Welcome to the NOFA Summer Conference!

This is your guide to the workshops, presenters, campus, exhibits, music and dance events, community events, films, meals, and more!

Saturday Keynote Address by Dr. Elaine Ingham
TABLE OF CONTENTS
Welcome..............................................................................................................2
Sponsors and Donors........................................................................................3
NOFA Membership Information....................................................................13

LOGISTICS
Parking Information.......................................................................................14
Checking-in and Housing Options..............................................................16
Food Options and Menus..............................................................................19
General Logistical Information...................................................................28

PROGRAM DESCRIPTIONS
Saturday Keynote.........................................................................................33
Pre-Conferences............................................................................................34
Children’s Conference.................................................................................38
Teen Conference..........................................................................................40
Music, Dance, Films, and Fun
  • Friday Night..........................................................................................44
  • Saturday Afternoon...............................................................................45
  • Saturday Night.....................................................................................50
  • Sunday Afternoon.................................................................................51

CONFERENCE SCHEDULES
Conference Schedule..................................................................................55
Workshop Grid...............................................................................................58
Adult Workshops by Category.......................................................................65
NOFA AOLCP Credit-Approved Workshops.............................................74
Workshop Descriptions by Time Slot.........................................................79

REFERENCE GUIDES
Presenters....................................................................................................137
Exhibitors.....................................................................................................148
Exhibitor Classifieds....................................................................................149
2014 NOFA Summer Conference Committee........................................150
Local Hotels & Motels, Directions to Swimming.......................................152
Connect to the UMass Wireless Network................................................153
Campus Maps..............................................................................................154

What “local food” has been waiting for...
Dear Friends,

Welcome to the 40th annual NOFA Summer Conference. Since 1975 NOFA has been presenting practical skills for organic food production and land management. As our community’s knowledge expands, we are pushing forward the cutting edge of agroecological innovation.

This year, we celebrate our collective history by presenting how ecologically regenerative practices for conserving and building soil, which NOFA has always stood for, can be refined and marshalled as a key component of addressing the central crisis of our time: climate disruption.

While agriculture is already a victim of climate disruption, soil management regimes also affect the climate. We’re learning that regenerative farming holds carbon molecules in soils, where they help to grow nutritious food for people, instead of burning off into the atmosphere where they further disrupt the climate.

In these times of sobering scientific predictions of climate meltdown, we are called upon to offer concrete solutions. NOFA supports people in developing practical skills we need to offer the world what it needs to be worthy of future generations living here.

Our keynote speaker this year, Dr. Elaine Ingham, is a soil ecologist who teaches that the most important creatures on our farms live in the soil. Our crops and animals can’t achieve their potential, nor can they coexist harmoniously with the climate, unless this underworld of soil life is healthy.

With the wealth of presentations and forward-thinking people gathered here, let’s all come away from this year’s conference with one new thing we can do to foster the ecological regeneration our planet so desperately requires.

To help people connect with others based upon common interests, we have organized “NOFA Meet-ups” on Saturday during the Fair from 5:00-6:00pm. NOFA Meet-ups this year include: Beekeepers, Beginning Farmers, Christian Farmers, Herbalists, Homesteaders, Jewish Farmers, and Carbon Farmers.

AND PLEASE REMEMBER: Help us improve this conference by filling out an online evaluation after the event. Immediately following the conference, registrants will receive an evaluation link by e-mail, which will also be posted to www.nofasummerconference.org.

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

Sincerely,

Ben Grosscup, NOFA Summer Conference Coordinator
We thank those who donated so others could attend the Conference...


And thank you to the farms and businesses that donated food and their support for this year’s Conference!

Atlas Farm
Barrington Roasters
Brookfield Farm
Chase Hill Farm
Coombs Family Farms
Eden Foods
Equal Exchange
Grandy Oats
Hawthorne Valley Farm
Horizon Organic
Katalyst Kombucha
Neighborly Farms
New England Naturals
Next Barn Over
Once Again Nut Butters
Orchard Hill Breadworks
Organic Valley
Pete and Gerry’s Eggs
Pierce Bros Coffee
Powissett Farm
Real Pickles
Red Fire Farm
River Valley Market Co-op
Sidehill Farm
South River Miso

Missed out on donating this year? Join us in support by planning a donation for 2015. Email hannah@nofamass.org to learn more.
To organic farmers everywhere for treating their animals and earth with care and treating us with some of the finest organic ingredients around, thanks.

Significant discounts to growers who buy early.

**FALL PREBUY PROGRAM**

September 22 – December 15, 2014

Photo by Jeremy Oldfield, Yale Farm Manager and Field Academic Coordinator

Donegan Family Dairy, VT. One of the Organic Valley family farms that supply milk for our yogurt

Photo by Jeremy Oldfield, Yale Farm Manager and Field Academic Coordinator

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Many varieties of untreated and organic seeds

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Dry Blends are a good way to improve your soil biology!

Fall Blends
Spring Blends
Custom blends, to your specs or based on your soil sample.

Custom Application
Lime & Dry Blends

Animal Health Products

Dr. Paul’s Tinctures
Wound Spray
Calf Start

Dr. Sarah Products
Shoo-Fly
Udder Salve

Wound Salve
Foot Fix Spray
and much more

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Layer Ration
Poultry Starter
Poultry Grower

Poultry Finisher
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Pork Power Finisher

Calf Stater
ORG and Biological Feeds Available

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Foliar Sprays
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Fruit Mix

Use natural and organic liquid blends and Foliar Products to Enhance your produce and forage’s true energy

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Naturally Interested in Your Future
Ryan Voiland, owner of Red Fire Farm, got started farming while still in high school. Shortly after college graduation, he purchased his first farm and his business has been growing, from the ground up, ever since.

To accomplish their expansion goals and provide adequate shares to a growing client base, the Voilands turned to Farm Credit East to help purchase land of their own and expand the business. “I talked with other banks, but Farm Credit East has a much deeper understanding of agriculture,” said Ryan.

In addition to financing assistance for several expansions, the Voilands discovered that Farm Credit East could also be a key resource in preparing their payroll. “When we first started our business, we hired someone to do our payroll who wasn’t familiar with agriculture and made a number of mistakes,” said Ryan. “That person just didn’t understand the regulations specific to agriculture, so we turned to Farm Credit East.”

With key financing opportunities and the added protection of payroll support, Red Fire Farm has grown to be one of the largest CSAs in Western Massachusetts. Serving more than 1,500 CSA summer shares, plus 2,000 fruit, egg, flower and winter shares, they’re once again preparing their thriving business for growth.
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, 126 Derby Ave., Derby, CT 06418, (203) 308-2584, ctnofa@ctnofa.org, or join at www.ctnofa.org.

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

››› New Hampshire: Individual/Couple $35, Family/Farm $50, Non-Profit $75, Business $100, Basic/Student $25*. Contact: NOFA-NH, 84 Silk Farm Road, Concord, NH 03301, (603) 224-5022, info@nofanh.org, or join at www.nofanh.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, membership@nofany.org, or join at www.nofany.org.

››› Rhode Island: Student/Senior $20, Individual $30, Family $40, Business $50. Contact: Membership NOFA RI, c/o Dan Lawton, 247 Evans Road, Chepachet, RI 02814, (401) 523-2653, nofari@live.com, or join at www.nofari.org.

››› 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, or join at www.nofavt.org.
PARKING INFORMATION

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

- **Lot 44** is available for parking throughout the entire conference at no charge. Lot 44 is located just north of North Apartments, which is the location for dorm suites. (On the campus map on page 154, you will find lot 44 at the cross section of 1 and C). Just park and you can leave your car here for the entire conference for free! No hassle of moving it! Signs will direct you from the parking lot to the Registration Tent. For most people, especially those staying on campus throughout the weekend, lot 44 will be the preferred parking location. In general, please read parking signs carefully and be sure to pay for any metered parking during hours of operation.

- **The Campus Center Parking Garage** will be open all weekend and is adjacent to the Conference Center. The rate is $1.50/hour during the day, and a $3.00 flat rate from 5:00 pm - 5:00 am, payable in cash only to the garage attendant upon exit. If you will be in the garage for an extended period, request a discount coupon at the registration tent. This coupon entitles you to a full day of parking in the garage for a flat $5.00/day. Simply present the discount coupon, along with your garage gate ticket, to the attendant the first time you exit the garage. The attendant will charge you the entire amount up front and staple a receipt to your coupon, which allows you to come and go for the rest of your duration on campus. (On the campus map on page 154, you will find the Parking Garage at the cross section of 3 and B).

For Exhibitors: Exhibitors must set-up vending spaces either on Friday, August 8 between 1:00pm and 5:00pm or on Saturday, August 9 between 7:00am and 9:00am. During the day on Friday, 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. NOFA volunteers will assist with moving items for exhibits to the exhibit tent. On Friday, from 1pm - 5pm, a detail officer will ensure that unpermitted vehicles do not park in this lot. 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. Please plan to walk from your parking area, bringing camping gear with you.

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 fees are subject to change.) 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.

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D Acres Permaculture Farm & Educational Homestead

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Organizational Administrator
Culinary & Hospitality Specialist

For more information visit www.dacres.org

D Acres is a 501c3 non-profit educational center in Dorchester, NH that researches, applies and teaches skills of sustainable living and small-scale organic farming.
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
- Thursday 4:00pm-7:00pm
- Friday 7:00am-3:00pm & 6:00pm-8:00pm
- Saturday 6:30am-1:00pm & 4:00pm-7:00pm
- Sunday 7:00am-11:00am

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 Dwight Hall, just north of the Exhibit/Registration tents, facing Eastman Lane. Those staying in a Suite should check in at North Apartment Building D, which is just south of Lot 44.

Dormitories: Singles (1 single bed; limit of 1 adult and 1 child per room), Doubles (2 single beds; limit 2 adults and 2 kids per room), and Suites (4 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), 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 Dwight Hall (dorms) or North Apartments Building D (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 deposit ($70 for EACH key and card combination issued), payable to UMass Conference Services. (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 should be parked on the lawn in the tent area. Toilets and showers are in the nearby Dwight 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. RV’s must stay in assigned lot. There are no hook-ups available.

Late Arrivals: If you arrive after registration hours, campers set up your tent in the camping area; for dorms go to Dwight Hall; or for suites go to North Apartments Building D to get your room assignment.
FOOD OPTIONS AND MENUS

2014 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, hannah@nofamass.org.

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

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

Walk-in Prices for Meals: Conference participants can walk in and pay cash to eat on an as-available basis. Cash prices are higher than the advance price:

- • Adult Breakfast - $15.00; Adult Lunch - $20.00; Adult Dinner - $22.00
- • Teen Breakfast - $13.00; Teen Lunch - $18.00; Teen Dinner - $20.00
- • Child Breakfast - $11.00; Child Lunch - $16.00; Child Dinner - $17.00
(Those 12 and under are considered “children,” except children under 3 who are free.)
WORCESTER DINNING COMMONS MENU

FRIDAY

Breakfast
Blueberry pancakes
Omelet Bar (organic eggs, cheese, onions, peppers, mushrooms, spinach, tomatoes)
Bacon
Vegan Tofu scramble
Steamed Greens

Breakfast Bar: sourdough bread, spreads, yogurt, granola, gluten free cereal, fruit, oatmeal, raisins, nuts, seeds
Smoothie Bar
Home Fries
Walnut Raisin Banana Bread

Lunch
Coconut Vegetable Soup
Pork Curry with Spinach
Vegan Cauliflower Red Lentil Dahl
White & Brown Rice
Cucumber & Raisin Raita Yogurt Sauce

Cilantro Mint Chutney
Salad Bar
Smoothie Bar
Chai Iced Tea
Chocolate Almond Date Squares

Dinner
Carrot Ginger Soup
Fresh Rolls with Mint & Sweet & Spicy Dipping Sauce
Asian Coleslaw with Miso Dressing
Maple Ginger Chicken
Maple Ginger Tofu

Peanut Sauce
White & Brown Rice
Steamed Broccoli with Garlic
Salad Bar
Smoothie Bar
Flourless Chocolate Cake

SATURDAY

Breakfast
Granola Pancakes
Scrambled Eggs with Pesto
Vegan Tempeh Scramble with Scallions
Veggie/Pork sausage
Lyonnaise Potatoes

Breakfast Bar (Sourdough bread and spreads, yogurt, granola, gluten free cereal, fruit, oatmeal raisins, nuts, seeds)
Steamed Kale
Smoothie Bar
Sour Cream Coffee Cake

Lunch
Vegan Black Bean Soup
Grilled Sausage with Onions & Mushrooms
Pizza- Veggie, Vegan, Hamburger and Cheese

Dinner: LOCAL Meal
Creamed Corn Soup
Meatloaf
BBQ Tempeh
Cabbage and Carrot Coleslaw (use red and green cabbage)
Mashed Potatoes with Fresh Chives
Massaged Kale Salad

SUNDAY

Breakfast
Veggie/pork sausage
Cinnamon Apple French Toast
Scrambled eggs
Tempeh scramble
Red Flannel Hash
Steamed Chard

Breakfast Bar - Sourdough bread and spreads, yogurt, granola, gluten free cereal, fruit, oatmeal raisins, nuts, seeds
Smoothie Bar
Cinnamon Raisin Scones

Lunch
Vegan Roasted Tomato Soup
Lentil Bean Burgers
Sun-Dried Tomato Turkey Burgers
Burger Fixings: chipotle aioli, ketchup, relish, mustard, guacamole, pickles

Black Bean & Corn Salad
Corn Chips & Salsa
Salad Bar
Smoothie Bar
Whole Grain Chocolate Chip Cookies

* Menu subject to change depending on availability of seasonal, local ingredients.
** Gluten Free Options are made on the same equipment as non-gluten free items unless specified on packaging.
**2014 BABYBERK FOOD TRUCK MENU**

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

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

**Breakfast**
- Buckwheat Pancake Fruit and Cream Cheese Rollups with Maple Syrup $4
- Egg and Cheese on Sourdough Toast $3.75
  - Add bacon or sausage $1
- Pastries & Cookies $2
- Fruit and Yogurt Parfaits with Granola $4
- Fresh Fruit $1.50
- Hot Coffee and Tea $2
- Iced Coffee and Iced Tea $3
- Organic Juices and Drinks $2.50

**Lunch and Dinner**

**Burgers**
- Served with Sprouted Whole Grain Bun, Gluten Free Bun, or Green Leaf Lettuce Wrap and a Locally Produced Organic Pickle

Burger $4

Homemade Veggie Burger $4

babyBerk Burger $7
- Our signature burger with bacon, cheddar, avocado, salsa, lettuce and tomato

Burger Platter $9
- Choice of Burger, BBQ Chicken Breast, or Veggie Burger accompanied by Husk Grilled Corn on the Cob or Grilled Vegetables and Local Hand Cut Russet Potato Fries

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

Add Local Hand Cut Russet Potato Fries and a UMass water $4

Substitute Grilled Chicken Breast for any Burger $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 Walnuts*

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*

**Sides**
- Locally Produced Sauerkraut $3
- Quinoa and Cranberry Salad $3
- Grilled Veggies $3
- Local Hand Cut Russet Potato Fries $3
- Cookies & Chips $2
- Fresh Fruit $1.50
- Sliced Watermelon $1.50

**Ice Cream & Sorbet**
- Julie’s Organic Sorbet Bars $2.50
- Stonyfield Frozen Yogurt Bars $2.50

**Beverages**
- Iced Coffee and Tea $3
- Hot Coffee & Tea $2
- Bottled Drinks $2.50
- Coconut Water $3
- UMass Water $2.50

**Got Extra Produce?**

Would you like to donate to people in need but can’t afford the time and labor? Boston Area Gleaners provides the farms of eastern MA with a gleaning service by bringing small groups of volunteers out to harvest surplus crops. We are also available for post-harvest surplus pick-ups. All produce is delivered directly to emergency food providers in the Boston Metro area. We are fully insured and all volunteers are staff supervised in the field. We are able to react on short notice, so give us a call.

Contact: Duck Coldwell
Office 781-894-3212
Cell 603-496-8948

Boston Area Gleaners, Inc.
Harvesting Against Hunger
240 Beaver Street, Watertown, MA, 02472
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Sell by Weight/Unit
Deliveries/Shipping
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Generate Reports
... and more!

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www.FarmMatch.com
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Pete and Gerry’s started as a family egg farm more than sixty years ago. Rather than becoming a large factory farm, we have grown by recruiting small family farms to supply us with eggs. We contract with 71 family farms and need more to keep up with demand.

Our arrangement with our contract farmers is a partnership. You provide the building, utilities, day-to-day care and egg collection. We provide the hens, feed, flock management, egg packaging and marketing. We then pay per dozen eggs produced. It’s a reliable, long-term farming opportunity.

Interested? Contact Karl Johnson at kari@peteandgerrys.com or 603-638-2034.

The World of Bejo Organics

- Bejo has a 25 year commitment to Organics, and is the world’s largest producer of True Organic Hybrid Seed
- Global in scope, Bejo maintains Organic breeding programs which are regionally and locally focused
- Bejo maintains state-of-the-art Certified Organic facilities throughout the world, including a 4+ acre Organic greenhouse, at Bejo’s global headquarters in Holland
- Growing stronger with more offerings each year, Bejo provides a comprehensive Organic vegetable assortment, with over 110 varieties in 33 crop categories
- All Bejo varieties, Organic and Conventional are non-GMO, derived by traditional plant breeding methods

Bejo Seeds are available through quality-minded dealers on both a seed packet and commercial scale. Please call the number below for a list of seed sources. See the Bejo assortment at bejoseeds.com, and the full lineup of organic varieties at organicseedfinder.com

contact:
Tom Gordon
Organic Coordinator
Eastern Coastal Region Manager
607.229.4410
t.gordon@bejoseeds.com

Bejo Seeds, Inc.
4188 Pre Emption Rd, Geneva, NY 14456
315-789-4435
main office:
1972 Silver Spur Place, Oceano, CA 93445
805-473-2199 info@bejoseeds.com

That’s bejo quality > bejoseeds.com
GENERAL LOGISTICAL INFORMATION

**Contacting Conference Staff:** The conference headquarters is at the registration table under the big tent. For help, information, or to contact the conference staff, go there. Find a full staff contact list on page 150. 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, announcements, and car-pooling to farm tours. Incoming calls should be directed to the Conference registration line: (508) 572-0816. 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 near Northampton.

**ATMs:** Fee-free ATMs are on the first level of the Campus Center and on the front face of the Worcester Dining Commons.

**Telephones:** There are no payphones available on Campus. There are speaker phones outside the doors to dormitories from which you can dial campus extensions.

**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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SATURDAY KEYNOTE

Saturday, 7:30 pm Keynote
Campus Center Auditorium– Dr. Elaine Ingham

Dr. Elaine Ingham is a world-renowned soil microbiologist. In 1996, she founded, and still is President of, Soil Foodweb, Inc., an organization that helps farmers all over the world grow more resilient crops by understanding and improving soil life. For the last 30 years, Dr. Ingham has focused on the soil and its living organisms and providing sustainable solutions for maintaining soil health. She shares her knowledge in an easy to understand way and has worked with everyone from vegetable farmers, to cattle graziers, to nursery operators.

For Non-Conference Registrants
People not registered for the conference on Saturday may still attend the program by coming to the Campus Center Auditorium and paying a $15 admission fee at the door. Immediately following the keynote is the annual NOFA Contra Dance (see page 50), which non-conference registrants may attend for free after paying the keynote admission fee. The suggested donation for the dance alone is $8-12.
PRE-CONFERENCES

These four pre-conference seminars take place in the UMass Campus Center on Friday, August 8. Walk-in registration for these seminars is available at the Registration Tent.

FULL-DAY PRE-CONFERENCE INTENSIVE SEMINAR

9:00am to 5:30pm, Friday, August 8
Registration Price after 8/2: NOFA Member $80/ Non-member $100

Changing Dirt into Soil:
Specific Approaches for Different Soil Types and Crops
Campus Center Amherst Room (10th floor)
Dr. Elaine Ingham: Soils ecologist & researcher teaching farmers to foster soil microbial life.

