



OUR SOIL OUR HEALTH

Linking the health of the soil to the health of plants, animals and people

February 13-15, 2016 • Burlington, Vermont

34TH ANNUAL WINTER CONFERENCE

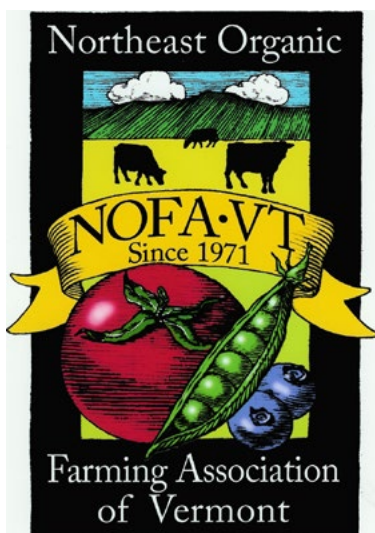


NOFA VERMONT

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WELCOME!

This is one of my favorite weekends of the year! What an opportunity to gather farmers, gardeners, homesteaders and food lovers together for three days of learning, inspiration, good food, and great conversation.

This year's conference theme, "Our Soil, Our Health" was developed in recognition of how the quality of our soil affects the quality of our food and its fundamental ability to nourish us. On the heels of the United Nations' 2015 International Year of Soils, we want to elevate the discussion of the linkage between soil health, plant health and human health. This theme will be addressed throughout the conference – in our keynote addresses, workshops, roundtables, a featured film Symphony of the Soil, and (of course) in a song or two.

I hope that the conference will provide even an ounce of the renewal energy we all need to start the next cycle of planting, weeding and harvesting. In our minds at least, the conference is well timed with turning the page on winter and looking forward to the next growing season. In our gardens, on our homesteads and farms, in our kitchens, at our farmers markets and farm stands, we are all connected through our belief in healthy soils and healthy foods. I can hardly wait!



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WEEKEND SCHEDULE & HIGHLIGHTS

SATURDAY

8:00 am	Registration & Exhibitors' Fair open; refreshments available
9:00–10:30 am	Opening Remarks & Keynote: Heather Darby
10:45 am–12:00 pm	Workshop Session I
12:00–2:00 pm	Lunch & Activities: Film Screening - 1:00–3:30 pm Roundtables - 1:00–2:00 pm
2:15–3:30 pm	Workshop Session II
3:45–5:00 pm	Workshop Session III
5:15–7:30 pm	Saturday Social, Seed Swap
7:00–9:00 pm	Young Farmer & Slow Food Meet-Up

SUNDAY

8:30 am	Registration & Exhibitors' Fair open; refreshments available
9:30–10:45 am	Workshop Session I
11:00 am–12:00 pm	Keynote: Guido Masé
12:00–2:00 pm	Lunch & Activities: Film Screening - 1:00–3:30 pm Roundtables - 1:00–2:00 pm
2:15–3:30 pm	Workshop Session II
3:45–5:00 pm	Workshop Session III
5:15–6:15 pm	Ice Cream Social

FEATURED SPEAKERS

SAT. 9AM ♦ "OUR SOIL" ♦ HEATHER DARBY

If it's true that "you are what you eat" then the quality of the plants you eat, and the quality of the soil they are grown in, are intimately connected. As a farmer, soil scientist and researcher, Heather will address the quality and deficiency of Vermont soils and how to restore optimal soil health to influence the nutrient capacity of crops.



If the mineral content of plant-based foods has been diminishing since the 1950s, why is that? Have efforts to breed new varieties of crops that provide greater yield, pest resistance and climate adaptability been at the expense of nutritional content? Heather will address these trends and how efforts to remineralize soils through organic farming and gardening can create more nutrient dense foods.

PRESENTER: Heather Darby is an agronomic and soils specialist for the University of Vermont Extension. She is involved with many outreach programs focused on delivering on-farm education in the areas of soil health, nutrient management, organic grain and forage production, and oilseed production. Her research has focused on traditional and niche crop variety trials, weed management strategies and cropping systems development. Heather and her husband Ron Hermann are the seventh generation to farm on their Alburgh farm. The Darby Farm is a 130 acre certified organic diversified fruit and vegetable operation; they market their products at farmers markets, through Community Supported Agriculture shares, and at their farmstand.

