Welcome to the NOFA Summer Conference!
This is your guide to the workshops, presenters, campus, exhibits, community events, entertainment, meals, and more!

Friday Keynote: Address by Atina Diffley

Saturday Debate: Is Organic Certification Right for You?
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Dear Friends,

This 39th annual NOFA Summer Conference is dedicated to Elizabeth Obelenus, a former staff member of NOFA-NH, who died of cancer on June 8, 2013. Elizabeth served NOFA-NH and the NOFA Interstate Council for 10 years. We remember her dedication, humor, common sense, and the wonderful energy she brought to NOFA.

Our keynote speaker this year, Atina Diffley, is one of the leading organic farmers in the Upper Midwest. She led a heroic struggle against Koch Industries, which was attempting to build an oil pipeline across her farm, Gardens of Eagan. Her leadership and inspiration – both as a farmer and as a movement leader – encourage us to act with conviction in overcoming dangerous practices such as hydrofracking and oil pipelines, which threaten our region.

This year we renew the Saturday night debate. The question – “Is Organic Certification Right for You?” – will be debated by two certified organic farmers and two farmers who follow organic standards while choosing not to go through the certification process. We hope you will come and contribute your own thoughts. The NOFA Summer Conference has hosted many debates on topics where NOFA members take strongly different positions. While proudly maintaining a firm and united voice on many critical issues in agriculture, NOFA fosters a culture of internal debate and discussion.

We’re organizing “NOFA Meet-ups” for folks wanting to connect with new people on common interests. These include: Homesteaders, Beekeepers, and Beginning Farmers. Find one of these groups when they meet-up from 4-5:00pm, during the Saturday Fair.

This conference provides ample opportunity to gain ideas, skills, perspectives, and contacts that can help you make changes in your kitchen, garden, farm, and community. This program book answers most questions about accessing these opportunities. Please ask questions of anyone wearing a t-shirt with “STAFF” on the back.

PLEASE REMEMBER: You can participate in improving this conference by filling out an online evaluation afterward. Immediately following the conference, registrants will receive an evaluation link by e-mail, which will also be posted to www.nofasummerconference.org. Join the ongoing process of shaping this conference.

And please connect with the NOFA Summer conference online! Facebook.com/nofasummerconference OR Twitter.com/nofa_sc

Sincerely,
Ben Grosscup
NOFA Summer Conference Coordinator
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Lundberg
NOFA MEMBERSHIP INFORMATION

You may join NOFA by joining one of the seven state chapters. Contact the person listed below for your state. Dues, which help pay for the important work of the organization, vary from chapter to chapter. Most chapter memberships include subscriptions to The Natural Farmer, except where asterisked. Give a NOFA Membership! Send dues for a friend or relative to his or her state chapter and give a membership in one of the most active grassroots organizations in our region.

* **Connecticut**: Individual $50, Family $60, Business/Institution $125, Supporter $200, Student/Senior $30, Digital $25*. Contact: CT NOFA, Box 164, Stevenson, CT 06491, (203)-888-5146, or email: ctnofa@ctnofa.org or join on the web at www.ctnofa.org

* **Massachusetts**: Low Income $25, Individual $40, Family/Farm/Organization $50, Business $75, Premier Business $125, Supporting $250, Lifetime membership $1000. 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

* **New Hampshire**: Individual/Couple $35, Family/Farm $50, NonProfit $75, Business $100, Basic/Student $25*. Contact: NOFA-NH, 4 Park Street, Suite 208, Concord, NH 03301, Ph: (603) 224-5022, Fax: (603) 228-6492, email: info@nofanh.org, website: www.nofanh.org

* **New Jersey**: Student $20*, Individual $40*, Family/Farm $70*, Business/Organization $150*. Contact: NOFA-NJ, 334 River Road, Hillsborough, NJ 08844, Phone: (908) 371-1111, Email: nofaninfo@nofanj.org, or join online at: www.nofanj.org.

* **New York**: NY: To receive the Summer Conference discount, a minimum individual membership donation of $40 is required. Membership rates are voluntarily determined by each member. 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

* **Vermont**: Individual $30, Farm/Family $40, Business $50, Sponsor $100, Sustainer $250, Basic $15-$25*. Contact: NOFA-VT, PO Box 697, Richmond, VT 05477, (802) 434-4122, info@nofavt.org
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JUDITH SCHWARTZ
Friday, 2:00 pm - Soil, Climate, and Why Farming Matters

“Judith Schwartz’s book gives us not just hope but also a sense that we humans—serial destroyers that we are—can actually turn the climate crisis around. This amazing book, wide-reaching in its research, offers nothing less than solutions for healing the planet.”
—Gretel Ehrlich, from the foreword

BEN FALK
Saturday, 10:00 am - The Resilient, Regenerative Farm and Homestead

“The Resilient Farm and Homestead is a terrific book. Simultaneously inspiring and practical, Ben Falk takes you from the why to the how...a journey where you will create a present and future filled with optimism and joy.”
—Shannon Hayes, author of Long Way on a Little and Radical Homemakers

DAVID GUMPERT
Sunday, 8:00 am - America’s War on Food Rights

“David Gumpert plucks out some of the most salient battles in this current food war and brings them to our awareness with the storytelling genius of a spy novel. The intrigue, the angst, the heartache and heroism are all displayed.”
—Joel Salatin, from the foreword

STEPHEN LESLIE
Sunday, 8:00 am - 100% Horse-Powered, Bio-Extensive Market Gardens

“It may seem strange to link the adjective ‘ultra-modern’ with the noun ‘horse-farming’ but that’s exactly what this new book does with unimpeachable justification.”
—Gene Logsdon, author of A Sanctuary of Trees and Small-Scale Grain Raising
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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 160, 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! 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 160, 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, 8/9. 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.
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-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 Dorm Suites (4 single rooms, 2 baths, common area with kitchen, A/C. Limit 1 adult, 1 kid per single; may be shared with other conference participants). All beds are twin-sized. All children under 12 must room with parent/guardian. If you reserve a room, bring your own sheets, blankets, pillows, and towels. A small fan is advisable as temperatures may be high. Refrigeration is not available (except in the suites where it is 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 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. You will be charged one night’s lodging for any residence hall room reserved in advance but not occupied. The charge will reflect the occupancy rate at which it was reserved.
Camping: There will be 15’x15’ tent sites in designated areas between lot 44 and the registration tent, which 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 tent, per night. No camping without a paid camping permit. Set up tents only in designated spaces. 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

2013 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 Hannah Jacobson-Hardy, Food Donations Coordinator, 413-695-5968, hjacobsonhardy@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 - $14.00; Adult Lunch - $19.00; Adult Dinner - $21.00
- Teen Breakfast - $12.00; Teen Lunch - $17.00; Teen Dinner - $19.00
- Child Breakfast - $11.00; Child Lunch - $15.00; Child Dinner - $16.00.
- (Those 12 and under are considered “children,” except children under 3 who are free.)
WORCESTER DINING COMMONS MENU

FRIDAY

**Breakfast**

- Home Fries
- Steamed Kale
- Maple Whole Wheat Cranberry Muffin
- Breakfast Bar: sourdough bread or sprouted wheat, spreads, yogurt, granola, fruit, oatmeal, raisins, nuts, seeds
- Granola pancakes
- Scrambled eggs
- Veggie/Pork sausage
- Tempeh scramble with Scallions and Mushrooms
- Smoothie Bar

**Lunch**

- Tomato Salsa
- Corn Tortillas
- Salad Bar
- Smoothie Bar
- Vegan Brownies with a Mexican Twist
- Black Bean Soup
- Beef and Tempeh Fajita Bar
- Grilled Corn Salad with Lime & Caramelized Onions
- Guacamole and Sour Cream

**Dinner**

- Brown Rice
- White Rice
- Sauerkraut
- Steamed Broccoli
- Salad Bar
- Smoothie Bar
- Vegan Carrot Cake topped with Maple Cream Cheese Frosting
- Vegetable Fresh Rolls with Mint & Sweet & Spicy Dipping Sauce
- Miso Soup
- Asian Coleslaw with Miso Dressing
- Chicken Stir Fry
- Tofu Stir Fry with Bok Choy & Mushrooms
- Scallion Pancakes with Sweet & Spicy Dipping Sauce

25
**SATURDAY**

**Breakfast**
- Blueberry Pancakes
- Omelet Bar (organic eggs, cheese, onions, peppers, mushrooms, spinach, tomatoes)
- Bacon
- Home Fries
- Steamed Greens
- Smoothie Bar
- Banana Chocolate Walnut Bread
- Breakfast Bar (Sourdough or sprouted bread and spreads, yogurt, granola, fruit, oatmeal raisins, nuts, seeds)

**Lunch**
- Cauliflower & Thyme White Bean Soup
- Grilled Sausage with Onions & Mushrooms
- Vegetarian and Meat Pizza
- Garlic Green Beans
- Balsamic Glazed Beets and Fennel
- Collard greens
- Smoothie Bar
- Salad Bar
- Whole Wheat Chocolate Chip Cookies

**Dinner: LOCAL Meal**
- Summer Vegetable Soup
- Pork Chops with Caramelized Apples
- Maple Glazed Carrots
- Roasted Red Potatoes with Rosemary
- Sautéed Kale
- Sauerkraut
- Squash and Asparagus Risotto
- Emmer Caprese Salad
- Local Bread and Cheese
- Local Salad Bar with Honey Dijon Dressing
- Maple Rhubarb, Blueberry, Strawberry Crisp with Whip Cream
- Local Blueberries
**SUNDAY**

**Breakfast**

Veggie/pork sausage

Scrambled eggs

Tempeh scramble

Red Flannel Hash

Steamed Chard

Smoothie Bar

Maple Sweet Potato Biscuits

Breakfast Bar - Sourdough or sprouted bread and spreads, yogurt, granola, fruit, oatmeal raisins, nuts, seeds

**Lunch**

Chicken Curry

Vegetable Chick Pea Coconut Curry with Tofu

Brown Rice

White Rice

Stir Fried Summer & Zucchini Squashes

Cucumber Raita Yogurt Sauce

Apple Chutney

Pesto pasta Salad with Mozzarella and Tomatoes

Salad Bar

Smoothie Bar

Lemon Olive Oil Cake with Blueberry Compote

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It’s the Decade of Co-operation!

Check Out these Workshops at the NOFA Summer Conference

Saturday, 1-2:30 PM: “Start a Worker Co-op or Convert an Existing Business”

Sunday, 11-11:30 AM: “Agroecology & Co-ops in Venezuela”

Sunday, 1-2:30 PM: “Food Co-ops: Making Healthy, Local Food More Accessible”

**Neighboring Food Co-op Association**

PO Box 93, Shelburne Falls, MA 01370
info@nfca.coop // www.nfca.coop
www.facebook.com/neighboring
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. All items are served in compostable containers.

**Hours of Service:**

- Friday 12:00 noon - 7:00 pm
- Saturday 6:45 am - 7:00 pm
- Sunday 6:45 am - 2:00 pm

**BABYBERK FOOD TRUCK MENU**

**Breakfast**

- Buckwheat Pancake Fruit and Cream Cheese Rollups with Agave Syrup $4
- Egg and Cheese on Sourdough Toast $3.75
  
  *Add bacon or sausage $1*
- Fruit and Yogurt Parfaits with Granola $4
- Sliced Watermelon $1.50
- Whole Grain Pastries $2
- Fresh Hand Fruit $1.50
- Hot Coffee and Tea $2
- Iced Coffee and Iced Tea $3
- Assortment of Organic Juices and Drinks $2.50

**Lunch and Dinner**

**Burgers**

*Served with Sprouted Whole Grain Bun, Traditional Wheat Bun, or Green Leaf Lettuce Wrap and a Locally Produced Organic Pickle*

Burger $4  
babyBerk Burger $6  

*Our signature burger with bacon, cheddar, avocado, salsa, lettuce and tomato.*

Thai Curry Grilled Chicken $5  

*Homemade Veggie Burger $4*  

*Shredded vegetables, red beans, and sprouted brown rice*  

Add cheddar, bacon, or avocado $1  
Substitute Grilled Chicken $1  

*House Condiments: Ketchup, Salsa, Honey Mustard, Thai Curry, Buffalo Sauce*
Salads and Wraps

Ask for locally produced organic pickled ginger carrots or beets

Cobb Salad $10

*Chicken, Bacon, Avocado, Blue cheese, and Egg over Garden Salad*

Roasted Beet Salad $8

*With Goat Cheese and Pistachios*

Garden Salad $6

Roasted Vegetable Wrap $6

*Sprouted Organic Wrap with Goat Cheese, Lettuce, and Tomato*

Thai Curry Chicken Wrap $7

*With Shredded Carrots and Cucumbers, Lettuce, and Tomato*

Buffalo Chicken Wrap $7

*Grilled Chicken in House Buffalo Sauce, Blue cheese, Lettuce and Tomato*

Sides

Locally Produced Sauerkraut $3

Grilled Husk Corn $2

Roasted Vegetables $3

Gazpacho $3

Quinoa Tabouli $3

Fresh Hand Fruit $1.50

Sliced Watermelon $1.50

Beverages

Iced Coffee $3

Iced Tea Assortment $3

Lemonade $3

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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. Find a full staff contact list on page 156. The phone number for the NOFA Summer Conference Registration Coordinator, Christine Rainville, is (508) 572-0816.

**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 be asked to show it to gain entrance to workshops, meals, and all other events.

**Messages and Announcements:** There is a bulletin board at the registration area in the big tent to use for messages and announcements. 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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CROPP COOPERATIVE
PLENARY SESSIONS

Keynote – Atina Diffley
Friday, 7:30 pm
Atina Diffley is an organic farmer and consultant, public speaker, and author of the 2012 memoir, *Turn Here Sweet Corn: Organic Farming Works*. From 1985 to 2008, she and her husband Martin ran the Gardens of Eagan, an urban-edge, organic vegetable farm, which he started in 1973.

Land use issues have been a central point of entry for Atina’s organic advocacy. In 1989, the 5th-generation Diffley family land was lost to suburban development. The Diffleys started over on new land, but faced eminent domain again in 2006 when threatened by a crude oil pipeline owned by notorious polluters, Koch Industries. The Diffleys intervened as legal parties in the route proceeding and with the help of over 4,500 letter writing customers, attorney Paula Maccabee, expert witnesses, and the Minnesota Department of Agriculture, succeeded in creating an Organic Mitigation Plan that provides protections for the soil and certification of threatened organic farms in Minnesota.

Debate: “Is organic certification right for you?”
Saturday, August 10, 7:00 pm
Increasingly, young people are going into local farming without getting certified organic. Is “local” supplanting “organic”? Is this a good thing? Can the organic movement survive without new blood? Is there a special enduring value to organic certification? Has it strayed from its original goals?

Saturday night two active certified farmers, and two uncertified farmers who use organic methods, will debate the question: “Is organic certification right for you?”

Moderator
- Jack Kittredge co-owns a certified organic farm in Barre, MA. He is editor of NOFA’s interstate journal, The Natural Farmer, and policy director for NOFA/Mass. He asks whether the idealism that fueled the organic movement is still at work today, and if so, where it feels most at home.
“Con” Side

- Mark Dunau makes his living growing vegetables in Hancock, New York. In 2003, he co-authored “The Farmer’s Pledge”, which NOFA-NY offers to farmers as a one page testament of a farmer’s sustainable growing practices. He argues that knowing your farmer is the best assurance that food is responsibly grown.

- Justine Denison: Manages and co-owns a Certified Naturally Grown farm in Schaghticoke, NY, which serves a 500-member CSA, two farmers’ markets, and several wholesale accounts. Though she adheres to organic farming practices, she raises questions about the muddied definition of “organic” when farmers like herself choose not to become USDA certified.

“Pro” Side

- Atina Diffley, author of *Turn Here Sweet Corn: Organic Farming Works*, found certification proves crucial in legal cases when she successfully fought eminent domain by notorious polluters, Koch Industries. She contends certification protects farms during drift cases, insured losses, and from “local-washing,” and supports change by providing the USDA with quantifiable numbers.

- Ryan Voiland owns a certified organic farm in Western Massachusetts that grows 100 acres of produce crops. He maintains certification helps provide assurance to wholesale and retail customers that the farm maintains the utmost integrity in providing safe food that is grown to a high ecological standard.

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.
FUNDRAISER FOR NOFA/MASS’ POLICY WORK

**Time:** Thursday, August 8, 6:00 pm  
**Location:** Brookfield Farm, 24 Hulst Rd, Amherst, MA 01002  
**Tickets:** $40 general admission and $30 for NOFA members, SC attendees and Brookfield Farm CSA members; refreshments and farm tour included.

Dan Rosenberg of REAL Pickles, will speak about his ‘food chain’ – why he uses local, organic products, what it means to his business, what customers tell him about why this is important to them, how he has succeeded using this model, and how NOFA inspired him.

PRE-CONFERENCES

These five pre-conference seminars take place simultaneously at the UMass Campus Center from 8:00am to 12:00 noon on Friday, August 9.

Price for all pre-conference sessions:

**By 7/9,** Member $35/Non-member $44  
**By 8/2:** Member $40/ N-m $50  
**After 8/2:** Member $45/N-m $56

Walk-in registration for these seminars is available next to the elevator doors on the ninth floor of the Campus Center.

**Farming Smarter, Not Harder: Tune-up your Business and Increase your Net Profit**  
Campus Center 904-08  

Allergic to business? Want to work less and make more money? Wonder where the money comes and goes?

Identify your farm’s profit centers - which parts of your farm make the most money and which may actually lose money. Hands-on activities use real life examples to create simple farm enterprise budgets. Bring a calculator, pen & paper, and budget numbers to share if you have some.

Seminar also covers practical tips for managing employees and the three key financial statements that represent a farm’s financial health: the Balance Sheet, Profit and Loss Statement, and Cash Flow Projection. Set aside the morning to finally work on these important farm business concerns.
Honeybee Hive Products: A Cornucopia of Health and Healing for People and Animals
Campus Center 903

Suffer from hay fever? Want to heal burns with little or no scarring? Interested in overcoming super bugs that have become resistant to our most powerful antibiotics?

The honeybee and hive products have historically played a large role in disease care and prevention. Today science is catching up to what naturalists, herbalists, and acupuncturists have known for years.

The seminar explores honey, pollen, propolis, royal jelly, beeswax, and honeybee venom. Participants will learn how bees produce these amazing substances, how they are harvested from the hive, and how to process them and utilize them for healing and health.

Growing with the Biological System
Campus Center 917
**Dan Kittredge**: Farmer, entrepreneur, director of the Bionutrient Food Association.

Applied in conjunction with one another, changes to a number of critical farm management practices can systemically remove factors limiting soil life functionality, which largely determines plant and livestock health.

This seminar will cover soil testing and mineral balancing, tillage, compost making, cover cropping, mulching, inoculation, seed quality, planting and transplanting, irrigation/fertigation, foliar spraying, and conductivity and brix monitoring. Expected effects from working more in harmony with your biological system should include decreased pest and disease pressure, and increased yield, flavor, bionutrient levels and shelf life.
Creating a Sustainable Homestead Poultry Flock  
Campus Center 905-09  
**Jim Adkins**: Sustainable poultry specialist, founder of the Sustainable Poultry Network.

Interested in raising your own flock of standard bred poultry?

This comprehensive seminar covers information from the egg to the table: brooding principles, basic husbandry, feeds, feeding, and disease control. Participants will learn to identify heritage poultry breeds and find sources of baby chicks.

The seminar introduces the art of breeding, which once learned, can free poultry holders from dependence on off-farm sources of baby chicks/poults. Participants will receive a profitable business plan, guiding you toward a sustainable income.

Growing and Marketing Cut Flowers  
Campus Center 803  
**Diana Doll**: Grower at Stray Cat Flower Farm in Burlington, VT.

Interested in adding cut flowers to your farm’s offerings or refine your farm’s existing practices? This seminar explains what infrastructure and supplies and what production and record keeping systems are needed for cut flower production.

Topics include: annual cut flower varieties, seeding & succession schedules, growing crated bulbs, recipes for organic growing media, growing perennial cut flowers from seed and from plugs, growing woodies (shrubs), field preparation, weed management, path maintenance, and supporting tall stems. Marketing section addresses considerations for presentation, delivery, customer service, and pricing when selling to florists, or via farmer’s markets, CSAs, or pick your own.

In addition to giving the above pre-conferences, all five presenters will also be giving one or two workshops during the NOFA Summer Conference.
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CHILDREN’S CONFERENCE

Check-in: The Children’s Conference will be based in the basement of Mary Lyon Dorm, in between the registration tent and Worcester Dining Commons. Children may be dropped off 15 minutes before workshops begin and picked up 15 minutes after they end. Families are strongly encouraged to allow 20-30 minutes for check-in at the children’s conference area when first arriving at the conference.

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 Mary Lyon basement. They will have opportunities for various activities, indoor & outdoor. A change of clothes and diapers are recommended.

Workshops: 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 on the grid on page 74 and detailed by timeslot starting on page 88.

Also check the bulletin board at the children’s conference for changes in the program. 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.

Snacks: There will be snacks provided each day of the conference after the first workshop. Please have your children bring water bottles.

Feedback: 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. Please see bulletin board for workshop suggestions and to sign up to present in 2014.

The on-site Children’s Coordinator is Rachel Silverman. For questions preceding the conference contact Valerie Walton at childrens@nofasummerconference.org
**Keynote Childcare:** There will be child care during each evening plenary session in the Campus Center Reading Room. Children 5-12 are welcome to attend without parents. Children 2-4 are welcome with a parent or guardian. Childcare will be offered on Friday, Aug. 9 from 7:15-9:15 pm in combination with “Drumming Journey with Steve Leicach.” It will be offered on Saturday Aug. 10 from 6:45-8:45 pm.
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TEEN 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.

Workshops: Teen workshops are geared toward ages 13-17. We will be using the Grad student lounge, located in the Campus Center, as a workshop space 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. Read a detailed list of workshops on the grid on page 74 and detailed by timeslot starting on page 88.

Items to Bring:

- **Pre-washed white garments** for the Friday tie-dying workshop at 2pm. During this workshop we will get acquainted and discuss how to get the most out of the conference.

- Also bring **musical instruments** (with a plan for where you will store them safely and out of heat for the conference) for Second Annual Jam Session on Saturday at 10:00 led by Santina King, performing artist and Children’s Conference Teacher.