Soil and dirt are not synonyms. Learn the differences and how returning beneficial organisms to dirt can initiate the conversion back into soil, producing a host of benefits for plant production and for the farmer. We will examine the cast of characters needed to shepherd this transition; understand why these organisms can reduce water use by up to 70% in certain cases; strategize how to reduce or eliminate the need for mineral fertilizers; and plan to foster soil conditions where weeds, pests and diseases don’t have an edge on our crops. I’ll discuss the balances of organisms needed for early, mid, and late successional plants, as well as small, medium, and large scale farm approaches for returning life to the soil.

HALF-DAY PRE-CONFERENCE INTENSIVE SEMINARS

2:00pm to 5:30pm, Friday, August 8
Registration Price after August 2 (same price for each half-day seminar): NOFA Member $40/ Non-member $50

Tools for Resilient Urban Ecosystems
Campus Center 805-09
Scott Kellogg: Educational Director & Ecological Designer at the Radix Center in Albany, NY.

Cities are complex adaptive ecosystems. It is possible to meet the needs of their residents while simultaneously regenerating the health of their soils, water, and biodiversity. We will explore practical ways to redesign our urban habitat, taking into account the ecological, economic, and social justice aspects of this work.

Topics covered include:

- Microlivestock: chickens, rabbits, ducks and pigeons
- Composting food wastes with worms and microbes
- Rainwater harvesting, CSOs/DIY river remediation, & de-paving
- Duck-a-poop-ponics and wastewater reuse
- Low-intensity bioremediation: cleaning contaminated soils
- Edible mushroom cultivation
- Silkworms, and black soldier fly cultivation
- Reconciliation ecology: promoting biodiversity in the city
- Spirulina and algae/phycoculture
- Ecologically regenerative micro-industries and Ecological literacy for youth
- Aquaponics: fish & plant integration

Healing Autoimmunity with Naturopathic Medicine
Campus Center 803
Dr. Chris Decker: Naturopathic Physician, Homeopath, Certified GAPS Practitioner, Primal Doc, WAPF Chapter Leader.

Autoimmunity is epidemic these days, one of the so-called “diseases of civilization” - the result of a world more highly toxic than any our species has ever known. People increasingly show up in doctors’ offices with strange, distressing symptoms that defy diagnosis and leave doctors scratching their heads - and their patients no better off.

Often these are processes in which the immune system has turned inward. And they’re diverse. Conditions including hypothyroidism, digestive disorders, joint pain, neurological symptoms, gluten reactivity, diabetes, and hair loss can easily be autoimmune.

What they all have in common is that they start in the gastrointestinal tract - the seat of our immune function. Attendees will come away with a better understanding of the root causes of autoimmune processes as well as concepts and approaches for treatment.
HALF-DAY PRE-CONFERENCES, continued

Stocking the Home Apothecary with Locally Abundant Herbs
Campus Center 811-15

Jade Alicandro Mace: Community herbalist and medicinal herb grower at Milk & Honey Herbs.

This class will cover traditional herbal medicine-making techniques including tinctures, elixers, cordials, vinegars, oxymels, honeys, syrups, infused oils, teas, best drying/harvesting practices, and more.

Class will be hands-on with medicine-making demonstrated with freshly harvested, locally abundant plants of the northeast. As we make medicine with these local herbs we will also cover the medicinal uses of each plant we work with, developing a bioregional “materia medica.”

Learn why to choose one preparation over another, trouble-shooting tips for unexpected problems, common medicinals of the northeast, and all the ins and outs of making and using your own medicine.

We’re growing local farms, healthy food, and strong communities.

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If you farm, garden, or eat local and organic foods, you have a place at NOFA Vermont. Join today to take advantage of membership benefits and support organic agriculture in Vermont.

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CHILDREN’S CONFERENCE

Check-in: The Children’s Conference will be based in the basement of Dwight Dorm, just north of the Exhibit/Registration tents, facing Eastman Lane. 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 Dwight 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 58 and detailed by timeslot starting on page 79.

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 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 and reusable plates with names written on them to use for snacks.

Feedback: Please speak to your children about their experience and let us know what they have to say by filling out an online evaluation that is e-mailed to registrants after the conference. Please see bulletin board for workshop suggestions, and consider contacting Valerie Walton at aallspice@aol.com to offer a workshop proposal for next year’s children’s conference.

Questions: The on-site Children’s Coordinator is Rachel Silverman.

Keynote Childcare: There will be childcare on Saturday from 7:15-9:15pm (during the keynote) in Campus Center 174-76, which is also the location for “Drumming Journey with Steve Leicach”, which runs from 7:30-9:00pm. Children 5-12 are welcome to attend without parents. Children 2-4 are welcome with a parent or guardian.

Pre-Conference Childcare on Friday August 8: If you are signed up for a pre-conference intensive seminar on Friday, you can sign up your Children for full or half-day childcare with the same experienced professionals running the main Children’s Conference, which begins Saturday morning. Childcare includes programmed activities including name games, reading, free time, snack, music, outdoor games, garden exploration, art, and reading stories.

- Price for full-day (9am to 5:30pm): $35
- Price for half-day (2 to 5:30pm): $28

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Organic Education and Resources for Food, Farming, Gardening and Land Care

2014-2015 CT NOFA EVENTS & EDUCATIONAL OPPORTUNITIES

Agriculture

Getting Started in Organic Farming
Winter Conference
January 24, 2015
March 7, 2015
Conn. College, New London, CT
WCSU, Danbury, CT

Organic Land Care

Annual Gathering
Accreditation Course
Accreditation Course
Online Lawn-Care Certificate Course
Early December, 2014
December 8-11, 2014
February 9-12, 2015
Coming Soon in 2014
TBD
Philadelphia, PA
Norwich, CT
Three Rivers Comm. Coll.

For these and other events: ctnofa.org, organiclandcare.net, or 203-308-2584
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 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. Teens are welcome to help out and enjoy some fun at the children’s conference as well. Read a about the teen workshops, listed on the grid on page 58 and detailed by timeslot starting on page 79.

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). Although we are not hosting a jam session workshop this year music is always and important part of any gathering. 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 to bring songs from our teen community for when we march in the parade on Saturday at 4:30 pm, along with the children and the NOFA banners.

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. Parents, consider showing the evaluation link you receive after the conference to your teen so they have an opportunity to give their feedback directly.

Help the Children’s Conference: Teens who enjoy working with children would be welcome to join the children’s conference in the Dwight Dorm Basement for the parade prep workshop (#94) from 3:00-4:30 pm on Saturday, August 9. For those seeking it, the youth coordinator would be happy to provide documentation of community service for this work.
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MUSIC, DANCE, FILMS, AND FUN

FRIDAY NIGHT (7:30pm-10:30pm)

SING ALONG TRIBUTE TO PETE SEEGER AND FILMS

Friday, August 8, 7:30-9:00pm
Singing for Food and Freedom: Carrying on the Legacy of Pete Seeger
Cape Cod Lounge

NOFA celebrates the life of Pete Seeger by presenting a concert of energizing and inspiring songs that embody Pete's legacy of group singing for a better world. Performers include: Charlie King, Activist, award-winning songwriter, and performer; Sarah Stockwell Arthen, Long-time NOFA presenter, herbalist and song-leader; and Ben Grosscup, NOFA Summer Conference Coordinator, folk-singer, and activist. For non-conference attendees, there is a suggested donation of $5-$10.

Friday, August 8, 7:30pm (93 minutes)
Film: "Forces of Nature: The David Suzuki Movie"
Campus Center 805-09

David Suzuki, iconic Canadian scientist, educator, broadcaster, and activist shares his powerful autobiography of ideas- forged by the major social, scientific, cultural and political events of the past 70 years. The film weaves together scenes from the places and events that shaped Suzuki's life with a filming of his Last Lecture, which he describes as "a distillation of my life and thoughts, my legacy, what I want to say before I die." He articulates a core, urgent message: we have exhausted the limits of the biosphere and it is imperative that we re-think our relationship with the natural world. Suzuki looks unflinchingly at the strains on our interconnected web of life--and out of our dire present circumstances he offers up a positive blueprint for sustainability and survival.

Friday, August 8, 9:05pm (83 minutes)
Film: “Queen of the Sun”
Campus Center 805-09

What Are the Bees Telling Us? This is a profound, alternative look at the global bee crisis from Taggart Siegel, director of The Real Dirt on Farmer John. Taking us on a journey through the catastrophic disappearance of bees & the mysterious world of the beehive, this engaging and uplifting film weaves an unusual, dramatic story of the heartfelt struggles of beekeepers, scientists and philosophers from around the world including Michael Pollan, Gunther Hauk and Vandana Shiva. Together they reveal both the problems and the solutions in renewing a culture in balance with nature.

SATURDAY AFTERNOON (4:30pm-6:00pm)

FILMS, PARADE, GAMES, RIDES, MEET-UPS, RAFFLE

Saturday, August 9, 4:30 (90 Minutes)
Film: “Out Here”
Campus Center 163C

This full-length documentary film was created by the Queer Farmer Film Project. Completed after 4 years in production, it looks at the experiences of queer farmers across the country and asks what does it mean to be a queer farmer? Is agriculture a safe space for queer people? What are the relationships between food production and queerness? It is the filmmaker’s dream that this project will give voice and visibility to queer people in agriculture and inspire a flagrant national discussion about gender and sexuality as they relate to our food system. The movie focuses on seven queer farmers from Berkeley to Alabama including Sandor Katz, fermentation expert and author of Wild Fermentation, and Karen Washington, NYC food justice hero and former President of the NYC Community Garden Coalition.

Saturday, August 9, 4:30 (84 Minutes)
Film: “Food for Change”
Campus Center 805-09

This feature-length documentary film focuses on food co-ops as a force for dynamic social and economic change in American culture. The movie tells the story of the cooperative movement in the U.S. through interviews, rare archival footage, and commentary by the filmmaker and social historians. This is the first film to examine the important historical role played by food co-ops, their pioneering quest for organic foods, and their current efforts to create regional food systems. The film also shows how the co-op movement strengthens communities where they are located, enhancing local economies and food security. The goal is to educate a wide national audience about the principles of cooperation with a focus on food.

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NOFA SUMMER CONFERENCE FAIR

PUBLIC WELCOME

NORTHEAST RESIDENTIAL AREA LAWN

Saturday, August 9, 4:45pm
Fun: Parade
Meet in Front of Dwight Dorm
C’mon over for the annual NOFA Parade! We’ve got live music with our very own NOFA/Mass Executive Director playing the French horn. Join us as the parade leads the children down to the fairgrounds. Bring a sign or yourself in costume, and dance with us! Starting at the Children’s Conference, we’ll cavort our way down to the quad in the Northeast Residential area.

Saturday, August 9, 5:00-6:00pm
Fun: Games, Races, and Contests, Oh My!
After the parade, let’s have fun! The children will enjoy our games. Prepare to get messy at the Pie-Eating Contest, search for a Peanut in a Haystack and embrace a little friendly competition at the Sack Race. What could be better than an old fashioned Watermelon Seed Spit, or an Egg Spoon Race?

Saturday, August 9, 5:00-6:00pm
Music: Sing Alongs with Ben Grosscup
Dwight Dorm Basement
Ben will lead sing alongs on numerous topics: farming, struggles for justice, peace. If you have songs that you would like to lead, please bring them.

Saturday, August 9, 5:00-6:00pm
Fun: Pony Rides
Meet at the Ponies in uphill of the Northeast Residential Area
Dale Perkins of Mesa Farm is offering pony rides during the fair to the kids & young at heart. Come visit & pet the horses even if you aren’t going to ride.

Final Drawing: Saturday @ 6:00pm
Fun(draising): Teacup Raffle
Registration Table
Support the conference 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 (Thurs 4-7pm, Fri 7am-3pm & 6-8pm, Sat 6:30am-1pm & 4-7pm, Sun 7-11am);

and throughout the fair until raffle winners are drawn at 6:00pm on Saturday. Teacup raffle tickets are $1 apiece, or six tickets for $5. We’re not able to hold or mail raffle prizes, so any raffle items that remain unclaimed as of 3:00 pm on Sunday will join the post-conference auction at 4:45pm on Sunday.

Saturday, August 9, 5:00-6:00pm
Fun: NOFA Meet-Ups
Look for signs behind Crabtree Dorm at the south side of Lot 43
Gather with other folks who share a common interest as you during the Fair. Signs will delineate where each group is meeting outside on the lawn (weather permitting). This is a wonderful opportunity to network and discuss topics with people who have many things in common.

• Beekeepers – Bee-have! Or not, depending on your mood. Bring your honey products, liquid, crystallized or creamed, to share with fellow beelievers Roland Sevigny and Anita Deeley. Let’s bee friends.
• Beginning Farmers – The National Young Farmer’s Coalition brings you Zoe Abrams, a second-year apprentice at Brookfield Farm. Together we’ll share stories network, and have fun!
• Christian Farmers – Join Rev. Audrey and Mr. Dennis Cronin for a discussion about the Old Testament story of the Book of Ruth. Who might you see as a modern day Ruth or Naomi or Boaz? Where do you see God’s promises or blessings in your life?
• Herbalists – Join Suzanne Rubotzky and fellow herbalists to share about all of our interactions with local and medicinal plants. We will point out some healing friends right on the lawn where we meet, and would love to hear your stories about herb growing, gathering, herb business in commerce and all things herbal!
• Homesteaders – Gather with longtime homesteader Sharon Gensler to trade ideas, share stories and have fun.
• Jewish Farmers – Make connections with other Jewish Farmers. Meredith Cohen, Field Apprentice of Adamah at the Isabella Freedman Center invites you to share and brainstorm about what it means to be Jewish farmers, what is inspirational about where these two identities meet, and what can be challenging?
• Carbon Farmers – Putting carbon into the soil is key to successful farming and a livable climate. Come share your ideas, ask questions, and network with others about possibilities for how we can work together to make it happen. Facilitated by Jane Hammer, NOFA/Mass Middlesex County Soil Carbon & Climate survey, and founding member of Biodiversity for a Livable Climate.
Joel Morrow began writing down his vegetable “biographies”—scribbled in the margins of a planting calendar—when his first garden teacher, Margareta Leuder, “described how as a child she had raised watermelon in the Sonoran desert in 1905.”

In the 1980s, Joel became editor of the journal Biodynamics. In it, he began his interviews with vegetables, which have continued for 30 years. This book is the result of those “biographies.” As he tells us, “Though these biographies are arranged alphabetically for convenience [from Asian Brassicas to Winter Squash], each chapter reflects my own changing point of view, depending on the date of interview. Some begin historically, some morphologically, and some so imaginatively they seem to reawaken Margareta’s childhood shamanism, which became beautifully elaborated through Rudolf Steiner’s spiritual view of nature, the foundation of biodynamics.”

This book is not only a gardening guide; it also guides the reader inwardly to perceive a vegetable as “a work of art, a journey, a rite of passage into the natural world.” Vegetable Gardening for Organic and Biodynamic Growers is destined to become not just a perennially useful guide, but also a favorite bedside book. ISBN 978-1-58420-167-0 | 400 pages, pb | $35
Saturday, August 9, 7:30-9:00pm
Music: Drumming Journey with Steve Leicach (During Keynote)
Campus Center 174-76
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 welcomes people of all ages, including children and teens.

Saturday, August 9, 9:00-11:30pm
Contra Dance: George Marshall with Becky Tracy and Keith Murphy
Campus Center Auditorium
After the keynote address, meet friends old and new at the Get Acquainted Party and Dance. Welcome members of the local contra dance band, Wild Asparagus! George Marshall will be calling and instructing the dance while playing the concertina and bodhran. Becky Tracy is playing the fiddle and Keith Murphy on piano, mandolin, guitar and foot percussion. This local trio will draw upon music from New England, the British Isles, and Canada, as well as classical sources for a powerful performance. Come be light of heart (and feet!) and dance the night away. A great activity for people of every age.

For non-conference attendees, there is a suggested donation of $8-12. If you pay the $15 admission for the Saturday night keynote, you may attend the contra dance for free.

Saturday, August 9, 9:00pm (82 minutes)
Film: “Food Chains”
Campus Center 163C
There is more interest in food in the US today than at any time in our history. Yet there is very little interest in the hands that pick our food: the hundreds of thousands of people to whom we are all connected through our purchases at grocery stores, farmers’ markets, & restaurants. Food Chains explores critical human rights issues in American agriculture from wage theft to modern-day slavery and exposes the powers that perpetuate these un-American violations of human dignity. The film stars dozens of farmworkers as well as Eva Longoria (Executive Producer), Dolores Huerta, Eric Schlosser, Robert F. Kennedy Jr., Barry Estabrook, and the Coalition of Immokalee Workers.

Sunday, August 10, 4:45pm
Fun(draising): Post-Conference Auction
Registration Tent
Join us for a quick auction after the last workshop session, where you can score great deals on organic drinks, fruits and vegetables, and snacks. These donations from natural food stores and organic distributors can be had for rock-bottom prices, along with a healthy serving of sarcasm, petulance and ridicule, from auctioneer, Chuk Kittredge. Bring cash money and your shrewd bargaining skills. All proceeds benefit the NOFA Scholarship Fund.
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• Sourcing from local growers and vendors
• 20% Real Food by 2020
• Developing a “How-To” guide to teach our model
• Educating through our Chef Culinary Conference and Revisioning Sustainability Conference

Learn more at www.LocalUMass.com

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UMass Dining Presents

THE UMASS HEALTHY & SUSTAINABLE FOOD SYSTEM

WORKSHOP:
How Co-ops Spur Organic Farming in the Global South
SATURDAY, 3–4:30 PM
THE CAMPUS CENTER • ROOM 805-09

Equal Exchange spokesperson Rodney North will discuss how farmer co-ops can be crucial to the viability of organic farming in countries like Guatemala, Peru and India.

All fairly traded and sourced from co-operatives of small-scale farmers.

Photo above: Tea pluckers fill their baskets in Darjeeling, India.

Equal Exchange is proud to be a worker-owned co-operative and the U.S. leader in Fair Trade foods and beverages.

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EQUAL EXCHANGE

YOUR SOURCE for those delicious, organic foods that don’t grow in the Northeast, including: coffee, tea, cocoa, chocolate, bananas, avocados, olive oil and more.
NORTHEAST ORGANIC FARMING
ASSOCIATION OF NH

Summer-Fall Workshop Schedule

8/17/14 - Bee Tree Farm, Gilsum, NH
Honeybees: Harvesting Honey & Winter Hive Management
8/20/14 - White Gates Farm, Tamworth, NH
Farmer Field Day
8/24/14 - TBD
Protecting Your Body: Self Care & Ergonomics for Farmers
8/28/14 - New England College, Concord, NH
Preserving Your Harvest: The Basics of Preserving Your Food Safely
9/7/14 - Hillside Springs Farm, Westmoreland, NH
Draft Power Equipment for Specialty Crop Growers
10/16/14 - New England College, Concord, NH
Basic Soft Cheese Making
10/19/14 - 10/20/14 - TBD
Hands on Tractor Maintenance

Register online: http://nofanh.org/events/calendar/

Our Mission: We actively promote regenerative, ecologically sound gardening, farming and land care practices for healthy communities. We help people build local, sustainable, healthy food systems.

CONFERECE SCHEDULE

* See the blackboard 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 79.

