

## SATURDAY WORKSHOPS: 2/18/2016

10:45am- 12:00pm	Workshop Session I	
Sally Dodge, Dale Gulbrandsen	Regenerative Farming, Impact Investing, and Climate Change	In a facilitated discussion, Sally Dodge and Dale Gulbrandsen from Iroquois Valley Farms, will connect the partnership of socially responsible investors with organic farmers in slowing climate change through regenerative agriculture. This workshop addresses farmers who need access to land, investors who want to make a difference with their capital, and everyone who wants to join the Revolution in healing the planet through improving our soils.
Simon Huntley	CSA: We Have a Problem	Simon Huntley from Small Farm Central will review the current state of CSA farming across the country drawing on his experience working with 100s of CSA farms. What can be done to improve CSA member retention? How can CSAs serve more members? Simon will talk about emerging models in CSA farms that attempt to better address the needs of members while still making CSA work for the farmer.
Richard Wiswall	Farming Smarter not Harder: Planning for Profit	Farming offers fundamental satisfaction from producing food, working outdoors, being one's own boss, and working intimately with nature. But unfortunately, 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. Tips for beginner farmers will finish the session.
Carol Delaney	Extensive Sheep & Goat Production	Whether you are alone or with a travel partner, you will be escorted to Mali, El Salvador and France to see and learn about extensive production systems for goats and sheep. Using PPT and videos, Carol will discuss and entertain discourse about the elements of herding small ruminants to harvest their own feed. A lively conversation about how to implement the management of woody plants for goat production in Vermont will cap the presentation.
Ben Crockett	Managing Pasture for Drought	Were you one of the many folks feeding out hay in August and wondering where you'd buy enough hay to make it until this spring? In this workshop we'll talk about management tactics that can help reduce the stress on your pastures, your livestock, and yourself. Discussions will include record keeping and pasture planning, adjusting pasture rotations and paddock sizes, and managing for soil health.
Andrew Mefferd	Vining/Fruiting Crops in Hoophouses & Greenhouses: Tomatoes, Cucumbers,	Though tomatoes might be the most popular, many of the same techniques can be used to grow the other vining/fruited crops in protected culture- cucumbers,

	Peppers and Eggplant	peppers and eggplant. Whether you grow in a hoophouse or a greenhouse, come hear about best practices that can be used with some modifications on all four crops including temperature, spacing, whether or not to graft, trellising, pruning and fertility.
Jonathan Lambert, Joshua Faulkner	Climate Smart Farming	This session will provide an overview of climate change impacts and opportunities to agriculture in the Northeast, and the new resources and decision support tools that are available through the USDA Northeast Climate Hub, Cornell Climate Smart Farming Program, and University of Vermont to help farmers adapt to a changing climate, and reduce their carbon footprint. We will showcase resources, extension support and a new climate adaptation framework for agriculture developed by NRCS with the Hubs. The session will also introduce several new tools (including a new growing degree day calculator, irrigation scheduler, and freeze risk tools), and how they can be used by farmers to make more informed decisions using long-term NOAA weather data and climate projections.
Mike Collins, Chuck Mitchell, Mimi Arnstein	International Agricultural Opportunities for Farmers	
Enrique Balcazar, Rafaela Rodriguez	The Milk with Dignity Program: Worker-Driven Social Responsibility	The Milk with Dignity Program is bringing together farmworkers, farmers, corporate buyers and consumers to secure dignified livelihoods for both farmers and farmworkers. Additionally, the program provides assurance to both retail food companies and consumers who increasingly value a fair supply chain that protects workers' rights. The Milk with Dignity Program, inspired by and modeled after the Fair Food Program, enlists the resources of food industry leaders, like Ben & Jerry's, to improve farm conditions by providing participating farmers, who agree to comply with a worker-defined Code of Conduct, a premium price for milk. Representatives from Migrant Justice and the program's newly created third party "Milk with Dignity Standards Council" will share more about this program that is just getting off the ground!
Lyndon Virkler, Darryl Benjamin	Making the Farmer/Chef Connection	This workshop will offer tips for making successful connections to the right food service operations, sharing resources for successful marketing and distribution, and lessons learned from twenty years as a Vermont Fresh Network member. The workshop is for farmers who wish to improve their sales to local restaurants, schools and institutions. Savvy food service operators and their customers love to sample local food products, particularly heirloom vegetables and heritage meats not available through large distributors. Consumers want to know where their food comes from and they appreciate the quality, freshness, and flavor of local foods and often welcome the opportunity to support the local working