- Anyone wishing to help organize songs ahead of time can write to Valerie Walton at childrens@nofasummerconference.org. It would be great to share songs that are meaningful to the organic movement or just songs that bring us together for good times and good memories. It would be a wonderful contribution to the NOFA community if we could bring a song from that session or just our teen community to march to in the parade, Saturday at 2:30 pm with the children and NOFA banners.

- Bring a **yoga mat** if you would like to attend the yoga workshop Saturday at 8:00.

Feedback: 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. We hope that through these discussions the teens can take more ownership of their portion of the annual NOFA Summer Conference.

Help the Children’s Conference: Also, teens that enjoy working with children would be welcome to join the children’s conference for the parade prep workshop from 1-2:30 on Saturday. For those seeking it the youth coordinator would be happy to provide documentation of community service for this work.
SACRED AGRICULTURE
The Alchemy of Biodynamics
Dennis Klocek
Biodynamic methods are increasingly used by farmers, gardeners and winemakers. Dennis Klocek argues that, in order to use such methods effectively, the practitioner must undergo constant self-development.

Based on numerous lectures, Klocek discusses the kind of inner development and understanding required to work with the elemental nature of the earth. His views are presented in a framework that includes alchemy, the classical four elements, Goethean observation, and the work of Rudolf Steiner.

This is not a book of how-to techniques, but a conceptual guidebook to those looking to implement biodynamics at the deepest level.

THINKING LIKE A PLANT
A Living Science for Life
Craig Holdrege
We often instinctively feel that our lives would be better if we lived closer to nature. In this unique book, Craig Holdrege offers a specific, practical way of taking that step which, he argues, will significantly benefit ourselves and our world: starting to think like a plant.

Plants are both dynamic and resilient, intimately connected to their environment. If we can slow down, Holdrege explains, study plants carefully and consciously internalize how they live, a transformation will begin inside us. We will become more fluid and dynamic, more strongly embedded in our world, and more sensitive and responsive. These are qualities that we need as a culture and a society if we are to be sustainable.

This is a surprisingly practical guide to a new way to relate to our environment.
MUSIC AND DANCE

Friday 7:30 - 9:00 pm *(During Plenary)*
Drumming Journey with Steve Leicach
Campus Center Reading Room
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.

Friday 9:00pm - midnight *(Post Plenary)*
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. Welcome back 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. 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 7:00pm - 8:30pm *(During Plenary)*
Santina King
Campus Center Graduate Lounge
Come listen to Santina King blend her subtle lyrics with funky grooves and bluesy vocals. Santina picked up the beat early, but her passion for music really began to blossom when she found the acoustic guitar nine years ago. Stylistically inspired by the likes of Joni Mitchell and Ani DiFranco, this new singer/songwriter infuses her unique voice in all her original works, building intricate and rich musical compositions from scratch.
Saturday 9:00pm - midnight (Post Plenary)

Amy Kucharik and Friends (with Benefits)

Campus Center Reading Room

Come swing in Saturday night with Amy and her band! Amy Kucharik & Friends (With Benefits) (aka “FWB”) combine singer-songwriter Amy’s sweet ukulele sounds with her clever, pithy lyrics. FWB cooks up tunes, reminiscent of early jazz and blues, with a dash of old country, a smidgen of modern folk and a pinch of New Orleans ragtime. Featuring an assortment of talented musicians from the Boston area, and an unusual blend of instrumentation, FWB will have you lindy hoppin’ all night long.
Post Plenary
Friday, August 9, 9pm (93 minutes)
“After I Pick the Fruit”
Campus Center 163C
After I Pick the Fruit follows the lives of five immigrant farm worker women - three of them undocumented - over a ten-year period as they struggle to fulfill their roles as workers, wives, mothers, and members of an isolated community that’s almost invisible to the outside world. The film begins and ends in the apple orchards around Sodus, NY, and most importantly, in the women’s homes when the work day is done. “I was inspired to make the film after seeing women working in the fields and orchards near my hometown of Sodus,” Nancy Ghertner, the film’s director says. “I wanted to meet them, to understand how they lived and what happened-after they picked the fruit.” Once she got to know the women, Ghertner was driven “to make the invisible visible,” and raise consciousness among American consumers about the human price of getting fresh food to the supermarket.

During the Fair
Saturday, August 10, 2:30 pm (98 minutes)
“Heart of Sky, Heart of Earth”
Campus Center 163C
“Some say the world will end in fire. Some say in ice.” Heart of Sky, Heart of Earth tries to answer the ancient Maya belief the world would end after 5125 years, and a new cycle start. The film follows six young Maya through their daily and ceremonial life, revealing their determination to resist the destruction of their culture and environment. Each story, touching upon a facet of the current global crisis, interweaves the protagonists intimate accounts with images associated with the fragile beauty of nature, and the creation myth of the Popol Vuh. The Maya, like many indigenous people, believe they are the guardians of the Earth. Their cosmovision, in which all life is sacred and interconnected, presents a deeply compelling alternative to the prevailing worldview.

Saturday, August 10, 4:10 pm (31 minutes)
“Por Dinero”
Campus Center 163C
Por Dinero tells the stories of an undocumented Mexican, his indigenous family, and their dying language of Chatino. Part One: A gringo reads quotes from the biography, Canek: An Ancient Maya Hero, translated into Chatino. Part Two: Israel reads his stories; a young man sacrificing seven years of his youth to work 75 hours a week, for under minimum wage, to support 12 family members back home. He speaks of what impacted him most during his first year in the states. Part Three: Cezy, a sister of Israel, is unable to free herself from female traditional roles in their hometown of San Miguel Panixtlahuaca. She tells a tale of her small town, their dying language, lack of jobs, and her brother’s absence. Por Dinero shows a unique view of a modern, indigenous, Mexican family.
Saturday August 10, 4:45 pm (63 minutes)
“Tokyo Waka: A City Poem”
Campus Center 163C
How do people and nature adapt to each other? Tokyo Waka tells the story of Tokyo, the sparkling, pop culture generating metropolis, and the city’s wary truce with its 20,000 crow denizens. After years of environmental warfare on the crows, the 13 million humans and their animal neighbors now live in stalemate with each other. Tokyo Waka tells this story, and a larger one as well. A Buddhist priest comments on garbage as the remnants of desire; a gardener considers the relentless persistence of nature amidst urban grit; a homeless woman talks about forging community in her tent village deep in the corner of a city park. Tokyo Waka gives these smart, opportunistic crows their due, but the film is ultimately an episodic and discursive poem about the life and culture of Tokyo, one of the great cities of the world.

Post Plenary
Saturday August 10, 9:00pm (84 minutes)
“Genetic Roulette”
Campus Center 163C
In Genetic Roulette, experts expose the serious health threats of GMOs and how corporations like Monsanto hide the evidence. Never-before-seen evidence points to genetically engineered foods as a major contributor to rising disease rates in the US population, especially among children. Gastrointestinal disorders, allergies, inflammatory diseases, and infertility are just some of the problems implicated in humans, pets, livestock, and lab animals that eat genetically modified soybeans and corn. This sometimes shocking film may change your diet, protect you and your family, and accelerate the consumer tipping point against genetically modified organisms (GMOs) already underway. Don’t miss this film!
Our Saturday afternoon country fair (3:00-5:30pm) has a jazzy beat this year. Come dance with Pioneer Valley’s own raucous, joyful love bugs - the Expandable Brass Band - as they lead the children’s parade down to the fairgrounds. You can join in too! Bring a sign or wear a costume, and dance with us. Starting at the Children’s Conference, we’ll cavort our way around campus and end up at the fair in the Northeast Residential area.

GAMES, RACES, CONTESTS, AND EXHIBITS

After the parade, let’s have fun! The children (and adults) are invited to play games. Prepare to get messy at the Tomato Bob, search for a Peanut in a Haystack and do “The Butter Dance.” What could be better than an old fashioned Watermelon Pit Spit, or a Chicken Chuckin’.

For a little friendly competition, take part in one of the contests. Get a nibblin’ at the Corn Nibble Fandangle, out hop your friends at the Sack Race, and of course, the ever-popular Pie-Eating Contest. Because, of course, who doesn’t like pie!

And don’t forget to browse the Market at the fair with the Author’s Corner and the exhibitors. There will be plenty of wonderful hand-made products for you to sample and enjoy!

SUPPORT THE CONFERENCE WHILE ENJOYING THE FAIR!

Try your luck at the “cow plop” - a recently-fed cow 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 Farming Education Fund by participating in the teacup raffle! This year, the raffle highlights some fantastic products from our vendors, and some thoughtful donations from good souls. With a variety of books, gift certificates for services, local honey, natural products, and much more! Tickets can be preordered with your registration, or 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.
TIME SPECIFIC FAIR ACTIVITIES

Expandable Brass Band
3:00-3:45
Once the Parade is over, the Expandable Brass Band will stay and play. Be prepared to jump around and stomp your feet to the music.

Cultivating Policy Change from the Grassroots Up
3:00-4:30 PM
Steve Gilman, Policy Coordinator for the NOFA Interstate Council, will lead a lively panel discussion on policy issues that NOFA is currently working on. Meet in Campus Center 904-08. Bring your questions and contributions. (Details: see workshop # 125.5).

Pony Show
4:00 - 5:00pm
Dale Perkins of Mesa Farm presents his ponies for a fun, family-friendly circus styled show. After the presentation, Dale and the horses will stay around for questions and a horse friendly petting.

NOFA Meet-Ups - Make connections and have fun!
4:00-5:00pm
“Make new friends, but keep the old...” Meet new folks, and reconnect with old friends at our get togethers during the fair.

Homesteaders – Hear ye, hear ye! Be you urban, suburban or rural, come flock together with your homesteadin’ homies. Engage in lively conversations, increase your kindred, and be prepared for some fun. Look for the Homesteaders meetup sign near the fairgrounds on the Northeast Residential Quad.

BeeKeepers - Beehave! Or not, depending on your mood.
Buzz on over and bring some of your delicious, and nutritious honey products to share with your fellow bee-lievers. Let’s celebrate honey in all it’s forms; liquid, crystallized or creamed. Jean-Claude Bourrut will lead the group in a lively circle dance game, discussion and more. Let’s bee friends.

**Share A Meal: Saturday Night Beekeeper’s Meal: Continue the post Fair fun by sharing dinner with your fellow hive mates in the Overflow Room of the Dining Hall.

Beginning Farmers - Time to start making connections in the farming world? Yes, yes it is. Visit with NOFA’s Beginning Farmers coordinators and fellow BF’s under the shady tree. Mask making, music and merriment for all. And while you’re at it join in on the Beginning Farmers pie
eating contest round pitting the young whippersnappers against the elder-statesmen of farming.

**Share A Meal:** Sunday Breakfast with the Beginning Farmer’s: It’s food for thought, “How to move from “planning your farm” to “farming your plan”. Listen to seasoned farmers talk about bridging the gap from dream to reality, and discuss with fellow beginning farmers where you are in the process.

Sing Alongs with Ben Grosscup
4:30 - 5:30pm
We’ll gather in the shade on the grassy area in the vicinity of the exhibit tents and share sing alongs about numerous topics: farming, struggles for justice, peace, and topics that you bring. If you have a participatory song that you would like to lead, please bring it.

FILMS DURING THE FAIR

During the Fair, the following films will be presented in Campus Center 163C. Details on page 48:
- 2:30 pm “Heart of Sky, Heart of Earth” (98 minutes)
- 4:10 pm “Por Dinero” (31 minutes)
- 4:45 pm “Tokyo Waka: A City Poem” (63 minutes)

Teacup Raffle Drawing
5:00 pm
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.
The interests of agriculture are bound up, in all directions, with the widest spheres of life. Indeed there is scarcely a realm of human life which lies outside our subject.

— Rudolf Steiner

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NOVEMBER 16 WORKSHOP

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2013-2014 CT NOFA EVENTS

Special Culinary Fundraiser  September 29, 2013  Morris, CT
Winter Conference  March 8, 2014  Wilton, CT

Organic Land Care
Annual Gathering  December 11, 2013  Southbury, CT
Accreditation Course  February 10-13, 2014  Norwich, CT

For these and other events: ctnofa.org, organiclandcare.net or 203-888-5146
CONFERENCE SCHEDULE

* See 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 88.

THURSDAY, AUGUST 8

4:00 PM to 5:00 PM – REGISTRATION Open – Registration Tent
6:00 PM – FUNDRAISER (see page 36): to benefit NOFA/Mass’ Policy Work
   – Brookfield Farm, 24 Hulst Rd, Amherst, MA 01002.
8:00 PM to 9:00 PM – REGISTRATION open - Registration Tent

FRIDAY, AUGUST 9

7:00 am – 7:00 pm REGISTRATION Open – Registration Tent

PRE-CONFERENCES (see page 36):
8 am - 12:00 noon – Farming Smarter, Not Harder – Campus Center 904-08
8 am - 12:00 noon – Honeybee Hive Products – Campus Center 903
8 am - 12:00 noon – Growing with the Biological System – Campus Center 917
8 am - 12:00 noon – Sustainable Homestead Poultry – Campus Center 905-09
8 am - 12:00 noon – Cut Flowers – Campus Center 803

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

11:00 am - 2:00 pm LUNCH – Worcester Dining Commons

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

ADULT WORKSHOPS – 2:00-3:30 PM
1) An Introduction to Seed Saving - Campus Center 904-08
2) Community-Led Food Initiatives - Campus Center 905-09
3) Lyme Disease: An Integrated Medical Approach to Treatment
   - Campus Center 917
4) Crop Planning Strategies - Campus Center 803
5) Establishing Multi-Purpose Coppice Landscapes - Campus Center 101
6) Greenhouse Propagation for the Diversified Farm - Campus Center 174-76
7) Human Powered Gardening
   - Campus Center Reading Room (Concourse Level)
8) Medicinal Plant Propagation - Crabtree Basement Lounge
9) Meeting Needs of Vegetables for Winter Storage - Campus Center 168C
10) Overview of Draft Implements & Vehicles - Campus Center 805-09
11) Pastured Turkeys for the Thanksgiving Table - Campus Center 911-15
12) Permaculture Fundamentals - Campus Center 163C
13) Planning for CSA Success - Campus Center 165-69
14) Project Financing: from Solar to Deep Energy Retrofits - Campus Center 811-15
15) Selling to Institutions: Is it Right for My Farm? - Campus Center 903
16) Small-Batch Vegetable Fermentation - Campus Center 804-08
17) Soil, Climate and Why Farming Matters - Campus Center Auditorium
18) Using Urine As Fertilizer: Farm Scale Pilot - Campus Center 162-75
19) TOUR: UMass Student Farming Enterprise: Attracting Native Pollinators - TOUR

CHILDREN’S WORKSHOPS – 2:00-3:30 PM
20) Building Fairy Houses - Mary Lyon Dorm
21) Candle Lantern Making - Mary Lyon Dorm
22) Parade Banner Painting - Mary Lyon Dorm

TEEN WORKSHOPS – 2:00-3:30 PM
23) The Joy and Health Benefits of Keeping Goats - Campus Center UPUB (Concourse Level)
24) Tie Dye and Get Acquainted - Campus Center UPUB (Concourse Level)

ADULT WORKSHOPS – 4-5:30 PM
25) Adapting Keyline to Your Landscape - Campus Center 162-75
26) Biodynamic Livestock Husbandry - Campus Center 811-15
27) Conducting a Food System Assessment in Your Town - Campus Center 905-09
28) Cut Flowers from the Farm for Weddings - Campus Center 917
29) Gardening Into the Fall - Campus Center 165-69
30) Green Up Your Yard with Organic Land Care - Campus Center 904-08
31) Growing Great Fall Brassicas - Campus Center 101
32) Herbal Medicine-Making: Tinctures, Vinegars, Honeys & Elixers - Crabtree Basement Lounge
33) Honey Bee Die Offs & Organic Solutions - Campus Center 168C
34) How to Build a Labyrinth…and why! - Outside: Meet at Registration Tent.
35) Logistics for Starting a CSA - Campus Center 911-15
36) Nitrogen Management in Organic Cropping Systems - Campus Center Auditorium
37) Pasture and Hayfield Maintenance - Campus Center 803
38) Pressure Canner and Dehydrator for Summer’s Abundance - Campus Center 804-08
39) Rainwater Harvesting - Campus Center Reading Room (Concourse Level)
40) Sugar Beets & Fodder Beets for Stock and Sucrose - Campus Center 805-09

41) What’s safe? The World of Toxicants We Live in. - Campus Center 903
42) Who Really Works on NOFA Organic Farms? - Campus Center 174-76
43) Wholesale Logistics - Campus Center 163C
44) TOUR: Book & Plow Farm: Reconciling Agricultural and Academic Calendars - TOUR

CHILDREN’S WORKSHOPS – 4-5:30 PM
45) Creative Writing and Story Telling - Mary Lyon Dorm
46) Go Native in the Garden - Mary Lyon Dorm
47) Playing in the Outdoors - Mary Lyon Dorm

TEEN WORKSHOPS – 4-5:30 PM
48) Organic Filmmaking - Campus Center UPUB (Concourse Level)

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

7:30 - 9:00 pm KEYNOTE ADDRESS by Atina Diffley and NOFA Annual Meeting – Campus Center Auditorium (see page 34)

EVENING ENTERTAINMENT (see page 46)
7:30 – 9:00 pm Drumming Journey with Steve Leicach
  - Campus Center Reading Room
7:15 – 9:15 pm CHILDCARE - Campus Center Reading Room
9:00 pm - midnight CONTRA DANCE with The Russet Trio, and caller Fern Bradley – Campus Center Auditorium (see page 46)

9:00 pm FILM: After I Pick the Fruit 93 minutes - Campus Center 163C

SATURDAY, AUGUST 10

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

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

ADULT WORKSHOPS – 8-9:30 AM
48.5) Backyard Composting - Crabtree Basement Lounge
49) Biodynamic Commercial Dairy Farming - Campus Center 803
50) Crop/Cover Crop Rotations and Tillage Reduction - Campus Center 174-76
51) Farming Smarter, Not Harder: Planning for Profit - Campus Center 101
52) Farmworkers Movements, Past and Present - Campus Center 804-08
53) Gardening by Cuisine - Campus Center Reading Room (Concourse Level)
54) Grazing Basics - Campus Center 811-15
55) Growing Excellent Tomatoes - Campus Center 165-69
56) Home Birth - Campus Center 911-15
57) Homemade Raw Milk Products - Worcester Dining Hall Kitchen  
58) Marketing Strategies for Vegetable Growers - Campus Center Auditorium  
59) Nature as Mentor: Raising Pigs Outdoors - Campus Center 168C  
60) Organic Mosquito and Tick Control - Campus Center 163C  
61) Renewable Energy and Efficiency for Homeowners - Campus Center 917  
62) Scaling Up: From Hobby Gardens to Market Farms - Campus Center 162-75  
63) Small-Scale Wheat and Bean Production - Campus Center 903  
64) Strategies and Tools for Saving Local Farms - Campus Center 905-09  
65) Wild World of Mushrooms - Campus Center 805-09  
66) Working with the “Fourfold Path to Healing” - Campus Center 904-08  
67) TOUR: Amethyst Farm: Establishing a Windbreak-Hedgerow - TOUR

CHILDREN’S WORKSHOPS – 8-9:30 AM
68) Painting and Planting - Mary Lyon Dorm  
69) Rabbits - Mary Lyon Dorm  
70) Stories, Songs, and Dance - Mary Lyon Dorm  
71) Theatre Games - Mary Lyon Dorm

TEEN WORKSHOPS – 8-9:30 AM
72) The Monopoly of our Food System  
    - Campus Center UPUB (Concourse Level)  
73) Yoga / Tai Chi for Teens - Campus Center UPUB (Concourse Level)

ADULT WORKSHOPS – 10-11:30 AM
75) Acquiring Your Farm and Accessing Land - Campus Center 811-15  
76) Backyard Chickens - Campus Center 917  
77) CSA- Is it for you? - Campus Center 162-75  
78) Cheese Tasting and Describing - Campus Center 805-09  
79) Cucumbers To Zucchini: Growing Organic Cucurbits  
    - Campus Center Auditorium  
80) Getting Started in Certified Small-Scale Dairying - Campus Center 903  
81) GMO Health Dangers & Legislative Initiatives in N.E.  
    - Campus Center 163C  
82) Grow Your Own Home Health Herb Garden - Campus Center 804-08  
83) Growing Figs in Cold Climates  
    - Campus Center Reading Room (Concourse Level)  
84) Growing Quality Vegetables Biodynamically - Campus Center 911-15  
85) Hands-on Draft Horses - Outside: Meet at the horses in the Northeast Residential Area.  
86) Home Funerals and Green Burials - Campus Center 168C  
87) Make Delicious Meals with Local Greens - Worcester Dining Hall Kitchen  
88) Managing Crop Residue Digestion & Nutrient Circulation  
    - Campus Center 904-08  
89) Protecting Your Working Body: Self Care & Ergonomics for Farmers - Crabtree Basement Lounge
90) Regenerative Urban Ecosystems - Campus Center 905-09
91) Soil Carbon, Grass Physiology, and Livestock Gains - Campus Center 165-69
92) Starting and Maintaining a School Garden - Campus Center 803
93) The Efficient Farm Office - Campus Center 101
94) The Resilient & Regenerative Farm & Homestead - Campus Center 174-76
95) Weed Wisdom Walk - Outside: Meet at Registration Tent.

