultant.
This workshop will cover four pruning techniques that are fun, make bold statements in the landscape, and have practical sides as well. I’ll show & discuss the ornamental & practical uses of each technique, the steps involved, and the right plants to use.

NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

107) Animal-Powered Forestry Tools & Techniques, part II  All levels
UMASS RESEARCH FARM - LOGGING AREA
Brad Johnson: Owns ALL Together Farm LLC, see www.alltogetherfarm.com.
Carl Russell: Forester, horse-logger, and small scale horse farmer, Bethel, Vermont.
Brian Patten: Has over 30 years experience working cattle in the woods.
John Plowden: Professional woodsman and equipment fabricator.
Part II continues the session begun on Saturday at 8:00 AM. (See #75).

108) Barefoot Working Horse Care & Maintenance  All levels
UMASS RESEARCH FARM - FREESTALL BARN - EAST END
Randall Heminger: 1st Cav Div Farrier, AFA Certified Farrier, 10 years Exp.
The participants will get an overview of proper trimming and identifying deviations and exterior influences on the hoof capsule.

109) Cultivation Innovations  All levels
UMASS RESEARCH FARM - TILLAGE AREA
Jake Blank: Owner, I & J Manufacturing, specializing in horse-drawn & tractor equipment.
Michael Glos: Diverse organic vegetable and livestock farmer for past 15 years.
Stephen Leslie: Co-owner of Cedar Mountain Farm CSA and 20 cow dairy.
We’ll demonstrate cultivation tools for weed control, hilling, sidedress fertilization, and more. Come look at some of the latest design innovations in horse-drawn cultivators.

110) Ground-Drive Haying Equipment  All levels
UMASS RESEARCH FARM - HAYFIELD
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.
In this workshop we will demonstrate and discuss a variety of ground drive technology including hay tedders and rakes. We will also demonstrate the use of a non-motorized, ground-drive PTO forecart for use with modern PTO haying equipment.

111) Selecting, Raising, & Training Calves  All levels
UMASS RESEARCH FARM - TRAINING AREA
Jacob Bowen: I have raised and trained calves for 4H programs.
Ray Ludwig: Ray has trained working cattle for over 50 years.
We’ll show what to look for buying a pair of calves for work. I’ll talk about the care and raising of young oxen, and demonstrate the training process of starting calves in work.
CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

112) Driving Miss Daisy  Ages 5-12
Sat 10:00  Cape Cod Lounge
Megan Johnson: Operates Buttercup Farm and Holy Cow Cheese Company.
Driving Miss Daisy is a Jersey cow trained to drive a Meadowbrook Cart. You’ll learn about dairy cow driving and Megan will answer questions & discuss working dairy cattle. Kids will love to hear about the exciting and adventurous life of this little driving cow.

113) Giant Eco-Art Mandala  Ages 9-12
Cape Cod Lounge
Maya Apfelbaum: Educator, artist, performer, director, celebrating nature and creativity.

114) Walking Tour of Umass Gardens  Ages 5-6
Cape Cod Lounge
Jennifer Byington: Homeschooling mother of four, organic farmer.
Provided we have dry weather, we will take a walk to look at Umass’ gardens. There is a walled garden, and some very special fruit trees. If it is raining we will read old folk tales about farming and we will roll beeswax candles.

115) Wonderful Wiggly Worms  Ages 7-8
Cape Cod Lounge
Tai Dinnan: Gardens Coordinator, Groundwork Somerville.
Jennie Dubitsky: Educator at Groundwork Somerville.
Children will play with and learn about the wonderful worms that help complete the life cycle of our gardens and farms. Participants will get to enjoy music, games and hand on exploration of our wiggly garden friends.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 10-11:30 AM

116) Exploring Permaculture
Grad Lounge
Rebekah Rice: vegetable gardener, building designer, permaculture designer/teacher
Outdoors - we’ll explore campus looking for evidence of permaculture principles in real life. We’ll visit the campus permaculture garden as well as marginal wild places.

117) Using Mini Horses on the Farm
Grad Lounge
Jean Cross: Small acreage farmer using mini horses and a pony mule.
Julie Nichols: Lifelong experience with horses. Recent convert to minis.
Mini horses are not just cute, they can be a useful animal on the farm. We will show how they’re cared for and what they can do around the farm. We will move hay, shavings and fire wood. Participants will have a chance for hands-on experience.
118) Breeding Perennial Crops  **PC Track  Intermediate**
Campus Center Auditorium
**Eric Toensmeier:** Award-winning author promoting food forestry to sequester carbon. Perennial crops are essential for carbon sequestration, while offering other agroecological benefits. However, many of the candidate species for the Northeast require breeding work. I’ll introduce simple and easy plant breeding, discuss the Bagdersett chestnut & hazel breeding project and suggest projects for backyard breeders.

119) Business Strategies for Turbulent Times  **All levels**
Campus Center 905-09
**David Eggleton:** AOLCP, founded Applied Ecologics, developed Meaningful Makeovers.  
**David de Smit:** MLA, food gardens and home economics systems design consultant.  
Soil-conscious local businesses, both service and production types, face unrelenting turbulence and unfamiliar challenges driven by energy costs. With your stories, we’ll develop a dialog. We’ll consider the role of design, explore technologies appropriate for smaller scale and integrated operations, and examine alternative ways to own production.

120) Cities Will Save Us: Regenerative Urban Ecology  **PC Track  Intermediate-Advanced**
Campus Center 174-76
**Rafter Sass:** Permaculture designer, mycophile, research agroecologist.  
**Felix Wai:** Community organizer, ecological designer, PhD student.  
Think sustainability is all about rural homesteading? Nope! Cities might just be mandatory for a sustainable society. Renew your hope for the urban environment, as we discuss the ways in which cities are uniquely suited for sustainability. We’ll integrate agriculture, energy, bioremediation, and permaculture, into a comprehensive picture, plus discussion.

121) Community Resilience in Neighborhoods  **TT Track  Beginner**
Campus Center 805-09
**Molly Hale:** Transition Northampton, college instructor, Wildlife Habitat Consultant.  
**Keith Zaltzberg:** Permaculture designer & Transition Greenfield enthusiast.  
**Tina Clarke:** Transition Trainer, Environmental Advocate & Community Consultant.  
How can city neighborhoods become more resilient? Local Transition organizers will share approaches to strengthening connections with nearby neighbors. We’ll explore experiences and ideas for getting to know neighbors and developing mutual support. Come share yours and hear stories from transition initiatives in the U.S. and worldwide.

122) Community Supported Fisheries  **All levels**
Campus Center 811-15
**Niaz Dorry:** NAMA director and social, economic and environmental justice advocate.  
**Carolyn Eastman:** fisherman, Community Supported Fisheries coordinator, fish marketer.  
Learn how Community Supported Fisheries are allowing fishermen to get paid a fair price while catching less fish; bringing fresh, locally and sustainably caught seafood to your plates; ensuring our marine environment, communities, economies, and food systems are healthy; and fighting the threats of corporate takeover of our seafood industry.
123) Debate: Organic Soil Fertility Approaches  **OLC Track  All levels**
Campus Center 163C

**Lee Reich:** My approach to soil fertility reflects my fundamental faith in natural processes. I improve and maintain fertility from the top down using organic materials, especially compost, augmented, as needed, by seaweed, rock powders & seed meals.  

**Dan Kittredge:** My goal is highest quality nutrition in crops, achieved by addressing microbial and mineralogical limiting factors in the biological system.

**Dave Jacke:** I will argue that, by their very nature, perennial ecosystems build soil while annual agriculture destroys soil unless extraordinary measures are taken. Being energetically able to afford extraordinary measures is seriously in question over the long haul.

Organic agriculture distinguishes itself from "conventional" by its approach to soil fertility, yet people working within an organic system have divergent ways of thinking on the subject. Panelists will discuss their preferred approach and how the practices and paradigms they promote address the urgent global crisis of soil depletion, or "peak soil."

124) Ecologically Regenerative Micro-Industries for Soil Detoxification  **OLC Track**
Campus Center 162-75  **All levels**

Scott Kellogg and Stacy Pettigrew: Founders of The Radix Ecological Sustainability Center in Albany, NY, and authors of, “Toolbox for Sustainable City Living”. Building clean soil is critical for local food security! Come learn how the by-products of green businesses can be used for affordable, “low-intensity” soil bioremediation. Examples include mushroom production, community composting, vermicomposting, compost tea, phytoremediation; these techniques are applicable in a range of environments.