		landscape. When all goes well, there are great co-marketing opportunities for both farmers and chefs.
Ali Zipparo, Misse Axelrod	The Farm as a School: Making the Most Out of a School Farm Visit	Light up your inner educator and discover ways to foster curiosity and meaningful experiences for farm visitors at this hands-on workshop. Join Misse Axelrod from The Barn Yard and Ali Zipparo, Vermont Agency of Agriculture Farm to School Grant Coordinator to gather strategies for working with visitors of all ages, share tips for group management, and fill your toolbox with activities that can be customized to your farm. Attendees will leave this workshop with ideas for incorporating educational on-farm visits at their place of business.
Leif Richardson, John Hayden	Managing Blue Orchard Bees (native pollinators)	Through presentation, discussion, and demonstration, participants will learn how to manage and expand populations of the Blue Orchard Bee and other tunnel nesting native bees. These lesser known but extremely important pollinators are suffering from many of the same stresses affecting honeybees. The good news is we can do something about it.
Jacob Holzberg-Pill	Vegetative Plant Propagation: The Asexual Gift that Keeps on Giving	This practical, hands on workshop offers a broad overview on many different types of vegetative (asexual) plant propagation; crown division, root cuttings, scaling, tip layering, softwood and hardwood cuttings. We will discuss which techniques work best for different species and genera. Come learn how to make more grape, currant, hardy kiwi, mulberry, quince, fig, blueberry, honeyberry, seaberry, blackberry, raspberry, strawberry, chive, horseradish, mint, lemon balm, comfrey, daylily, true lily, rhubarb, asparagus, sunchoke, rosemary, lavender, oregano, thyme, and many more. Participants will practice some of these techniques and take home plants.
Laura Ten Eyck, Dietrich Gehring	Small-Scale, Sustainable Hop Production for Home and Market	This workshop will provide participants with an understanding of the botany, uses, cultivation and processing of hops for use by home brewers as well as for sale to small craft breweries.
Betzy Bancroft	Herbal Tinctures by Numbers	Once we've gotten comfortable and proficient with folk-method tinctures, we might want to be able to make consistent batches, understand the optimal amount of alcohol for the chemistry of the plant, and gauge dose accurately. Through demonstration and discussion, this class will explain the simple math involved with herbal tinctures, from ratio of plant to menstruum, alcohol percentage, accounting for water in fresh plants and more.
Leanne Yinger	Food and Mood - Eating for Optimal Health and Happiness	We have access to so much processed food it has become a public health crisis nationally. This workshop, Food and Mood, will provide information about how eating closer to the source with farmer's markets/stands and Farm to Table/School positively impacts overall health. Leanne will introduce how nutrient dense diets improve not only

		physical health but also mental health. Her lecture and interactive style are sure to provide food for thought as she shares real life stories about how changing diet and lifestyle provide healing of mind, body and spirit.
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<b>Roundtables: 1:00-2:00pm</b>		
Julie Rawson, Jack Kittredge		
Marita Canedo, Louis Battalen	Comida Justa: Building & Sustaining Solidarity in the Agricultural Landscape	Unimos! Join Marita Canedo of Migrant Justice and Louis Battalen of NOFA's Fair Trade Committee as we provide an update about Migrant Justice's Milk with Dignity Program & its Worker Social Responsibility model of Enforcement Mechanisms
Jake Jacobs	Crop Insurance as Part of Your Farm's Risk Management Plan	The USDA provides crop insurance, revenue protection and disaster coverage programs designed to support farmers when natural or market events put their agricultural enterprises at risk. Participants will learn about the options available for Vermont producers, subsidies available to reduce premium costs, provisions for beginning farmers, traditionally underserved and farmers with limited resources, price addendums for organic producers and how to access information and coverage. Information will be presented with a PowerPoint, including a segment on navigating through USDA web sites. This workshop is for all agricultural producers.
Dave Chapman	Can the USDA be trusted with Organic Certification?	I will discuss the outcome of the USDA Task Force and latest developments in reforming "organic hydroponic" and animal welfare. We will take on the question of how to proceed if the organic seal no longer represents how we farm. There is a massive rush to the organic market by such corporate giants as General Mills and Danone who have little interest in upholding the principles of organic farming. Can we save the organic movement from such "success"?
Abbie Nelson, Abbie Willard	Farm to College Discussion	
Shoshanah Inwood	Healthcare: Navigating Insurance for Farmers	