SUN. 11AM ♦ "OUR HEALTH" ♦ GUIDO MASÉ

Ecological health and individual health are one and the same: they build upon and feed each other. The microbes in our soil and on our food interact and shape the bacterial colonies on and in us, with fascinating effects on health and disease. The plants and fungi that grow in our soil create a storm of active chemistry that directs and modulates the behavior of insects and animals, including people. Once we become aware of these connections, it is hard to want to sterilize soil, reduce botanical biodiversity, and allow the contamination of our water.



Organic cultivation techniques, including "gardens" of weeds and herbs among the crops, can maximize soil vitality, increase biodiversity, and improve phytochemical and phytonutrient density. This translates to better health for every link of the chain: from soil to human and back.

PRESENTER: Guido Masé is a clinical herbalist, herbal educator, and garden steward specializing in holistic Western herbalism. He is a founder, faculty member and clinical supervisor at the Vermont Center for Integrative Herbalism, a 501(c)(3) non-profit herbal medicine clinic and school that provides comprehensive services focused on whole plants and whole foods. He also serves as chief herbalist for the Urban Moonshine Natural Products Company, where he works on research, development and quality control for an all-organic whole-plant tincture line, and is the author of *The Wild Medicine Solution: Healing with Aromatic, Bitter and Tonic Plants* (Healing Arts Press, 2013).

FEATURED WORKSHOP TRACKS

Full workshop descriptions can be found beginning on page 13.

UVM FOOD SYSTEMS SOLUTIONS	
SATURDAY	Pest and Disease Sharing and Roundtable
	Agricultural Field Renovation
	Livestock Breeding and Genetics: Principles and Applications
	Land Improvement Practices for Enterprise Establishment
	Making the Most of Your High Tunnels
	Optimizing Your Forage-based Ruminant
SUNDAY	The Locavore Turns 10: Farmer Perspectives on the Locavore Movement
	Common Pests & Diseases for Homesteaders and Gardeners
	Developing Sustainable Pest Management Tactics for the Invasive Leek Moth
	Nutrient Management Planning for Vegetable Farms
	Community Accreditation for Produce Safety

The University of Vermont Food Systems Initiative values research that has direct and positive impacts on the community it serves and beyond. These workshops demonstrate areas in which research will or have tangibly impacted our modern food system.



DIRECT MARKETING	
SATURDAY	Developing Your Farm Brand: How to Identify Your Unique Attributes
	Producing Value-Added Farm Products
	How to Engage Shareholders in Your CSA
	Understanding Customer Behavior at Farmers Markets: Increasing Sales & Satisfaction
SUNDAY	Sustainable Marketing for Sustainable Farms
	Expanding Your Brand
	Crafting Meaningful Farm Visits
	Farmstand Logistics
	Plowing Ahead: Building a Rural Enterprise

Direct Marketing workshops are intended for producers who sell through farmers’ markets, farm stands, and CSAs.

COMMUNITY & SCHOOL GARDEN SERIES	
SUNDAY	Community-based Gardens: Getting Started
	Scaling Up: Composting at Schools and Community Gardens
	The Power of Herbalism in Community Gardens
	Permaculture in School Gardens Discussion

The Community & School Garden Track is designed for garden leaders and educators with a focus on developing leadership skills, growing food security, and expanding local engagement in garden projects. Presented by the Vermont Community Garden Network, www.vcgn.org.



THANK YOU!

NOFA Vermont would like to extend a special thank-you to the following people who make the conference possible:

- All of our dedicated conference presenters and speakers
- Our wonderful conference & children’s conference volunteers
- NOFA Vermont’s stellar conference organizers: Megan Browning, Livy Bulger, and Rachel Fussell
- The NOFA Vermont Board of Directors & Staff
- Brett Hughes and Caleb Elder for the great music
- The incredible artist Bonnie Acker
- Maureen Cartier, Brian Wichert & Sophie Meyer and the Davis Center staff
- Chef Kate, Chef Steve, Tina Billado, Jana Kurtz & Melissa Zelazny at Sodexo
- Our fabulous sponsors (see page 37)
- Our wonderful exhibitors (see page 34)

Looking for help?