CHILDREN’S WORKSHOPS – 10-11:30 AM
97) Make a Hot Pad - Mary Lyon Dorm
97.5) Make a Splash Water Festival - Mary Lyon Dorm
98) Music with Friends - Mary Lyon Dorm
99) Plant Drawing and Identification - Mary Lyon Dorm

TEEN WORKSHOPS – 10-11:30 AM
100) Second Annual Jam Session - Campus Center UPUB (Concourse Level)
100.5) How to Make a Pinhole Camera - Campus Center UPUB (Concourse Level)

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

ADULT WORKSHOPS – 1-2:30 PM
101) Creating a Permaculture Farm - Campus Center 917
102) Developing a Breeding Flock of Standard-Bred Poultry - Campus Center 101
103) Enhancing Wetland Habitat & Aesthetic Value - Campus Center 174-76
104) Garlic Growing for the Beginner - Campus Center 165-69
105) Getting Started in Beekeeping - Campus Center 163C
106) Goat-sniffing: Holistic Herd Management - Campus Center 805-09
107) Herbal Medicine Chest - Worcester Dining Hall Kitchen
108) Improved Production for Medium and Large Gardens - Campus Center Reading Room (Concourse Level)
109) Integrating Seed Production on Small Vegetable Farm - Campus Center 803
110) Introduction to Organic Certification - Campus Center 811-15
111) Introduction to Soil Fertility - Campus Center 911-15
112) Making Herbal Creams, Oils & Lip Balms - Crabtree Basement Lounge
113) Movement to Feel Better - Campus Center 804-08
114) No-till Vegetables - Campus Center Auditorium
115) Raising a Family Cow - Outside: Meet at the cow in the Northeast Residential Area.
116) Raising Rabbits Organically - Outside: Meet at the rabbits in the Northeast Residential Area.
117) Raw Milk: Legal History & Current Controversy - Campus Center 168C
118) Season Extension for Gardeners & Commercial Growers - Campus Center 162-75
119) Start a Worker Co-op or Convert an Existing Business - Campus Center 904-08
120) Why Native Plant Landscapes Matter to You - Campus Center 905-09
121) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing - TOUR
122) TOUR: Wild Browse Farm: Systems for Homesteading - TOUR

CHILDREN’S WORKSHOPS – 1-2:30 PM
123) Children’s Parade & Celebration Prep - Mary Lyon Dorm

TEEN WORKSHOPS – 1-2:30 PM
124) The Hows and Whys of Composting at School - Campus Center 903
125) What is Your Ecological Address? - Campus Center UPUB (Concourse)

3:00 - 5:30 pm THE NOFA COUNTRY FAIR AND MARKET
- On the Northeast Residential Area Lawn (see page 50)

3:00-3:45 Expandable Brass Band

3:00-4:30 PM Cultivating Policy Change from the Grassroots Up (#125.5)
- Campus Center 904-08

4:00 - 5:00pm - Pony Show
4:00-5:00pm - NOFA Meet-Ups
4:30 - 5:30pm - Sing Alongs with Ben Grosscup

FILMS DURING THE FAIR
2:30 pm FILM: Heart of Sky, Heart of Earth 98 minutes - Campus Center 163C
4:10 pm FILM: Por Dinero 31 minutes - Campus Center 163C
4:45 pm FILM: Tokyo Waka: A City Poem 63 minutes - Campus Center 163C

5:00 pm Teacup Raffle Drawing

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 DEBATE: “Is organic certification right for you?”
- Campus Center Auditorium (see page 34)

EVENING ENTERTAINMENT (see page 46)
7:00 – 9:00 pm Santina King – Campus Center UPUB (Concourse Level)
6:45 – 8:45 pm CHILDCARE - Campus Center Reading Room
9:00 pm - midnight - Swing Dance with Amy Kucharik and Friends (with Benefits) – Campus Center Reading Room
9:00 pm FILM: Genetic Roulette 84 minutes - Campus Center 163C
SUNDAY, AUGUST 11

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

7:00 am - 11:00 am REGISTRATION Open – Registration Tent

ADULT WORKSHOPS – 8-9:30 AM
126) 100% Horse-Powered, Bio-Extensive Market Gardens
   - Campus Center 163C
127) America’s War on Food Rights - Campus Center 905-09
128) Backyard Biogas - Campus Center 903
129) Cooking Dinner in Your Pressure Cooker - Worcester Dining Hall Kitchen
130) Create a Vision for your Farm/Organization - Campus Center 803
131) Ecological Pest Management in Turf - Campus Center 911-15
132) Edible Forest Gardens: From Design to Reality
   - Campus Center Auditorium
133) From Urban to Communal Agriculture in Caracas - Campus Center 804-08
134) Growing a Vegetable Farm without Going into Debt
   - Campus Center 904-08
135) Heirloom Crops for the Home or Market Garden - Campus Center 162-75
136) Include Herbs in Your Diversified Crop Plan
   - Campus Center Reading Room (Concourse Level)
137) Log Grown Shiitake Mushrooms - Campus Center 168C
138) Making a Living Growing Greens Part Time - Campus Center 165-69
139) Marketing Pastured Poultry Products for a Small Profit - Campus Center 917
140) Profitability with Grass-fed Beef - Campus Center 805-09
141) Overcoming Nutritional Phobias: Bacteria & Animal Fats
   - Campus Center 101
142) Raising Sheep Organically - Campus Center 811-15
143) Survival by Cover Crop - Campus Center 174-76
144) The Use and Maintenance of Traditional Hand Tools
   - Outside: Meet at the volley ball court.
145) TOUR: Simple Gifts Farm: Growing Warm-Season Crops - TOUR

CHILDREN’S WORKSHOPS – 8-9:30 AM
146) Beekeeping For Everyone - Mary Lyon Dorm
147) Clay Techniques - Mary Lyon Dorm
148) Gluten-Free Baking - Mary Lyon Dorm
149) Yarn and Tree Branches - Mary Lyon Dorm

TEEN WORKSHOPS – 8-9:30 AM
150) Animal Husbandry and Human Midwifery
   - Campus Center UPUB (Concourse Level)
151) Encaustic Painting and Bee Talk - Campus Center UPUB (Concourse Level)
ADULT WORKSHOPS – 10-11:30 AM
152) Adding Value: Heritage and Ancient Grains - Campus Center 174-76
154) Building & Managing Low-tech, Low-cost, Low-tunnels
   - Campus Center 162-75
155) Farmland Native Bee Habitat Creation - Campus Center 905-09
156) Growing Commercially on Sub-Acre Plots - Campus Center 904-08
157) Healing the Gut through Nutrition - Campus Center 168C
158) Bees and Hives: Fall Management for Winter Preparation
   - Campus Center 917
159) Invasive Plant Medicine - Campus Center Reading Room (Concourse Level)
160) Managing a Diverse Organic Farm - Campus Center 163C
161) Field and Pasture; Creation and Re-creation - Campus Center 805-09
162) Record Keeping on Diversified Farms - Campus Center 803
163) Remineralize your Goats! - Campus Center 811-15
164) Seed Choices on the Farm - Campus Center 101
165) Teaching Teenagers and Accomplishing Farm Work
   - Campus Center 911-15
166) The Law of Food Safety: Protecting the Farm from Liability
   - Campus Center Auditorium
167) The Use and Maintenance of Scythes - Outside: Meet at the registration
    tent, and walk to grassy spot by Marks Meadow (behind North
    Apartments)
168) Using Biochar – How and Why - Campus Center 903
169) Water Bath Canning for Beginners - Worcester Dining Hall Kitchen
170) Weed Control in Vegetables - Campus Center 165-69
171) Worm Composting Basics - Crabtree Basement Lounge
172) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production
    - TOUR

CHILDREN’S WORKSHOPS – 10-11:30 AM
173) Buttermaking For Kids - Mary Lyon Dorm
174) Common Herbs and Their Uses - Mary Lyon Dorm
175) Making Friendship Bracelets - Mary Lyon Dorm
176) Papermaking - Mary Lyon Dorm

TEEN WORKSHOPS – 10-11:30 AM
177) Exploring Sustainability After High School
    - Campus Center UPUB (Concourse Level)
178) Tracking and Awareness Games - Campus Center UPUB (Concourse Level)

11:00 am - 1:00 pm LUNCH – Worcester Dining Commons
ADULT WORKSHOPS – 1-2:30 PM

179) Advanced Lacto-Fermentation (Vegetables) - Campus Center 911-15
180) Approved Inputs for Certified Organic Farms - Campus Center 803
182) Eat your Weedies - Campus Center 917
183) Ecodynamic Landcare - Campus Center 804-08
184) Ecological Design Process: The Medium is the Message - Campus Center Auditorium
185) Farm Interns as a High Value Crop - Campus Center 904-08
186) Optimizing Livestock Health From the Soil Up - Campus Center 805-09
187) Food Co-ops: Making Healthy, Local Food More Accessible - Campus Center 174-76
188) Four Season Greenhouse Crop Selection & Strategic Planning - Campus Center 163C
189) Homebrewing Meads and Fruit Wines - Campus Center 101
190) Humane Mobile Poultry Slaughter and Marketing - Campus Center 811-15
191) Knots for Farming and Living - Crabtree Basement Lounge
192) Organic Apple Growing - Campus Center Reading Room (Concourse Level)
193) Potato Culture - Campus Center 165-69
194) Questioning Money & Debt: The Farmer’s Alliance 1880-1894 - Campus Center 905-09
195) Small-Scale Beet Production: Finances, Craft & Science - Campus Center 162-75
197) The Pretty Good House - Campus Center 903
198) TOUR: Many Hands Farm Corps Farm: Small Scale Winter Root Storage - TOUR
198.5) TOUR: Brookfield Farm: CSA Systems - TOUR

CHILDREN’S WORKSHOPS – 1-2:30 PM

199) “Playing Fowl”: Caring for Our Chicken Friends - Mary Lyon Dorm
200) Fun Science in Your Kitchen - Mary Lyon Dorm
200.5) Growing Green: The Wacky World of Plants - Mary Lyon Dorm
201) Knead, Knead, Knead Organic Pizza! - Mary Lyon Dorm

TEEN WORKSHOPS – 1-2:30 PM

202) Drop Spindle - Campus Center UPUB (Concourse Level)
203) Investigating Renewable Energy - Campus Center UPUB (Concourse Level)

3:00 pm NOFA Annual Post-Conference Auction to Benefit the Farming Education Fund – Registration Tent
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PAUL SHECKEL
Saturday 8–9:30 AM
Sunday 8–9:30 AM

KEITH STEWART
Sunday 8–9:30 AM

ALI BERLOW
Sunday 1–2:30 PM

Storey Publishing
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<tr>
<td>CC 917</td>
<td>3) Lyme Disease Treatment</td>
<td>28) Cut Flowers for Weddings</td>
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<tr>
<td>CC Aud.</td>
<td>17) Soil, Climate and Farming</td>
<td>36) Nitrogen Management</td>
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<tr>
<td>CC Read. Rm.</td>
<td>7) Human Powered Gardening</td>
<td>39) Rainwater Harvesting</td>
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<tr>
<td>Crabtree</td>
<td>8) Medicinal Plant Propagation</td>
<td>32) Herbal Medicine-Making</td>
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<td>Outside</td>
<td>34) Build a Labyrinth</td>
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<td>Worc. Dining</td>
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<tr>
<td>Tours</td>
<td>19) UMass Student Farm: Pollinators</td>
<td>44) Book &amp; Plow Farm: Serving Colleges</td>
</tr>
<tr>
<td>Children: Mary Lyon</td>
<td>20) Building Fairy Houses (5-12)</td>
<td>45) Creative Writing and Telling (8-12)</td>
</tr>
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<td>21) Candle Lantern Making (5-12)</td>
<td>46) Go Native in the Garden (6-12)</td>
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<td>22) Parade Banner Painting (7-12)</td>
<td>47) Playing in the Outdoors (5-12)</td>
</tr>
<tr>
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<td>24) Tie Dye and Get Acquainted</td>
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</tbody>
</table>
WORKSHOP GRID - SATURDAY, AUGUST 10

*Some workshop titles have been abridged; see complete listing on page 88.

<table>
<thead>
<tr>
<th>Time Block</th>
<th>Workshop Titles</th>
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<tbody>
<tr>
<td>8-9:30 AM</td>
<td>51) Farming Smarter 93) The Efficient Farm Office 102) Breeding Poultry</td>
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<tr>
<td></td>
<td>62) From Hobby to Market 77) CSA- Is it for you? 118) Season Extension</td>
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<td>60) Organic Mosquito and Tick Control 81) GMO Health Dangers &amp; Activism</td>
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<td>55) Growing Excellent Tomatoes 91) Carbon, Grass, and Livestock 104) Garlic Growing for the Beginner</td>
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<td>59) Nature as Mentor: Raising Pigs Outdoors 86) Home Funerals and Green Burials</td>
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<td>50) Crop Rot. &amp; Till. Red. 94) Resilient Farm &amp; Homestead 103) Wetland Habitat &amp; Value</td>
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<td>56) Home Birth 84) Biodynamic Vegetables 111) Soil Fertility</td>
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<td>52) Farmworkers Movements 82) Home Health Herb Garden 113) Movement to Feel Better</td>
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<td>65) Mushrooms 78) Cheese Tasting 106) Holistic Goat Management</td>
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<td>54) Grazing Basics 75) Acquiring and Accessing Land 110) Introduction to Organic Certification</td>
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<td>63) Wheat and Beans 80) Small-Scale Dairying 124) Composting at School</td>
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<td>66) Fourfold Path to Healing 88) Crop Residue Digestion 119) Worker Co-ops</td>
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<td>64) Saving Local Farms 90) Urban Ecosystems 120) Native Plant Landscapes</td>
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<td>49) Biodynamic Commercial Dairy Farming 92) Maintaining a School Garden</td>
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<td>61) Renewable Energy 76) Backyard Chickens 101) Permaculture Farm</td>
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<td>53) Gardening by Cuisine 83) Growing Figs in Cold Climates 108) Improved Garden Production</td>
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<td>48.5) Backyard Composting 89) Self Care &amp; Ergonomics for Farmers 112) Herbal Creams, Oils &amp; Lip Balms</td>
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<td>95) Weed Wisdom Walk 85) Hands-on Draft Horses 115) Raising a Family Cow</td>
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<td>57) Raw Milk Products 87) Meals with Local Greens 107) Herbal Medicine Chest</td>
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<td>67) Amethyst Farm: Hedge-row 87) Make a Hot Pad 120) Native Plant Landscapes</td>
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<tr>
<td></td>
<td>57) Raw Milk Products 87) Meals with Local Greens 107) Herbal Medicine Chest</td>
</tr>
<tr>
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<td>68) Painting &amp; Planting (4-8) 97) Make a Hot Pad (7-12) 123) Parade Prep (5-12)</td>
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<tr>
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<td>69) Rabbits (9-12) 97.5) Make a Splash Water Festival (5-9)</td>
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<tr>
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<td>70) Stories, Songs, and Dance (5-10) 98) Music with Friends (9-12)</td>
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<td>71) Theatre Games (8-12) 99) Plant Drawing and ID (5-12)</td>
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<td>72) The Monopoly of our Food System 100) Second Annual Jam Session (5-9)</td>
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<tr>
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<td>73) Yoga / Tai Chi for Teens 100.5) How to Make a Pinhole Camera 125) Your Ecological Address</td>
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## WORKSHOP GRID - SUNDAY, AUGUST 11

<table>
<thead>
<tr>
<th>Workshop Space</th>
<th>8-9:30 AM</th>
<th>10-11:30 AM</th>
<th>1-2:30 PM</th>
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<tbody>
<tr>
<td>CC 101</td>
<td>141) Bacteria/Animal Fats</td>
<td>164) Seed Choices</td>
<td>189) Meads &amp; Fruit Wines</td>
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<tr>
<td>CC 162-75</td>
<td>135) Heirloom Crops for the Home or Market Garden</td>
<td>154) Low-tech, Low-cost, Low-tunnels</td>
<td>195) Small-Scale Beet Production</td>
</tr>
<tr>
<td>CC 163C</td>
<td>126) Horse-Powered</td>
<td>160) Diverse Farm</td>
<td>188) Four Season Greenh.</td>
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<tr>
<td>CC 165-69</td>
<td>138) Growing Part Time</td>
<td>170) Weed Control in</td>
<td>193) Potato Culture</td>
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<tr>
<td>CC 168C</td>
<td>137) Log Grown Shiitake Mushrooms</td>
<td>157) Healing the Gut through Nutrition</td>
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<tr>
<td>CC 174-76</td>
<td>143) Survival by Cover Crop</td>
<td>152) Heritage and Ancient Grains</td>
<td>187) Making Healthy, Local Food Accessible</td>
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<tr>
<td>CC 803</td>
<td>131) Pest Management</td>
<td>165) Teaching Teenagers</td>
<td>179) Lacto-Fermentation</td>
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<tr>
<td>CC 804-08</td>
<td>133) Caracas: Urb. Ag</td>
<td>183) Ecodynamic</td>
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<tr>
<td>CC 805-09</td>
<td>140) Grass-fed Beef</td>
<td>161) Creating Pastures</td>
<td>186) Livestock Health</td>
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<tr>
<td>CC 811-15</td>
<td>142) Raising Sheep</td>
<td>163) Remineralize Goats!</td>
<td>190) Mobile Poultry</td>
</tr>
<tr>
<td>CC 903</td>
<td>128) Backyard Biogas</td>
<td>168) Biochar</td>
<td>197) Pretty Good House</td>
</tr>
<tr>
<td>CC 904-08</td>
<td>134) Grow without Debt</td>
<td>156) Sub-Acre Plots</td>
<td>185) Farm Interns</td>
</tr>
<tr>
<td>CC 905-09</td>
<td>127) Food Rights</td>
<td>155) Farmland Bee Hab.</td>
<td>194) Questioning Money &amp; Debt</td>
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<tr>
<td>CC 911-15</td>
<td>130) Create a Vision</td>
<td>162) Record Keeping</td>
<td>180) Inputs for Farms</td>
</tr>
<tr>
<td>CC Aud.</td>
<td>132) Edible Forest</td>
<td>166) Food Safety</td>
<td>184) Ecological Design</td>
</tr>
<tr>
<td>CC Read. Rm.</td>
<td>136) Herbs in Your Crop Plan</td>
<td>159) Invasive Plant Medicine</td>
<td>192) Organic Apple Growing</td>
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<tr>
<td>Crabtree</td>
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<td>171) Worm Composting</td>
<td>191) Knots</td>
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<tr>
<td>Outside</td>
<td>144) Hand Tools</td>
<td>167) Using Scythes</td>
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<td>Worc.Din.</td>
<td>129) Pressure Cooker</td>
<td>169) Water Bath Canning</td>
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<tr>
<td>Tours</td>
<td>145) Simple Gifts Farm: Crops</td>
<td>172) Simple Gifts Farm: Livestock</td>
<td>198) Many Hands Farm Corps Farm: Storage</td>
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<tr>
<td>Children: Mary Lyon</td>
<td>146) Beekeeping For Everyone (5-12)</td>
<td>173) Buttermaking For Kids (5-12)</td>
<td>199) Caring for Our Chicken Friends (5-12)</td>
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<tr>
<td></td>
<td>147) Clay Techniques (5-12)</td>
<td>174) Common Herbs and Their Uses (5-12)</td>
<td>200) Fun Science in Your Kitchen (7-12)</td>
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<tr>
<td></td>
<td>148) Gluten-Free Baking (5-12)</td>
<td>175) Making Friendship Bracelets (9-12)</td>
<td>200.5) The Wacky World of Plants (6-10)</td>
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<tr>
<td></td>
<td>149) Yarn &amp; Branches (2-7)</td>
<td>176) Papermaking (5-10)</td>
<td>201) Organic Pizza! (5-10)</td>
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<tr>
<td></td>
<td>151) Encaustic Painting and Bee Talk</td>
<td>178) Tracking and Awareness Games</td>
<td>203) Investigating Renewable Energy</td>
</tr>
</tbody>
</table>
Did You Know?

The USDA Agricultural Marketing Service provides funds to Massachusetts Department of Agricultural Resources to reimburse certified organic farmers up to 75% of total certification cost.

- Reimbursement funds are available to newly certified farms as well as renewal farms under three categories: crops, wild crops, and livestock. Details at www.mass.gov/agr, or scan the QR code with your mobile phone.