<b>2:15-3:30pm</b>		<b>Workshop Session II</b>
Mike Ghia, Maggie Donin	New and Novel Land Financing Mechanisms	This workshop is for farm seekers and other community members who want to explore less traditional ways to finance land acquisition. We'll share our findings from our new report about emerging farmland investor models and also discuss crowd-funding examples, land contracts and the new Land Contract Guarantee Program, land cooperatives, and community land trust among other methods. We will look at the positives, negatives, and limitations of these models while

		also seeking input from the farmers present about their experiences, questions, and concerns about these approaches.
Maria Rojas	Understanding Customer Behavior to Maximize your Direct Market Sales	By leveraging customer research performed by grocery stores and large scale food retailers, building on 40 years of institutional knowledge internally, and working directly with producers selling in NYC Greenmarkets, FARMroots has created a tool for measuring customer behavior at farmers markets. In this workshop we, will go over tested strategies to increase sales and customer satisfaction. Learn tips for advanced merchandising, how to appeal to a customer's behavioral habits, segmenting your market, and leveraging sales data records to make informed marketing decisions.
Andrew Mefferd	Advanced Techniques for Greenhouse & Hoophouse Vegetables	There are a number of techniques that are frequently used in larger greenhouses that are scalable to any size greenhouse. This presentation will be heavy on techniques that involve heat and fruiting crops, though there will be some that can be used with hoophouses and leafy crops. Topics included will be crop steering, balancing sources and sinks, carbon dioxide augmentation, keeping plants active, pre-day and pre-night treatments.
Richard Wiswall	Farm Mechanizations Efficiencies	Learn the tools of the trade for greater farming efficiency. Cultivation tools to maximize weed control, harvest tools to speed the harvest, and packhouse tools for quicker and easier processing will all be covered. Cost/benefit analysis will show how long it will take for a new tool to pay for itself. Greenhouse innovations are highlighted as well.
Becky Maden, Silas Branson	Get Ready for RAPs! Vegetable Farm Nutrient Management	New water quality regulations in Vermont (RAPs) have brought attention to nutrient management practices on farms of all scales in Vermont, including organic vegetable farms. While daunting at first glance, compliance with these regulations offer farmers an opportunity to tune up their fertilizer program and to ultimately increase farm profitability. This workshop will be interactive and hands on. Growers will be encouraged to create a fertilizer plan based on their soil tests. We will provide templates for fertilizer calculations, record keeping, and an overall soil amendment plan. Our target audience is commercial vegetable or berry producers. Participants are encouraged to bring their soil tests.
Jack Kittredge, Julie Rawson	Carbon Farming - Principles, Practice & Metrics	We'll discuss the principles behind carbon sequestration in farming and why it is crucial for both soil health and environmental sustainability. We'll explain these principles as used on our farm and others in the Northeast: cover crops, no/low till, maximizing photosynthesis throughout the year, animals in rotation, compost, and maximum nutrition. We'll also cover the NOFA/Mass program to measure soil health on participating farms through 10 soil carbon proxy tests.
Eben Proft, Mara Hearst	Raising Game Birds on Your Farm	
Cheryl Cesario, Jeff	Grass-Fed: Using Animals to	This workshop will focus on management-intensive grazing