THURSDAY, AUGUST 7

4:00pm – 7:00pm ~ REGISTRATION Open – Registration Tent

FRIDAY, AUGUST 8

7:00am – 3:00pm ~ REGISTRATION Open – Registration Tent

PRE-CONFERENCES (see page 34):

9:00am - 5:30pm ~ Changing Dirt into Soil
- Campus Center Amherst Room (10th floor)
11:00am - 2:00pm ~ LUNCH – Worcester Dining Commons
2:00pm - 5:30pm ~ Tools for Resilient Urban Ecosystems
- Campus Center 805-09
2:00pm - 5:30pm ~ Healing Autoimmunity with Naturopathic Medicine
- Campus Center 803
2:00pm - 5:30pm ~ Stocking Home Apothecary with Local Herbs
- Campus Center 811-15
5:30pm - 8:00pm ~ DINNER – Worcester Dining Commons
6:00pm – 8:00pm ~ REGISTRATION Open – Registration Tent

SING ALONG TRIBUTE TO PETE SEEGER AND FILMS (see page 44)

7:30pm - 9:00pm ~ CONCERT: Singing for Food and Freedom: Carrying on the Legacy of Pete Seeger – Cape Cod Lounge
7:30pm FILM: "Forces of Nature: David Suzuki" (93 minutes)
- Campus Center 805-09
9:05pm FILM: “Queen of the Sun” (83 minutes) – Campus Center 805-09

SATURDAY, AUGUST 9

6:30am - 8:00am ~ BREAKFAST - Worcester Dining Commons
6:30am - 1:00pm ~ REGISTRATION Open – Registration Tent
SATURDAY, AUGUST 9-continued

WORKSHOPS (see grid on page 58 and descriptions on page 79)

8:00am - 9:30am ~ WORKSHOP BLOCK #1
10:00am - 11:30am ~ WORKSHOP BLOCK #2

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

1:00pm - 2:30pm ~ WORKSHOP BLOCK #3
3:00pm - 4:30pm ~ WORKSHOP BLOCK #4

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

FILMS, PARADE, GAMES, RIDES; MEET-UPS; RAFFLE (see page 45)

4:30pm ~ FILM: “Out Here” (90 Minutes) – Campus Center 163C
4:30pm ~ FILM: “Food for Change” (84 Minutes) – Campus Center 805-09

4:45pm ~ Parade – Meet in Front of Dwight Dorm
5:00pm - 6:00pm ~ Games, Races, and Contests – Northeast Residential Area
5:00pm - 6:00pm ~ Sing Along w/Ben Grosscup – Dwight Dorm Basement
5:00pm - 6:00pm ~ Pony Rides – Northeast Residential Area
6:00pm ~ Teacup Raffle Drawing – Registration Table
5:00pm - 6:00pm ~ NOFA Meet-Ups – Northeast Residential Area

KEYNOTE (see page 33)

7:30pm - 9:00pm ~ KEYNOTE ADDRESS by Dr. Elaine Ingham and NOFA Annual Meeting – Campus Center Auditorium

DRUMMING; CONTRA DANCE, FILM (see page 50)

7:30pm - 9:00pm ~ Drumming with Steve Leicach (During Keynote) – Campus Center 174-76
9:00pm - 11:30pm ~ Contra Dance – Campus Center Auditorium
9:00pm ~ FILM: “Food Chains” (82 minutes) – Campus Center 163C

---------------------------------------------------------------------------------------------------

SUNDAY, AUGUST 10

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

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

WORKSHOPS (see grid on page 58 and descriptions on page 79)

8:00am - 9:30am ~ WORKSHOP BLOCK #5
10:00am - 11:30am ~ WORKSHOP BLOCK #6

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

1:00pm - 2:30pm ~ WORKSHOP BLOCK #7
3:00pm - 4:30pm ~ WORKSHOP BLOCK #8

4:45pm ~ Auction to Benefit the Farming Education Fund – Registration Tent

---

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---

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### WORKSHOP GRID - SATURDAY, AUGUST 9TH - AM

<table>
<thead>
<tr>
<th>Workshop Space</th>
<th>8-9:30 AM</th>
<th>9-10:30 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>CC Aud.</td>
<td>3) Biologically Managing Weeds</td>
<td>24) Compost versus Extract versus Tea</td>
</tr>
<tr>
<td>CC 10th fl</td>
<td>15) Therapies for the Menopausal Years</td>
<td>39) Economics of Food Localization</td>
</tr>
<tr>
<td>CC 163C</td>
<td>12) Poultry Processing Basics</td>
<td>30.5) Home Funerals and Green Burials</td>
</tr>
<tr>
<td>CC 165-69</td>
<td>8) Homebrewing Meads &amp; Fruit Wines</td>
<td>27) Farming Smarter, Not Harder</td>
</tr>
<tr>
<td>CC 168C</td>
<td>11) Microloans: Grow Into a Small Farm</td>
<td>40) Real Message of Adrenal Fatigue</td>
</tr>
<tr>
<td>CC 174-76</td>
<td>14) Small Scale Garlic for the Beginner</td>
<td>31) Improved Garden Production</td>
</tr>
<tr>
<td>CC 803</td>
<td>2) Beginning Dowsing</td>
<td>25) Dowsing Soil Needs</td>
</tr>
<tr>
<td>CC 804-08</td>
<td>6) Farmworkers Movements</td>
<td>30) Grow Vegetables Biodynamically</td>
</tr>
<tr>
<td>CC 805-09</td>
<td>9) Co-ops Make Healthy Food Accessible</td>
<td>36) Selling to Your Local Food Co-op</td>
</tr>
<tr>
<td>CC 811-15</td>
<td>1) Backyard Chickens</td>
<td>35) Pastured Turkeys</td>
</tr>
<tr>
<td>CC 903</td>
<td>13) Pork: Process, Butterfly, &amp; Add Value</td>
<td>37.5) Start &amp; Maintain School Garden</td>
</tr>
<tr>
<td>CC 904-08</td>
<td>4) Breaking Ground in Vacant Lots</td>
<td>26) Edible Landscaping w/Permaculture</td>
</tr>
<tr>
<td>CC 905-09</td>
<td>7) Grazing Basics</td>
<td>33) Land Financing Mechanisms</td>
</tr>
<tr>
<td>CC 911-15</td>
<td>10) Logistics for Starting a CSA</td>
<td>37) Simple Lacto-fermentation</td>
</tr>
<tr>
<td>Crabtree</td>
<td>17) Eat and Understand Invasive Plants</td>
<td>29.5) Growing Hops for Home Brewing</td>
</tr>
<tr>
<td>Basement</td>
<td>5.5) Cultivate &amp; Use 10 Culinary Herbs</td>
<td>28) Grow your own Home Health Herbs</td>
</tr>
<tr>
<td>Worc. Dining</td>
<td>38) Stocking Pantry w/Preserved Foods</td>
<td></td>
</tr>
<tr>
<td>Outside</td>
<td>16) Labyrinth Building</td>
<td>41) Vibrant Goat Health</td>
</tr>
<tr>
<td>Tours</td>
<td>42) TOUR: Weed Dating @ Simple Gifts</td>
<td></td>
</tr>
<tr>
<td>Children:</td>
<td>19) Parade Banner Painting</td>
<td>43) Building Fairy Houses</td>
</tr>
<tr>
<td>Dwight</td>
<td>20) Stories, Songs, and Dance</td>
<td>44) Caring for Our Chicken Friends</td>
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<tr>
<td></td>
<td>22) Tie Dye and Get Aquainted</td>
<td>46) School Gardens for Food Awareness</td>
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<td>47) Homemade Body Products</td>
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</tbody>
</table>

### WORKSHOP GRID - SATURDAY, AUGUST 9TH - PM

<table>
<thead>
<tr>
<th>Workshop Space</th>
<th>1-2:30 PM</th>
<th>3-4:30 PM</th>
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</thead>
<tbody>
<tr>
<td>Crabtree</td>
<td>61) Microscope Assessment Demo</td>
<td>81) Gardening Into the Fall</td>
</tr>
<tr>
<td>Basement</td>
<td>62) Permaculture Farms &amp; Food Sheds</td>
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<tr>
<td>Outside</td>
<td>58) Grazing for Soil &amp; Carbon</td>
<td>81) Growing Brassica Crops</td>
</tr>
<tr>
<td>Tours</td>
<td>66) Getting Started in Beekeeping</td>
<td>89) LGBTQ Farmers in Film</td>
</tr>
<tr>
<td>Children:</td>
<td>64) Farm Mechanization for Efficiency</td>
<td>78) Farm Employee Management</td>
</tr>
<tr>
<td>Dwight</td>
<td>65) Landscape Design for Wildlife</td>
<td>88) Keeping Bees Healthy Organically</td>
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<tr>
<td>Teen: UPUB</td>
<td>67) Grassroots Policy Change</td>
<td>76) Summer Cabbage: Flavor &amp; Profit</td>
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<td>87) Co-ops &amp; Org. Farming in Global South</td>
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<td>74) Access to Land</td>
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<td>85) Homestead Organic Apple Orchard</td>
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<td>73) An Organic Apple Orchard Season</td>
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<td>74) Farm Succession Planning</td>
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<td>75) Co-ops in the Food System</td>
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<td>76) Crop Planning for CSAs using Excel</td>
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<td>77) Farm &amp; Food Transaction Legal Issues</td>
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<td>86) How Collaboration Heals EcoSystems</td>
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<td>83) Access to Land</td>
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<td>84) Herbal Medicine from the Outside In</td>
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<td>80) Farm Succession Planning</td>
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<td>82) Farm &amp; Food Transaction Legal Issues</td>
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<td>89) Access to Land</td>
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<td>92) How Collaboration Heals EcoSystems</td>
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<td>90) Farm Succession Planning</td>
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<td>95.5) Access to Land</td>
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</tbody>
</table>

*Some workshop titles have been abridged.*

See complete listings beginning on page 80.
### WORKSHOP GRID - SUNDAY, AUGUST 10TH - AM

<table>
<thead>
<tr>
<th>Workshop Space</th>
<th><em>Some workshop titles have been abridged.</em></th>
<th>8-9:30 AM</th>
<th>10-11:30 AM</th>
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</thead>
<tbody>
<tr>
<td>CC 10th fl</td>
<td>103) Hedgerows &amp; Windbreaks 121) Agroforestry for Riverlands</td>
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<tr>
<td>CC 162-75</td>
<td>102) Ruminant Cover Crops Harvest 129) Practical fence building</td>
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<tr>
<td>CC 163C</td>
<td>113) Season Extension Farming 132.5) Farm-Institution Opportunities</td>
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<tr>
<td>CC 165-69</td>
<td>112) Planning for Market Demands 138) Small-Scale Market Farming</td>
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<tr>
<td>CC 168C</td>
<td>107) Interpreting Soil Tests 127) Cultured Dairy Products</td>
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<tr>
<td>CC 174-76</td>
<td>96) Certified Org. Small &amp; Tree Fruit 126) Continuous Culinary Herb Harvest</td>
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<tr>
<td>CC 803</td>
<td>100) First Aid Homeopathy for Farmers 130) Food Sovereignty Movements</td>
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<tr>
<td>CC 804-08</td>
<td>106) Infectious Chronic Disease 128) Feed your Teeth…..Feed your Life</td>
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<tr>
<td>CC 805-09</td>
<td>99) The Role of Urban Gardens 122) Low-tech, Low-cost, Low-tunnels</td>
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<tr>
<td>CC 811-15</td>
<td>105) Multi-Species Grazing 133) Keeping Sheep Organically</td>
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<tr>
<td>CC 903</td>
<td>108) Intro to Organic Certification 125) Organic Compliant Pest Controls</td>
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<tr>
<td>CC 904-08</td>
<td>109) Open Source Agricultural Tools 123) Building Soil With Permaculture</td>
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<tr>
<td>CC 905-09</td>
<td>101) Food Justice Certified 124) Community Farmland Ownership</td>
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<tr>
<td>CC 911-15</td>
<td>111) Organic Farming with Students 135) Make the Most of Your Woodland</td>
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<tr>
<td>CC 917</td>
<td>98) Cover Crops for Gardens 137) No-Till Intensive Vegetables</td>
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<tr>
<td>Crabtree Basement</td>
<td>104) Herbs for Digestive System 134) Low-Tech Composting</td>
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<tr>
<td>Worc. Dining</td>
<td>97) Cooking Nutritious Meals 131) Grow Dent Corn for Masa Dough</td>
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<tr>
<td>Outside</td>
<td>114) Sm.-Scale Equip for Sm. Grains 136) Mushrooms in Bioremediation</td>
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<td></td>
<td>115) Spontaneous Yoga</td>
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<tr>
<td>Tours</td>
<td>116) TOUR: Natural Roots Farm: Draft 140) TOUR: Natural Roots Farm: Draft2</td>
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<tr>
<td>Children: Dwight</td>
<td>117) Creative Writing &amp; Theatre Games 141) Beekeeping For Everyone</td>
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<td></td>
<td>118) Let’s Make a Mask! 142) Peanut Butter Picnic</td>
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<td></td>
<td>119) Wind Fun(damentals) 143) Rabbits</td>
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<tr>
<td>Teen: UPUB</td>
<td>120) Team Building Games 144) Knots for Farming and Living</td>
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<tr>
<td></td>
<td>145) Raising Healthy Goats (Outside)</td>
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</tr>
</tbody>
</table>

### WORKSHOP GRID - SUNDAY, AUGUST 10TH - PM

<table>
<thead>
<tr>
<th>See complete listings beginning on page 80.</th>
<th>1-2:30 PM</th>
<th>3-4:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>155) Introduction to Natural Farming</td>
<td>173) Establish Coppice Landscapes</td>
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<tr>
<td>148) Cross-sector Urb. Ag Collaboration</td>
<td>172) Dry Composting Toilets</td>
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<tr>
<td>159) Nuts for the Northeast</td>
<td>180.5) Org. No-Till in Germany</td>
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<tr>
<td>146) Attract Native Pollinators</td>
<td>177) Low-tech Season Extension</td>
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<tr>
<td>149) Tool &amp; Equipment Efficiencies</td>
<td>181) Permaculture Homestead</td>
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<tr>
<td>156) MA local BoH, Regs &amp; Raw Milk</td>
<td>171) Biological Mgmt to Sequester Carbon</td>
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<tr>
<td>161) Small Scale Shiitake Mushrooms</td>
<td>183) Movement for GMO Labeling</td>
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<tr>
<td>164) Manage Weeds with Horse-Power</td>
<td>176) Is Draft Power Right for My Farm?</td>
<td></td>
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<tr>
<td>163) The Fats about Vegetable Juice</td>
<td>181.5) Sabbatical Year and Sustainable Ag.</td>
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<tr>
<td>162) Sm.-Scale Wheat and Beans</td>
<td>182) Seed Saving on the Farm</td>
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<tr>
<td>147) Cheese from Sunlight and Rain</td>
<td>179) Manage Landscape w/ Goats</td>
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<tr>
<td>150) Effects of Electrical Pollution</td>
<td>180) Org. Cert. of Soaps &amp; Cosmetics</td>
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<tr>
<td>144) Vegetable Seconds for Frozen Meal Kits</td>
<td>170) Arcology and Ecological Cities</td>
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<tr>
<td>154) Homeschooling</td>
<td>184) Vegetable Seconds for Frozen Meal Kits</td>
<td></td>
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<tr>
<td>153) Homemade Fert. &amp; Innoculants</td>
<td>174) Traditional Diets for Mom &amp; Baby’s Health</td>
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<tr>
<td>152) Herbs for Premenstrual Symptoms</td>
<td>184.5) Worm Composting Basics</td>
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<tr>
<td>157) Make Delicious Meals w/Local Greens</td>
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<tr>
<td>158) Medicinal Weed Walk</td>
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<tr>
<td>165) TOUR: Simple Gifts Farm: Potatoes</td>
<td>185) TOUR: Brookfield Farm: CSA Systems</td>
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<tr>
<td>166) Make a Splash Water Festival</td>
<td>186) Everyone loves ducks!</td>
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<tr>
<td>167) Composting in All Its Forms</td>
<td>187) Is it a Bird?! Which one?</td>
<td></td>
</tr>
<tr>
<td>168) Food Production For Winter</td>
<td>188) The Magic of Milk Paint</td>
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<tr>
<td>169) Food Sovereignty Movements</td>
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</tbody>
</table>
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ADULT WORKSHOPS BY CATEGORY

This quick reference guide lists workshops by category. Check under the Workshop Descriptions by Time Slot, starting on pg 79, for further details and for an explanation of workshop track abbreviations. Remember to check your Program Addendum and the blackboard at the registration table for any last minute changes or cancellations.

ANIMALS: BEES
56) Getting Started in Beekeeping  BF Track  Sat, Aug. 9, 1-2:30pm
88) Keeping Bees Healthy Organically  Sat, Aug. 9, 3-4:30pm

ANIMALS: DRAFT HORSES
67) Work Horses 101- Care and Handling  BF & DH Tracks  
Sat, Aug. 9, 1-2:30pm
92) Work Horses 102- Harnessing and Driving  BF & DH Tracks  
Sat, Aug. 9, 3-4:30pm
164) Weed Management for the Horse-Powered Farm  DH Track  
Sun, Aug. 10, 1-2:30pm
176) Is Draft Power Right for My Farm?  DH Track  
Sun, Aug. 10, 3-4:30pm

ANIMALS: MONOGASTRIC
1) Backyard Chickens  Sat, Aug. 9, 8-9:30am
35) Pastured Turkeys for the Thanksgiving Table  Sat, Aug. 9, 10-11:30am
62) Pastured Poultry: From Brooder to Bag  Sat, Aug. 9, 1-2:30pm

ANIMALS: PASTURES
7) Grazing Basics  BF Track  Sat, Aug. 9, 8-9:30am
105) Improving Your Land w/Multi-Species Grazing  
Sun, Aug. 10, 8-9:30am

ANIMALS: PROCESSING
12) Poultry Processing Basics  Sat, Aug. 9, 8-9:30am
49) Animal Processing on the Farm  Sat, Aug. 9, 1-2:30pm

ANIMALS: RUMINANT, LARGE
83) Getting Started in Certified Small-Scale Dairying  BF Track  
Sat, Aug. 9, 3-4:30pm
102) Harvesting your Cover Crop with Ruminants  SCC Track  
Sun, Aug. 10, 8-9:30am
147) Cheese from Sunlight and Rain  Sun, Aug. 10, 1-2:30pm
ANIMALS: RUMINANT, SMALL
41) Vibrant Goat Health for Your Starter Herd Sat, Aug. 9, 10-11:30am
133) Keeping Sheep Organically Sun, Aug. 10, 10-11:30am
179) Managing Unwanted Vegetation Using Goats Sun, Aug. 10, 3-4:30pm

CROPS: GRAIN AND SEED
114) Small-Scale Equipment for Small Grains BF Track Sun, Aug. 10, 8-9:30am
131) From Garden to Gordita: Grow Dent Corn for Masa Dough Sun, Aug. 10, 10-11:30am
162) Small-Scale Wheat and Bean Production BF Track Sun, Aug. 10, 1-2:30pm
182) Seed Saving on the Farm Sun, Aug. 10, 3-4:30pm

CROPS: SPECIALTY
29.5) Growing Hops for Home Brewing Sat, Aug. 9, 10-11:30am
136) Mushrooms in Bioremediation OLC Track Sun, Aug. 10, 10-11:30am
161) Small Scale Shiitake Mushrooms Sun, Aug. 10, 1-2:30pm

CROPS: SYSTEMS
30) Growing Quality Vegetables Biodynamically Sat, Aug. 9, 10-11:30am
137) No-Till for Intensive Vegetable Growing Sun, Aug. 10, 10-11:30am
180.5) Organic No-Till in Commercial Vegetable Production Sun, Aug. 10, 3-4:30pm

CROPS: VEGETABLES
14) Small Scale Garlic Growing for Beginner BF Track Sat, Aug. 9, 8-9:30am
59) Growing Brassica Crops Sat, Aug. 9, 1-2:30pm
76) Cultivating Summer Cabbage for Flavor & Profit Sat, Aug. 9, 3-4:30pm

DOWSING
2) Beginning Dowsing DW Track Sat, Aug. 9, 8-9:30am
25) Determining Soil Needs Through Dowsing DW Track Sat, Aug. 9, 10-11:30am
53) Dowsing Rods as Garden Tools DW Track Sat, Aug. 9, 1-2:30pm
77) Dowsing and the Animal Kingdom DW Track Sat, Aug. 9, 3-4:30pm

FARM ECONOMICS AND MANAGEMENT
10) Logistics for Starting a CSA BF Track Sat, Aug. 9, 8-9:30am
27) Farming Smarter, Not Harder: Planning for Profit BF Track Sat, Aug. 9, 10-11:30am
36) Selling to Your Local Food Co-op CO-OP Track Sat, Aug. 9, 10-11:30am
52) Co-ops in the Food System CO-OP Track Sat, Aug. 9, 1-2:30pm
54) Farm Mechanization for Increased Efficiency BF Track Sat, Aug. 9, 1-2:30pm
75) Crop Planning for CSAs using Excel BF Track Sat, Aug. 9, 3-4:30pm
78) Effective Farm Employee Management BF Track Sat, Aug. 9, 3-4:30pm
112) Planning for the Demands of your Market Sun, Aug. 10, 8-9:30am
138) Small-Scale Intensive Market Farming Sun, Aug. 10, 10-11:30am
149) Cultivating Tool & Equipment Efficiencies Sun, Aug. 10, 1-2:30pm