For more information, contact Ellen.Hart@state.ma.us, 617-626-1742.
ADULT WORKSHOPS BY CATEGORY

This quick reference guide lists workshops by category. Check under the Workshop Descriptions by Time Slot, starting on page 88, 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
14) Project Financing: from Solar to Deep Energy Retrofits  
   Fri, Aug. 9, 2-3:30PM
61) Renewable Energy and Efficiency for Homeowners  
   Sat, Aug. 10, 8-9:30AM
128) Backyard Biogas  
   Sun, Aug. 11, 8-9:30AM
197) The Pretty Good House  
   Sun, Aug. 11, 1-2:30PM

ANIMALS: BEES
33) Honey Bee Die Offs & Organic Solutions  
   OLC Track
   Fri, Aug. 9, 4-5:30PM
105) Getting Started in Beekeeping  
   BF & OLC Track
   Sat, Aug. 10, 1-2:30PM
158) Bees and Hives: Fall Management for Winter Preparation  
   OLC Track
   Sun, Aug. 11, 10-11:30AM

ANIMALS: DRAFT HORSES
10) Overview of Draft Implements & Vehicles  
   BF Track
   Fri, Aug. 9, 2-3:30PM
85) Hands-on Draft Horses  
   BF Track
   Sat, Aug. 10, 10-11:30AM
126) 100% Horse-Powered, Bio-Extensive Market Gardens  
   Sun, Aug. 11, 8-9:30AM

ANIMALS: MULTI-SPECIES
26) Biodynamic Livestock Husbandry  
   Fri, Aug. 9, 4-5:30PM
160) Managing a Diverse Organic Farm  
   BF Track
   Sun, Aug. 11, 10-11:30AM

ANIMALS: OTHER
59) Nature as Mentor: Raising Pigs Outdoors  
   Sat, Aug. 10, 8-9:30AM
116) Raising Rabbits Organically  
   Sat, Aug. 10, 1-2:30PM

ANIMALS: PASTURES
37) Pasture and Hayfield Maintenance  
   GR Track
   Fri, Aug. 9, 4-5:30PM
54) Grazing Basics  
   BF & GR Track
   Sat, Aug. 10, 8-9:30AM
91) Soil Carbon, Grass Physiology, and Livestock Gains  
   GR Track
   Sat, Aug. 10, 10-11:30AM
161) Field and Pasture; Creation and Re-creation  
   BF & GR Track
   Sun, Aug. 11, 10-11:30AM
ANIMALS: POULTRY
11) Pastured Turkeys for the Thanksgiving Table  BF Track  
   Fri, Aug. 9, 2-3:30PM
76) Backyard Chickens  Sat, Aug. 10, 10-11:30AM
102) Developing a Breeding Flock of Standard-Bred Poultry  
   Sat, Aug. 10, 1-2:30PM
190) Humane Mobile Poultry Slaughter and Marketing  BF Track
   Sun, Aug. 11, 1-2:30PM

ANIMALS: RUMINANT, LARGE
49) Biodynamic Commercial Dairy Farming  GR Track  
   Sat, Aug. 10, 8-9:30AM
80) Getting Started in Certified Small-Scale Dairying  BF Track
   Sat, Aug. 10, 10-11:30AM
115) Raising a Family Cow  GR Track  Sat, Aug. 10, 1-2:30PM
140) Profitability with Grass-fed Beef  BF & GR Track
   Sun, Aug. 11, 8-9:30AM
186) Optimizing Livestock Health From the Soil Up  BF & GR Track
   Sun, Aug. 11, 1-2:30PM

ANIMALS: RUMINANT, SMALL
106) Goat-sniffing: Holistic Herd Management  BF & GR Track
   Sat, Aug. 10, 1-2:30PM
142) Raising Sheep Organically  BF & GR Track  Sun, Aug. 11, 8-9:30AM
163) Remineralize your Goats!  GR Track  Sun, Aug. 11, 10-11:30AM

CROPS: GRAIN
63) Small-Scale Wheat and Bean Production  Sat, Aug. 10, 8-9:30AM
152) Adding Value: Heritage and Ancient Grains  Sun, Aug. 11, 10-11:30AM

CROPS: SEED
1) An Introduction to Seed Saving  BF & OLC Track  Fri, Aug. 9, 2-3:30PM
109) Integrating Seed Production on Small Vegetable Farm  
   Sat, Aug. 10, 1-2:30PM
135) Heirloom Crops for the Home or Market Garden  Sun, Aug. 11, 8-9:30AM
164) Seed Choices on the Farm  BF Track  Sun, Aug. 11, 10-11:30AM

CROPS: SPECIALTY
28) Cut Flowers from the Farm for Weddings  BF & OLC Track
   Fri, Aug. 9, 4-5:30PM
65) Wild World of Mushrooms  OLC Track  Sat, Aug. 10, 8-9:30AM
137) Log Grown Shiitake Mushrooms  BF & OLC Track
   Sun, Aug. 11, 8-9:30AM
CROPS: SYSTEMS
4) Crop Planning Strategies  BF Track  Fri, Aug. 9, 2-3:30PM
9) Meeting Needs of Vegetables for Winter Storage  BF Track  
Fri, Aug. 9, 2-3:30PM
84) Growing Quality Vegetables Biodynamically Sat, Aug. 10, 10-11:30AM
114) No-till Vegetables Sat, Aug. 10, 1-2:30PM
170) Weed Control in Vegetables Sun, Aug. 11, 10-11:30AM

CROPS: VEGETABLES
31) Growing Great Fall Brassicas  BF Track  Fri, Aug. 9, 4-5:30PM
40) Sugar Beets & Fodder Beets for Stock and Sucrose Fri, Aug. 9, 4-5:30PM
55) Growing Excellent Tomatoes  BF & ND Track  Sat, Aug. 10, 8-9:30AM
79) Cucumbers To Zucchini: Growing Organic Cucurbits  BF Track 
Sat, Aug. 10, 10-11:30AM
104) Garlic Growing for the Beginner Sat, Aug. 10, 1-2:30PM
138) Making a Living Growing Greens Part Time  ND, OLC & SE Track 
Sun, Aug. 11, 8-9:30AM
193) Potato Culture  BF Track  Sun, Aug. 11, 1-2:30PM
195) Small-Scale Beet Production: Finances, Craft & Science  ND Track 
Sun, Aug. 11, 1-2:30PM

FARM ECONOMICS AND MANAGEMENT
12) Permaculture Fundamentals  OLC & PC Track  Fri, Aug. 9, 2-3:30PM
13) Planning for CSA Success  CSA Track  Fri, Aug. 9, 2-3:30PM
35) Logistics for Starting a CSA  BF & CSA Track  Fri, Aug. 9, 4-5:30PM
51) Farming Smarter, Not Harder: Planning for Profit  BF Track 
Sat, Aug. 10, 8-9:30AM
62) Scaling Up: From Hobby Gardens to Market Farms Sat, Aug. 10, 8-9:30AM
75) Acquiring Your Farm and Accessing Land  BF Track 
Sat, Aug. 10, 10-11:30AM
93) The Efficient Farm Office  BF Track  Sat, Aug. 10, 10-11:30AM
101) Creating a Permaculture Farm  BF, OLC & PC Track  Sat, 1-2:30PM
119) Start a Worker Co-op or Convert an Existing Business  CO-OP Track 
Sat, Aug. 10, 1-2:30PM
130) Create a Vision for your Farm/Organization  BF Track  Sun, 8-9:30AM
134) Growing a Vegetable Farm without Going into Debt Sun, 8-9:30AM
156) Growing Commercially on Sub-Acre Plots Sun, Aug. 11, 10-11:30AM
162) Record Keeping on Diversified Farms  BF & CSA Track 
Sun, Aug. 11, 10-11:30AM
184) Ecological Design Process: The Medium is the Message  OLC & PC 
Track  Sun, Aug. 11, 1-2:30PM
185) Farm Interns as a High Value Crop Sun, Aug. 11, 1-2:30PM
188) Four Season Greenhouse Crop Selection & Strategic Planning  SE Track 
Sun, Aug. 11, 1-2:30PM
FARMING AND THE COMMUNITY
2) Community-Led Food Initiatives Fri, Aug. 9, 2-3:30PM
27) Conducting a Food System Assessment in Your Town Fri, Aug. 9, 4-5:30PM
64) Strategies and Tools for Saving Local Farms Sat, Aug. 10, 8-9:30AM
187) Food Co-ops: Making Healthy, Local Food More Accessible CO-OP Track Sun, Aug. 11, 1-2:30PM

FOOD AND FARM EDUCATION
92) Starting and Maintaining a School Garden OLC Track
Sat, Aug. 10, 10-11:30AM
165) Teaching Teenagers and Accomplishing Farm Work BF Track
Sun, Aug. 11, 10-11:30AM

FOOD PRESERVATION AND COOKING
16) Small-Batch Vegetable Fermentation Fri, Aug. 9, 2-3:30PM
38) Pressure Canner and Dehydrator for Summer’s Abundance Fri, Aug. 9, 4-5:30PM
57) Homemade Raw Milk Products Sat, Aug. 10, 8-9:30AM
78) Cheese Tasting and Describing Sat, Aug. 10, 8-9:30AM
87) Make Delicious Meals with Local Greens Sat, Aug. 10, 10-11:30AM
129) Cooking Dinner in Your Pressure Cooker Sun, Aug. 11, 8-9:30AM
169) Water Bath Canning for Beginners Sun, Aug. 11, 10-11:30AM
179) Advanced Lacto-Fermentation (Vegetables) Sun, Aug. 11, 1-2:30PM

FRUITS AND TREES
5) Establishing Multi-Purpose Coppice Landscapes OLC & PC Track
Fri, Aug. 9, 2-3:30PM
83) Growing Figs in Cold Climates OLC Track Sat, Aug. 10, 10-11:30AM
132) Edible Forest Gardens: From Design to Reality OLC & PC Track
Sun, Aug. 11, 8-9:30AM
192) Organic Apple Growing BF & OLC Track Sun, Aug. 11, 1-2:30PM

GARDEN
7) Human Powered Gardening Fri, Aug. 9, 2-3:30PM
29) Gardening Into the Fall SE Track Fri, Aug. 9, 4-5:30PM
53) Gardening by Cuisine Sat, Aug. 10, 8-9:30AM
108) Improved Production for Medium and Large Gardens ND Track
Sat, Aug. 10, 1-2:30PM
GREENHOUSE
6) Greenhouse Propagation for the Diversified Farm  SE Track Fri, Aug. 9, 2-3:30PM
118) Season Extension for Gardeners & Commercial Growers  OLC & SE Track Sat, Aug. 10, 1-2:30PM
154) Building & Managing Low-tech, Low-cost, Low-tunnels  SE Track Sun, Aug. 11, 10-11:30AM

HERBS
8) Medicinal Plant Propagation Fri, Aug. 9, 2-3:30PM
32) Herbal Medicine-Making: Tinctures, Vinegars, Honeys & Elixers Fri, Aug. 9, 4-5:30PM
82) Grow Your Own Home Health Herb Garden Sat, Aug. 10, 10-11:30AM
95) Weed Wisdom Walk  OLC Track Sat, Aug. 10, 10-11:30AM
107) Herbal Medicine Chest Sat, Aug. 10, 1-2:30PM
136) Include Herbs in Your Diversified Crop Plan  BF Track Sun, Aug. 11, 8-9:30AM
159) Invasive Plant Medicine Sun, Aug. 11, 10-11:30AM
182) Eat your Weedies Sun, Aug. 11, 1-2:30PM

LAND CARE
30) Green Up Your Yard with Organic Land Care  OLC Track Fri, Aug. 9, 4-5:30PM
60) Organic Mosquito and Tick Control  OLC Track Sat, Aug. 10, 8-9:30AM
94) The Resilient & Regenerative Farm & Homestead  OLC & PC Track Sat, Aug. 10, 10-11:30AM
103) Enhancing Wetland Habitat & Aesthetic Value  OLC Track Sat, Aug. 10, 1-2:30PM
120) Why Native Plant Landscapes Matter to You  OLC Track Sat, Aug. 10, 1-2:30PM
131) Ecological Pest Management in Turf  OLC Track Sun, Aug. 11, 8-9:30AM
155) Farmland Native Bee Habitat Creation  OLC Track Sun, Aug. 11, 10-11:30AM
183) Ecodynamic Landcare  OLC Track Sun, Aug. 11, 1-2:30PM
MARKETING
15) Selling to Institutions: Is it Right for My Farm?  **BF Track**  
   Fri, Aug. 9, 2-3:30PM
43) Wholesale Logistics  **BF Track**  Fri, Aug. 9, 4-5:30PM
58) Marketing Strategies for Vegetable Growers  Sat, Aug. 10, 8-9:30AM
77) CSA- Is it for you?  **BF & CSA Track**  Sat, Aug. 10, 10-11:30AM
139) Marketing Pastured Poultry Products for a Small Profit  Sun, 8-9:30AM

NUTRITION AND HEALTH
3) Lyme Disease: An Integrated Medical Approach to Treatment
41) What’s safe? The world of toxicants we Live in.  **OLC Track**  
   Fri, Aug. 9, 4-5:30PM
66) Working with the “Fourfold Path to Healing”  Sat, Aug. 10, 8-9:30AM
89) Protecting Your Working Body: Self Care & Ergonomics for Farmers  **BF & OLC Track**  Sat, Aug. 10, 10-11:30AM
113) Movement to Feel Better  **OLC Track**  Sat, Aug. 10, 1-2:30PM
141) Overcoming Nutritional Phobias: Bacteria & Animal Fats  
   Sun, Aug. 11, 8-9:30AM
157) Healing the Gut through Nutrition  Sun, Aug. 11, 10-11:30AM

OF THE SPIRIT
34) How to Build a Labyrinth…and why!  **OLC Track**  Fri, Aug. 9, 4-5:30PM
56) Home Birth  Sat, Aug. 10, 8-9:30AM
86) Home Funerals and Green Burials  Sat, Aug. 10, 10-11:30AM

ORGANIC CERTIFICATION
110) Introduction to Organic Certification  **BF Track**  Sat, Aug. 10, 1-2:30PM
180) Approved Inputs for Certified Organic Farms  Sun, Aug. 11, 1-2:30PM

POLITICS AND POLICY
17) Soil, Climate and Why Farming Matters  **GR Track**  Fri, Aug. 9, 2-3:30PM
42) Who Really Works on NOFA Organic Farms?  Fri, Aug. 9, 4-5:30PM
52) Farmworkers Movements, Past and Present  Sat, Aug. 10, 8-9:30AM
81) GMO Health Dangers & Legislative Initiatives in N.E.  
   Sat, Aug. 10, 10-11:30AM
117) Raw Milk: Legal History & Current Controversy  Sat, Aug. 10, 1-2:30PM
125.5) Cultivating Policy Change from the Grassroots Up  
   Saturday, August 10, 3:00-4:30 PM
127) America’s War on Food Rights  Sun, Aug. 11, 8-9:30AM
166) The Law of Food Safety: Protecting the Farm from Liability  **BF Track**  
   Sun, Aug. 11, 10-11:30AM
194) Questioning Money & Debt: The Farmer’s Alliance 1880-1894  
   Sun, Aug. 11, 1-2:30PM
PRACTICAL SKILLS
39) Rainwater Harvesting  **OLC & PC Track** Fri, Aug. 9, 4-5:30PM
144) The Use and Maintenance of Traditional Hand Tools  **BF & OLC Track**
Sun, Aug. 11, 8-9:30AM
167) The Use and Maintenance of Scythes  **OLC Track**
Sun, Aug. 11, 10-11:30AM
171) Worm Composting Basics  **OLC Track** Sun, Aug. 11, 10-11:30AM
189) Homebrewing Meads and Fruit Wines Sun, Aug. 11, 1-2:30PM
191) Knots for Farming and Living Sun, Aug. 11, 1-2:30PM

SOIL AND FERTILITY
18) Using Urine As Fertilizer: Farm Scale Pilot  **PC Track**
Fri, Aug. 9, 2-3:30PM
25) Adapting Keyline to Your Landscape  **OLC & PC Track**
Fri, Aug. 9, 4-5:30PM
36) Nitrogen Management in Organic Cropping Systems
Fri, Aug. 9, 4-5:30PM
48.5) Backyard Composting
Sat, Aug. 10, 8-9:30AM
50) Crop/Cover Crop Rotations and Tillage Reduction  **OLC Track**
Sat, Aug. 10, 8-9:30AM
88) Managing Crop Residue Digestion & Nutrient Circulation  **BF, ND & OLC Track** Sat, 10-11:30AM
111) Introduction to Soil Fertility  **BF, ND & OLC Track**
Sat, Aug. 10, 1-2:30PM
143) Survival by Cover Crop  **BF & OLC Track**
Sun, Aug. 11, 8-9:30AM
168) Using Biochar – How and Why  **OLC Track** Sun, 10-11:30AM

URBAN AGRICULTURE
90) Regenerative Urban Ecosystems  **OLC & PC Track**
Sat, 10-11:30AM
133) From Urban to Communal Agriculture in Caracas
Sun, Aug. 11, 8-9:30AM

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**Greenleaf Foundation**

Making Small Grants to non-profit organizations that promote organic farming and gardening and community development throughout New England.

**For more information please contact:**

**Greenleaf Foundation**
P.O. Box 788
Philmont, NY 12565
TOURS
19) TOUR: UMass Student Farming Enterprise: Attracting Native Pollinators  
**OLC Track** Fri, Aug. 9, 2-3:30PM
44) TOUR: Book & Plow Farm: Reconciling Agricultural and Academic Calendars  
**SE Track** Fri, Aug. 9, 4-5:30PM
67) TOUR: Amethyst Farm: Establishing a Windbreak-Hedgerow  
**OLC & PC Track** Sat, Aug. 10, 8-9:30AM
121) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing  
**BF & CSA Track** Sat, Aug. 10, 1-2:30PM
122) TOUR: Wild Browse Farm: Systems for Homesteading  
Sat, Aug. 10, 1-2:30PM
145) TOUR: Simple Gifts Farm: Growing Warm-Season Crops  
**CSA Track** Sun, Aug. 11, 8-9:30AM
172) TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production  
**BF & GR Track** Sun, Aug. 11, 10-11:30AM
198) TOUR: Many Hands Farm Corps Farm: Small Scale Winter Root Storage  
**BF, CSA & SE Track** Sun, Aug. 11, 1-2:30PM
198.5) TOUR: Brookfield Farm: CSA Systems  
**CSA Track** Sun, Aug. 11, 1-2:30PM

Life, actually.

Soil is an amazing living and life-giving ecosystem. The more we learn, the more we realize how the soil’s health affects every living thing above it.

Learn about the basics and benefits of soil health and how to “Unlock the Secrets in the Soil.” Because it’s not just about the soil. It’s about life, actually.
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. Each of these 90 minute sessions below count for 1.5 credits.

In the workshop descriptions starting on page 88, approved workshops are marked with “OLC Track” next to the workshop title. This year it is easier than ever to report your credits – just fill out the online form naming the workshops you attended, and attach or forward your receipt of payment from the conference. Obtain this online form at www.organiclandcare.net under “Accreditation” and then “Reaccreditation”.

Please note, your accreditation fees are due by January 1st, 2014, not when you submit your CEU credits. Call CT NOFA office, 203-888-5146, if you have any questions.

**Fri 2pm –**
1) An Introduction to Seed Saving  
5) Establishing Multi-Purpose Coppice Landscapes  
12) Permaculture Fundamentals  
19) TOUR: UMass Student Farming Enterprise: Attracting Native Pollinators

**Fri 4pm –**
25) Adapting Keyline to Your Landscape  
28) Cut Flowers from the Farm for Weddings  
30) Green Up Your Yard with Organic Land Care  
33) Honey Bee Die Offs & Organic Solutions  
34) How to Build a Labyrinth…and why!  
39) Rainwater Harvesting  
41) What’s safe? The world of toxicants we Live in.

**Sat 8am –**
50) Crop/Cover Crop Rotations and Tillage Reduction  
60) Organic Mosquito and Tick Control  
65) Wild World of Mushrooms  
67) TOUR: Amethyst Farm: Establishing a Windbreak-Hedgerow

**Sat 10am –**
83) Growing Figs in Cold Climates  
88) Managing Crop Residue Digestion & Nutrient Circulation  
89) Protecting Your Working Body: Self Care & Ergonomics for Farmers  
90) Regenerative Urban Ecosystems  
92) Starting and Maintaining a School Garden
94) The Resilient & Regenerative Farm & Homestead
95) Weed Wisdom Walk

**Sat 1pm –**
101) Creating a Permaculture Farm
103) Enhancing Wetland Habitat & Aesthetic Value
105) Getting Started in Beekeeping
111) Introduction to Soil Fertility
113) Movement to Feel Better
118) Season Extension for Gardeners & Commercial Growers
120) Why Native Plant Landscapes Matter to You

**Sun 8 am –**
131) Ecological Pest Management in Turf
132) Edible Forest Gardens: From Design to Reality
137) Log Grown Shiitake Mushrooms
138) Making a Living Growing Greens Part Time
143) Survival by Cover Crop
144) The Use and Maintenance of Traditional Hand Tools

**Sun 10 am –**
155) Farmland Native Bee Habitat Creation
158) Bees and Hives: Fall Management for Winter Preparation
167) The Use and Maintenance of Scythes
168) Using Biochar – How and Why
171) Worm Composting Basics

**Sun 1 pm –**
183) Ecodynamic Landcare
184) Ecological Design Process: The Medium is the Message
192) Organic Apple Growing

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WORKSHOP DESCRIPTIONS BY TIMESLOT

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 Crabtree Basement Lounge (between the registration tent and worcester dining commons), as well as some workshops that are outside on the lawn. There are tour workshops at some local farms and homesteads.

WORKSHOP TRACK KEY
A workshop track lists workshops under a common theme, practice, or perspective. All workshops fit into a topic category; some also fit into a track.

- **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.
- **GR** = Grazing Track: Workshops about grass-based farming.
- **ND** = Nutrient Density Track: Principles of biological farming (mineralization and microbial enhancement) aimed at improving crop nutritional quality at a variety of scales and applications.
- **OLC** = Organic Land Care Track: Attendance qualifies AOLCP (Accredited Organic Land Care Professional) participants for credits in the NOFA Organic Land Care Accreditation Program.
- **PC** = Permaculture Track: Permaculture-based approaches to organic agriculture and ecological design that offer perspectives, skills, and ideas for regenerative land use and creative community building.
- **CO-OP** = Cooperatives Track: Workshops exploring this promising alternative economic model.
- **SE** = Winter Growing and Season Extension Track: Innovations from the farm to the home scale for growing and storing crops year round.
1) An Introduction to Seed Saving  
**BF & OLC Track**  
Beginner
Campus Center 904-08

**Petra Page-Mann:** Life-long seed saver and co-founder of Fruition Seeds.  
**Matthew Goldfarb:** Farming since 1994, co-founder of Fruition Seeds.  
We’ll present a history of seed saving, basic biology of seeds, the development of certain seed crops, and how to begin saving seed on the farm or garden – from sowing to storage. Using simple tools, participants will have an opportunity for hands-on wet- and dry-seed cleaning, and may bring some home.

2) Community-Led Food Initiatives  
All levels
Campus Center 905-09

**Drew Love:** NOFA/Mass Low-Income CSA Program Coordinator, working on food access issues for 4 years.  
**Tracy Whitecloud Rogers:** Dana Farber Peer Leader and community health advocate.  
This workshop will cover how to create successful CSA programs in low-income communities. Overview includes how to establish relationships with community organizations, and build leadership teams led by residents in low-income communities. Participants will have a clear understanding how to replicate this type of program within their own communities.

3) Lyme Disease: An Integrated Medical Approach to Treatment  
**All Levels**
Campus Center 917

**Emily Maiella:** Naturopathic physician, specializing in treating chronic diseases with nutritional and functional medicine.  
I will focus on the treatment of acute and chronic Lyme disease. Therapies addressed: various herbal formulations, diet modification and immune system modulation. Conventional medical approaches will be touched upon. We will address factors that contribute to the development of chronic Lyme, and what it means to have active Lyme, verses “post Lyme syndrome.”

4) Crop Planning Strategies  
**BF Track**  
All levels
Campus Center 911-15

**Tim Wilcox:** Co-owner of The Kitchen Garden farm in Sunderland, MA.  
The better farmer you are on paper, the better your harvests will be. This participant-driven workshop will dig deep into successful crop planning strategies for determining planting size, succession timing, variety selection and other factors that affect harvests. Come ready to participate, as this will be an open discussion.
5) Establishing Multi-Purpose Coppice Landscapes  
**OLC & PC Track**  
**Intermediate**  
Campus Center 101  
**Mark Krawczyk:** Co-author of Coppice Agroforestry (forthcoming), integrated agroecosystem designer and teacher.  
**Dave Jacke:** Co-author of Coppice Agroforestry (forthcoming), and longtime ecological designer.  
Join us to explore the suite of coppice management systems and practical strategies to establish them. Learn about a range of opportunities for added value products as well as some of the Northeast’s most promising species.