Carter, Jenn Colby	Harness Solar Energy	practices employed by both dairy and beef producers to maximize efficiency and production of both land and animals. Cheryl Cesario, Grazing Specialist with UVM Extension in Middlebury will use real life examples from the field to demonstrate how to do it, along with some what-not-to-do's. The target audience ideally will have some basic understanding of grazing principles, as we explore MIG principles in more detail. We will look at pasture species, grazing system infrastructure, innovative practices, and challenges faced. Attendees will have the opportunity to do paddock size and acreage requirement calculations, as we look at stocking rate versus stocking density. (this will be a power point presentation, with questions welcomed throughout)
Jon Turner	Vermont Veteran Farmers	This workshop will discuss the importance of working with the land to assist with appropriate transitions out of military service, and how the organic farming community can help to train service-members interested in agriculture. We will talk about the health benefits of adopting healthy farm practices as well as maintaining mindfulness in the field for re-integration into one's self through land stewardship after returning from war.
Fernando Funes Monzote	Organic Farming Practices in Cuba with Fernando Funes Monzote	
Gwyneth Harris, Simeon Bittman, Allison Van Akkeren	A Test Kitchen: Farming, Teaching, and Feeding a College Campus	College food can be great! Join Gwyneth Harris, Simeon Bittman and Allison Van Akkeren from Sterling College, where they grow 25% of their food on campus, and 50% is sourced locally or sustainably. They will share tips about growing, processing, and cooking college food; integrating curriculum and work; maintaining effective communication and management systems; and the college's commitment to innovation and constant re-evaluation of campus food systems.
Aaron Guman, Graham Unangst-Rufenacht	Designing Perennial Polycultures: Building Blocks of the Permaculture Garden	Just as in natural ecosystems, we can create gardens and landscapes of polycultures, or the growing of multiple plant species (and sometimes livestock) together in the same patch. Though this can be tricky, in this class we will focus on simple guidelines for creating successful combinations of plants. Animals in polycultures will be touched on, although plants are our focus. We will explore working examples from around temperate regions, and get familiar with patterns and resources to aid you in designing your own.
Frederick Wiseman	New Developments in the Study and Implementation of Northeastern Indigenous Agriculture	The Seeds of Renewal Project's continuing work on the revival of Indigenous Agriculture has built upon the successes discussed at last year's NOFA Conference. In addition to tracking down new crop varieties from Quebec, Nova Scotia and New Brunswick, the Project has initiated a program to design and install a traditional style agro-forest in Northwestern Vermont and new agriculture plots at the Odanak Abenaki Reserve in Quebec. They have partnered

		with Le Noyeau Aboriginal Gardens in Quebec to create a series of Abenaki style demonstrating plots planted with Abenaki crops alongside a Haudenosaunee garden. They are currently reaching out to the Métis and Wendat-Huron communities to join the multicultural endeavor. Perhaps the most ambitious new program is developing Native-style cuisine based on regional recipes and cooking techniques for fall 2017 harvest celebrations at La Noyeau in Quebec, the Vermont Organics Reclamation Rugg Brook Campus in Georgia, VT and the ECHO Lake Aquarium and Science Center.
Ross Conrad, Alice Lee Eckles	Beeswax: Production, Collection, Processing and Uses	Beeswax is a unique substance produced within the body of the honeybee. This workshop will explore the origins of beeswax within the hive, its properties, how the bees use it, and how we can benefit from this incredibly useful substance. Various methods of collection and processing will be discussed that are especially suited for the small-scale, hobby, or part-time beekeeper. We will also discuss some of the many uses for beeswax such as for household and everyday use, share beeswax recipes for salves and balms, and explore the many uses of beeswax for art, creativity, and self-expression such as through batik, Ukrainian eggs, encaustics, and lost wax casting for sculpture or jewelry making.
Alexis Chesney, Ruth Goldstein	Lyme and Tick-Born Disease: Prevention, Diagnosis and Treatment	Dr. Alexis Chesney, a specialist in Lyme disease and tick-borne illness, will provide a powerpoint presentation on the topics of prevention, diagnosis, and treatment of Lyme disease. Topics include: tick bite prevention, a review of Lyme disease signs and symptoms, testing options, and pharmaceutical and herbal antibiotic treatment. There will be time for Q&A.
Andrea Chesman	Exploring the World of Fermented Vegetables	Sauerkraut and dill pickles are the tip of the iceberg when it comes to making vegetable ferments. Learn how to make kimchi and various Japanese pickles, as well as curtido from El Salvador. Samples will be shared and methods and equipment demonstrated.