FARMING AND THE COMMUNITY
9) How Co-ops Make Healthy, Local Food More Accessible CO-OP Track Sat, Aug. 9, 8-9:30am
63) Permaculture/Bioregional Farms and Food Sheds PC Track Sat, Aug. 9, 1-2:30pm
89) LGBTQ Farmers on the Farm and on the Screen Sat, Aug. 9, 3-4:30pm
132) Growing Clean Water: Topsoil & Water Security OLC & SCC Tracks Sun, Aug. 10, 10-11:30am
132.5) Farm-to-Institution Opportunities Sun, Aug. 10, 10-11:30am
FARMING AND THE LAW
79) Farm & Food Transactional Legal Issues and when to Engage a Lawyer
   Sat, Aug. 9, 3-4:30pm
156) MA local Boards of Health, Regulations & Raw Milk
   Sun, Aug. 10, 1-2:30pm

FARMLAND AND FINANCING
11) Microloans: Grow a Backyard Operation Into a Small Farm
   Sat, Aug. 9, 8-9:30am
33) Innovative Land Financing Mechanisms  Sat, Aug. 9, 10-11:30am
55) Farm Succession Planning: Why, When and How  Sat, Aug. 9, 1-2:30pm
74) Access to Land  BF Track  Sat, Aug. 9, 3-4:30pm
124) Community Ownership of Land for Farm Viability
   Sun, Aug. 10, 10-11:30am
151) Growing a Vegetable Farm without Going into Debt  BF Track
   Sun, Aug. 10, 1-2:30pm

FOOD AND FARM EDUCATION
37.5) Starting and Maintaining a School Garden  Sat, Aug. 9, 10-11:30am
111) Organic Farming with Students Grades K-12  Sun, Aug. 10, 8-9:30am
154) Homeschooling: An Alternative Educational Path
   Sun, Aug. 10, 1-2:30pm

FOOD PRESERVATION AND COOKING
13) Processing, Butchering, & Adding Value to Pork Sat, Aug. 9, 8-9:30am
37) Simple Lacto-fermentation Sat, Aug. 9, 10-11:30am
38) Stocking The Pantry w/Home Preserved Foods Sat, Aug. 9, 10-11:30am
50) Basics of Pressure Canning Sat, Aug. 9, 1-2:30pm
80) Flavorful Food Preservation Beyond Canning Sat, Aug. 9, 3-4:30pm
97) Cooking Local/Organic Nutritious Meals Sun, Aug. 10, 8-9:30am
127) Cultured Dairy Products Sun, Aug. 10, 10-11:30am
157) Make Delicious Meals with Local Greens Sun, Aug. 10, 1-2:30pm
184) Using Vegetable Seconds for Frozen Meal Kits Sun, Aug. 10, 3-4:30pm

FRUITS AND TREES
48) An Organic Apple Orchard Season  BF & OLC Tracks
   Sat, Aug. 9, 1-2:30pm
66) Why Every Farm Should Have a Sugaring Operation
   Sat, Aug. 9, 1-2:30pm
82) Gardening Like the Forest  OLC & PC Tracks  Sat, Aug. 9, 3-4:30pm
85) Homestead Organic Apple Orchard Practicum  OLC Track
   Sat, Aug. 9, 3-4:30pm
96) Certified Organic Small & Tree Fruit  OLC Track
   Sun, Aug. 10, 8-9:30am
135) Making the Most of Your Woodland  OLC Track
   Sun, Aug. 10, 10-11:30am
159) Nuts for the Northeast  OLC, PC & SCC Tracks
   Sun, Aug. 10, 1-2:30pm
173) Establishing Multi-Purpose Coppice Landscapes  OLC & PC Tracks
   Sun, Aug. 10, 3-4:30pm

GARDEN
31) Improved Production for Medium and Large Gardens
   Sat, Aug. 9, 10-11:30am
81) Gardening Into the Fall  Sat, Aug. 9, 3-4:30pm
98) Cover Crops for the Garden and Homestead  OLC Track
   Sun, Aug. 10, 8-9:30am

GREENHOUSE
113) Season Extension Farming: Learn From Each Other  BF Track
   Sun, Aug. 10, 8-9:30am
122) Building & Managing Low-tech, Low-cost, Low-tunnels  OLC Track
   Sun, Aug. 10, 10-11:30am
177) Low-tech Season Extension, Spring and Fall  BF & OLC Tracks
   Sun, Aug. 10, 3-4:30pm

HERBS
5.5) 10 Culinary Herbs: Cultivation & Medicinal Use  Sat, Aug. 9, 8-9:30am
28) Grow your own Home Health Herbs: Colds and Flu
   Sat, Aug. 9, 10-11:30am
64) Propagating Field Grown Herbs Sat, Aug. 9, 1-2:30pm
84) Herbal Medicine from the Outside In Sat, Aug. 9, 3-4:30pm
104) Herbs for the Digestive System Sun, Aug. 10, 8-9:30am
126) Continuous Culinary Herb Harvest for Herbal Blends
   Sun, Aug. 10, 10-11:30am
152) Herbal Support for Premenstrual Symptoms Sun, Aug. 10, 1-2:30pm
158) Medicinal Weed Walk Sun, Aug. 10, 1-2:30pm
INTERNATIONAL AGRICULTURE
58) Grazing for Soil & Carbon  SCC Track  Sat, Aug. 9, 1-2:30pm
87) How Co-ops Spur Organic Farming in Global South  CO-OP Track
Sat, Aug. 9, 1-2:30pm
110) Organic Farming in age of Nuclear Disasters  Sun, Aug. 10, 8-9:30am

LAND CARE
26) Edible Landscaping with a Permaculture Twist  OLC & PC Tracks
Sat, Aug. 9, 10-11:30am
51) Bring Nature Home: Landscape Design for Wildlife  OLC Track
Sat, Aug. 9, 1-2:30pm
86) How Collaboration Heals EcoSystems  OLC Track
Sat, Aug. 9, 3-4:30pm
103) Hedgerows & Windbreaks for Farm & Homestead  OLC & PC Tracks
Sun, Aug. 10, 8-9:30am
121) Agroforestry for Riverlands and Beyond  OLC & PC Tracks
Sun, Aug. 10, 10-11:30am
146) Attract Native Pollinators to Your Land  OLC Track
Sun, Aug. 10, 1-2:30pm
181) Permaculture Homestead from the Ground Up  OLC & PC Tracks
Sun, Aug. 10, 3-4:30pm

NUTRITION AND HEALTH
15) Supportive Therapies in Peri/Menopausal Years  Sat, Aug. 9, 8-9:30am
40) The Real Message of Adrenal Fatigue  Sat, Aug. 9, 10-11:30am
65) Self Care & Ergonomics for Farmers  Sat, Aug. 9, 1-2:30pm
100) First Aid Homeopathy for the Farmer  Sun, Aug. 10, 8-9:30am
106) Infectious Chronic Disease: Cancer, Heart, Etc.  Sun, Aug. 10, 8-9:30am
128) Feed your Teeth…Feed your Life  Sun, Aug. 10, 10-11:30am
150) Electrical Pollution: Human & Animal Effects  Sun, Aug. 10, 1-2:30pm
163) The Fats about Vegetable Juice  Sun, Aug. 10, 1-2:30pm
174) Healthy Moms & Babies and Traditional Diets  Sun, Aug. 10, 3-4:30pm

OF THE SPIRIT
16) The Ancient Art of Labyrinth Building  Sat, Aug. 9, 8-9:30am
30.5) Home Funerals and Green Burials  Sat, Aug. 9, 10-11:30am
115) Spontaneous Yoga  Sun, Aug. 10, 8-9:30AM
181.5) Sabbatical year: Model for Sustainable Ag  Sun, Aug. 10, 3-4:30pm

ORGANIC CERTIFICATION
108) Introduction to Organic Certification  Sun, Aug. 10, 8-9:30am
125) Compliant Pest Controls for Organic Farms  Sun, Aug. 10, 10-11:30am
180) Organic Certification of Soaps & Cosmetics  Sun, Aug. 10, 3-4:30pm

POLITICS AND POLICY
6) Farmworkers Movements, Past and Present  Sat, Aug. 9, 8-9:30am
39) The Economics of Food Localization  Sat, Aug. 9, 10-11:30am
57) Grassroots Ideas and Input for Policy Change  Sat, Aug. 9, 1-2:30pm
101) Food Justice Certified  Sun, Aug. 10, 8-9:30am
130) Food Sovereignty Movements  Sun, Aug. 10, 10-11:30am
183) The Growing Movement for GMO Labeling  Sun, Aug. 10, 3-4:30pm

PRACTICAL SKILLS
8) Homebrewing Meads and Fruit Wines  Sat, Aug. 9, 8-9:30am
17) The Ecology and Gastronomy of Invasive Plants  Sat, Aug. 9, 8-9:30am
60) Making Hard Cider at Home  Sat, Aug. 9, 1-2:30pm
109) Open Source Agricultural Tools  Sun, Aug. 10, 8-9:30am
129) Fencing-in (or out): Practical fence building  BF Track
Sun, Aug. 10, 10-11:30am
172) Design & Maintain a Dry Composting Toilet  Sun, Aug. 10, 3-4:30pm
184.5) Worm Composting Basics  OLC Track  Sun, Aug. 10, 3-4:30pm

SOIL AND FERTILITY
3) Biologically Managing Weeds  OLC Track  Sat, Aug. 9, 8-9:30am
5) Carbon Farming: Regenerative Agriculture for the Climate  OLC, PC & SCC Tracks  Sat, Aug. 9, 8-9:30am
23) Building Deep Rich Soils in New England  OLC & SCC Tracks  Sat, Aug. 9, 10-11:30am
24) Compost vs Extract vs Tea  OLC Track  Sat, Aug. 9, 10-11:30am
61) Microscope Assessment Demonstration  OLC Track  Sat, Aug. 9, 1-2:30pm
90) Monitoring the Carbon Cycle on your Farm  SCC Track  Sat, Aug. 9, 3-4:30pm
107) Interpreting Soil Tests  BF & OLC Tracks  Sun, Aug. 10, 8-9:30am
123) Building Soil With Permaculture  OLC Track  Sun, Aug. 10, 10-11:30am
134) Low-Tech Composting for Gardens & Small Farms  BF & OLC Tracks  Sun, Aug. 10, 10-11:30am
153) Homemade Fertilizers and Innoculants  OLC Track  Sun, Aug. 10, 1-2:30pm
155) Introduction to Natural Farming  PC Track  Sun, Aug. 10, 1-2:30pm
171) Biological Management for Carbon Sequestration  OLC & SCC Tracks  Sun, Aug. 10, 3-4:30pm
URBAN AGRICULTURE
4) Breaking Ground in Vacant Lots  Sat, Aug. 9, 8-9:30am
99) Digging those Community Roots: The Role of Urban Gardens
   Sun, Aug. 10, 8-9:30am
148) Cross-sector Collaboration in Urban Ag  Sun, Aug. 10, 1-2:30pm
170) Arcology and the Ecological Cities of Paolo Soleri  
   Sun, Aug. 10, 3-4:30pm

TOURS
42) Weed Dating at Simple Gifts Farm!  Sat, Aug. 9, 10-11:30am
68) Book & Plow Farm: Farm to Institution  Sat, Aug. 9, 1-2:30pm
93) Red Fire Farm: Systems for Growing, Storing, and Marketing Root Vegetables  Sat, Aug. 9, 3-4:30pm
116) Natural Roots Farm: Horse Powered CSA, part I  DH Track  
   Sun, Aug. 10, 8-9:30am
140) Natural Roots Farm: Horse Powered CSA, part II  DH Track  
   Sun, Aug. 10, 10-11:30am
165) Simple Gifts Farm: Potato Production and Soil Nutrition  
   Sun, Aug. 10, 1-2:30pm
185) Brookfield Farm: CSA Systems  Sun, Aug. 10, 3-4:30pm

CHILDREN’S WORKSHOPS: ABOUT FOOD
69) Grow Your Own Smoothie  Sat, Aug. 9, 1-2:30pm
142) Peanut Butter Picnic  Sun, Aug. 10, 10-11:30am

CHILDREN’S WORKSHOPS: ANIMALS
44) Playing Fowl: Caring for Our Chicken Friends  Sat, Aug. 9, 10-11:30am
70) Kids with (Goat) Kids!  Sat, Aug. 9, 1-2:30pm
143) Rabbits  Sun, Aug. 10, 10-11:30am
186) Everyone Loves Ducks!  Sun, Aug. 10, 3-4:30pm

CHILDREN’S WORKSHOPS: JUST FOR FUN
19) Parade Banner Painting  Sat, Aug. 9, 8-9:30am
20) Stories, Songs, and Dance  Sat, Aug. 9, 8-9:30am
71) Window Stars and Danish Hearts  Sat, Aug. 9, 1-2:30pm
94) Parade Prep Workshop  Sat, Aug. 9, 3-4:30pm
117) Creative Writing and Theatre Games  Sun, Aug. 10, 8-9:30am
118) Let’s Make a Mask!  Sun, Aug. 10, 8-9:30am
166) Make a Splash Water Festival  Sun, Aug. 10, 1-2:30pm
188) The Magic of Milk Paint  Sun, Aug. 10, 3-4:30pm

CHILDREN’S WORKSHOPS: OF THE EARTH
21) We Recycle, Nature Recycles  Sat, Aug. 9, 8-9:30am
43) Building Fairy Houses  Sat, Aug. 9, 10-11:30am
45) The Wonder of Photosynthesis  Sat, Aug. 9, 10-11:30am
119) Wind Fun(damentals)  Sun, Aug. 10, 8-9:30am
141) Beekeeping For Everyone  Sun, Aug. 10, 10-11:30am
187) Is it a Bird?! Which one?  Sun, Aug. 10, 3-4:30pm

TEEN WORKSHOPS: ABOUT FOOD
168) Food Production For Winter and/or Urban Environments  
   Sun, Aug. 10, 1-2:30pm

TEEN WORKSHOPS: ANIMALS
95) The Joy and Health Benefits of Keeping Goats  Sat, Aug. 9, 3-4:30pm
145) Raising Healthy Goats at Home  Sun, Aug. 10, 10-11:30am
189) Rabbits  Sun, Aug. 10, 3-4:30pm

TEEN WORKSHOPS: FUN
120) Team Building Games  Sun, Aug. 10, 8-9:30am
144) Knots for Farming and Living  Sun, Aug. 10, 10-11:30am
22) Tie Dye and Get Aquainted  Sat, Aug. 9, 8-9:30am

TEEN WORKSHOPS: MIND AND POWER
190) Sustainability After High School  Sun, Aug. 10, 3-4:30pm
46) Create a School Garden to Raise Food Awareness  
   Sat, Aug. 9, 10-11:30am
47) Homemade Body Products  Sat, Aug. 9, 10-11:30am
72) Creating a Positive Future in a Crazy Time  Sat, Aug. 9, 1-2:30pm
73) Trash Talk: Rethinking Garbage for Zero Waste  Sat, Aug. 9, 1-2:30pm

TEEN WORKSHOPS: OF THE EARTH
95.5) Nature-Inspired Gifts to Share Joy & Save Money  
   Sat, Aug. 9, 3-4:30pm
167) Composting in All Its Forms  Sun, Aug. 10, 1-2:30pm
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 79, approved workshops are marked with “OLC Track” next to the workshop title. It is easy 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, 2015, not when you submit your CEU credits. Call CT NOFA office, 203-888-5146, if you have any questions.

Saturday, August 9, 8:00-9:30am
3) Biologically Managing Weeds with Elaine Ingham
5) Carbon Farming: Regenerative Agriculture with Connor Stedman
18) Worm Composting Basics with Ben Goldberg

Saturday, August 9, 10:00-11:30am
24) Compost versus Extract versus Tea with Elaine Ingham
26) Edible Landscaping with a Permaculture Twist with Michael Judd

Saturday, August 9, 1:00-2:30pm
48) Organic Apple Orchard Season w/Steven Gougeon & Jennifer Williams
51) Bring Nature Home: Landscape Design for Wildlife with Nanette Masi
61) Microscope Assessment Demonstration with Elaine Ingham

Saturday, August 9, 3:00-4:30pm
82) Gardening Like the Forest with Dave Jacke
85) Homestead Organic Apple Orchard Practicum with Jack Mastrianni
86) How Collaboration Heals EcoSystems w/Jim Conroy & Basia Alexander

Sunday, August 10, 8:00-9:30am
96) Certified Organic Small & Tree Fruit with Julie Rawson & Jack Kittredge
98) Cover Crops for Garden & Homestead with Sharon Gensler & Pru Smith
103) Hedgerows and Windbreaks for Farm and Homestead with Jono Neiger
107) Interpreting Soil Tests with Derek Christianson

Sunday, August 10, 10:00-11:30am
121) Agroforestry for Riverlands and Beyond with Connor Stedman
122) Building & Managing Low-cost, Low-tunnels with Daniel Botkin
123) Building Soil With Permaculture with Jonathan Bates
132) Growing Clean Water: Topsoil & Water Security with Abe Collins
134) Low-Tech Composting for Gardens and Small Farms with Matt Verson
135) Making the Most of Your Woodland with Michael Farrell
136) Mushrooms in Bioremediation with Todd Leftwich and Wes Price

Sunday, August 10, 1:00-2:30pm
146) Attract Native Pollinators to Your Land with Tom Sullivan
153) Homemade Fertilizers and Innoculants with Bryan O’Hara
159) Nuts for the Northeast with Keith Morris

Sunday, August 10, 3:00-4:30pm
171) Biological Management for Carbon Sequestration with Dan Kittredge
173) Establishing Multi-Purpose Coppice Landscapes with Dave Jacke
177) Low-tech Season Extension, Spring and Fall with Amy LeBlanc
181) Permaculture Homestead from the Ground Up with Lillabeth Wies

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This listing provides comprehensive workshops info, including 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. Once you are registered for the conference, you may attend any workshop listed here by simply walking to the room listed and taking a seat.

**LOCATIONS**

Most of the conference workshops take place at the UMass Campus Center on the 1st, 8th, 9th, and 10th floors. There are also workshops in the Crab-tree Basement Lounge (between the registration tent and worcester dining commons), as well as some workshops that are outside on the Northeast Residential Area lawn. There are tour workshops at local farms, and carpools are being coordinated at the “TOUR RIDE BOARD” on the blackboard at the registration table.

**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.
- **CO-OP** = Cooperatives Track: Sponsored by the Neighboring Food Co-op Association, these workshops explore promising cooperative economic models.
- **DW** = Dowsing Track: Sponsored by the American Society of Dowsers, this track of workshop explores the use of dowsing in organic agriculture.
- **DH** = Draft Horse Track: These workshops provide hands-on experience working with draft horses, as well as presentation on the economics and techniques of farming with horses.
- **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.
- **SCC** = Soil Carbon and Climate Track: These workshops provide information on farming practices that return carbon to the soil from the atmosphere, and build humus for the long term.
ADULT WORKSHOPS – SATURDAY, AUGUST 9, 8-9:30AM

1) Backyard Chickens  
Campus Center 811-15  
**Pam Raymond and David Turner** Raise grass fed beef, pastured broilers, free range layers, pastured pigs, & organic vegetable gardens in Hatfield, MA.

There will be information on breed selection, raising day old chicks, coop requirements, raising layers, handling predators, feeding requirements, general chicken information, and lots of resource materials.

2) Beginning Dowsing  
Campus Center 803  
**Marty Cain**: ASD National Convention, Beginning Dowsing School co-director for ten years.

This hands-on workshop will cover the rudiments of dowsing including: yes / no responses with L-rods; the ethics of dowsing; how dowsing works; clearing detrimental energies; map-dowsing; sighting a water well and answering any questions participants may have, as time permits. L-rods will be provided for your use during the workshop.

