Welcome to the Northeast Organic Farming Association Summer Conference!

This is your guide to the 38th Annual Conference. Inside find info on the workshops, the speakers, the exhibits, the community events, entertainment and more! Enjoy!

2012 Keynote Addresses by Chellie Pingree and Jeffrey M. Smith
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Dear Friends,

Welcome to the 38th annual NOFA Summer Conference. NOFA continues to be a force in our region for extending the knowledge of organic growing practices and ecological ways of living into the broader world. This conference is about practical knowledge to improve organic growing practices. The workshops provide numerous entry points for initiatives to transform our society’s relationship to the soil, which sustains us, as well as our relationships with one another.

Our keynoters this year remind us that the work of bettering the health of our farms and our bodies is profoundly affected by the politics and priorities of corporations and governments. Representative Chellie Pingree, who will take the keynote stage on Friday, is a true advocate for local and organic agriculture in the U.S. Congress. She brings with her a vision for strengthening New England to be able to provide for most of its food needs.

Jeffrey Smith who takes the stage on Saturday night is a tireless activist exposing the dangers of genetically engineered ingredients in our food system. Drawing upon his extensive experience in current anti-GMO movements and his carefully researched analysis of the GMO threat, he helps us understand the challenges we face and provides inspiration for positive action.

We have organized the whole weekend to provide opportunities to learn new ideas and practices that you can take home with you and apply in your kitchen, garden, farm, or community. If you have questions about how you can access these opportunities, many will be answered by this program book. Here you’ll find many details on classroom and outdoor workshops, off-site tours, children’s and teen conferences, the NOFA Country Fair, evening entertainment, films, and exhibits. We especially invite you to ask questions of anyone wearing a t-shirt with “CONFERENCE STAFF” on the back.

Once the conference concludes, you should receive an e-mail inviting you to fill out a user-friendly online evaluation form about the whole event, if you provided an e-mail address when you registered. By participating, you help shape future NOFA conferences. We hope that you will be part of that ongoing process. A link to the form will also be posted to www.nofasummerconference.org immediately following the conference.

Sincerely,

Ben Grosscup
NOFA Summer Conference Coordinator
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- Compost our food waste and recycle in our operations
- Use of biodegradable packaging
- (OS1) Green Certified Cleaning Program
- Educate students about combating food waste
- Meals for Amherst Senior Center
- Meals on Wheels program
- Donate a meal to support just causes
- We are a trayless operation
- Established large scale Permaculture Garden
- Issued reusable bags and stainless steel bottles for our Grab n’ Go program

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Upcoming Events & Workshops
8/15 - Picadilly Farm Tour Picadilly Farm, Winchester, NH
8/20 - Twilight Meeting on Soil Health Homestead Farm, Walpole, NH
8/26 - Water Bath Canning Durham Community Church, Durham, NH
9/5 - Diversification and Cooperative Farming Bear Mountain & Fred's Farm, Alexandria, NH
11/10 - The Art of Goat Milk Soap Making Stonewall Farm, Keene, NH

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Parking Information

Where to Park Before Going to Registration: UMass restricts many parking lots on campus before 5pm during the week to accommodate its employees. Before going to registration on Friday afternoon, we recommend that you park in one of the two following places:

- Lot 44 is available for parking throughout the entire conference at no charge. Lot 44 is located just north of North Apartments, which is the location for dorm suites. (On the campus map on page 70, you will find lot 44 at the cross section of 1 and C) Just park and you can leave your car here for the entire conference for free! No hassle of moving it! Signs will direct you from the parking lot to the Registration Tent. For most people, especially those staying on campus throughout the weekend, lot 44 will be the preferred parking location. In general, please read parking signs carefully and be sure to pay for any metered parking during hours of operation.

- 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, request 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 discount coupon, along with your garage gate ticket, to the attendant the first time you exit the garage. The attendant will charge you $5.00 and staple a receipt to your coupon, which allows you to come and go for the rest of that day at no charge. (On the campus map on page 70, you will find the Parking Garage at the cross section of 3 and B).

For Exhibitors: A section of lot 43, adjacent to the Northeast Residential Area, may be used as a “drop off” area for exhibitors, but only for active loading and unloading, during the day on Friday, 8/10. A detail officer will ensure during this entire period (7am – 5pm) that unpermitted vehicles do not park in this lot. NOFA volunteers will assist with moving items for exhibits to the exhibit tent. Lot 43 is unrestricted after Friday at 5pm and all-day Saturday and Sunday. NOTE: Lot 43 contains clearly marked handicapped accessible parking spaces and other restricted spaces. Parking in those spots at any time will result in ticketing and/or towing. A sign for NOFA Exhibitors will be placed in front of lot 43. Any exhibitors able to unload from the more distant lot 44 are encouraged to do so.

Free Parking is available after 5pm on Friday and all-day on Saturday and Sunday, in many other surface lot on campus. The exceptions where you may never park are Lots 21, 29, 35, 39, 46 (in front of Brett & Brooks Dormitories),
47, 50, 54, 67, and the narrow part of lot 62 that is immediately behind the Fine Arts Center and not separated by North Pleasant Street. Check parking signs for restrictions.

Where to park for Campers and RVs/Camper Vans: We recommend that campers and RVs/camper vans park in lot 44. NOFA Volunteers will be on hand to assist people who are camping, to expedite your unloading. Please plan to walk from your parking area, bringing camping gear with you. If this is not possible, you may use lot 43 for active loading and unloading only (see “For Exhibitors” above).

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 currently $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.

Upcoming Events

• Cheese Making Workshop
  Monday, September 10, 2012
  4:00 - 7:00 pm
  Beltane Farm
  Lebanon, CT

• Block Party on the Farm!
  Saturday, September 15, 2012
  Urban Oaks Organic Farm
  New Britain, CT

• CT NOFA Winter Conference
  March, 2013

ctnofa.org

ORGANIC LAND CARE

Upcoming Events

• Advanced Workshops
  Stormwater Management
  September, 2012
  Business and Marketing
  November, 2012

• Organic Land Care Accreditation Courses
  Pennsylvania Course
  January 14-18, 2013
  New England Regional Course
  February 11-15, 2013

organiclandcare.net
CHECKING-IN AND HOUSING OPTIONS

Check In & Registration Hours: Go to the Registration Tent to get your program book, addendum, nametag, dorm assignment, and camping permit before you go to workshops, dorms or camping areas. Plan to spend up to 25 minutes at registration lines during peak hours.

Registration Hours
• Friday 7am-9am & 11am-7pm
• Saturday 7am-1pm & 4-7pm
• Sunday 7am-11am

For those staying in UMass Housing: After you’ve received your registration materials at the Registration Tent, you will check in at your housing. Those staying in a Single or Double will check in at Mary Lyon Hall, right nearby the Registration Tent. Those staying in a Suite should check in at North Apartment Building C, which is just south of Lot 44.

Dormitories: Singles (1 single bed; limit of 1 adult and 1 child per room), Doubles (2 single beds; limit 2 adults and 2 kids per room) and Suites (4 singles, with common area kitchen, and 2 private baths that are shared). All beds are twin-sized. All children under 12 must room with parent/guardian. For children ages 3-12 (“Youth”), the cost is reduced. Under 3 years, cost is free. If you reserve a room, 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.

Dorm Key Policy: If you pre-paid for a dorm room, you will get your dorm assignment in your registration packet. When you go to check in at Mary Lyon Hall (dorms) or North Apartments Building C (Suites), UMass housing staff will give you your access card and room key. In order to pick up your key and access card, you must have a $70 check ready, payable to UMass Amherst Conference Services, for key and card deposit (cash will be accepted but checks are HIGHLY preferred). 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 Registration Tent.

Camping: 15’x15’ tent sites in designated areas between lot 44 and the registration tent are available first come, first served, one tent per site. No vehicles in area of tents. Toilets and showers are in the nearby Mary Lyon dorm. Portable toilets will be located near camping area. Permit must be displayed on tent or camper. Fees are per person, ages 3-12 camp free with parent/guardian. No camping without a paid camping permit. Set up tents
only in designated spaces. Fees are per person. If you’re camping on Thursday or Friday night only, you must vacate your space by noon 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. RVs must stay in assigned lot. There are no hook-ups available.

**Late Arrivals:** If you arrive after registration hours, set up your tent in the camping area or go to Mary Lyon Hall (for dorms) or North Apartments Building C (for suites) to get your room assignment. Then check in at the Registration Tent the next morning. Camping space and dorms are available on first-come, first-served basis for walk-in registrants.
FOOD OPTIONS AND MENUS

2012 Worcester Dining Commons: Meals will be served in the Worcester Dining Commons, adjacent to the Northeast Residential Area, where the Exhibit and Registration tents are located. In order to be served in the dining commons, you will need to show your nametag with pre-purchased meals listed.

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 Bakeshop 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 Mel 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 Breakfast 6:30 am - 8:00 am
- Friday Lunch 11:00 am - 2:00 pm
- Friday Dinner 5:30 pm - 8:00 pm
- Saturday Breakfast 6:30 am - 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

NOTE: the Worcester Dining Commons will be open throughout each day with access to basics but hot items will be available only during the times above.

Walk-in Prices for Meals: Conference participants can walk in and pay cash to eat on an as-available basis. The cash prices are higher than the advance price: Adult Breakfast - $12.00; Adult Lunch - $17.00; Adult Dinner - $19.00; Child Breakfast - $10.00; Child Lunch - $14.00; Child Dinner - $16.00. (Those 12 and under are considered “children,” except children under 3 who are free.)
DINNING COMMONS MENU

FRIDAY

**Breakfast**

French Toast  
Granola pancakes  
Scrambled eggs  
Tofu scramble with Scallions and Mushrooms  

Gazpacho Soup  
Fajita Bar (Chicken and Tofu)  
Black Bean and Corn Salad  
Guacamole and Sour Cream  
Black Bean and Tomato Salsa  

Lunch

Vegetable Pizza  
Fajita Bar (Chicken and Tofu)  
Hamburger Pizza  
Salad Bar  
Smoothie Bar  
Mexican Wedding Cookies  
Vegan Mexican Chocolate Brownies  

Dinner

Vegetable Fresh Rolls  
Vegetarian Hot and Sour Soup  
Thai Style Cucumber Salad  
Beef Stir Fry  
Tofu and Kale Stir Fry  
Brown Rice  
White Rice  
Steamed Broccoli  
Vegetable Pizza  
Hamburger Pizza  
Salad Bar  
Smoothie Bar  
Vegan Thai Sticky Rice w/Mango  

SATURDAY

**Breakfast**

Blueberry Pancakes  
Omelet Bar (organic eggs, cheese, onions, peppers, mushrooms, tomatoes)  
Breakfast Bar (Bagels and spreads, yogurt, granola, fruit, oatmeal)  

Home Fries  
Smoothie Bar  
Croissants  
Whole Wheat Banana Chocolate Walnut Bread
Lunch

Chicken Pot Pie  Collard greens
Tofu and Sweet Potato Pot Pie  Vegetable Pizza
Vegetarian Chili  Hamburger Pizza
Mac and Cheese  Smoothie Bar
Three Bean Salad  Salad Bar
Cornbread  Whole Wheat Chocolate Chip Cookies

Lunch: ALL LOCAL MEAL

Italian Minestrone Soup  Sautéed Kale
Eggplant Roulettes (vegetarian)  Spelt
Pork Chops with Caramelized Apples  Local Bread and Cheese
Carrot and Beet Salad with Lemon Thyme Vinaigrette  Local Salad Bar with Lemon Thyme Vinaigrette
Roasted Red Potatoes with Rosemary  Maple Rhubarb and Blueberry Crisp

SUNDAY

Breakfast

Organic veggie/pork sausage  granola, fruit, oatmeal
Scrambled eggs  Red Hash
Omelet Bar  Smoothie Bar
Tofu scramble  Maple Sweet Potato Biscuits
Breakfast Bar (Bagels and spreads, yogurt,  Cinnamon Coffeecake

Lunch

Jamaican Jerk Pork  Corn, Tomato, and Scallion Salad
Jamaican Jerk Tempeh  Herbed pasta salad
Vegetarian Caribbean Black Bean Soup  Vegetable Pizza
Brown Rice  Hamburger Pizza
White Rice  Salad Bar
Stir Fried Summer & Zucchini Squashes  Smoothie Bar

Coconut Macaroons
babyBerk Food Truck: If you want a snack or a meal purchased by the item, you can visit the babyBerk Food Truck, on the lawn in the Northeast Residential Area, near the big exhibit tent. Perk up with coffee in the morning or grab a burger until lunchtime on Sunday. All food will be organic (and therefore, non-GMO). It will be sourced locally to the extent possible.

**Hours of Service:**
- Friday 12:00 noon - 7:00 pm
- Saturday 6:45 am - 7:00 pm
- Sunday 6:45 am - 2:00 pm

**2012 BABYBERK FOOD TRUCK MENU**

**Breakfast**
- Buckwheat Pancake Fruit and Cream Cheese Rollups with Agave Syrup $4
- Egg and Cheese Croissants $3.50
  - Add bacon or sausage $1
- Fruit and Yoghurt Parfaits with Granola $4
- Pastries and Cookies $2
- Fresh Hand Fruit $1
- Bottle Drinks $2.50
- UMass Water $1.25
- Hot Coffee and Tea $1.50

**Lunch and Dinner**

**Platter**
- Choice of Cheeseburger, BBQ Chicken Breast, or Veggie Burger accompanied by Whole Wheat Pasta Salad or Fries and Grilled Vegetables $8
  - add $2 for Specialty Burger

**Caesar Grill**
- Grilled Chicken Breast or Veggie Burger over fresh Caesar Salad $7

**Burgers**
- Hamburger or Veggie Burger $4 (add cheddar cheese or bacon $1)
- babyBerk Burger, bacon, cheddar, avocado, salsa, lettuce and tomato $7
- Hampshire Burger, garlic aioli, bacon, cheddar and fried egg $7
  - add fries and a UMass water $3
  - substitute grilled chicken breast for any burger $1

**Sides**
- Grilled Veggies $3
- Pasta Salad $3
- Husk Grilled Corn on the Cob $2
- Local Hand Cut Russet Potato Fries $3
- Cookies and Chips $2
- Fresh Hand Fruit $1

**Beverages**
- Bottle Drinks $2.50
- UMass Water $1.25
GENERAL LOGISTICAL INFORMATION

**Handicapped Accessibility:** Much of UMass is handicapped accessible. Please contact us (info@nofasummerconference.org) in advance with any special needs, especially if you will be staying in the dormitories.

**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) 362-2143.

**Name Tag:** It is your admission pass to all conference workshops, meals, and special events. Your name tag must be worn in a visible manner at all times as you will 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) 362-2143. In emergencies, we will try to page you. For non-emergencies, we post messages on the bulletin board. Please check it periodically.

**First Aid:** If you need medical attention, come to the registration tent. You may also visit the University Health Center located near Brett dorm. For extreme emergencies where an ambulance or fire engine is needed, call the UMass Police Department at (413) 545-2121. While dialing 911 will work, calls to 911 are sent to the State Police barracks in Northampton and have to be re-directed. The Cooley Dickinson Hospital is located in nearby Northampton.

**ATMs:** Fee-free ATMs are on the first level of the Campus Center and on the front face of the Worcester Dining Commons. There are also several banks in the center of the town of Amherst.

**Telephones:** There are no payphones available on Campus. 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. The exception to this rule is service animals. If you will be bringing a service animal to campus, please inform NOFA registration staff ahead of time, especially if you will be staying in the dormitories.
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Healing the Earth, Healing Ourselves

Queen of the Sun
What Are the Bees Telling Us?
Compiled and edited by Taggart Siegel

This companion book to the critically acclaimed film of the same name, makes a profound examination of the global bee crisis through the eyes of biodynamic and organic beekeepers, scientists, farmers, philosophers, and poets. With full-color, stunning photography throughout, this engaging, alarming, but ultimately uplifting anthology begins with an account of how Siegel’s film came to be made. It continues with a wealth of articles, interviews, and poems that offer unique philosophical and spiritual insights. In addition to investigating many contributory causes of Colony Collapse Disorder, the book also offers remedies and hope for the future.

ISBN: 978-1-905570-34-8
144 pages, paperback, $30.00
full color throughout

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**Keynote Speakers**

**Friday, 7:30 pm Keynote**  
Representative Chellie Pingree

Chellie Pingree started an organic sheep farm on the island of North Haven, Maine in the 1970s, which turned into a thriving mail order knitting business that eventually employed ten people in her small community. She remains a small business owner today, owning and operating an Inn and Restaurant on North Haven that features locally grown food.

After serving on the local school board, and as the town’s tax assessor, she served eight years in the Maine Senate, and later became the national CEO of Common Cause. In 2008, she was elected to represent Maine in the United States Congress.

As a member of the Agriculture Committee in Congress, she works to reform farm policy with interests of small farmers and consumers in mind. Last year, Chellie introduced the Local Farms, Food and Jobs Act – a comprehensive package of reforms to agriculture policy that will expand opportunities for local and regional farmers and increase consumer access to healthy foods.

**Saturday, 7:00pm Keynote**  
Jeffrey M. Smith

Jeffrey M. Smith, is the author of *Genetic Roulette: The Documented Health Risks of Genetically Engineered Foods*, the authoritative work on GMO health dangers. It links GMOs in our food to toxic and allergic reactions, infertility, and damage to virtually every internal organ studied in lab animals. The book summarizes why the safety assessments conducted by the FDA and regulators worldwide teeter on a foundation of outdated science and false assumptions, and why GM foods must urgently become our nation’s top food safety priority.

His meticulous research documents how biotech companies continue to mislead legislators and safety officials to put the health of society at risk, and the environment in peril.

He directs the Institute for Responsible Technology, which produces a wide range of consumer education and advocacy tools, including the nation’s most popular non-GMO in-store brand publication, the *Non-GMO Shopping Guide*. Mr. Smith lives with his wife in Iowa, surrounded by genetically modified soybeans and corn.

**For Non-Conference Registrants**

If you are not registered for the day of the conference when a keynote program is taking place, you can still attend the program by coming to the Campus Center Auditorium and paying a $15 admission fee at the door.
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SUMMER HOURS Tuesday – Saturday: 8 a.m. to 6 p.m.
**Pre-Conferences**

**Fighting GMO’s: A Pre-Conference Training for Consumers, Community Leaders, Activists, and Organizers with Jeffrey Smith**  
Thursday, August 9, 1pm-5pm and Friday 8am-12 noon  
*Registration open Thursday, August 9, from 11:30am-1:30pm*  
**Location:** Cape Cod Lounge  
**Price:** $65, scholarships available.  
**Discounts:** $5 off for NOFA or MOFGA members.  
**Pre-Conference Description:** Jeffrey M. Smith will teach participants how to speak about genetically modified organisms (GMOs) and how to organize effective activism. The seminar will include the five components of a GMO presentation, resources and materials documenting why genetically engineered foods are dangerous, instructions on how to customize PowerPoint slides (provided), and examples of proven organizing techniques to motivate people. Graduates of this Pre-Conference Training with Jeffrey Smith will be invited to join a GMO Speakers Bureau, participate in ongoing webinars, and join the network of active campaigners reclaiming a non-GMO food supply.  
**Meals:** On Thursday evening, organic dinner buffet in Campus Center with beef, chicken, and veggie options at $35. Breakfast served at Worcester Dining Commons on Friday morning (see registration form).  

**Fundraiser to benefit NOFA/Mass’ non-GMO Policy Work**  
Thursday, August 9  
7:00 PM Screening of the film, *Genetic Roulette: The Gamble of Our Lives*  
In this film, Jeffrey Smith interviews scientists, farmers and experts from around the world.  
8:30 Refreshments and Q&A with Jeffrey Smith  
**Location:** Cape Cod Lounge  
**Donation:** $25 to $50 (sliding scale)  

**Grow Fruit Naturally with Lee Reich**  
Friday, August 10, 8am-12noon  
*Registration open Friday, August 10, from 7:00am-8:30am*  
**Location:** Campus Center 904-08  
**Price:** $45.  
**Discounts:** $5 off for NOFA or MOFGA members.  
**Pre-Conference Description:** This 3-part workshop covers: PLANNING, beginning with the first two steps in growing fruit: selecting the most appropriate fruits and the best varieties for growing organically; and optimizing pest resistance, nutritional quality, and flavor by providing a supportive environment both above and below ground for plants and their ecological partners.
The second part of the workshop covers PLANTING AND MAIN- TENANCE, including the when and how of planting, initial and maintenance pruning; identifying and dealing with a few pests, should they appear. The presentation will also address making the harvest timely and storing the bounty.

The third part of the workshop will detail the CULTIVATION of a number of fruits, from raspberries to pawpaws to pears to blackberries, blueberries, kiwifruit, apples, and more.
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WE SPEAK ORGANIC
**Children’s Conference**

The Children’s Conference will be based in the Cape Cod Lounge in the Student Union. Check-in will be at the side entrance to the lounge. Children may be dropped off 15 minutes before workshops begin and picked up 15 minutes after they end. When first arriving at the conference, families are strongly encouraged to arrive a half hour before the children’s conference workshops begin.

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.

All children 5 to 12 years must be signed in by their guardian before and after workshops. There will be workshop sign-up sheets for the entire conference. Workshops will have a maximum number of attendees and are first come-first serve. Guardians are encouraged to assist children in planning their first, second and third choice of workshops in each time slot by studying the workshop offerings listed below and then to help them sign up for the workshops upon arrival. 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. Also check the bulletin board at the children’s conference for changes.

The on-site Children’s Coordinator is Rachel Silverman. Please speak to your children about their experience and let us know what they have to say by filling out an online evaluation form after the conference. You can also contact Valerie Walton at childrens@nofasummerconference.org to provide your feedback.

For details on children’s workshops, see workshop descriptions beginning on page 74. Also check the bulletin board at the children’s conference (Cape Cod Lounge) for changes.
Fri 2pm –
21) Parade Banner Painting! (Ages 7-12)
21.5) Geodig! Geology of the Connecticut River Valley (Ages 5-12)

Fri 4pm –
43) Building Fairy Houses (Ages 5-12, or ages 3-4 with parent)
44) Creative Writing and Theatre Games (Ages 8-12)
45) Weaving With Nature (Ages 7-12)

Sat 8am –
70) Butter Making For Kids (Ages 5-12)
71) Rabbits! (Ages 9-12)
72) Stories, Songs, and Dance (Ages 5-10)

Sat 10am –
99) Cattle Care (Ages 5-12)
100) Easy Pin Cushions (Ages 7-12)
101) Hopscotch for Hip Kids (Ages 7-12)

Sat 1pm –
129) Children’s Parade Prep (Ages 5-12)

Sat 2:30 – With Guardian
Parade

Sun 8 am –
155) Gluten Free Baking (Ages 9-12)
156) The Importance of Composting (Ages 5-12)

Sun 10 am –
178) Knead, Knead, Knead Organic Pizza! (Ages 5-10)
179) Making All Tied Up Books (Ages 5-12)
180) Pioneer Living: Harvest Time (Ages 5-10)

Sun 1pm –
204) “Playing Fowl”: Raising Chickens for Eggs and Meat (Ages 5-12)
205) Fun Food Science (Ages 8-12)
206) Make a Worm Farm: Composting with Worms (Ages 5-10)

KEYNOTE CHILDCARE: There will be child care in the Cape Cod Lounge during the Friday night keynote from 7:15-9:15 pm, and during the Saturday night keynote from 7:15-9:00. 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 workshop meeting place. It is here that we will attend informative, challenging workshops and eat yummy organic snacks. Teens are encouraged to attend workshops with other teens but may also attend any adult or child workshops.

**To Bring:** 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 own **pre-cut materials** with you. You can view the materials list on the website under the “Program Tab” for this information. There is a 10 person limit to this workshop and the sign up will be first come first serve. Also bring **percussion instruments** and **acoustic musical instruments** if you have them. At the 2pm workshop, there will also be an option to learn some rhythms that could be used during the Friday Night Journey Dance 7:30-9:00 pm (See page 44).

We will also have the first annual **Teen Jam Session** on Saturday at 1:00, led by the guitarist, Rick King. Bring **outrageous hats or clothing, interesting visuals or dance routines** for the parade. Bring a **yoga mat** if you would like to attend the yoga workshop Saturday at 8:00.

We hope that teens will take the time to give written and verbal feedback on the workshops they attend and workshops they would like to attend or to present in the future. Also, teens who enjoy working with children would be welcome to join the children’s conference Campus Center for the parade prep workshop from 1-2:30 on Saturday.

For details on Teen workshops, see workshop descriptions beginning on page 74. Also check the signs at the Grad Lounge for changes.

**Friday 2 pm**
22) Tie-Dye and Percussion Jam

**Friday 2 pm**
46) How & Why To Keep Bees in Top Bar Hives
47) Immigration and Making Documentary Films

**Saturday 8 am**
73) Yoga and Ti Chi for Teens
73.5) Writing Poetry
Saturday 10 am
102) Building a Top Bar Hive
103) Food For Thought
Saturday 1 pm
130) Jam Session
131) Working Oxen
Saturday 3:30-5 at the Fair
134) Walking with Goats
Sunday 8 am
157) Exploring College Options in Sustainability
158) Transformation through Permaculture
Sunday 10 am
181) Drop Spindle
182) Making Lip and Skin Balms From Natural Sources
Sunday 1 pm
207) Beginning Filmmaking
208) Energy Work: An Introduction to Qigong
**CONFERENCE ENTERTAINMENT**

**Friday 7:30 – 9:00 pm**

**JourneyDance Blast**  
**Campus Center Reading Room**

After a day of absorbing wonderful ideas, come enliven your body and soul. Join dance guides Linda Ugelow and Janet Powers for a groovin’ celebration that will have you loving your body and loving your life. Connect with your innate energy and creative wisdom as you move with the power of your emotions to manifest our collective visions. The eclectic mix of pop, electronic, folk and world music will have you lighting up the dance floor - and leave you feeling personally fulfilled and euphorically fatigued. This program is especially geared toward teens.

**Friday 9:30 – 10:30 pm**

**JourneyDance Blast (Reprise)**  
**Campus Center Reading Room**

Following the keynote, we’ll have another opportunity for adults and people of all ages to experience Journey Dance. See description above. We encourage you to come for the full hour.

**Friday 9:00 – midnight (or later)**

**Contra Dance: The Russet Trio, with caller Fern Bradley**  
**Campus Center Auditorium**

After the keynote address, meet friends old and new at the Get Acquainted Party and Dance. Our new band this year is The Russet Trio, who light up dances all over New England with a broad range of original and traditional acoustic music. Based in the beautiful Hudson Valley, they are a perennial favorite at NOFA-NY conferences and events, and on loan to us for the first time. Their music blends traditional Celtic and Appalachian music, with generous swing, high energy and groove. Come, be light of heart (and feet, too), and dance the night away. We hope you can handle our contraband. A great activity for people of every age.

**Saturday 7:00 - 9:00 pm**

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

Join master percussionist Steve Leicach as he takes you on a drumming journey through Africa, Brazil, and the Caribbean. Featuring masterful, exciting demonstrations using a variety of traditional drums and percussion instruments, fun audience participation and rhythm chants, body percussion, and a special hands-on workshop at the end of the evening, this experience is unparalleled. That beat you hear? Yes, it is a different drum. This program is
especially geared toward children and teens.

**Saturday 9:00 – midnight**
**Folk Dance with The Grin Whistle**
**Campus Center Graduate Lounge**
Following Saturday night’s keynote, join us for a finger-pickin’ good night of alternative folk music by The Grin Whistle. These boys are a Boston-based alternative folk band with lyrics supported by melodic bluegrass rhythm and roots. Blending traditional bluegrass with up-tempo guitars, strings, and vocals, The Grin Whistle won’t stop rockin’ as long as you don’t stop dancin’. Bring your game face - and your dancing shoes - because it’s on and these fellas are the ones bringing it.

**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, baked goods, coffee, cheeses, fruits, vegetables, and snacks. These products, provided by local farmers and health food stores, constitute the majority of the conference menu. What’s left can be had for rock-bottom prices, along with double your recommended daily serving of sarcasm and ridicule, from auctioneer Chuk Kittredge. Bring cash, an empty carpetbag, and your shrewd bargaining skills. All proceeds benefit the NOFA Farming Education Fund.