125) Farm Acquisition Finance  **BF Track  All levels**
Campus Center 804-08

Bob Bernstein: LFG co-dir., helps farm seekers, farmers, landowners keep farms working. Learn how a farm finance strategy can fit your financial resources to the farm and land that is right for you. Join us to learn how understanding your family living budget, farm business, and acquisition finances determines how you can afford to get on the land.

126) Getting Started in Beekeeping  **All levels**
Campus Center 803

Roland Sevigny: Gardener, fruit grower, winemaker, MA Beekeeper of the Year: 2000. Learn the basics of the rewarding hobby of keeping honey bees, which pollinate one third of the food we eat. Learn how a bee hive works, from queen to drone to worker bee. Learn how to have bees work for you and give you honey. We will cover the essential equipment needed for home-scale production and how to get started.

127) Green Schools: Recycling, Composting, Gardening  **Intermediate**
Campus Center 904-08

Mark Warford: Asst. Principal, award winning teacher, environmentalist, gardener. Lauren Wright: Student worker in school “Green” programs. Gardener, environmentalist. This workshop will highlight how the Bethlehem schools model true environmental stewardship. The presentation will show replicable student-run programs that include recy-
clinging, composting, kitchen and donation gardens and renewable energy awareness. We will share the work the students perform, resources that are available and connections to the classroom curriculum.

128) Medicinal Herb Walk  
*All levels*

**Outside: Meet at the Registration Tent**

**Brittany Wood Nickerson:** Herbalist, educator and food activist in North Amherst, MA.

On this walk we will explore the many medicinal uses of trees, herbs and weeds on the UMass campus. We will cover identification techniques, traditional folk uses, and practical daily application for nutritional and medicinal benefits. Discover how you can use these common plants and weeds for your food and medicine!

129) Modern Homesteading: Retooling a Tradition  
*All levels*

**Campus Center 101**

**Philip Ackerman-Leist:** Homesteader, farmer, professor, and author of "Up Tunket Road."

**Erin Ackerman-Leist:** Homesteader, homeschooling mother; illustrator,"Up Tunket Road"

Ecological constraints, economic struggles, sociological pressures, new technologies, and old wisdom—the American homesteading tradition is shifting. A variety of homesteading ventures show the possibilities, whether it’s “back to the land” or “back to the yard.”

130) No-Till Raised Bed Gardening  
**OLC Track**  
*Beginner*

**Campus Center 168C**

**Beth Ingham:** Organic gardening for 20 years, Whole Health Educator.

**Bob Jennings:** Forty years of gardening and sustainable living skills.

We designed two 12,000 sq. ft. gardens of 34 permanent 4’ by 54’ raised beds each which we keep covered in mulch and add 2” sifted compost to each year before planting. We will share how to lay out raised beds, weed control, plant spacing, compost building and all the failures and successes of our twenty years gardening this way.

131) Profitable Specialty Crop Production  
*All levels*

**Campus Center 165-69**

**Michael Kilpatrick:** runs Kilpatrick Family Farm, a year round CSA/farmers’ market.

Drawing on my vast experience as a specialty crop grower, I will discuss how specialty crops have grown our business. From artichokes to zucchini blossoms, from ginger to kohlrabi, we have done it all! Participants will learn the ins and outs of over a dozen specialty crops and their cultural practices.

132) Raising a Family Cow  
*Beginner*

**Outside -- Meet at the Cow**

**Megan Johnson:** Operates Buttercup Farm and Holy Cow Cheese Company.

Participants will learn the fundamental skills in raising a family milk cow. Covering all aspects pertaining to producing your own fresh milk at home, including breed selection, housing, feeding, animal health, breeding and milking equipment.
133) Teen Service Learning in Agriculture  
   Campus Center 903
   Susan Youmans: Organized farm preservation & environmental justice campaigns; teacher.
   I’ll outline two teen service learning programs, then describe Marshall Ganz’s community organizing framework and how it helped us expand our constituency. We’ll identify future outreach/organizing projects & use the framework to review past experiences (including teen programs) find ways it helps thinking about your project.

134) Tips for Achieving Physical Wellness and Dental Health  
   Beginner
   Campus Center 917
   Jean Nordin-Evens: Holistic Dentist, mercury-free w/ focus on prevention and education.
   Charise Ivy: Medical Doctor practicing holistic, nutritional, and functional medicine.
   We will test your existing knowledge of health and wellness, and offer tips and hints to help you navigate thru what are truths and what are the myths in the world of medicine and dentistry. This workshop will give you valuable pearls to help you and your family.

135) TOUR: Beaver Lodge: Sustainable Home and Landscape  
   Campus Center 903
   Tour: Marie Stella: Instructor, Boston Architectural College, interested in sustainability.
   Visit a LEED Platinum house and investigate its sustainable landscape with rainwater harvesting, natural pool with regeneration area, and edible landscape. Ongoing projects include small green roof, vertical garden, and water circulation. I welcome children who may enjoy the children's study area. Lunch available. 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. Proceed 1.7 miles, and turn left onto Barnes Road. Pass Edge Hill Golf Course on right, continue 2 miles on dirt road. Pass a horse farm on left, BEAVER LODGE is next house on the left, set in the woods, clearly marked. TOTAL DRIVING TIME FROM UMass - 45 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 719 Barnes Rd, Shelburne Falls, MA 01370. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

136) TOUR: Brookfield Farm: CSA Systems  
   CSA Track  Intermediate
   Tour: Kerry Manire: Assistant Farm Manager at Brookfield Farm, Amherst, MA.
   Brookfield Farm has run a CSA for 25 years. This tour will focus on the systems we have developed over that time to efficiently run our operation. 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, follow for 0.5 miles. Make first left onto Hulst Rd (you'll see a Brookfield Farm sign). Go 600 yds on Hulst, turn in to Brookfield Farm at the sign on
137) TOUR: Red Fire Farm: Converting Land to Certified Organic and Managing Two Farm Locations.  

**Intermediate**  

**TOUR**  

**Ryan Voiland**: Founder and General Manager of Red Fire Farm.  
**Sarah Voiland**: Human Resources and Communications Manager of Red Fire Farm  

In this on-farm tour we’ll talk about several major farming transitions at Red Fire Farm. In order to achieve long term land security we decided to buy a second farm that is located 25 miles north of our original location. During this tour of the new 120 acre farm property on the shores of the Connecticut River in Montague, MA, we will talk about how we are managing the transition of the farm land from conventional to organic, and we will also talk about how we are managing the transition of our business from operating in one location to two locations. During the wagon & walking tour we’ll see the construction of our new produce and packing facility, fields of cover crops, and our fields of pick your own vegetables. Red Fire Farm is a 1,500 member CSA, wholesale and retail farm that sells produce, plants and flowers year-round.  

**DIRECTIONS**: From Amherst take Rt. 116 north for about 6 miles. In Sunderland center Rt. 116 intersects with Rt. 47. Turn right onto Rt. 47 north. In 1.4 miles take a slight left onto Falls Road. Falls Road turns into Meadow Road at the town line. The farm will be on the right 3.4 miles after the turn off of Route 47. Park near the tobacco barn which is just beyond the Red Fire Farm sign. We will meet near the south end of the tobacco barn. Allow for 30 minutes driving time. **ADDRESS**: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

138) TOUR: Sidehill Farm Dairy  

**Intermediate**  

**TOUR**  

**Amy Klippenstein and Paul Lacinski**: Small-scale dairy producers.  

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. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.
Tour: UMass Crops Research Farm: Hands-on Pest Management & Organic Insect Ecology  BFTrack  All levels

TOUR

Ruth Hazzard: Publishes insect and vegetable observations in Vegetable Notes newsletter.

Sat 1:00  Beetles, caterpillars, plant bugs, leafhoppers, and aphids feed on vegetables above and below ground, and their natural enemies wild or released can sometimes keep them in check – and sometimes not. How can cultural practices, sharp eyes and good timing ensure a healthy crop? 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 farm entrance near the animal barns. Look for signs for parking. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 89-91 River Road Deerfield MA, 01373. BUS SERVICE PROVIDED, SEE ADDENDUM FOR BUS SCHEDULE.

NEAPFD WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

140) Adjusting, Positioning & Hitching D-Ring Harnesses  All levels
UMASS RESEARCH FARM - HAY BARNYARD
Les Barden: Work-horse advocate, logger, farmer.
We’ll discuss and demonstrate the exacting fit and function of the D-ring harness. Incidental to appreciating the essence of this (forgiving) horse-saver, the concepts of comfort, safety, and dignity of both driver and horse shall be emphasized.