3) Biologically Managing Weeds  
Campus Center Auditorium  
**Elaine Ingham**: Soil ecologist, and researcher teaching farmers to foster soil microbial life.

Learn steps to begin to exit weeds from the farm landscape. We will examine existing models of weed-free plant production. Conflicting definitions of a weed held by fertilizer salesmen and ecologists will bring to the forefront the dichotomy between the “nuke-em” approach versus the “support team” approach to growing plants.

4) Breaking Ground in Vacant Lots  
Campus Center 904-08  
**Dan Gregory**: Farm manager for the urban farm, Grow Hartford, in Connecticut.

This workshop will provide a practical framework for gaining access to and preparing urban lots for agricultural use. Participants will learn how to research the feasibility of farming vacant lots, how to identify and resolve soil issues, and how to leverage and sustain community partnerships to ensure prolonged success.

5) Carbon Farming: Regenerative Agriculture for the Climate  
Campus Center 162-75  
**Connor Stedman**: Ecological designer, organizer of the internationally acclaimed Carbon Farming Course.

Most efforts to respond to rapid global climate change center on emissions reduction or climate adaptation. This workshop explores a third tool - carbon sequestration in trees and soil. We’ll review the science and discuss agroforestry, holistic rotational grazing, organic no-till, and biochar. We’ll identify promising methods and crops for farmers in the Northeast to trial.

6.5) 10 Culinary Herbs: Cultivation & Medicinal Use  
Crabtree Dorm Basement  
**Jade Alicandro Mace**: Community herbalist and medicinal herb grower at Milk & Honey Herbs.

Among the most medicinally active plants, culinary herbs are delicious, easy to grow in containers, small spaces, or fields. They provide a starting point to de-mystify herbalism and bring it into the home. Specific growth requirements, harvest, drying and storage, and medicinal uses will be discussed, and medicine-making techniques will be demonstrated.

6) Farmworkers Movements, Past and Present  
Campus Center 804-08  
**Nelson Carrasquillo**: General Coordinator of CATA (Farmworkers Support Committee) & board member 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.”

7) Grazing Basics  
Campus Center 905-09  
**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; grazing heights; determining recovery periods; avoiding overgrazing damage; determining paddock size and acreage needs; paddock design and layout; designing lanes, fences and water systems; parasite management; and avoiding common grazing mistakes.
8) Homebrewing Meads and Fruit Wines       Beginner
Campus Center 165-69

**Jonathan Roling:** Assistant Professor of Biology who enjoys experimenting with home-brewing.

We will learn the techniques for sterilization, inoculation, fermentation, and bottling of home brewed mead and fruit wines. These unique products cannot be found in most stores. However these techniques can be used for more traditional beers and wines, as well.

9) How Co-ops Make Healthy, Local Food More Accessible       **CO-OP Track**
**All levels**
Campus Center 805-09

**Bonnie Hudspeth:** Membership & Outreach Coordinator, Neighboring Food Co-op Association.

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

What is the co-op model and how can it help make local food systems work for people with limited food budgets? Hear from food co-op leaders about how they are leveraging community ownership of their co-ops to make nutritious food more accessible to families with limited food budgets.

10) Logistics for Starting a CSA       **BF Track**       Beginner
Campus Center 911-15

**Carolyn Llewellyn:** Farm and nature teacher, former CSA farmer.

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, supplies, and more. Many handouts are supplied to cover these issues as well as crop planning and further resources.

11) Microloans: Grow a Backyard Operation Into a Small Farm       **All levels**
Campus Center 168C

**Carrie Novak:** 35 year USDA employee specializing in financing for small family farms.

**Caitlin Sheffer:** Farm Loan Officer serving Western MA with small farm financing.

USDA launched a new micro-loan program in January of 2013 targeted to small producers. I’ll cover specifics of the program and provide assistance writing a balance sheet and cash flow. Participants will gain tools to determine whether a small operating loan will help them achieve their goal of growing their business.

12) Poultry Processing Basics       Beginner
Campus Center 163C

**Craig Haney:** Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.

I will provide an overview of the basic process of harvesting poultry, for home consumption or for retail sale. Pre-slaughter concerns, bleeding, scalding, plucking, eviscerating and chilling will be covered by showing a video. Special emphasis on food safety. Regulations for retail sales will also be addressed.

13) Processing, Butchering, & Adding Value to Pork       **All levels**
Campus Center 903

**Jake Levin:** Nose-to-tail butcher; local produce purveyor in the Berkshires.

**Jamie Paxton:** Sous Chef at CrossRoads Food Shop in Hillsdale, NY.

We’ll discuss your best options for processing pork. Learn what is the desired smell, color, feel/texture, and fat content. Look in depth at the basic primals and cuts, and how they are best served. Explore the basics of producing value added meat, including smoking, brining and dry curing.

14) Small Scale Garlic Growing for the Beginner       **BF Track**       Beginner
Campus Center 174-76

**Ken Gies:** Small scale garlic grower for almost a decade.

Step by step from “This is a garlic bulb” to sale or storage. I will discuss basic cultural requirements of garlic, and how and when to plant and harvest. Includes disease prevention as opposed to identification. Beginners will gain enough information to successfully plant a garlic patch for this fall.
15) Supportive Therapies for the Peri/Menopausal Years  
Dr. Emily Maiella: Naturopathic physician, practicing in both Brattleboro VT and Montague MA.

Menopause can be a time in life to celebrate – a time of new freedom and power! This workshop provides an overview of several effective and safe tools, including nutrition, botanical medicine, and bio-identical hormone replacement to ease menopausal symptoms and help you comfortably enjoy this transformative time in your life.

16) The Ancient Art of Labyrinth Building  
Melinda McCreven: Labyrinth builder, horticultural therapist, eco-artist.

Labyrinths are ancient earth-based circular paths for contemplative journeys…and also, a lot of fun to make! As we create a large (temporary) labyrinth to walk, I’ll give history, tips, techniques, applications in agri-tourism, therapeutic settings, and we’ll discuss the crucial differences between a maze and a labyrinth.

17) The Ecology and Gastronomy of Invasive Plants  
Mira Nussbaum: A decade of sharing my passion for wild foods and invasive plant medicine.

This presentation and conversation examines the history and ecology of plants currently considered invasive as well as our concept of what makes them so. Gain practical tips on how some of these plants can be used for food, medicine, animal fodder, crafts, and more. Participants will taste and experience these plants.

19) Parade Banner Painting  
Age 7-12  
Dwight Dorm  
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.

20) Stories, Songs, and Dance  
Age 5-10  
Dwight Dorm  
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.

21) We Recycle, Nature Recycles  
Age 6-12  
Katelyn Rozenas: The School Gardens Coordinator at the Regional Environmental Council.

In this interactive workshop, youth will learn all about how to compost biodegradable materials and recycle everything else. They will have the opportunity to take the Composting Challenge, learn how to build a compost pile and how to compost with worms.

22) Tie Dye and Get Aquainted  
UPUB  
Sharon Begley: Has been tie-dying with Nofa Teens for years.

Traditional opening workshop of Teen Conference. We will cover tie-dye basics and then create an original work of art. Bring pre-washed preferably white cotton fabric such as a T shirt or sheets.
Intermediate
Campus Center 162-75
Jim Laurie: Biologist studying successful land and ocean restoration efforts.
New England soils are notoriously thin but can be restored with planned grazing. Increasing soil biodiversity improves the water cycle, food quality, farm profitability, wildlife habitat, and climate. We will learn from case studies how to integrate pasture, woodlands and croplands deepening soils to create a New England Savannah.

24) Compost versus Extract versus Tea  OLC Track  All levels
Campus Center Auditorium
Elaine Ingham: Soil ecologist, and researcher teaching farmers to foster soil microbial life.
By observing what is in the dirt, we can make compost, extracts, or teas that return the life that is needed. Nurturing this life maintains the positive interactions of soil life with crop plants. I will cover hands-on approaches to making and applying compost, compost extracts, and compost teas.

25) Determining Soil Needs Through Dowsing  DW Track  Beginner
Campus Center 803
Dowsing is an art with a great many applications beyond water, including gardening and agriculture. In this workshop, we will review some dowsing basics and focus on its use as a complement and supplement to scientific laboratory testing to determine soil nutrient levels and other soil needs.

26) Edible Landscaping with a Permaculture Twist  OLC & PC Tracks
All levels
Campus Center 904-08
Michael Judd: Author of ‘Edible Landscaping with a permaculture Twist’, ecological landscape designer
Presentation will cover functional designs for small scale landscapes: building herb spirals, carving raised beds that harvest rainwater, growing tasty outdoor mushrooms, creating a food forest, discovering uncommon fruits, hugelkultur, shaping up an earthen oven, and much more.

27) Farming Smarter, Not Harder: Planning for Profit  BF Track
Intermediate
Campus Center 165-69
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.

28) Grow your own Home Health Herbs: Colds and Flu  Beginner
Crabtree Dorm Basement
Sarah Stockwell-Arthen: Has been making herbal foods and remedies for 25 years.
We’ll focus on growing and using herbs to prevent colds and flus as part of a larger herbal medicines garden plan — with herbs to improve your foundational health, natural defenses and deal with common ailments. We will also discuss how to respectfully harvest and use these herbs daily.

29.5) Growing Hops for Home Brewing  All levels
Campus Center 917
Sanne Kure-Jensen: Regular “Country Folks” contributor; manages education and outreach for NOFA/RI.
Learn about cultivating, trellising, harvesting and drying hops. Hear about global hops history. Discover hops use in the landscape, as medicine and beer additive. Learn about home brewing terms, equipment, ingredients, sanitation, bottling and capping equipment. Hear about things to watch out for and get sources for recipes and ingredients.

30) Growing Quality Vegetables Biodynamically  Intermediate
Campus Center 804-08
Mac Mead: Director, The Pfeiffer Center; 38 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 use of the biodynamic preparations, raised beds, planting, cultivating, spraying, planting calendar, and pest control.
30.5) Home Funerals and Green Burials  All levels
Campus Center 163C
Ann-Elizabeth Barnes and Jonitha Hasse: Home Funeral Guides serving in Columbia County, NY and Berkshire County, MA.
This workshop 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 and a green funeral.

31) Improved Production for Medium and Large Gardens  Intermediate
Campus Center 174-76
Steve Walach: Has managed large school gardens for 14 years.
Presentation will address gardening fundamentals to produce greater yields. This includes crop rotations, fertilizer plans, seedling care, labor requirements, and organization of garden space. In 2012, our school garden harvested 5,734 pounds of vegetables from 2,000 sq. ft. of raised beds, close to 3 lbs/sq ft.

33) Innovative Land Financing Mechanisms  All levels
Campus Center 905-09
Mike Ghia: Land For Good VT Field Agent, experienced with farm acquisition.
Participants will explore non-traditional ways to finance land acquisition such as emerging farmland investor models, crowd-funding, land contracts, land cooperatives, and community land trusts. We will look at the advantages and limitations of these models, and share among participants about their experiences, questions and concerns about these approaches.

35) Pastured Turkeys for the Thanksgiving Table  Beginner
Campus Center 811-15
Craig Haney: Livestock manager at Stone Barns Center for Food and Agriculture since opening in 2004.
From day-old pouls 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.

36) Selling to Your Local Food Co-op  CO-OP Track  All levels
Campus Center 805-09
Tony White: Operations Director, Co-op Food Stores of NH and VT.
Erbin Crowell: Executive Director, Neighboring Food Co-op Association.
Food co-ops in our region make a priority of supporting local farmers, producers and co-ops. This workshop will explore the regional impact of your Neighboring Food Co-ops, what you need to know to offer your products to local food co-ops as well as how to best report local economic impact.

37) Simple Lacto-fermentation  Beginner
Campus Center 911-15
Beth Ingham: Organic gardening for 25 years, Whole Health Educator, nutritionist.
All the how tos of making great lacto-fermented products for home use. We will make sauerkraut, pickles, beet kvass and kimchee. All the tools and techniques to succeed will be introduced as well as a discussion of the health and environmental benefits of this method of preserving the harvest. Samples to inspire will be given out!

37.5) Starting and Maintaining a School Garden  Intermediate
Campus Center 903
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.
38) Stocking The Pantry With Home Preserved Foods  All levels
Worcester Dining Hall Oak Room
Kathy Harrison: Author, blogger, farmer, and teacher of food preservation for 35 years.

Participants will learn to stock a deep pantry with locally grown foods. I will demonstrate a dehydrator, pressure canner, water bath canner and types of fermenters. We will explore how various foods should be preserved and options for using preserved foods as the basis of many meals.

39) The Economics of Food Localization  All levels
Campus Center Hadley Room (10th floor)
Anita Dancs: Grows, buys, barter, cooks, preserves, eats and researches local food.
Helen Scharber: Economics professor who does not advocate math lessons for locavores.

Many economists argue that global food supply chains are better for society than small-scale, local food production, due to comparative advantage and economies of scale. In this participatory workshop, we'll review the evidence for these claims, critique them and hopefully generate a lively discussion.

40) The Real Message of Adrenal Fatigue  All levels
Campus Center 168C
Dr. Chris Decker: Naturopathic Physician, Homeopath, Certified GAPS Practitioner, Primal Doc, WAPF Chapter Leader.

As common as adrenal fatigue is--with its symptoms of insomnia, blood sugar dysregulation, and low energy--the real problem may originate further upstream, in the brain, which is the organ really calling the shots. Understanding this vastly affects treatment. Please join me for a fascinating discussion of this very relevant subject.

41) Vibrant Goat Health for Your Starter Herd  Beginner
Outside
Emily Peterson: Herd and Barn Manager of the Goat Girls.

We will cover basic considerations when starting a herd of goats including housing, nutrition and what to keep on hand. We will discuss the benefits of keeping good records and routine care. Demos will include hoof trimming, how to check vital signs, and administering basic medical care.

42) TOUR: Weed Dating at Simple Gifts Farm!  All levels
Caroline Roszell: Simple Gifts Farm, asst. manager; NOFA/Mass, board member; gone on several great dates following weed dating events.

Make new friends across a bed of vegetables! Get out of the classroom and pull weeds while you meet new people, roulette-style. Open to everyone, regardless of age, sexual preference, gender, farm experience, etc! At the end of the session, you’ll have a chance to leave a note for anyone you met who perked up your leaves. Participants can collect their messages from me at the Registration Table, starting at 5:00pm on Saturday during the Fair.

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 – SAT., AUGUST 9, 10-11:30AM
43) Building Fairy Houses  Age 5-12
Dwight Dorm
Pam Kimball: Creating sustainable communities and zero energy housing.

Join us to play in the land of Fairy. We will read books, build Fairy houses out of found natural materials, draw pictures, and give tours of the Fairy homes.

44) Playing Fowl: Caring for Our Chicken Friends
Dwight Dorm  Age 5-12
Claudia Lewis: Homeschool mom, raised backyard birds & critters for ten years.
Kristy Delfausse: Elementary librarian in Brooklyn, NY, an avid gardener, who 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 amusing and industrious creatures!

45) The Wonder of Photosynthesis
Dwight Dorm  Age 6-12
Matt Tarpey: Avid environmentalist who loves teaching youth about fresh vegetables!

This interactive youth workshop will consist of the video, the Magic School Bus Gets Planted, a discussion about photosynthesis, a photosynthesis based arts and craft project and a fun, interactive game.
46) Create a School Garden to Raise Food Awareness
UPUB
Shawn Ilinitch: Teacher who established 6,000 square foot organic garden.
The future of our food system depends on you! By helping to create a garden at your school, you will bring awareness of food system issues to your peers and have fun along the way.

47) Homemade Body Products
UPUB
Terry Myers: Gardener, Parent, music and yoga teacher.
Learn to make your own body products that are good for your body AND good for the planet. We will make chap stick, facial scrub, and body butter with common ingredients such as olive oil, bees wax, aloe, and coconut oil. Participants will get one of each to take home.

48) An Organic Apple Orchard Season
BF & OLC Tracks
All levels
Campus Center 903
Steven Gougeon and Jennifer Williams: Husband and wife team growing apples and making hard cider at Bear Swamp Orchard.
We will share our annual cycle of organic orchard care, focusing on the jobs that are required, the pests and diseases we monitor and how we manage them. We’ll also discuss the sales strategy we’ve adopted to best utilize the apples from our orchard, which includes many value-added products.

49) Animal Processing on the Farm
Campus Center 811-15
Matt Wilkinson: Farm Educator specializing in meat processing and animal husbandry.
Using a detailed power point showing all components of on farm animal processing, I’ll cover the benefits to processing one’s own meat animals, what equipment is required, facility needs, laws effecting farm animal processing, and basic how to’s.

50) Basics of Pressure Canning
Beginner
Worcester Dining Hall Oak Room
Kathy Harrison: Author, blogger, farmer, and teacher of food preservation for 35 years.
Participants will be introduced to the basics of acquiring and using a pressure canner. We will explore the different kinds of canners and how each operates along with the challenges and benefits of each. We will also discuss which foods are best for pressure canning and how to use one to save time and money in the kitchen.

51) Bring Nature Home: Landscape Design for Wildlife
OLC Track
Beginner
Campus Center 168C
Nanette Masi: Passionate gardener, Landscape designer/educator, AOLCP, B.A. Botany, M.Ed. Science Education.
I will provide simple steps for designing native plant groupings that provide year-round food and habitat resources for wildlife. I will cover the important role native plants play in creating a successful habitat garden and offer some useful tips and organic gardening techniques.
52) Co-ops in the Food System: Conversions, Start-ups and supply chains

**CO-OP Track  All levels**

Campus Center 805-09

**Erbin Crowell:** Executive Director of the Neighboring Food Co-op Association.

**Adam Trott:** Staff Developer for the Valley Alliance of Worker Co-ops.

We will present worker and food co-ops in the Northeast and internationally that foster economically and environmentally sustainable food systems. Participants will learn the process for cooperative business development, the advantages of the co-operative model, and steps for launching a new co-op or converting an existing business. Time for discussion.

53) Dowsing Rods as Garden Tools  **DW Track  Beginner**

Campus Center 803

**Gina Barkovitch:** Farming, homesteader, orchards, co-creating land with dowsing. Editor of Dowser’s Digest.

Have you ever wished your plants could tell you where they’d like to be planted? This class will introduce using dowsing rods to determine best locations for seedlings and potted plants in your garden or orchard. Time allowing, we can discuss dowsing your own seed/potting soil recipe.

54) Farm Mechanization for Increased Efficiency  **BF Track  Beginner**

Campus Center 165-69


Learn tools of the trade for greater farming efficiency: cultivation tools to maximize weed control; harvest tools for speed; and packhouse tools for quicker and easier processing. Cost/benefit analysis will show how long it will take for a new tool to pay for itself. Greenhouse innovations also highlighted.

55) Farm Succession Planning: Why, When and How  **All levels**

Campus Center 905-09

**Kathy Ruhf:** Land for Good Executive director; 20 years working with farm families.

**Richard E. Cavanaugh:** Owner of Common Grow, a law and land use firm.

It’s not too early—or too late—to plan for farm succession and transfer. We’ll talk about the planning process, goals, methods, and challenges. Topics include retirement (what does that mean??), finding a successor, strategies for productive conversations, and more. You’ll come away with information, support and concrete next steps.

56) Getting Started in Beekeeping  **BF 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.

57) Grassroots Ideas and Input for Policy Change  **All levels**

Campus Center 804-08

**Steve Gilman:** Policy Coordinator for the NOFA Interstate Council.

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

**Alex Simpson:** Chairs the NOFA-NH Public Policy and Advocacy Committee.

Current issues on NOFA’s 2014 Policy Agenda include GMO labeling initiatives; redirecting FDA’s food safety regulations; farm bill implementation; transforming farm labor; and more. Come join the conversation and contribute to the discussion of policy needs with members of the NOFA Interstate Policy Committee.

58) Grazing for Soil & Carbon  **SCC Track  All levels**

Campus Center 162-75

**Seth Itzkam:** Environmental futurist investigating climate mitigation through restorative grazing.

I will report from the Africa Center for Holistic Management in Zimbabwe, where grazing, in accordance with evolutionary patterns, is re-greening highly depleted landscapes: helping to provide sustainable food and water security while invariably sequestering carbon through new soil formation. Case studies and explanations provided.