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**28th Annual Whole Health Expo**

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Local & Organic Food

Spring 2013 (date tba)

Call for speakers, & exhibitors

2-day event held in Noho since 1986. Seeking venue: min. 8000 sq. ft., 5 nearby classrooms, convenient, free parking.

For details and updates:
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Films

All films listed below will be shown in Campus Center Room 803.

The Flaw: Markets, Money, Mortgages and the Great American Meltdown
82 minutes
Friday 2 pm

In October 2008, a humbled Alan Greenspan admitted to the US Congress that he had been mistaken to put so much faith in the self-correcting power of free markets and that he had failed to anticipate the self-destructive nature of wanton mortgage lending and the credit bubble it generated.

Through interviews with some of the world’s leading economists, including housing expert Robert Shiller, Nobel laureate Joseph Stiglitz, and economic historian Louis Hyman, as well as Wall Street insiders and victims of the crash, the film presents an original and compelling account of the toxic combination of forces that nearly destroyed the world economy.

The film shows how excessive income inequality in society leads to economic instability. At a time when economic theory and public policy is being re-examined this film reminds us that without addressing the root causes of the crisis the system may collapse again and next time it may not be possible for governments to rescue it.

Por Dinero (cross-listed with workshop #47)
30 minutes (followed by a 1-hr. presentation by the film’s creators)
Friday 4 pm

The Blacksmytt Films production Por Dinero is not a traditional documentary; it does not have a blatant argument to share. The film observes an undocumented Mexican, his indigenous family, and their dying language of Chatino. Hidden beneath the images and stories, we hope to have shaped a truth.

Part One: Quotes from the biography, Canek: An Ancient Maya Hero, translated into Chatino and read by a gringo.

Part Two: A young man sacrifices seven years of his youth to work 75 hours a week for under minimum wage to support twelve members of his family back home. Israel reads the stories that impacted him the most during his first year in the states.

Part Three: Cezy, a sister of Israel, is unable to free herself of a female’s traditional role in their hometown of San Miguel, Panixtlahuaca. She tells a small tale of her town, the language, lack of jobs, and her brother’s absence.
Money and Medicine
83 minutes
Saturday 8 am

As rising health care costs threaten to bankrupt the country, MONEY & MEDICINE tackles the medical, ethical, and financial challenges of containing runaway health care spending.

While UCLA ranks among the nation’s top academic medical centers, it spends considerably more than the national average on patient care. In contrast, Intermountain spends about a third less than the national average and is a model for low cost/high quality medical care. The dramatic doctor/patient stories filmed at these two hospitals illuminate the powerful forces driving soaring health care costs as well as proven strategies that effectively reign in excessive medical spending.

Waterlife
109 minutes
Saturday 10:00 am

This film tells the epic story of the Great Lakes by following the cascade of its water from northern Lake Superior to the Atlantic Ocean, through the lives of some of the 35 million people who rely on the lake for survival.

Providing earth with 20% of its surface fresh water and its third largest industrial economy, the Great Lakes are a unique and precious resource under assault by toxins, sewage, invasive species, evaporating water and profound apathy.

WATERLIFE shows viewers the Great Lakes from a myriad of amazing perspectives. From the ornate fountains of Chicago to the sewers of Windsor, viewers are carried through marsh and pipe, across pounding waves on a journey which, as the film says, has no “ending or beginning; that shapes every body it passes through.”

Growing Change
60 minutes (followed by a one-hour discussion with William Camacaro and Martha Bolivar, leaders in the Venezuelan urban agriculture movement)
Saturday 1 pm

Growing Change follows the filmmaker’s journey to understand why current food systems leave hundreds of millions of people in hunger. It’s a journey to understand how the world will feed itself in the future in the face of major environmental challenges.

We learn that while Venezuela once had a strong agriculture sector it was left behind as the country became a major oil exporting economy in the 20th century. After decades of urbanization, government neglect of agriculture, and dependence on food imports, Venezuela faced a food crisis of its own. In many ways the country was a microcosm of the challenges facing much of the world today.
In the chaotic metropolis of Caracas we find urban gardens thriving and supplementing diets with fresh organic produce. We go inside shops where the urban poor have access to affordable food. It’s all part of a country-wide process towards “food sovereignty”, driven by communities and the government. It’s an inspirational story full of lively characters, thought provoking insights, stunning scenery and ideas to transform the food system.

**Split Estate**  
76 minutes  
*Saturday 4 pm*  
Imagine discovering that you don’t own the mineral rights under your land; that an energy company plans to drill for natural gas two hundred feet from your front door using fracking. Imagine another shocking truth: you have little or no recourse to protect your home or land.

Exempt from federal protections like the Clean Water Act, the oil and gas industry has left this idyllic landscape and its rural communities pockmarked with abandoned homes and polluted waters.

**SPLIT ESTATE** zeroes in on Garfield County, Colorado, and the San Juan Basin, but the industry is aggressively seeking new leases in as many as 32 states. They are even making a bid to drill in the New York City watershed, which provides drinking water to millions.

**The Age of Stupid**  
89 minutes  
*Sunday 8 am*  
Runaway climate change has ravaged the planet by 2055. Pete Postlethwaite plays the founder of **The Global Archive**, a storage facility located in the now melted Arctic, preserving all of humanity’s achievements in the hope that the planet might one day be habitable again. He pulls together clips of “archive” news and documentary from 1950-2008 to build a message showing what went wrong and why.

Stories are of a paleontologist helping Shell find more oil off the coast of New Orleans; a Mumbai resident aiming to start-up a new low-cost airline to get a million Indians flying; an impoverished Nigerian woman from whose community Shell extracts tens of millions of dollars worth of oil every week; and an 8 year-old Iraqi refugee living on the streets of Jordan after her home was destroyed - and father killed - during the US-led invasion of 2003.

**Revenge of the Electric Car**  
90 minutes  
*Sunday 10 am*  
By 2006, thousands of new electric cars were purposely destroyed by the same car companies that built them. Today, the electric car is back...with a vengeance.
In *Revenge of the Electric Car*, director Chris Paine takes his film crew behind the closed doors of Nissan, GM, and the Silicon Valley start-up Tesla Motors to chronicle the story of the global resurgence of electric cars.

With almost every major car maker now jumping to produce new electric models, *Revenge* follows the race to be the first, the best, and to win the hearts and minds of the public around the world.

The primary cast includes CEO and President of Renault and Nissan Carlos Ghosn with the Nissan Leaf, CEO of Tesla Motors Elon Musk, Former Vice Chairman of GM Bob Lutz with the Chevy Volt, and EV do-it-yourselfer Greg “Gadget” Abbott. Also featured, amongst many others, are Thomas Friedman, LA Times reporter Dan Neil, EV owner Danny DeVito, and Gov. Arnold Schwarzenegger.

**Food Matters**

80 minutes

*Sunday 1 pm*

With nutritionally-depleted foods, chemical additives and our tendency to rely upon pharmaceutical drugs to treat what’s wrong with our malnourished bodies, it’s no wonder that modern society is getting sicker. Food Matters sets about uncovering the trillion dollar worldwide ‘sickness industry’ and gives people some scientifically verifiable solutions for overcoming illness naturally.

In what promises to be the most contentious idea put forward, the filmmakers have interviewed several leading experts in nutrition and natural healing who claim that not only are we harming our bodies with improper nutrition, but that the right kind of foods, supplements and detoxification can be used to treat chronic illnesses as fatal as terminally diagnosed cancer.

The ‘Food Matters’ duo have independently funded the film from start to finish in order to remain as unbiased as possible, delivering a clear and concise message to the world. Food Matters.
The old-fashioned NOFA Country Fair happens on Saturday afternoon from 3:00 to 5:30, with a PARADE from the Children’s Conference. The children do a lot of work to prep for the parade, so please join them as they march from the Student Union and cross North Pleasant Street to enter the quad in the Northeast Residential Area!

ONGOING ACTIVITIES DURING THE FAIR

Once the parade winds down, the fun continues in the Northeast quad with an assortment of games for children, including a tomato bob (yep, just like apples), peanut in the haystack, a ring toss, the watermelon pit spit, and the “butter dance,” in which participants make and enjoy their own butter. Join a race: in a sack, three-legged style, or human wheelbarrow!

Feeling like a little more competition? Sign up for one of several contests we offer: veggie sculpture, the corn nibble fandangle (see it to believe it!), scarecrow building, the egg toss, and the ever-popular pie-eating contest – a new twist every year! Participants in these activities receive tickets for free lemonade – a nice treat on a hot August afternoon!

Browse the Market at the Fair! This year we look forward to seeing Rainbow Kids tie-dye clothing, maple products and handmade brooms from Justamere Tree Farm, goat milk soap from the Pioneer Valley, and plenty more.

NEW THIS YEAR!

John Tycz will offer a solar box cooker demonstration, using the results of workshop #3, which is a hands on workshop at 2pm on Friday where participants will actually build the cookers using simple materials.

We will provide an “author’s corner” for book authors selling and signing books they have written. Treat yourself to a new book while meeting the author!

SUPPORT THE CONFERENCE WHILE ENJOYING THE FAIR!

Try your luck at the “ox plop” - a recently-fed ox meanders over a pre-laid grid while anxious fair-goers await his “plop,” hopefully on the square that they have bet on! Visit the fair tent to place your bet: $3 for one square, $5 for two squares. The lucky winner takes half the ticket receipts.

Support the conference by participating in the teacup raffle! After a two-year hiatus, the raffle returns with a variety of books, gift certificates for services, local honey, natural body products, mushroom spawn, and much more! Tickets
will be available for sale at the raffle table in the registration tent during regular registration hours (Friday 11 am - 7 pm, Saturday 7 am - 1 pm), and throughout the fair until raffle winners are drawn at 5 pm Saturday afternoon. Teacup raffle tickets are $1 apiece, or six tickets for $5.

**WORKSHOPS DURING THE FAIR**

**3:30-5:00 PM**

Jill Horton-Lyons of Winterberry Farm returns this year with her presentation of “dogs herding ducks,” one of the entertainment highlights of the fair (workshop #133).

Alisande Cunningham Sweeney of Juniper Hill Farm will lead a **goat walk** to discuss training goats for leash walks and goat carts, and see what plants might be part of their natural diet (workshop #134).

**3:00-4:30 PM**

For those inclined to join a lively discussion, **Steve Gilman, Policy Coordinator for the NOFA Interstate Council**, will provide updates on policy issues that NOFA has been working on and address your questions and concerns on policies that impact organic growers (workshop #132).

**TEACUP RAFFLE DRAWING**

**5:00 pm**

Feeling lucky? Bring your raffle tickets to the raffle item table to see what you have won! Raffle winners may claim their prizes 5-7 pm on Saturday, or 7-11 am Sunday. We’re not able to hold or mail raffle prizes, so any raffle items that remain unclaimed as of 11 am on Sunday will join the post-conference auction on Sunday afternoon.
**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 74.

### THURSDAY, AUGUST 9

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<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>11:30am-1:30pm</td>
<td><strong>REGISTRATION</strong> Open – Cape Cod Lounge</td>
</tr>
<tr>
<td>1 pm - 5:00 pm</td>
<td><strong>PRE-CONFERENCE</strong> (see page 36): Fighting GMO’s: Training for Consumers, Community Leaders, Activists, and Organizers with Jeffrey Smith – Cape Cod Lounge</td>
</tr>
<tr>
<td>7:00 PM</td>
<td><strong>FUNDRAISER</strong> (see page 36): to benefit NOFA/Mass’ non-GMO Policy Work – Cape Cod Lounge</td>
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### FRIDAY, AUGUST 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>7:00 am – 9:00 am</td>
<td><strong>REGISTRATION</strong> Open – Registration Tent</td>
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<tr>
<td></td>
<td><strong>PRE-CONFERENCES</strong> (see page 36):</td>
</tr>
<tr>
<td>8 am - 12:00 noon</td>
<td>Fighting GMO’s (cont.) – Cape Cod Lounge</td>
</tr>
<tr>
<td>8 am - 12:00 noon</td>
<td>Grow Fruit Naturally with Lee Reich – Campus Center 904-908</td>
</tr>
<tr>
<td>11:00 am - 7:00 pm</td>
<td><strong>REGISTRATION</strong> Open – Registration Tent</td>
</tr>
<tr>
<td>11:00 am - 2:00 pm</td>
<td><strong>LUNCH</strong> – Worcester Dining Commons</td>
</tr>
<tr>
<td>11:00 am - 1:30 pm</td>
<td><strong>NOFA Interstate Council Meeting</strong> - Worcester Dining Hall</td>
</tr>
<tr>
<td>2:00 pm</td>
<td><strong>FILM:</strong> <em>The Flaw: Markets, Money, Mortgages and the Great American Meltdown</em> 82 minutes - Campus Center 803</td>
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<td></td>
<td><strong>ADULT WORKSHOPS – 2:00-3:30 PM</strong></td>
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<td>1) Attached Greenhouse for Food, Heat, and Hot Water - Campus Center 165-69</td>
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<td>2) Basemapping for Landscape Planning &amp; Permaculture Design - Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dinning Commons</td>
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<td>3) Build a Solar Box Cooker - Campus Center 811-15</td>
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<td>4) Cooperative Farm Labor Structures - Campus Center 917</td>
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<td>5) Create a New Pasture or Rehab an Old One - Campus Center 905-09</td>
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<td>6) Crop Rotation, Mulching, and Tillage Reduction - Campus Center 805-09</td>
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7) CSA Crop Planning - Campus Center 163C
8) Designing Cover Crop Systems for your Farm - Campus Center 101
9) Integrative Approach to Lyme Disease and Co-infections - Campus Center 162-75
10) Introduction to Soil Fertility - Campus Center 804-08
11) Organic Land Care vs. Conventional Lawn Care - Campus Center 904-08
12) Organizing a Seed Swap - Mary Lyon Basement
13) Permaculture Fundamentals - Campus Center 174-76
14) Planning a Culinary/Medicinal Herb Garden - Mary Lyon Classroom
15) Pressure Canner and Dehydrator for Summer’s Abundance - Campus Center 168C
16) Self-Renewing Fertility: Forest Garden Perspective - Campus Center Auditorium
17) The Orchard Way: Growing Apples Organically - Campus Center 903
18) We Become What We Eat: Mindy, Body, and Spirit - Campus Center 911-15
19) You Too Can Grow Shiitake! - Campus Center Reading Room
20) TOUR: Simple Gifts Farm: Harnessing Draft Animals for Fieldwork - TOUR

CHILDREN’S WORKSHOPS – 2:00-3:30 PM
21) Parade Banner Painting! - Cape Cod Lounge
21.5) Geodig! Geology of the Connecticut River Valley - Cape Cod Lounge

TEEN WORKSHOPS – 2:00-3:30 PM
22) Tie-Dye and Percussion Jam - Grad Lounge

4:00 pm FILM: Por Dinero 30 minutes (followed by a 1-hr. presentation by the film’s creators) - Campus Center 803

ADULT WORKSHOPS – 4-5:30 PM
23) Composting beyond the Garden Compost - Mary Lyon Classroom
24) Co-ops Build a Better World! - Campus Center 805-09
25) Growing Broccoli and other Brassicas - Campus Center 811-15
26) Growing Raspberries Organically - Campus Center 168C
27) Growing Winter Greens - Campus Center 174-76
28) Herbal Support for Stress & Inflammation - Campus Center 917
29) Natural Honeybees Management - Campus Center 904-08
30) Nature as Mentor: Raising Pigs in the Woods - Campus Center 903
31) No Grain Dairy, Beef, Sheep and Goat Nutrition - Campus Center 905-09
32) Overcoming Environmental Illness - Campus Center 163C
33) Permaculture Techniques For Your Garden - Campus Center Reading Room
34) Protecting Your Working Body: Self Care & Ergonomics for Farmers -
35) Silicon Soil Fertility and Nutrition - Campus Center 165-69
36) Simple Lacto-fermentation - Campus Center 162-75
37) Site Analysis and Assessment for Permaculture Design - Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dinning Commons
38) Starting a CSA - Campus Center 804-08
39) Vision for Food Self-Reliance for New England - Campus Center Auditorium
40) Widening the Palette of Covercrops - Campus Center 101
41) Worm Composting Basics - Mary Lyon Basement
42) TOUR: Simple Gifts Farm: Ground Driving -- Hitch a team of 1-6 Horses - TOUR

CHILDREN’S WORKSHOPS – 4-5:30 PM
43) Building Fairy Houses - Cape Cod Lounge
44) Creative Writing and Theatre Games - Cape Cod Lounge
45) Weaving with Nature - Cape Cod Lounge

TEEN WORKSHOPS – 4-5:30 PM
46) How & Why To Keep Bees in Top Bar Hives - Grad Lounge
47) Immigration and Making Documentary Films - Campus Center 803 (film room)

5:30 - 8:00 pm DINNER - Worcester Dining Commons
7:30 - 9:00 pm KEYNOTE ADDRESS by Chellie Pingree and NOFA Annual Meeting – Campus Center Auditorium (see page 34)

EVENING ENTERTAINMENT (see page 44)
7:30 – 9:00 pm JourneyDance Blast - Campus Center Reading Room
9:30 – 10:30 pm JourneyDance Blast (Reprise) - Campus Center Reading Room
9:00 pm - midnight CONTRA DANCE with The Russet Trio, and caller Fern Bradley – Campus Center Auditorium (see page 44)

SATURDAY, AUGUST 11

6:30 - 8:00 am BREAKFAST - Worcester Dining Commons
7:00 am - 1:00 pm REGISTRATION Open – Registration Tent
8:00 am FILM: Money and Medicine 83 minutes - Campus Center 803

ADULT WORKSHOPS – 8-9:30 AM
48) Biotech Threats to Organic Agriculture - Campus Center 162-75
49) Common Herbs, Common Ailments, Common Remedies - Mary Lyon Basement
50) Creating a Permaculture Farm - Campus Center 174-76
51) CSA Financial Management - Campus Center 163C
52) Cultivating Mushrooms, How and Why - Campus Center Reading Room
53) Fair Trade Model on The Farm & In Our Lives - Mary Lyon Classroom
54) Farm-built Wireless Greenhouse Monitor - Campus Center 917
55) Grazing Basics 101 - Campus Center 804-08
56) Growing Quality Food Biodynamically - Campus Center 168C
57) Improved Garden Production - Campus Center Auditorium
58) Introduction to Edible Forest Gardening - Campus Center 101
59) Knots for Farming and Living - Campus Center 911-15
60) Mitigating Radioactive Toxicity in Agricultural Produce - Campus Center 904-08
61) Poultry in the Brooder – Getting off on the Right Foot - Campus Center 903
62) Soil Health - Campus Center 811-15
63) Starting a Farm – Mine and Yours - Campus Center 165-69
64) Stewardship for the Cultivated Landscape - Campus Center 805-09
65) Tools for Keeping your Farm and Animals Healthy - Campus Center 905-09
66) Water bath and Pressure Canning for Beginners - Student Union Kitchen
67) TOUR: Many Hands Farm Corps Farm: DIY Greenhouse Frame Construction - TOUR
68) TOUR: UMass Research Farm: Hands-on Insect Ecology and Management - TOUR
69) TOUR: Simple Gifts Farm: Equine Care: Nutrition, Hoof Care, and Housing - TOUR

CHILDREN’S WORKSHOPS – 8-9:30 AM
70) Buttermaking For Kids - Cape Cod Lounge
71) Rabbits!! - Cape Cod Lounge
72) Stories, Songs, and Dance - Cape Cod Lounge

TEEN WORKSHOPS – 8-9:30 AM
73) Yoga and Ti Chi for Teens - Grad Lounge
73.5) Writing Poetry - Grad Lounge

10:00 am FILM: Waterlife 109 minutes - Campus Center 803

ADULT WORKSHOPS – 10-11:30 AM
74) Acquiring Your Farm - Campus Center 804-08
75) Advanced Lacto-Fermentation (Vegetables) - Campus Center 168C
76) Backyard Chickens - Campus Center 174-76
77) Biological Farm Management - Campus Center 165-69
78) Broccolitas: The 10 Year Broccoli Wonder - Campus Center 811-15
79) Creating Multi-Dimension Vegetable Gardens - Campus Center 101
80) Documented Health Risks of Genetically Modified Foods - Campus Center Auditorium
81) Easy no-Knead Artisan Bread at Home - Student Union Kitchen
82) Farming Smarter, Not Harder: Planning for Profit (pt 1 of 2) - Campus Center 163C
83) Forest Succession’s Lessons for Ecological Garden Design - Campus Center 162-75
84) Home Birth - Mary Lyon Basement
85) How & Why to Keep Bees in Top Bar Hives - Campus Center 917
86) Hows and Whys of Building Soil Biology - Campus Center Reading Room
87) Medicinal Herb Walk - Outside: Meet at the Registration Tent
88) Micro-dairying - Campus Center 905-09
89) Mindful Eating: Creating New Food Habits - Campus Center 904-08
90) Organic Farming: Culture, Character, & Landscape - Campus Center 903
91) Perennial Division 101 - Mary Lyon Classroom
92) Raising Rabbits Organically - Outside: Meet at the rabbits in the Northeast Residential Area
93) Small Engine & Lawnmower Repair - Outside: Meet at the lawnmowers in the Northeast Residential Area
94) Starting and Maintaining a School Garden - Campus Center 805-09
95) Urban Bioshelters for Resilient Urban Ecologies - Campus Center 911-15
96) TOUR: Many Hands Farm Corps Farm: DIY Well-Driving - TOUR
97) TOUR: Student Farm at UMass Research Farm - Growing for Fall and Winter Harvests - TOUR
98) TOUR: Simple Gifts Farm: Row Cultivation with a Team of Horses or Single Horse - TOUR

CHILDREN’S WORKSHOPS – 10-11:30 AM

99) Cattle Care - Cape Cod Lounge
100) Easy Pin Cushions - Cape Cod Lounge
101) Hopscotch for Hip Kids - Cape Cod Lounge

TEEN WORKSHOPS – 10-11:30 AM

102) Building a Top Bar Hive - Grad Lounge
103) Food For Thought - Grad Lounge

11:00 am - 1:00 pm LUNCH – Worcester Dining Commons
1:00 pm FILM: Growing Change 60 minutes (followed by a one-hour discussion with Martha Bolivar, a leader in the Venezuelan urban agriculture movement)
ADULT WORKSHOPS – 1-2:30 PM
104) Bacterial & Fungal Species in Mineral Availability & Transmutation - Campus Center 168C
105) Cold-Climate Commercial-Scale Wet Rice in Practice - Campus Center 903
106) Cooperative BioBalance & Tree Whispering - Campus Center 911-15
107) Cooperatives in Farming and the Food System - Campus Center 917
108) Farmer-Friendly Enterprise Budgets Made Simple (pt 2 of 2) - Campus Center 163C
109) Fruit for Small Spaces - Campus Center 101
110) Getting Organized for GMO Activism in the Northeast - Campus Center Auditorium
111) Getting Started in Beekeeping - Campus Center 904-08
112) Grass-fed Beef: Genetics, & Grazing Season Extension - Campus Center 905-09
113) Homeopathy for Summer First Aid - Campus Center 805-09
114) Keeping Dairy Goats - Outside: Meet at the goats in the Northeast Residential Area
115) Make Your Own Flavored Oils and Vinegars - Student Union Kitchen
116) Organic Lawn and Land Care: A System’s Approach - Campus Center 165-69
117) Practical Skills for Urban Gardening - Campus Center Reading Room
118) Radical Kitchens - Campus Center 804-08
119) Root Cellars and Farmstead Storage Options - Campus Center 811-15
120) Small Scale Aquaculture and Aquaponics - Aquaculture Lab, Agricultural Engineering Building 102 (just uphill from the Textbook Annex)
121) Sprouting for High Nutrition - Mary Lyon Classroom
122) Steiner, Albrecht & others: Conflict & Commonality - Campus Center 174-76
123) Systems + Species: A Peak-Oil Homestead Example - Campus Center 162-75
124) Tonic Herbs for Optimal Nourishment - Mary Lyon Basement
125) TOUR: Beaver Lodge: Sustainable Home and Landscape - TOUR
126) TOUR: Brookfield Farm: CSA Systems - TOUR
127) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing - TOUR
128) TOUR: Simple Gifts Farm: The Use of a Land Plow on the Farm. - TOUR

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

TEEN WORKSHOPS – 1-2:30 PM
130) Jam Session - Grad Lounge
THE NOFA COUNTRY FAIR, MARKET, AND AUTHOR’S CORNER
3:00 - 5:30 pm - On the Northeast Residential Area Lawn (see page 50)

WORKSHOPS DURING THE FAIR
3:00-4:30 PM 132) Take Part in NOFA’s Policy Capacity-Building! - Campus Center 904-08
3:30-5:00 PM 133) Dogs Herd Ducks; Kids Herd Kids - Outside: Meet at the dogs and ducks in the Northeast Residential Area
3:30-5:00 PM 134) Walking with Goats - Outside: Meet at the goats in the Northeast Residential Area

4:00 pm FILM: Split Estate 76 minutes - Campus Center 803
4:00 - 7:00 pm REGISTRATION Open – Registration Tent
5:00 pm Teacup Raffle Drawing
4:30 - 8:00 pm DINNER - Worcester Dining Commons
7:00 - 9:00 pm KEYNOTE ADDRESS by Jeffrey M. Smith – Campus Center Auditorium (see page 34)

EVENING ENTERTAINMENT (see page 44)
7:00 – 9:00 pm Drumming Journey with Steve Leicach – Cape Cod Lounge
9:00 pm - midnight - Folk Dance with The Grin Whistle – Campus Center Graduate Lounge

SUNDAY, AUGUST 14

6:30 - 8:00 am BREAKFAST - Worcester Dining Commons
7:00 am - 11:00 am REGISTRATION Open – Registration Tent
8:00 am FILM: The Age of Stupid 89 minutes - Campus Center 803

ADULT WORKSHOPS – 8-9:30 AM
135) Advanced Agronomic Techniques - Campus Center Auditorium
136) Agroforestry in the Northeast - Campus Center 162-75
137) Arcosanti, Paolo Soleri, and Ecological Cities - Campus Center 903
138) Biochar for the Small Farm - Campus Center 804-08
139) Bioshelters and Greenhouse Innovations - Campus Center 917
140) Connecting With All Life Through Dowsing - Mary Lyon Basement
141) Conservation on Your Organic Farm - Campus Center 805-09
142) Current Approaches to Backyard Gardening - Campus Center Reading Room
143) Degenerative Disease & the Promise of Grass Farming - Campus Center 165-69
CHILDREN’S WORKSHOPS – 8-9:30 AM
155) Gluten Free Baking - Student Union Kitchen
156) The Importance of Composting - Cape Cod Lounge

TEEN WORKSHOPS – 8-9:30 AM
157) Exploring College Options in Sustainability - Grad Lounge
158) Transformation through Permaculture - Grad Lounge

10:00 am FILM: Revenge of the Electric Car 90 minutes - Campus Center 803

ADULT WORKSHOPS – 10-11:30 AM
159) Best Practices in the Production of Raw Milk - Campus Center 905-09
159.5) Building a Homestead Root Cellar - Campus Center Reading Room
160) Create a Strategic Plan for Your Farm/Business - Campus Center 805-09
161) Creating Adult Farm Education Opportunities - Campus Center 911-15
162) Digging those Community Roots: The Role of Urban Gardens - Campus Center 168C
163) Dowsing Your Health - Mary Lyon Basement
164) Ethics and Purpose in Organic Landcare - Campus Center 903
165) Food co-ops and Healthy Food Access - Campus Center 163C
166) Gardening for Family and Making Money on the Side - Campus Center 804-08
167) Growing, Grinding and Cooking your own Grains - Campus Center 101
168) Invasive Ambrosia - Campus Center 917
169) Live Well and Feed your Teeth - Campus Center 165-69
170) Menopause: A Natural Approach - Mary Lyon Classroom
171) Nut Trees for the Northeast - Campus Center 174-76
172) Seasonal Eating for Optimal Health - Campus Center 162-75
173) Soil: The Super Ecosystem of Ecosystems - Campus Center Auditorium
174) Weed Control in Vegetables - Campus Center 904-08
175) Wild World of Mushrooms - Campus Center 811-15
176) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production - TOUR
177) TOUR: Simple Gifts Farm: Planning for Traction on your Farm - TOUR

CHILDREN’S WORKSHOPS – 10-11:30 AM
178) Knead, Knead, Knead Organic Pizza! - Student Union Kitchen
179) Making All Tied Up Books - Cape Cod Lounge
180) Pioneer Living: Harvest Time - Cape Cod Lounge

TEEN WORKSHOPS – 10-11:30 AM
181) Drop Spindle - Grad Lounge
182) Making Lip and Skin Balms From Natural Sources - Grad Lounge

11:00 am - 1:00 pm LUNCH – Worcester Dining Commons
1:00 pm FILM: Food Matters 80 minutes

ADULT WORKSHOPS – 1-2:30 PM
183) Building & Managing Low-tech, Low-cost, Low-tunnels - Campus Center 917
185) Chemicals Influence Sex, Gender & Cancer - Campus Center 904-08
186) Coppice Agroforestry for Fuel, Fodder, Craft and Fun - Campus Center 101
187) Entrepreneurial Ideas for Teens to Begin an Ag Business - Campus Center 911-15
188) Farm as Farmacy - Campus Center Auditorium
189) Growing Garlic, a Timely and Versatile Crop! - Campus Center Reading Room
190) Homeopathy for Livestock - Campus Center 903
191) How to Cook Your CSA Share - Student Union Kitchen
192) Making Herbal Medicine - Mary Lyon Basement
193) Managing Air and Water in Soil - Campus Center 168C
194) On Farm Breeding and Selection - Campus Center 165-69
195) Preparing Local Whole Grains & Beans - Campus Center 804-08
196) Singing for the Soil and the Sensual - Campus Center 905-09
197) Solar PV on the Farm: Incentives and Rebates - Campus Center 174-76
198) Strategies and Tools for Saving Local Farms - Campus Center 163C
199) Sustaining a School Composting and Gardening Program - Campus Center 811-15
200) Value Added Products: Small Farm Vertical Integration - Campus Center 162-75
200.5) Venezuelan Food Revolution: Urban Agriculture, Food Sovereignty &
Agroecology - Campus Center 168C
201) Wholesale Vegetables at a Small Scale - Campus Center 805-09
202) TOUR: Northampton Community Farm: A Community Farm is Born! - TOUR
203) TOUR: Simple Gifts Farm: Managing Crops in Groups for Efficiency - TOUR

CHILDREN’S WORKSHOPS – 1-2:30 PM
204) “Playing Fowl”: Raising Chickens for Eggs and Meat - Cape Cod Lounge
205) Fun Food Science - Cape Cod Lounge
206) Make a Worm Farm! Composting with Worms - Cape Cod Lounge

TEEN WORKSHOPS – 1-2:30 PM
207) Beginning Filmmaking - Grad Lounge
208) Energy Work: An Introduction to Qigong - Grad Lounge

3:00 pm NOFA Annual Post-Conference Auction to Benefit the Farming Education Fund – Registration Tent
ADULT WORKSHOPS BY CATEGORY

Here is a quick reference guide of workshops by category. Check under the Workshop Descriptions by Time Slot on page 74 for further details about each workshop and for an explanation of workshop track abbreviations. Remember to check your Program Addendum and the whiteboard at the registration table for any last minute changes or cancellations.