Look for NOFA-VT staff/board with green name badges. Not seeing anyone? Stop by the registration desk on the first floor of the Davis Center.

COMMUNITY ART PROJECT: ART FOR ALL ADVENTURE

Saturday & Sunday, starting at 11:00am • Davis Center • 1st Floor Atrium

Join local artist Bonnie Acker to create bees and flowers, farmers and fields for a large, brilliantly-colored community art project! All ages will be celebrated, and you don't have to consider yourself an artist! There will be a place for everyone to share scissors, paper, cloth, and dreams of a Vermont – and a world – where wonderful food is enjoyed by all. Inspiration this year is drawn from John Elders words, "a dialogue between wildness and culture is what we need now."

FARMER COACHING SESSION

Saturday, 9:00 am–2:00 pm • Pre-registration required

Davis Center 2nd Floor, Student Government Atrium

These sessions with farm business advisers from RAFFL, the Intervale Center, and UVM, are focused on helping new farmers create action plans to start or enhance their farm businesses. Pre-registration closed on February 4. Walk-in registration is available as space permits. Please see the registration desk for more information.

WEEKEND MUSIC

Throughout the weekend, we will feature some of Vermont's finest local musicians to entertain us. Caleb Elder and Brett Hughes will play bluegrass tunes and country songs from 12-2pm each day, and during our Saturday evening social. Come and listen, sing along or dance with other conference participants!



SATURDAY SOCIAL

Saturday, 5:15–7:30 pm

Davis Center 1st and 2nd Floors

Our popular conference social gathering is back! Enjoy appetizers and wine and beer selections while you chat with friends and visit with the exhibitors. The Community Art Project and the Annual Seed Swap and Exchange will also be happening during this time. Hors d'oeuvres are generously provided by Sugarsnap Catering. Cash bar.

Sunday Ice Cream Social

Sunday, 5:15-6:15 pm • Davis Center • 1st Floor

Free to conference attendees

Thanks to the generosity of Strafford Organic Creamery, the Sunday Ice Cream Social is one of our best-loved conference traditions. Join us for fun, laughter, and dessert!



FARMLAND ACCESS COACHING SESSION

Saturday & Sunday • Davis Center • 2nd Fl., Student Government Atrium & Lounge

Staff from the Intervale Center, UVM Extension for Sustainable Agriculture, and RAFFL will be available for one-on-one coaching related to farmland access. Pre-registration closed on February 4. Walk-in registration is available as space permits. Please see the registration desk for more information.

BOOK SIGNINGS

Saturday & Sunday • Look for the book symbol in Workshop Descriptions for details.

Join several authors for a book signing of their latest books throughout the conference. All authors are presenting workshops during the conference and their books will be available for purchase.

- Peter Burke, Chelsea Green, *Year-Round Indoor Salad Gardening*
- David Asher, Chelsea Green, *The Art of Natural Cheesemaking*
- Andrea Chesman, *Pickled Pantry*
- Lee Reich, *Uncommon Fruits for Every Garden*
- Grace Gershuny, *Organic Revolutionary: A Memoir of the Movement for Real Food, Planetary Healing, & Human Liberation*



YOUNG FARMER & SLOW FOOD MEET-UP

Saturday, 7:00-9:00 pm

August First Bakery, 149 S. Champlain St., Burlington

All conference participants are invited to join Slow Food VT and the VT Young Farmers Coalition (VYFC) for delicious food, drinks, and socializing. Swing by after the conference to meet and chat with beginning farmers and food enthusiasts. Cash bar.

SOCIAL NETWORKING

Join the conversation on social media! Tag us on Twitter at @NOFAVT, on Facebook with @NOFA-VT, and on Instagram #nofavtconference. THANKS!