141) Animal-Powered Hay Harvest  All levels
UMASS RESEARCH FARM - HAYFIELD
This workshop will feature a variety of animals and tools. Oxen, mules, and horses will use a loose hay loader, a motorized forecart with a PTO baler, and a bale wagon to complete the hay harvest. A great opportunity to discuss various animal-power technologies.

142) Getting started with Draft Horses: Harnessing and Driving  Beginner
UMASS RESEARCH FARM - TRAINING AREA
Jennifer Judkins: Runs a small, organic, diversified farm in Springfield, NH.
In this workshop, Reno – my Percheron – and I will familiarize participants with basic care and harnessing of the workhorse as it relates to driving, then we’ll address driving skills, using simulations and hands-on instruction. Offered twice: Fri. 2 PM & Sat. 1 pm.

143) Oxen Hoof Trimming and Shoeing  All levels
UMASS RESEARCH FARM - FREESTALL BARN - EAST END
Bucky Cole: Bucky has owned, trained, and shod oxen for 35+ years
In this workshop I will orient you to an array of ox hoof trimming tools. I will show you how to trim for hoof care and in preparation for shoeing. I will show you what size nail to use and how to nail on shoes.
145) Working the Single Horse  
UMASS RESEARCH FARM - TILLAGE AREA  
**Michael Glos:** Diverse organic vegetable and livestock farmer for past 15 years.  
I will describe and demonstrate how we use a single horse for many tasks on our diverse farm including work in the woods, pasture and crop fields. I’ll share ideas on running a farm with just a single horse and in conjunction with a team or tractors.  

145A) Training Oxen to Work  
UMASS RESEARCH FARM - TRAINING AREA  
**Ray Ludwig:** Ray has trained working cattle for over 50 years. Using a team of oxen, I will demonstrate and discuss my training process.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

146) Children's Parade & Celebration Circle Prep  
Ages 5-12  
Cape Cod Lounge  
**Happy Dan the Music Man:** Entertainer of children of all ages, performs throughout NE. Singing songs, decorating floats, creating community, having fun, producing a wonderful parade for everyone involved. I will work with the children’s conference teachers and we will share our joy with the entire community! In addition I will be preparing the children to be part of a community-wide celebration circle which will conclude the parade.

TEEN WORKSHOPS – SATURDAY, AUGUST 13, 1-2:30 PM

147) I’m “just” a teenager - can I keep bees?  
All levels  
Grad Lounge  
**Christy Hemenway:** Founder of Gold Star Honeybees, advocate for young beekeepers! Teenagers learn so quickly - they make fantastic beekeepers! We talk about why bees are important & how you can start a top bar hive of your own. Lots of time for Q&A.

148) Raising Awareness about Food Justice Issues  
Grad Lounge  
**Danielle Andrews:** Backyard gardener/urban farmer; educator, The Food Project, Boston. Come learn how The Food Project is mobilizing the Boston area to push for positive food system change. TFP youth will lead curriculum they have implemented for over 500 people since last spring with the goal of mobilizing this diverse group of people to take action in personal, local and national issues.

149) The Joy & Health Benefits of Keeping Goats  
Grad Lounge  
**Alisande Cunningham Sweeney:** Runs Juniper Hill Farm, permaculture B&B near Amherst  
I’ll provide a basic overview for getting started with dairy goats: choosing a breed, milking equipment, goat health care, nutritional benefits, smoothie recipes, take out "books," and goat groups. This will be hands-on, outside with live goats. Plenty of time for Q&A.
WORKSHOPS DURING THE FAIR

2:30 - 4:30 pm
149A) Confusing Education with Schooling  All levels
Campus Ctr. Reading Room
Phillip Botwinick: Educates on energy, economics, and environment.
In 1900, 98% of U.S. citizens were literate; 100 years later only 66% are considered literate. The result of compulsory schooling is not a more educated populace. We’ll explore the origins of schooling, its history in the United States, and its importance to our mass consumption society.

3:00-5:00 PM
150) Dogs Herd Ducks; Kids Herd Kids  Beginner
Outside -- Meet at the Dogs and Ducks
Jill Horton-Lyons and Jim Lyons: work w/dogs to manage sheep on their Leverett farm. What do herding dogs do? What are their strengths and weaknesses? Kids can be herders too. Come watch dogs herd ducks, and kids will have a chance to try herding as well. Children welcome with adult chaperon.

3:00-4:30 PM
151) Take Part in NOFA’s Policy Capacity-Building!  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.
The NOFA Interstate Council is in the process of building its regional and national policy capacity from the grassroots up. Come one and all for updates on biotech crops, food safety legislation, etc., and contribute your input for issues NOFA needs to address in the coming months.

ADULT WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

152) Canning, Dehydrating, and Root Cellaring  Beginner
Campus Center 804-08
Kathy Harrison: Author, “How To Be Self Sufficient When The Unexpected Happens”. Knowing how to preserve the bounty of summer for year-round use makes it possible to eat as well in January as you do in July. Participants will learn the basics of pressure canning, dehydrating and using a root cellar to enhance your family’s food resiliency.

153) Certified Organic Nutrient Dense Small Fruit  ND Track  All levels
Campus Center 163C
Julie Rawson and Jack Kittredge: We like fruit. We will discuss strawberries, blueberries, black and red raspberries, grapes, and miscellaneous uncommon fruits, covering fertility, cultural management (beds, trellises, etc.), pruning, harvesting, timing, and eating!
154) Creating School Gardens with Local Farm Partners  
Beginner  
Campus Center 805-09  
Jon Belber: Winner of two national teaching awards. Holly Hill Farm Education Director.  
Cindy Prentice: Director of Holly Hill Farm.  
Participants will learn successful tips for creating a lasting school garden by collaborating with a local organic farm. Workshop includes getting started, curriculum, avoiding pitfalls, and long term sustainability.  

155) Cultivating Community Through Food-Related Events  
All levels  
Campus Center 903  
Jacqueline Lewin: Special Events & Outreach Coordinator, Yale Sustainable Food Project.  
Alexandra Romanoff: Program Coordinator, Yale Sustainable Food Project.  
Using the Yale Farm’s wood-fired hearth oven and other simple implements as examples, we will explore how organizers can create food-related events that are simple, delicious, sustainable, educational, and cost effective. We’ll discuss your farm’s infrastructure possibilities, budgeting, and event ideas.  

156) 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 chevre, and kefir – four delicious and healthful foods you can easily make in your own kitchen with simple kitchen tools. I will have plenty of samples to taste.  

157) Food and Fuel Collide: What to Expect?  
All levels  
Campus Center Auditorium  
Ignacio Chapela: Professor of Microbial Ecology, Berkeley.  
The highest historical food prices match a spike in fuel prices. Farmers find themselves in the middle of a crisis that will not go away. What is real and what is smoke-and-mirrors? Together, amidst the noise and propaganda, we will develop the tools to take on the challenge of understanding this conundrum.  

158) Kick Sugar Cravings in a Fun, Sustainable Way  
All levels  
Campus Center 811-15  
Katie O’Keefe: Holistic health coach.  
Tim Kiely: Teacher & Mindfulness-Based Stress Reduction instructor.  
You’ll become a savvy sugar sleuth, learn the causes and hidden messages of cravings and will get tools to break the craving cycle & transform your relationship with sugar.  

159) Lessons Learned: 15 Years of Organic Poultry  
All levels  
Campus Center 917  
Karma Glos and Michael Glos: Diverse livestock farmers just getting the hang of it.  
We will describe the history of our certified organic poultry operation as it developed over the last 15 years through slides and stories. We will share our triumphs, failures, and lessons learned with meat chickens, layers, ducks, and turkeys.
Livestock for a Small Earth  
Brooks Lounge

**JP Perkins**: Central Massachusetts Volunteer Coordinator for Heifer International.
Sustainable, smallholder agriculture, especially with livestock, can be a solution for world hunger and poverty. This workshop will examine the issues surrounding global hunger and poverty and how sustainable agriculture and livestock are making a difference. We will also see how a values-based development model enables these solutions.

**Sun 8:00**

161) Making Compost Tea  
**OLC Track**  
Beginner-Intermediate

*Campus Center 165-69*


What is compost tea? How do I use it? When do I use it? The workshop will cover the different steps of brewing compost tea.