59) Growing Brassica Crops  **All levels**

Campus Center 174-76

**John Kenny:** Owner, Big Train Farm, Cranston, RI; Teaches Soil and Plant Science.

Take an in-depth look at the often challenging world of growing the Broccoli-Family, Brassicaceae. Discussion on their natural history, fertility inclinations, insect relationships, and overall management techniques. Emphases on soil balancing and organic pest control to grow excellent Brassicas.
60) **Making Hard Cider at Home**  
*All levels*
Campus Center 917

**Jake Mazar**: Farmer, cidermaker, co-founder of Artifact Cider Project.

**Soham Bhatt**: Scientist, cidermaker, co-founder of Artifact Cider Project.

Hard cider was the drink of choice in colonial America where families made home batches every year. Learn how to make hard cider at home. Includes overview of equipment, timing, common mistakes, and tricks of the trade.

61) **Microscope Assessment Demonstration**  
*OLC Track*  
*All levels*
Campus Center Auditorium

**Elaine Ingham**: Soil ecologist & researcher teaching farmers to foster soil microbial life.

We will assess bacteria, fungi, protozoa, and nematodes in soil and compost samples from several participants. I will demonstrate practical microscope methods, and interpret results, suggesting needed steps to improve the soil for better crop production, or to maintain soil life, if good balances are observed.

62) **Pastured Poultry: From Brooder to Bag**  
*All levels*
Campus Center 904-08

**Ken Gies**: Poultry Hatchery Owner and pastured chicken raising for 15 yrs.

I will present the fundamentals of brooding, feeding and watering, field specifications for pasture, processing, and marketing organic pastured poultry – all with a minimalist approach to equipment. Beginners will get tools to get started and the experienced will gain info to improve their techniques.

63) **Permaculture/Bioregional Farms & Food Sheds**  
*PC Track*  
*Intermediate*
Campus Center Hadley Room (10th floor)

**Andrew Faust**: Premier Permaculture teacher with 2+ decades experience.

Create Permaculture farms and communities that heal watersheds and provide jobs with dignity. Design healthy productive landscapes. Integrate orchards & livestock. Build off the grid, gravity powered, solar, wood & compost heated water & energy systems. Expand farm hosting capacity with natural buildings.

64) **Propagating Field Grown Herbs**  
*All levels*
Outside

**Kathy Morris**: Homesteader, with 38 years of experience.

The how, when, and why on propagating perennial, biennial, and annual herbs. Discussion and demonstration of techniques applicable to most common and not so common herbs. Includes tips to aid in winter hardiness.

65) **Self Care & Ergonomics for Farmers**  
*All levels*
Crabtree Dorm Basement

**Lydia Sivel-Irons**: The Flexible Farmer, founder. Northeast Center for Agricultural Health, Representative.

This upbeat, active workshop will teach you how to care for and protect your most important tool: your working body! Participants will learn anatomy, body mechanics, & injury prevention related to the physical challenges of farm work. We will cover frequent problems and ways to prepare, maintain and restore.

66) **Why Every Farm Should Have a Sugaring Operation**  
*All levels*
Campus Center 911-15

**Michael Farrell**: Director of Cornell University’s Uihlein Forest in Lake Placid, NY.

This workshop will discuss the benefits of developing a maple sugaring operation and offer ideas for expanding existing sugaring operations. You will learn about the economics of sugaring and marketing opportunities with maple, birch, and walnut sap. Several examples of community-based sugaring models will be covered.

67) **Work Horses 101- Care and Handling**  
*BF & DH Tracks*  
*Beginner*

**Kim Mastroianni**: Works with people and horses, ideally, to both benefit.

**Dale Perkins**: Works with people and horses on a small family farm.

For those with limited experience and lots of interest. Get hands on time, up close and personal with these amazing animals. Learn handling, care, keeping, and the basics of how draft horses think, how to work safely around them, and how they can benefit your farming operation. We’ll have handouts.
68) **TOUR:** Book & Plow Farm: Farm to Institution  
*All levels*

**Peter McLean:** Book & Plow Co-Manager.  
**Tobin Porter-Brown:** Book & Plow Co-Manager.

Book & Plow Farm is in its second year of growing for Amherst College. Hear the challenges and successes that come with growing for an institution. We will talk about crop planning, season extension, processing, working with the dining hall, and a host of other topics that come along with growing food for a large institution.

**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 – SAT., AUGUST 9, 1-2:30PM**

69) **Grow Your Own Smoothie**  
Age 6-12  
Dwight Dorm

We will talk about how strawberries grown and learn how to properly transfer strawberry runners to start new plants. We will then use the harvested fruit to prepare a healthy smoothie! Based on the book, Grow Your Own Smoothie by John Malam.

70) **Kids with (Goat) Kids!**  
Age 5-12  
Dwight Dorm

**Alisande Cunningham Sweeney:** Runs Juniper Hill Farm in Amherst hosting herb & goat walks.  
**Liana Cunningham Sweeney:** Has worked on several goat farms around the world.

We will learn to handle and brush young goats (kids) and talk about general care including which plants and trees they can eat.

71) **Window Stars and Danish Hearts**  
Age 9-12  
Dwight Dorm

**Bridget Spann:** Homeschool parent, enjoys learning along w/her children.  
**Gabriela Zasada:** A girl who loves art, cats, and swim team.

Learn how to make translucent window stars and Danish Hearts. They are festive decorations and make great gifts for others.

**TEEN WORKSHOPS – SATURDAY, AUGUST 9, 1:00-2:30PM**

72) **Creating a Positive Future in a Crazy Time**  
**Tina Clarke:** Transition Towns Trainer, Program Director at Greenpeace & Clean Water Action.

In this time of environmental, social and economic challenges, people around the world are creating fulfilling lives and strong communities. How do they do it? We’ll explore ways to create a fantastic life while helping create positive change. It’s an exciting time for creating better ways of living together on our amazing earth.

73) **Trash Talk: Rethinking Garbage for Zero Waste**  
**Tracy Frisch:** Journalist, homesteader producing 2 bags of trash/year, environmental activist.

Where does stuff go when we throw it away? Is all recycling beneficial? What’s embodied energy and are we squandering it? Should we choose -- Paper or plastic? Reuse or recycle? Incinerate, landfill or something else? We’ll ponder all your questions and create a vision for a “Zero Waste” world.

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**Transform Climate Change with Organic Farming**

- Learn more at two all-day seminars with **Dr. Christine Jones**
- Support **TEAM NOFA/Mass:** Running to Build Healthy Soil
- Join us November 3 for a workshop with grazing expert, **Ridge Shinn**
- **SAVE THE DATE:** 2015 NOFA/Mass Winter Conference, January 10, featuring keynote **Greg Judy**
- Find resources on **carbon sequestration** & more at [www.nofamass.org](http://www.nofamass.org)
ADULT WORKSHOPS – SAT., AUGUST 9, 3:00-4:30PM

74) **Access to Land**  **BF Track**  **All levels**
Campus Center 811-15

**Mike Ghia:** Land For Good VT Field Agent, experienced with farm acquisition.

**Kathy Ruhf:** Land For Good Executive director; 20 years working with farm families.

Participants will explore the topics of acquiring land through purchase or lease, financial assessment, finding farms, lease agreements, communication & negotiation and community partners. Participants may prepare ahead using an online course called Acquiring Your Farm (www.landforgood.org/register-ayf). Farm seekers may follow up independently with a Land For Good coach.

75) **Crop Planning for CSAs using Excel**  **BF Track**  **Advanced**
Campus Center 904-08

**Dan Kaplan:** Farm Manager of Brookfield Farm since 1994.

Brookfield Farm has been running as a CSA for 27 years. I will go over how we plan for growing 30 acres of vegetables for our 525-share operation.

76) **Cultivating Summer Cabbage for Flavor & Profit**  **All levels**
Campus Center 174-76

**Derek Christianson:** Owner, Farmer, & Community Educator at Brix Bounty Farm.

**Nicki Anderson:** Has been growing healthy soils and food for four years.

Enjoying delicious Farao Cabbage leaves a few seasons back was a revelation, and has changed our planting plan for the better. We’ve since expanded our spring planting for an extended harvest season (June through July). We’ll focus on the craft, finances, and science of small-scale summer & napa cabbage production.

77) **Dowsing and the Animal Kingdom**  **DW Track**  **All levels**
Campus Center 803

**Leroy Bull:** Dairy farmer, grandfather, son Pennsylvania Secretary Agriculture, past ASD President.

Animals respond to earth and atmospheric changes, often before we are even aware of them. Beekeepers have long known, when hives are located on top of water veins, yields increase 20%. Animals can teach us to locate water. Learn to use your inborn abilities to provide for more (or less) of what you’re looking for in life.

78) **Effective Farm Employee Management**  **BF Track**  **All levels**
Campus Center 165-69


Farmers often think each added employee-hour should decrease the farmer’s workload by equal amounts. Not so. Being an effective and efficient manager of farm employees takes time, effort and some skill. I’ll cover practical employee management tips, legal requirements, important filing deadlines, SEP IRAs, and spousal social security options.

79) **Farm & Food Transactional Legal Issues and when to Engage a Lawyer**  **All levels**
Campus Center 905-09

**Jenny Rushlow:** Staff Attorney and Director of the Farm and Food Initiative at Conservation Law Foundation.

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

**Severine von Tscharner Fleming:** Founder, Greenhorns; Co-founder, National Young Farmers Coalition; Board, Agrarian Trust.

Farmers and food entrepreneurs will learn about transactional legal issues affecting their work and when to engage an attorney. Participants will also learn about a new pro bono legal services hub piloting in Massachusetts where eligible farmers and food entrepreneurs get matched with attorneys willing to offer their services for free.

80) **Flavorful Food Preservation Beyond Canning**  **Advanced**
Worcester Dining Hall Oak Room

**Rosa Galeno:** Teaches culinary classes as life lessons.

Fill your pantry to taste what you eat. I’ll cover methods to capture the flavor of food without the water bath canning method: making an olive oil infusion with fresh herbs; creating an oven-heated, vacuum-sealed, ready-to-use sauce in a glass jar; and layering green tomatoes or herbs in salt.

81) **Gardening Into the Fall**  **Intermediate**
Campus Center 162-75

**Al Johnson:** Organic grower for over 35 years. Organic inspector since 1990.

Many crops thrive in cool autumn & early winter weather. Learn appropriate crops & varieties, planting options & dates, crop rotations that include cover crops, & some simple storage techniques. Focus will be on crops planted after the summer solstice grown without crop extension devices.
32) Gardening Like the Forest  OLC & PC Tracks  Intermediate
Campus Center Auditorium

Dave Jacke: Longtime ecological designer and author of Edible Forest Gardens.

Healthy forests maintain, fertilize, and renew themselves, naturally. Forest gardens mimic natural forests while growing food, fuel, fiber, fodder, fertilizers, pharmaceuticals, and fun. We can meet our own needs and regenerate healthy ecosystems simultaneously! I’ll cover forest gardening’s vision and scientific background, present real-life examples, and introduce some useful perennial edibles.

33) Getting Started in Certified Small-Scale Dairying  BF Track  All levels
Campus Center 917

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 multispecies in one dairy operation.

34) Herbal Medicine from the Outside In  Beginner
Crabtree Dorm Basement

Jane LaForce: Gardener, goatherd, earth lover, sharer of Wise Woman ways.

Explore the healing properties of plants when applied to the outside of the body as baths (full, foot, hand or sitz), poultices, washes or compresses and some liniments and oils or salves, as well. Specific herbs will be covered and demonstrated. Please bring a towel should you wish to have a feet or hands in experience.

35) Homestead Organic Apple Orchard Practicum  OLC Track  Intermediate
Campus Center 903

Jack Mastrianni: A card carrying member of AAA…Apple Addicts Anonymous.

15 years ago I planted our first apple trees, and through successes and failures, I think I have finally reached holistic orchard health. I’ll show a power point covering site selection, varieties, planting, nurturing, and pruning. I’ll share my lessons and solicit other apple growers to share theirs as well.

36) How Collaboration Heals EcoSystems  OLC Track  All levels
Campus Center 911-15


Ms. Basia Alexander: Visionary Culture-Shifter, Workshop Leader, Author, Catalyst for Practical Spirituality, Publisher.

Ecosystem degradation and invasives require outside-the-box solutions. How can you team-up with organisms for all to thrive sustainably? Adopt “Live and Let Live” ideas & bio-energetically restore healthy inter-communication. Research on farms with insects, diseases shows that killing is obsolete. Experience energetic connection with plants to forever change your outlook.

37) How Co-ops Spur Organic Farming in Global South  CO-OP Track  All levels
Campus Center 805-09

Rodney North: Equal Exchange spokesperson for 15 years and former Board Director.

In many places around the world farming organically is necessarily a collective effort. Equal Exchange works directly with 55 co-ops of organic farmers in 23 countries. I will explain how the co-operative business model, both in the US and abroad, makes organic farming both feasible & attractive.

38) Keeping Bees Healthy Organically  Intermediate
Campus Center 168C


Understand how a healthy colony operates and master the nutritional needs of bees. Learn to identify pests, diseases, & problems in the colony & manage them without chemicals. Review ways to keep your apiary sustainable, including methods of queen raising, nuc building, and overwintering so your bees survive each year. Basic beekeeping knowledge expected.

39) LGBTQ Farmers on the Farm and on the Screen  All levels
Campus Center 163C

Jonah Mossberg: Queer farmer & filmmaker from NE Connecticut.

Rachel Rybaczuk: Writing a dissertation about farmers at UMass-Amherst.

This workshop looks at the role of lesbian, gay, bisexual, transgender, and queer farmers in agriculture, despite their relative absence in popular media and the agricultural imagination. We’ll show excerpts from the documentary, Out Here, about LGBTQ farmers. Participants will have a chance to share stories and ideas, meet each other, and network.
90) Monitoring the Carbon Cycle on your Farm  
**SCC Track  Advanced**
Campus Center 804-08

**Peter Donovan**: Founder, Soil Carbon Challenge, monitoring soil changes across North America.

The cycling of carbon via photosynthesis (or lack thereof) affects both climate and soil fertility. Participants will learn how observing these processes locally, with citizen-science and open-data approaches, can enable us to recognize and organize leadership to slow down carbon and water cycling for local and global benefits.

91) Scientific Validation of Herbal Medicine  
-- CANCELLED

92) Work Horses 102- Harnessing and Driving  
**BF & DH Tracks  Beginner**
OUTSIDE

**Dale Perkins**: Works with people and horses on a small family farm.

**Kim Mastrianni**: Works with people and horses, ideally, to both their benefit.

Understand what horses can do for your farm. Learn harness varieties, proper fit, other equipment, hitching and safety concerns. Participants will have an opportunity to harness and drive a single or a team of horses.

93) TOUR: Red Fire Farm: Systems for Growing, Storing and Marketing Root Vegetables  
**Advanced**

**Ryan Voiland**: Owner and head grower at Red Fire Farm.

We grow certified organic produce on 100 acres for CSA shares, farm stands, farmers markets and wholesale accounts. I will show horticultural requirements & systems for producing organic root vegetables, including parsnips, carrots, potatoes & onions. I'll cover planting, fertility, weed management, harvesting & storage considerations. The tour includes a wagon ride of the fields as well as a walking tour of the produce storage facilities.

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 parallel to the road and has a farm member Pick Your Own station on the road side. The tour will start from that location. ADDRESS: 184 Meadow Rd, Montague MA, 01351. ARRANGE CARPOOLS USING THE “TOUR RIDE BOARD” PLACED AT THE REGISTRATION TENT.

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**CHILDREN’S WORKSHOPS – SAT., AUGUST 9, 3-4:30PM**

94) Parade Prep Workshop
Dwight Dorm  
Age 5 and up

**Children’s Conference Teachers and Helpers:**

Children and Teens will make fun hats or noise makers to carry in the parade. Theme 40 years! They will decorate a golf cart and line up with NOFA State banners. Caregivers will join us for a march around the green at 4:30.

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**TEEN WORKSHOPS – SATURDAY, AUGUST 9, 3:00-4:30PM**

95) The Joy and Health Benefits of Keeping Goats
Outside; Meet at the goats in the Northeast Residential Area.

**Alisande Cunningham Sweeney**: Runs Juniper Hill Farm in Amherst hosting herb & goat walks.

**Liana Cunningham Sweeney**: Has worked with several goat farms around the world.

Adults welcome! We will discuss the basics of caring for dairy goats. Selecting a breed, housing, feeding, equipment, worming, time needed and fencing will be covered. Then we will take a short walk and look at the common plants that goats can eat. Meet us under the trees with the goats.

95.5) Nature-Inspired Gifts to Share Joy and Save Money
UPUB

**Carolyn Llewellyn**: Farm and nature educator.

Participants will create several gift items and discuss many more ideas for gifts full of meaning and beauty that do not require excessive planning or skill. Pressed flowers, found objects, etc.
ADULT WORKSHOPS – SUNDAY, AUGUST 10, 8:00-9:30AM

96) Certified Organic Small and Tree Fruit  OLC Track  All levels
Campus Center 174-76
Julie Rawson and Jack Kittredge: Vegetable, animal and fruit growers at Many Hands Organic Farm for 32 years.

We will focus on raspberries, blueberries, grapes, peaches, pears, plums and some minors. We will talk pruning, fertility, cultural practices and how to preserve/wine/use and market. We have 100 fruit trees and small holdings of many small fruits.

97) Cooking Local/Organic Nutritious Meals  All levels
Worcester Dining Hall Oak Room
Nicole Cormier: Registered Dietitian; nutrition counselor; Delicious Living Nutrition, Inc., owner.

The foods we eat can help increase energy levels, improve overall health, and foster a healthy relationship with food. This workshop will expand our knowledge of nutrition and seasonal recipes that incorporate local/organic foods. Includes a slide show, and a demonstration of simple cooking methods.

98) Cover Crops for the Garden and Homestead  OLC Track  Beginner
Campus Center 917
Sharon Gensler: Homesteader/educator 30+ years; using garden cover crops for ten years.
Pru Smith: Homesteader, orchardist, cover cropper, sustainability & wellness life coach.

Cover crops aren’t just for large farms! Learn how to make use of cover crops in the home garden: what types, how & when to plant, how they can fit into a crop rotation while improving soil health, reducing weed pressure, and sequestering carbon.

99) Digging those Community Roots: The Role of Urban Gardens  All levels
Campus Center 805-09
Sara Katz: Community Horticulturist for Bronx Green-Up, the outreach program of the New York Botanical Garden.

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

100) First Aid Homeopathy for the Farmer  Beginner
Campus Center 803

Homeopathic remedies are safe, low costing, non-toxic, & without side effects. Homeopathy helps relieve pain and speed healing with sunburns, garden strains, summer colds, bug bites, skin rashes, etc. I will offer some applicable remedy uses of homeopathy for you and your family.

101) Food Justice Certified  Intermediate
Campus Center 905-09
Elizabeth Henderson: Organic farmer, NOFA representative to the Agricultural Justice Project.
Erin Bullock: Growing vegetables for CSA members for seven years.

Would domestic fair trade be a benefit for US organic farms? Hear from a farmer who is trying out the Food Justice Certification, created by the Agricultural Justice Project. Why go to this added trouble? What does it mean for farmers, farmworkers, ethical eaters? View short film “Hungry for Justice: Spotlight on the South.”

102) Harvesting your Cover Crop with Ruminants  SCC Track
Campus Center 162-75
Ridge Shinn: Grass-fed beef pioneer with special knowledge in bovine genetics.

Successfully finishing cattle on a forage-only diet requires understanding how to harvest energy from plants. Cover crops are a way to build soil quickly, and harvesting them with ruminants enhances their functionality. Learn how and why. People with some grazing experience will gain most.

103) Hedgerows and Windbreaks for Farm and Homestead  OLC & PC Tracks  All levels
Campus Center Hadley Room (10th floor)
Jono Neiger: Permaculture designer, educator, and homesteader in the Pioneer Valley.