<b>3:45-5:00pm</b>	<b>Workshop Session III</b>	
Simon Huntley	Farm Marketing in the Digital Age	Excellent marketing is absolutely critical to successful direct-to-consumer sales such as farmers markets, retail farm markets, and CSA. However, the range in options for marketing your farm in 2017 is dizzying. Simon will present a farm-focused marketing system honed from working with over 1000 farms on their marketing over the last 10 years. Simon will help you harness the marketing tools of the digital age, while keeping your time investment to minimum so you still have time to be a farmer.
Mike Ghia, Maggie Donin	New and Novel Land Financing Mechanisms	This workshop is for farm seekers and other community members who want to explore less traditional ways to finance land acquisition. We'll share our findings from our new report about emerging farmland investor models <a href="http://landforgood.org/wp-content/uploads/LFG-Farmland-Investment-Models-Report.pdf">http://landforgood.org/wp-content/uploads/LFG-Farmland-Investment-Models-Report.pdf</a> , and also discussing crowd-funding examples, land contracts and the new Land Contract Guarantee Program, land cooperatives,

		and community land trust among other methods. We will look at the positives, negatives, and limitations of these models while also seeking input from the farmers present about their experiences, questions, and concerns about these approaches.
Bill Cavanaugh, Robin Morris	Adding Cured & Smoked Meats to your Farmstand and CSA	Increasingly, farmers and producers are finding themselves needing to differentiate their products in the marketplace. This panel discussion will look at the ways adding smoked and cured meats can serve to diversify your offerings and add value to your product. The panel will look at the challenges and opportunities inherent in a cured meat value added operation from the perspective of a farmer who's been through the process, a chef who purchases high-end salumi and bacon for his restaurant, and a butcher who's familiar with the regulatory and HACCP guidelines for cured and smoked production.
Kimberly Hagen, Mary Lake	Pasture Management for Small Ruminant Parasite Prevention	As the saying goes, "an ounce of prevention is worth a pound of cure" - good pasture management goes a long way on the front-line of parasite prevention. Prevention and avoiding treatments is key to keeping soil, insects and animals all functioning in good health (the farm's purse as well) good management has good value. This workshop takes a look at good grazing management and how to maintain healthy pastures, the role of high tannin plants, and the impact on the animal carcass when parasites get the upper hand.
Ann Hazelrigg, Eric Sideman	Pest & Disease Roundtable	We will address farmer questions on pest and disease issues with input from farmers at the workshop
Dan Pratt	No-Till Crop Production with Compost/Biochar Blends	Learn about systems for growing crops with minimal soil disturbance. Following Elaine Ingham's seminal work on the soil food web and intrigued by the potential for building long-term fertility with the use of biochar, I will share the good, the bad and the ugly of our first two no-till seasons. Outline of techniques, harvest data and a list of suppliers provided.
Mimi Arnstein, Richard Wiswall	Crop Production Study Results	
Chuck Mitchell	Sustainable Farming in Nicaragua, Cuba, Ethiopia and Burma	Organic farming practices are rapidly being adopted all over the developing world. In this workshop, discussion will center on why there is so much interest. Starting in 1976 with the Peace Corps in Guatemala, the presenter has been working for 40 years in Latin America, Asia and Africa with government agencies and NGO's helping small farmers in numerous topics including: soil and water conservation, agroforestry practices, grazing management, beekeeping, organic crop and livestock management and teaching organic formulas for nutrients, insect and disease control and soil micro-organisms.
Libby Weiland, Abby Foulk	Community Composting: An Opportunity for Community and School Gardens	This session will explore community composting as a way for community and school gardens to manage food scraps and garden debris while also gaining educational and social benefits. In light of Vermont's Act 148, The Universal Recycling Law that bans the disposal of food scraps and yard debris from landfills, we'll look at how Vermonters are managing these materials and benefitting from their value—through composting! In this