LUNCHTIME ACTIVITIES



LUNCHTIME ROUNDTABLES

Saturday & Sunday, 1:00–2:00 pm • Davis Center

Join NOFA staff, presenters, and fellow farmers and gardeners for an open-forum discussion on a topic important to you. **See page 6 for full descriptions.**

YOUNG FARMER LUNCH & NETWORKING

Saturday & Sunday, 12:30–2:00 pm • Davis Center

3rd Floor, Chikago Landing

Grab your lunch and join the Vermont Young Farmers Coalition to meet beginning farmers in your area and learn more about the Vermont young farmer movement.



FILM SCREENINGS

SYMPHONY OF THE SOIL

Saturday 1:00–3:30 pm • 108 Terrill Hall

Drawing from ancient knowledge and cutting edge science, *Symphony of the Soil* is an artistic exploration of the miraculous substance: soil. The film examines our human relationship with soil, the use and misuse of soil in agriculture, deforestation and development, and the latest scientific research on soil's key role in ameliorating the most challenging environmental issues of our time. Filmed on four continents, featuring esteemed scientists and working farmers and ranchers, *Symphony of the Soil* is an intriguing presentation that highlights possibilities of healthy soil creating healthy plants creating healthy humans living on a healthy planet. Followed by a Q&A with soil scientist Wendy Sue Harper, Ph. D.



OUT HERE: A QUEER FARMER FILM PROJECT

Sunday 1:00–3:30 pm • 108 Terrill Hall

Out Here is a full-length documentary film 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, and 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 are related to our food system. Followed by a Q&A with filmmaker Jonah Mossberg.



SOCIAL ACTION ZONE

Saturday & Sunday 12:00–2:00 pm •

Davis Center • 3th Floor Landing

Come learn about and get involved in the important work being done by several of Vermont's advocacy organizations. Issues in this year's social action zone include the Toxics Action Center pesticide rules rewrite campaign, the Soil Carbon Coalition, Keep the Soil in Organic, Lake Champlain Basin Program, Domestic Fair Trade/Ag Justice Project, and more.



VT COMMUNITY GARDEN NETWORK GATHERING & GARDEN SHOWCASE

Sunday, 12:30–1:45 pm • Davis Center •

1st Floor, Burack Family Fireplace Lounge

Are you involved with a community or school garden or want to learn more about how to get connected? Come to Vermont Community Garden Network's lunchtime gathering to meet fellow garden leaders, swap ideas for the season, and learn about the innovative work garden groups are undertaking around the state. This year's Garden Showcase will feature garden groups engaged in foundational practices, such as composting, permaculture, and water catchment; all building healthier, more resilient gardens. Also learn more about how you can get involved with VCGN and upcoming Network opportunities. Bring your lunch to the Fireplace Lounge for informal networking, 12:30-1pm, and stay for activities, 1-1:45pm.

Hatha Yoga Class

Saturday & Sunday, 12:15–1:15 pm

Davis Center • 1st Floor, Living Well Room

Come enjoy an hour of gentle movement, breath work, rest, and rejuvenation during your conference day. Mats and props provided. All levels are welcome! Farmer Maggie Donin completed her yoga teacher training with the Shivshakti School of Yoga and Healing Arts in Vermont.

LUNCH



Sat. & Sun., 12:00–2:00 pm • 4th Floor, Davis Center

Locally-sourced lunches are prepared by UVM Sodexo with recipes from the cookbook *New School Cuisine*. Vegetarian, vegan, and gluten-free options are available. If you did not purchase lunch in advance, a limited number of lunch tickets are available for purchase in the registration area. **Lunches do sell out!** Other options to eat on campus are limited, especially on Sunday. For more information about alternative dining options, see the map on the back page of this program or visit the registration area. You are also welcome to bring a bagged lunch with you and join us in the dining room.

ON SUNDAY ONLY: To help avoid congestion after the keynote address, please check your name badge for your suggested lunch time!

LUNCH WITH CONGRESSIONAL DELEGATION & STATE OFFICIALS

Saturday, 12:30-1:00pm • Davis Center • 4th Floor

Members of the Vermont Congressional Delegation, Senator Patrick Leahy, Senator Bernie Sanders, and Congressman Peter Welch, along with Governor Peter Shumlin and Secretary of Agriculture Chuck Ross, have been invited to join us for lunch on Saturday and make brief remarks.