Hedgerows are important, though often underutilized, multi-functional edge spaces on any homestead or farm. We will focus on hedgerow design and uses, tree crop and understory species selection for productive edges, agroforestry connections, pollinator support, incorporating habitat, and windbreak function and design.
104) Herbs for the Digestive System  All levels
Crabtree Dorm Basement
**Betzy Bancroft:** Co-director and faculty of Vermont Center for Integrative Herbalism.

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

105) Improving Your Land with Multi-Species Grazing  Intermediate
Campus Center 811-15
**Lisa McCrory:** Organic diversified farmer and consultant, trained in Holistic Management.

From renovating and rotoverting land to building organic matter and soil biology, raising multiple species on pasture is truly an asset to a farm. Learn, discuss and share the many different ways various species can graze together on your farm as you strive for healthy soils and productive pastures.

106) Infectious Chronic Disease: Cancer, Heart, Etc.  All levels
Campus Center 804-08
**Dr. Joyce R. Young:** Visionary, systems biologist, tropical marine botanist, naturopathic physician, perpetual optimist.

I will review the human and veterinary medical literature showing a long history that many chronic diseases (like cancer, cardiovascular disease, Parkinson’s, etc.) have an infectious (i.e., viral) causation. You will learn that common chemical and radiation exposures are causing immunosuppression leading to microorganism colonization of the host.

107) Interpreting Soil Tests  BF & OLC Tracks  All levels
Campus Center 168C
**Derek Christianson:** Owner, Farmer, & Community Educator at Brix Bounty Farm.

Accurately gauging nutrient needs in our soils is a critical step in making sound fertility decisions. We will set out to demystify soil test results, from cation exchange capacity (CEC) and base saturation to ppm and lbs/acre. Hands-on activity included to help participants gain confidence in interpreting soil test results.

108) Introduction to Organic Certification  Beginner
Campus Center 903
**Don Persons:** Organic inspector and former certified and non-certified organic farmer.

Getting certified is easier and simpler than you think! Learn how certification works, and the dos and don’ts of transitioning to organic, whether you’re a gardener, farmer, husbandry person, specialty producer or processor. Understand what can be sold as organic. Logistics and expenses will be covered.

109) Open Source Agricultural Tools  All levels
Campus Center 904-08
**Dorn Cox:** Organic Farmer, Researcher at UNH, Director of GreenStart and co-founder of Farm Hack.

Farm Hack is an open source community of farmers and non-farmers, sharing technical skills and knowledge to innovate farm tools for resilient agriculture. I’ll show examples of small scale grain equipment, highlighting the continued relevance of old tools and the feasibility of locally producing tools adapted to specific farms and markets.

110) Organic Farming in the age of Nuclear Disasters  All levels
Campus Center Auditorium
**Chihio Kaneko:** Journalist/artist based in Vermont, originally from Iwate, Japan.

I will share photographs of what I have witnessed in Japan during the three years since the Fukushima Dai-ichi Nuclear Power Plant disaster, focusing on the disaster’s impact on food, organic farmers and homesteaders. I will also present highlights from the Japan Organic Agriculture Association’s 42nd annual meeting.

111) Organic Farming with Students Grades K-12  Beginner
Campus Center 911-15
**Jon Belber:** National teaching awards winner; Friends of Holly Hill Farm, Education Director.

This interactive workshop addresses how students of all ages can play a meaningful role in food production. The Friends of Holly Hill Farm non-profit organization grows and facilitates 30+ organic school gardens. Learn practical strategies for involving kids in producing food while connecting with curriculum for positive social change.
112) Planning for the Demands of your Market  Intermediate

Keith Stewart: Certified organic grower for 27 years. Sells in NYC Greennmarket.

Learn to develop a plan to produce for your market – not too little or too much. Plan elements covered include: maps for farm, fields, and soils; space allocations for crop rotations; a weekly planting schedule; pick lists and harvest and sales records; weekly and daily to-do lists; and planting records book.

113) Season Extension Farming: Learn From Each Other  BF Track

Advanced

Campus Center 163C

David Zemelsky: Teacher, ski area operator, family therapist, long time married, parent/grandparent.

Fifteen years ago, when we started a season extension farm, few knew how to grow in the Winter. Since then, many farmers have learned and prospered. I’ll share what I’ve learned and hopefully you will do the same. We’ll cover planting dates, crops, methods, horror stories and disease.

114) Small-Scale Equipment for Small Grains  BF Track  Intermediate

Outside

Robert Perry: 5th generation farmer; NOFA-NY inspector and field crop educator.

Interest in growing local organic grain for dry grains, milling, malting, and distilling markets is rising. Consider whether adding small-scale grain production is viable for your operation. I’ll lead a hands-on demonstration of a primitive threshing and grain cleaner. I’ll also cover planting, harvesting, drying, cleaning, and storing grains.

115) Spontaneous Yoga  All levels

Outside

Melissa Kenny Probst: Yoga practice for 20 years; convener of many cooperative endeavors.

Participants will engage in a cooperative, spontaneous sharing of yoga. I’ll bring some yoga mats, you bring an open spirit and any yoga experience you may want to share. Participants will have the opportunity to lead different aspects of our yoga practice. We’ll decide together how to proceed as a group.

116) TOUR: Natural Roots Farm: Horse Powered CSA, part I  DH Track

Intermediate

David Fisher: Runs 200 member horsepowered CSA. Farming for 18 years.

In the first part of this 2-part tour of Natural Roots farm, we’ll demonstrate how we run our CSA and harvest hay & timber, relying exclusively on horsepower. We’ll use live horsepower demonstrations on a variety of traditional and innovative implements. Opportunity for lots of discussion.

DIRECTIONS (by car): Leave the UMass campus and get on Rt. 116N. Follow 116 through Sunderland and Deerfield to Conway. Pass the Conway Inn, then fork right towards Shelburne Falls. Take the immediate right onto Shelburne Falls Rd. Drive 1.7 miles and see Natural Roots on the RH side. Park in the parking lot (enter at the “enter” sign), proceed on foot down the hill and over the suspension bridge. Hang a left and follow signs through the field, briefly into the woods, and into the meadow on the left with the big new barn. This workshop will be in the barn. TOTAL DRIVING TIME FROM UMass - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341. (For part II, see page 117).

CHILDREN’S WORKSHOPS – SUN, AUGUST 10, 8-9:30AM

117) Creative Writing and Theatre Games

Dwight Dorm  Age 7-12

Sharlow Hitchcock: Long time NOFA teen who loves theatre and kids.

Emily Hitchcock: Long time NOFA teen who loves theatre and kids.

We will create characters, write stories, & join in fun group writing activities. Then play theatre games, learn how to improvise and use our imagination.

118) Let’s Make a Mask!

Dwight Dorm  Age 5-12

Kate Kennedy: Beginning farmer, mom, maker of art.

Masks are a fun way to show a different or hidden side of ourselves. Who would you like to be today? Come make a mask with us and find out!

119) Wind Fundamentals

Dwight Dorm  Age 5-10

Rocco MacLachlan: Self-proclaimed tinkerer and collector of “stuff”.

Jeremy MacLachlan: Parent and fellow tinkerer.

Participants will learn how to harness the wind for energy by comparing pinwheels. We will also design wind sails and redesign them using a “wind tunnel” design wind mill blades. How can we use windmills to do work?
TEEN WORKSHOPS – SUNDAY, AUGUST 10, 8:00-9:30AM

120) Team Building Games
UPUB
Sara Wulff: Student athlete, artist, and outdoor enthusiast.

Come get to know your fellow NOFA goers! With games that appeal to any audience we will learn new things about the people around us. By using good communication and listening skills, there will be no stopping the fun!

ADULT WORKSHOPS – SUN., AUGUST 10, 10:00-11:30AM

121) Agroforestry for Riverlands and Beyond  OLC & PC Tracks
Intermediate
Campus Center Hadley Room (10th floor)
Connor Stedman: Ecological designer, organizer of the internationally acclaimed Carbon Farming Course.
Keith Morris: Grower, builder, and designer, creating ecologically regenerative and economically viable food systems.

Agriculturally productive buffers (APBs) are an emerging agroforestry option for vulnerable river lands, which combines crop production, conservation, and flood resilience. This workshop provides an overview of ecological functions, crop systems, planning, and economic considerations for productive riparian buffers, plus case studies from current APB trials on Vermont farms.

122) Building & Managing Low-tech, Low-cost, Low-tunnels  OLC Track
Beginner
Campus Center 805-09
Daniel Botkin: Athlete, teacher, and organic 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 “low-end” building options, including wire, wooden slats, PVC pipe and steel EMT pipes.

123) Building Soil With Permaculture  OLC Track  Intermediate
Campus Center 904-08
Jonathan Bates: Owns FoodForestFarm.com and homesteads with friends in Holyoke, MA.

Something amazing has happened to the soil in our 10-year-old forest garden. We’ve grown great food, like persimmons, kiwis and pawpaws, and now we grow great soil too! In this workshop we’ll show how the soil was built, what the test results are, and share plans for growing more black gold.

124) Community Ownership of Land for Farm Viability  All levels
Campus Center 905-09
Billie Best: Farmer and grassroots organizer for sustainable agriculture.

Learn how to use the community land trust model for community ownership of land to create permanently affordable access to housing and land for farmers and other community members. Explore working models for a farm and residential community including partnering with conservation land trusts, lease agreements, and purchase/sale process.

125) Compliant Pest Controls for Organic Farms  All levels
Campus Center 903

How can farmers quickly make decisions to manage unexpected pests? This session will provide tools for assessing new products and their use restrictions. Learn about some common pest controls and how to plan for compliance when requesting to add new materials to their Organic System Plans.

126) Continuous Culinary Herb Harvest for Herbal Blends  Beginner
Campus Center 174-76
Amy LeBlanc: MOFGA Certified Organic grower and enthusiastic cook!

Learn how to work with the specific growth habit of herb plants to produce a continuous quality harvest. Includes hands-on demo of pruning different plants. Use the harvest fresh, in the dehydrator, or in delicious herbal blends. Dressings, seasonings, ethnic flavors, recipes, and more.

127) Cultured Dairy Products  Beginner
Campus Center 168C
Rebecca Buell: Homesteader with goats, chickens, and gardens.

In this workshop, I will demonstrate how to make butter, yogurt, a soft cheese, and kefir, four delicious and healthful foods you can easily make in your own kitchen with simple kitchen tools. I will have plenty of samples!
128) **Feed your Teeth….Feed your Life**  
*Beginner*  
Campus Center 804-08  

I will discuss many common dental conditions and ailments and explain in simple terms what dental disease is, how it is holistically treated, and the root causes. I will also give details on what foods and herbs best support dental health, and what foods lead to degeneration.

129) **Fencing-in (or out): Practical fence building**  
*BF Track*  
Intermediate  
Campus Center 162-75  

A slide presentation of fence styles and fundamentals of fence construction. How fences work. Specific tips for different goals. Post types and post setting, wire types and fencing styles and applications for different types. **Q&A**

130) **Food Sovereignty Movements**  
*All levels*  
Campus Center 803  
**Tory Field**: Farmer, Next Barn Over Farm; Community Outreach Coordinator, Other Worlds.

Food sovereignty, promoted by farmers around the world, is grounded in the belief that everyone has the right to healthy, sustainably produced food and democratic control over their agricultural systems. We will explore food sovereignty principles, current global movements, and how our work as small farmers connects to these larger movements.

131) **From Garden to Gordita: Grow Dent Corn for Masa Dough**  
*All levels*  
Worcester Dining Hall Oak Room  
**Ben Lester**: Pioneer Valley Heritage Grain, Founder; Chef.

Learn how to source organic corn seeds, plant them, harvest them, and then cook with them using the traditional method of nitx tamalization - sounds hard but it’s super easy . . . and delicious. I’ll also cover how to make tortillas, gorditas, posole, and more at home.

132) **Growing Clean Water: Topsoil & Water Security**  
*OLC & SCC Tracks*  
*All levels*  
Campus Center Auditorium  
**Abe Collins**: Helps producers & communities to achieve new soil outcomes.

Proper agricultural management can yield healthy, covered, aggregated, high organic matter topsoil, cost-effectively meeting society’s need for clean water and flood regulation. I’ll address: land managers’ leadership role, monitoring technologies and open data to accelerate and confirm progress, collaboration between farmers and other community leaders, and payment to farmers for producing clean water.

132.5) **Growing Farm-to-Institution Opportunities**  
*All levels*  
Campus Center 163C  
**John Turenne**: Chef-consultant moving institutional foodservice toward more sustainable models.

After years of administering large corporate foodservice that provides “conventional” unsustainable foods, I learned why and how to introduce sustainable foods into institutional settings. In this session, you will learn how to overcome obstacles and barriers to build a successful farm-to-institution program.

133) **Keeping Sheep Organically**  
*All levels*  
Campus Center 811-15  
**Kim Mastrianni**: B.S. in Animal Science, 9 yrs raising sheep organically

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.

134) **Low-Tech Composting for Gardens and Small Farms**  
*BF & OLC Tracks*  
*Beginner*  
Crabtree Dorm Basement  
**Matt Verson**: B.A., Agroecology. Has worked on farms, ranches, dairies, orchards & commercial compost operations.

This workshop covers the basics of composting, including the proportions and science of carbonaceous to nitrogenous materials, and the proper siting, structures, tools and processes you should be aware of. I will troubleshoot problems whether you have a “kitchen scraps” pile or are stepping up production to a community-sourced pile.
135) Making the Most of Your Woodland  **OLC Track**  All levels
Campus Center 911-15

**Michael Farrell:** Director of Cornell University’s Uihlein Forest in Lake Placid, NY.

This workshop will cover all aspects of managing your woodlot to achieve the greatest yield from limited resources. Topics will include timber management, managing non-timber products such as edibles, medicinals, florals, and specialty woods products, and options for grazing animals in the woods.

136) Mushrooms in Bioremediation  **OLC Track**  All levels
Outside

**Todd Leftwich:** Self-taught mycologist, Co-Founder of Nantucket Mushrooms LLC.

**Wes Price:** Cape Cod Mushroom Club, Founder; Nantucket Mushrooms LLC, Co-Founder.

This workshop will explore ways which we can partner with fungi to help restore degraded ecosystems and reinvigorate the human immune system.

137) No-Till for Intensive Vegetable Growing  **Intermediate**
Campus Center 917

**Bryan O’Hara:** Growing vegetables at Tobacco Road Farm in Lebanon, CT for 24 years.

Learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. I’ll present the techniques I use in this system: multi-cropping, cover cropping, mowing, solarizing (laying down clear plastic to scorch off crop residue), weed-free composting, mulching, broadcast seeding, and weed control. I’ve successfully used this system on a commercial level, but it is scaleable to a garden.

138) Small-Scale Intensive Market Farming  **Intermediate**
Campus Center 165-69

**Andy Pressman:** Agriculture Specialist and farmer with background in organic crop production.

Whether you’re a backyard gardener or market farmer looking to scale up, or a livestock producer looking to downsize or diversify your operation, this workshop will provide information particular to business and financial planning, market diversification, and intensive crop production techniques as a means of lowering risks and increasing farm revenue.

140) **TOUR:** Natural Roots Farm: Horse Powered CSA, part II  **DH Track**  Intermediate

**David Fisher:** Runs 200 member horsepowered CSA. Farming for 18 years.

In the final part of this two-part tour of Natural Roots farm, which begins Sunday at 8:00 AM (see page 111), we continue to demonstrate traditional and innovated horse drawn equipment in our produce operation. We will also continue to discuss all aspects of running our farm with horse power.

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**TOTAL DRIVING TIME FROM UMASS - 30 MINUTES. PLEASE PLAN ACCORDINGLY! ADDRESS: 888 Shelburne Falls Rd, Conway, MA 01341.**
CHILDREN’S WORKSHOPS—SUN, AUGUST 10, 10-11:30AM

141) Beekeeping For Everyone
Dwight Dorm  Age 5-12

Learn to identify honeybees and understand their role as pollinators, try some raw local honey, roll your own beeswax candle and perform a mock hive inspection in a beekeeping suit!

142) Peanut Butter Picnic
Dwight Dorm  Age 5-8
Anais Sidonia: Long time NOFA teen, loves cooking, art, bunnies, and sunshine!
Sharlow Hitchcock: Lover of children, peanut butter and picnics.

We will make peanut butter together and then put together a batch of trail mix to take with us on a walk to someplace sunny where we will put out a picnic blanket, try our peanut butter, snack on our trail mix, and read a story.

143) Rabbits
Dwight Dorm  Age 9-12
Leslie Ardison: I have been working with youth groups & rabbits for 16 yrs.

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.

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

144) Knots for Farming and Living
UPUB
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. Explore important knots for the farmer; then learn how to make lanyards and buttons for clothing.

145) Raising Healthy Goats at Home
Outside: Meet at the goats in the Northeast Residential Area.
Emily Peterson: Herd and Barn Manager of the Goat Girls.

We will cover basic considerations when starting a herd of goats including housing, nutrition and what to keep on hand. We will discuss the benefits of keeping good records and routine care. Demos will include hoof trimming, how to check vital signs, and administering basic medical care.

ADULT WORKSHOPS – SUNDAY, AUGUST 10, 1:00-2:30PM

146) Attract Native Pollinators to Your Land  OLC Track  Beginner
Campus Center 163C
Tom Sullivan: Pollinator habitat designer, gives talks, workshops, and consults with landowners.

Learn strategies for attracting high numbers of native pollinators that provide much needed nesting and foraging habitats. Bee-scapes assist seed and fruit set for your crops while beautifying your land. Native bee resource stewardship, mason bees included, offers potential for generations of all pollinating insect proliferation, and human food security.

147) Cheese from Sunlight and Rain  All levels
Campus Center 811-15
Jonathan S. White: 100% grass-fed dairy farmer for 12 years, cheesemaker for 25 years.

Sunlight, rain, soil microbes, pasture plants, birds, bronze-age cattle, & humans can conspire to make delicious & healthful foods while sequestering carbon, building soil, and returning cows to their highly social, serene, & long-lived evolutionary milieu.
This workshop explores the benefit and mechanics of cross-sector (non-profit, for-profit, governmental) partnerships for maximizing the impact of urban agriculture programs. We will offer practical strategies for opportunity identification in communities, detail the mechanics of implementation of multi-partnered projects, and focus on building skills for proper evaluation and impact measurement.

149) Cultivating Tool & Equipment Efficiencies  
Campus Center 165-69

Andy Pressman: Agriculture Specialist and farmer with background in organic crop production.

This workshop will provide information and resources on appropriately-scaled tools and equipment, in order to help growers make financial decisions that will increase crop production efficiencies and farm profits. Information on tool and equipment safety, quality components of hand tools, evaluating used farm equipment, and routine maintenance will be included.

150) Electrical Pollution: Human & Animal Effects  
Campus Center 903

Rebecca Brown: Livestock manager, certified electrical pollution technician, and certified wellness coach.

Gain a deep understanding of how electrical pollution (e.g. wireless technology, dirty electricity, EMF's, etc.) negatively affects human and animal health by suppressing the immune system, causing surprising symptoms including diabetes, headaches, MS, cancer, & others. Learn easy-to-implement tips & management options to reduce exposure & recover health.

151) Grow a Vegetable Farm without Going into Debt  
Campus Center 905-09

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.

152) Herbal Support for Premenstrual Symptoms  
Crabtree Dorm Basement

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

Hormonal shifts are normal and healthy, but when they become imbalanced or extreme they can be painful and disruptive to our lives. I will discuss how to support hormonal balance using dietary, lifestyle and herbal therapeutics, and prevent and treat a variety of the most common premenstrual symptoms.

153) Homemade Fertilizers and Innoculants  
OLC Track  Intermediate
Campus Center 917

Bryan O’Hara: Growing vegetables at Tobacco Road Farm in Lebanon, CT for 24 years.

I’ll present methods for manufactoring the following substances on the farm: indigenous micro-organisms for biological inoculations of agricultural fields; different kinds of composts for use in no-till as well as for use during specific periods of crop growth, i.e., leaf growth, flowering, and fruiting; liquid fish extract; liquid calcium extracts; and various plant extracts. These preparations are inexpensive to make and of superior quality.