162) Perennial Polycultures for the Farm  
**PC Track**  
Advanced

*Campus Center 101*

**Benneth Phelps**: Commercial vegetable, fruit and small animal farmer at Mosaic Farm.

**Ethan Roland**: Permaculture designer, teacher & researcher, practices regenerative design.

Learn the WHY and HOW of perennial multi-species cropping strategies that reduce pest pressure, increase yields, and decrease off-farm inputs. This interactive workshop will explore specific examples of low-maintenance polycultures including plants and animals. For those with limited familiarity, "Permaculture Fundamentals" (#69) and "Perennial Crops with Commercial Potential" (#97) are suggested prerequisites.

163) Systems + Species: A Peak-Oil Homestead Example  
**PC Track**  
Intermediate

*Campus Center 803*

**Ben Falk**: Land planner and site developer, Mad River Valley, Vermont.

A report on the Whole Systems Design Research Farm, 7 years in. See the systems and species used in converting 10 degraded acres of hillside into a resilient small farm/homestead, including: rice paddies, fuelwood hedges, grazing-perennial plant integration, aquaculture/ponds, swale earthworks, high-performance buildings, soil decompaction, terraqueaculture/fertigation, ‘edge’ species, mushrooms, more.

164) The Case for Full Spectrum Fertility  
**ND Track**  
Advanced

*Campus Center 904-08*

**Derek Christianson**: Farmer & Educator at Brix Bounty Farm, Dartmouth, MA.

An examination of our pre-transplant fertility protocol. Join us as we discuss the steps taken at Brix Bounty Farm in the critical week leading up to transplanting. Focusing on soil fertility we aim to create prime soil conditions for vigorous root growth and thriving transplants. Inoculants, amendments, and energy in-depth.

165) TOUR: Simple Gifts Farm: Integrating Livestock & Vegetable Production  
**Intermediate**

**TOUR**

**David Tepfer**: Co-owner of Simple Gifts Farm.

We’ll demonstrate how we’re integrating laying hens, beef cows, sheep, sows and pigs, and a young team of oxen onto fallow vegetable land & small permanent pastures on our
farm. We'll 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. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE "TOUR RIDE BOARD" PLACED AT THE REGISTRATION TENT.

166) Transition to Resilience – a Global Movement  TTTrack  Beginner
Campus Center 174-76
Tina Clarke: Certified Transition Trainer. NGO consultant, trainer & advocate for 27 yrs. Mario Yanez: permaculture designer in Miami, transition trainer; director, Earth Learning. In just a few years, thousands of Transition Initiatives are popping up across the world. Founded by a permaculture teacher and drawing insights from many walks of life, the combination of tools and resources have made this model highly effective in helping people come together to build local resilience.

167) Tree Biology for Orchards & Woodlots  BF & OLCTrack  All levels
Campus Center 168C
Bill Mack: A serious student of Tree Biology. How do trees grow? Do they heal, have immune systems? We'll also look at root structure, mycorrhizae, limb growth, wounds, insect and fungal attacks, white and brown rot, disease, CODIT, barrier zones, and branch collars. What can we do, and what should we avoid doing, to keep orchards and woodlots healthy?

168) Urban Gardeners Unite! Community Gardening in NYC  OLCTrack  All levels
Campus Center 162-75
Sara Katz: Community Horticulturist for Bronx Green-Up, NY Botanical Garden. Karen Washington: Community garden activist; President-NYC Comty Garden Coalition. We'll highlight the successes and challenges of building community in New York City through urban gardening and agriculture. Explore the borough's greening movement through the lens of community gardeners, dedicated volunteers, and school kids. Watch as a school garden springs up on Tremont Avenue! We'll brainstorm to discover ways of building community involvement in your garden project.

NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

169) Animal-Powered Community Grains  All levels
Campus Center 911-15
Erik Andrus: Farms with horses and bakes bread in the Champlain Valley. Ben Lester: Runs Wheatberry Farm & Bakery and The Pioneer Valley Heritage Grain CSA. Farmers Erik Andrus and Ben Lester will share their experience integrating draft animals with local community grain models. We will explore the "why" and the "how" questions of using living horsepower to bring "staff of life" crops to the table.
170) Cooperative Animal-Powered Timber Harvest
Campus Center 905-09
Ben Canonica: Ben farms and logs with horses in central VT.
In 2010 a group of loggers collaborated on a job where they each brought resources to share. We’ll cover the specifics of how the job worked out, forestry objectives, marketing, and discuss how this model may help promote animal-powered forestry.

Sun 8:00

171) TOUR: Natural Roots Farm: Horse Powered CSA, part I
TOUR
David Fisher: Runs 220 member horsepower CSA; farming for 15 years.
Daniel Berry: Has farmed with horses for two years.
Lily Carone: horsepower farm apprentice focused on diversifying power sources.
Tom Coughlin: Has been farming with horses at Natural Roots since 2005.
We rely exclusively on horsepower to run a 220 member CSA and to harvest hay and timber. We’ll use live horsepower demonstrations on a variety of traditional and innovative implements to illustrate our vegetable production systems. Opportunity for lots of discussion. DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right hand side. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway MA 01341. BUS SERVICE PROVIDED, SEE ADDENDUM FOR BUS SCHEDULE. (For part II, see 195)

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

172) Caring for Rabbits
Cape Cod Lounge
Leslie Ardison: Have raised rabbits for 17 years.
A general handling workshop. You’ll learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

173) Nature's Colors
Cape Cod Lounge
Rosemary Glos: I am a farm kid with years of experience experimenting in the woods. Introduction to natural dyes from plants, lichen, and fungi. I’ll show my dye notes, books on natural dyeing & examples of dyestuff. We’ll do a simple wool dye with native plants.

174) Play Party Rhythm Games and Dances
Cape Cod Lounge
Valerie Walton: Music teacher, saxophonist and gardener.
I 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. We also love making rhythm ensembles with percussion and will do some of that if interest and time allows.
TEEN WORKSHOPS – SUNDAY, AUGUST 14, 8-9:30 AM

175) Exploring Green Energy
Grad Lounge
Heather Botelle: Science Teacher, Norwich Free Academy, CT.
We will discuss the relative strengths and drawbacks of various alternative energies as well as the importance of geography in determining which type to utilize. Using solar panels, we’ll collect data on angles vs. absorption and discuss site placement.

176) Preparing Wild Edibles and Weeds
Grad Lounge
Mira Nussbaum: A decade of loving, preparing, eating & teaching others wild plants.
Participants will experience a sensory explosion while testing out the flavors and smells of these wild treasures. We will pick, cut, wash, cook and preserve weeds and wilds grown in Northeastern yards and fields. During each step of the process we will munch on wild snacks and sip teas.

ADULT WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

177) Arcosanti, Paolo Soleri, and Ecological Cities
All levels
Campus Center 904-08
George Kosmidis: Solar & wind engineer with Soleri & Arcosanti for past 30 years.
Arcology is architect and philosopher Paolo Soleri’s concept of cities that fuse architecture with ecology. It uses a highly integrated & compact 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.

178) Bringing the Community Together to Transition
TTTrack Beginner
Campus Center 805-09
Judy Phillips: Retired physical education teacher, Buddhist web site manager.
Walter Jaworski: Veterinarian, college professor.
Emily Koester: Social worker, activist, early childhood educator, mom.
To build resilience we need to get people together across social, economic and historic divisions. How do Transition Initiatives include and invite the broad community? Members of the Transition Northfield Initiating Group will share their experiences engaging over 230 community members, and a very wide range of local groups.

179) Essential Cover Crops
BFTrack All levels
Campus Center 101
Elizabeth Dyck: Coord., Organic Growers’ Research & Info-Sharing Network (OGRIN).
Thomas Bjorkman: Horticulture professor, does outreach for cover crops in vegetables.
We’ll share research and grower experiences that demonstrate how 1) cover crops increase and sustain farm productivity and 2) they can fit into your cropping sequence. We’ll also discuss how issues on your farm—both soil and pest-related—can be addressed through use of specific cover crops. Bring your questions!
180) Essential Oils to Enhance your Life & Well Being    Beginner
Campus Center 903

John Tycz: NOFA Accredited Organic Land Care Professional with Go Organic LLC.
A brief history of the production and use of essential plant oils, then you’ll learn how to use the oils as a replacement for petro-chemicals. We shall cover aromatherapy, first aid, disinfecting the home, cooking, insect repellents and personal care.

Sun 10:00

181) Fertilizer Use and Application Equipment    ND Track    Intermediate
Campus Center 811-15

Bryan O’Hara: Farms at Tobacco Road Farm in Lebanon, CT.
The use and properties of mineral amendments and fertilizers. Topics will include: proper selection and trialing, effects on soils and crops, monitoring crop response, proper mixing, use of liquid and dry materials, and equipment selection for application.