THE NOFA OVEN

**Saturday & Sunday 12:00–2:00 pm
• Davis Center • 1st Floor, Outside**

Stop by NOFA Vermont's mobile, wood-fired oven outside the Davis Center's first floor exit during lunch and get some tasty roasted roots!

Not ready to turn in yet?

Looking for something fun to do after the conference? We invite you to head downtown and enjoy some of our great local restaurants. The following businesses support NOFA Vermont through our Share the Harvest fundraiser, and we encourage you to support them! Reservations are recommended on this busy Valentine's Day weekend.

- Citizen Cider
- City Market/Onion River Coop
- The Farmhouse Tap & Grill
- Great Harvest Bread Co.
- Hen of the Wood
- Juniper
- Lake View House Restaurant
- Leonardo's Pizza
- Leunig's
- Penny Cluse Café
- The Skinny Pancake
- Trattoria Delia

Snacks & Refreshments

Saturday & Sunday

Exhibitors' Fair, Davis Center • 2nd Floor • Free to conference attendees

Our hospitality table is stocked with snacks from local food producers, cider, tea, and kombucha. Coffee is available by donation from Vermont Coffee Company in Area 2 of the Exhibitors' Fair.



Thank you to all our farmers & friends

who donated wholesome, delicious ingredients for our meals and Hospitality Table!

- Aqua Vitea, Bristol, VT
- Burnt Rock Farm, Huntington, VT
- Butterworks Farm, Westfield, VT
- Cabot Creamery Cooperative, Waitsfield, VT
- Champlain Orchards, Shoreham, VT
- Clearbrook Farm, Shaftsbury, VT
- Dancing Bee Gardens, Middlebury, VT
- Diggers' Mirth Collective Farm, Burlington, VT
- Equal Exchange Tea, West Bridgewater, MA
- Flack Family Farm, Fairfield, VT
- Gildrien Farm, Leicester, VT
- Intervale Community Farm, Burlington, VT
- Intervale Food Hub, Burlington, VT
- Jericho Settlers Farm, Jericho, VT
- Kimball Brook Farm, North Ferrisburgh, VT
- Lake Champlain Chocolates, Burlington, VT
- O Bread, Shelburne, VT
- Olivia's Croutons, Bristol, VT
- Organic Valley, La Farge, WI
- Pete and Gerry's Organic Eggs, Monroe, NH
- Pete's Greens, Craftsbury, VT
- Real Pickles, Greenfield, MA
- Red Hen Baking Co., Middlesex, VT
- Riverberry Farm, Fairfax, VT
- Shelburne Farms, Shelburne, VT
- Stonewood Farm, Orwell, VT
- Stonyfield Farm, Londonderry, NH
- Strafford Organic Creamery, Strafford, VT
- VT Coffee Company, Middlebury, VT

LUNCHTIME ROUNDTABLES

Join NOFA staff, presenters, and fellow farmers and gardeners for an open-forum discussion on a topic important to you.
Saturday & Sunday, 1:00–2:00 pm • Davis Center • See Insert for Room Locations

SATURDAY

Childcare on Family Farms: Discussion and Support

- Beth Holtzman & Shoshannah Inwood, University of Vermont

Raising children on the farm brings much joy but it can be challenging to balance both child and farm business needs. Come and connect with other parents to discuss the challenges of raising a family on the farm. Participants will identify strategies and solutions that can help balance their individual household and business needs.

Restoring Carbon to the Soil

- Jack Kittredge & Julie Rawson, NOFA/MASS

Join Jack and Julie as they discuss the important role that restoring carbon to soil plays in reducing weather extremes caused by climate change. They will talk about ways northeastern organic farmers can adopt practices and tools which effectively restore carbon to soil -- minimizing tillage, using cover crops, rotations with animals and other crops. Finally they want to hear and learn about practical methods to build both soil carbon and financial sustainability from farmers in Vermont.