154) Homeschooling: An Alternative Educational Path  
Campus Center 911-15

Margaret Rozek: Mom of three grown homeschoolers with 18 years experience homeschooling.

Thinking about homeschooling? Just getting started? Wondering about high school and beyond? I will cover homeschooling fundamentals, address common concerns and misconceptions, and leave plenty of time for questions about all aspects of homeschooling. Come away with handouts and ideas about making this unique educational option work for your family.

155) Introduction to Natural Farming  
PC Track  All levels
Campus Center Auditorium

Aaron Englander: Manager Erickson Field Preserve, Maine Coast Heritage Trust Rockport, ME.

Natural Farming developed in East Asia (Japan and Korea) in response to the massive industrialization of agriculture after World War 2. Participants will learn philosophy and practice of Natural Farming, such as making fertilizers and microbial inoculants from resources found in your home, farm, garden and community. Includes hands-on demos.
**MA local Boards of Health, Regulations & Raw Milk**  
*All levels*

**Campus Center 168C**

**Michael Pill:** Massachusetts land law specialist, including agricultural law.

**Arthur Kreiger:** Leading Massachusetts environmental & land lawyer and mediator.

Massachusetts local boards of health have broad legal power to regulate or even prohibit sale to consumers of raw milk and other food products. What to do when they come after you! Includes written handouts that provide a stand-alone reference relevant to farmers and consumers alike.

**Make Delicious Meals with Local Greens**  
*All levels*

**Worcester Dining Hall Oak Room**

**Leslie Cerier:** The Organic Gourmet, Chef, Author, Classes, Trainings, Recipe Developer, TV.

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.

**Medicinal Weed Walk**  
*All levels*

**Outside**

**Jade Alicandro Mace:** Community herbalist and medicinal herb grower at Milk & Honey Herbs.

Join us for a walk around the UMASS campus as we identify the many medicinal plants growing on its grounds. Harvesting tips and guidelines, medicinal use, edibility, identification tips, and medicinal preparations will all be discussed!

**Nuts for the Northeast**  
*OLC, PC & SCC Tracks*  
*All levels*

**Campus Center 162-75**

**Keith Morris:** Grower, builder, and designer, creating ecologically regenerative and economically viable food systems.

Nut trees and shrubs provide nutrient dense foods, other products, habitat, flood resilience, and can be ‘carbon-negative’. I’ll cover the ecology and mythology of nut trees suited to growing in the Northeast. We’ll cover breeding, trailing, and hybridizing for disease resistance, quality timber, oils, and medicinal properties.

**Pastured Pigs**  
-- CANCELLED

**Small Scale Shiitake Mushrooms**  
*Beginner*

**Campus Center 174-76**

**Elaine Peterson:** Home gardener with 9 years of experience growing mushrooms.

Learn to grow shiitake mushrooms on hardwood logs outside. I’ll cover spawn selection and sources, cultivation, harvesting and storage information. I’ll show a power point and do a hands-on demo of plugging a log with spawn. Geared toward people interested in a small scale home production.

**Small-Scale Wheat and Bean Production**  
*BF Track*  
*Beginner*

**Campus Center 805-09**

**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.

**The Fats about Vegetable Juice**  
*Beginner*

**Campus Center 804-08**

**Dan Hegerich:** Natural health educator and lifestyle consultant.

Learn the ins, the outs and the secrets to healthy vegetable juicing. Learn why, what, how and when to juice. Learn about glycemic loading to prevent blood sugar spikes and juicing vs smoothies. Why fats are necessary in vegetable juices. Watch and learn from this juicing demonstration.

**Weed Management for the Horse-Powered Farm**  
*DH Track*  
*Intermediate*

**Campus Center 803**

**Stephen Leslie:** Farms at Cedar Mountain Farm in Hartland, VT. Author, The New Horse-Powered Farm.

I’ll present how we manage weed pressure in our horse-powered market garden using cultivation implements, crop rotation, and bio-extensive cover cropping. I’ll also cover weed control practices at other contemporary horse-powered farms. Participants will gain an understanding of the tools and systems required for successful weed management with draft horses.
165) **TOUR: Simple Gifts Farm: Potato Production and Soil Nutrition**  
*Intermediate*

**Jeremy Barker Plotkin:** Has been farming veggies for most of his adult life.

We are conducting an experiment this year, formally comparing potato production using organic nitrogen fertilization based on UMass recommendations, and the other with “nutrient density” recommendations. Learn how we grow potatoes and see the preliminary results of the experiment.

**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 – SUN, AUGUST 10, 1-2:30PM**

166) **Make a Splash Water Festival**  
**Dwight Dorm**  
**Age 5-12**  
**Colleen Burke:** Parent, farmer, Project WET coordinator.

A celebration of water through games and learning activities such as relays, H20 Olympics and laugh-out-loud Wictionary. Rain or shine, all children and teens invited. Adults too!

**TEEN WORKSHOPS – SUNDAY, AUGUST 10, 1:00-2:30PM**

167) **Composting in All Its Forms**  
**UPUB**  
**Michael Magee:** High School teacher.

Composting is the natural process of decomposition that we attempt to control to build organic matter in the soil. The life within the soil is the key to organic growing.

168) **Food Production For Winter and/or Urban Environments**  
**UPUB**  
**Jennifer Byington:** Organic farmer who practices woodstove cookery.

Produce food in your home to reduce costs, be more independent, and have food out of season where it is often unavailable. We focus on growing produce, and making value added products like delicious fresh cheese, pesto, and bread. You will learn how to prepare simple recipes using these products.

**ADULT WORKSHOPS – SUNDAY, AUGUST 10, 3:00-4:30PM**

170) **Arcology and the Ecological Cities of Paolo Soleri**  
*All levels*  
**George Kosmides:** George Kosmides was an electrical engineer at Arcosanti, and is a software consultant.

Arcology is architect and philosopher Paolo Soleri’s concept of cities that embody the fusion of architecture with ecology. It proposes a highly integrated and compact three-dimensional urban form – the antithesis of urban sprawl. Arcosanti is a prototype arcology being built in Arizona. I’ll cover large-scale passive solar and greenhouse design.

171) **Biological Management for Carbon Sequestration**  
**OLC & SCC Tracks**  
**Advanced**  
**Dan Kittredge:** Working to build soil. Farmer, father, husband.

How integrated practices of biological soil management effect carbon sequestration. What is the biological system, how does it work, and what can you do to help it work better, with a focus on building stable soil humus.

172) **Design & Maintain a Dry Composting Toilet**  
**Beginner**  
**Jeremy MacLachlan:** Homesteader, gardener, mason, builder.

After much experimentation and research, I constructed a dry composting toilet suitable for a northeast climate and year-round usage for my family of five. There is no odor, minimal inconvenience, and guests aren’t grossed out. I’ll cover making compost from the feces and fertilizer from the urine, how the system works, and considerations for adopting such a system.

173) **Establishing Multi-Purpose Coppice Landscapes**  
**OLC & PC Tracks**  
**Intermediate**  
**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.
174) Healthy Moms and Babies and Traditional Diets  
All levels  
Campus Center 917  
**Johanna Keefe:** Doctoral student of CIIS, Advanced Holistic Nurse, Adjunct Faculty, Endicott College.  
We will examine the lived experience of healthy moms and babies following traditional diets, and consider learnings from the Healthy Baby Forum of the Quarterly Wise Traditions Journal. With photos, we will meet the families who share their health and happiness with us. A lively discussion will ensue.

176) Is Draft Power Right for My Farm?  
**DH Track**  
Beginner  
Campus Center 803  
**Lincoln Fishman:** Runs a whole-diet, year-round, horse-powered CSA with his wife, Hilary Costa.  
We’re in our third season growing 5 acres of vegetables with 100% horse traction. I’ll talk about how we got started, basic equipment, and finances, and help participants do a cost-benefit analysis of farming with horses. We’ll focus on the big decisions to be made before and during start-up.

177) Low-tech Season Extension, Spring and Fall  
**BF & OLC Tracks**  
Beginner  
Campus Center 163C  
**Amy LeBlanc:** MOFGA Certified Organic grower and spring seedling producer.  
Learn to use simple materials and minimal inputs to get an early spring start, successfully grow longer season varieties, and have a longer fall harvest. From early seedling starting, to the last tomato in the garden, learn season extension ideas to make it happen.

178) Making Herbal Creams, Oils & Lip Balms  
-- CANCELLED

179) Managing Unwanted Vegetation Using Goats  
All levels  
Campus Center 811-15  
**Hope Crolius:** Started the first all-goat brush clearing business in Western Mass.  
**Chelsea Grybko:** Worked for three years as Field Manager for the Goat Girls.  
This session surveys some basic techniques for clearing land of invasive plants and introducing desirable species. We’ll cover: why invasives take over; rotating goats on a timely basis over the season to weaken or eradicate unwanted plants; identifying species toxic to goats; and comparing goats to mechanical and chemical methods.

180) Organic Certification of Soaps & Cosmetics  
**Intermediate**  
Campus Center 903  
**Duncan Cox:** Certification Administrator with Baystate Organic Certifiers, a Massachusetts-based, USDA-accredited certifier.  
I will discuss the requirements for certifying soaps, cosmetics, and other personal care products to the USDA Organic Standards. These products fall outside the formal scope of the Standards, and there are differences in the kinds of claims that can be made about them. Relevant to consumers and manufacturers.

180.5) Organic No-Till in Commercial Vegetable Production  
All levels  
Campus Center 162-75  
**Jan-Hendrik Cropp:** Trained in organic vegetable farming & organic agricultural sciences in Germany.  
We have devised minimum to no-till systems in which either killed covercrops or “cut and carried” clover grass are used as mulches to suppress weeds, feed the soil, and therewith the crops. I’ll present our key findings for the success of these systems, including machinery we have developed for these operations.

181) Permaculture Homestead from the Ground Up  
**OLC & PC Tracks**  
Intermediate  
Campus Center 165-69  
**Lillabeth Wies:** Owner of permaculture organic landscaping company – working with farmers & homeowners.  
**Faleen Wies:** Field Team Leader and Office Manager.  
Drawing on my experience of developing a permaculture homestead/Community Resource Center since 2012, I will discuss the conceptual plan; using “Pasture Paradise” style grazing areas within the permaculture plantings; incorporating gray water and solar systems into the homestead; creating swales and hugleculture; sheet mulching; plant guild development; and plant support systems.

181.5) Sabbatical Year: Model for Sustainable Agriculture  
All levels  
Campus Center 804-08  
**Rabbi David Seidenberg:** Creator of neohasid.org, author, Kabbalah & Ecology (Cambridge), environmental educator.  
This fall begins the Sabbatical year in the Jewish calendar - a while year when farmers would let the land lie fallow, when fences would be opened, and when all debts were canceled. We’ll see how it worked, how it changed agriculture, and what it can teach us about living sustainably today.
182) **Seed Saving on the Farm**  
*Intermediate*  
Campus Center 805-09  

Tevis Robertson-Goldberg: Raises crops and livestock, saves seed and breeds new varieties.  

I will cover how and why to save your own seed, which crops I do (and don’t) save seed from and why. I’ll discuss how I fit seed saving into a commercial vegetable operation, isolation distances, breeding better varieties, and producing seed for sale to a seed company.

183) **The Growing Movement for GMO Labeling**  
*All levels*  
Campus Center 174-76  

Martin Dagoberto: Co-founder, Citizens for GMO Labeling, B.S. in biotechnology, permaculturist.  

Join with organizers of GMO labeling efforts across the region to hear about the state of the movement and ways to help reclaim our right to know what we’re eating. We will discuss ways to take action in local/state government and connect with regional efforts toward food democracy.

184) **Using Vegetable Seconds for Frozen Meal Kits**  
*All levels*  
Campus Center 911-15  

Anna Dawson: Experienced farmer, Cornell trained foods teacher and frozen food processor.  

Frozen meals in the supermarket sell for $5-12/lb. Attendees will learn to create healthy frozen meal kits to be cooked by the consumer, using fruit and vegetable seconds that might otherwise be wasted. I’ll cover inexpensive vacuum packaging; necessary equipment; developing meal kit products that sell; and innovative direct marketing strategies.

184.5) **Worm Composting Basics**  
*OLC Track*  
*Beginner*  
Crabtree Dorm Basement  

Ben Goldberg: Making worm bins and composting with worms since 1995. We will discuss what you 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.

185) **TOUR: Brookfield Farm: CSA Systems**  
*Intermediate*  

Zoe Abram: Assistant Manager at Brookfield Farm.  

Brookfield Farm has been running as a CSA for 26 years. Tour will give an overview of growing, harvest, post-harvest, and distribution of our 525-share CSA operation. It will also cover soil fertility management and appropriate scale machinery.

186) **Everyone loves ducks!**  
Dwight Dorm  
*Age 3-12*  

Cheri Robartes: Music teacher, filmmaker, founder of Chuckling Duck Farm  

Doc Pruyne: Filmmaker, writer, cardplayer, and woodman  

Ducks give us eggs and meat and they sure know how to have fun. We could sit and watch them for hours. We’ll have Ancona ducks and ducklings for you to pet and hold, and also read a book (or two) and talk about taking care of our feathered friends.

187) **Is it a Bird?! Which one?**  
Dwight Dorm  
*Age 8-12*  

Tad Hitchcock: Musician, gardener, teacher, and Dad who loves birds.  

We will learn the names (and sounds) of some of the birds we see everyday, then go out and try to identify them. Next time you take a walk in the woods or in your yard you can greet your feathered friends by name. Bring binoculars if you have them.

188) **The Magic of Milk Paint**  
Dwight Dorm  
*Age 5-12*  

Lucia Colombaro: Mother, painter and storyteller of the written and spoken word.  

We will design individual pieces of art on wood boards, mix milk paint and bring our pieces to life! A relaxing, creative way to end a busy conference weekend.
TEEN WORKSHOPS – SUNDAY, AUGUST 10, 3:00-4:30PM

189) Rabbits
Outside: Meet at the rabbits in the Northeast Residential Area.
Leslie Ardison: I have been working with youth groups and rabbits for 16 years.
This is a general handling workshop. Participants will learn how to pick up and hold a rabbit, how to trim toenails, different types of fur, very general care, what to feed or not feed a rabbit.

190) Sustainability After High School
UPUB
Erin Senghas Kassis: Agriculturist with 10+ years as experiential educator.
Dean Colpack: Outdoor educator with 10+ years working w/young people.
Farming? 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 about options, challenges and resources for teens in the sustainability field.

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The Organic Division of SQM
**PRESENTERS**

Listed alphabetically by last name; numbers refer to workshop #s

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180) **Dorn Cox**: Farm Hack, www.farmhack.net, 11 Randall Rd, Lee, NH 03861, 603-781-6030, dornawcox@gmail.com

180.5) **Jan-Hendrik Cropp**: under_cover Consultancy, www.bodenfruchtbarkeit.net, Am Mittelberg 6A, 37213 Witzenhausen, Germany, cropp@bodenfruchtbarkeit.net

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41,145) **Jade Conrad**: The Goat Girls Brush Clearing, www.thegoatgirls.com, 1040 N Pleasant Street, Apt. 562, Amherst, MA 01002, Vetintraining1@yahoo.com
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82, 173) **Dave Jacke**: www.edibleforestgardens.com, 33 East Taylor Hill Rd, Montague, MA 01351, 603-831-1298, davej@edibleforestgardens.com

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9) **Micha Josephy**: Cooperative Fund of New England, www.coopfund.coop, 617-910-8065, micha@coopfund.coop

26) **Michael Judd**: Ecologia, Edible & Ecological Landscapes, www.ecologiadesign.com, 8855 Indian Springs Rd, Frederick, MD 21702, 240-344-5625, info@ecologiadesign.com

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99) **Sara Katz**: Bronx Green Up, www.nybg.org/green_up/, 25A Linden Rd, Hartland, VT 05048, 802-436-1326, hartlandyoga@yahoo.com

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156) **Arthur Kreiger**: Anderson & Kreiger, LLP, www.andersonkreiger.com, One Canal Park, Suite 200, Cambridge, MA 02141, 617-621-6540, akreiger@andersonkreiger.com

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84) **Jane LaForce**: Jade Hill Herbs, PO Box 271, Manchaug, MA 01526, 508-476-7081, jadehill3@verizon.com

23) **Jim Laurie**: Biodiversity for a Livable Climate, www.bio4climate.org, 28 Rich Rd, Woburn, MA 01801, 781-698-9746, JimLaurie7@gmail.com

126, 177) **Amy LeBlanc**: Whitehill Farm and Tomato Lovers Paradise, www.whitehillfarm.com, PO Box 273, East Wilton, ME 04234, 207-778-2685, amy@whitehillfarm.com

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2014 NOFA SUMMER CONFERENCE COMMITTEE

The NOFA Summer Conference is run by Committee. For specific questions contact the person in charge below.

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**CONNECT TO THE UMASS WIRELESS NETWORK**

Free access to the UMass Wireless Network is available throughout the Campus Center, all dormitories, and Worcester Dining Commons. Please follow the instructions below:

**Wireless Guest Username:** umcc-1476umcc-1240  
**Wireless Guest Password:** pozMINO93vagIGAD13  
**Valid:** August 8-10, 2014

**Instructions for connecting to the UMass Wireless Network:**

1. Check that you are in wireless coverage area  
2. Enable your wireless card  
3. Be sure that your SSID is UMASS (NOT UMASS SECURE 1X)  
4. Open a Web browser: log in with your Guest User Name and Password. (Note: both are case-sensitive.)

**Note:** While every attempt to ensure connectivity is made, it is not guaranteed. The UMass wireless network CANNOT be used to process credit cards.

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**NEARBY HOTELS AND MOTELS:**

- **Amherst Motel:** 408 Northampton Rd (Rt 9), Amherst (413) 256-8122  
  (Thursday: $90; Friday/Saturday: $130)
- **Econo Lodge:** 329 Russell Street (Rt 9), Hadley (413) 582-7077  
  (Thursday: $80; Friday/Saturday: $111)**
- **Howard Johnson:** 401 Russell St (Rt 9), Hadley 413-586-0114  
  (Thursday: $75; Friday/Saturday: $111)**
- **University Lodge:** 345 North Pleasant St, Amherst (413) 256-8111  
- **Lord Jeffery Inn:** 30 Boltwood Avenue, Amherst (413) 253-2576
- **Comfort Inn:** 237 Russell St (Rt 9), Hadley (413) 584-9816
- **Hampton Inn:** 24 Bay Road, Hadley (413) 586-4851
- **Holiday Inn Express:** 400 Russell St (Rt 9), Hadley (413) 582-0002
- **Norwottuck Inn:** 208 Russell St (Rt 9), Hadley (413) 587-9866
- **Hotel Northampton:** 36 King St, Northampton (413) 584-3100
- **Quality Inn & Suites:** 117 Conz St, Northampton (413) 586-1500

**Note:** In order to receive the discounted rate, please say that you are with the “Northeast Organic Farming Association.”

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**DIRECTIONS TO PUFFER’S POND**

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

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

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

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

Enjoy your swim!

**BUS SERVICE:** A bus runs from UMass to Puffers Pond on SAT. ONLY in the summer. Please refer to the schedule on www.pvta.com.
Lot 44 is available for free throughout the entire conference without restriction. The Campus Center Parking Garage will be open for a cost during the conference.

Lot 44 Parking Garage

North Dorms

North East Residential Area

To Route 63N

To Route 116, Route 9, I-91

To the Mass. Turnpike

To Amherst Center

To Amherst Center

MAP KEY

Numered Parking Lots
Motorized/Ped Public Parked
PVTA Bus Stops
Traffic Lights

UMASS Amherst Campus Map: Parking and Housing

UMASS Amherst Campus Map: Conference Close-up

Workshop Locations
1) Campus Center
2) Crabtree Basement Lounge
3) Dwight Dorm (Children’s Conference)

Dorms and Camping Locations
3) Dwight Dorm (check-in for Single and Double dorms)
4) North Apartment Building D (check-in for suites)
5) Camping Area

Food Locations
6) Worcester Dining Hall
7) babyBerk Food Truck

Main Conference Location
8) Registration, Exhibit Tent, and Saturday Fair

Parking
44) Lot 44
PG) Parking Garage
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