182) Hoop Houses: Count on Success    All levels
Campus Center 162-75

David Zemelsky: Therapist meets dirt full time.
Star Light Gardens grows high brix heirloom tomatoes in the summer and astonishingly sweet greens in the deep of winter. Hoop houses help this happen. We’ll cover 12 months of planting, choices of tomatoes and greens, disease control, harvesting & soil enrichment.

183) Making a Foolproof Country Wine    Beginner
Campus Center 163C

Jack Kittredge: Homesteader, food preservationist, farmer and winemaker.
Use up your unmarketable fruits, or wild harvested berries, by making a delicious alcoholic beverage that will get you invitations to all the best parties! Jack’s tried and true formula is simple and never fails to produce a delicious bottle, several of which will be available for sampling after the workshop.

184) Mindfulness for the Land, Food, and Work    Beginner
Brooks Lounge

Tim Kiel: Teacher & Mindfulness-Based Stress Reduction instructor in Boston area.
Mindfulness is the practice of paying attention, deliberately and without judgment. In this experiential workshop we’ll explore several simple, yet powerful mindfulness practices. When we take the time to notice our surroundings, what we are doing, and the food that nourishes us, we uncover a richness of life we may otherwise miss.

185) Pastured Poultry: From Brooder to Bag    All levels
Campus Center 917

Ken Gies: 20 years pasturing poultry; 8 years hatching.
I will present the fundamentals of brooding, feeding and watering, field specifications for pasture, processing, and marketing organic pastured poultry – all with a minimalist approach to equipment. Beginners will get tools to get started and the experienced will gain info to improve their techniques.
186) Preserving Our Native Medicinal Plants  
Beginner  
Campus Center 804-08  
Kate & Dan Rakosky: Sagewood Herb Farm, an organic farm and botanical sanctuary. 
Our farms & gardens, no matter the size, are sanctuary for many species of healing herbs that are “at-risk” because of habitat loss or improper harvesting. Learn how we can protect these plants and their habitats for future generations. Includes slide show & handouts.

187) Site Assessment & Mapping  
Beginner  
Campus Center 165-69  
Carolyn Edsell-Vetter: Designs sustainable residential landscapes in and around Boston. How to assess a landscape in terms of exposure, hydrology, and microclimates. We will consider existing site conditions in terms of challenges and opportunities. Participants will learn to develop a scaled site inventory and use maps in their own garden planning.

188) Small Woodlot Management for Multiple Yields (Even Income)  
BF & PC Track  
Beginner  
Campus Center 803  
Steve Gabriel: Permaculture designer, teacher, and forest farmer in Finger Lakes, NY. Explore the potential for multiple yields from your underutilized woodlot. Topics we’ll cover include forest ecology, crop tree management, mushroom production, tree crop systems, woodworking materials, maple sugaring, and more. Discussion focuses around the best practices to increase ecological health and generate income.

189) Synthetic Biology: The Frontier Beyond GMOs  
All levels  
Campus Center Auditorium  
Ignacio Chapela: Professor of Microbial Ecology, Berkeley. 
In your fields, do you grow food, fuel, pharmaceuticals, plastics, or plain diesel? If this question sounds familiar, you must have heard about “Synthetic Biology.” I’ll introduce and help understand the living things covered by this term, stressing the difference between hype, hope & unaccountable ecological releases of unmanageable reproducing organisms.

190) The Hows & Whys of Growing Heirloom Apples  
OLC Track  All levels  
Campus Center 168C  
Bill Mackinley: Heirloom nurseryman. 
The first half of the workshop will cover the basics of holistic orchard management, from planting trees to basic pruning, pest management, and harvesting. The second half will be devoted to heirloom cultivars – their history, uses, quality and anecdotes about their origins. Come and learn about your favorite old apples!

191) Traditional Pickling/Lacto-Fermentation  
Beginner-Intermediate  
Brett Lounge 001  
Dan Rosenberg: Founder/owner of Real Pickles. 
Come learn about lacto-fermentation, the original and healthy way of pickling vegetables. We’ll focus in on the key concepts you need to know (salt concentration, temperature, etc.) to make delicious pickles at home. I’ll demonstrate preparing small batches in mason jars and have some finished samples on hand for tasting.
192) Yum! 6 Years of Perennial Food Production **PC Track  Intermediate**
Campus Center 174-76
Jonathan Bates: Owns PermacultureNursery.com, homesteads w/friends in Holyoke, MA. Want to see permaculture plantings that work? Through images and discussion enjoy a thriving Edible Forest Garden that produces loads of fruits, roots, shoots, greens, seeds, flowers, mulch, eggs, knowledge and fun. Come learn how to use the plants (and other yields) from this permaculture paradise in your own garden.

Sun 10:00

NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

193) Animal-Power Equipment Innovation on Small Dairy **Intermediate**
Campus Center 905-09
Mark Fellows: I have managed a 25 cow mixed power dairy for 30 years. I will show and discuss the work I accomplish and the equipment I use with horse, cow, and people-power. I will also share my ideas for future animal use. Discussion will follow.

194) Overview of Draft Implements & Vehicles **BF Track  Beginner**
Campus Center 911-15
Erik Andrus: Farms with horses and bakes bread in the Champlain Valley. A visual introduction to the world of animal-powered farming technology with a focus on contemporary Northeastern farms. We will learn about the many tasks performed with living horsepower, on farm and off, in the region and elsewhere.

195) TOUR: Natural Roots Farm: Horse Powered CSA, part II **Intermediate**
TOUR
David Fisher: Runs 220 member horsepowered CSA; farming for 15 years.
Daniel Berry: Has farmed with horses for two years.
Lily Carone: An apprentice at Natural Roots focused on diversifying power sources.
Tom Coughlin: Has been farming with horses at Natural Roots since 2005.
Part II continues the session begun Sunday at 8am. (See #171). In part II, we’ll continue demonstrating traditional & innovated horse drawn equipment in our produce operation. We will also continue to discuss all aspects of running our farm with horse power.
DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland, and Deerfield, to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the right. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. BUS SERVICE PROVIDED, SEE ADDENDUM FOR SCHEDULE.

196) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm **Beginner**
TOUR
David Tepfer: Co-owner of Simple Gifts Farm.
We’ll show our progress in training young oxen and finding uses for them on our 15 acres of organic vegetables. We’ll demonstrate cart work, seeding cover crops, light cultivation, & both a single and double yoke. We’ll discuss basic training, animal care, “fringe bene-
fits”, & the economics of using oxen on a tractor-operated farm. 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. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM  Sun 10:00

197) Hopscotch For Hip Kids   Ages 7-8  
Cape Cod Lounge  
Janna M. Boettcher: Creative Mom who loves kids, playing games and having fun.  
Claire Boettcher: Fun-loving teen who loves games of all types.  
We will teach some different and fun ways to play this age-old game that kids have been playing for generations. Bring your rock and get ready to hop, skip and jump!

198) Make Your Own Yummy Lip Balm!   Ages 5-12  
Cape Cod Lounge  
Corey Calaiolo: Herbalist, consulting hypnotist, founder of Karma Balm, LLC.  
Alison Caruso: Nature lover, Mother, Vice President of Karma Balm, LLC  
This workshop will include an introduction to rich organic oils and herbs mixed and melted into a delicious lip balm. We will be teaching the children the important Karma Balm motto “If you can’t eat it you shouldn’t put it on your skin!”

199) Mr Guitar Man   Ages 2-6  
Cape Cod Lounge  
Tad Hitchcock: Music teacher, guitarist and gardener.  
I will accompany singing, dancing and percussion playing with my guitar as I have for the last 14 years as a music teacher. We will sing songs about nature, farms, gardens and birds.

200) Surprise Craft   Ages 9-12  
Cape Cod Lounge  
Mary Lou Conna: Former Scout Leader, former elementary school teacher, and crafter.  
Mary Lou’s been presenting children’s craft workshops for many years at the Conference. Although she was still finalizing her ideas at the printing of this book, the participants are guaranteed to have fun with her!! See conference bulletin board for more details.

TEEN WORKSHOPS – SUNDAY, AUGUST 14, 10-11:30 AM

201) Exploring Our Animal Energies through Qigong   All levels  
Grad Lounge  
Rachel Scherer: Studying Qigong and Yang Style Taiji, passing it on!  
Qigong (literally “energy work”) promotes circulation of blood, air, energy, and that hard-to define “life force”, Qi. Many practices employ animals as metaphors. We’ll practice with Orioles, Roosters, Bears, and Owls to introduce working our energy to promote a sense of ease. Helpful for managing stress in daily life.
202) Indian Meal
Grad Lounge
Dean Bernard: Grew up in India with missionary parents.
I will show how to make a simple Indian meal, consisting of chapatis (bread), rice, and
dhal (lentils). It is a basic meal eaten in most places in India.