ALTERNATIVE ENERGY
144) DIY Alternative Energy on the Farm: Sun, Aug. 12, 8-9:30AM BF Track
197) Solar PV on the Farm: Incentives and Rebates: Sun, Aug. 12, 1-2:30PM

ANIMAL POWER
20) TOUR: Simple Gifts Farm: Harnessing Draft Animals for Fieldwork: Fri, Aug. 10, 2-3:30PM
42) TOUR: Simple Gifts Farm: Ground Driving -- Hitch a team of 1-6 Horses: Fri, Aug. 10, 4-5:30PM
69) TOUR: Simple Gifts Farm: Equine Care: Nutrition, Hoof Care, and Housing: Sat, Aug. 11, 8-9:30AM
98) TOUR: Simple Gifts Farm: Planning for Traction on your Farm: Sat, Aug. 11, 10-11:30AM
128) TOUR: Simple Gifts Farm: The Use of a Land Plow on the Farm: Sat, Aug. 11, 1-2:30PM
154) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm: Sun, Aug. 12, 8-9:30AM

ANIMALS
BEES
29) Natural Honeybees Management: Fri, Aug. 10, 4-5:30PM
85) How & Why to Keep Bees in Top Bar Hives: Sat, Aug. 11, 10-11:30AM
111) Getting Started in Beekeeping: Sat, Aug. 11, 1-2:30PM

GENERAL
55) Grazing Basics 101: Sat, Aug. 11, 8-9:30AM
151) Some Livestock Best Feeding Practices: Sun, Aug. 12, 8-9:30AM ND Track

OTHER
30) Nature as Mentor: Raising Pigs in the Woods: Fri, Aug. 10, 4-5:30PM BF Track
92) Raising Rabbits Organically: Sat, Aug. 11, 10-11:30AM
120) Small Scale Aquaculture and Aquaponics: Sat, Aug. 11, 1-2:30PM
200) Value Added Products: Small Farm Vertical Integration: Sun, 1-2:30PM
POULTRY
61) Poultry in the Brooder – Getting off on the Right Foot: Sat, Aug. 11, 8-9:30AM
76) Backyard Chickens: Sat, Aug. 11, 10-11:30AM

RUMINANT, LARGE
31) No Grain Dairy, Beef, Sheep and Goat Nutrition: Fri, Aug. 10, 4-5:30PM

ND Track
88) Micro-dairying: Sat, Aug. 11, 10-11:30AM BF Track
112) Grass-fed Beef: Genetics, & Grazing Season Extension: Sat, Aug. 11, 1-2:30PM
159) Best Practices in the Production of Raw Milk: Sun, Aug. 12, 10-11:30AM

RUMINANT, SMALL
5) Create a New Pasture or Rehab an Old One: Fri, Aug. 10, 2-3:30PM
114) Keeping Dairy Goats: Sat, Aug. 11, 1-2:30PM
150) Raising Sheep Organically: Sun, Aug. 12, 8-9:30AM

CROPS

COVER CROPS
8) Designing Cover Crop Systems for your Farm: Fri, Aug. 10, 2-3:30PM
40) Widening the Palette of Covercrops: Fri, Aug. 10, 4-5:30PM

GENERAL
119) Root Cellars and Farmstead Storage Options: Sat, Aug. 11, 1-2:30PM SE Track
135) Advanced Agronomic Techniques: Sun, Aug. 12, 8-9:30AM
174) Weed Control in Vegetables: Sun, Aug. 12, 10-11:30AM
194) On Farm Breeding and Selection: Sun, Aug. 12, 1-2:30PM
201) Wholesale Vegetables at a Small Scale: Sun, Aug. 12, 1-2:30PM BF Track

MUSHROOM
19) You Too Can Grow Shiitake!: Fri, Aug. 10, 2-3:30PM
52) Cultivating Mushrooms, How and Why: Sat, Aug. 11, 8-9:30AM
175) Wild World of Mushrooms: Sun, Aug. 12, 10-11:30AM

SPECIALTY
25) Growing Broccoli and other Brassicas: Fri, Aug. 10, 4-5:30PM
27) Growing Winter Greens: Fri, Aug. 10, 4-5:30PM BF & SE Track
78) Broccolitas: The 10 Year Broccoli Wonder: Sat, Aug. 11, 10-11:30AM PC Track
105) Cold-Climate Commercial-Scale Wet Rice in Practice: Sat, Aug. 11, 1-2:30PM
121) Sprouting for High Nutrition: Sat, Aug. 11, 1-2:30PM
189) Growing Garlic, a Timely and Versatile Crop!: Sun, Aug. 12, 1-2:30PM
FARM ECONOMICS AND MANAGEMENT
4) Cooperative Farm Labor Structures: Fri, Aug. 10, 2-3:30PM  BF Track
7) CSA Crop Planning: Fri, Aug. 10, 2-3:30PM  CSA Track
13) Permaculture Fundamentals: Fri, Aug. 10, 2-3:30PM  OLC & PC Track
38) Starting a CSA: Fri, Aug. 10, 4-5:30PM  BF & CSA Track
51) CSA Financial Management: Sat, Aug. 11, 8-9:30AM  BF & CSA Track
63) Starting a Farm – Mine and Yours: Sat, Aug. 11, 8-9:30AM  BF Track
74) Acquiring Your Farm: Sat, Aug. 11, 10-11:30AM
82) Farming Smarter, Not Harder: Planning for Profit (pt 1 of 2): Sat, Aug. 11, 10-11:30AM  BF Track
141) Conservation on Your Organic Farm: Sun, Aug. 12, 8-9:30AM
160) Create a Strategic Plan for Your Farm/Business: Sun, Aug. 12, 10-11:30AM  BF Track
187) Entrepreneurial Ideas for Teens to Begin an Ag Business: Sun, Aug. 12, 1-2:30PM

FARMING AND THE COMMUNITY
12) Organizing a Seed Swap: Fri, Aug. 10, 2-3:30PM
24) Co-ops Build a Better World!: Fri, Aug. 10, 4-5:30PM
53) Fair Trade Model on The Farm & In Our Lives: Sat, Aug. 11, 8-9:30AM
107) Cooperatives in Farming and the Food System: Sat, Aug. 11, 1-2:30PM  BF Track
145) Expanding CSAs into Low-Income Communities: Sun, Aug. 12, 8-9:30AM
165) Food co-ops and Healthy Food Access: Sun, Aug. 12, 10-11:30AM
198) Strategies and Tools for Saving Local Farms: Sun, Aug. 12, 1-2:30PM

FOOD AND FAMILY
32) Overcoming Environmental Illness: Fri, Aug. 10, 4-5:30PM
84) Home Birth: Sat, Aug. 11, 10-11:30AM
118) Radical Kitchens: Sat, Aug. 11, 1-2:30PM

FOOD AND FARM EDUCATION
94) Starting and Maintaining a School Garden: Sat, Aug. 11, 10-11:30AM
149) Organizing Campus Permaculture Transformation: Sun, Aug. 12, 8-9:30AM  PC Track
161) Creating Adult Farm Education Opportunities: Sun, Aug. 12, 10-11:30AM
199) Sustaining a School Composting and Gardening Program: Sun, Aug. 12, 1-2:30PM
FOOD PRESERVATION AND COOKING
15) Pressure Canner and Dehydrator for Summer’s Abundance: Fri, Aug. 10, 2-3:30PM
36) Simple Lacto-fermentation: Fri, Aug. 10, 4-5:30PM
66) Water Bath and Pressure Canning for Beginners: Sat, Aug. 11, 8-9:30AM
75) Advanced Lacto-Fermentation (Vegetables): Sat, Aug. 11, 10-11:30AM
81) Easy No-Knead Artisan Bread at Home: Sat, Aug. 11, 10-11:30AM
115) Make Your Own Flavored Oils and Vinegars: Sat, Aug. 11, 1-2:30PM
167) Growing, Grinding and Cooking your own Grains: Sun, Aug. 12, 10-11:30AM
191) How to Cook Your CSA Share: Sun, Aug. 12, 1-2:30PM
195) Preparing Local Whole Grains & Beans: Sun, Aug. 12, 1-2:30PM

FRUITS, NUTS AND TREES
17) The Orchard Way: Growing Apples Organically: Fri, Aug. 10, 2-3:30PM
26) Growing Raspberries Organically: Fri, Aug. 10, 4-5:30PM
83) Forest Succession’s Lessons for Ecological Garden Design: Sat, Aug. 11, 10-11:30AM **PC Track**
106) Cooperative BioBalance & Tree Whispering: Sat, Aug. 11, 1-2:30PM
136) Agroforestry in the Northeast: Sun, Aug. 12, 8-9:30AM **PC Track**
171) Nut Trees for the Northeast: Sun, Aug. 12, 10-11:30AM
186) Coppice Agroforestry for Fuel, Fodder, Craft and Fun: Sun, Aug. 12, 1-2:30PM **PC Track**
58) Introduction to Edible Forest Gardening: Sat, Aug. 11, 8-9:30AM **PC Track**
109) Fruit for Small Spaces: Sat, Aug. 11, 1-2:30PM **OLC Track**

GARDEN
33) Permaculture Techniques For Garden: Fri, Aug. 10, 4-5:30PM **PC Track**
57) Improved Garden Production: Sat, Aug. 11, 8-9:30AM **SE Track**
79) Creating Multi-Dimension Vegetable Gardens: Sat, Aug. 11, 10-11:30AM
91) Perennial Division 101: Sat, Aug. 11, 10-11:30AM
117) Practical Skills for Urban Gardening: Sat, Aug. 11, 1-2:30PM
142) Current Approaches to Backyard Gardening: Sun, Aug. 12, 8-9:30AM
166) Gardening for Family and Making Money on the Side: Sun, Aug. 12, 10-11:30AM

GREENHOUSE
1) Attached Greenhouse for Food, Heat, and Hot Water: Fri, Aug. 10, 2-3:30PM **SE Track**
139) Bioshelters and Greenhouse Innovations: Sun, Aug. 12, 8-9:30AM **PC & SE Tracks**
183) Building & Managing Low-tech, Low-cost, Low-tunnels: Sun, Aug. 12, 1-2:30PM **BF & SE Tracks**
HERBS
14) Planning a Culinary/Medicinal Herb Garden: Fri, Aug. 10, 2-3:30PM
28) Herbal Support for Stress & Inflammation: Fri, Aug. 10, 4-5:30PM
49) Common Herbs, Common Ailments, Common Remedies: Sat, Aug. 11, 8-9:30AM
87) Medicinal Herb Walk: Sat, Aug. 11, 10-11:30AM
124) Tonic Herbs for Optimal Nourishment: Sat, Aug. 11, 1-2:30PM
146) Herbs for the Digestive System: Sun, Aug. 12, 8-9:30AM
168) Invasive Ambrosia: Sun, Aug. 12, 10-11:30AM
192) Making Herbal Medicine: Sun, Aug. 12, 1-2:30PM

LAND CARE
2) Basemapping for Landscape Planning & Permaculture Design: Fri, Aug. 10, 2-3:30PM  OLC & PC Track
11) Organic Land Care vs. Conventional Lawn Care: Fri, Aug. 10, 2-3:30PM  OLC Track
37) Site Analysis and Assessment for Permaculture Design: Fri, Aug. 10, 4-5:30PM  OLC & PC Track
50) Creating a Permaculture Farm: Sat, Aug. 11, 8-9:30AM  PC Track
64) Stewardship for the Cultivated Landscape: Sat, Aug. 11, 8-9:30AM  OLC Track
86) Hows and Whys of Building Soil Biology: Sat, Aug. 11, 10-11:30AM  OLC Track
116) Organic Lawn and Land Care: A System’s Approach: Sat, Aug. 11, 1-2:30PM  OLC Track
123) Systems + Species: A Peak-Oil Homestead Example: Sat, Aug. 11, 1-2:30PM  PC Track
152) Water-Greywater-Rainwater in the Landscape: Sun, Aug. 12, 8-9:30AM  OLC Track
164) Ethics and Purpose in Organic Landcare: Sun, Aug. 12, 10-11:30AM  OLC Track

NUTRITION AND HEALTH
9) Integrative Approach to Lyme Disease and Co-infections: Fri, Aug. 10, 2-3:30PM
18) We Become What We Eat: Mindy, Body, and Spirit: Fri, Aug. 10, 2-3:30PM
34) Protecting Your Working Body: Self-care & Ergonomics for Farmers: Fri, Aug. 10, 4-5:30PM  BF Track
65) Tools for Keeping your Farm and Animals Healthy: Sat, Aug. 11, 8-9:30AM
90) Organic Farming: Culture, Character, & Landscape: Sat, Aug. 11, 10-11:30AM
113) Homeopathy for Summer First Aid: Sat, Aug. 11, 1-2:30PM
143) Degenerative Disease & the Promise of Grass Farming: Sun, Aug. 12, 8-9:30AM
153) Yoga for Farmers: Sun, Aug. 12, 8-9:30AM
169) Live Well and Feed your Teeth: Sun, Aug. 12, 10-11:30AM
170) Menopause: A Natural Approach: Sun, Aug. 12, 10-11:30AM
172) Seasonal Eating for Optimal Health: Sun, Aug. 12, 10-11:30AM
185) Chemicals Influence Sex, Gender & Cancer: Sun, Aug. 12, 1-2:30PM
188) Farm as Farmacy: Sun, Aug. 12, 1-2:30PM

OF THE SPIRIT
89) Mindful Eating: Creating New Food Habits: Sat, Aug. 11, 10-11:30AM
140) Connecting With All Life Through Dowsing: Sun, Aug. 12, 8-9:30AM
163) Dowsing Your Health: Sun, Aug. 12, 10-11:30AM
196) Singing for the Soil and the Sensual: Sun, Aug. 12, 1-2:30PM

POLITICS AND POLICY
39) Vision for Food Self-Reliance for New England: Fri, Aug. 10, 4-5:30PM
48) Biotech Threats to Organic Agriculture: Sat, Aug. 11, 8-9:30AM
80) Documented Health Risks of Genetically Modified Foods: Sat, Aug. 11, 10-11:30AM
110) Getting Organized for GMO Activism in MA: Sat, Aug. 11, 1-2:30PM
132) Take Part in NOFA’s Policy Capacity-Building!: Sat, Aug. 11, 3:00-4:30
147) Mass Farm Law: Zoning, Wetland, Taxes, APR & Nuisance: Sun, Aug. 12, 8-9:30AM

PRACTICAL SKILLS
3) Build a Solar Box Cooker: Fri, Aug. 10, 2-3:30PM
41) Worm Composting Basics: Fri, Aug. 10, 4-5:30PM
54) Farm-built Wireless Greenhouse Monitor: Sat, Aug. 11, 8-9:30AM BF & SE Track
59) Knots for Farming and Living: Sat, Aug. 11, 8-9:30AM
93) Small Engine & Lawnmower Repair: Sat, Aug. 11, 10-11:30AM
159.5) Building a Homestead Root Cellar: Sun, Aug. 12, 10-11:30AM SE Track

SOIL AND FERTILITY
6) Crop Rotation, Mulching, and Tillage Reduction: Fri, Aug. 10, 2-3:30PM CSA Track
10) Introduction to Soil Fertility: Fri, Aug. 10, 2-3:30PM BF & ND Track
16) Self-Renewing Fertility: Forest Garden Perspective: Fri, Aug. 10, 2-3:30PM
23) Composting beyond the Garden Compost: Fri, Aug. 10, 4-5:30PM
35) Silicon Soil Fertility and Nutrition: Fri, Aug. 10, 4-5:30PM ND Track
56) Growing Quality Food Biodynamically: Sat, Aug. 11, 8-9:30AM ND Track
60) Mitigating Radioactive Toxicity in Agricultural Produce: Sat, Aug. 11, 8-9:30AM ND Track
62) Soil Health: Sat, Aug. 11, 8-9:30AM  **OLC Track**
77) Biological Farm Management: Sat, Aug. 11, 10-11:30AM  **ND Track**
104) Bacterial & Fungal Species in Mineral Availability & Transmutation: Sat, Aug. 11, 1-2:30PM  **ND Track**
122) Steiner, Albrecht & others: Conflict & Commonality: Sat, Aug. 11, 1-2:30PM  **ND Track**
138) Biochar for the Small Farm: Sun, Aug. 12, 8-9:30AM
148) Minerals, Trace Elements, Enzymes and Enzyme Pathways: Sun, Aug. 12, 8-9:30AM  **ND Track**
173) Soil: The Super Ecosystem of Ecosystems: Sun, Aug. 12, 10-11:30AM  **BF & ND Track**
193) Managing Air and Water in Soil: Sun, Aug. 12, 1-2:30PM  **ND Track**

**TOURS**
67) TOUR: Many Hands Farm Corps Farm: DIY Greenhouse Frame Construction: Sat, Aug. 11, 8-9:30AM  **BF & SE Track**
68) TOUR: UMass Research Farm: Hands-on Insect Ecology and Management: Sat, Aug. 11, 8-9:30AM
96) TOUR: Many Hands Farm Corps Farm: DIY Well-Driving: Sat, Aug. 11, 10-11:30AM
97) TOUR: Student Farm at UMass Research Farm - Growing for Fall and Winter Harvests: Sat, Aug. 11, 10-11:30AM  **SE Track**
125) TOUR: Beaver Lodge: Sustainable Home and Landscape: Sat, Aug. 11, 1-2:30PM  **OLC Track**
126) TOUR: Brookfield Farm: CSA Systems: Sat, Aug. 11, 1-2:30PM  **CSA Track**
127) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing: Sat, Aug. 11, 1-2:30PM  **CSA Track**
176) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production: Sun, Aug. 12, 10-11:30AM
202) TOUR: Northampton Community Farm: A Community Farm is Born!: Sun, Aug. 12, 1-2:30PM  **CSA Track**
203) TOUR: Simple Gifts Farm: Managing Crops in Groups for Efficiency: Sun, Aug. 12, 1-2:30PM  **CSA Track**

**URBAN AGRICULTURE**
95) Urban Bioshelters for Resilient Urban Ecologies: Sat, Aug. 11, 10-11:30AM  **SE Track**
137) Arcosanti, Paolo Soleri, and Ecological Cities: Sun, Aug. 12, 8-9:30AM
162) Digging those Community Roots: The Role of Urban Gardens: Sun, Aug. 12, 10-11:30AM
200A) Venezuelan Food Revolution: Urban Agriculture, Food Sovereignty & Agroecology: Sun, Aug. 12, 1-2:30PM
NOFA AOLCP-APPROVED CREDIT 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 (page 74), 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 2012 NOFA Summer Conference (each worth .75 credits):

**Friday 2 pm**
2) Basemapping for Landscape Planning & Permaculture Design
11) Organic Land Care vs. Conventional Lawn Care
13) Permaculture Fundamentals

**Saturday 10 am**
86) Hows and Whys of Building Soil Biology

**Saturday 1 pm**
109) Fruit for Small Spaces
116) Organic Lawn and Land Care: A System’s Approach
125) TOUR: Beaver Lodge: Sustainable Home and Landscape

**Friday 4 pm**
37) Site Analysis and Assessment for Permaculture Design

**Saturday 8 am**
62) Soil Health
64) Stewardship for the Cultivated Landscape

**Saturday 10 am**
152) Water-Greywater-Rainwater in the Landscape

**Sunday 8 am**
164) Ethics and Purpose in Organic Landcare

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**SAVE THE DATE!**

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**NOFA MASS**
Northeast Organic Farming Association

26TH ANNUAL
Northeast Organic Farming Association/ Mass Winter Conference
Worcester State University * January 12, 2013

72
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You will find here a complete list of all the workshops with titles and descriptions, codes for workshop tracks, skill levels to which the workshops are directed, workshops locations, presenter names, bios, and directions for tour workshops.

**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 Mary Lyon Basement and Mary Lyon Classroom (right next to the registration tent), as well as some workshops that are outside on the lawn. Animal-Power workshops are held at a satellite site – Simple Gifts Farm at 1089 N. Pleasant St, Amherst, MA. There are tour workshops at some local farms.

**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, they don’t always fit into a track.

- **AP** = Animal Power Track: Hands-on workshops on using draft animals for work on the farm.
- **BF** = Beginning Farmer Track: A range of technical and farm-planning topics of particular interest to farmers with fewer than ten years of independent farming experience.
- **CSA** = Community Supported Agriculture Track: A variety of innovations for the CSA model.
- **ND** = Nutrient Density Track: Principles of biological farming aimed at improving crop nutritional quality for a variety of scales and applications.
- **OLC** = Organic Land Care Track: Attendance qualifies participants for credits in the NOFA Organic Land Care Program.
- **PC** = Permaculture Track: Permaculture approaches to organic agriculture and ecological design and offers perspectives, skills, and ideas for regenerative land use and creative community building.
- **SE** = Winter Growing and Season Extension Track: Innovations from the farm to the home scale for growing and storing crops year round.

**ADULT WORKSHOPS – FRIDAY, AUGUST 10, 2:00-3:30 PM**

1) Attached Greenhouse for Food, Heat, and Hot Water  **SE Track**  All Levels
Campus Center 165-69
Bob Jennings: Architectural structural engineer working with greenhouses and solar hot air & hot water.

I will explain the design of the greenhouse attached to my home. Learn all the structural and design components, including an in ground growing bed, orientation, materials, glazing, insulation, thermal mass, and hot air transfer. Uses include climate manipulation for plant growth, heating the home, and heating domestic hot water.

2) Basemapping for Landscape Planning & Permaculture Design  OLC & PC Track  Intermediate
Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dinning Commons
Abrah Jordan Dresdale: Coordinator/Faculty of Farm & Food Systems at GCC and permaculture designer.

We’ll meet at the future site of the next UMass Permaculture garden, to be initiated in Fall 2012. Do you have a project where a scaled basemap would be useful? Come learn several simple ways to capture the information you need in this hands-on, practical workshop. We will be mapping a future permaculture garden site using triangulation, extension with offsets, and optical surveying.

3) Build a Solar Box Cooker  Beginner
Campus Center 811-15
John Tycz: NOFA Land Care Professional with Go Organic LLC.

Let’s cook with the sun! After reviewing some solar box cooker designs, each participant will have the opportunity to build their own using cardboard, glue and aluminum foil. Plan to demonstrate the cookers at the Country Fair. Bring something to cook (rice/soup) and a 1&1/2 quart sauce pan.

4) Cooperative Farm Labor Structures  BF Track  All Levels
Campus Center 917
Ryan Karb: Farmer and Co-founder of Many Hands Farm Corps.

I’ll discuss common mistakes/problems that occur on small farms regarding labor practices and creative solutions to overcome them. Borrowing heavily from the Conservation Corps Model, Many Hands Farm Corps addresses many small farm labor issues and will be used as an example of ideas that can be proliferated.

5) Create a New Pasture or Rehab an Old One  All Levels
Campus Center 905-09
Rachel Scherer: Has a big barn with lots of/not enough goats.
Bruce Scherer: Has a big tractor with lots of/not enough implements. Herd and human health are interdependent with soil health and the forages it grows. We’ll present strategies for creating pasture from “scratch” or reclaiming abandoned/overused fields beginning with removing unwanted vegetation with livestock or machines, then mineralization, fertilization, and soil building with cover crops and amendments, and selecting seed mixes for nutrient balance.

6) Crop Rotation, Mulching, and Tillage Reduction  
CSA Track  Advanced  
Campus Center 805-09  
Katie Miller: Running chaotic and unscientific experiments at Scratch for 7 years.

Scratch Farm is a 2 acre mixed vegetable farm with an 80 member CSA. We rely on purchased compost and diligent crop rotation to reach desired yields. I will explain our rotation, experiments with tillage reduction, and systems for reducing the amount of work required for two people to make a living on 2 acres.

7) CSA Crop Planning  
CSA Track  Intermediate  
Campus Center 163C  
Dina Brewster: Certified Organic farmer, marketing to CSA, farm stand, and wholesale.

Crop planning for a CSA farmer adds a level of complexity to succession plantings and seasonal harvest. Learn to create seeding, transplanting and harvest plans to match specific farm needs. Familiarity with Microsoft Excel is essential for this workshop.

8) Designing Cover Crop Systems for your Farm  
All Levels  
Campus Center 101  
Ruth Hazzard: Vegetable extension educator since 1990, and passionate about cover crops.

We will look at the many ways cover crops can contribute to your farm, key points for deciding which covers fill which niches, both for annual systems and those where fallow periods can be used. What equipment is needed for cover crops? We’ll use likely scenarios as starting points for collective problem solving.

9) Integrative Approach to Lyme Disease and Co-infections  
All Levels  
Campus Center 162-75  
Emily Maiella: Licensed naturopathic physician with extensive training in the management of Lyme Disease.

Calling all lovers of nature, farmers and back-door gardeners: time to become more educated and aware of Lyme disease and other tick-born co-infections. I will focus on signs and symptoms, tick identification, diagnostic
criteria and treatment, both from a conventional and naturopathic medical prospective. A jam-packed lecture that will help you deal with the mystery of Lyme.

10) **Introduction to Soil Fertility**  **BF & ND Track**  **Beginner**

Campus Center 804-08

**David Forster:** Soil fertility and crop consultant.

I will be teaching the basics of soil fertility, including the physical, mineral, and biological components of soil. I’ll cover clay, organic matter, cation exchange capacity, reading soil tests, microbes contribution to soil fertility, and the role of organic matter for nutrient storage, carbon sequestration, and plant growth.