6) Greenhouse Propagation for the Diversified Farm  
**SE Track**  
**All levels**  
Campus Center 174-76  
**Jack Algiere:** Four Season Farm Director – Stone Barns Center for Food and Agriculture.  
A well-planned greenhouse propagation system can greatly improve small farm production. I will guide the class through a range of considerations including structures, methods, planning and materials related to the propagation of vegetables, flowers, herbs, and fruit for diversified on farm production.

7) Human Powered Gardening  
**Beginner**  
Campus Center Reading Room (Concourse Level)  
**Ken Gies:** Human powered small scale veggie and garlic grower for about 10 years.  
We will examine tools, ergonomics and cultural practices of manually prepared gardens. The emphasis will be on deep beds, compost, and intensive planting. A discussion of time consumption will compare productivity to a machine-based small-scale garden. I will draw upon ideas from a variety of sources.

8) Medicinal Plant Propagation  
**Beginner**  
Crabtree Basement Lounge  
**Jade Alicandro Mace:** Community herbalist, educator, grower, medicine-maker, medicinal plant conservationist.  
I will cover the different growth habits found among medicinal plants and discuss what propagation methods are appropriate for each. We will discuss field division, layering, and root, wood, and stem cuttings. Timing and appropriate tools will be covered as well. Hand-outs provided.
9) Meeting Needs of Vegetables for Winter Storage  
Campus Center 168C  
**BF Track**  All Levels  
**Ruth Hazzard:** Works on effective winter vegetable storage to expand winter sales.  
**Luke Doody:** Studies construction technology for vegetable storage. Experienced farm infrastructure builder.  
Crop needs for harvest, curing, and storage require appropriate design and engineering to provide heat/cooling, humidity, ventilation, light/dark, and ready access to storage containers. We will cover how to keep crops at best quality for as long as possible and how to optimize cost and energy use when constructing winter storage units.

10) Overview of Draft Implements & Vehicles  
Campus Center 805-09  
**BF Track**  Beginner  
**Erik Andrus:** Farms with horses and bakes bread in the Champlain Valley. This workshop will provide a visual introduction to the world of animal-powered farming technology with a focus on contemporary Northeastern farms. We will learn about the many tasks performed with living horsepower, on farm and off, in the region and elsewhere.

11) Pastured Turkeys for the Thanksgiving Table  
Campus Center 803  
**BF Track**  Beginner  
**Craig Haney:** Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004. From day-old poultis to the Thanksgiving table, we’ll cover the details of husbanding pastured turkeys, giving particular attention to brooding, pasture rotation, housing/roosting, diseases, feeds and preparation for the harvest. Whether for your family or for profit, this workshop will get you started with broad breasted and heritage turkeys.

12) Permaculture Fundamentals  
Campus Center 163C  
**OLC & PC Track**  Beginner  
**Lisa DePiano:** Certified Permaculture designer/teacher and founder of the Mobile Design Lab. 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.
13) Planning for CSA Success

**CSA Track**  
**Advanced**  
Campus Center 165-69  

**Dan Kaplan:** Farm Manager of Brookfield Farm since 1994.  
Brookfield Farm has been running as a CSA for 26 years. I will go over how we manage member data, set pricing, and organize the mix and match distribution at our 525-share CSA operation.

14) Project Financing: from Solar to Deep Energy Retrofits

**Intermediate**  
Campus Center 811-15

**Tad Montgomery:** Ecological Engineer and Founder, Home Energy Advocates of Southern Vermont.  
Everybody would like to improve their home’s energy performance, but it is easy to get lost in the details. We’ll walk participants through the process of getting a home energy audit and/or renewable energy system proposal, figuring out what makes the most sense, and financing the project from energy savings.

15) Selling to Institutions: Is it Right for My Farm?

**BF Track**  
**Intermediate**  
Campus Center 903

**Simca Horwitz:** Farm to Cafeteria Director at Mass. Farm to School Project.  
**Lisa Damon:** Farm to Cafeteria Coordinator at Mass. Farm to School Project.  
This workshop will explore the rapidly expanding institutional market (schools, colleges, hospitals, etc.) for locally grown foods. Gain the tools to evaluate whether sales to institutions fits into your business model and understand the unique characteristics of this sales channel. Hear how different kinds of farms are having success with institutional sales.

16) Small-Batch Vegetable Fermentation

**Beginner**  
Campus Center 804-08

**Andrea Chesman:** Author of The Pickled Pantry and numerous vegetable cookbooks.  
Kimchi, sauerkraut, kosher dills, curtido – fermentation develops flavor and keeps vegetables from spoiling. Working in small-batches simplifies the process and guarantees success with every batch. Taste some fermented pickles and learn the tricks for making no-fail lacto-fermented (salt-brined) pickles safely.

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**GET FRESH WITH A LOCAL FARMER**

Massachusetts Farm Bureau Federation  
*Helping small farms since 1915. You can help too. Visit our exhibit. Join at www.MFBF.net*
17) Soil, Climate and Why Farming Matters  
GR Track  Intermediate
Campus Center Auditorium

**Judith Schwartz:** Vermont-based freelance writer and author of “Cows Save the Planet.”

**Abe Collins:** Vermont-based grazier, soil health teacher & Soil Carbon Coalition founding member.

While we hear about fossil fuels, much legacy carbon derives from poorly-managed soil. The flipside is that carbon can be returned to the soil, thus also enhancing fertility, biodiversity and water retention. We’ll discuss how climate change mitigation and resilience pivots on soil—and how this empowers farmers and activists.

18) Using Urine As Fertilizer: Farm Scale Pilot  
PC Track  All levels
Campus Center 162-75

**Abraham Noe-Hays:** Research director of the Rich Earth Institute. Composting toilet designer.

The Rich Earth Institute has been conducting the nation’s first public and permitted field trials using sanitized urine as fertilizer. Learn how recycling urine is the key to long-term sustainable agriculture, and how farmers and gardeners can make it a central pillar of their soil fertility plan.

19) TOUR: UMass Student Farming Enterprise: Attracting Native Pollinators  
OLC Track  All Levels

**TOUR**

**Amanda Brown:** Extension Educator, UMass Extension & Stockbridge School of Agriculture.

**Rose Boyko:** Graduate of the UMass Student Farm.

Participants will see planting systems that use flowering perennials and cover crops to provide food/pollen for native pollinators. Three types of bee nests will be observable on the farm as well. Topics for discussion include the importance of pollinators and ways to incorporate habitat into a vegetable production system. 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.
CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 9, 2:00-3:30 PM

20) Building Fairy Houses
Mary Lyon Dorm
Age 5-12
Pam Kimball: Working to create sustainable communities and protect the land
www.mountgrace.org.
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!

21) Candle Lantern Making
Mary Lyon Dorm
Age 5-12
Ariana Coate: Gardener and teacher who sees all of life as art.
In this workshop each child will make a beautiful candle lantern to light up the night. The lanterns are made with recycled glass jars and colored tissue paper, and they can be carried, hung, or used as table decorations.

22) Parade Banner Painting
Mary Lyon Dorm
Age 7-12
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.

TEEN WORKSHOPS – FRIDAY, AUGUST 9, 2:00-3:30 PM

23) The Joy and Health Benefits of Keeping Goats
Campus Center UPUB (Concourse Level)
Alisande Cunningham Sweeney: Runs Juniper Hill Farm, an educational homestead in Amherst, MA.
I’ll provide a basic overview of getting started with dairy goats; choosing a breed, milking equipment, goat health care, nutritional benefits, smoothie recipes, take out “books”, and goat groups. This will be hands on outside with live goats. Plenty of time for Q & A.

24) Tie Dye and Get Acquainted
Campus Center UPUB (Concourse Level)
Valerie Walton: Youth Conference coordinator, musician, gardener, educator.
We’ll cover tie-dying basics and then create your own work of art. Bring: pre-washed white fabric or shirt to dye. We will have some ice breakers to help teens become acquainted.
ADULT WORKSHOPS – FRIDAY, AUGUST 9, 4-5:30 PM

25) **Adapting Keyline to Your Landscape**  **OLC & PC Track**  **Intermediate**
Campus Center 162-75

**Mark Krawczyk:** Designs, consults and teaches permaculture and keyline design throughout the northeast.

Australian visionary PA Yeomans developed Keyline Design as a soil building and water harvesting strategy. Fairly unknown in other parts of the world, this holistic management tool informed farm and homestead design there ever since. Learn what Keyline design has to offer and how to adapt it to northeast landscapes.

26) **Biodynamic Livestock Husbandry**  **All levels**
Campus Center 811-15

**Steffen Schneider:** Masters Degree in Agriculture. Farming biodynamically for 30 years.

Why do I want to keep livestock and which kind? How can I evaluate and decide on the appropriate husbandry measures for my animals? What is the role of livestock in a sound farming system? I’ll bring particular focus to livestock nutrition from a specific biodynamic point of view.

27) **Conducting a Food System Assessment in Your Town**  **All levels**
Campus Center 905-09

**Jamie Pottern:** Farm Conservation Program Manager at Mount Grace Land Conservation Trust.

**Emily Wheeler:** Concord Community Food Project steering group member, Concord Ag Committee.

In 2011 two graduate students conducted a town-wide food system assessment in Concord, MA. The report is helping the town increase community resilience by strengthening its local food network. Learn about the methodology used in the assessment and the Concord Food Council. Gain ideas for kick-starting a local food movement in your town.

28) **Cut Flowers from the Farm for Weddings**  **BF & OLC Track**  **Advanced**
Campus Center 917

**Diana Doll:** Grower at StrayCat Flower Farm in Burlington, VT.

As the public’s awareness about the importance of local agriculture increases, more brides are turning to cut flower growers for their wedding flowers. I will cover working with brides (and their families), marketing considerations, labor involved (timing, delivering), and supplies needed to be prepared for presenting a lovely finished product.
29) Gardening Into the Fall  
**SE Track  Intermediate**
Campus Center 165-69

**Al Johnson:** Organic grower for over 35 years. Organic inspector since 1990. Many crops thrive in cool autumn and early winter weather. Learn appropriate crops and varieties, planting options and dates, crop rotations that include opportunities for cover crops, and some simple storage techniques. I will focus on crops planted after the summer solstice grown without crop extension devices.

30) Green Up Your Yard with Organic Land Care  
**OLC Track  All Levels**
Campus Center 904-08

**Bill Duesing:** Co-founder of NOFA Organic Land Care Program.
Your yard can be more than just an abstract idea of what looks good. With proper planning and plants it can be a source of shade, warmth, food, and beauty in a habitat that encourages biodiversity and beneficial organisms, fights climate change, manages water, and welcomes birds.

31) Growing Great Fall Brassicas  
**BF Track  Intermediate**
Campus Center 101

**Nancy Hanson:** Manager of the Hampshire College CSA since 1999.
Members of the Brassica family -- broccoli, cauliflower, cabbage, and others -- are an important part of the fall crop mix at the Hampshire CSA. I will discuss methods of fall production from variety selection to harvest.

32) Herbal Medicine-Making: Tinctures, Vinegars, Honeys & Elixers  
*All levels*
Crabtree Basement Lounge

**Jade Alicandro Mace:** Community herbalist, educator, grower, medicine-maker, medicinal plant conservationist.
Participants will learn how to preserve the herbal harvest. Through hands-on demonstrations and detailed discussion, participants will learn the process for making their own herbal tinctures, vinegars, honeys and elixers. Recipes describing specific guidelines for making each medicinal preparation and samples will be provided.

33) Honey Bee Die Offs & Organic Solutions  
**OLC Track  All Levels**
Campus Center 168C

**Ross Conrad:** Author of “Natural Beekeeping” - Revised and Expanded 2nd Edition.
Honeybees face many affronts to their immune system and it is imperative that beekeepers, farmers, and gardeners learn ways to assist the honeybee. We will review the current state of beekeeping and organic techniques to control hive stressors such as mites, foul brood, and nosema without antibiotics or toxic pesticides.
34) **How to Build a Labyrinth…and why!**  
**OLC Track  All Levels**  
Outside: Meet at Registration Tent.  
**Melinda McCreven:** Earth-based eco-artist, micro-farmer, nature freak. Labyrinths are ancient earth-based circular paths for contemplative journeys; also, a lot of fun to make! As we create a large (temporary) labyrinth for us to walk, I'll give history, tips & techniques. Also covered: mazes vs. labyrinths, and examples of my experiences making them for public & private uses.

35) **Logistics for Starting a CSA**  
**BF & CSA Track  Intermediate**  
Campus Center 803  
**Carolyn Llewellyn:** Farm educator and onetime farmer who helped start several CSAs.  
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 further resources.

36) **Nitrogen Management in Organic Cropping Systems**  
**Advanced**  
Campus Center Auditorium  
**John Spargo:** Director of the UMass Soil and Plant Tissue Testing Laboratory.  
The nitrogen cycle is extremely dynamic making it challenging to manage. This workshop explores the principles and practice of managing this nutrient. I will discuss methods to estimate available nitrogen from soil organic matter, soil amendments, and legumes as well as strategies to improve the synchrony between available nitrogen and crop nitrogen demand.

37) **Pasture and Hayfield Maintenance**  
**GR Track  Intermediate**  
Campus Center 911-15  
**Leslie Cox:** Farm Manager at Hampshire College for 16 years.  
I will cover intensive grazing of pastures, hayfield management, necessary equipment for pasture maintenance and haying, and how to judge and buy new hay and straw for your animals.

38) **Pressure Canner and Dehydrator for Summer’s Abundance**  
**All Levels**  
Campus Center 804-08  
**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.
39) **Rainwater Harvesting**  
**OLC & PC Track**  
**Beginner**  
Campus Center Reading Room (Concourse Level)  
**Lisa DePiano:** Certified Permaculture designer/teacher and founder of the Mobile Design Lab.  
In the Northeast, a 1,200 square foot building sheds over 36,000 gallons of water annually. Rainwater harvesting is a simple and empowering way to reuse this valuable resource. Learn how you can harvest rainwater, prevent flooding, and provide on-site irrigation for rain gardens, ponds and other water features.

40) **Sugar Beets & Fodder Beets for Stock and Sucrose**  
**Intermediate**  
Campus Center 805-09  
**Erik Andrus:** Invents, writes, and farms with horses in Vermont’s Champlain Valley.  
Learn about the possibilities of non-GMO sugar beets, fodder beets, and mangels as a high energy stock feed and about potential value-added use. I will detail three years of beet field trials at Boundbrook Farm and our experiments in value-added applications.

41) **What’s safe? The world of toxicants we Live in.**  
**OLC Track**  
**Beginner**  
Campus Center 903  
**Jonathan Roling:** Environmental Toxicologist, Bridgewater State University.  
**Scott Gorman:** Biology and Chemistry Student at Bridgewater State University. Our daily lives are filled with environmental toxicants, yet most of us rarely know how the chemicals in our lives affect us. We will focus on what makes something toxic and how we are exposed to common poisons. We will also discuss if any level of a poison is “safe.”

42) **Who Really Works on NOFA Organic Farms?**  
**All levels**  
Campus Center 174-76  
**Becca Berkey:** Graduate student with a passion for social justice.  
**Elizabeth Henderson:** Organic farmer, NOFA representative to the Agricultural Justice Project.  
**Louis Battalen:** NOFA representative to Domestic Fair Trade Assn., homesteader.  
What did NOFA’s Organic Farmer Survey tell us about our organic farmers as employers? How do they compare with conventional farmers? What are the biggest market obstacles to making more and paying higher wages? Let’s talk about what we learned and what this means for NOFA and public policy!
43) Wholesale Logistics  BF Track  All levels
Campus Center 163C
Caroline Pam: Co-owner of the Kitchen Garden. Manages farmers market & wholesale sales.
The Kitchen Garden grows 25 acres of high-quality specialty vegetables for restaurants and stores, farmers markets, and CSA. I will discuss strategies for marketing local products to restaurants and other wholesale customers. This workshop will focus on pricing, packaging, communication, and logistics.

44) TOUR: Book & Plow Farm: Reconciling Agricultural and Academic Calendars  SE Track  All Levels
TOUR
Pete McLean: Book & Plow Farm Production Manager.
Book & Plow Farm is in its first year of growing for Amherst College. We will show how we use season extension, freezing, fermenting, and cold storing to satisfy the calendar of the academic community, our main market. Learn how we plan our fields and crops to meet the demands of the dining hall within the farm’s seasonal limitations. DIRECTIONS: from UMass, follow 116 south to Route 9 and turn left heading east. Turn Right onto Southeast Street. Go under the first set of railroad tracks and take your first right. The driveway is next to a fire hydrant. Drive to the top of the hill and park to the left. TOTAL DRIVING TIME FROM UMass: 7 Minutes. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – FRIDAY, AUGUST 9, 4-5:30 PM
45) Creative Writing and Story Telling
Mary Lyon Dorm
Ages 8-12
Sharlow Hitchcock: Teen actor, writer and gardener.
Emily Hitchcock: Teen actor, writer and gardener.
Do you like to write stories? We will perfect our story telling and writing skills through character and plot development exercises. We will show our NOFA spirit with some farming related writing prompts.
46) Go Native in the Garden
Mary Lyon Dorm
Age 6-12
**Lorna Wooldridge:** Teacher, gardener, former homeschooling parent, and dyslexia specialist tutor.
**Phil Wooldridge:** Gardener, small engine mechanic and fixer of about anything.
We will show you how to grow your own native plants from seed, explore together how native plants are used, and learn about the insects whose lifecycles are bound up with them. Every participant will leave with a native seed ball to take home and plant.

47) Playing in the Outdoors
Mary Lyon Dorm
Age 5-12
**Nadia Marti:** Former homeschooler and cooperative games enthusiast; moonlights as an EMT.
**Leo Proechel:** Former homeschooler; spent many nights under the stars; teaches non-violent communication.
Come explore a hidden natural playground on the UMass Campus, the Durfee Playground. We will play cooperative games in the shade of the ancient beech trees.

**TEEN WORKSHOPS – FRIDAY, AUGUST 9, 4-5:30 PM**

48) Organic Filmmaking
Campus Center UPUB (Concourse Level)
**Cheri Robartes:** Filmmaker, musician, teacher and homesteader.
**Doc Pruyne:** Filmmaker, writer, cardplayer and woodman.
We’ll learn a bit about making really good short films for YouTube (or wherever), then we’ll shoot some footage.

**ADULT WORKSHOPS – SATURDAY, AUGUST 10, 8-9:30 AM**

48.5) Backyard Composting
Crabtree Basement Lounge
**Matt Verson:** B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.
We will cover how to reduce household waste while creating a source of fertility with the simple yet profound technology of composting. I will address common problems, ideal situations, and your situation. At the end of this workshop, everyone should have the insight and confidence to create their own backyard compost.
49) **Biodynamic Commercial Dairy Farming**  
*GR Track*  
All levels

**Steffen Schneider**: Masters Degree in Agriculture. Farming biodynamically for 30 years.

Hawthorne Valley Farm contains a dairy with 50-60 cows and a diversified vegetable operation. I will discuss how and why this commercial dairy follows biodynamic farming principles. I will cover specific biodynamic dairy practices, such as calf rearing, grazing principles, other feeding considerations, barn design, manure management, and more.

50) **Crop/Cover Crop Rotations and Tillage Reduction**  
*OLC Track*  
Advanced

**Katie Miller**: Thinking about soil structure at Scratch Farm for 8 years.

Over the past 7 years, we have been developing systems that allow us to use lighter and less tillage. I will explain our crop rotation, and describe how we manage each crop, deal with crop residue, and prep beds. I will show how these practices support the goal of tillage reduction.

51) **Farming Smarter, Not Harder: Planning for Profit**  
*BF Track*  
All Levels


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.

52) **Farmworkers Movements, Past and Present**  
*All levels*

**Nelson Carasquillo**: CATA General Coordinator & Agricultural Justice Project board member.

**Elizabeth Henderson**: Organic farmer, NOFA representative to the Agricultural Justice Project.

We’ll discuss the history of farmworker organizing efforts in the US, presenting a human rights perspective on national policies that codify the plantation system and cheap labor. We’ll discuss implications for various communities of the current “immigration reform” debate in terms of its emphasis on “market forces and future flow of workers.”
53) Gardening by Cuisine  
Beginner  
Campus Center Reading Room (Concourse Level)  
Patti Moreno: Creator and host of GardenGirltv.com; author, “Gardening By Cuisine.”  
Even space-deprived urbanites with just a balcony, tiny backyard, or windowsill, can grow their own food. I present adaptable plans for creating low-maintenance organic “cuisine gardens” that produce vegetables, fruits, and herbs. Geared toward container gardeners, community gardeners, and backyard gardeners, this workshop shows you how to maximize available growing space.

54) Grazing Basics  
BF & GR Track  
Beginner  
Campus Center 811-15  
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.

55) Growing Excellent Tomatoes  
BF & ND Track  
Intermediate  
Campus Center 165-69  
Amy LeBlanc: MOFGA Certified Organic, seedling, vegetable and herb producer.  
Learn how to take tomato production to the next level for home/market gardeners. Learn more about variety choices, soil nutrition, seed starting timing and techniques, coping with disease and pests, supports, pruning and harvesting an amazing and versatile crop. The focus will be on techniques to improve production.

56) Home Birth  
All Levels  
Campus Center 803  
Jen Byington: Childbirth educator with homebirth, pet, and farm animal breeding experience.  
I will briefly review of 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.
57) Homemade Raw Milk Products  
Worcester Dining Hall Oak Room
**Amanda Brooks-Clemeño**: Biology teacher, avid lover of fresh food, and proud Massachusetts hilltowner.
We will focus on the basic techniques and equipment needed to turn raw milk into a delicious and nutritious (and for some much more digestible) food. Learn how to create cultures needed along with correct temperatures. We will make yogurt, a fresh cheese, and start a basic hard cheese.

58) Marketing Strategies for Vegetable Growers  
Campus Center Auditorium
**Atina Diffley**: Organic farmer, activist and author of “Turn Here Sweet Corn.”
Marketing is not a passive process. Market research starts long before the seed is in the ground. Learn how to actively seek buyers, negotiate contracts, build relationships with wholesalers, consumers, and other farmers. This workshop provides general guidance on strategies for marketing organic vegetables. Topics covered are: marketing methods, production decisions, pricing strategies, and merchandising.