203) Raising Rabbits
Sun 10/1:00
Leslie Ardison: Have raised rabbits for 17 years.
Why raise rabbits? What breeds, basic nutrition, housing, handling, etc. Pellets vs. garden
greens, pastured vs. cages, heritage vs. modern breeds, fur or wool.

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

204) Coppice Agroforestry— Fuel, Fodder, Craft & Fun   PC Track  Intermediate
Campus Center 168C
Dave Jackie: Primary author of “Edible Forest Gardens” & long time ecological designer.
Learn the fundamentals of coppice agroforestry design and management. We’ll explore a
range of different production systems, a wide array of products and uses for young woody
sprouts & polewood and the most promising species for coppice systems in the northeast.

205) Feeding Healthy Kids in a Junk Food World   All levels
Campus Center 804-08
Erin Matica: Homesteader, wife, and homeschooling mother of five.
Learn ways of obtaining and serving healthy, organic foods with limited time and budget.
I’ll discuss handling birthdays and holidays and getting kids involved in the process.
Participants will gain practical and effective strategies for defining priorities, getting
organized, and planning for situations that seem to thwart our best efforts.

206) Goats From the Ground Up: We are what THEY Eat   All levels
Campus Center 803
Rachel Scherer: Raises LaMancha goats for milk, meat, and hides in Orange, MA.
Bruce Scherer: Restores fields and pastures focussing on management of invasive plants.
Our goal is producing nutrient dense dairy and meat in collaboration with the soil food
web. How we improve our small herd by managing pasture & forage for soil health as the
foundation for goat health – easy kiddings, freedom from mastitis & low parasite loads.

207) Hickory Gardens: A Permaculture Homestead   PC Track  Intermediate
Campus Center Auditorium
Jono Neiger: A dedicated teacher and practitioner of ecological design and permaculture.
Kemper Carlsen: Parent, gardener, teacher, cook and homesteader who loves to learn.
With stories & pictures we’ll show our work over the last 7 years at our 3-acre permacul-
ture designed homestead. We’ll cover passive solar home renovation, rainwater collection,
compost toilet, gardens, forest garden, small fruit, kiwi, terraces, pond, hedgerow, tree
crops, chicken forage system, woodland management, and community collaboration.
208) High-Performance Potato Varieties
Campus Center 101
Elizabeth Dyck: Coord., Organic Growers’ Research and Info-Sharing Network (OGRIN)
Keith Perry: Plant Pathologist and Director, NY Potato Foundation Seed Program.
Learn about potato varieties, many new to our region, that performed best in terms of
tuber quality, taste, marketability, pest tolerance, and yield during three years of growers’
trials coordinated by the Northeast Organic/Sustainable Potato project. We’ll also cover
best management practices for organic production and potato seed-saving.

209) Homeopathy for Gardeners, Beekeepers and Nature Lovers
Campus Center 911-15
Jeanne Deignan-Kosmides: Lay Homeopath & Bach Flower Remedy Consultant
Come learn homeopathic & natural treatments for gardeners, beekeepers and summer ailments that will help heal first aid challenges. I will cover topics including, minor injuries, fevers, summer colds, insect bites/stings, rashes, overexposure to elements, and food poisoning. We will learn basic homeopathic casetaking, remedy selection, and administration.

210) How & Why to Keep Bees in Top Bar Hives
Campus Center 904-08
Christy Hemenway: Founder of Gold Star Honeybees, advocate for healthy bees!
Bees in top bar hives live on their own naturally made beeswax - no embossed wax foundation sheets are used. We will talk about why this is important, and cover the basics of how to manage a thriving honey bee colony in a hive filled with this amazing honeycomb.

211) Making Herbal Creams, Oils & Lip Balms
Brett Lounge 001
Sarah Shields: Farmer & herbalist for 12 years, owner of Birch Moon Herbals.
You’ll blend your own herbal oil, pour your own lip balm, make a healing herbal handcream that you scent yourself! A $5 material fee sends you home with a sample of each. You’ll learn how to do it at home. We’ll talk herbs, and get a list of suppliers and recipes!

212) Managing Farm Interns as a High Value Crop
Campus Center 903
Daniel Botkin: Teaches, farms and supervises “WWOOF” volunteers in Gill, MA.
Thousands seek hands-on learning on small farms, and many small farms benefit from seasonal learner/volunteers. One needn’t be a commercial operation to offer a valuable internship opportunity. In this highly interactive workshop, would-be mentors and volunteers learn how to find, set up and manage successful farm internships.

213) Metabolic Balance for Better Health
Campus Center 163C
William Rasmussen: Health practitioner, writer and researcher.
Energy production in the (human) body is dependent on 6 metabolic balances. Electrolyte level, sugar oxidation rate, oxygen/fuel ratio, nervous system activity, pH, and hormone (prostaglandin) balance. If a person has one of these imbalances taking certain foods, minerals and vitamins can reestablish balance and improve our bodies functioning and health.
214) Organic Pioneers & the Raw Milk Movement  All levels
Campus Center 162-75
Joseph Heckman: Professor of Soil Science, Rutgers University, & hobby organic farmer. Organic farming and the raw milk movement have common history. Pioneers envisioned a living connection between humus rich fertile soils and whole fresh unprocessed foods as key to public health. That vision naturally extends to unpasteurized milk. Successfully overcoming opposition to organic farming may open a pathway for raw milk.

215) Pastured Turkeys for the Thanksgiving Table  Beginner
Campus Center 917
Craig Haney: Livestock Mgr. since ‘04 at Stone Barns Center for Food and Agriculture. From day-old poults to the Thanksgiving table, we’ll cover the details of husbanding pastured turkeys, giving particular attention to brooding, pasture rotation, housing/roosting, diseases, feeds and preparation for the harvest. Whether for your family or for profit, this workshop will get you started with broad breasteded and heritage turkeys.

216) Personal Resilience through Sustainable Work  TTTrack  Beginner
Campus Center 805-09
Pepper Fournier: Taproot Commons, a Raw Milk Micro-Dairy & permaculture homestead. Bick Corsa: super-efficient construction; green building teaching & consulting. Sarah Stockwell-Arthen: Eco-friendly cleaning, musician-activist, herbalism & lacto-ferm. How do we make a living in a world that is rapidly changing, economically and environmentally? What kinds of work are truly sustainable? Three people involved in Transition will explore creating a good life in a world of higher oil prices and climate impacts.

217) Season Extension for Small Scale Seedling Starting  Intermediate
Campus Center 905-09
Amy LeBlanc: Certified Organic grower in Maine and heirloom tomato specialist. Learn how to back your garden season well into April. Explore seed starting schedules and techniques, and strategies to use and economically heat a small greenhouse. Moving seedlings from the windowsill to outside “accommodations” results in hardier plants for better harvests. We’ll also review extension methods for the end of the season.

218) Singing for the Soil and the Sensual  All levels
Brooks Lounge
Eveline MacDougall: Dir., Amandla Chorus. Founder, Greenfield MA community garden. I’ll lead singers (and "wannabes"!) in songs of celebration, peace, justice and love for our Earth. Chants, rounds, 4-pt. harmonies. I’ll share tips for opening the voice, heart and mind while creating beautiful sounds in community. Repertoire from around the world.

219) Soil Management Techniques  ND & OLCTrack  Intermediate
Campus Center 811-15
Bryan O’Hara: Farms at Tobacco Road Farm in Lebanon, CT. This workshop will focus on managing soils for the growth of healthy crops. Topics will include: soil and water management, methods to enhance soil life, timing for residue decay, tillage, use of cover crops and mulches, and evaluating soil quality.
220) Starting an Agroecology Fruit & Nut CSA  BF, CSA & PC Track
Campus Center 174-76  All levels
Susanne Hale: Manages CSA at NESFI. Teaches agroecology practicum at UMass.
Learn how Northeast growers & aspiring forest gardeners can double our region's fruit and nut production using agroecology, permaculture, and CSA. You’ll learn to select a balanced mix of fruit & nut crops for acreage and membership size, provide six months of fruit for CSA members, and calculate what plants the orchard needs for its fertility.