11) **Organic Land Care vs. Conventional Lawn Care**  **OLC Track**  **All Levels**

Campus Center 904-08

**Bernadette Giblin:** Consultant working on organic transition for 5 Western Mass Parks.

**John Valente:** Predictive analytic statistician exploring effects of conventional fertilizers on water quality.

Using predictive analytics we will compare an organic land care vs. conventional lawn care program and explore such topics as the return on investment, carbon footprint, and ecological & social costs associated with the two approaches. Learn to make a case to clients, organizations, and governing bodies on organic land care’s advantages.

12) **Organizing a Seed Swap**  **All Levels**

Mary Lyon Basement

**Melinda McCreven:** DIY advocate, homesteader, artist: Inflorescence ecoFarm.

Presenting the whys and hows of seed swapping, I will share my experience of starting, organizing, and facilitating Greenfield’s ‘Cabin Fever’ seed swap over the last five years. Learn about the political implications of seed saving! We’ll swap questions, experiences, ideas, and any seeds you’d like to share!

13) **Permaculture Fundamentals**  **OLC & PC Track**  **Beginner**

Campus Center 174-76

**Lisa DePiano:** Certified Permaculture designer/teacher and founder of the Mobile Design Lab.

**Eli Roberts:** Permaculture designer and Allegheny Mountain School Fellow.

Permaculture uses ecology as the basis for designing integrated systems of food production, housing, appropriate technology, and community resilience. We’ll cover definitions, history, ethics, and some principles & techniques. You will walk away with a framework for understanding the
connections between social and ecological health and a method for designing solutions.

14) Planning a Culinary/Medicinal Herb Garden   All Levels
Mary Lyon Classroom

Food and herbs are “the peoples’ medicine.” Participants will learn which plants best suit their growing location, personal tastes, and health needs. We will explore various uses of each plant and requirements for growing them. We will sample a delicious seasonal tea or two. Handouts provided.

15) Pressure Canner and Dehydrator for Summer’s Abundance   All Levels
Campus Center 168C
Kathy Harrison: Has been teaching food preservation for over ten years.

Participants will learn to choose equipment and explore the techniques of pressure canning and dehydrating a variety of fruits and vegetables.

16) Self-Renewing Fertility: Forest Garden Perspective   Intermediate
Campus Center Auditorium
Dave Jacke: Primary author of “Edible Forest Gardens” and eclectic soil tinkerer.

How does the soil work as a whole ecosystem? How do healthy ecosystems create self-renewing fertility? As oil prices rise, so will conventional fertility costs. Let’s turn our attention towards building long term nutrient cycling and conservation systems. Understanding soil ecology provides practical solution-directions for all true soil advocates and members of the soil food web.

17) The Orchard Way: Growing Apples Organically   All Levels
Campus Center 903
Linda Hoffman: Owns & manages 300+ apple orchard, Old Frog Pond Farm, Harvard, MA.

This workshop will take participants through one year in the life of a small organic orchard. Starts with winter pruning, followed by planting including a discussion of rootstocks, varieties, and grafting. Continues with pollination, thinning, pests and solutions, foliar sprays and soil amendments. Concludes with harvesting, and selling the fruit.

18) We Become What We Eat: Mindy, Body, and Spirit   Intermediate
Campus Center 911-15
Kimberly Ladue: Board-certified Holistic health practitioner, Registered and Holistic Health Nurse.
Learn how a holistic approach to nutrition, honoring the ancient wisdoms of The Doctrine of Signatures and Food Energetics relates to what we eat, our motivations, energy, and fulfillment with life.

19) You Too Can Grow Shiitake!  
Beginner
Campus Center Reading Room
Elaine Peterson: Shiitake grower for 7 years.

I will present a slide presentation on growing shiitake mushrooms on hardwood logs outside. I will share information on spawn selection and sources, site requirements, cultivation, harvesting, storage, and nutritional & medicinal benefits. Geared toward people interested in a small scale operation, this is not aimed at commercial growers.

20) TOUR: Simple Gifts Farm: Harnessing Draft Animals for Fieldwork  
AP Track  All Levels
TOUR
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

Learn the proper fitting of harness collars and pads for field work. We’ll cover types of harnesses and how to adjust them to the draft animal for use with field tools and wagons. We’ll cover the most common types of harnesses used in farming. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 10, 2:00-3:30 PM

21) Parade Banner Painting!  
Ages 7-12
Cape Cod Lounge
Rachel Silverman: Art Teacher dedicated to sparking children’s creative process & collaboration.

Children will design and create the annual painted banner that will lead the parade during the Saturday Fair. Lots of fun and some mess, so bring a smock or old clothes that can get painty.

21.5) Geodig! Geology of the Connecticut River Valley  
Ages 5-12
Cape Cod Lounge
Heather Cunningham: Student of plant biology and Director of Invasive Plant Project

We will dig through samples of Connecticut River Valley soils to uncover specimens of rocks found in our area. We will learn where these
rocks evolved from and how they have impacted farming.

TEEN WORKSHOPS – FRIDAY, AUGUST 10, 2:00-3:30 PM

22) Tie-Dye and Percussion Jam
Grad Lounge
Sharon Begley: Has been presenting the tie-dye workshop at the NOFA conference for years.
Valerie Walton: Music teacher, saxophonist and gardener.
We’ll cover tie-dying basics and then create your own work of art. Then we will be guided on a few percussion grooves for fun and possibly play at the Friday evening JourneyDance. Bring: pre-washed white fabric or shirt to dye, and (optional) percussion instruments.

ADULT WORKSHOPS – FRIDAY, AUGUST 10, 4-5:30 PM

23) Composting Beyond the Garden Compost   Intermediate
Mary Lyon Classroom
Matt Verson: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.
Many materials that should not go into the kitchen compost can still be used to enhance the organic homescape. We will talk about the highest and best uses of some odd materials such as bark, weedy hay, old potted plants, animal carcasses, guinea pig bedding, dog poop, fish bones, and leaves.

24) Co-ops Build a Better World!  All Levels
Campus Center 805-09
Erbin Crowell: Neighboring Food Co-op Association; Regina Beidler: Organic Valley; Rebekah Hanlon: Valley Green Feast; Anthony Mirisciotta: Deep Root Organic Co-op.
The United Nations has declared 2012 the International Year of Co-operatives, highlighting their contribution to local development, employment and food security. Join us as we explore the impact and potential of co-ops in our regional food system, including farmer co-ops, credit unions, worker co-ops and food co-ops.

25) Growing Broccoli and other Brassicas   Advanced
Campus Center 811-15
Elizabeth Henderson: CSA Farmer for 22 years & author of “Sharing the Harvest.”
I will tell about my experience growing dozens of brassicas and enough broccoli for 300 shares for 6 to 7 weeks each fall, including fertility, pest control, and post-harvest handling and then lead a free for all exchange on producing excellent brassicas for CSAs and retail markets. Please bring
your brassica wisdom to share.

26) Growing Raspberries Organically  Intermediate
Campus Center 168C
**Tom Johnson:** Manages Silferleaf Farm, a family farm that has grown raspberries commercially for over 30 years.

This workshop will cover details of backyard and commercial fall-bearing raspberry production. Includes site selection, variety selection, soil preparation, mulching and weed control, fertilization, irrigation, pruning, trellising, harvesting, product handling, and frost protection. Special focus on drosophila suzukii, an exotic fruit fly which first appeared in New England last year.

27) Growing Winter Greens  BF & SE Track  Intermediate
Campus Center 174-76
**Nancy Hanson:** Manager of the Hampshire College CSA since 1999.

I will explain the basics of growing salad greens for harvest during winter, based on my experiences growing in unheated hoophouses. Topics covered will include hoophouse structures, crop selection, scheduling, and growing techniques.

28) Herbal Support for Stress & Inflammation  Intermediate
Campus Center 917
**Tony(a) Lemos:** Community herbalist, Director of Blazing Star Herbal School (Ashfield, MA Since 1984).

Stress and inflammation are the two leading causes of disease. Firstly I will discuss how stress effects our nervous, endocrine and immune systems and how our inflammatory response works. Next I will profile herbs, foods and lifestyle choices that have a positive effect on our pathologies.

29) Natural Honeybees Management  Beginner
Campus Center 904-08
**Jean-Claude Bourrut:** Organic farmer; bee-haver and bee-keeper for 20 years.

Start beekeeping on the right foot for a sustainable natural system in the time of mites, Colony Collapse Disorder, and multiple pests. Material, set-up, low-input & low-labor system of apiculture, and natural management. There will be time to discuss issues you are interested to bring up within the topic.

30) Nature as Mentor: Raising Pigs in the Woods  BF Track  Intermediate
Campus Center 903
**Craig Haney:** Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.
Understanding the nature of pigs should dictate how we manage the swineherd. 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.

31) No Grain Dairy, Beef, Sheep and Goat Nutrition  ND Track  Advanced
Campus Center 905-09
Rebecca Brown: Midwestern Bio-Ag soil consultant and Dairy Herd Manager.

Balancing the cow and small ruminant diet in a no-grain situation is full of limitation but there is a lot that can be done to maximize performance through managing for biological soils, nutrient-rich pasture, diverse plant species, using annuals and crop rotation, and using feed tests to match feeds that compliment each other. The main focus is on cattle.

32) Overcoming Environmental Illness  All Levels
Campus Center 163C
Robin Organ: Executive Director/Founder of Green Schools.

I will detail how I learned how to choose health for myself and my family after becoming extremely ill. Learn how environmental toxins burden our immune systems and our planet and how we can learn the tools to fight back for our health!

33) Permaculture Techniques For Your Garden  PC Track  Beginner
Campus Center Reading Room
Aaron Guman: Certified permaculture designer and educator pursuing graduate studies in agroforestry.

Learn techniques and principles to use in your garden ecosystem. Participants will learn about applying permaculture to both annuals and perennials, and integrating the two. From garden design to planting and maintenance, leave with a grasp of the basic concepts, a permaculture pattern language, and a toolkit to get you started.

34) Protecting Your Working Body: Self Care & Ergonomics for Farmers  BF Track  All Levels
Campus Center 911-15
Lydia Irons: Licensed Massage Therapist, working with farmers, gardeners, carpenters, and mechanics.

Participants will learn anatomy, good body mechanics and injury prevention as they relate to the specific physical challenges of farm work. We will cover the five movement categories that dominate farm work and specific ways to prepare, maintain, and restore the body for each. Lots of time for Q&A. Handouts provided.
35) Silicon Soil Fertility and Nutrition  **ND Track  Intermediate**
Campus Center 165-69

**Joseph Heckman:** Professor of Soil Science teaches classes in Organic Crop Production, Soil Fertility, and Agroecology.

Silicon, a beneficial nutrient, increases mechanical strength, suppresses disease, and increases yield of pumpkin, wheat, and other crops. Harvest can remove over 100 pounds of silicon per acre. Return of crop residues to the land, along with mineral supplements can help to sustain soil fertility in an organic farming system.

36) Simple Lacto-fermentation  **Beginner**
Campus Center 162-75

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

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

37) Site Analysis and Assessment for Permaculture Design  **OLC & PC Track  Intermediate**
Outside: Meet at the northwest end of the concrete terrace on the west side of the Worcester Dinning Commons

**Lisa DePiano:** Certified permaculture designer/teacher and faculty member for the Yestermorrow Design/Build School.

**Ryan Harb:** Sustainability and Permaculture Manager for UMass Amherst Auxiliary Enterprises.

We’ll meet at the future site of the next Umass Permaculture garden, to be initiated in Fall 2012. Ecological farming and landscape design begins with a deep understanding of the site. Join our team of permaculture designers for a hands-on workshop in site analysis and assessment. Study and evaluate the landform, water, plants, sun patterns, etc on the site of the next UMass permaculture garden. Workshop is based on information presented in wkshp #2, “Basemapping for Landscape Planning & Permaculture Design.”

38) Starting a CSA  **BF & CSA Track  Beginner**
Campus Center 804-08

**Carolyn Llewellyn:** Helped found two successful CSAs, and now works as farm educator.

This workshop will help you consider all of the various details that can determine the success of a start-up veggie CSA, from land and growing to marketing, distribution, labor, administration, and more. Many handouts are supplied to cover these issues as well as crop planning and more resources.
39) Vision for Food Self-Reliance for New England  All Levels
Campus Center Auditorium

**Chellie Pingree:** Member of the Agriculture Committee in Congress, working to reform farm policy with interests of sustainable farmers and consumers in mind.

**Russell Libby:** Executive Director, Maine Organic Farmers and Gardeners Association, working on food policy.

New England could produce much more of its food. It will take a combination of your actions and changes in policy and support. We will talk about some ways to make it happen.

40) Widening the Palette of Covercrops  Intermediate
Campus Center 101

**Mary-Howell Martens:** Manages feed and seed division of Lakeview Organic Grain.

**Klaas Martens:** Farms 1,400 acres of organic grains.

Throughout the year, we have numerous opportunities for effective covercropping, and a much greater possibility of covercrop species than most Northeast farmers realize. We will discuss different cropping strategies, identify reasonable covercrop goals, and how to develop a year-round covercrop plan for your farm.

41) Worm Composting Basics  Beginner
Mary Lyon Basement

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

Keeping worms is educational, practical, easy, and fun. It is also an efficient way to convert food scraps into a rich soil amendment. Learn the how’s and why’s of worm composting: Bin types, worm ecology, care and feeding, harvesting castings. This will be an interactive workshop.

42) TOUR: Simple Gifts Farm: Ground Driving -- Hitch a team of 1-6 Horses  AP Track  All Levels
TOUR

**Robert Crichton:** Teacher and president, Maine and New Hampshire Draft Horse Clubs.

Learn to use any number of equines to do the work at hand, such as row crop cultivation and large field operations, such as plowing and preparing the ground for planting. Twitching logs in the woods with a single or team. Opportunities for hands on experiences with driving horses. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.
CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 10, 4-5:30 PM

43) Building Fairy Houses  Ages 5-12, or ages 3-4 with parent
Cape Cod Lounge
**Pamela Kimball:** Pam works to create a sustainable community and enjoy life to the fullest.

Come explore the “land of fairy” together in the natural world. We will share stories of fairies and build fairy houses made of found natural materials outside together. We will tour our fairy houses around the fairy village and then draw pictures of our creations!

44) Creative Writing and Theatre Games  Ages 8-12
Cape Cod Lounge
**Sharlow Hitchcock:** Teen actor, writer and gardener.
**Emily Hitchcock:** Teen actor, writer and gardener.

Do you like to write stories? How about acting them out? We will perfect our story telling and writing skills through character and plot development exercises. We will also do some fun theatre games and activities and show our NOFA spirit by doing some farming related writing and theatre prompts.

45) Weaving with Nature  Ages 7-12
Cape Cod Lounge
**Lorna Wooldridge:** Parent, teacher and creator of www.wiseowlworkshops.com.
**Phil Wooldridge:** Parent, gardener, software engineer, fixer of just about anything.

With our portable 7-stick Earth Loom as a focal point, this workshop investigates weaving with natural materials as an art form, and connects this with how animals and insects weave the structures essential to their survival. Includes weaving on the loom and experimenting with different forms of stick weaving.

TEEN WORKSHOPS – FRIDAY, AUGUST 10, 4-5:30 PM

46) How & Why To Keep Bees in Top Bar Hives
Grad Lounge
**Christy Hemenway:** Founder of Gold Star Honeybees, advocate for healthy bees!

Bees in top bar hives thrive on their own natural beeswax. We will talk about why this is important, and delve into the basics of managing a sustainable top bar hive utilizing the bees’ amazing honeycomb. The latest updates on Colony Collapse disorder will be discussed as well.
47) Immigration and Making Documentary Films
Campus Center 803 (film room)
Brendan & Jeremy Smyth: Brothers, documentary filmmakers, both with B.A.’s in Economics & Film Studies.

We will first screen our documentary, “Por Dinero,” and follow this with a discussion about immigration not authorized by the government and our own personal experience creating the film from start to finish. Then we’ll advocate for the art of film through a hands-on experience with the actual equipment.

ADULT WORKSHOPS – SATURDAY, AUGUST 11, 8-9:30 AM

48) Biotech Threats to Organic Agriculture       Intermediate
Campus Center 162-75
Ken Roseboro: Editor and publisher of The Organic & Non-GMO Report and The Non-GMO Sourcebook.

The production of genetically engineered crops threatens organic farming, our food supply, our health and the health of our livestock. Organic agriculture and GMO farming cannot coexist, as claimed by the biotech industry and our government. Learn about GE contamination, chemical trespass, legal and marketing threats from GE crops, and what can be done to stem the tide.

49) Common Herbs, Common Ailments, Common Remedies       Beginner
Mary Lyon Basement
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.

50) Creating a Permaculture Farm       PC Track   All Levels
Campus Center 174-76
Andrew Faust: Premier permaculture teacher with two decades of experience in Northeast. www.homebiome.com

Learn how to design your farm with the insights and techniques of permaculture. Options for fruits, nuts and berries, and wildlife corridors. Gravity fed rain water; silva pasture; orchards; natural buildings for animals, interns, and guests; off grid energy approaches for farms.
51) **CSA Financial Management**  BF & CSA Track  Advanced  
Campus Center 163C  
**Dan Kaplan:** Manager of Brookfield Farm, a 525-member CSA, since 1994.  
Overview of how I create budgets, track payments, make financial reports, plan for infrastructure improvement, and analyze financial health. Includes descriptions and pictures of documents I use.

52) **Cultivating Mushrooms, How and Why**  All Levels  
Campus Center Reading Room  
**Glenn Coville:** Farming organically for 17 years, growing mushrooms for 6.  
I will teach every step of growing mushrooms, from the lab to the growroom or garden. I will explain the benefits of integrating mushrooms into your garden and farm, such as increased availability of minerals, expanded root zones, filtration of pathogens in barn run-off, and remediation of toxic chemicals in the soil.

53) **Fair Trade Model on The Farm & In Our Lives**  All Levels  
Mary Lyon Classroom  
**Louis Battalen:** NOFA representative to DFTA, homesteader, & small farm orchardist.  
**Kerstin Lindgren:** Kerstin Lindgren is executive director of Domestic Fair Trade Association.  
What does an authentic domestic fair trade movement look like? What role can the Domestic Fair Trade Association, its members such as NOFA, and individual farmers, farm workers, and consumers play in its realization? Come discuss challenges and share examples of incorporating DFTA principles into our businesses, shopping, and organizations.

54) **Farm-built Wireless Greenhouse Monitor**  BF & SE Track  All Levels  
Campus Center 917  
**Benjamin Shute:** Farmer at Hearty Roots Community Farm, blogger for www.farmhack.net.  
**Louis Thiery:** Electrical and software engineer.  
Get hands-on experience with a new farm-built tool that can alert farmers to greenhouse temperatures via text message. This tool is made using easily obtained parts with straightforward assembly. We will build one in the workshop, go over parts sources, and practice setting the tool up.

55) **Grazing Basics 101**  Beginner  
Campus Center 804-08  
**Mike Ghia:** Private farm consultant and former Grazing Technical Assistant with UVM.  
Using real examples of different grazing systems, we will cover the
basic principles of plant growth; avoiding overgrazing damage; grazing heights; determining recovery periods; determining paddock size and acreage needs; paddock design and layout; designing lanes, fences and water systems; parasite management; and avoiding common grazing mistakes.

56) Growing Quality Food Biodynamically  ND Track  Intermediate
Campus Center 168C
Mac Mead: Director, The Pfeiffer Center; 37 years experience in biodynamic farming.

I will show how to apply biodynamic principles for practical farming and gardening to enhance the quality of our soils, plants, and animals. We will cover: farm individuality, raised beds, planting calendar, biodynamic preparations, weed/pest management and fungus control.

57) Improved Garden Production  SE Track  Beginner
Campus Center Auditorium
Steve Walach: Has managed large school gardens for twelve years.

Most gardeners limit themselves to Memorial Day starts and Labor Day finishes. Learn how low-tech row coverings plus strategically timed seeding schedules, crop sequences, and fertility treatments can make your gardens almost as productive as the pros -- and nearly year-round.

58) Introduction to Edible Forest Gardening  PC Track  Beginner
Campus Center 101
Connor Stedman: M.S. candidate in Ecological Planning at the University of Vermont.

This workshop explores how to create diverse, small-scale food forestry systems in a temperate climate. Participants will learn important factors in forest garden site assessment, design and management, as well as key forest garden crops and support plants for our region.

59) Knots for Farming and Living  All Levels
Campus Center 911-15
Michael Greenberg: Software engineer by day, organic farmer by night.

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

60) Mitigating Radioactive Toxicity in Agricultural Produce  ND Track  All Levels
Campus Center 904-08
Tom Vanacore: Has been involved in soil remineralization efforts for nearly 30 years.
An overview of the history of toxicity mitigation in agriculture using organic methods. From Chernobyl to Fukushima, approaches and methodologies will be presented and discussed with a focus on intensive organic farming methods involving beneficial microbes, mineralization, and water purification. I will discuss problems facing agriculture from regional fallout events in light of our region’s four aging nuclear reactors.

61) Poultry in the Brooder — Getting off the Right Foot  
Campus Center 903  
*Craig Haney:* Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

Brooding is the first important step in young poultry. This in-depth workshop will cover the details of ensuring your birds get off to a good start. We’ll cover brooder set up, heating, feeding, watering, and management strategies to avoid potential hazards.

62) Soil Health  
OLC Track  All Levels  
Campus Center 811-15  
*Bill Duesing:* Long time organic farmer & author of “Living on the Earth.”

Using the local ecosystem and nature’s processes as a starting place, I’ll teach the most important aspects of soil health: what it is, where it comes from and how to achieve it. I’ll focus especially on the role of leaves in building a healthy soil.

63) Starting a Farm – Mine and Yours  
BF Track  All Levels  
Campus Center 165-69  
*Elizabeth Henderson:* CSA Farmer for 22 years & author of “Sharing the Harvest.”

Having started three farms myself, I’ll share stories and photos of my beginnings and help participants think through resources you need – physical, financial, and mental – to start a farm, or expand a garden into a commercial enterprise. I stress substituting creativity for loans or a trust fund and point to many resources.

64) Stewardship for the Cultivated Landscape  
OLC Track  Intermediate  
Campus Center 805-09  
*Monique Allen:* Landscape Designer & Contractor, MA Conservation Commissioner, Seasoned Business Owner.

Learn strategies for assessing and caring for designed landscapes over time. We’ll cover site analysis, designed layout, water use & conservation, plant species & health, and ecological succession. Gain tools for analyzing and managing landscape systems and cycles as they mature – focusing on 10+ year old landscapes.
65) **Tools for Keeping your Farm and Animals Healthy**  
*All Levels*

**Christina Chambreau:** Internationally known homeopathic veterinarian, speaker, author committed to planetary health.

Health is more than just the absence of disease. Learn techniques to evaluate the current health status of the soil, pets, livestock - the whole farm – often before illness is apparent. Using examples from the class, also see how to know which treatments and interventions are the most deeply curative.

66) **Water Bath and Pressure Canning for Beginners**  
*Beginner*

**Clio Fisher:** Canning since 1957, growing my own since 1974.

I will explain the equipment used for water bath and pressure canning, demonstrate the process with as much help from attendees as possible, cover all safety issues about pressure canners and low and high acid foods, explain storage of canned foods, stock rotation, and how to manage empty canning jars.

67) **TOUR: Many Hands Farm Corps Farm: DIY Greenhouse Frame Construction**  
*BF & SE Track All Levels*

**Ryan Karb:** Farmer and Co-founder of Many Hands Farm Corps.

I will demonstrate the materials needed and the process for constructing a greenhouse frame. Participants will be given hands on experience in constructing gothic arches from wood boards. **DIRECTIONS:** From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street and continue onto Pelham Rd (1.2mi). Sign on left for Many Hands Farm Corp. TOTAL DRIVING TIME FROM UMass - 9 MINUTES. ADDRESS: 132 Pelham Rd, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

68) **TOUR: UMass Research Farm: Hands-on Insect Ecology and Management**  
*All Levels*

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

**COFFEE AND TEA WILL BE AVAILABLE.** Insect predators (wild or released) can sometimes keep insect pests in check – and sometimes not. Sharpen your insect scouting skills in this hands-on tour. Learn cultural practices and timing for a healthier crop. We’ll discuss what we find and plan for effective pest management on participants’ farms. **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 North, Deerfield, MA, 01373. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

69) TOUR: Simple Gifts Farm: Equine Care: Nutrition, Hoof Care, and Housing  AP Track  All Levels
TOUR
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

Learn how to feed equines used for work. Includes information on proper balancing of protein in the diet, hoof care considerations and whether to shoe your animal or go barefoot. Also notes on providing housing for animals in New England and basic medical care. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 11, 8-9:30 AM

70) Buttermaking For Kids  Ages 5-12
Cape Cod Lounge
Gavin Harper: Homeschooled brother of four, organic farm born and raised.
Jennifer Byington: Homeschooling mother of four, organic farmer.

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

71) Rabbits!!  Ages 9-12
Cape Cod Lounge
Leslie Ardison: I have been working with youth groups and rabbits for 16 years.

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

72) Stories, Songs, and Dance  Ages 5-10
Cape Cod Lounge
Jim Conner: Elementary School Music Teacher, Gardener and Beekeeper
Children will participate in movement stories and song stories from around the world, and learn a traditional folk dance or two. We will visit different cultures, explore body movements, and get a little fun exercise along the way.

TEEN WORKSHOPS – SATURDAY, AUGUST 11, 8-9:30 AM

73) Yoga and Ti Chi for Teens
Grad Lounge
Terry Myers: Gardener, Parent, music and yoga teacher
   In both yoga and Ti Chi, the aim is to energize the body and relax the mind using gentle body movements, stretching & breath awareness. Find out why this 4,000-year-old practice is still popular today.

73.5) Writing Poetry
Grad Lounge
Richard Smyth: Ph.D. in English and publisher of poetry journal ALBATROSS.
   Become mythic figures and experience alternate realities using only your imagination! During this writing workshop, participants will read model poems and then brainstorm topics for their own writing. Young poets will leave the workshop with 2 or 3 new poems. No prior experience writing poetry is needed.

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

74) Acquiring Your Farm  All Levels
Campus Center 804-08
Bob Bernstein: Land for Good co-director, experienced working with farm-seekers, farmers, non-farming landowners.
Mike Ghia: Land For Good Vermont field-staff, experienced with farm acquisition & business planning.
   Working in groups, participants will explore the topics of holding land, financial assessment, ownership, finding farms, leasing, communication & negotiation and community partners. Participants may prepare ahead using an online course called Acquiring Your Farm (www.newsite.landforgood.org). Farm seekers may follow up independently or with a Land For Good coach.

75) Advanced Lacto-Fermentation (Vegetables)  Advanced
Campus Center 168C
Dan Rosenberg: Professional pickler and founder of Real Pickles.
   This is a discussion-based workshop for those with prior experience lactofermenting vegetables. It’s an opportunity to discuss successes and
challenges, trade ideas, etc. You’re welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters.

76) **Backyard Chickens**  
*Beginner*  
Campus Center 174-76  
**Pam Raymond and David Turner:** They raise grass fed beef, pastured broilers, free range layers and grass fed pigs. They also have organic vegetable gardens in Hatfield, MA.

There will be information on breed selection, raising day old chicks, coop requirements, raising layers and/or broilers, free ranging/pasturing, deep litter, handling predators, feeding requirements, general chicken information, and lots of resource materials.

77) **Biological Farm Management**  
*ND Track Intermediate*  
Campus Center 165-69  
**Dave Llewellyn:** Manages the CSA, apprentice program, and soil fertility at Glynwood.

Biological farm management practices focus on the bottom of the food chain, the microbiology which supports plant health. Participants will gain a basic understanding of the soil food web, soil science, and fertility management practices. Methods for crop production, pasture and hayfield improvement, and composting will be discussed.

78) **Broccolitas: The 10 Year Broccoli Wonder**  
*PC Track Intermediate*  
Campus Center 811-15  
**Jonathan Bates:** Owner grower of Food Forest Farm, permaculturenursery.com.

Learn how to grow the perennial “broccolitas”, sea kale and Turkish rocket broccoli. Through pictures and discussion, we will learn how to grow and eat them, understand pest and disease issues, and talk about their potential as a new spring agricultural crop.