Listening Session on Research Needs for Manure Safety on Organic Farms

- Deborah Neher, UVM

This discussion group will address the challenges associated with manure and animal rotational grazing. Organic and transitional farmers are the target audience. It will be part of a national effort to address issues surrounding animal-based soil amendments and animal rotational grazing. Listening sessions will be conducted regionally, with the results being gathered in a white-paper that will inform a long-term research plan addressing the most pressing needs of the organic community.

Stand Up & Speak Out

- Andrea Stander, Rural Vermont

Join this discussion with other folks who are curious about what it takes to influence issues you care about. Farmer board members and staff from Rural Vermont will offer an overview of public policy issues (from water quality and soil health to on-farm slaughter, and GMOs and pesticides to raw milk) that are affecting farmers and eaters. We will also brainstorm strategies for how you can take action and help ensure farmers' voices are heard and respected in these debates.

National/Vermont Policy Roundtable

- Chuck Ross, VAAFM; Jenny Nelson, Office Senator Sanders; Jean Richardson, NOSB; Maddie Monty, NOFA-VT

Join a panel of state and national policy leaders for a conversation about the issues impacting Vermont's farmers and eaters in the year ahead. This will be a participatory discussion, so please bring your questions and comments on topics including water quality and food safety on Vermont farms, GMO labeling, organic hydroponics, and the "natural" label.

SUNDAY

The Slow Food Way of Life

- Ann Cromley, Slow Food VT

Come learn about the Slow Food movement on the worldly scale, and how you can become actively involved in their local chapters, as anyone who enjoys food! Learn about the history of Slow Food and the values it encompasses, while also partaking in community discussion including exciting and new ideas for the future.

Farm to School Coordination: The Ins and Outs

- Ethan Bodin, Shelburne Farms; Amy Gifford, NOFA-VT

In this roundtable discussion about effective farm to school practices, we will investigate the often overlooked, yet critically important role that coordination plays in successful farm to school programs. This discussion is intended for anyone who finds themselves coordinating any of their school's farm to school program aspects--parents, teachers, administration or community volunteers. Join in

this roundtable as we learn from one another, share stories of success, and troubleshoot challenges. This roundtable will build on the Community of Practice for farm to school coordinators that is currently happening throughout the state and participants will walk away with strategies to take back to their own school communities.

Winter Opportunities: Jobs in the Off-Season

- Eli Hersh, Shadow Creek Farm

Join Eli Hersh from Shadow Creek Farm for a discussion and roundtable on the topic of jobs in the off-season for farm workers. We are hoping to create resources for beginning farmers and those looking for jobs in the off-season to use during the winter months. Come with your ideas, feedback and experience working in Vermont during the winter months.

Composting Systems Roundtable

- Maria Reade, Someday Farm; Barb Smith, Manchester Elementary School

This roundtable will share composting strategies as Vermont moves into mandatory organic recycling for everyone by 2020 with the implementation of Act 148. Participants are encouraged to bring resources to share and will be encouraged to briefly describe their current or future system. Models of successful programs will be highlighted. This discussion group is for all levels and for anyone interested in making Act 148 easy to implement.

Soil Health & Clean Water: Turning Advocacy into Action

- Marli Rupe, VT Dept. of Environmental Conservation; Pat Sagui, Compost Association of Vermont

Water quality, universal recycling, and resilient communities all connect to soil health. Using the Composting Association of Vermont's Soil Policy Project as a starting point, participants will learn how their homestead and community can improve water quality by paying attention to the function of soil. Healthy Soil = Clean Water.



CHILDREN'S CONFERENCE



We invite the next generation of farmers, gardeners, and food lovers (ages 5-12) to join us for hands-on workshops, art-making, and play. Thanks to support from the Johnson Family Foundation, we are able to offer a sliding scale of \$0-\$30 per child this year!

Registration: Pre-registration closed on February 4th and we cannot guarantee space. However, walk-in registration is available as space permits. Please see the registration desk for more information.

NURSING ROOM

On the 1st floor of the Davis Center (down the hall from registration) there is a nursing room if nursing mothers would prefer a private, quiet location to put their feet up with their babies or pump. Get the key from the UVM information kiosk in the Burack Fireplace Lounge on the first floor of the Davis Center.