59) Nature as Mentor: Raising Pigs Outdoors  
Campus Center 168C
**Craig Haney**: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.
Understanding the nature of pigs should dictate how we manage the swine herd. Using Nature as Mentor, we’ll focus on the biology of the pig while covering the practical management of rearing pigs for meat. Through handling, herd health, feeding, breeding, farrowing, weaning, and harvest the nature of the pig will be emphasized.

60) Organic Mosquito and Tick Control  
Campus Center 163C
**David Melevsky**: Organic landcare specialist in Maine.
Participants will learn to identify, evaluate, and control pest outbreaks through mechanical and organic methods. Pest categories will include turf, mosquitoes, and ticks.
61) Renewable Energy and Efficiency for Homeowners  
Campus Center 917
Paul Scheckel: Author, hands-on off-grid homesteader and energy expert. Insulation or solar panels? I’ll share my knowledge as an energy professional, and experience experimenting, managing and living with sun, wind, wood, biodiesel, and biogas. Participants will learn the basics of various renewable energy systems, and why efficiency is the first step.

62) Scaling Up: From Hobby Gardens to Market Farms  
Campus Center 162-75
Andy Pressman: Agriculture Specialist with NCAT/ATTRA and small-scale intensive farmer. This workshop will focus on steps for managing a small-scale commercial farm. It will showcase intensive farming techniques for producing high value crops and efficiency measures for increasing profits. Learn how to structure a business plan, marketing campaign, and production strategies for commercial success.

63) Small-Scale Wheat and Bean Production  
Campus Center 903
Tevis Robertson-Goldberg: Raises grains, beans, vegetables, and livestock at Crabapple Farm. I will present my experiences with growing wheat and dry beans on a small field scale. Crop and variety selection, crop rotations, planting and harvest timing, harvesting and processing will all be discussed. We have harvested by hand for several years, and are transitioning to more mechanization.

64) Strategies and Tools for Saving Local Farms  
Campus Center 905-09
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.
65) Wild World of Mushrooms  OLC Track  All Levels
Campus Center 805-09
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.

66) Working with the “Fourfold Path to Healing”  Beginner
Campus Center 904-08
Beth Ingham: 25 years Organic farming, Whole Health Educator, Nutritionist, Spacial Dynamics.
“The Fourfold Path to Healing” by Dr. Tom Cowan introduces Rudolf Steiner’s teaching that the human being has four “bodies” or spheres of activity. Good health is enjoyed when all four spheres are in harmony and balance. This workshop will cover the practices of nutrition, therapeutics, movement, and meditation to integrate the whole human being.

67) TOUR: Amethyst Farm: Establishing a Windbreak-Hedgerow  OLC & PC Track  All levels
TOUR
Jono Neiger: A permaculture designer, homesteader, with special interest in tree crops and agroforestry.
From 2011-2012 we designed and planted a multi-species (chestnut, persimmon, nut pines, poplar etc.) windbreak-hedgerow to provide food, biomass, insectary habitat, and to block wind. We’ll look at the young 330’ hedgerow, talk about design, establishment, species, and care. We’ll also tour Amethyst Farm and see the horse farming practices. 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 (.6mi). Turn left on Northeast Street. Amethyst Farm will be on the right. TOTAL DRIVING TIME FROM UMass - 7 MINUTES. ADDRESS: 89 North East Street, Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 10, 8-9:30 AM
68) Painting and Planting
Mary Lyon Dorm
Age 4-8
Anais Sidonia: Longtime NOFA teen and art lover.
Emily Hitchcock: Longtime NOFA teen, gardener, beekeeper and art lover.
We will paint and decorate small pots, and then plant a seed in them. Each participant will have a plant of their own to take home and take care of.
69) Rabbits
Mary Lyon Dorm
Age 9-12
**Leslie Ardison:** 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.

70) Stories, Songs, and Dance
Mary Lyon Dorm
Ages 5-10
**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.

71) Theatre Games
Mary Lyon Dorm
Ages 8-12
**Sharlow Hitchcock:** Teen actor and gardener. **Melanie Conner-Myers:** Teen actor. Do you like to act? To improvise? Are you good at thinking on your toes? We will play some fun improvisational theatre games and activities and show our NOFA spirit with a few farming related theatre prompts.

TEEN WORKSHOPS – SATURDAY, AUGUST 10, 8-9:30 AM
72) The Monopoly of our Food System
Campus Center UPUB (Concourse Level)
**Lucas Lombardi:** Active unschooled college student, who loves politics. In this seminar based workshop we will discuss the current state of our food system here in America. We will cover the many facets of a food monopoly, including the political influence of these corporations, and how they are undermining the integrity of our food.

73) Yoga / Tai Chi for Teens
Campus Center UPUB (Concourse Level)
**Terry Myers:** Gardener, parent, music and yoga teacher. Yoga promotes unification of body and mind, increasing your awareness, and guiding you to a place of peace and inner strength. Stretch your body, relax your mind and find out more about this 4,000 year-old practice. Wear comfortable clothes, bring water bottle, and mat. Some mats available.
ADULT WORKSHOPS – SATURDAY, AUGUST 10, 10-11:30 AM

75) Acquiring Your Farm and Accessing Land  BF Track  All levels
Campus Center 811-15
Mike Ghia: Land For Good Vermont Field Agent, experienced with farm acquisition & business planning.
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 with a Land For Good coach.

76) Backyard Chickens  All levels
Campus Center 917
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) CSA- Is it for you?  BF & CSA Track  Beginner
Campus Center 162-75
Michael Kilpatrick: Farmer & leader at Kilpatrick Family Farm, a year-round, mixed CSA and farmers’ market operation.
Kilpatrick Family Farm has been marketing vegetables since 2005 through CSA. Over the years we have done it in several ways finally settling on a Farmer’s market free-choice system. I will share the successes and challenges that different systems create and if CSA is a good fit for your farm.

78) Cheese Tasting and Describing  All levels
Campus Center 805-09
Suzy Konecky: Cheese maker at Cricket Creek Farm.
Participants will learn how to properly taste artisanal cheeses and describe them. This fermented dairy product is incredibly complex, but we will demystify the questions about what causes flavors and aromas. We will cover basic biochemistry of cheese-making and affinage and see photos of cheese production at Cricket Creek Farm.
79) Cucumbers To Zucchini: Growing Organic Cucurbits  BF Track  All levels
Campus Center Auditorium
Atina Diffley: Organic farmer, activist and author of “Turn Here Sweet Corn.”
The cucurbit family of vegetables (e.g., squash, pumpkins, melons, and cucumbers) provides some of the greatest production challenges in the organic market garden. This workshop provides a seed-to-sale look at the Cucurbit family, including fertility, rotation, cultural requirements and systems, seeding, transplanting, pest and disease management, weed control, harvest and post-harvest handling.

80) Getting Started in Certified Small-Scale Dairying  BF Track  All Levels
Campus Center 903
Sarah/Pepper Fournier-Scanlon: Runs an ever-lively brown cow raw milk CSA.
We will discuss many facets of affordable set-up and infrastructure for a certified small dairy including choosing your herd, milking equipment and procedures, direct and local marketing, bottling, raw vs. pasteurized milk, creative financing, management economics, and the potential for multi-species in one dairy operation.

81) GMO Health Dangers & Legislative Initiatives in N.E.  All levels
Campus Center 163C
Ed Stockman: Biologist, organic farmer, GMO educator, co-founder MA Right To Know GMOs.
Workshop participants will be introduced to the current GMO research and the documented human health dangers of eating GMO foods. The second part of the presentation will focus on what we can do to remove GMOs from our food supply and the current legislative efforts in the Northeast.

82) Grow Your Own Home Health Herb Garden  Beginner
Campus Center 804-08
Sarah Stockwell-Arthen: Has been making herbal foods and remedies for 25 years.
We will discuss creating a garden plan with plants (including wild) that are easy to grow in the Northeast and that help improve your foundational health, build natural defenses, and handle common ailments. We’ll discuss how to grow (and respectfully harvest) the plants, and how to incorporate them into your daily routine.
83) Growing Figs in Cold Climates  **OLC Track  All levels**
Campus Center Reading Room (Concourse Level)
**Lee Reich, PhD:** Farmer, writer, researcher, and consultant.
The seductress fig can be successfully grown throughout the Northeast! Learn to site the tree for optimum ripening, prune, harvest, and, of course, get it through our frigid winters. Fig trees need just a bit of help because they are subtropical plants – not tropical – hardy to between 10 and 20 degrees F.

84) Growing Quality Vegetables Biodynamically  **Intermediate**
Campus Center 803
**Mac Mead:** Director, The Pfeiffer Center; 37 years experience in biodynamic farming.
I will go over the history and basic principles of biodynamics and how they apply to growing high quality vegetables efficiently. I will cover soil preparation, planting, cultivating, spraying, planting calendar, and pest control.

85) Hands-on Draft Horses  **BF Track  Beginner**
Outside: Meet at the horses in the Northeast Residential Area.
**Dale Perkins:** Works with horses on his small farm in Rutland, MA.
I’ll cover the basics of draft horses: Harnessing, driving, care, and management. We will spend a lot of time with hands-on opportunities for participants to harness, drive, and gain a sense of handling draft horses.

86) Home Funerals and Green Burials  **All levels**
Campus Center 168C
**Ann-Elizabeth Barnes:** Home funeral guide.
In this experiential workshop I will demonstrate the basic skills needed to carry out the legal and practical aspects of laying out a loved one who has died, in the home. This workshop gives you the necessary information, confidence and courage to create a meaningful home wake/vigil.

87) Make Delicious Meals with Local Greens  **Beginner**
Worcester Dining Hall Oak Room
**Leslie Cerier:** “The Organic Gourmet” Chef, Caterer, Author, Health Coach, Educator.
Versatile greens: tai soi, mizuna, bok choy, arugala, and several shades of kale are great in internationally flavored meals. Come learn how to make luscious salads, sautés, soups, wraps, sauces, and mix and match herbs, grains, beans, and dairy with a variety of greens everyone will love. Tasty samples offered.
88) Managing Crop Residue Digestion & Nutrient Circulation  BF, ND & OLC Track  All levels
Campus Center 904-08
Derek Christianson: Commercial Vegetable Grower & Community Educator.
Cover crops have long been used to “catch” nutrients and carry them forward to
the next growing season. We will review the basic techniques & recipes of crop
residue digestion sprays for the farm & garden, and consider how to stabilize
minerals and plant metabolites within the soil biosphere.

89) Protecting Your Working Body: Self Care & Ergonomics for Farmers  BF & OLC Track  All Levels
Crabtree Basement Lounge
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. I will describe five
movement categories that largely constitute farm work and present specific ways
to prepare, maintain, and restore the body for each. Lots of time for Q&A.
Handouts provided.

90) Regenerative Urban Ecosystems  OLC & PC Track  All Levels
Campus Center 905-09
Scott Kellogg: Educational Director and Ecological Designer at the Radix
Center in Albany, NY.
Ordinary people can form beneficial partnerships with urban ecosystems,
producing resources and processing wastes internally with the goal of building
resilience and ecological regeneration. Topics explored: anthropogenic
ecosystems, urban ecology, synanthropic species (pigeons), reconciliation ecology
(bee walls), DIY bioremediation, whole-systems CSO mitigation (de-paving, rain-
catching), vertical food production, neighborhood scale composting.

91) Soil Carbon, Grass Physiology, and Livestock Gains  GR Track  Advanced
Campus Center 165-69
Abe Collins: Grazier and educator. Operates Collins Grazing.
This workshop provides an overview of livestock/soil/plant dependencies,
grassland reproductive mechanisms, daily and seasonal cycles in plant energy
levels and ways to engage with plant physiology to achieve maximum livestock
gains and soil health.
92) Starting and Maintaining a School Garden  **OLC Track**  **Intermediate**
Campus Center 911-15

**Mark Warford:** Middle School Assistant Principal, award winning teacher, environmentalist, gardener.
Areas to be discussed include defining your garden’s mission (e.g. donations, cafeteria use, sale to public), structuring garden times during and after school, school garden-friendly veggies, maximizing use of available space, adding fruit trees, Earth Tub composting system, winning the support of administration for your project, and more.

93) The Efficient Farm Office  **BF Track**  **All levels**
Campus Center 101

Learn procedures to eliminate otherwise undetected lost profits. Examine the two paper trails – purchases and sales – to guarantee no lost sales revenue and achieve maximum tax benefits. Set up purchase and bill paying systems for maximum efficiency. Identify pitfalls in the Sales paper trail, including leaks from a CSA, Farmers’ Market, and even invoiced sales.

94) The Resilient & Regenerative Farm & Homestead  **OLC & PC Track**  **Intermediate**
Campus Center 174-76

**Ben Falk:** Land planner, site developer, author, and consultant.
I will present on establishing and operating a high diversity, nutrient-dense food, medicine, and fuel-producing homestead and small farm. Includes: rapid fuelwood production in hedgerows, integrating grazing with perennial woody crops, wood and compost-heated hot water, rice paddy construction and management, ducks, sheep-perennial crop integration, earthworks for drought and flood prevention.

95) Weed Wisdom Walk  **OLC Track**  **Beginner**
Outside: Meet at Registration Tent.

**Jane LaForce:** Gardener, goatherd, earth lover, & sharer of wise woman ways.
We will stroll around the grounds to meet our wild plant friends. I will provide identification and conscious wild crafting tips as well as uses for food and medicine. We will get up close and personal with a number of “weeds” with interesting histories and surprising talents.
97) **Make a Hot Pad**
Mary Lyon Dorm
Age 7-12

**Mary Lou Conna**: Former Scout Leader, former elementary school teacher, and crafter.

Sew four squares together and make a hot pad. Mary Lou has been presenting children’s craft workshops for many years at the NOFA Summer Conference. Children will learn the many rewards of being able to make basic stitches.

97.5) **Make a Splash Water Festival**
Mary Lyon Dorm
Ages 5-9

**Colleen Burke**: Parent, farmer, Project WET coordinator.

Water is one of Earth’s most precious resources. Come celebrate water in this fun festival of games and learning stations, including the popular water relay that demonstrates how farmers “fetched” water, H2O Olympics challenge, and the laugh-out-loud Wictionary.

98) **Music with Friends**
Mary Lyon Dorm
Age 9-12

**Tad Hitchcock**: Musician, Music teacher, gardener, father.

**Valerie Walton**: Believer in music and its power to bring us together.

We will sing, play percussion, and think about ways that music helps us to create friendships and express ideas. Then we will join the teen jam session for a few tunes.

99) **Plant Drawing and Identification**
Mary Lyon Dorm
Age 5-12

**Lani Palm**: Homeschooled farmer/artist.

We will learn to identify plants and learn their distinguishing marks by drawing them.
TEEN WORKSHOPS – SATURDAY, AUGUST 10, 10-11:30 AM

100) Second Annual Jam Session  
Campus Center UPUB (Concourse Level)  
**Santina King**: Graduate of USM, performing and traveling musician and singer/songwriter.  
Bring your instruments! We’ll be getting our songwriting juices flowing, along with some sharing of tunes that we already know. All levels welcome. Bring your ideas.

100.5) **How to Make a Pinhole Camera**  
Campus Center UPUB (Concourse Level)  
**Emma Kraus**: Teen Homeschooler/College Student, 4-H Teen Leader, Photographer, Writer, Sailor. Do you like photography or just love taking pictures? Come learn about the history of pinhole photography and how to make your own working camera out of only a matchbox and film! You will go home with a camera that is ready to use!

ADULT WORKSHOPS – SATURDAY, AUGUST 10, 1-2:30 PM

101) **Creating a Permaculture Farm**  
*BF, OLC & PC Track*  
*All Levels*  
Campus Center 917  
**Andrew Faust**: Premier permaculture teacher with two decades of experience in Northeast.  
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.

102) **Developing a Breeding Flock of Standard-Bred Poultry**  
*Intermediate*  
Campus Center 101  
**Jim Adkins**: Sustainable Poultry Specialist, founder of the Sustainable Poultry Network.  
Breeding is essential for developing sustainable flocks of standard poultry. The decline in these heirloom poultry breeds results from the lack of quality breeding programs. Participants will be introduced to the essentials of breeding various poultry breeds and how to improve and preserve these breeds.

103) **Enhancing Wetland Habitat & Aesthetic Value**  
*OLC Track*  
*Advanced*  
Campus Center 174-76  
**Mike Nadeau**: A true tree hugger, lover of wetlands, Nature student.  
Discussion of different types of wetlands, the permitting process, how to partner with the powers that be, creating a plan that minimizes environmental impact and maximizes aesthetic impact, planning, phasing and organizing, dealing with invasives, planting, browse control, short and long-term maintenance.
104) Garlic Growing for the Beginner  
Beginner  
Campus Center 165-69  
Ken Gies: Small scale garlic grower for almost a decade.  
This will be a “this is a garlic bulb” type of beginner’s class. I will discuss 
basic cultural requirements of garlic, and how and when to plant and harvest. 
Beginners will gain enough information to successfully plant a garlic patch for this 
fall.

105) Getting Started in Beekeeping  
BF & OLC Track  All Levels  
Campus Center 163C  
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.

106) Goat-sniffing: Holistic Herd Management  
BF & GR Track  All levels  
Campus Center 805-09  
Rachel Scherer: Lives with LaManchas in Orange, MA.  
Sniffing your goat is just one of the ways to evaluate goat health. This workshop 
presents a menu of daily observations that enable really deep understanding of 
your herd health. The intuitive approach is backed up with Fecal Egg Counting, 
FAMACHA, and Body Condition Scoring to quantify the objective appraisals.

107) Herbal Medicine Chest  
Beginner  
Worcester Dining Hall Oak Room  
Jane LaForce: Gardener, goatherd, earth lover, & sharer of wise woman ways.  
We will discover a number of common plants (herbs), which can be used to heal 
many common complaints and minor injuries. We will cover harvest and proper 
preparation, and how to build one’s own “medicine chest.” Direct experience 
with some plants and medicines discussed will be provided.

108) Improved Production for Medium and Large Gardens  
ND Track  Intermediate  
Campus Center Reading Room (Concourse Level)  
Steve Walach: Has managed large school gardens for 13 years.  
Presentation will address gardening basics like crop rotations, fertilizers, 
organization of garden space and labor requirements that last year yielded 301 
lbs per 100 sq ft growing bed.
109) Integrating Seed Production on Small Vegetable Farm  
Campus Center 911-15  
**Katie Miller**: Surprised to be running another business.  
For years we have been saving a handful of the varieties we grow and this year we began selling them. Learn our methods for breeding/selection and fitting seed production into a crop rotation and planting schedule.

110) Introduction to Organic Certification  
*BF Track*  
Campus Center 811-15  
**Duncan Cox**: Certification Administrator for Baystate Organic Certifiers. Former certified organic grower.  
This workshop presents the basics of organic certification. Let us convince you that you can become organically certified. It is a lot easier than most people think. Extensive Q&A on all aspects of organic certification.

111) Introduction to Soil Fertility  
*BF, ND & OLC Track*  
Campus Center 803  
**David Forster**: Soil fertility and crop consultant.  
What the heck is all this science stuff? Can’t I just throw seeds at dirt? I will be teaching the basics of soil fertility, including the physical, mineral, and biological components of soil. I’ll cover clay, organic matter, exchange capacity, soil testing, and soil microbes and how these things relate to plant growth.

112) Making Herbal Creams, Oils & Lip Balms  
Crabtree Basement Lounge  
**Sarah Shields**: Farmer & herbalist for 14 years, owner of Birch Moon Herbals. You will blend your own herbal oil, then pour your own lip balm, and lastly we will make a healing herbal hand-cream which you can scent yourself! A $5 material fee sends you home with a sample of each. No experience necessary. You will learn the skills to do this at home. Herbs will be discussed, and a list of suppliers and recipes provided!

113) Movement to Feel Better  
*OLC Track*  
Campus Center 804-08  
**Beth Ingham**: Spacial Dynamics Level I and Level II candidate.  
“Most of us are constantly mis-using our bodies by constricting and cramping the body space resulting in exhaustion, pain and ultimately dis-ease. When we learn to move beautifully, the result is strength, endurance, effectiveness and ease.” Jaimen McMillian, Founder of Spacial Dynamics. We will do non-strenuous exercises to move more efficiently in life activities. All ages & abilities can participate and will benefit.
114) No-till Vegetables  
Campus Center Auditorium

**Lee Reich, PhD:** Farmdener, writer, researcher, and consultant.
No-till, when integrated with nurturing the ground from the top down, avoiding soil compaction, maintaining a soil cover, and pinpointing watering, grows healthy plants while minimizing weed problems. The principles and practices are rooted in the latest agricultural research. Discussion will cover gardens, farmdens, and small farms.

115) Raising a Family Cow  
GR Track  
Beginner

Outside: Meet at the cow in the Northeast Residential Area.

**Leslie Cox:** Farm Manager at Hampshire College for 16 years.
Wondering about getting a cow? We will meet at the cow, talk about all the beginning things you need to know about buying, keeping, breeding, and milking a cow on a small acreage. Find out about the commitments you will need to make, then, you’ll get to hand milk Coco.

116) Raising Rabbits Organically  
All levels

Outside: Meet at the rabbits in the Northeast Residential Area.

**Leslie Ardison:** Has raised rabbits for 19 years.
Pasturing rabbits is more complex than putting good fence around a nice pasture. Nonetheless, people have been keeping rabbits in diverse natural settings for centuries. We’ll demonstrate several housing examples, and discuss pros and cons of each. We’ll cover nutrition, anatomy, breeds, finding or mixing organic feed, diseases, and good management practices.

117) Raw Milk: Legal History & Current Controversy  
All Levels

Campus Center 168C

**Michael Pill, Esq., Attorney at Law:** Massachusetts land law specialist, including agricultural law.

**Bob Ritchie, Esq.:** Former General Counsel of Massachusetts Department of Agricultural Resources.

**Arthur Kreiger, Esq.:** Leading Massachusetts environmental & land use lawyer and mediator.
Panel discussion will review legal history of raw milk regulation and prohibition over the past century, including federal and state court cases, law review articles, reasons underlying the 1987 federal ban on interstate transport of raw milk, and judicial rejection of “cow share” schemes.
118) Season Extension for Gardeners & Commercial Growers  
Track  All levels  
Campus Center 162-75  
**Michael Kilpatrick**: Farmer & leader at Kilpatrick Family Farm, a year-round, mixed CSA and farmers’ market operation.  
Drawing on 8 years of experience of commercial production for our year round, 175 member CSA and 2 year-round weekly farmer’s markets, I will show farmers and gardeners how to grow and store crops year-round.