79) **Creating Multi-Dimension Vegetable Gardens**  
*All Levels*  
Campus Center 101  
**Lee Reich:** Farmdener, writer, researcher, and consultant.

Proper planning can increase garden yields per amount of space used and energy expended. Using five dimensions lets you grow a lot of vegetables even in a small space. We’ll explore each of those dimensions and look at examples of how to make them work. Techniques are also applicable on small farms.

80) **Documented Health Risks of Genetically Modified Foods**  
*All Levels*  
Campus Center Auditorium
Jeffrey Smith: World-renowned expert and activist on health risks of GMO foods.

Explore the overwhelming evidence that GMO foods aren’t safe. Health problems experienced by laboratory animals fed GMOs parallel those discovered in livestock, and are also reflected in the types of disorders and diseases on the rise in the US population since GMOs were introduced. Understand the theoretical and empirical evidence, and how to unspin the biotech industry lies and attempts to distort and deny the facts.

81) Easy No-Knead Artisan Bread at Home All Levels
Student Union Kitchen
Linda Ugelow: Farmer, Natural vision coach, JourneyDance leader, and nutritious bread baker.

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, and pita for cooking in the oven and on the stove.

82) Farming Smarter, Not Harder: Planning for Profit (pt 1 of 2) BF Track
All Levels
Campus Center 163C

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

83) Forest Succession’s Lessons for Ecological Garden Design PC Track
Intermediate
Campus Center 162-75
Dave Jacke: Edible ecosystem designer and researcher.

If we leave bare soil alone it eventually turns into forest. Most gardeners fight this process of ecosystem change—succession—by weeding, tilling, etc., constantly motoring against this successional “wind”. Why not use this wind like a sailboat on the breeze? Let’s explore forest succession’s lessons for new approaches to food production.

84) Home Birth All Levels
Mary Lyon Basement
Jennifer Byington: Homeschooling mother of four, organic farmer.
I will briefly review the evolution of the main choices available to women giving birth in the US today. I will discuss advantages and disadvantages to delivering a baby at home. I will then answer questions in order to tailor the workshop to the specific needs of the participants.

85) How & Why to Keep Bees in Top Bar Hives  All Levels
Campus Center 917
Christy Hemenway: Founder of Gold Star Honeybees, advocate for healthy bees! www.goldstarhoneybees.com

Bees in top bar hives thrive on their own natural beeswax. We will talk about why this is important, and delve into the basics of managing a sustainable top bar hive utilizing the bees’ amazing honeycomb. The latest updates on Colony Collapse disorder will be discussed as well.

86) Hows and Whys of Building Soil Biology  OLC Track  All Levels
Campus Center Reading Room
Joe Magazzi: Microbiologist that develops biological products for agriculture and turf care.

This workshop will cover from basic through more advanced principles of soil microbiology, and the multiple benefits of building soil microbiology for growers and turf care professionals. We will cover the methods for measuring and increasing soil biology (the soil food web) from bio-stimulation to bio-supplementation.

87) 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! Prepare to be in the sun.

88) Micro-dairying  BF Track  All Levels
Campus Center 905-09
Sarah Fournier-Scanlon: Loving the cows, recreating a farm in community.

Small-scale dairies with direct sales have the potential to fill a vital gap in local foodsheds. We will discuss affordable set-up and infrastructure for a certified dairy, marketing, creative financing, management economics, and the possibility for this to be a sustainable and regenerative farming business in community.
89) Mindful Eating: Creating New Food Habits  All levels
Campus Center 904-08
Valerie Spain: Mindfulness coach, entrepreneur, writer, artist, 20+ years Type 1 diabetes; www.notadiabetic.wordpress.com.

Mindfulness practitioners can identify thoughts/feelings that lead to emotional eating and habits that undermine health. We’ll learn several relaxation techniques, do a mindful eating exercise; and review possible links between the diabetes and obesity epidemics and the hybridization of wheat, and the chemicals and food additives known to disrupt human metabolism.

90) Organic Farming: Culture, Character, & Landscape  Intermediate
Campus Center 903
Joseph Heckman: Professor of Soil Science teaches Organic Crop Production, Soil Fertility, and Agroecology.

A farm landscape is said to create a self-portrait of the farmer. If the dichotomy of chemical farming versus organic farming is a function of human culture and character structure, how does this affect physiological and psychological health and well being?

91) Perennial Division 101  Beginner
Mary Lyon Classroom
Elaine Peterson: Perennial and Herbal Gardener for over 30 years.

Ever wonder what to do with all those plants you bought years ago that are now out of control? I’ll show you with live plants, the best division methods. I’ll talk about times to divide certain types and how often and how to prepare the soil before replanting.

92) Raising Rabbits Organically  All Levels
Outside: Meet at the rabbits in the Northeast Residential Area
Leslie Ardison: Has raised rabbits for 18 years.

I will show rabbits to compare breeds. Topics: nutrition, housing, and handling. Learn to check for mites, abscesses, and teeth problems, trim nails, and know if a doe is carrying kits. Consider choices: Pellets (finding or mixing organic feed) vs. garden greens; pastured vs. cages; heritage vs. modern breeds; fur or wool. Handouts with bibliography provided.

93) Small Engine & Lawnmower Repair  All Levels
Outside: Meet at the lawnmowers in the Northeast Residential Area
Robert Fuqua: Worked as small engine mechanic.

Will cover lawnmower trouble-shooting and maintenance and 4 cycle engine repair.

94) Starting and Maintaining a School Garden  Intermediate
Campus Center 805-09
Mark Warford: Middle School Assistant Principal, award winning teacher, environmentalist, gardener.

Lily Rose: Middle School student garden club leader, environmental advocate.

Areas to be discussed includes brief overview of BCMS garden, defining your mission (donations, cafeteria use, sale to public), structuring garden times during and after school, school garden friendly veggies, maximum use of space, selling your project to administration, and more.

95) Urban Bioshelters for Resilient Urban Ecologies  **SE Track  All Levels**
Campus Center 911-15

Scott Kellogg: Educational director of the Radix Center (www.radixcenter.org) and author of “Toolbox for Sustainable City Living”.

The Radix Center’s bioshelter, based in Albany, NY, contains numerous sustainable systems designed for food production and environmental education. These include: passive solar heating, aquaponics (fish+plants+worms+microbes), microlivestock (chickens & rabbits), biothermal heating, mushroom production, vermicomposting, microgreens, and bioremediation research. We’ll discuss successes and failures of its first year of operation.

96) TOUR: Many Hands Farm Corps Farm: DIY Well-Driving  **All Levels**
TOUR

Ryan Karb: Farmer and Co-founder of Many Hands Farm Corps.

I will demonstrate the materials needed and the process for driving a shallow well for less than $150. Participants will be given hands on experience in driving a well and will be shown both electric and non electric wells. DIRECTIONS: From UMass, head South on North Pleasant Street (0.6mi). At the Bank of America, go straight, continuing onto Triangle Street (0.6mi). Turn left on Main Street and continue onto Pelham Rd (1.2mi). Sign on left for Many Hands Farm Corp. TOTAL DRIVING TIME FROM UMass - 9 MINUTES. ADDRESS: 132 Pelham Rd, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

97) TOUR: Student Farm at UMass Research Farm - Growing for Fall and Winter Harvests  **SE Track  All Levels**
TOUR

Amanda Brown: Extension Educator, UMass Extension Agriculture and Landscape Program.

We will tour and discuss UMass research trials that focus on season extension, overwintering of crops, and using low tunnels to produce for an early spring market. We’ll also look at the production systems used by the UMass Student Farming Enterprise for fall harvest and storage of vegetable crops. 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 North, Deerfield, MA, 01373.

98) TOUR: Simple Gifts Farm: Planning for Traction on your Farm  AP Track  All Levels
TOUR
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

This workshop addresses essential farm planning questions regarding the cost effectiveness of draft vs. mechanical power. It also addresses planning choices about equine selection for farm work, and different uses for draft animals during each season of the year. This is a discussion-based workshop. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 11, 10-11:30

99) Cattle Care  Ages 5-12
Cape Cod Lounge
Bradley Teeter: Farm Manager at the Farm School

Kids will get acquainted with one young oxen steer, handling him, grooming him and eventually leading him around a yard with a lead rope.

100) Easy Pin Cushions  Ages 7-12
Cape Cod Lounge
Mary Lou Conna: Former scout leader, former elementary teacher, and crafter.

We will make pin cushions that have an almost human shape. Children should be able to thread a needle.

101) Hopscotch for Hip Kids  Ages 7-12
Cape Cod Lounge
Santina King: Musician, dancer, current USM Student with BA degree in Linguistics.

I 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! If it rains we will play Sign Language games, memory games, and any other game requests!
TEEN WORKSHOPS – SATURDAY, AUGUST 11, 10-11:30 AM

102) 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 countries. This appropriate technology design allows for a sustainable natural beekeeping system of low input, low labor, and natural management. For teens who have some experience with beekeeping or are interested in starting this exciting activity. Limited to 10 participants. PRE-CUT MATERIALS REQUIRED.

103) Food For Thought
Grad Lounge
John Wang: Youth development worker and Real Food Advocate, plus Student Interns with the Food Project.

Participants will learn how youth at The Food Project are helping to create a successful curriculum to educate and partner with community members to make positive change in the food system. We hope some of the participants will take some of these lessons back to their own communities.

ADULT WORKSHOPS – SATURDAY, AUGUST 11, 1-2:30 PM

104) Bacterial & Fungal Species in Mineral Availability & Transmutation
ND Track Advanced
Campus Center 168C
Dan Kittredge: Farmer, father, husband, entrepreneur, non-profit director, working to understand life.

This workshop will cover a number of bacterial and fungal species and the best science available on their roles in making minerals available in soil. I’ll also present science regarding their capacities to make minerals that are not already present.

105) Cold-Climate Commercial-Scale Wet Rice in Practice All Levels
Campus Center 903
Erik Andrus: Farms with horses and bakes bread in the Champlain Valley.
Judd Markowski: Freelance heavy equipment specialist in Vermont.

Boundbrook Farm is now in its third season of wet rice production, now on 6 acres of paddies. We will relate our experience setting up a commercial-scale rice project, with attention to questions of hydrology, siting, layout, irrigation, seedling nurseries, and appropriate rice-specific equipment like transplanters and hullers, as well as the use of weeder ducks.
106) Cooperative BioBalance & Tree Whispering  
All Levels
Campus Center 911-15


Climate disruption brings new diseases/insects. Learn about bioenergetically reconnecting ecosystems so plants are less vulnerable and work in harmony. Step inside plants’ world in guided visualization to come from their point of view. Learn how plants can be healed, thus mitigate/sink carbon. Transform to new mindset of cooperation, partnership, equality.

107) Cooperatives in Farming and the Food System  
BF Track  Beginner
Campus Center 917

Mary Hoyer: Works with the Cooperative Fund of New England.

Adam Trott: Works at Collective Copies and the Valley Alliance of Worker Co-ops.

Suzette Snow-Cobb: General Manager for Green Fields and McCuskers Markets.

We will explain three basic forms of co-ops--producer, consumer, and worker--and the roles they play in agriculture and the food system. We’ll compare co-ops with other business forms, and provide information on support organizations for co-op start-ups and expansions as well as case studies of various co-ops.

108) Farmer-Friendly Enterprise Budgets Made Simple (pt 2 of 2)  
BF Track  All Levels
Campus Center 163C


Are you making a profit with your current sales prices? This group working session will simplify and enlighten the process of determining production costs for any of your farm endeavors, and show which ones are making money. Beginning and seasoned farmers alike will benefit, and share in some eye opening results.

109) Fruit for Small Spaces  
OLC Track  All Levels
Campus Center 101

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

A small garden is no impediment to fruit growing. Lowbush blueberries, currants, gooseberries, and super dwarf apples are among fruits that fit well into small gardens. I’ll present the fruits and techniques needed to reap delectable rewards from spaces as small as a balcony to as “large” as a small, suburban yard.
110) Getting Organized for GMO Activism in the Northeast  All Levels
Campus Center Auditorium

Jeffrey Smith: World-renowned expert and activist on health risks of GMO foods.

The non-GMO buzz has erupted into activism nationwide resulting in more than 20 states introducing GMO labeling bills, thousands of people involved in GMO outreach and education, and a real chance of knocking GMOs out of the food supply through consumer rejection, labeling, and other means. Be part of a discussion on getting active in your community to protect our food, environment, and future generations.

111) Getting Started in Beekeeping  All Levels
Campus Center 904-08

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.

112) Grass-fed Beef: Genetics, & Grazing Season Extension  All Levels
Campus Center 905-09

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

113) Homeopathy for Summer First Aid  Beginner
Campus Center 805-09


Homeopathic remedies are safe, gentle, non-toxic, & without side effects. They can help heal sunburns, garden strains, summer colds, bug bites, skin rashes, etc. The remedies help relieve pain and speed healing. Come learn the basics of homeopathy so you can choose this low-cost healing alternative.

114) Keeping Dairy Goats  Beginner
Outside: Meet at the goats in the Northeast Residential Area

Alisande Cunningham Sweeney: Runs Juniper Hill Farm, an educational...
homestead in Amherst, MA.

Learn to keep dairy goats healthy and happy. Info on getting started, choosing a breed, basic equipment for a home dairy, feeding, milking, and cheese-making. Pasture management using coppicing and the best shrubs and trees to add nutrition to the diet will also be discussed. Features live young goats under the big trees.

115) Make Your Own Flavored Oils and Vinegars   All Levels
Student Union Kitchen

Herbs, spices, edible flowers, fruits, mushrooms, and other wild foods are excellent choices for making flavored oils and vinegars. Learn which oils and vinegars to use; how to mix and match ingredients; which ingredients turn vinegars lovely hues; preserve summer in a bottle; makes great gifts, too.

116) Organic Lawn and Land Care: A System’s Approach   OLC Track   All Levels
Campus Center 165-69
Chip Osborne: Natural turf and landcare consultant. NOFA AOLCP.

Organic means different things to different people. In this workshop we will discuss different ways of looking at and creating protocols and programs to manage different aspects of the landscape with chemical free strategies.

117) Practical Skills for Urban Gardening   Beginner
Campus Center Reading Room

Growing food in cities is nothing new. Hear from someone who’s been doing it for over 25 years. Learn what it takes to grow plants in an urban setting. What are the challenges? What are the rewards? Participants will come away with skills needed to develop their own garden plan.

118) Radical Kitchens   All Levels
Campus Center 804-08
Adrie Lester: Co-owner of Wheatberry and Pioneer Valley Heritage Grain. Making nourishing foods is a gift to yourself and your family, but how can you do it in the real world without driving yourself crazy? Recipes, tips, and skills to transform your kitchen and your family’s health.

119) Root Cellars and Farmstead Storage Options   SE Track   Intermediate
Campus Center 811-15
Chris Chaisson: Designs & builds root cellars for Whole Farm Services.
It is possible to save money, gas, fuel, and electricity with proper storage of crops and foods. I will discuss aspects of operation, design, and construction of farm scale root cellars, homestead basement retrofits, suburban options, as well as other structures such as solar drying structures currently being built in the Northeast. Participants will receive crop storage chart handouts.

120) Small Scale Aquaculture and Aquaponics  All Levels  
Aquaculture Lab, Agricultural Engineering Building 102 (just uphill from the Textbook Annex)  
**Craig Hollingsworth:** Director, Western Massachusetts Center for Sustainable Aquaculture.

We demonstrate the UMass Aquaculture project, growing tilapia and largemouth bass in recirculating synergistic systems with greens and vegetables. We will discuss fish species, water quality, feed, nutrient balance, lighting options and legal requirements and demonstrate different aquaponics systems. The system is affordable, accessible, and applicable to backyard growers. Hand-outs provided. DIRECTIONS: Walk down the road on the north side of the Parking Garage (toward the Mullins Center). The lab is on the right, just after the garage. Watch for signs.

121) Sprouting for High Nutrition  All Levels  
Mary Lyon Classroom  
**Robert Burns:** Growing sprouts commercially and teaching others since 2000 in SE Connecticut.

Learn to save seed for sprouting at home or commercially and all the steps of producing and marketing this low cost & very high nutrition food. There will be a hands-on demonstration of equipment needed.

122) Steiner, Albrecht & others: Conflict & Commonality  ND Track  
**Advanced**  
Campus Center 174-76  
**Klaas Martens:** Applies organic visionaries’ insights in farming 1,400 acres of organic grains.

We will compare the ideas and insights that led to modern organic farming. Visionaries including Albrecht, Steiner, Howard, and Goethe contributed ideas that helped shape and define organic agriculture. Were their theories complimentary or contradictory? How can we apply them in the management of our farms today?

123) Systems + Species: A Peak-Oil Homestead Example  PC Track  
**Intermediate**  
Campus Center 162-75  
**Ben Falk:** Land planner and site developer, Mad River Valley, Vermont.
A report on the Whole Systems Design Research Farm, 8 years in. See the systems and species used in converting 10 degraded acres of swampy and ledgy hillside into a resilient small farm/homestead. Systems include: rice paddies, fuelwood hedges, grazing-perennial crop integration, aquaculture/ponds, swale earthworks, high-performance buildings, soil decompaction, terraquaculture/fertigation, mushrooms, and more.

124) Tonic Herbs for Optimal Nourishment  Intermediate
Mary Lyon Basement

Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.

Explore the deep green nutrition available from a range of common plants. Vitamins and minerals abound as well as that “special something”, the ability of some plants to enliven and vitalise every cell in our bodies. Learn which plants can tonify each body system. Taste herbal preparations. Handouts for further study.

125) TOUR: Beaver Lodge: Sustainable Home and Landscape  OLC Track
All Levels

TOUR

Marie Stella: Instructor at Boston Architectural College, interested in ecological 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.

126) TOUR: Brookfield Farm: CSA Systems  CSA Track  All Levels

TOUR

Pete McLean: Assistant Manager of Brookfield Farm, a 525-member CSA, since 2010.

Brookfield Farm has been running as a CSA for 25 years. This farm
tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-shared CSA 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 and follow for 0.5 miles. Make first left onto Hulst Rd (you’ll see a sign for Brookfield Farm). Go 600 yards on Hulst and turn in to Brookfield Farm at the sign on your left. TOTAL DRIVING TIME FROM UMass - 15 MINUTES. ADDRESS: 24 Hulst Road, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

127) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing
CSA Track  All Levels
TOUR
Ryan Voiland: Owner and Manager of Red Fire Farm, growing 85 acres of organic vegetables.

In the first 30min, we will look at mechanical cultivation tools and strategies to minimize weeds with little hand labor. In the second half of the tour, we will present produce harvest and packing strategies to reduce grunt work and improve efficiency for picking and washing crops. We will tour the recently renovated and expanded packing barn and winter storage chambers, which feature a geothermal refrigeration system. 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. ADDRESS: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

128) TOUR: Simple Gifts Farm: Plowing  AP Track  All Levels
TOUR
Robert Crichton: Teacher and president, Maine and New Hampshire Draft Horse Clubs.

The plow is an old tool for preparing the land for planting. The three most common used to day are the 2 Sulky, the one way sulky single bottom riding, and the walking plow. The disk plow is a dual purpose tool useful both for plowing and also to hill crops such as potatoes. Each will be discussed with questions and answers. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less
than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 11, 1-2:30

129) Children’s Parade & Celebration Prep    Ages 5-12
Children’s Conference Teachers: All the teachers will gather all the children together.

Singing songs, decorating floats, creating community, having fun, producing a wonderful parade for everyone involved. The children’s conference teachers will help the children make hats and streamers or decorate the golf cart. We will sing, paint faces, dress up, and have a great time getting ready for the annual parade.

TEEN WORKSHOPS – SATURDAY, AUGUST 11, 1-2:30 PM

130) Jam Session
Grad Lounge
Rick King: Musician and parent who loves to encourage teen musicians.

Teen jam session lead by local blues guitarist and singer. Singing and jamming together is a great way to build friendships. Email song and key ideas to childrens@nofasummerconference.org and teen coordinator will send out song list in July, or just drop by and play or listen.

131) Working Oxen
Grad Lounge
Bradley Teeter: Farm Manager at the Farm School.

I will be showing the participants how to drive a steer in the yoke. They will learn voice commands, and how to hitch the steers to a small log or stone boat when they become comfortable in the techniques of driving the team.

WORKSHOPS DURING THE FAIR

3:00-4:30 PM
132) Take Part in NOFA’s Policy Capacity-Building!    All Levels
Campus Center 904-08
Steve Gilman: Policy Coordinator for the NOFA Interstate Council.

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.
3:30-5:00 PM
133) **Dogs Herd Ducks; Kids Herd Kids**  \emph{All Levels}
Outside: Meet at the dogs and ducks in the Northeast Residential Area

**Jill Horton-Lyons and Jim Lyons**: They work with dogs to manage sheep on their farm in Leverett.

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.

3:30-5:00 PM
134) **Walking with Goats**  \emph{All Levels}
Outside: Meet at the goats in the Northeast Residential Area

**Alisande Cunningham Sweeney**: Runs Juniper Hill Farm, an educational homestead in Amherst, MA.

Come for a stroll with adorable goat “kids” and experience the basics of training goats for leash walking and pulling carts. Learn to identify poisonous plants and feed some of the most common plants, shrubs and trees that goats love to eat. Children welcome with adult chaperon.

**ADULT WORKSHOPS – SUNDAY, AUGUST 12, 8-9:30 AM**

135) **Advanced Agronomic Techniques**  \emph{Advanced}
Campus Center Auditorium

**Klaas Martens**: Applies organic visionaries’ insights in farming 1,400 acres of organic grains.

Let’s apply the concepts of early organic visionaries for managing an organic farm. This workshop will develop an understanding of what the weeds, bugs, and diseases of our crops teach us about our soils. The goal is to earn to really see what we are looking at and understand what the land is saying to us.

136) **Agroforestry in the Northeast**  \emph{PC Track}  \emph{Intermediate}
Campus Center 162-75

**Connor Stedman**: M.S. candidate in Ecological Planning at the University of Vermont.

This workshop will present an overview of opportunities for agroforestry enterprises in the Northeast. We’ll explore traditional agroforestry practices in the Northeast and worldwide, landscape assessment tools for designing site-appropriate agroforestry systems, and a wide range of promising crops for our region.

137) **Arcosanti, Paolo Soleri, and Ecological Cities**  \emph{All Levels}
Campus Center 903

**George Kosmides**: Electrical engineer with Soleri & Arcosanti for past 30
years, working with solar & wind energy.

Arcology is architect and philosopher Paolo Soleri’s concept of cities which embody the fusion of architecture with ecology, and proposes a highly integrated and compact three-dimensional urban form that is the opposite of urban sprawl. Arcosanti is the prototype arcology being built in the Arizona desert. We will cover details of extensive use of urban solar and greenhouses for arcologies.

138) Biochar for the Small Farm  All Levels
Campus Center 804-08

Bob Wells: Machine designer, farmer, and agronomic collier, principle owner of New England Biochar LLC.

I will share my experience with biochar as a powerful soil amendment on my own farm, explain how I make it, and discuss the many benefits and challenges that it brings with it.

139) Bioshelters and Greenhouse Innovations  PC and SE Track  All Levels
Campus Center 917

Christopher-Robin Healy: Permaculture designer and teacher since 1989.
Montana Tracy: Permaculture designer and teacher since 2006.

We will present the history of Bioshelters from their beginnings at New Alchemy Institute to current usage. Participants will learn design concepts and how they work. Emphasis on yield potential, and application for farms and gardens. The workshop also touches on urban applications and climate change innovation.

140) Connecting With All Life Through Dowsing  Beginner
Mary Lyon Basement

Kate Whitefield: I have been dowsing energies and teaching others since 1969.

We will present an overview of dowsing history and concepts and teach the use of basic dowsing tools. Moving outdoors, we will experience energy fields of trees, flowing water and other natural features in order to enjoy the sense of expanded awareness and being in tune with the natural world.

141) Conservation on Your Organic Farm  All Levels
Campus Center 805-09

Jeremy Barker-Plotkin: Has been growing veggies since 1999.
Kate Parsons: District Conservationist for USDA-NRCS.

The USDA-Natural Resources Conservation Service (NRCS) offers technical and financial assistance to organic producers interested in...
implementing conservation on their farm. Are you interested in accessing this? Workshop will cover: practical info about using key programs; what is offered and what questions to ask; and a local organic farmer’s perspective.

142) Current Approaches to Backyard Gardening  
Beginner  
Campus Center Reading Room  
Clio Fisher: Has gardened in Groton, MA for decades raising vegetables and small fruits.

We’ll cover the current garden theories, including J. Jeavons (biointensive), M. Bartholomew (square foot), P. Lanza (lasagna), R. Stout (mulching), C. Deppe’s (basic crops), & nutrient dense growing. Info on site selection, bed preparation, seeding in flats or in the soil, mulching, composting, feeding, insect control, harvesting, and preparing for winter in a no-till system.

143) Degenerative Disease & the Promise of Grass Farming  
All Levels  
Campus Center 165-69  
Doug Flack: Grass-farmer, fermented vegetable producer, member Rural Vermont & Weston A. Price Foundation.

Degenerative diseases like cancer, diabetes, heart disease, osteoporosis, mental illness, dental problems, etc., have their largest cause in modern processed foods. High functioning, fully mineralized soils and the products of grass farming are the way out of this human tragedy. This talk covers anthropology, history, and science of our plight, and how to farm and feed our way out.

144) DIY Alternative Energy on the Farm  
BF Track  Intermediate  
Campus Center 174-76  
Bill MacKentley: Longtime druid greenman and owner of St. Lawrence Nurseries.

This slideshow discusses how we set up photovoltaic, hot water, wind energy, and masonry heaters on our farm. Photos show construction of each separate system using inexpensive, home-built, do-it-yourself construction wherever possible. Emphasis will be on using necessary hardware while integrating innovative material to save money and build a better system.

145) Expanding CSAs into Low-Income Communities  
Beginner  
Campus Center 811-15  
Drew Love: NOFA/Mass Low-Income CSA Program Coordinator.

Participants will learn how to collaborate with community partners to create a successful CSA program for low-income populations. The workshop will discuss the challenges and solutions unique to these programs and discuss lessons to be learned through case study analysis.
146) Herbs for the Digestive System   All Levels
Mary Lyon Classroom

Betzy Bancroft: Of United Plant Savers and Vermont Center for Integrative Herbalism.

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

147) Mass Farm Law: Zoning, Wetland, Taxes, APR & Nuisance   All Levels
Campus Center 911-15

Michael Pill: Massachusetts licensed attorney specialized in land and agricultural law.

Bob Ritchie: General Counsel, MA Dept. of Agriculture, specialized in agricultural and municipal law.

Surviving the legal jungle: I will review legal rights and obligations for zoning exemption for farms and farm stands, agricultural exemption from Massachusetts Wetlands Protection Act & Regulations, agricultural land tax classification program, agricultural preservation restrictions & nuisance law.

148) Minerals, Trace Elements, Enzymes and Enzyme Pathways   ND Track Advanced
Campus Center 168C

Dan Kittredge: Farmer, father, husband, entrepreneur, non-profit director, working to understand life.

Enzymes are critical compounds needed by living systems to go through many basic biological processes. We will cover what minerals are needed at what points in the life cycle for these systems to work well and strategies to maintain sufficiency throughout the growing season.

149) Organizing Campus Permaculture Transformation   PC Track All Levels
Campus Center 904-08

Rachel Dutton: Sustainability and Permaculture Initiative Coordinator for UMass Amherst Dining Services www.UMassPermaculture.com

Ryan Harb: Sustainability and Permaculture Manager for UMass Amherst Auxiliary Enterprises.

The UMass Permaculture Initiative, which has involved over 1,000 volunteers including 300 local youths, has energized and excited both the campus and local community about the benefits of permaculture. Learn about our unique approach to community organizing and how this successful model can be replicated on other school, college, and university campuses.
150) Raising Sheep Organically  All Levels
Campus Center 905-09
**Kim Mastrianni**: B.S. in Animal Science, raising sheep organically for 7 years.

Participants will learn options for managing sheep organically including practices for parasite control, handling, 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.

151) Some Livestock Best Feeding Practices  ND Track  All Levels
Campus Center 163C
**Julie Rawson**: Runs a mixed animal and vegetable operation in Barre, MA.