CHILDREN'S CONFERENCE PROGRAM HIGHLIGHTS

Saturday, 2/13

- Predator & Prey: Exploring Tools for Survival
- Soil Made My Snack
- Fun with Fermentation
- Herbs: A World of Wonder
- Animal Tracking
- Felting Veggies

Sunday, 2/14

- We All Scream for Ice Cream!
- Dirt Matters! The Importance of Sustainable Soils
- Yoga for Kids
- Wood-Fired Pizza
- Song Writing!
- Field Games Galore!

KIDS' BREAK ROOM

Davis Center, 4th Floor, Handy Room

Of course, children of any age are invited to accompany adults to workshops, but please keep distractions to a minimum. If your child needs a "break," let 'em romp with other kids in the kids' break room! The room is open all day. Toys and books will be available, but **childcare is not provided**. Please supervise your child at all times.

SPECIAL THANKS

To the educators and volunteers who are providing workshops for our kids!

- Kurt Valenta, Exordium Adventure
- Caroline Aubry, Ryann Collins, Jeyna Diallo, Maire Folan, Becca Mitchell, River Ostrow, Herb Page & Meghan Steward, Green Mountain Farm-to-School
- Bonnie Acker, Artist
- Skye Ellicock & Laura Oliver, Jericho Town Library
- Paul & Beth Chambers, Siskin/Coutts
- Ceilidh Galloway-Kane, The Art House
- Cornelius Murphy & Ginny Cooke, Laraway Youth & Family Services: Land Stewardship Team
- Brian Tobin, Raja Yoga Instructor
- Meghan Stotko, Heartwood Farm
- Chris Dorman, Music for Sprouts
- Ross Doree, Crow's Path

Thanks to the Johnson Family Foundation for their sponsorship of the Children's Conference!





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Monday, February 15, 2016 • 9:30am - 4:30pm • Billings & Waterman Lounge, UVM

Includes lunch by Have Your Cake Catering (The Skinny Pancake). Pre-registration is requested; we cannot guarantee lunch or registration for walk-ins.

For more information, or to register, visit the walk-in registration table on the 1st Floor in the Davis Center.

INTENSIVE NO-TILL VEGETABLE PRODUCTION TECHNIQUES & SYSTEMS

LOCATION: Billings, North Lounge • Learn techniques for intensively growing vegetables using organic no-till practices on a commercial scale. Participants will be taken through the whole production system which will include: transitioning to no-till, composting and soil fertility practices, irrigation, drainage, foliar feeding, managing air and water in the soil, seeding, crop rotation, weed control, season extension techniques, harvesting and storage. Great detail will be given on the various tools and techniques utilized that lead to a profitable crop on relatively small acreage.

Presenter: Bryan O'Hara | *Bryan O'Hara has been profitably growing vegetables at Tobacco Road Farm in Lebanon, CT for over 20 years. He speaks throughout the Northeast on vegetable production techniques and is known for providing "mountains of details in a concise, practical and cohesive manner."*



GROWING ELDERBERRIES IN VERMONT FOR CONSERVATION, HEALTH, & PROFIT

LOCATION: Waterman, Memorial Lounge • Learn techniques of cultivation, medicinal use and preparation, and market opportunities around our native elderberry. Presenters will review the benefits to the environment and the individual, review the folklore and modern evidence on health-promoting effects, provide details on cultivation and preparation, and give an overview of the market opportunities. Participants will leave with an intimate understanding of this important plant, be prepared to start a small-scale elderberry production, learn how to process and extract the flowers and fruits, sample local products, and network with growers and buyers. Discover some tasty recipes, share stories old and new, and maybe even make a plan for paying your property taxes using elderberry.