119) Start a Worker Co-op or Convert an Existing Business  
CO-OP Track  All Levels  
Campus Center 904-08  
**Erbin Crowell**: Executive Director of the Neighboring Food Co-op Association.  
**Adam Trott**: Staff Developer for the Valley Alliance of Worker Co-ops.  
Participants will learn the basics of the co-operative model, its relevance to local economies, and the process for business development. We’ll focus on worker co-ops in the food system, and also consider multi-stakeholder models, which include producers and consumers. We’ll provide guidance for people exploring a co-operative business start-up or conversion.

120) Why Native Plant Landscapes Matter to You  
OLC Track  All Levels  
Campus Center 905-09  
**Claudia Thompson**: Founder and President, Grow Native Massachusetts.  
Native plant landscapes are as essential to human health and organic food production as they are to biodiversity as a whole. Learn why working to restore native plant communities deserves to be a priority for landscapers and farmers, and for all who care about the health of our shared ecosystem.

*The Certified Humane Program created a gold standard for animal welfare.*

-USA Today

Why Choose Certified Humane®?

-If you want farm animals that are not confined in crates or cages
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121) TOUR: Red Fire Farm: Mechanical Cultivation and Produce Packing & CSA Track  Advanced
TOUR
Ryan Voiland: Owner and Co-manager of Red Fire Farm, growing 100 acres of organic vegetables. We grow certified organic produce for 1,500 CSA shares, farm stands, farmers markets and wholesale accounts. I will show infrastructure & systems we use to manage and operate the farm including produce packing facilities, greenhouses, tractors & implements, crop layout, rotations, weed management, soil fertility and more. Tour will likely include a wagon ride across the river and into some of the more distant fields. 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.

122) TOUR: Wild Browse Farm: Systems for Homesteading  All levels
TOUR
Sharon Gensler and Pru Smith: Co-directors of Wild Browse Farm and Sustainability Center. Homesteading for 30+ years. Visit our little bit of “paradise”. We’ll explore our gardens, berries, orchard, woodlot, and buildings. See systems in action: hot water-solar, wood cook-stove, photovoltaic, pastured poultry, composting toilet, garden systems, greenhouse, and hoop house. See what a nine acre wooded rocky landscape can look like after 30 years of homesteading. Bring your questions and we’ll share our dreams! DIRECTIONS: Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. At 5-way intersection, go straight through the traffic light then immediately bear right onto MA-63 N. Follow Rt. 63 for 8 miles. At the sign for Lake Wyola State Park, take a sharp right onto N. Leverett Rd. Follow N. Leverett Rd., which will turn into Lakeview Rd at Lake Wyola. At stop sign, just past Lake Wyola, turn left onto Locke Village Rd. Take the 1st left onto West St. At end of West St. Turn right onto Montague Rd. Take the 2nd right onto Bullard Pasture Rd. Go 0.75 miles. Wild Browse Farm will be on the left. Park at end of road, in F&WL parking lot or along side of roadway as close to edge as possible, on left side of road. TOTAL DRIVING TIME FROM UMass: 40 Minutes. ADDRESS: 87 Bullard Pasture Rd, Wendell, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.
CHILDREN’S WORKSHOPS – SATURDAY, AUGUST 10, 1-2:30 PM

123) Children’s Parade & Celebration Prep
Mary Lyon Dorm
age 5-12
Children’s Conference Teachers:
Mark and Sue:
Sing songs, decorate floats, paint faces, dress up, and create a wonderful parade! Children’s conference teachers will help children make hats, streamers, and decorations for this annual event. The Expandable Brass Band will join the kids and show off their instruments. Later they will march in the parade. Parents: please arrive by 2:30 p.m. to be with your children in the parade.

TEEN WORKSHOPS – SATURDAY, AUGUST 10, 1-2:30 PM

124) The Hows and Whys of Composting at School
Campus Center 903
Karen DiFranza: Directs the Quabbin Composting and Organic Gardening Program.
Students from Quabbin Composting and Organic Gardening Program:
There are numerous reasons to compost at school: preventing greenhouse gas production; creating a valuable resource for growing organic veggies; and empowering people to make choices about how they use natural resources. We’ll present ideas about how to get started at your school.

125) What is Your Ecological Address?
Campus Center UPUB (Concourse Level)
Seth M. Yarish: High School marine science & chemistry teacher for 25 years. Participants will learn what is their “ecological address” and how they are connected to the environment through the watershed they’re part of. Workshop involves group and individual activities followed by group discussion. This will be a hands-on and minds-on workshop. Participation is important.

WORKSHOPS DURING THE FAIR – 3:00-4:30 PM

125.5) Cultivating Policy Change from the Grassroots Up  All Levels
Campus Center 904-08
Steve Gilman: Policy Coordinator for the NOFA Interstate Council.
Elizabeth Henderson: Co-Chair of the NOFA-IC Policy Committee.
Alexis Simpson: Co-Chair of the NOFA-IC Policy Committee.
David Rogers: Policy Adviser for NOFA Vermont, organizing regionally for GMO Labeling.
Labeling GMOs, reviving the Farm Bill, redirecting FDA’s Food Safety regulations, transforming farm labor are among the active issues on NOFA’s policy agenda. This is a policy discussion session where participants can hear what NOFA-IC is working on, and provide feedback on potential new directions.
ADULT WORKSHOPS – SUNDAY, AUGUST 11, 8-9:30 AM

126) 100% Horse-Powered, Bio-Extensive Market Gardens  All levels
Campus Center 163C
**Stephen Leslie:** Farms at Cedar Mountain Farm in Hartland, VT. Author, The New Horse-Powered Farm.
I will present information on the set up and/or transition to managing a market garden with live horse power with an emphasis on the bio-extensive method, exemplified by Anne and Eric Nordell. Tools and systems for successful market gardening with horses will be explained.

127) America’s War on Food Rights  All levels
Campus Center 905-09
**David Gumpert:** Nationally known writer on food rights and raw milk.
I’ll explain the expanding federal and state crackdown on private food sales—farm raids, court suits, trials, arrests—why it’s happening, how it’s moved beyond raw milk into meat and eggs, why it is nearly certain to expand into veggies via the Food Safety Modernization Act, and how we can fight back.

128) Backyard Biogas  Beginner
Campus Center 903
**Paul Scheckel:** Author, hands-on off-grid homesteader and energy expert.
Learn how to make and use your own renewable natural gas from farm and kitchen wastes or wood, using a small biogas digester and simple wood-gas camp stove. Workshop covers the basics of both biogas and wood gas. Participants will be introduced to the fundamentals of both anaerobic digestion and pyrolysis.

129) Cooking Dinner in Your Pressure Cooker  All levels
Worcester Dining Hall Oak Room
**Kathy Harrison:** Has been teaching food preservation for over ten years.
Today’s pressure cookers are safe and easy to use; they save time, energy and money and provide nutritious food. Lose your fear of pressure and put dinner on the table in half an hour. We will make meat and veggies in the pans. Pressure canning will be discussed but not demonstrated. Lists for equipment and books included in the hand-out.

130) Create a Vision for your Farm/Organization  BF Track  All levels
Campus Center 911-15
**Jack Mastrianni:** Sustainable business consultant who raises apples, pumpkins and sheep.
Without a clearly imagined and articulated vision, your farm/business is adrift in a stormy sea. Learn how to build a compelling vision that attracts people and resources. This is a practical workshop where you will work on creating your future. For people starting or changing course in developing a farm, business, or non-profit enterprise.
131) Ecological Pest Management in Turf  
**OLC Track  Beginner**
Campus Center 803

**Mary Owen:** Extension Turf Educator and Specialist, University of Massachusetts, Amherst.

Attendees will learn 1) environmentally sensible practices that enhance a turf’s ability to withstand pests and maximize its environmental benefits 2) the impact of cultural practices on pest and stress tolerance 3) selection, use, and effectiveness of organic management materials for residential and commercial lawn pests.

132) Edible Forest Gardens: From Design to Reality  
**OLC & PC Track  Intermediate**
Campus Center Auditorium

**Jono Neiger:** A permaculture designer and homesteader with a nine-year-old forest garden.

**Keith Zaltzberg:** Designs and builds edible forest gardens throughout New England.

Forest Gardening is a strategy for low-input productive forest mimics. Learn different approaches we’ve used to establish forest gardens in various settings. We’ll compare practices such as transplanting into sheet mulch and planting nodes of guilds. There will be time for discussion to share your experiences in the development of temperate forest gardens.

133) From Urban to Communal Agriculture in Caracas  
**All levels**
Campus Center 804-08

**Jessica Luna:** Urban agroecology advocate, student at the Bolivarian University of Venezuela.

Urban agriculture in Venezuela is a key strategy for food sovereignty – using ecological principles to provide healthy and inexpensive food for Venezuela’s urban population. Learn how agricultural initiatives in Caracas are increasing environmental awareness, improving quality of life, strengthening social sovereignty at the local level, and promoting new economic and social relations.

134) Growing a Vegetable Farm without Going into Debt  
**All Levels**
Campus Center 904-08

**Benjamin Shute:** CSA farmer at Hearty Roots Community Farm in the Hudson Valley.

Presentation of budgets, business plans, and lessons learned at our vegetable farm over the first eight seasons, as we grew from 30 CSA shares to over 500, and moved from renting land to becoming landowners.
135) Heirloom Crops for the Home or Market Garden  
Beginner
Campus Center 162-75

Amy LeBlanc: MOFGA Certified Organic, seedling, vegetable and herb producer.
Learn the origins of our now common food crops, many originating in the far corners of the world. We’ll discuss the many wonderful varieties that grow well in the Northeast and are profitable for both home and market gardeners. Explore seed sources, marketing tips, and recipes.

136) Include Herbs in Your Diversified Crop Plan  
BF Track  All levels
Campus Center Reading Room (Concourse Level)

This workshop provides several reasons for including herbs in a diversified crop plan. It will discuss the growing, harvesting and marketing of a variety of popular herbs and look at different methods of propagation such as: starting from seed, stem cuttings, root division, and layering.

137) Log Grown Shiitake Mushrooms  
BF & OLC Track  Beginner
Campus Center 168C

Ross Conrad: Author of “Natural Beekeeping” Revised and Expanded 2nd Ed.
I will share my experience participating in a recent SARE grant project to test the feasibility of growing mushrooms commercially on a small scale in the Northeast. We will cover everything from sourcing logs, spawn and equipment, to inoculation, fruiting, harvesting, and marketing fresh and dried Shiitake mushrooms.

138) Making a Living Growing Greens Part Time  
ND, OLC & SE Track  Intermediate
Campus Center 165-69

Dan Kittredge: Life-long farmer with a family. Motto: “Quality of life matters.”
This workshop covers the practices, systems, and materials used on Kittredge Farm. Primary focus will include fertility, planting, space, infrastructure, budget and logistics. We aim to gross $1,000 a week on a quarter acre at least 30 weeks a year on 20 hours a week. Learn what makes it possible.

139) Marketing Pastured Poultry Products for a Small Profit  
Intermediate
Campus Center 917

Jim Adkins: Sustainable Poultry Specialist, founder of the Sustainable Poultry Network.
This workshop offers necessary information and skills to make a profit through heritage poultry farming. Participants will learn the direct and indirect costs of getting started with a flock of sustainable poultry. Learn about processing and selling birds, get tips for marketing, and explore opportunities for networking with liked-minded farmers.
140) **Profitability with Grass-fed Beef**  
*BF & GR Track*  
All Levels  
Campus Center 805-09

**Ridge Shinn**: Grass-farming pioneer planning to “Save the Planet” with grazing herbivores.

Learn to pick the right type of cattle for success on grass by measuring and by training your eye to “see” it. Learn to extend the grazing season to reduce hay costs – the biggest cost in a grass-fed operation. I’ll present results from a SARE-funded project studying Winter Grazing.

141) **Overcoming Nutritional Phobias: Bacteria & Animal Fats**  
*All levels*  
Campus Center 101

**Dan Hegerich**: Holistic Natural Health Educator, Consultant and Life Coach.

As a six-time cancer survivor, I will present why you don’t need to fear bacteria nor saturated fats, how to get more into your diet for optimal health, and the connection of soil health to human health.

142) **Raising Sheep Organically**  
*BF & GR Track*  
All Levels  
Campus Center 811-15

**Kimberly Mastrianni**: B.S. in Animal Science, raising sheep organically for 8 years.

Participants will learn options for managing sheep organically including information on breeds and housing, practices for parasite control, handling, feeding and health care. The presentation provides an overview of the basics of organic certification for livestock including general requirements, where to go for help, and management requirements.

143) **Survival by Cover Crop**  
*BF & OLC Track*  
All levels  
Campus Center 174-76

**Elizabeth Dyck**: Coordinator, Organic Growers’ Research and Information-Sharing Network (OGRIN).

Forget about purchased inputs—use cover crops to sustain your farm! Join us to discuss how both old standbys (e.g., oats, buckwheat) and exotics (e.g., phacelia, crotalaria) can fit between and among cash crops and prevent or ameliorate soil and pest issues. Also learn how to save your own cover crop seed.

144) **The Use and Maintenance of Traditional Hand Tools**  
*BF & OLC Track*  
*All levels*  
Outside: Meet at the volley ball court in the Northeast Residential Area.

**Shelby Howland**: Has been working on hand tool only farming for 7 years.

**Sy Schotz**: Suburban raised disillusioned student athlete turned Hilltown herdsman and permaculturalist.

I will talk about variation in tools and their uses in previous eras and today. I will discuss sharpening, basic upkeep, and uses of the most common tools (shovel/spade, hoe, pruners/loppers, axes). I will also discuss some aspects of tool design.
TOUR: Simple Gifts Farm: Growing Warm-Season Crops

Jeremy Barker-Plotkin: Has been in the business of growing vegetables for 15 years. Simple Gifts Farm grows 16 acres of vegetables on community-owned farmland in North Amherst. We sell through a 300-member CSA program, at farmer’s market and an onsite farmstand. This tour will give a general overview of our vegetable operation, with a focus on how we produce peppers, tomatoes, cucumbers, and summer squash. DIRECTIONS: Drive north on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. ADDRESS: 1089 N. Pleasant St., Amherst, MA. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

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

146) Beekeeping For Everyone
Mary Lyon Dorm
Ages 5-12
Anita Deeley: Beekeeper, honey bee educator and founder of Beverlybees.com.
Learn to identify honeybees and understand their role as pollinators, spot the queen in a real observation hive, try some raw local honey, roll your own beeswax candle, and perform a mock hive inspection in a beekeeping suit!

147) Clay Techniques
Mary Lyon Dorm
Age 5-12
Pearl Silverman: Studies ceramics and pottery; enjoys teaching children to create with clay.
Learn simple clay techniques, such as coil-building and pinch pots, used by many cultures to create vessels. We will be using air-dry clay, so participants can take their projects home. Come get your hands dirty and make something beautiful!

148) Gluten-Free Baking
Mary Lyon Dorm
Age 5-12
Rayna Palm: Homeschooled farmer and baker.
We will make a gluten-free cake (and eat it too!) using local ingredients. We will also go over different aspects of gluten-free living and how to do it!
149) Yarn and Tree Branches
Mary Lyon Dorm
Age 2-7
**Audrey Cronin**: Long time NOFA member and third year children’s conference teacher.
We will use yarn and beads to make beautiful creations from tree branches and cardboard cut outs as well.

**TEEN WORKSHOPS – SUNDAY, AUGUST 11, 8-9:30 AM**
150) Animal Husbandry and Human Midwifery
Campus Center UPUB (Concourse Level)
**Jen Byington**: Childbirth educator with homebirth, pet, and farm animal breeding experience.
I will present information regarding pregnancy and birth of pets, farm animals, and humans, concentrating on the variety that is of most interest. A chance will be provided for anonymous questions to be submitted so that topics can be tailored to issues of special interest to the participants.

151) Encaustic Painting and Bee Talk
Campus Center UPUB (Concourse Level)
**Stéphanie Williams**: Artist and beekeeper, originally from France.
Do you like drawing or painting? Encaustic (which also goes by “hot wax painting”) is an ancient technique. Learn to paint with hot wax while learning about the bee hive and its products, and taste testing various honeys.

**ADULT WORKSHOPS – SUNDAY, AUGUST 11, 10-11:30 AM**
152) Adding Value: Heritage and Ancient Grains
All levels
Campus Center 174-76
**Elizabeth Dyck**: Coordinator, Organic Growers’ Research and Information-Sharing Network (OGRIN).
**June Russell**: Manager of Farm Inspections and Strategic Development, Greenmarket, GrowNYC.
Join researchers from the Value-Added Grains project to learn about grains with high potential: heritage varieties and the ancient wheats – emmer, einkorn, and spelt. We’ll discuss their nutritional attributes, how best to grow and process them, and the growing markets for them. Seed sources and dehulling options will also be considered.
154) Building & Managing Low-tech, Low-cost, Low-tunnels  
**SE Track  All Levels**
Campus Center 162-75
**Daniel Botkin**: Athlete, teacher, and farmer 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.

155) Farmland Native Bee Habitat Creation  
**OLC Track  All levels**
Campus Center 905-09
**Tom Sullivan**: Sustainable landscape designer devoted to solving pollination crises in foodscapes.
Learn strategies for attracting high numbers of native bees to your farm by protecting, enhancing and/or providing much needed nesting and foraging habitats, and bee-scaping practices within margins of your fields that increase seed and fruit set for your crops, while also strengthening future generations of these highly beneficial insects.

156) Growing Commercially on Sub-Acre Plots  
**Intermediate**
Campus Center 904-08
**Charlie Radoslovich**: Born and skilled in NM, studied in OR, growing in Lexington, MA.
Interested in entering farming with a low overhead? Over the past 4 growing seasons, Rad Urban Farmers has been repurposing underutilized plots of land in Boston Metro West for micro farming. I will cover the strategies we have used, focusing on growing techniques, land acquisition, and marketing the final product.
157) Healing the Gut through Nutrition  
All levels 
Campus Center 168C

**Dr. Chris Decker:** Naturopathic Physician, Homeopath, Certified GAPS Practitioner, Primal Doc, WAPF Chapter Leader.

Healthwise, our gastrointestinal tract is where the action is. Eighty percent of our immune system lies there, and our basic well-being – psychological and physical – is affected by it. I’ll discuss nutritional approaches to healing including the paleo and GAPS diets. Learn how gut health determines general health – from chronic to acute conditions.

158) Bees and Hives: Fall Management for Winter Preparation  
OLC Track 
Advanced 
Campus Center 917

**Jean-Claude Bourrut:** Bee-keeper for 20 years; the more I learn, the less I know. Maximize your chances for hive survival the natural way. The workshop presents key steps to take during the Fall and Winter to help honeybees. We’ll discuss beehive food security, preparing the colonies in the Fall, and winterizing the hives.

159) Invasive Plant Medicine  
All levels 
Campus Center Reading Room (Concourse Level)

**Timothy Scott:** Acupuncturist, herbalist, author, and gardener living in southern Vermont.

I will demonstrate the ecological benefits and healing abilities of invasive plants. Contrary to conventional thought, these prolific plants are actually serving essential environmental functions, while at the same time they are providing inhabitants with powerful healing remedies and nourishing foods.

160) Managing a Diverse Organic Farm  
BF Track  Intermediate 
Campus Center 163C

**Julie Rawson:** Loves to grow things and help people find their way. Pulling on 30 years of experience and 25 years of organic certification, I will discuss our animal, vegetable, fruit enterprises, our unique labor pool of ex-offenders and institutionalized folks, and how we get it all done. I will focus on my favorite topic – superior soil fertility/animal health.

161) Field and Pasture: Creation and Re-creation  
BF & GR Track  All Levels 
Campus Center 805-09

**Bruce Scherer:** Continually creating and re-creating Heritage Fields Farm in Orange, MA.

Thinking about purchasing land or starting to work with land that is not yet “shovel ready”? This workshop will step through strategies for restoring abandoned fields and pastures for crops and livestock. How to evaluate the site, and balance time and money in choosing the techniques to remove unwanted vegetation and appropriately amend and prepare the soil.
162) Record Keeping on Diversified Farms  BF & CSA Track  Intermediate
Campus Center 911-15
Dina Brewster: Manages a USDA certified organic produce and livestock farm. Good recordkeeping strategies help me analyze the economic and ecological successes of our farm. Participants will first determine WHICH RECORDS are important to keep and then work on concrete strategies for HOW to keep them.

163) Remineralize your Goats!  GR Track  All levels
Campus Center 811-15
Rachel Scherer: Lives with LaManchas in Orange, MA. Producing nutrient dense goat milk and meat depends on a complex microbial ecosystem in the caprine gut, one that is critically dependent on a wide array of minerals. I'll describe the interactions of minerals and microbes, health issues arising from imbalances, and how to get them in your goat’s diet. Includes much scientific detail.

164) Seed Choices on the Farm  BF Track  Beginner
Campus Center 101
Tevis Robertson-Goldberg: Farms, saves seed, and breeds new varieties at Crabapple Farm. What varieties should you grow? I'll address the benefits and drawbacks of different seeds, from hybrids to heirlooms, commercial to home-saved, in terms of genetics, quality, price, and politics. I'll discuss how seeds are bred and produced commercially, and look at options for alternative seed systems.

165) Teaching Teenagers and Accomplishing Farm Work  BF Track  Beginner
Campus Center 803
Jon Belber: Winner of two national teaching awards. Holly Hill Farm Education Director. Holly Hill Farm collaborates with schools, teachers, and students to efficiently grow a wide variety of vegetables for homeless shelter. I will explain how different parts of the growing season demand different and occasionally repeating tasks. Topics include hands on activities, compost, weeding, seed sowing, and soil making.