Developed over the past 30 years with pigs, layers, meat birds, turkeys and cows, I will share our best practices for certified organic and free range feeding of these species on limited acreage. The goal is to have the highest quality and best tasting meat and eggs possible from healthy, happy animals while fertilizing the farm.

152) Water-Greywater-Rainwater in the Landscape  OLC Track  Intermediate
Campus Center 101
**Frank Koll**: Promotes water conservation and organic landcare methods 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.

153) Yoga for Farmers  All Levels
Outside: Meet at the Registration Tent
**Rebecca Sornson**: Farmer, yoga teacher, and craniosacral therapist.

This workshop teaches simple, effective yoga practices for relieving pain and increasing joy on your journey as a farmer. When you feel good, it is way easier to do great work. So, come learn a little yoga that you can integrate into your daily life.

154) TOUR: Simple Gifts Farm: Working Oxen on a Vegetable Farm  AP Track  All Levels
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, & the use of both a single and double yoke. We’ll discuss basic training, animal care, “fringe benefits,” and the economics of using oxen on a tractor-operated farm. DIRECTIONS: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk. ADDRESS: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 12, 8-9:30 AM

155) Gluten Free Baking  Ages 9-12
Student Union Kitchen
Rayna Palm: Homeschooled teen, farmer and baker. We will bake (and then eat) a luscious gluten free cake that even gluten eaters will enjoy! I will bring recipes and I will cover the basics of gluten free. Adults are welcome too!

156) The Importance of Composting  Ages 5-12
Cape Cod Lounge
Ages 5-12
Erin Schminke: Recent University of Vermont graduate with BA in Environmental Studies.
Learn about sustainability and why living sustainably is important for our future. I will especially relate this to food systems and why composting is the key to a closed-loop system. Students will learn how to make a compost pile and compost indoors with red wiggler worms.

TEEN WORKSHOPS – SUNDAY, AUGUST 12, 8-9:30 AM

157) Exploring College Options in Sustainability
Grad Lounge
Erin Senghas Kassis: Recent student at Smith College and the University of Massachusetts.
Nathan Aldrich: Sustainability Coordinator for UMass Amherst Auxiliary Enterprises.
This workshop explores post-high school options available for studying organic agriculture, permaculture and sustainable practices. We will host a conversation between workshop participants and a panel of recent college graduates about the experience of choosing a college. We will visit some of the college exhibits at the conference.
Transformation through Permaculture
Grad Lounge
Rebekah Rice: Rebekah Rice raises vegetables, designs buildings and permaculture gardens, and teaches permaculture to all ages.

During this outdoor workshop we will visit the permaculture gardens on campus. We’ll explore the ways in which permaculture principles seek to minimize and reverse climate disruption and provide a model for transforming agriculture.

ADULT WORKSHOPS – SUNDAY, AUGUST 12, 10-11:30 AM

Best Practices in the Production of Raw Milk  ND Track  All Levels
Campus Center 905-09

For consumers and producers alike. Learn to evaluate the farm, milking herd, and milk collection process to achieve peace of mind and the best quality product. Learn the basic needs of the dairy animal and create balanced approach that is both safe and profitable.

Building a Homestead Root Cellar  SE Track  All Levels
Campus Center Reading Room
Jack Kittredge: Homesteader, satisfied builder of his own 1,000 cubic foot root cellar 28 years ago.

We’ll learn many ways of storing crops underground for the winter: overwintering in the soil, methods to bury them while maintaining access and preventing rodent or water damage, free standing root cellars in hills, and true root cellars in homes. Advantages of each will be discussed and many illustrations shown.

Create a Strategic Plan for Your Farm/Business  BF Track  Intermediate
Campus Center 805-09
Jack Mastrianni: Enthusiastic grower of organizations, people and plants.

Dreams and visions for your farm/business are wonderful but they are not enough. Don’t let success be left up to chance. You will learn a proven approach and apply it. The takeaway is a skeleton strategic plan in your hand and the motivation to continue this essential work.

Creating Adult Farm Education Opportunities  All Levels
Campus Center 911-15
Grace Jull: Founder of farmwellness.org and faculty at Kripalu Center.

Explore how to increase a farm’s income, labor, public profile and satisfaction through adult farm education programs. Whether its crop mobs, agritourism or wellness programming, join Grace Jull, founder of
farmwellness.org and senior faculty at Kripalu Center in expanding and grounding your potential.

162) Digging those Community Roots: The Role of Urban Gardens  All Levels
Campus Center 168C
Karen Washington: President of the New York City Community Garden Coalition and Bronx urban farmer.
Sara Katz: Community Horticulturist for Bronx Green-Up, the outreach program of the New York Botanical Garden.

With over 600 community gardens in New York City and the growing momentum of the urban agriculture movement, we will address what role community gardens play in urban agriculture. We’ll discuss urban farming through the lens of food justice, community building and education. How can our gardens grow into or remain vital community resources?

163) Dowsing Your Health  Intermediate
Mary Lyon Basement
Carol Gader: Presenter at American Society of Dowsers, Author, “Dowsing Your Health”.

Use a pendulum with charts to determine your personal needs for your best possible health. Determine your vitality index, determine whether you are holding anger or resentment, learn how to read your pH level, etc. I will provide charts. Bring a pendulum. I will have some for sale.

164) Ethics and Purpose in Organic Landcare  OLC Track  All Levels
Campus Center 903
Mike Nadeau: Plant hugging soil worshiper, sharing and learning from fellow worshipers.

As people who have chosen to care for plants ethically, we assume a deep responsibility. The gift of life itself is in our custody. I’ll explore the spiritual boundaries of what we do and why, and facilitate a lively discussion. Aimed at AOLCPs grappling with how to do the right thing and make a living.

165) Food co-ops and Healthy Food Access  All Levels
Campus Center 163C
Bonnie Hudspeth: Outreach Coordinator for the Neighboring Food Co-op Association.
Micha Josephy: Program Manager for the Cooperative Fund of New England. Both are coordinating the “Food Co-ops and Healthy Food Access Project.”

Twenty-nine New England food co-ops are collaborating to make wholesome, nutritious food more accessible to all community members. We’ll
explore the capacity of food co-ops to increase access to healthy food for individuals/families with limited food budgets, and learn about strategies to increase collaboration among food co-ops.

166) Gardening for Family and Making Money on the Side  
Beginner  
Campus Center 804-08  
**Wyatt Whiteman:** Practices self-reliant living on less than an acre.

Tomatoes can be a profitable crop on a very small scale. From seed to stand, learn all you need to know about growing and selling tomatoes. We’ll cover variety selection, cultivation, fertility, homegrown pesticides from tobacco and mint, and setting up your stand.

167) Growing, Grinding and Cooking your own Grains  
Intermediate  
Campus Center 101  
**Mary-Howell Martens:** Farmer, feed mill owner/operator, and cook!

I grew it, I harvested it, I baked it, I ATE it! This is truly the ‘ultimate local’ eating experience. We will discuss different types of grains, their agronomics and their culinary uses, demonstrate grinding flour, rolling oats, and making noodles, and share experiences and information.

168) Invasive Ambrosia  
Beginner  
Campus Center 917  
**Mira Nussbaum:** A decade of sharing my passion for wild foods and invasive medicine.

Plants originally brought here for food, medicine, and beauty have spread out of our control and are changing the landscape. We will look at how ‘invasive’ plants are affecting their surroundings ecologically, while learning to use and enjoy them. We’ll snack on three-weed spanakopita, garlic mustard pasta, knotweed pie, and autumn olive fruit roll-up and drink multi-flora rose tea.

169) Live Well and Feed your Teeth  
Beginner  
Campus Center 165-69  
**Jean Nordin-Evans:** Holistic Dentist practicing mercury free dentistry with focus on prevention and education.  
**Madelyn Pearson:** Practicing whole-person dentistry for 5 years. Holistic Dental Association board member.

We will teach the fundamentals of good health related to dental care. Diet, environment, stress, habits, and education all play major roles in how the teeth develop and survive through adulthood. Learn what effect you are having on your teeth and the effect your teeth are having on you!

170) Menopause: A Natural Approach  
All Levels  
Mary Lyon Classroom
Patricia Rackowski: Massage Therapist at Hebrew Senior Life.

Let’s talk about vitamins, minerals, and nutritional supplements, soy foods, soy extracts, and other natural remedies for hot flashes, night sweats, mood swings, irregular cycles, bloating, headaches, and whatever other complaints you bring. Learn about vitex, dong quai, black cohosh, ginseng, motherwort, and other traditional herbs for menopause and beyond.

171) Nut Trees for the Northeast    All Levels
Campus Center 174-76

Bill MacKentley: #1 Big Nut and owner of St. Lawrence Nurseries.

Permanent Agriculture centers on trees that provide food and forage. Nut trees supply the bulk nutritional needs in these systems. Whether you plant one or 200 trees, we will look at nut crops suitable for the Northeast, particularly the Juglans group (Black and English walnuts, heartnuts, butternuts, etc.), hickories, oaks, filberts/hazelnuts, pine nuts, and chestnuts (American and Asian).

172) Seasonal Eating for Optimal Health    Intermediate
Campus Center 162-75

Andrea Beaman: Natural Foods Chef, health coach, author, and television host.

This lecture teaches ancient wisdom about how connecting to the seasons and eating what nature provides abundantly helps heal the body and keep us balanced. Using this simple knowledge to guide us, we can enhance immunity and strength.

173) Soil: The Super Ecosystem of Ecosystems    BF & ND Track    All Levels
Campus Center Auditorium

Jerry Brunetti: Founder, Agri-Dynamics, a 33-year-old holistic agricultural service and supply company.

Soil Eco-Systems are an interwoven web of biochemistry, biology, plant diversity and native geology. When these legs of this stool are appropriately managed, soils become terrestrial coral reefs that allow plants to become protective and resistant to pests. This supra-organism is the benefactor of optimal nutrition for humans and livestock.

174) Weed Control in Vegetables    Intermediate
Campus Center 904-08

Bryan O’Hara: Growing vegetables at Tobacco Road Farm in Lebanon, Conn. for 20 years.

Weed control through the use of mechanical controls such as hoeing, mowing, hand weeding, flaming and tractor cultivation will be presented. Mulches, cover crops, stale seed beds and, in particular, managing soils for fewer weeds will also be covered.
175) **Wild World of Mushrooms**  
*All Levels*  
Campus Center 811-15  
**Ari Rockland-Miller** and **Jenna Antonino DiMare**: Co-founders of the blog, “The Mushroom Forager.”  
We will teach participants how to safely and fruitfully forage wild mushrooms. We will introduce the Northeast’s safest and most distinctive gourmet and medicinal fungi, emphasizing the Mushroom Forager’s ForageCast strategy.

176) **TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production**  
Intermediate  
**TOUR**  
**David Tepfer**: Co-owner of Simple Gifts Farm.  
I will show our progress in training young oxen and finding uses for them on our 15 acres of organic vegetables. I will demonstrate cart work, seeding cover crops, light cultivation, both a single and double yoke. I will discuss basic training, animal care, fringe benefits, & the economics of using oxen on a tractor-operated farm.  
**DIRECTIONS**: Drive north from the UMass campus on North Pleasant St. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. From the Campus Center, the farm is a 20min walk.  
**ADDRESS**: 1089 N. Pleasant St, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

**CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 12, 10-11:30 AM**

178) **Knead, Knead, Knead Organic Pizza!**  
*Student Union Kitchen*  
**Tad Hitchcock**: Gardener and musician dad who loves making pizza with children.  
We will make pizzas and bake them in the oven. Have fun putting this favorite family meal together and learn about the foods we put on it. Where does the cheese come from, the sauce, the toppings and the dough? We’ll sing a pizza song or two while they bake.

179) **Making All Tied Up Books**  
*Cape Cod Lounge*  
**Karen Booker**: A crafter with an interest in nutrient dense farming.  
We will make a 3” square book using origami style pages. The book will open up like an accordian and can be tied with a ribbon. It can be used as a gift card or to store photos or drawings.

180) **Pioneer Living: Harvest Time**  
*Cape Cod Lounge*  
**Ages 5-10**
Sandy McKelvey: Founder and Executive Director of Hudson Valley Farm to School www.hvfs.org.

Using the “Little House” books by Laura Ingalls Wilder, we will read excerpts and then do hands-on activities related to the harvest and the preserving of the crops. We will dry apples and herbs, make pickles to take home, grind corn, and eat homemade cornbread.

TEEN WORKSHOPS – SUNDAY, AUGUST 12, 10-11:30 AM

181) Drop Spindle
Grad Lounge
Leslie Ardison: Drop spindle spinner who loves to get others started with a spindle.

Learn the basics of how to spin wool on a simple drop spindle that you will make and be able to take home.

182) Making Lip and Skin Balms From Natural Sources
Grad Lounge
Jennifer Byington: Homeschooling mother of four, organic farmer.

We all experience dry, irritated or bruised skin and use various balms which are expensive. Lip and skin balms are surprisingly easy to make. We will discuss ingredients for balms and their properties. We will then make a useful, general purpose balm to take home.

ADULT WORKSHOPS – SUNDAY, AUGUST 12, 1-2:30 PM

183) Building & Managing Low-tech, Low-cost, Low-tunnels BF & SE Track All Levels
Campus Center 917
Dan Botkin: Farmer, teacher and activist living in Gill, MA.

This workshop explores the fabrication and use of home-crafted, low-tunnel greenhouses for crop protection in the backyard garden or micro-farm. We’ll compare various materials and building strategies including wire, wooden slats, PVC pipe and steel conduit. At the end of the workshop, we’ll move as a group to the North end of the Campus Center for a pipe bending demonstration.

185) Chemicals Influence Sex, Gender & Cancer All Levels
Campus Center 904-08
Jonathan Roling: Environmental Toxicologist, Bridgewater State University.

We are inundated with a myriad of chemicals. Most don’t cause effects; however, Endocrine Disrupting Compounds (EDCs) can have
significant effects upon growth and development at low concentrations. We will discuss the source, the effects on wildlife, and how to mitigate our own personal exposure to EDCs. (Disclaimer: “adult” content.)

186) **Coppice Agroforestry for Fuel, Fodder, Craft and Fun**  
*PC Track*  
*Intermediate*  
Campus Center 101  
**Dave Jacke**: Co-author of *Coppice Agroforestry* (forthcoming), and longtime 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 and polewood, and the most promising species for coppice systems in the Northeast.

187) **Entrepreneurial Ideas for Teens to Begin an Ag Business**  
*Beginner*  
Campus Center 911-15  
**Carrie Novak**: Farm loan chief for USDA.  
This workshop will inform youth (10-20), parents, and teachers about assistance offered by Farm Service Agency to youth to begin their own agricultural business. We will explore writing a business plan, balance sheets, and cash flows. We will also present a rural youth loan program that can help launch the business idea.

188) **Farm as Farmacy**  
*All Levels*  
Campus Center Auditorium  
**Jerry Brunetti**: Founder, Agri-Dynamics, a 33 year-old holistic agricultural service and supply company.  
Nutritious food from healthy soils and animals is truly medicinal. We should look to the farm to treat the health issues that plague modern Americans. Skyrocketing levels of disease are a result of our modern diet. Step by step changes toward the traditional foods of our ancestors is our only hope.

189) **Growing Garlic, a Timely and Versatile Crop!**  
*Beginner*  
Campus Center Reading Room  
**Amy LeBlanc**: Certified Organic grower in Maine and heirloom vegetable specialist.  
Learn to grow, use, and market garlic, the amazing “Stinking Rose”, a time-honored culinary and medicinal wonder! Learn to prep your garden for a great garlic crop, choose good seed, growing techniques, harvesting tips and good ways to store your crop. We'll cover trouble shooting, new troubling diseases, and share great recipes!
190) Homeopathy for Livestock  
Beginner

Lisa McCrory: Uses homeopathy as her primary tool in addressing livestock health issues on her certified organic farm.

Participants will be introduced to homeopathy and its use for livestock, such as dairy animals, pigs, poultry, beef, small ruminants, and horses. This workshop will introduce how homeopathy works, providing information on some more commonly used remedies. We will also address proper storage, handling, and administration of the remedies.

191) How to Cook Your CSA Share  
Beginner

Student Union Kitchen

Dawn Desilets Sulmasy: I am passionate about vegetables and people who eat them!

Tess Bois: Homeschooling, hippie homesteader harvesting health and happiness!

Use EVERYthing in your CSA box in delicious, creative, and convenient ways. We’ll explore some of the more obscure vegetables & learn proper storage. Cooking techniques include flavorful soups such as green goddess gazpacho, tangy veggie purees for raw crudités, elegant vegetable stratas (or casseroles for company) and a recipe for carrot-honey ice cream!

192) Making Herbal Medicine  
All Levels

Mary Lyon Basement

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

Making herbal medicine is easy, effective, affordable and fun! Learn to make water based medicines & herbal extracts including herbal tinctures, vinegars and glycerites. We will discuss applications and uses of these different medicines and how to include them in your home pharmacy. Handouts and instructions including resources for further study provided.

193) Managing Air and Water in Soil  
ND Track  Intermediate

Bryan O’Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 20 years.

The management of air and water in the soil is of primary importance for healthy crop growth. Learn how to keep the soil breathing and how to keep water draining, soaking in, stored in the top soil, and recovered from the sub-soil through proper tillage, drainage, bedding, cover cropping, and mulches.

194) On Farm Breeding and Selection  
Intermediate

Campus Center 165-69
Tevis Robertson-Goldberg: Raises vegetables, grains, cattle, & sheep at Crabapple Farm.

Farmers and gardeners have always been breeders. We have an obligation to maintain that tradition. Breeding micro-adapted varieties improves production and resilience. I will discuss seed saving and breeding strategies we use on our diversified farm, focussing on tomatoes, squash, kale, wheat, and sheep.

195) Preparing Local Whole Grains & Beans  All Levels
Mary Lyon Classroom
Adrie Lester: Co-owner of Wheatberry and Pioneer Valley Heritage Grain.

A guide to storing, cooking, milling, and baking with local whole grains and beans. Emphasis on using them in their whole form. We’ll also discuss grain sensitivities and digestion of whole grains, heirloom pre-industrial varieties, and fermented grains (such as sourdough bread).

196) Singing for the Soil and the Sensual  All levels
Campus Center 905-09
Eveline MacDougall: Founder, director, Amandla Chorus. Founder, Greenfield, MA community garden.

I will lead singers (and “singer-wannabes”!) in singing songs of celebration, peace and justice, and love for our Earth. Chants, rounds, 4-pt. harmonies. I will share tips for opening the voice, the heart, and the mind while creating beautiful sounds in community. Repertoire from around the world.

197) Solar PV on the Farm: Incentives and Rebates  All Levels
Campus Center 174-76
Claire Chang: Solar Store partner and anti-nuclear activist.

Walk through the process for designing and installing solar PV for a farm business and residence with MDAR, MACEC funding and SREC’s. Includes a case study of a produce and livestock farm with 2 housing units. Will include utility interconnection issues and pitfalls.

198) Strategies and Tools for Saving Local Farms  All Levels
Campus Center 163C
Jim Oldham: Equity Trust director, experienced in complex community farm preservation projects.
Rebecca Fletcher: Equity Trust program manager, former Grow Food Northampton board member.

We will discuss the process for permanently preserving farms for local food production—finding partners, educating your community, creating a vision, financing, legal issues—and introduce tools and strategies for
addressing these elements. We will also explore pros and cons of different approaches to farm ownership, management and stewardship.

199) **Sustaining a School Composting and Gardening Program**  
*All Levels*  
Campus Center 811-15  
**Karen DiFranza:** Founder of Hands to Earth, Educating for a Sustainable World, plus **Student volunteers from the Quabbin Regional High School Composting and Gardening Program.**

In this workshop we will cover specific strategies and skills for sustaining a high school composting and gardening program, including community fundraising, grants, making and selling value-added products from the garden such as organic seeds, herbal products, natural dye plants and more.

200) **Value Added Products: Small Farm Vertical Integration**  
*All Levels*  
Campus Center 162-75  
**Dominic Palumbo:** Produces and markets value added sausages, meat products and lacto-fermented vegetables.

Vertical integration for small farms means producing the raw materials and processing them into a form that yields increased income. Small farms need to creatively make the most of what they produce. We will discuss key considerations for small farms in producing value-added meat and vegetable products.

200.5) **Venezuelan Food Revolution: Urban Agriculture, Food Sovereignty & Agroecology**  
*All Levels*  
Campus Center 168C  
**Martha Bolivar:** Foundation for Training and Innovation to Support the Agrarian Revolution (Ciara), President.  
**William Camacaro:** Venezuelan activist, radio host, and activist in New York City.

Venezuela is paving a different way to ensure that all citizens have access to food from a sustainable domestic food supply. Since most of Venezuela’s population lives in cities, urban agriculture based on agroecological practices is a key strategy. Learn how a country that recently imported 80% of its food is moving from food dependence towards food sovereignty.

201) **Wholesale Vegetables at a Small Scale**  
*BF Track*  
*All Levels*  
Campus Center 805-09  
**Caroline Pam:** Grows high-quality specialty vegetables for restaurants, farmers’ markets, and a CSA.

I will discuss how to successfully grow and sell local products to restaurants and other wholesale customers. From production to marketing,
this workshop will cover variety selection, planting schedules and best harvest and washing practices, plus pricing, communication, and logistics.

202) TOUR: Northampton Community Farm: A Community Farm is Born!
**CSA Track**  *All Levels*

TOUR

**Gaby Immerman:** GFN Board member & Horticulture Instructor for Smith College Botanic Garden.

**Jennifer Hartley:** Founding Board member of Grow Food Northampton.

The Northampton Community Farm in Florence, MA, comprises two tenant farms, the new Florence Organic Community Garden, and conservation lands along the Mill River. We’ll discuss land preservation strategies, our tenure model, community outreach, partnership with the city, organic/permaculture aspects, and related topics of interest to participants.

**DIRECTIONS:** Follow RT. 9 into Northampton. Go through the two main downtown intersections, both with traffic lights. Just past the second light, take first sharp left (around the fountain) onto Park Street. Take an immediate right onto Meadow Street, passing the Lilly Library on your right. Meadow Street ends after a half mile at Spring Street. Take a right here onto Spring Street. The farm is 0.2 miles up the hill on the right-hand-side -- second driveway entrance after the white farmhouse. Meet at Crimson and Clover Farm at the brownish/reddish CSA Barn, adjacent to the parking area.

**TOTAL DRIVING TIME FROM UMass - 30 MINUTES. ADDRESS:**

215 Spring Street, Florence, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

203) TOUR: Simple Gifts Farm: Managing Crops in Groups for Efficiency
**CSA 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. We will cover techniques to plan and manage groups of vegetables with similar characteristics for efficiency. It will also touch on our integrated soil fertility program.

**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.

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**CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 12, 1-2:30 PM**

204) “Playing Fowl”: Raising Chickens for Eggs and Meat  *Ages 5-12*
Cape Cod Lounge
Sophie Cassel: Intern at Blue Heron Farm, enthusiast of kids and food.

Adam Drake:
Come find out all about how organic farms raise layers and meatbirds! We will use hands-on learning tools and discuss our experiences with our fine feathered friends.

205) Fun Food Science  Ages 8-12
Cape Cod Lounge
Sabrina Dennis: Elementary Special Education teacher with Bachelor of Applied Science in Food & Nutrition.
We will explore science with fun activities using familiar food ingredients. We will: explore acids, bases and chemical reactions using vinegar, lemon juice and baking soda; make and precipitate out solutions, suspensions, and colloids using water, salt, sugar, oil, vinegar, milk, corn starch and egg yolk. Some ‘experiments’ are edible!

206) Make a Worm Farm! Composting with Worms  Ages 5-10
Cape Cod Lounge
Lee Dwyer: Gardens Coordinator for Groundwork Somerville, poet, gardener, and nature-lover.
Learn about our worm friends, what worms like to eat, what they need to thrive, and how composting can improve gardens and soil! Participants will get their hands dirty and learn fun facts about earthworms.

TEEN WORKSHOPS – SUNDAY, AUGUST 12, 1-2:30 PM

207) Beginning Filmmaking
Grad Lounge
Cheri Robartes: Filmmaker, musician and teacher.
Doc Pruyne: Filmmaker, writer and cardplayer in Boston.
We’ll learn a bit about making really good short films for YouTube (or wherever), then we’ll plan and shoot one.

208) Energy Work: An Introduction to Qigong
Grad Lounge
Rachel Scherer: Practices qigong with the herd at Heritage Fields Farm, Orange MA.
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. Helpful for promoting a sense of ease and wellbeing.
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**Children’s and Teen Conference Coordinator:** Valerie Walton, 18 Webb Street, Methuen, MA 01844. Phone: 978-689-0716; Cell: 617-694-9656; childrens@nofasummerconference.org.

**Conference Coordinator; Workshop Coordinator:** Ben Grosscup, 67 North Whitney St Apt 4, Amherst, MA 01002. Phone: 413-549-1568; Cell: 413-658-5374; ben.grosscup@nofamass.org.

**Food Coordinator:** Mel Shaw, PO Box 513, Dover, MA 02030. Cell: 978-376-7092; mel.q.shaw@gmail.com.

**Fair Coordinator:** Kathleen Geary, 327 East Street, Petersham, MA 01366. Phone: 978-724-3314; info@nofamass.org.

**NOFA/Mass Website Manager:** David Pontius: (413) 498-2721; webmaster@nofasummerconference.org.

**Publications and Graphics Coordinator:** Wendy Mainardi, 16 Custer Street, Apt. #1, Jamaica Plain, MA, 02130. Cell: 973-224-4321; wendy.mainardi@gmail.com

**Publicity and Outreach Coordinator:** Mindy Harris, 19 Stow Street #1, Waltham, MA 02453. Phone: 781-209-1233; Cell: 310-663-0054; mindy@nofamass.org

**Registration Coordinator:** Christine Rainville, 151 Brooks Station Rd., Princeton, MA 01541. Phone: 413-362-2143; registration@nofasummerconference.org

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**Massachusetts:** Low-Income $25, Individual $40, Family/Farm/Organization $50, Large Farm/Business $75, Premier Business $125, Supporting $250, Lifetime $1,000
Contact: NOFA/Mass, 411 Sheldon Road, Barre, MA 01005, (978) 355-2853, or rebecca@nofamass.org or join on the web at www.nofamass.org

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**New Jersey:** Student/Intern $20*, Individual $40*, Family/Farm $70*, Business/Organization $150*, $10 additional per year for subscription to “The Natural Farmer”
Contact: NOFA-NJ, 334 River Road, Hillsborough, NJ 08844, Phone: (908) 371-1111, Email: nofainfo@nofanj.org, or join online at: www.nofanj.org

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Contact: NOFA-NY, 249 Highland Ave., Rochester, NY 14620, Voice (585) 271-1979, Fax: (585) 271-7166, email: membership@nofany.org, www.nofany.org
**Rhode Island**: Student/Senior: $20, Individual: $25, Family $35, Business $50
Contact: Membership, NOFA RI, c/o Dan Lawton, 247 Evans Road, Chepachet, RI 02814, (401) 523-2653, nofari@live.com

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Contact: NOFA-VT, PO Box 697, Richmond, VT 05477, (802) 434-4122, info@nofavt.org

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CT NOFA Office: P O Box 164, Stevenson, CT 06491, phone (203) 888-5146, Fax (203) 888-9280, Email: ctnofa@ctnofa.org, website: www.ctnofa.org

Executive Director: Bill Duesing, Box 164, Stevenson, CT 06491, 203-888-5146, 203 888-9280 (fax), bill@ctnofa.org

Administrative Assistant: Debbie Semonich, PO Box 164, Stevenson, CT 06491, debsem@ctnofa.org, 203-888-5146

Chief Administrative Officer: Deb Legge, PO Box 164, Stevenson, CT 06491, deb@ctnofa.org, 203-888-5146

CT NOFA Program Coordinator, Teresa Mucci, PO Box 164, Stevenson, CT 06491, teresa@ctnofa.org, 203-888-5146

President: Bettylou Sandy, 38 Somerset Drive, Manchester CT 06040, 860-647-7097, bettylous.gardening@snet.net

Vice President: TBA

Treasurer: TBA

Secretary: Janet Heller, 452 Adams Street, Manchester CT 06040, 860-645-6897, janet.heller@snet.net

Farmers Pledge Program: Contact the office.