		workshop we'll share examples of successful models, discuss challenges and creative solutions, and provide resources to help participants determine the role community composting can play in their community.
Julian Portilla	Conflict resolution: Tools for Advocacy and Conflict Resolution	Participants will learn some basic theory and tools of conflict resolution from Julian Portilla of _____. Conflict Resolution tools can be used to resolve differences, to build coalitions, and to advocate for a desired future.
Sophia Kruszewski, Cris Coffin	It's Back! Farm Bill Primer and Listening Session	Believe it or not, the next farm bill is just around the corner! In preparation, Sophia Kruszewski from the National Sustainable Agriculture Coalition (NSAC) - in partnership with NOFA-VT and Cris Coffin from Land for Good - will host a session to review the process for reauthorizing the federal Farm Bill and to drill down into programs, policies, and needs relevant to New England farmers and food advocates. NSAC is a national advocate for sustainable and organic agriculture programs and policies, and the session will provide an opportunity for participants to share their thoughts on NSAC campaign priorities, and to learn more about Farm Bill organizing efforts in Vermont and around the region. The workshop is open to farmers, ranchers, and advocates with all levels of policy expertise (including none at all!).
Frederick Wiseman	New Developments in the Study and Implementation of Northeastern Indigenous Agriculture (II)	The Seeds of Renewal Project's continuing work on the revival of Indigenous Agriculture has built upon the successes discussed at last year's NOFA Conference. In addition to tracking down new crop varieties from Quebec, Nova Scotia and New Brunswick, the Project has initiated a program to design and install a traditional style agro-forest in Northwestern Vermont and new agriculture plots at the Odanak Abenaki Reserve in Quebec. We have partnered with Le Noyeau Aboriginal Gardens in Quebec to create a series of Abenaki style demonstrating plots planted with Abenaki crops alongside a Haudenosaunee garden. We are currently reaching out to the Métis and Wendat-Huron communities to join the multicultural endeavor. Perhaps the most ambitious new program is developing Native-style cuisine based on regional recipes and cooking techniques for fall 2017 harvest celebrations at La Noyeau in Quebec, the Vermont Organics Reclamation Rugg Brook Campus in Georgia, VT and the ECHO Lake Aquarium and Science Center.
Peter Burke, Deb Burke	Year-Round Indoor Salad Gardening	Learn how to grow all your salad green all winter long, without electric light or any special equipment. Everyone will take home a sample tray to grow at home and will be able to sample the gourmet salad. I will show you how to harvest a pound of green every day with only a kitchen cupboard and a window sill
Tim King, Markey Read	Small Scale Meat Bird Raising & Processing	Are you raising your own meat birds already and want to get new ideas and share yours? Or, are you interested in raising them and just need to know more about it? Tim and Markey will present their 7+ years of planning and how they evolved their methods & systems for raising poultry for meat: Cornish hens, broilers, ducks and turkeys. They will show & tell their story of a homestead system by way of pictures, PowerPoint, presentation, and various

		useful handouts & guides. They will cover planning yield, acquiring chicks, raising them to maturity, keeping them safe & healthy, processing them, storing and using them for year-round food, and selling some of the excess. Join them for an insightful session, and for sharing of ideas regarding raising meat birds for primarily personal consumption.
Betzy Bancroft	Introduction to Phytonutrients	You've heard of 'eat a rainbow each day'—find out more about why! There are colorful substances in foods that aren't considered vitamins, yet have beneficial effects on our body's structures and their functions, acting in several ways to help protect us from disease. We'll discuss these beneficial effects and give examples of the phytonutrients and locally growable plants that provide them.
Ari Rockland-Miller	Hunting Wild Mushrooms of the Northeast with the ForageCast	Join Ari Rockland-Miller and Jenna Antonino DiMare, co-founders of The Mushroom Forager and authors of a forthcoming book on hunting gourmet wild mushrooms, for a colorful presentation introducing foraging safety, strategy, and ethics. Discover how to use the ForageCast to make your hunts targeted and fruitful, while gaining a deeper understanding of place, seasonality and forest ecology. Participants will be introduced to edible and medicinal highlights from the Northeast ForageCast, with an emphasis on the safest and most distinctive species.