166) The Law of Food Safety: Protecting the Farm from Liability  BF Track
Beginner
Campus Center Auditorium
Jason Foscolo: Attorney specializing in agricultural and food businesses. The FDA is rolling out a set of sweeping regulations that are changing the way food is cultivated and prepared. Participants will gain an understanding of 1) The Food Safety Modernization Act 2) civil liabilities arising from food safety issues on the farm 3) potential consequences of food borne illnesses caused by farm products and 4) risk mitigation.
167) The Use and Maintenance of Scythes  
**OLC Track  Beginner**  
Outside: Meet at the registration tent, and walk to grassy spot by Marks Meadow (behind North Apartments)  
**Shelby Howland:** Has been working on hand tool only farming for 7 years.  
**Sy Schotz:** Suburban raised disillusioned student athlete turned Hilltown herdsman and permaculturalist.  
All the grass fed to animals before tractors was cut with a scythe. Grain, grass and brush can all be cut efficiently with a scythe, so long as it is used correctly and kept in shape. We’ll cover sharpening and peening. Opportunities to try out the scythes.

168) Using Biochar – How and Why  
**OLC Track  Intermediate**  
Campus Center 903  
**Bob Wells:** Organic farmer, machine designer, entrepreneur, founding partner, New England Biochar LLC.  
I will describe multiple reasons for applying biochar and biochar mixes to your farm or garden, recommend methods and quantities, and discuss the many benefits of growing with biochar.

169) Water Bath Canning for Beginners  
**Beginner**  
Worcester Dining Hall Oak Room  
**Kathy Harrison:** Has been teaching food preservation for over ten years.  
All aspects of canning in a water bath canner will be demonstrated and discussed, equipment, techniques, safety, appropriate foods to can, jar handling, etc. A list of equipment sources included in the handout.

170) Weed Control in Vegetables  
**Intermediate**  
Campus Center 165-69  
**Bryan O’Hara:** Growing vegetables at Tobacco Road Farm in Lebanon, CT for 22 years.  
Learn to reduce and eliminate weeds using no-till systems as well as mechanical controls (e.g. hoeing, mowing, hand weeding, flaming, and tractor cultivation). I will also cover using mulches, cover crops, stale seed beds and microbial inoculations to shift soil microbiology to favor crops and allow fewer weeds.

171) Worm Composting Basics  
**OLC Track  Beginner**  
Crabtree Basement Lounge  
**Ben Goldberg:** Making worm bins and composting with worms since 1995.  
We will discuss what you will need to know to successfully start and manage a worm bin. Learn about the various kinds of bins, care and feeding of the worms, separating the castings, plus, a whole lot of cool things about worms.
TOUR: Simple Gifts Farm: Integrating Livestock and Vegetable Production

**BF & GR Track**  *All levels*

**TOUR**

**Emily Hale Sills:** Assistant Manager at Simple Gifts Farm.

**Matthew Alexander:** Assistant Manager at Simple Gifts Farm.

Our tour will focus on the integration of livestock into a small-scale vegetable farm as a source of soil fertility, as well as an opportunity for meat and egg production. We will also discuss our long-term breed plans, and the benefits of livestock on a community-oriented farm. **DIRECTIONS:** Drive north from the campus on North Pleasant St., which is the road that separates the Campus Center and the Northeast Residential Area. Simple Gifts Farm will be on the right in less than a mile. Look for the big sign. **ADDRESS:** 1089 N. Pleasant St, Amherst, MA. **ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.**

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

173) **Buttermaking For Kids**
Mary Lyon Dorm
Age 5-12

**Santina King:** Graduate of USM, performing and traveling musician and singer/songwriter.

**Jen Byington:** Homeschooling mother of four, organic farmer.

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

174) **Common Herbs and Their Uses**
Mary Lyon Dorm
Age 5-12

**Hedy Stegner:** Homesteader, Children’s Conference Teacher, with interest in herbs and sustainability.

We will learn to identify herbs such as dried nettle, fresh plantain, fresh dandelion, and fresh mullein and we will learn about some of the potential healing qualities (and reasons to be cautious of) of these common herbs. We will have a drink of honey-sweetened cold nettle tea.

175) **Making Friendship Bracelets**
Mary Lyon Dorm
Age 9-12

**Murphy Kenny:** Teen Crafter who sells hand made accessories.

**J.Barr Kenny:** Parent, elementary art teacher, gardener.

Come and have fun making friendship bracelets! Participants will learn 4 basic stitches. Together we will start bracelets to take home and finish on our own. People with no experience can come and learn how, and those with experience can learn new techniques.
176) Papermaking
Mary Lyon Dorm
Age 5-10
**Amanda Hansell:** Pediatric occupational therapist, passionate about connecting children and nature.
Children will learn how to make paper using recycled materials. They will gather their own herbs, flowers, and other natural items to decorate. Each child will create their own paper to bring home!

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**TEEN WORKSHOPS – SUNDAY, AUGUST 11, 10-11:30 AM**
177) Exploring Sustainability After High School
Campus Center UPUB (Concourse Level)
**Erin Senghas Kassis:** Production Manager at Nine Mile Farm, Delmar, NY.
**Nathan Aldrich:** Sustainability Coordinator for UMass Amherst Auxiliary Enterprises.
College? Career? Internships, gap years, and traveling abroad? This workshop explores post-high school options for studying organic agriculture, permaculture, and sustainable practices. We will hold a conversation between workshop participants and a panel of recent college graduates about the experience of choosing a college and following your passion.

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178) Tracking and Awareness Games
Campus Center UPUB (Concourse Level)
**Rayna Palm:** Homeschooled farmer teen.
**Lani Palm:** Homeschooled farmer teen.
We will play fun awareness games and practice walking silently even where there are leaves that could give you away. We will also teach some common birds in the area.

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**ADULT WORKSHOPS – SUNDAY, AUGUST 11, 1-2:30 PM**
179) Advanced Lacto-Fermentation (Vegetables)
Campus Center 803
**Dan Rosenberg:** Founder/co-owner of Real Pickles.
This is a discussion-based workshop for those with prior experience lactofermenting vegetables. It’s an opportunity to discuss successes and challenges, trade ideas, etc. You’re welcome to bring samples from home. Possible topics could include salt concentration, temperature, gas-release methods, ingredient combinations, and use of starters.
180) Approved Inputs for Certified Organic Farms  
All levels

Campus Center 911-15

Taryn Kennedy: Researcher, consultant, educator, and OMRI Product Review Coordinator.

This workshop presents resources to identify and source agricultural inputs that are compliant with the National Organic Standards. Includes an explanation of how these standards were established, and how to keep track of ongoing changes. Describes the role of OMRI in verifying compliant products.

182) Eat your Weedies  
Beginner

Campus Center 917

Mira Nussbaum: A decade of sharing my passion for wild foods and invasive plant medicine. Many farms are selling weeds as fun, decorative, flavorful, and nutritious additions to salad mixes. Learn about common weeds in gardens, lawns, and wood edges. Info on how to identify, harvest, process and preserve these plants, plus nutritional and healing properties. We’ll taste plants in both raw and cooked form.

183) Ecodynamic Landcare  
OLC Track  All Levels

Campus Center 804-08

Steven Restmeyer: Trailblazer in the field of ecological landscape design and maintenance.

We will cover theory and practice of ecological landscape design and maintenance, including the basics of EPM (Ecological Pest Management) and the “Ecological Wheel of Balance”. Practical applications for ecological lawn, tree and shrub care will be included.

184) Ecological Design Process: The Medium is the Message  
OLC & PC Track  Intermediate

Campus Center Auditorium

Dave Jacke: Longtime ecological designer.

We can only create ecological human habitats mimicking natural ecosystems if we use an ecological design process. Such a process teaches us both how to integrate people and site, but also how to create healthy “human natures”. We’ll explore ecodesign case studies, and discuss how the ecodesign changes the designer.
185) **Farm Interns as a High Value Crop**  
*All Levels*

**Campus Center 904-08**

**Daniel Botkin**: Athlete, teacher, and farmer in Gill, MA.

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

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186) **Optimizing Livestock Health From the Soil Up**  
*BF & GR Track*  
*All Levels*

**Campus Center 805-09**

**Rebecca Brown**: Midwestern Bio-Ag soil consultant and Dairy Herd Manager.

Livestock health starts with soil health. Learn how soil, pasture management, feed selection, low-stress handling, and nutritional aids all play key roles in producing healthy livestock. I’ll cover how to read soil tests and feed tests and which management aspects maximize livestock health.

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187) **Food Co-ops: Making Healthy, Local Food More Accessible**  
*CO-OP Track*  
*All Levels*

**Campus Center 174-76**

**Bonnie Hudspeth**: Outreach Coordinator for the Neighboring Food Co-op Association.

**Micha Josephy**: Program Manager for the Cooperative Fund of New England.

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.

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188) **Four Season Greenhouse Crop Selection & Strategic Planning**  
*SE Track*  
*Intermediate*

**Campus Center 163C**

**Jack Algire**: Four Season Farm Director – Stone Barns Center for Food and Agriculture.

This workshop will lay out the primary challenges of four season greenhouse systems as well as outline strategies for developing a practical model to suite the diversified farm. We will discuss innovations, crop selections, and techniques to improve the ecological and economic viability of this system throughout the seasons.
189) **Homebrewing Meads and Fruit Wines**  
*Beginner*  
Campus Center 101  
**Jonathan Roling:** Biologist who enjoys experimenting with home-brewing beers and wines.  
Learn the basics of homebrewing from equipment, recipes, sterilization, fermentation, bottling, and aging. Oftentimes we think of the sugars used for brewing to be from grapes (wine) or grains (beer), but this course will focus on other sugars including honey, maple syrup, table sugar, apples, agave, or other creative brews.

190) **Humane Mobile Poultry Slaughter and Marketing**  
*BF Track  All Levels*  
Campus Center 811-15  
**Ali Berlow:** Author, editor, mother, housewife.  
**Robert Booz:** Chefs Collaborative Network Manager, writer, cook, sustainability advocate.  
Participants will learn a rounded community approach to implementing a humane mobile poultry unit, and how to successfully market local poultry to consumers. Topics include: equipment needs, potential funding sources, permitting, training a paid crew and how to support local poultry farmers, backyard growers, and eaters with education, advocacy and cooking suggestions.

191) **Knots for Farming and Living**  
*All Levels*  
Crabtree Basement Lounge  
**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.

192) **Organic Apple Growing**  
*BF & OLC Track  Beginner*  
Campus Center Reading Room (Concourse Level)  
**Cathy Harragian:** Runs Bird of the Hand Farm, a 3.5 acre organic apple orchard.  
Learn organic techniques to control apple pests. Insect pests covered include: plum curculio, coddling moth, and apple maggotfly. Diseases covered: scab, powdery mildew, and apple cedar rust. Pruning and maintenance of orchards and apple variety selection will also be addressed. Marketing discussion covers issues related to the perception of a perfect apple.
193) **Potato Culture**  **BF Track**  **Intermediate**  
Campus Center 165-69  
**Bryan O’Hara:** Growing vegetables at Tobacco Road Farm in Lebanon, CT for 22 years.  
We will discuss the techniques for production of potatoes from hand tools to tractor tools and implements. Variety selection, prepping potatoes for planting, furrowing, hilling and cultivation, irrigation, disease and pest control, diggers and harvesting, storage, and marketing.

194) **Questioning Money & Debt: The Farmer’s Alliance 1880-1894**  **All levels**  
Campus Center 905-09  
**Sue Peters:** Member, American Monetary Institute; member, Green Phoenix Permaculture.  
I’ll present the history of the 19th century Farmers’ Alliance and how it informs the struggle today for a just monetary system for farmers and the rest of the working people of the nation. Participants will gain insights into where money comes from and ways to take control of our monetary system to create a more just world.

195) **Small-Scale Beet Production: Finances, Craft & Science**  **ND Track**  **All levels**  
Campus Center 162-75  
**Derek Christianson:** Community Educator & Commercial Vegetable Grower at Brix Bounty Farm, Dartmouth, MA.  
**Nicki Anderson:** Production Manager at Brix Bounty Farm.  
A Beet Renaissance is well underway. We’ll present a thorough review of our beet production (~3,000 bunches on 1/5th acre in 2013), where we focus on producing high-quality, nutrient rich beets bursting with flavor. From production techniques & variety selection to fertility considerations we’ll discuss keys to better beet production.
197) The Pretty Good House  
Campus Center 903
Jim Coate: Designer/builder. Enjoys electric vehicles, solar power and urban gardens.
Join the discussion of a practical approach to green building that has grown in response to formal programs like Energy Star, Passivhaus, LEED and LBC. Participants will look at what it means, how it can help build a better house, and then make their own list of “pretty good” criteria.

198) TOUR: Many Hands Farm Corps Farm: Small Scale Winter Root Storage  
BF, CSA & SE Track  Intermediate
TOUR
Ryan Karb: Amateur builder; founder & farmer at Many Hands Farm Corps. This tour focuses on our winter storage areas. I’ll show two examples: a walk in cooler and a primitive root cellar – both of which I built at minimum cost with tools farmers and homeowners commonly own. I’ll describe the basic design, materials used, cost, and required building time. 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.

198.5) TOUR: Brookfield Farm: CSA Systems  CSA Track  Intermediate
TOUR
Zoe Abram: Apprentice at Brookfield Farm since 2012.
Brookfield Farm has been running as a CSA for 26 years. This farm tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-shared CSA operation. It will also cover soil fertility management and appropriate scale machinery. 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.
CHILDREN’S WORKSHOPS – SUNDAY, AUGUST 11, 1-2:30 PM

199) “Playing Fowl”: Caring for Our Chicken Friends
Mary Lyon Dorm
Age 5-12
Claudia Lewis: Homeschool mom; raised backyard birds and critters for ten years.
Kristy Delfausse: Elementary librarian in Brooklyn, NY; avid gardener; likes farm animals.
Come explore the world of naturally raised chickens for eggs and meat! We will use hands-on learning tools and discuss our experiences with these industrious creatures!

200) Fun Science in Your Kitchen
Mary Lyon Dorm
Age 7-12
Christina Leuci: Longtime NOFA Summer Youth Conference volunteer.
Children will be using safe common kitchen ingredients to make fun chemical products. We will make Flubber, a mixture of glue and borax, bouncy eggs, tie die milk, and we will experiment with balancing utensils.

200.5) Growing Green: The Wacky World of Plants
Sunday, August 11, 1:00-2:30PM – Mary Lyon Dorm
Ages 6-10
Lily Joslin: Food Corps Service Member.
Esther Gottesman: Garden Educator.
We will play fun games exploring plant life cycles and nutrient needs, learning just what it takes for a tiny seed to grow into the delicious fruits and veggies that we eat every day.

201) Knead, Knead, Knead Organic Pizza!
Mary Lyon Dorm
Age 5-10
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.

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

202) Drop Spindle
Campus Center UPUB (Concourse Level)
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.

203) Investigating Renewable Energy  OLC Track
Campus Center UPUB (Concourse Level)
Heather Botelle: Has more than 10 years experience teaching about renewable energy.
Participants will learn about the advantages and disadvantages of solar and wind as renewable energy options. If the sun is shining we will explore the importance of angles in the solar design. We will discuss the importance of blade design in windmills and build several types for testing.
198.5) **Zoe Abram**: Brookfield Farm, [www.brookfieldfarm.org](http://www.brookfieldfarm.org), 24 Hulst Rd, Amherst, MA 01004, 413-253-7991, zoe@brookfieldfarm.org

102, 139) **Jim Adkins**: Sustainable Poultry Network, [www.sustainablepoultrynetwork.com](http://www.sustainablepoultrynetwork.com), 642 Moffitt Hill Road, Old Fort, NC 28762, 209-890-5326, jim@centerforpoultry.com

177) **Nathan Aldrich**: UMass Permaculture Initiative, [www.UMassPermaculture.com](http://www.UMassPermaculture.com), 97 Orchard Street, Somerville, MA 02144, 978-852-5852, naldrich@mail.aux.umass.edu

172) **Matthew Alexander**: Simple Gifts Farm, [www.simplegiftsfarmcsa.com](http://www.simplegiftsfarmcsa.com), 1089 N. Pleasant St, Amherst, MA 01002, msalexander20@hotmail.com

6, 188) **Jack Algiere**: Stone Barns Center for Food and Agriculture, [www.stonebarnscenter.org](http://www.stonebarnscenter.org), 630 Bedford Rd, Pocantico Hills, NY 10591, 914-366-6200 ext 115, jacka@stonebarnscenter.org

8, 32) **Jade Alicandro Mace**: Milk & Honey Herbs Medicinal Plant Nursery, [www.milkandhoneyherbs.com](http://www.milkandhoneyherbs.com), 163 Leverett Rd, Shutesbury, MA 01072, 413-253-8076, milkandhoneyherbs@gmail.com

195) **Nicki Anderson**: Brix Bounty Farm, [www.brixbounty.com](http://www.brixbounty.com), 858 Tucker Road, Dartmouth, MA 02747, 508-992-1868, nicki.br@gmail.com

10, 40) **Erik Andrus**: Boundbrook Farm, [www.goodcompanionbakery.com](http://www.goodcompanionbakery.com), 276 Burroughs Farm Rd., Vergennes, VT 05491, 802-877-1396, erik@goodcompanionbakery.com

69, 116, 202) **Leslie Ardison**: 198 Ashburnham State Road, Westminster, MA 01473, 774-278-0216, lardison@yahoo.com

145) **Jeremy Barker-Plotkin**: Simple Gifts Farm, [www.simplegiftsfarmcsa.com](http://www.simplegiftsfarmcsa.com), 241 Pine Street, Amherst, MA 01002, 413-549-1585, simplegiftsfarm@gmail.com

86) **Ann-Elizabeth Barnes**: Sacred Undertaking, 138A Jug End Road, Great Barrington, MA 01230, 413 429-6561, annelizbarnes@gmail.com

42) **Louis Battalen**: Apple Valley, Ashfield, MA 01330, 413 824-1292, louis@topoftheforest.com

165) **Jon Belber**: Friends of Holly Hill Farm, Inc, [www.hollyhillfarm.org](http://www.hollyhillfarm.org), 236 Jerusalem Rd, Cohasset, MA 02025, 781-383-6565, jbelberhollyhill@hotmail.com

42) **Becca Berkey**: Antioch University of New England, 198 Hyde Park Ave., Unit 1, Jamaica Plain, MA 02130, 407-506-9204, becca@topoftheforest.com

190) **Ali Berlow**: Edible Vineyard, [www.aliberlow.com](http://www.aliberlow.com), PO Box 4849, Vineyard Haven, MA 02568, 508-680-6360, Ali@ediblevineyard.com

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37, 115) **Leslie Cox**: Hampshire College Farm, Mail Code FC, 893 West Street,
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149) **Audrey Cronin**: 17 June Street, Auburn, MA 01501, 508-799-2278,
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23) **Alisande Cunningham Sweeney**: Juniper Hill Farm, 45 Schoolhouse Rd.,
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15) **Lisa Damon**: Massachusetts Farm to School Project,
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157) **Dr. Chris Decker**: Christine C. Decker, ND., www.drchrisdecker.com, 92
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146) **Anita Deeley**: Beverly Bees, www.beverlybees.com, 978-778-8276,
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199) **Kristy Delfausse**: 125 Hastings Pond Rd, Warwick, MA 01378,
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Sat night debate) **Justine Denison**: Denison Farm, 33 Buttermilk Falls Rd.,
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12, 39) **Lisa DePiano**: Mobile Design Lab, www.mobiledesignlab.org, 38
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58, 79) **Atina Diffley**: Organic Farming Works LLC, www.atinadiffley.com,
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124) **Karen DiFranza**: Hands to Earth,
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65) **Jenna Antonino DiMare**: The Mushroom Forager,
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28) **Diana Doll**: StrayCat Flower Farm, www.straycatflowers.com, 234 Pine St,
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30) **Bill Duesing**: Solar Farm Education, www.organiclandcare.net, PO Box
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31) **Nancy Hanson**: Hampshire College CSA, 
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192) **Cathy Harragian**: Bird of the Hand Farm, www.birdofthehand.com, PO Box 264, Sterling, MA 01564, 978-422-6217, organicgardendesign@verizon.net

38, 129, 169) **Kathy Harrison**: www.preservingabundance.com

9) **Ruth Hazzard**: UMass Amherst, Extension, www.umassvegetable.org, 250 Natural Resources Rd, Amherst, MA 01003, 413-427-3067, rhazzard@umext.umass.edu

141) **Dan Hegerich**: Absolute Health & Healing, www.danhegerich.com, PO Box 131, Stockbridge, MA 01262, 413-663-4985, heg1965@yahoo.com

42, 52, 125.5) **Elizabeth Henderson**: Agricultural Justice Project, www.agriculturaljusticeproject.org, PO Box 596, Newark, NY 14513, 585-764-8471, Elizabethhenderson13@gmail.com

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

98, 201) **Tad Hitchcock**: 18 Webb Street, Methuen, MA 01844, 617-694-9653, TadHitchcock55@gmail.com

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144, 167) **Shelby Howland**: Beals Hill Farm, www.howlandtools.com, 11 Birch Rd, Shelburne Falls, MA 01370, 413-824-0204, showlandjr@gmail.com

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

66, 113) **Beth Ingham**: Noonday Farm, PO BOX 71, Winchendon, MA 01475, H-978-297-1148; C-978-894-4278, noondayfarm@gmail.com

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

5, 184) **Dave Jacke**: Dynamics Ecological Design, www.edibleforestgardens.com, 1 Chevalier Ave., Greenfield, MA 01301, 603-831-1298, davej@edibleforestgardens.com

29) **Al Johnson**: 54 Nedsland Ave., Titusville, NJ 08560, 609-730-0939, dajjorg@verizon.net

187) **Micha Josephy**: Cooperative Fund of New England, www.coopfund.coop, 35 Eldridge Rd. # 101, Boston, MA 02130, 617-910-8065, michea@coopfund.coop
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198) **Ryan Karb**: Many Hands Farm Corps, www.manyhandsfarmcorps.com, PO Box 278, Amherst, MA 01004, 774-279-1042, manyhandsfarmcorps@gmail.com

90) **Scott Kellogg**: Radix Ecological Sustainability Center, www.radixcenter.org, 59 Elm Street, Albany, NY 12202, 512-294-9580, sk@radixcenter.org

180) **Taryn Kennedy**: OMRI (The Organic Materials Review Institute), www.omri.org, PO Box 11558, Eugene, OR 97440-3758, 541-343-7600 x. 106, marketing@omri.org

175) **J.Barr Kenny**: 120 West Central St., Natick, MA 01760, 508-653-9246, mmprobst@gmx.co.uk

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