Event, Marketing and Outreach Coordinator: Kristiane Huber, PO Box 164, Stevenson, CT 06491, kristiane@ctnofa.org, 203-888-5146

Organic Land Care Program Director: Jenna Messier, PO Box 164, Stevenson, CT 06491, jenna@organiclandcare.net, 203-888-5146

Organic Land Care Accreditation Manager: Clara Buitrago, PO Box 164, Stevenson, CT 06491, clara@organiclandcare.net, 203-888-5146

Bookkeeper: Rita Schlitter, PO Box 164, Stevenson, CT 06491, rita@ctnofa.org, 203-888-5146

Public Ally: Melissa Gabso, melissa@ctnofa.org

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**Massachusetts**

President: Lynda Simkins, Natick Community Organic Farm, 117 Eliot Street, South Natick, MA 01760, (508) 655-2204, lsimkins.ncorganic@verizon.net

Vice President: Leslie Cox, Hampshire College Farm, Amherst, MA 01002 (413) 530-2029, lcox@hampshire.edu

Secretary: Elaine Peterson; 92 New Westminster Road, Hubbardston, MA 01452 (978) 928-4707, hemlockhollow@charter.net

Treasurer: Jean-Claude Bourrut, 31 Parkton Road, #1, Jamaica Plain, MA 02130, (617) 983-1417, jcaime2@aol.com

Executive Director: Julie Rawson, 411 Sheldon Road, Barre, MA 01005 (978) 355-2853, fax: (978) 355-4046, julie@nofamass.org

Administrative Director: Kathleen Geary, 327 East Street, Petersham, MA 01366, (978) 724-3314 (Mondays & Thursdays call (978) 355-2853),
New Hampshire
NOFA-NH Office: 4 Park St., Ste. 208, Concord, NH 03301, (603) 224-5022, info@nofanh.org
Website: www.nofanh.org
President: Scott Morrison, 4 Jordan Avenue, Concord, NH 03301, home: (603)-226-9434, cell: (603) 491-6263, email: scott@s-morrison.com
Vice President: Joan O’Connor, PO Box 387, Henniker, NH 03242, (603) 428-3530, joconnornh@yahoo.com
Treasurer: Paul Mercier, Jr., 39 Cambridge Drive, Canterbury, NH 03224, (603) 783-0036, pmerci01@comcast.net
Secretary: Alexis Simpson, 20 Main Street, #2400, Exeter, NH 03833, home: (603) 772-3914, cell: (603) 705-0665, email: ahksimpson@gmail.com
Newsletter Editor & NOFA-NH Herbal Network Representative: Maria Noel Groves, 4 Park St., Ste. 208, Concord, NH 03301, (603) 268-0548, editor@nofanh.org or nhhn@nofanh.org
Office Manager: Eleanor Luna, 4 Park St., Ste. 208, Concord, NH 03301, Ph: (603) 224-5022, email: eleanor@nofanh.org.
Business Manager: Barbara Sullivan, 4 Park St., Ste. 208, Concord, NH 03301, (603) 224-5022, barbara@nofanh.org
Webmaster: David Pontius, 26 School Street, Northfield, MA 01360, Ph: (413) 498-2721, email: web@nofanh.org
Marketing Director: Bob Minnocci, 662 Massachusetts Ave., #6, Boston, MA, Ph: (617) 236-4893, email: bob@nofanh.org
Bulk Order Coordinator: Jennifer Quinlivan, P.O. Box 92, Strafford, NH 03884, (603) 269-0063, (603) 731-1182, jenq@worldpath.net
Winter Conference Coordinator: Jo Russavage, 4 Park St., Ste. 208, Concord, NH 03301, winterconference@nofanh.org
Organic Certification: Vickie Smith, NH Department of Agriculture, Markets & Food, Division of Regulatory Services, Caller Box 2042, Concord, NH
New Jersey
Executive Director: Camille Miller, 334 River Road, Hillsborough, NJ 08844, (908) 371-1111 x 1, cmiller@nofanj.org
President: Al Esposito, Poplarwood Farm, PO Box 213, Port Murray, NJ 07865, (908) 399-7655, poplarwood.al@comcast.net
Vice President: Lucia Huebner, Beechtree Farm, 105 Crusher Road, Hopewell, NJ 08525, (609) 466-0277, grassfedbeef@gmail.com
Treasurer: David Earling, Gravity Hill Farm, 22 River Road, Titusville, NJ 08560, (609) 737-8860, dee@solecap.com
Secretary: Stephanie Harris, Stonehedge Farm, 163 Hopewell-Werts ville Road, Hopewell, NJ 08525, (609) 466-0194, r.harris58@verizon.net
Supervisor, Organic Certification Program: Erich V. Bremer, NJ Dept. of Agriculture, 369 S. Warren St., Trenton, NJ 08625-0330, (609) 984-2225, fax: (609) 341-3212, erich.bremer@ag.state.nj.us
Administrative Coordinator: Connie Deetz, 334 River Road, Hillsborough, NJ 08844, (908) 371-1111 x 0, cdeetz@nofanj.org
Technical Services Specialist: Justine Cook, 334 River Road, Hillsborough, NJ 08844, (908) 371-1441 x 3, jcook@nofanj.org
Beginning Farmer Program Manager: Eve S. Minson, 334 River Road, Hillsborough, NJ 08844, (908) 371-1111 x 2, eminson@nofanj.org
Website: www.nofanj.org
Phone: (908) 371-1111
Fax: (908) 371-1441

New York
NOFA New York Offices: NY Office: 249 Highland Ave, Rochester, NY 14620, Phone: (585)-271-1979, Fax: (585)-271-7166; info@nofany.org; Certified Organic, LLC Office: 840 Upper Front St, Binghamton, NY 13905, (607) 724-9851, fax: (607) 724-9853, certifiedorganic@nofany.org; Website: www.nofany.org
Executive Director: Kate Mendenhall, (585) 271-1979 Ext 501, Kate@nofany.org
Interim Organic Certification Director: Sherrie Hastings, (607) 724-9851, certifiedorganic@nofany.org
Operation & Development Director: Lea Kone, (585) 271-1979 Ext 502, Lea@nofany.org
Finance & HR Manager: Nancy Apolito, (585) 271-1979 Ext 504, Nancy@nofany.org
Membership Coordinator, (585) 271-1979 Ext 512, membership@nofany.org
Community Education & Outreach Coordinator: Marty Butts (585) 271-1979 Ext 514, Marty@nofany.org
Food Justice Coordinator: Kristina Keefe-Perry, (585) 271-1979 Ext 505, Kristina@nofany.org
Education Director: Matt Robinson (585) 271-1979 Ext 503 Matt@nofany.org
Organic Dairy & Livestock Coordinator: Bethany Wallis, (585) 271-1979 Ext 513, Bethany@nofany.org
Organic Field Crops Coordinator: Robert Perry, (585) 271-1979 Ext 506, Robert@nofany.org
Organic Fruit & Vegetable Coordinator: Rebecca Morgan, (585) 271-1979 Ext 507, Rebecca@nofany.org
Beginning Farmer Program Coordinator: Rachel Schell-Lambert, (585) 271-1979 Ext 511, Rachel@nofany.org
Communication & Event Planning Assistant: Brett Wedel, (585) 271-1979 Ext 510, Brett@nofany.org
Registration & Administrative Coordinator: Stephanie Backer-Bertsch, (585) 271-1979 Ext 509, Stephanie@nofany.org
Newsletter Editor: newsletter@nofany.org
Conference Food Coordinator: conference.food@nofany.org
NOFA-NY’s Organic Technical Assistance Hotline: 1-855-2NOFA-NY
Board President: Jamie Edelstein, farmer@wylliefoxfarm.com
Board Vice President: Maryrose Livingston, tripletree@frontier.net
Board Treasurer: Karen Livingston, delv11@yahoo.com
Board Secretary: Karen Meara, Meara@clm.com

Rhode Island
President: Michael Roberts, Roots Farm, 1362B Hope Street, Bristol, RI, 02809 (401) 835-2346 michael.h.roberts@gmail.com
Vice-President: Katie Miller, Scratch Farm, 305 Dudley Street, Providence, RI 02907 (401) 351-4633 katie.miller@gmail.com
Secretary: Dave Binkley, 53 Hilltop Drive West Kingston, RI 02892 (401) 667-0585, binkleyd@amgen.com
Treasurer/Membership: Dan Lawton, 247 Evans Road Chepachet, RI 02814, (401) 523-2653 dlawton33@hotmail.com
NOFA/RI, 247 Evans Road Chepachet, RI 02814, (401) 523-2653, nofari@live.com,
website: www.nofari.org

Vermont
NOFA-VT Office, PO Box 697, 14 Pleasant St., Richmond, VT 05477 (802) 434-4122 NOFA, (802) 434-3821 VOF, Fax: (802) 434-4154,
website: www.nofavt.org, info@nofavt.org
Executive Director: Enid Wonnacott, enid@nofavt.org
Financial Manager: Kirsten Novak Bower, kirsten@nofavt.org
NOFA VT Education Coordinator & VT FEED Director: Abbie Nelson,
Dairy & Livestock Administrator: Sam Fuller, sam@nofavt.org
Dairy & Livestock Advisor & Policy Advisor: David Rogers, dave@nofavt.org
Dairy & Livestock Advisor: Willie Gibson, willie@nofavt.org
Vegetable & Fruit Technical Assistance and Apprentice Coordinator: Lynda Prim, lynda@nofavt.org
Community Food Security & Direct Marketing Coordinator: Erin Buckwalter, erin@nofavt.org
Office Assistant and Share the Harvest Fundraiser Coordinator: Becca Weiss, becca@nofavt.org
Office Manager: Barbara Richardson, info@nofavt.org
Outreach Coordinator: Caitlin Gildrien, Caitlin@nofavt.org
Winter Conference Coordinator: Olga Boshart Moriarty, olgamoriarty@gmail.com
VOF Administrator: Nicole Dehne, nicole@nofavt.org
VOF Certification Specialist: Gregg Stevens, gregg@nofavt.org
VOF Certification Specialist: Laura Nunziata, laura@nofavt.org
VOF Certification Staff Assistant: Caitlin Jenness, caitlinjenness@nofavt.org

NOFA Interstate Council
* indicates voting representative

* Bill Duesing, President, Staff, Box 135, Stevenson, CT, 06491, (203) 888-5146, fax, (203) 888-9280, bduesing@mac.com
* Kate Mendenhall, Vice President, 249 Highland Ave, Rochester, NY 14620, (585) 271-1979, director@nofany.org
* Bettylou Sandy, 38 Somerset Drive, Manchester, CT 06040, (860) 647-7097, bettylou.gardening@snet.net
* Leslie Cox, Hampshire College Farm, Amherst, MA 01002, 413-530-2029, kcix@hampshire.edu
* Jack Mastrianni, Treasurer, 277 Holden Hill Road, Langdon, NH 03602, (603) 835-6488, jamastranni@yahoo.com
Steve Gilman, Ruckytucks Farm, 130 Ruckytucks Road, Stillwater, NY 12170 (518) 583-4613, stevegilman@verizon.net
* Elizabeth Henderson, 63 Benton St., Rochester, NY 14620, cell: (585) 764-8471 elizabethhenderson13@gmail.com
* Dan Lawton, 247 Evans Road Chepachet, RI 02814 (401) 949-1596 dlawton33@hotmail.com
* Mary DeBlois, 4 Oldfield Dr., Sherborn, MA 01770, (508) 655-6893, mannixdeblois@comcast.net
Al Esposito, Poplarwood Farm, PO Box 213, Port Murray, NJ 07865, (908) 399-7655, poplarwood.al@comcast.net
*Camille Miller, NOFA-NJ, 334 River Road, Hillsborough, NJ 08844, (908)
Nicole Vitello, Manic Organic, PO Box 425, Portsmouth, RI 02871 (401) 480-1403, Nicole@manicorganic.biz
* Enid Wonnacott, 478 Salvas Rd., Huntington, VT 05462 (802) 434-4435, enid@nofavt.org
Kirsten Novak Bower, 65 Wortheim Ln., Richmond, VT 05477 (802) 434-5420, kirsten@nofavt.org
David Pontius, Webmaster, 26 School Street, Northfield, MA 01360, (413) 498-2721, Email: webmaster@nofamass.org
Jack Kittredge and Julie Rawson, The Natural Farmer, 411 Sheldon Rd., Barre, MA 01005 (978) 355-2853, Jack, tnf@nofa.org, Julie@nofamass.org
Marion Griswold, Bookkeeper, 30 Hollow Rd., Woodbury, CT 06798, (203) 263-2221, marion@ctnofa.org
Ben Grosscup, Summer Conference Coordinator, 67 North Whitney, Amherst, MA 01002 413-549-1568; ben.grosscup@nofamass.org

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Presenters

Listed alphabetically by last name; numbers refer to workshop numbers.

157) Nathan Aldrich: www.UMassPermaculture.com, 34 Graves Avenue, Northampton, MA 01060, 978-852-5851, naldrich@mail.aux.umass.edu
106) Ms. Basia Alexander: The Tree Whisperer, www.TreeWhispering.com, PO Box 90, Morris Plains, NJ 07950, 201-745-5494, Basia@TreeWhispering.com
105) Erik Andrus: Boundbrook Farm, www.goodcompanionbakery.com, 276 Burroughs Farm Rd., Vergennes, VT 05491, 802-877-1396, erik@goodcompanionbakery.com
71, 92, 181) Leslie Ardison: lardison@yahoo.com
146) Betzy Bancroft: United Plant Savers, Vermont Center for Integrative Herbalism, PO Box 203, East Barre, VT 05649, 802-476-5031, alchemilla62@myfairpoint.net
141, 203) Jeremy Barker-Plotkin: Simple Gifts Farm, www.simplegiftsfarmcsa.com, 1089 N. Pleasant St, Amherst, MA 01002, 413-549-1585, jbp@the-spa.com
78) Jonathan Bates: Food Forest Farm, www.permaculturenursery.com, P.O. Box 6620, Holyoke, MA 01041, 413-437-0101, jonathan@permaculturenursery.com
53) Louis Battalen: Apple Valley, Ashfield, MA 01330, 413 824-1292, louis@topoftheforest.com
172) Andrea Beaman: www.andreabeaman.com, 520 East 79# 6E, New York, NY 10075, andrea.beaman@gmail.com
22) Sharon Begley: 41 Grimes Road, Hubbardston, MA 01060, 978-928-5191
74) Bob Bernstein: Land For Good, www.landforgood.org, 29 Center St, Keene, NH 03431, 603-357-1600, bobb@landforgood.org
200.5) Martha Bolivar: www.ciara.gob.ve, Fundación Ciara, Ave. México con Sur 21, Calle Tito Salas, Torre Bellas Artes Caracas, Venezuela, 011 58 0416-6066297, marbolivarj@hotmail.com
179) Karen Booker: 44 Prospect Street, Contoocook, NH 03229, 603-746-3656, pottedplant@juno.com
183) Dan Botkin: Laughing Dog Farm, www.laughingdogfarm.com, 398 Main Rd., Gill, MA 01354, 413-863-8696, dbotkin@valinet.com
Jean-Claude Bourrut: Natick Community Organic Farm, 31 Parkton Road #1, Jamaica Plain, MA 02130, H-617-983-1417; W-508-655-2204, Jcaime2@aol.com

Dina Brewster: www.thehickories.org, 136 Lounsbury RoadRidgefield, CT 06877, 203-894-1851, dina@thehickories.org

Rebecca Brown: www.thegreybarnandfarm.com, 22 South Road, Chilmark, MA 02535, 774-521-6100, brownsuffolk@hotmail.com

Amanda Brown: Umass, www.umassvegetable.org, 250 Natural Resource RD, Amherst, MA 01003, H-413-545-3696; brown@umext.umass.edu


Jerry Brunetti: www.agri-dynamics.com, PO Box 267, Martins Creek, PA 18063, 610-250-9280, jbrunetti@agri-dynamics.com

Robert Burns: Aiki Farms, www.aikifarms.com, 769 Shewville Rd, Ledyard, CT 06339, 860-536-6407, burns@aikifarms.com

Jennifer Byington: 282 Bible Hill Road, Francetown, NH 03043, 603-547-6201, jbyington@comcast.net

William Camacaro: Alberto Lovera Bolivarian Circle of New York, www.revolucionalimentaria.wordpress.com, 718-510-5523, w.camacaro@hotmail.com

Sophie Cassel: 50 Loomis St., Burlington, VT 05401, sgcassel@gmail.com

Leslie Cerier: 58 School House Road, Amherst, MA 01002, 413-259-1695, leslie@lesliecerier.com

Chris Chaisson: Whole Farm Services, www.wholefarmservices.com, 1748 Wild Branch Rd, Craftsbury, VT 05826, 802-355-3274, chris@wholefarmservices.com

Christina Chambreau: www.MyHealthyAnimals.com, 908 Cold Bottom Road, Sparks, MD 21152, O-410-771-4968; HealthyAnimals@aol.com

Claire Chang: Solar Store of Greenfield, www.solarstoreofgreenfield.com, 2 Fiske Ave, Greenfield, MA 01301, 413-772-3122, claire@solarstoreofgreenfield.com

Mary Lou Conna: 1 Folly Lane, Westborough, MA 01581, 508-366-7687

Jim Conner: 6 Boylston St, Methuen, MA 01844, 978-682-2216, Jconner3@verizon.net

Jim Conroy: The Tree Whisperer, www.CooperativeBioBalance.org, PO Box 90, Morris Plains, NJ 07950, 201-650-1231, DrJim@TheTreeWhisperer.com

Glenn Coville: www.Wildbranchmushrooms.com, 1748 Wild Branch Valley Farm, Craftsbury, VT 05826, 802-586-8022, glenncoville@gmail.com

Robert Crichton: Granite State Draft Horse Assn., 8
Mountain View, Berwick, ME 03901, 207-698-7747, pinehillmules@comcast.net

24) **Erbin Crowell**: Neighboring Food Co-op Association, www.nfca.coop, PO Box 93, Shelburne Falls, MA 01370, C-401-419-0381, erbin@nfca.coop

21.5) **Heather Cunningham**: www.invasiveplantproject.org, 193 Conway Street, Greenfield, MA 1301, 413-548-4775, heather.patricia.cunningham@gmail.com

114, 134) **Alisande Cunningham Sweeney**: Juniper Hill Farm, Center for Creative Ecology, 45 Schoolhouse Rd, Amherst, MA 01002, H-413-259-1730; C-413-575-7794, alisandedancing@gmail.com

113) **Jeanne Deignan-Kosmides**: Breath of Joy Healthy Living, www.breathofjoy.com, 19 Sunday Court Reisterstown, MD 21136, H-410-833-6067; C-410-952-9173, jdeignankosmides@gmail.com

205) **Sabrina Dennis**: 416-994-5934, esdennis@sympatico.ca

13, 37) **Lisa DePiano**: Mobile Design Lab, www.mobiledesignlab.org, 38 Henry Street, Northampton, MA 01060, 413-341-6828, ldepiano@gmail.com


199) **Karen DiFranza**: Hands to Earth, Educating for a Sustainable Future, www.handstoearth.com, 94 Hale Rd., Hubbardston, MA 01452, 978-928-5685, karend@net1plus.com

175) **Jenna Antonino DiMare**: The Mushroom Forager, 183 Intervale Ave; Apt. 2 Burlington, VT 05401, 413-687-2184, Jna38@cornell.edu

204) **Adam Drake**: 205 Charles St., Waltham, MA 02453, 215-498-0270, Adam137@brandeis.edu

62) **Bill Duesing**: CT NOFA, www.Ctnofa.org, Box 135, Stevenson, CT 06491, 203-888-5146, bduesing@mac.com

149) **Rachel Dutton**: www.UMassPermaculture.com, 669 North Pleasant Street, Amherst, MA 01003, rdutton@mail.aux.umass.edu

206) **Lee Dwyer**: Groundwork Somerville, 21 Properzi Way, Somerville, MA 02143, 617-629-9988, Lee@groundworksomerville.org

123) **Ben Falk**: www.wholesystemsdesign.com, 66 Deans Mtn. Road, Moretown, VT 05660, C-802-343-9490; O-802-496-3128, ben@wholesystemsdesign.com

50) **Andrew Faust**: Center For Bioregional Living, www.homebiome.com, 253 Briggs hwy., Ellenville, NY 12428, 917-584-4588, andrew@homebiome.com

66, 142) **Clio Fisher**: Glory Morning Gardens, www.cliosgarden.com, 320 Old Ayer Road, Groton, MA 01450, H-978-448-3006; ericandclio@iglide.net

143) **Doug Flack**: Flack Family Farm, www.flackfamilyfarm.com, 3971 Pumpkin Village Road, Enosburg Falls, VT 05450, 802-933-7752

198) **Rebecca Fletcher**: Equity Trust, www.equitytrust.org, PO Box 746, Turners Falls, MA 01376, 413-863-9038, rebecca@equitytrust.org
10) **David Forster**: Forster Soil Management, www.forstersoilmanagement.com, 273 Cedar St, Newington, CT 06111, 413-570-0332, david@forstersoilmanagement.com

88) **Sarah Fournier-Scanlon**: Taproot Commons Farm, www.taprootcommons.com, 11 Porter Hill Road, Cummington, MA 01026, 413-634-5452, taprootcommons@gmail.com

93) **Robert Fuqua**: Sod Busters Land Care, 28 Humphrey St, Weymouth, MA 02189, H-781-335-1972; C-781-812-3006, ref.insulator@verizon.net

163) **Carol Gader**: Gader Family Associates, www.healthierlives.net, 53 Summit Ridge Dr, Keene, NH 03431, 603-357-4699, dowser@healthierlives.net

55, 74) **Mike Ghia**: PO Box 276, Saxtons River, VT 05154, 802-869-1214, ewetopia@sover.net

11) **Bernadette Giblin**: Safeground Organic Landcare, www.safegroundlandcare.com, 110 Williams St, Northampton, MA 01060, 413-584-6175, beingiblin@gmail.com

132) **Steve Gilman**: NOFA, www.nofa.org/advocacy.php, 130 Ruckytucks Road, Stillwater, NY 12170, 518-583-4613, stevegilman@verizon.net

41) **Ben Goldberg**: www.wehaveworms.com, PO Box 550, Leeds, MA 01053, 413-586-3699, bins@wehaveworms.com

59) **Michael Greenberg**: Theophany Holding, 282 Bible Hill Rd, Franchise, NH 03043, 603-547-7400, mgreenberg@acm.org

33) **Aaron Guman**: 1094 W Hill Rd, Northfield, VT 05663-6388, 610-308-4318 gumanpermaculture@gmail.com

30, 61) **Craig Haney**: Stone Barns Center for Food and Agriculture, 630 Bedford Road, Sleepy Hollow, NY 10591, 914-366-6200 ext.116, craigh@stonebarnscenter.org

27) **Nancy Hanson**: Hampshire College CSA, Hampshire College Farm, Amherst, MA 01002, O-413-559-5599; H-413-498-0182, nhanson@hampshire.edu

37, 149) **Ryan Harb**: UMass Amherst Auxiliary Services, www.umasspermaculture.com, 669 North Pleasant Street, Amherst, MA 01003, 978-314-1176, rharb@mail.uaux.umass.edu

70) **Gavin Harper**: 282 Bible Hill Road, Franchise, NH 03043, 603-547-6201, gghrpr@gmail.com

15) **Kathy Harrison**: www.preservingabundance.com

202) **Jennifer Hartley**: Grow Food Northampton, www.growfoodnorthampton.com, 48 High St., Florence, MA 01062, 413-387-8486, hartley_jennifer@yahoo.com

8, 68) **Ruth Hazzard**: UMass, Stockbridge School of Agriculture, www.umassvegetable.org, 250 Natural Resources Rd, Amherst, MA 01003, 413-545-3696, rhazzard@umext.umass.edu

Street, Suite 11, Glens Falls, NY 12801, 518-683-0209
gulftangofox@gmail.com

35, 90) **Joseph Heckman**: Cook College, Rutgers University, Department of Plant Biology & Pathology, 59 Dudley Road - Foran Hall, New Brunswick, NJ 08901-8520, 848-932-6333, heckman@AESOP.Rutgers.edu

46, 85) **Christy Hemenway**: GOLD STAR HONEYBEES, www.goldstarhoneybees.com, PO Box 1061, Bath, ME 04530, 207-449-1121, Christy@goldstarhoneybees.com

25, 63) **Elizabeth Henderson**: www.gvocsa.org, PO Box 596, Newark, NY 14513, 585-764-8471, elizabethhenderson13@gmail.com

44) **Emily Hitchcock**: 18 Webb Street, Methuen, MA 01844, 978-689-0716, emaystar@gmail.com

44) **Sharlow Hitchcock**: 18 Webb Street, Methuen, MA 01844, 978-689-0716, supershar17@gmail.com

178) **Tad Hitchcock**: 18 Webb Street, Methuen, MA 01844, 978-689-0716, aallspice@aol.com

17) **Linda Hoffman**: Old Frog Pond Farm, www.oldfrogpondfarm.com, 38 Eldridge Road, Harvard, MA 01451, 978-456-9616, studio@lindahoffman.com

120) **Craig Hollingsworth**: UMass, www.umass.edu/aquaculture, Dept. of Plant, Soil & Insect Sciences Agricultural Engineering Building UMass, Amherst, MA 01003, 413-545-1055, chollingsworth@umext.umass.edu

133) **Jill Horton-Lyons**: Winterberry Farm, www.winterberryfarm.org, PO Box 701, Leverett, MA 01054-0701, 413-548-3940, jill@winterberryfarm.org

107) **Mary Hoyer**: www.cooperativefund.org, 75 Woodlot Road, Amherst, MA 01002, 413-256-0726, mary@coopfund.coop

165) **Bonnie Hudspeth**: Neighboring Food Co-op Association, www.nfca.coop, PO Box 93, Shelburne Falls, MA 01370, 802-318-2684, bonnie@nfca.coop

202) **Gaby Immerman**: Grow Food Northampton, www.growfoodnorthampton.com, 39 Munroe Street, Northampton, MA 01060, 413-559-7847, greenthumbforhire@gmail.com

36) **Beth Ingham**: PO BOX 71, Winchendon Springs, MA 01477, H-978-297-1148; C-978-894-4278, noondayfarm@gmail.com

34) **Lydia Irons**: The Flexible Farmer, www.theflexiblefarmer.com, 55 High St, Amherst, MA 01002, 603-833-1809, flexiblefarmer@gmail.com

16, 83, 186) **Dave Jacke**: www.edibleforestgardens.com, 308 Main St. Suite 2C, Greenfield, MA 01301, 603-831-1298, davej@edibleforestgardens.com

1) **Bob Jennings**: PO BOX 71, Winchendon Springs, MA 01477, 978-297-1148, noondayfarm@gmail.com

26) **Tom Johnson**: 460 Strawberry Hill Rd, Concord, MA 01742, 978-369-3624, silferleaf@gmail.com

2) **Abrah Jordan Dresdale**: Greenfield Community College, www.gcc.mass.edu/farmandfoodsystems, One College Drive, Greenfield, MA 01301, 512-
415-2751, feedinglandscapes@gmail.com

165) **Micha Josephy:** Cooperative Fund of New England, www.coopfund.coop, 5533 Peden Point Road, Wilmington, NC 28409, 617-910-8065, micha@coopfund.coop

161) **Grace Jull:** www.farmwellness.org, PO BOX 603, Lenox, MA 01240, 413-442-5477, gracejull1@aol.com

51) **Dan Kaplan:** Brookfield Farm, www.brookfieldfarm.org, PO. Box 227, Amherst, MA 01004, 413-253-7991, dan@brookfieldfarm.org

4, 67, 96) **Ryan Karb:** Many Hands Farm Corps, www.manyhandsfarmcorps.com, 8 Bray Ct, Pelham, MA 01002, 774-279-1042, manyhandsfarmcorps@gmail.com

162) **Sara Katz:** www.nybg.org/green_up/, 2900 Southern Boulevard, Bronx, NY 10458, 718-817-8038, skatz@nybg.org

95) **Scott Kellogg:** Radix Ecological Sustainability Center, www.radixcenter.org, 8 Wilbur St, Albany, NY 12205, 512-294-9580, sk@radixcenter.org

43) **Pamela Kimball:** 36 Smith Road, Warwick, MA 01378, 978-544-7053, kimball@mountgrace.org

101) **Santina King:** 85 Spooner Rd, Warwick, MA 01378, 413-834-1124, santina.king@gmail.com