221) TOUR: Montview Neighborhood Farm: Permaculture in the City  BF & PC Track
TOUR  All levels
Lisa DePiano: Permaculture designer/teacher; cofounder, Montview Neighborhood Farm.
Molly Merrett: Main grower and cofounder of Montview Neighborhood Farm.
We’re a 6 year-old, small-scale, no-till, human-powered organic farm & permaculture demonstration site on 3.2 acres of city-owned conservation land in Northampton, MA. Learn about scything, swale digging, no-till methods, forest gardens, integrating animals, beekeeping, uncommon fruits, rain catchment, gravity fed drip, and perennial polyculture trials. DIRECTIONS: Follow RT. 9 into Northampton. After Bridge Street Cemetery, take a left onto Pomroy Terr. After Pomroy turns into Williams, make first left onto Montview Ave. Farm is down on the left, park on Montview Ave. Allow for 20 minutes driving time. ADDRESS: 38 Henry St., Northampton, MA. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

222) TOUR: Simple Gifts Farm: Biological Soil Fertility  ND Track  Intermediate
TOUR
Jeremy Barker-Plotkin: Has been growing veggies since 1999.
Simple Gifts Farm is a 350-member CSA growing 15 acres of vegetables on 35-acres. This tour will introduce our current efforts to integrate practices from the biological/nutrient density soil fertility program into our vegetable production operation. It will include showing the products and equipment we use to manage soil fertility. 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. Look for the big sign. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS, USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

223) Water-Greywater-Rainwater in the Landscape  OLC Track  Intermediate
Campus Center 165-69
Frank Koll: Promotes water conservation & organic landcare through design consulting. This workshop is an interactive session geared towards helping landscape designers, gardeners, landscapers, AOLCPs, etc., understand how to balance water and landscape requirements in an environmentally beneficial manner discussing alternative sources – greywater/rainwater for irrigation, estimating water usage/needs, programming/scheduling, maintenance & repair tips and tricks, sensors, and SMART watering systems.
NEAPFD WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

224) Animal-Power for Secondary Tillage, part II  All levels
UMASS RESEARCH FARM - TILLAGE AREA
Pat Bacon: Drives and does small-scale tillage with her mules.
Kenneth Mulder: Farm Manager and Research Associate at Green Mountain College. Part II continues the session begun on Saturday at 8:00 AM. (See #74). In part II, the use of oxen and a 6-mule hitch for use in secondary tillage will be demonstrated. We will discuss and compare the features of mules and oxen and a variety of tillage tools for both small and larger scale operations.

225) No Pressure Driving: The Calm and Relaxed Horse  All levels
UMASS RESEARCH FARM - TRAINING AREA
Donn Hewes: Farms with horses and mules in Central New York. Many horses are pulling hard on the bit while pushing with the harness. We will demonstrate steps to train a horse to work and drive free of this unwanted pressure.

226) Precision Plow Adjustment  Intermediate
UMASS RESEARCH FARM - TRACTOR BARN
Sam Rich: 2007 National Walking Plow Champion. In this workshop we will look at plows in the workshop, without horses, where we can inspect the plow and make adjustments to affect it's performance. The principles discussed are universal to any moldboard plow.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

228) Decoupage Discovery  Ages 9-12
Cape Cod Lounge
Claire Boettcher: Crafty teen who loves animals and the outdoors.
Janna Boettcher: Creative Mom who loves kids, playing games and having fun.
We will take a “found object” that would otherwise be someone’s trash and turn it into something beautiful by using the ancient art of decoupage, which is cutting and gluing paper onto it.

229) Paper Airplanes  Ages 5-12
Cape Cod Lounge
Participants in this workshop will learn how to make paper airplanes, including the infamous stunt nosed stunt flyer among others. Perhaps we can learn different styles of paper airplanes from each other and see whose flies the furthest outside, weather permitting, down into the Quad.

230) When the Root Children Wake Up  Ages 5-8
Cape Cod Lounge
Susan Youmans: Internet food & ag radio show, Waldorf mother, raspberry grower. We will read and act out Sybille von Olfers well-loved pictures in this story, choosing a
grass, insect, grain or flower to be, and learning what each needs to grow. We’ll then act out how organisms in the soil bring nutrients to the plants.

TEEN WORKSHOPS – SUNDAY, AUGUST 14, 1-2:30 PM

231) Beginning Backyard Chickens  
Grad Lounge  
Alice Armen: Gardens, raises dairy goats, chickens & honeybees in MA.  
This workshop is intended for those exploring the idea of keeping backyard chickens. We cover housing, feed and chicken breeds. We will look at how to set up ecological systems for chicken keeping as well as how to cook traditional chicken. We will have live chickens at the workshop.

232) One Solution to World Hunger: Farm Animals  
All levels  
Grad Lounge  
JP Perkins: Central Massachusetts Volunteer Coordinator for Heifer International.  
What is global hunger? Where? Why? How does it affect people? Using interactive games and demonstrations, we will try to answer these questions. We will also learn about some youth who live with hunger in our world and how Heifer International is helping them with livestock.
The NOFA Summer Conference is run by Committee. For specific questions contact the person in charge below.

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Give a NOFA Membership! Send dues for a friend or relative to his or her state chapter of one of the most active grassroots organizations in the region.

**Connecticut**: Individual $35, Family $50, Business/Institution $100, Supporting $150, Student/Senior $25, Working $20
Contact: CT NOFA, Box 164, Stevenson, CT 06491, (203)-888-5146, or email: ctnofa@ctnofa.org or join on the web at www.ctnofa.org

**Massachusetts**: Low-Income $25, Individual $35, Family/Farm/Organization $45, Business $75, Supporting $150
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Contact: NOFA-NH, 4 Park St, Suite 208, Concord NH 03301, Ph: (603) 224-5022, Fax: (603) 228-6492, email: info@nofanh.org, website: www.nofanh.org

**New Jersey**: Student/Intern $20*, Individual $40*, Family/Farm $70*, Business/Organization $150*, +$10/year for subscription to The Natural Farmer
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**Rhode Island**: Student/Senior: $20, Individual: $25, Family $35, Business $50
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**Vermont**: Individual $30, Farm/Family $40, Business $50, Sponsor $100, Sustainer $250, Basic $15-25*
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Jackie Sleeper, P.O. Box 727, Herndon, VA 20127, (703) 435-6680, www.certifiedhumane.org, Jackie@certifiedhumane.org

I & J Manufacturing *
Jake Blank, 5302 Amish Road, Gap, PA 17527, (717) 442-9451, ijmfg@epix.net, www.farmingwithhorses.com

Jewish Farm School
Rabbi Jacob Fine, 29 Jones Rd, Pelham, MA 01002, (206) 484-0308, Jacob@jewishfarmschool.org, www.jewishfarmschool.org

Katywil Ecovillage
William Cole, 43 Stetson Brothers Road, Colrain, MA 01340, (413) 624-5599, bill@katywil.com, www.katywil.com,
Lancaster Ag Products *
Deb High, 60 North Ronks Rd, Ronks PA 17572, (717) 687-9222, deb@lancasterag.com, www.lancasterag.com

Land for Good
Bob Bernstein, 29 Center St., Keene, NH 03431, (603) 357-1600, bobb@landforgood.org, www.landforgood.org

Lapp’s Equipment Sales
Ivan Lapp, 98 Old Leacock Rd, Ronks, PA 17572, (717) 768-7680

Mass Farm Bureau Federation
Cheryl Lekstrom, 466 Chestnut St, Ashland MA 01721, Cheryl@mfbf.net, www.mfbf.net

Morrison’s Feeds *
Tina Mitchell, P.O. Box 149, Barnet, VT 05821, (802) 633-4387, Tina@morriorsfeeds.com, www.morrisonsfeeds.com

Nature’s Best Organic Feeds
Bob Buehler; Box 38, Kreamer PA 17833, (570) 374-8148, bbuehler@kreamer-feed.com, pam.retinger@kreamerfeed.com, www.organicfeeds.com

Nelson Tractor, Ltd.
Maury Collins, 521 Old Stoddard Rd, Nelson, NH 03457, (603) 847-3321, mandmcollins2@yahoo.com, www.workall.com

Neighboring Food Co-op *
Erbin Crowell, P.O. Box 93, Shelburne, MA 01370, (401) 419-0381, erbin@nfca.coop, www.nfca.coop/

New Entry Sustainable Farming Project
Sam Andersen, 155 Merrimack Street, 3rd Fl, Lowell MA 01852, (978) 654-6745, sandersen@comteam.org, www.nesfp.org

New Hope Natural Media
1401 Pearl Street, Suite 200, Boulder, CO 80302, (303) 939-8440, www.newhope360.com