130) **Rick King:** 85 Spooner Rd, Warwick, MA 01378, rickak1@hughes.net

159.5) **Jack Kittredge:** Many Hands Organic Farm, www.mhof.net, 411 Sheldon Road, Barre, MA 01005, 978-355-2853, jack@mhof.net

104, 148) **Dan Kittredge:** Real Food Campaign, www.Bionutrient.org, 24 Hillsville Rd, North Brookfield, MA 01535, 978-257-2627, dan@bionutrient.org

152) **Frank Koll:** Greenscapes Lawn & Garden Services, www.greenscapeslandcare.com, 36 Tanager St, Arlington, MA 02476, 617-794-7108, gogreenscapes@comcast.net

137) **George Kosmides:** 19 Sunday Ct, Reisterstown, MD 21136, 410-833-6067, gkosmides@noospherics.com

18) **Kimberly Ladue:** Holistic Simplicity, www.holisticsimplicity.com, 43 Witch Path Apt #1, West Springfield, MA 01089, 413-204-0232, kab173@yahoo.com

124) **Jane LaForce:** Jade Hill Farmstead, P O Box 175, Manchaug, MA 01526-0175, 508-476-7081, jadehill3@verizon.net

189) **Amy LeBlanc:** Whitehill Farm and Tomato Lovers Paradise, www.whitehillfarm.com, 357 McCrillis Cr. Rd, East Wilton, ME 04234, 207-778-2685, amy@whitehillfarm.com

28) **Tony(a) Lemos:** Blazing Star Herbal School, www.blazingstarherbalschool.typepad.com, PO Box 154, Ashfield, MA 01330, blazingstarclinic@gmail.com

118, 195) **Adrie Lester:** Pioneer Valley Heritage Grain, www.localgrain.org, 321 Main St, Amherst, MA 01002, wheatberryma@gmail.com

39) **Russell Libby:** Maine Organic Farmers and Gardeners Association,
www.mofga.org, PO Box 170, Unity, ME 04988, 207-568-4142, rlhibby@mofga.org
53) Kerstin Lindgren: Domestic Fair Trade Association, www.thedfta.org, DFTA Box 300190, Boston, MA 02130, 617-680-9862, dftassociation@gmail.com
38) Carolyn Llewellyn: Glynwood Center, PO Box 157, Cold Spring, NY 10516-0157, H-845-265-3969, pchamsia@yahoo.com
77) Dave Llewellyn: Glynwood, www.glynwood.org, PO Box 157, Cold Spring, NY 10516, 845-265-3338 x117, dllewellyn@glynwood.org
145) Drew Love: 26 Dunster Road, Jamaica Plain, MA 02130, 330-801-0389, drew@nofamass.org
133) Jim Lyons: Winterberry Farm, www.winterberryfarm.org, PO Box 701, Leverett, MA 01054-0701, 413-548-3940, jim@winterberryfarm.org
196) Eveline MacDougall: Amandla Chorus, www.amandlachorus.org, 216 Davis Street, Greenfield, MA 01301, 413-773-8655, eveline@amandlachorus.org
144, 171) Bill MacKentley: St. Lawrence Nurseries., 325 St. Hwy 345, Potsdam, NY 13676, 315-265-6739, trees@SLN.potsdam.ny.us
86) Joe Magazzi: Green Earth Agriculture LLC, www.greenearthag.com, 42 Whispering Hills Drive, North Branford, CT 06471, 866-374-5101, joe@greenearthag.com
9) Emily Maiella: www.Valleynaturopathic.com, 432 Greenfield Rd, Montague, MA 01351, 413-367-9350, drmaiella@gmail.com
105) Judd Markowski: 1724 East street, Bridport, VT 05734, 802-758-2118, juddmarkowski@gmail.com
40, 122, 135) Klaas Martens: Lakeview Organic Grain, www.lakevieworganicgrain.com, 1443 Ridge Rd, PO Box 361, Penn Yan, NY 14527, 315-531-1038, kandmhfarm@sprintmail.com
140) Mary-Howell Martens: Lakeview Organic Grain, www.lakevieworganicgrain.com, 1443 Ridge Rd, PO Box 361, Penn Yan, NY 14527, 315-536-9879, mh@lakevieworganicgrain.com
150) Kim Mastrianni: www.Maplefrostfarm.com, 277 Holden Hill Rd., Langdon, NH 03602, 603-835-6488, kimmastrianni@yahoo.com
160) Jack Mastrianni: Sustainable Growth Partners, 277 Holden Hill Rd., Langdon, NH 03602, 603-835-6488, jamastranni@yahoo.com
12) Melinda McCreven: PO Box 103, Montague, MA 01351, melindamccreven@hotmail.com
190) Lisa McCrory: Earthwise Farm and Forest, www.earthwisefarmandforest.com, 341 Macintosh Hill Rd, Randolph, VT 05060, 802-234-5524, lmccrory@hughes.net
180) Sandy McKelvey: Hudson Valley Farm to School, www.hvfs.org, 10 Whitehill Place Cold Spring, NY 10516, 845-265-2004, sandy@odara.com
126) Pete McLean: Brookfield Farm, www.brookfieldfarm.org, P.O. Box 227, Amherst, MA 01004, 413-253-7991, assistantmanager@brookfieldfarm.org
6) Katie Miller: Scratch Farm, www.scratchfarm.com, 305 Dudley St, Providence, RI 02907, 401-351-4633, Katie.miller@gmail.com
73) Terry Myers: 6 Boylston St, Methuen, MA 01844, 978-689-8097, terrymisme@verizon.net
164) Mike Nadeau: Plantscapes, Inc., www.plantscapesorganics.com, Plantscapes@snet.net
87, 192) Brittany Wood Nickerson: Thyme Herbal, www.thymeherbal.com, 1069 North Pleasant St., Amherst, MA 01002, 413-549-1415, brittany@thymeherbal.com
187) Carrie Novak: 445 West Street, Amherst, MA 01002, 413-253-4510, carrie.novak@ma.usda.gov
168) Mira Nussbaum: 177 Ripley Rd, Montague, MA 01351, 413-824-0855, project_dirt@hotmail.com
174, 193) Bryan O’Hara: Tobacco Road Farm, 373 Tobacco St., Lebanon, CT 06249, 860-423-4834,
198) Jim Oldham: Equity Trust, www.equitytrust.org, PO Box 746, Turners Falls, MA 01376, 413-863-9038, jim@equitytrust.org
32) Robin Organ: Green Schools, www.projectgreenschools.org, P.O. Box 323, Mansfield, MA 02048, 508-272-9653, info@projectgreenschools.org
116) Chip Osborne: www.osborneorganics.com, 11 Laurel St, Marblehead, MA 01945, 781-631-2468 ozflor@aol.com
155) Rayna Palm: 860-315-0869, birdsgoats@yahoo.com
14) Joan Palmer: Real Food Matters, LLC, www.realfoodmatters.net, 67 Case St, West Granby, CT 06090, 860-693-6299, luckydogfarm@cox.net
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19, 91) Elaine Peterson: 92 New Westminster Rd, Hubbardston, MA 01452, 978-928-4707, hemlockhollow@charter.net
147) Michael Pill: Green Miles Lipton LLP, www.greenmiles.com, 77 Pleasant Street, P.O. Box 210, Northampton, MA 01061-0210, 413-586-8218
39) **Chellie Pingree**: [www.pingree.house.gov](http://www.pingree.house.gov), North Haven, ME, 202-225-6116, Claire.benjamin@mail.house.gov

207) **Doc Pruyne**: 34 Alban Street, Dorchester, MA 02124, 781-710-2909, docpruyne@gmail.com

170) **Patricia Rackowski**: 249 Park St, Dorchester, MA 02124, 617-288-6396, prackowski@comcast.net

151) **Julie Rawson**: Many Hands Organic Farm, [www.mhof.net](http://www.mhof.net), 411 Sheldon Rd, Barre, MA 01005, 978-355-2853, julie@mhof.net

76) **Pam Raymond**: Golden Oak Farm, [www.goldenoakfarm.us](http://www.goldenoakfarm.us), 44 Plain Road, Hatfield, MA 01038, 413-247-9516, dandp2002@yahoo.com

79, 109) **Lee Reich**: [www.leereich.com](http://www.leereich.com), 387 Springtown Rd, New Paltz, NY 12561, 845-255-0417, lecareich@gmail.com

158) **Rebekah Rice**: 67 Nine Mile Lane, Delmar, NY 12054, C-518-894-8531; 518-439-6065, RebekahRRice@gmail.com

147) **Bob Ritchie**: Massachusetts Department of Agricultural Resources, 251 Causeway Street, Suite 500, Boston, MA 02114-2151, O-617-626-1705; O-413-548-1903; C-413-531-2431, bob.ritchie@state.ma.us

207) **Cheri Robartes**: 34 Alban Street, Dorchester, MA 02124, 617-288-8298, chrobartes@juno.com

13) **Eli Roberts**: Mobile Design Lab, 12 Northern Ave., Northampton, MA 01060, 860-669-4435, eli.a.roberts@gmail.com

194) **Tevis Robertson-Goldberg**: Crabapple Farm, [www.crabapplefarm.org](http://www.crabapplefarm.org), PO Box 263, Chesterfield, MA 01012, 413-296-0310, crabapplefarm@verizon.net

175) **Ari Rockland-Miller**: The Mushroom Forager, [www.themushroomforager.com](http://www.themushroomforager.com), 183 Intervale Ave; Apt. 2, Burlington, VT 05401, 413-687-2184, anr44@cornell.edu

185) **Jonathan Roling**: Biology Department, Bridgewater State University, Bridgewater, MA 02325, 508-531-2488, Jonathan.Roling@bridgew.edu

94) **Lily Rose**: Bethlehem Central Middle School Garden Club, 350 Elwood Street, Delmar, NY 12054, 518-451-9508

48) **Ken Roseboro**: Organic & Non-GMO Report, [www.non-gmoreport.com](http://www.non-gmoreport.com), PO Box 436, Fairfield, IA 52556, 641-209-3426, ken@non-gmoreport.com

75) **Dan Rosenberg**: Real Pickles, [www.realpickles.com](http://www.realpickles.com), 311 Wells St, Greenfield, MA 01301, 413-774-2600, dan@realpickles.com

5) **Bruce Scherer**: 309 Gidney Rd, Orange, MA 01364, 978-544-3282, brucekallisti@yahoo.com

5, 208) **Rachel Scherer**: 309 Gidney Road, Orange, MA 01364, H-978-544-3282; C-978-790-1240, rachelscherer@yahoo.com

156) **Erin Schminke**: 219 Main Street, East Hardwick, VT 05836, 802-735-6118, theschminke@gmail.com

157) **Erin Senghas Kassis**: 41 Graves Avenue, Northampton, MA 01452, erin.kassis@gmail.com
111) Roland Sevigny: 299 Philipston Road, Barre, MA 01005, 978-355-4592
112) Ridge Shinn: Rotokawa Cattle Co., www.rotokawacattle.com, Box 225, Hardwick, MA 01037, 413-657-7709 ridgeshinn@gmail.com
54) Benjamin Shute: Hearty Roots Community Farm, www.farmhack.net, 1830 Route 9, Germantown, NY 12526, 845-943-8699, benjamin@heartyroots.com
21) Rachel Silverman: 161 Hope St., Greenfield, MA 01301, 413-626-1976, mizsilverman@gmail.com
80, 110) Jeffrey Smith: www.seedsofdeception.com, PO Box 469, Fairfield, IA 52556, 641-209-1765, info@seedsofdeception.com
47) Jeremy Smyth: www.blacksmyth.org, 2 South New Street, Bradford, MA 1835, 352-363-0606, theblacksmyths@gmail.com
47) Brendan Smyth: www.blacksmyth.org, 2 South New Street, Bradford, MA 1835, 352-363-0621, theblacksmyths@gmail.com
73.5) Richard Smyth: www.anabiosispress.org, 2 South New Street, Bradford, MA 1835, 978-914-0566, rsmyth@anabiosispress.org
107) Suzette Snow-Cobb: Franklin Community Co-op, www.greenfieldsmarket.coop, 144 Main Street, Greenfield, MA 01301, 413-773-9567, suzette@gfm.coop
153) Rebecca Sornson: Saltwater Farm, PO Box 300, Lincolnville, ME 04849, 810-360-8123, rebeccasornson@gmail.com
89) Valerie Spain: www.notadiabetic.wordpress.com, 77 Conway Street, Greenfield, MA 01301, 508-380-7935, spain0spain@gmail.com
58, 136) Connor Stedman: Gaia Northeast, www.renewingthecommons.wordpress.com, 134 Spear St., S. Burlington, VT 05403, 413-559-8200, connor.stedman@gmail.com
125) Marie Stella: Beaver Lodge Environmental Center, www.mariestellabeaverlodge.com, 719 Barnes Road, Shelburne Falls, MA 01370, 413-625-2009, kirinfarminc@aol.com
48) Ed Stockman: Summit Farm, 131 Summit Street, Plainfield, MA 01070, 413-634-5024, edstockman@verizon.net
49) Sarah Stockwell-Arthen: www.sarahstockwell.com, herbs@sarahstockwell.com
99, 131) Bradley Teeter: The Farm School, 488 Moore Hill Road, Athol, MA 01331, 978-413-5457, bradley@farmschool.org
154, 176) David Tepfer: Simple Gifts Farm, www.Simplegiftsfarmcsa.com, 255 Pine St, Amherst, MA 01002, H-413-549-3836; mlowy@verizon.net
54) Louis Thiery: Farm Hack, www.farmhack.net, 115 Harvard St, Apartment 4, Cambridge, MA 02139, thiery.louis@gmail.com
139) Montana Tracy: 19 Elm Street, Suite 11, Glens Falls, NY 12801, 518-683-0209, gulftangofox@gmail.com
107) Adam Trott: Valley Alliance of Worker Co-ops, www.collectivecopies.com, 65-9 South Street, Northampton, MA 01060, 215-666-1266, adam@valleyworker.org
8275, phil@freeunionschoolhouse.com

2) **Keith Zaltzberg**: [www.Regenerativedesigngroup.com](http://www.Regenerativedesigngroup.com), 308 Main St. Suite 2C, Greenfield, MA 01301, 413-325-7968, keithz@regenerativedesigngroup.com

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Andrea Rupert 508-633-7179, andrearupert@comcast.net

Beginning Farmers Network of Massachusetts Jeff Cole, (781) 893-8222, jeff@massfarmersmarkets.org

Bejo Seeds* Jeff Trickett, 1088 Healey Road, Geneva, NY 14456, (315) 789-4155, J.trickett@bejoseeds.com, www.bejoseeds.com

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Cloudburst Cultivated Ecology/Clearlight Permaculture Design Christopher Robin-Healy, (518) 683-0209, gulftangofox@gmail.com, www.clearlightpermaculture.com

Cooperative Fund of New England P.O. Box 3413, Amherst, MA 01004-3413, (910) 395-6008, (800) 818-7833, cfne@coopfund.coop, www.coopfund.coop

Co-op Power Sam King, 324 Wells Street, Greenfield, MA 01302, (413) 772-8898, Sam@cooppower.coop, www.cooppower.coop

Dean’s Beans* Michael Skillicorn, 50 R.W. Moore Ave., Orange, MA 01364, (800) 325-3008, Michael@deansbeans.com, www.deansbeans.com

EQ & Associates, LLC Eddie Qi, 87 Forest Street, Medford, MA 02155, (857) 523-0975, eddie@eqassociate.com, www.eqmachinery.com

Farm Credit/Northeast Ag Enhancement* Robert Smith, 2668 State Route 7, Cobleskill, NY 12043, (518) 296-8188, Robert.Smith@farmcrediteast.com, www.farmcrediteast.com

Farm Family Insurance Company* Carrah Daley, P.O. Box 656, Albany, NY 12201-0656, (518) 431-5584, Carrah_Daley@farmfamily.com, www.farmfamily.com

Goldthread Apothecary Edith Mehiel, 1 North Main St., Florence, MA
01062, (917) 501-3673, Edith@Goldthreadapothecary.com, www.Goldthreadapothecary.com

**Good Egg Marketing** Myrna Greenfield, 32 Cheshire St., Jamaica Plain, MA 02120, myrna@goodeggmarketing.com, www.goodeggmarketing.com

**Green Earth Agriculture** Joe Magazzi, (203) 702-4907, joc@greenearthag.com, www.greenearthag.com

**Green Mountain College** Becky Kramer, One Brennan Circle, Poultney, VT 05764, (802) 774-8574, kramerr@greenmtn.edu, www.greenmtn.edu

**Grow Compost of Vermont** Lisa Ransom, 2046 Us Route 2 Moretown, VT 05676, (802) 882-8154. lisa@growcompost.com, www.growcompost.com

**Hawthorne Valley Farm** Hilary Corsun, 327 Country Rt., 21C, Ghent, NY 12075, (518) 672-7500x222, Hcorsun@hawthornevalleyassociation.org, www.hawthornevalleyfarm.org/

**High Mowing Seeds** Andrea Tursini, 76 Quarry Rd, Wolcott VT 05680, (802) 472-6174 ext. 101 andrea@highmowingseeds.com, www.highmowingseeds.com

**Horizon Organic** Robyn Nick, 2002 Airport Way, Broomfield CO 80021, (303) 635-4574, robyn.nick@whitewave.com, www.horizonorganic.com

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

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

**Meadows and More, LLC** Tama Matsuoka, 292 Locktown Rd., Flemington, NJ 08822, (908) 996-6201, tmatsuoka88@gmail.com, www.meadowsandmore.com

**Mexican Weaver** Lenore McGarry, 610 Hector St., Apt. 1, Ithaca, NY 14850, (607) 591-7988, Lenore.McGarry@gmail.com, www.mexicanweaver.com

**National Center for Appropriate Technology** Andy Pressman, P.O. Box 3838, Butte, MT 59702, (800) 346-9140, andyp@ncat.org, www.attra.ncat.org

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

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-Vermont Enid Won-nacott, 39 Bridge, St., 2nd Fl, Richmond, VT 05477, (802) 434-4122, www.nofavt.org, enid@nofavt.org

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Peace Corps Zoe Armstrong, 10 Causeway Street, Suite 559, Boston, MA 02222, (617) 565-5541, www.peacecorps.gov, zarmstrong@peacecorps.gov

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Sterling College  Jake Oudheusden, PO Box 72, Craftsbury VT 05827, (802) 586-7711, www.sterlingcollege.edu, joudheusden@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

Sun Angles  Barbara Francis, 375 College St., Box 150, Amherst MA 01002, (413) 259-6749, barbfran@yahoo.com, www.sunangles.net

Sun Harvest Renewable Energy  Ron Audette, P.O. Box 507, Willington, CT 06279, (860) 454-7772, ron@sunharvest.info, www.sunharvest.info

Syracuse Cultural Workers  Dik Cool, PO Box 6367, Syracuse NY 13217, (315) 474-1132 x106, dik@syracuseculturalworkers.com, www.syracuseculturalworkers.com,

The Fateful Fork  Eve Gabriel, 774-392-5680, thefatefulfork@yahoo.com, thefatefulfork.com

The Flexible Farmer  Lydia Irons, 55 High St Amherst MA 01003, (603) 833-1809, flexiblefarmer@gmail.com, www.theflexiblefarmer.com

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USDA Farm Service Agency  Carrie Novak, 445 West St., Amherst, MA 01002, (413) 253-4510, carrie.novak@ma.usda.gov, www.fsa.usda.gov

USDA NASS, NHFD  Gary Keogh, 53 Pleasant St., Concord, NH 03301, (603) 224-9639, gary.keogh@nass.usda.gov, www.nass.usda.gov

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, Clif Parker, 27 West Main Street, Cowley, WY 82420; (919) 795-9591; cparker07@yahoo.com

Viridian Energy  Donna French, 413-386-4580, powerfulwind@gmail.com, www.viridian.com/donna

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Application deadline: **SEPTEMBER 30, 2012**

Tuition scholarships available

Information at [http://casfs.ucsc.edu](http://casfs.ucsc.edu)

Email casfs@ucsc.edu or call (831) 459-3240
Fermentation occurs in the bedding, providing warmth, even in the winter. If a concrete floor is needed to meet health inspector’s requirements, make the bedding extra deep.

The Natural Farming-style chicken coop also has a window in the roof to let natural sunlight fall on one-third of the floor area. This will disinfect the floor naturally and will help the microorganisms grow. The roof is galvanized metal which becomes hot on sunny days, heating the coop. This hot air escapes through the window, and the air is refreshed from the open walls. The walls are net, with a curtain to control air flow and make it rainproof. It needs to stay dry.

Brooder boxes for newborn chicks are small. By the second day the brooder box is partitioned into two boxes, with a curtain or cloth the chicks brush under as they pass through, which feels like the mother’s feathers. Compost can be put under the box at a depth of 1 to 2 meters (3 to 6 feet) during cold weather to provide some natural heat. In Natural Farming heating is not provided until the temperatures drop considerably. Chickens will develop short, dense hair and resistance towards cold.

The box should have a soft floor; in Korea they use rice hulls. This box is later divided into three rooms, so that the chicks rest in one room, feed in the next, and water in the last. This provides exercise for the chicks, also. The cloth the chicks pass under gives them a sense of being cared for by their mother. An aeration pipe underneath the compost provides more air flow.

Water pipes are sized according to the size of the chicks. Until day 30, they get a 30-millimeter (1.25-inch) PVC pipe with holes drilled every few inches. After that, a 50-millimeter (2-inch) PVC pipe is used with larger holes. Finally comes a 100-millimeter (4-inch) PVC pipe with larger holes. The water in the pipe should be flowing and fresh. The individual holes should be tilted slightly away from the chicks so that extra water droplets are wiped against the pipe, instead of falling onto the chick’s chest. This pipe system assures that there will always be a spot for a chick to get water, relieving crowding, a stress factor for them.

Our Fish are caught far off shore, in the cold, clean, dark, mineral rich, North Atlantic Ocean. (You start with good Fish, you end with good Fish Fertilizer).

Many species of Fish are used. Each Fish contains a slightly different nutrient analysis profile.

Fillet is used for food, and the rest of the Fish for Fertilizer, so 100% of the Fish is used. No waste.

Cold process protects heat sensitive nutrients, and keeps the enzymes alive in the final product.

Stabilized with Phosphoric Acid, which is something crops need anyway.

The last screening process is through a 150-Micron Screen, as it is pumped into the final container.

Family owned and operated since 1965.

A real person will answer the phone and your questions, during normal business hours.

Call for FREE SAMPLE & Catalog

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

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

Products from the Ocean, to Set Your Fields in Motion

ORGANIC FERTILIZER

WHAT MAKES NEPTUNE’S HARVEST FISH STAND OUT:

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Organic Fertilizer
EXHIBIT DEMO SESSIONS

During designated time slots, some exhibitors will offer demonstrations or discussions about their products and services. Exhibitors doing DEMO Sessions will be placed in the northern end of the exhibit tent, the end farthest from the registration tent.

Friday, Aug. 10, 3:30-3:55

**Good Egg Marketing**, Myrna Greenfield, 32 Cheshire St., Jamaica Plain, MA 02130, (617) 642-3562; myrna@goodeggmarketing.com; www.gooseggmarketing.com. Myrna will present ways to build a strong brand and increase sales and loyalty, by sharing the 7Bs of branding. Good Egg Marketing specializes in farm and food-related marketing.

**Sun Harvest Renewable Resources**, Ron Audette, P.O. Box 507, Willington, CT 06279, (860) 454-7772; chris@sunharvest.info; www.sunharvest.info. Ron will discuss ways to make your electric bill go away by 2016 and free up your resources to support and expand your business. We’ll share information about available government resources and state incentives to incorporate solar on your property.

Saturday, Aug. 11, 9:40-9:55

**Gold Tine Press**, Eve Gabriel, M.S., P.O. Box 127, West Falmouth, MA 02574, (774) 392-5680; thefatefulfork@yahoo.com; www.thefatefulfork.com. Eve is a Naturopathic Nutritionist and will be offering her book, “The Fateful Fork,” and will discuss and answer questions about how to leave industrial foods behind and become a “Qualivore”—a person who knows how to identify and obtain high-quality, nutrient-dense food.

**Viridian Energy**, Debra Healy, Donna French, 1140 South St., Barre, MA 01005, (508) 776-5668; Debhealy63@gmail.com; www.viridianenergy.com. Debra and Donna will discuss ways to choose a green energy source by choosing a green supplier, which helps the environment and the local economy.

Saturday, Aug. 11, 11:40-11:55

**Second Generation Energy**, Tara Mason, 11 Rosenfeld Dr., Hopedale, MA 01747, (800) 653-4270; sales@sgegroup.com; www.SGEgroup.com. Tara will provide up to the minute information on Solar rebates and leasing options in Massachusetts and How zero money down solar leases actually work.

**Turtle Creek Seed**, Lia Babitch, 10 White Birch Rd., Copake, NY 12516, (518) 329-3038; turtle@turtletreeseed.org; www.turtletreeseed.org. Lia will explain a simple way to start as a beginning backyard seed saver. She will also discuss the basics of choosing a good variety for successful beginner seed saving, along with simple harvesting and cleaning techniques you can do at
Andrea Rupert, 5 Chase St., #1, Salem, MA 01970, (508) 633-7179; andrearupert@comcast.net. Andrea will be presenting research on geoengineering climate experiments, weather modifications and the impact on agriculture.

Saturday, Aug. 11, 2:40-2:55

OMRI (Organic Materials Review Institute), Doug Currier, P.O. Box 11558, Eugene, OR 97440, (541) 343-7600; info@omri.org; www.omri.org. Doug will present a visual presentation of an OMRI application, including the forms and checklists. He will also show attendees how to check the compliance of their product before applying.


American Society of Dowsers, Nathan Platt, 184 Brainerd St., Danville, VT 05828, (802) 684-3417; asd@dowsers.org; www.dowsers.org. Nathan will demonstrate how to use dowsing tools, including the pendulum, Y-Rod, L-Rod and bobber to locate things of interest, including water, geopathic energy lines and more. Practice dowsing tools will be on hand for you to try.

Sunday, Aug. 12, 9:40-9:55

Cooperative Fund of New England, Mary Hoyer, P.O. Box 3413, Amherst, MA 01004, (800) 818-7833; cfne@coopfund.coop; www.coopfund.coop. Mary will explain that the Cooperative Fund of New England is a social investment opportunity and a non-profit community loan fund serving the cooperative community.

Sunday, Aug. 12, 11:40-11:55

Sacred Structures, Geodesic Dome, Joe Larose, 105 Wilson Ave., Gorrington, CT 06790, (508) 439-3631; growdomes@gmail.com; www.sacredstructures.blogspot.com. Joe will provide an introduction to this unique organic building structure – for growing and living in. This is the most economical building system available – doing more with less.
Some Hotels and Motels in the UMass Area

**Amherst Motel:** 408 Northampton Rd (Route 9), Amherst (413) 256-8122  
**University Lodge:** 345 North Pleasant Street, Amherst (413) 256-8111  
**Lord Jeffery Inn:** 30 Boltwood Avenue, Amherst (413) 253-2576  
**Comfort Inn:** 237 Russell Street (Route 9), Hadley (413) 584-9816  
**EconoLodge:** 329 Russell Street (Route 9), Hadley (413) 582-7077  
**Hampton Inn:** 24 Bay Road, Hadley (413) 586-4851  
**Holiday Inn Express:** 400 Russell Street (Route 9), Hadley (413) 582-0002  
**Norwottuck Inn:** 208 Russell Street (Route 9), Hadley (413) 587-9866  
**Hotel Northampton:** 36 King Street, Northampton (413) 584-3100  
**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.

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
located adjacent to the Northeast Residential Area

Friday Breakfast 6:30 am – 8:00 am
Friday Lunch 11:00 am – 2:00 pm
Friday Dinner 5:30 pm – 8:00 pm
Saturday Breakfast 6:30 am – 8:00 am
Saturday Lunch 11:00 am – 1:00 pm
Saturday Dinner 4:30 pm – 8:00 pm
Sunday Breakfast 6:30 am – 8:00 am
Sunday Lunch 11:00 am – 1:00 pm

babyBerk Food Truck
Located in the Northeast Residential Area

Friday 12:00 noon - 7:00 pm
Saturday 6:45am – 7:00pm
Sunday 6:45am – 2:00pm