Northeast Region Sustainable Agriculture Research & Education Program *
Helen Husher, 655 Spear St., University of Vermont, Burlington VT 05405-0107, (802) 656-0554, www.uvm.edu/~nesare/grants.htm, Helen.husher@uvm.edu
Northeast Animal-Powered Field Days *
David Fisher, 888 Shelburne Falls Rd., Conway, MA 01341, (413) 369-4269,
www.draftanimalpowernetwork.org, naturalroots@verizon.net

Northeast Organic Farming Association/Massachusetts Chapter, Inc.
Julie Rawson, 411 Sheldon Rd, Barre, MA 01005, (978) 355-2853,
www.nofamass.org, Julie@nofamass.org

Northeast Organic Farming Association- New York
Kate Mendenhall, 249 Highland Ave., Rochester, NY 14620, (585) 271-1979,
www.nofany.org, kate@nofany.org

Northeast Organic Farming Association-New Jersey
Connie Deetz, 334 River Rd., Hillsborough, NJ 08844, (908) 371-1111,
www.nofanj.org, eddirect@nofanj.org

Northeast Organic Farming Association-Vermont
Enid Wonnacott, 39 Bridge, St., 2nd Fl, Richmond, VT 05477, (802) 434-4122,
www.nofavt.org, enid@nofavt.org

OESCO, Inc.
Michael Genthner, P.O. Box 540, 8 Ashfield Rd, Conway, MA 01341,
www.oescoinc.com, mgenthner@oescoinc.com

Owens Corning
Jim Parks, 60 Shawmut Rd, Canton, MA 02031, (339) 502-5172

Peace Corps
Jerry Wagner, 10 Causeway Street, Suite 559, Boston, MA 02222,
(617) 565-5541, www.peacecorps.gov, jwagner2@peacecorps.gov

Pfeiffer Center
Carol Rosenberg, 260 Hungry Hollow Rd, Chestnut Ridge, NY, 10977,
(845) 352-5020, ext. 20, www.pfeiffercenter.org, info@pfeiffercenter.org

Phoenix Composting Toilets/Advanced Composting Systems
Ben Goldberg, PO Box 550, Leeds MA 01053, (413) 586-3699,
www.compostingtoilet.com, ben@compostingtoilet.com

Progressive Asset Management
Eric Packer, 177 Worcester Street, Wellesley, MA 02481, (781) 239-1187,
www.PamBoston.com, EPacker@fwg.com
Project Native
Raina Weber, 342 North Plain, Housatonic, MA 01236, (413) 274-3433, www.projectnative.org, projectnative@yahoo.com

Quabbin Composting and Organic Garden Program
Karen DeFranza, 94 Hale St. Hubbardston, MA 01452, (978) 928-5685, www.handstoeath.com, handstoeath@gmail.com,

Rescom Exteriors, Inc.
Cheryl LoPresti, 714-A Southbridge St., Auburn, MA 01501, (508) 832-5202, www.iwantnewwindows.com, Cheryl@iwantnewwindows.com

Sandy’s Books and Bakery
Sandy Lincoln, PO Box 283, Rochester VT 05767, (802) 767-4258, www.seasonedbooks.com, slincoln@seasonedbooks.com

Scentsy Consultant
Marilyn Corliss, 935 Main St., Leominster, MA 01453, (978) 618-2581, www.daycarescents.com, marilyncorliss@comcast.net

Sea Agri, Inc.
Robert Cain, P.O. Box 88237, Dunwoody, GA 30356, (770) 361-7003, www.seaagri.com, Robert@seaagri.com

SteinerBooks/Anthroposophic Press
Gene Gollogly, 610 Main St, Great Barrington MA 01230, (212) 414-2275 x11, www.steinerbooks.org, friends@steinerbooks.org

Sterling College
Lynne Birdsal, PO Box 72, Craftsbury VT 05827, (802) 586-7711, www.sterlingcollege.edu, lbirdsal@sterlingcollege.edu

St. Lawrence Nurseries
Bill MacKentley, 325 State Hwy 345, Potsdam, NY 13676, (315) 265-6739, www.sln.potsdam.ny.us, trees@sln.potsdam.ny.us

SteinerBooks/Anthroposophic Press
Gene Gollogly, 610 Main St, Great Barrington MA 01230, (212) 414-2275 x11, www.steinerbooks.org, friends@steinerbooks.org

Sun Angles
Barbara Francis, 375 College St., Box 150, Amherst MA 01002, (413) 259-6749, barbfran@yahoo.com, www.sunangles.net
Syracuse Cultural Workers
Dik Cool, PO Box 6367, Syracuse NY 13217, (315) 474-1132 x106, dik@syracuseculturalworkers.com, www.syracuseculturalworkers.com,

The Carrot Project
2 Belmont Terrace, Somerville, MA 02143, (617) 666-9637. info@thecarrotproject.org, www.thecarrotproject.org

The Children’s Initiative
Charles Miller, 15 Chadwick, St., Portland, ME, 04102, (207) 772-7190, cspencermiller@yahoo.com, www.childrensinitiative.org

The Flexible Farmer
Lydia Irons, 55 High St Amherst MA, (603) 833-1809, flexiblefarmer@gmail.com, www.theflexiblefarmer.com

The Leah Advocacy
Ellen Fine, 161 Greendale Avenue, Needham, MA 02494, (603) 236-8269, EFine@leahcollective.org, www.LeahCollective.org

Traditional Health First
John E. Delmolino, 399 River Drive, Hadley, MA, 01035, (413) 210-4445, johndelmolino@charter.net, traditionalhealthfirst.com

Turtle Tree Seed/Camphill Village USA Inc.
Lia Babitch, Ian Robb, Camphill Village, Copake, NY, 12516, (518) 329-3037, turtle@turtletreeseed.org, www.turtletreeseed.org,

University of Vermont Farmer Training Program
Laura Williams, 322 South Prospect St., Burlington, VT, 05401, (802) 656-8657, FarmerApprenticeProgram@uvm.edu

USDA Natural Resources Conservation Service, Massachusetts
451 West St., Amherst MA 01002, (413) 253-4350, www.ma.nrcs.usda.gov

USDA Risk Management *
RMA, USDA Risk Management Agency, Cliff Parker, 27 West Main Street, Cowley, WY 82420; (919) 795-9591; crparker07@yahoo.com

VisionWorks
Dick McLeester, 14 Chapman St., PO Box 92, Greenfield MA 01301, (413) 772-6569, dreaming@changingworld.com, www.changingworld.com
Weston A. Price Foundation/Farmer-to-Consumer Legal Defense Fund
4200 Wisconsin Ave NW, PMB 106-380, Washington DC 20016, (202) 363-4394, outreach@westonaprice.org, www.westonaprice.org

Western Mass Animal Rights Association
Steve Baer, 15 Brook St., Shrewsbury, MA 01545, (508) 615-8286, baerwolf@hotmail.com

Whole Foods Market *
Lee Kane, 125 Cambridge Park Drive, Cambridge MA 02140, (617) 492-5500, lee.kane@wholefoods.com, www.wholefoods.com

Wood-Mizer
Dave Scott, 8604 State Rt. 104, Hannibal, NY 13074, (315) 564-5722, dscott@woodmizer.com, www.woodmizer.com

Yestermorrow Design/Build School
Jess Ahlemeier, 189 Vt Route 100, Warren, VT 05674, (802)496-5545, jess@yestermorrow.org; designbuild@yestermorrow.org; www.yestermorrow.org
Some Hotels and Motels in the Umass Area

Amherst Motel: 408 Northampton Rd (Route 9), Amherst (413) 256-8122
Comfort Inn: 237 Russell Street (Route 9), Hadley (413) 584-9816
EconoLodge: 329 Russell Street (Route 9), Hadley (413) 582-7077
Granby Motel: 5 West State Street, Granby (413) 467-9256
Hampton Inn: 24 Bay Road, Hadley (413) 586-4851
Holiday Inn Express: 400 Russell Street (Route 9), Hadley (413) 582-0002
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 – 8:00 pm
Saturday Breakfast 6:30 – 8:00 am
Saturday Lunch 11:00 am – 1:00 pm
Saturday Dinner 4:30 – 8:00 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.

Blue Wall Cafe Tent
at UMass campus, on the lawn by the pond:
Friday 12:00 noon - 7:00 pm
Saturday 6:45am – 7:00pm
Sunday 6:45am – 2:00pm

at UMass Research Farm:
Saturday 11:15 am - 1:15pm
Thanks to our Sponsors for their generous support!