Presenters: Ginger Nickerson, UVM; Guido Masé, VCIH/Urban Moonshine; John Hayden, The Farm Between; David Fried, Elmore Roots Nursery; Mary Sisock, UVM Extension | *John Hayden, David Fried and Guido Masé are some of the state's most experienced nurserymen, farmers and processors of elderberry. Mary Sisock is an Associate Professor and the UVM Extension Forester. Ginger Nickerson coordinates the Center for Sustainable Agriculture's Produce Safety Program.*

GETTING STARTED WITH ORGANIC BEEKEEPING

LOCATION: Waterman, Room 427 • Learn about the current state of the honeybee and the beekeeping industry and alternatives to the failing status quo. Safe, nontoxic and effective methods for controlling hive pests and diseases such as mites, nosema and foulbrood will be covered, along with how to choose a good apiary site, sourcing bees, equipment needs and the yearly management cycle of the beekeeper. Lots of time will be allotted to answering questions.

Presenter: Ross Conrad, Dancing Bee Gardens | *Ross Conrad is a former president of the Vermont Beekeeper's Association, a regular contributor to Bee Culture - The Magazine of American Beekeeping, and author of Natural Beekeeping: Organic Approaches to Modern Apiculture, Revised and Expanded 2nd Edition published by Chelsea Green.*



TREES ON FARMS: PROFITABLE AGROFORESTRY FOR THE TEMPERATE NORTHEAST

LOCATION: Billings, Marsh Lounge • While the concept of agroforestry (integrating trees into farming systems) is appealing, the economic basis has not always been clear. Tree-based agricultural systems such as riparian buffers, forest farming, and silvopasture offer approaches resilient to climate change and are diverse in their marketable products. This workshop examines economically viable crops such as log-grown mushrooms, tree saps, elderberry, paw paw, ginseng, and livestock systems and takes participants through a design process for their personal farm to match the right system to their ecotype.

Presenter: Steve Gabriel, Farming the Woods | *Steve Gabriel is an ecologist, educator, author, and forest farmer who has lived most of his life in the Finger Lakes region of New York. He is co-author of the book Farming the Woods, extension agroforestry specialist for the Cornell Small Farms Program, and co-owner of Wellspring Forest Farm, which produces maple syrup, mushrooms, duck eggs, pastured lamb, and homestead products on ten acres.*








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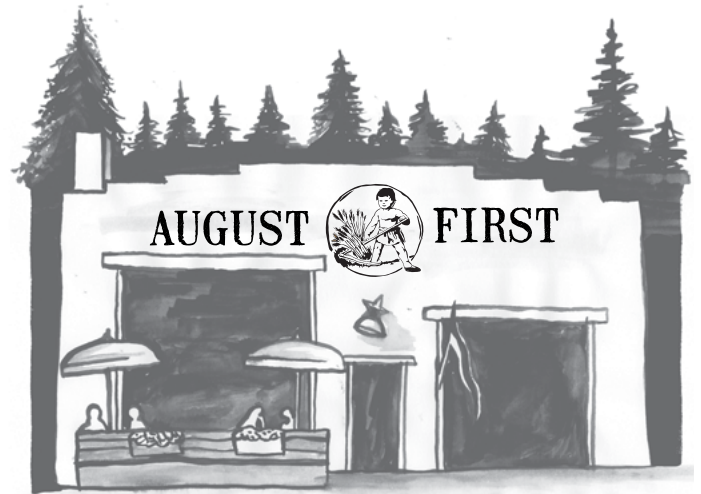
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Agricultural Field Renovation

Presenters: Daniel Hudson, UVM Extension; Ben Machin, Tamarack Tunis Farm

Low yields, poor forage quality, and weediness are clear indications that pasture, hay, and crop fields need help, but where to start? This ground-up workshop will cover a range of topics including understanding the soils on our farms; assessing and improving soil fertility; strategies for renovating and reseeded; choosing appropriate forage species; maintaining productivity and forage quality over time.

An Introduction to Indigenous Wabanaki Agricultural Systems of Northern New England

Presenter: Fred Wiseman, Seeds of Renewal Project

This workshop will introduce participants to the revolutionary new information and materials of the archaeology, ethnobotany, agronomy and ecology of Wabanaki food systems, and how they may be adapted to modern service. Professor Wiseman will discuss the 25 crops he has discovered and their merit for sustainable growing, the Marceño system, and the integration of ceremony into sustainable cropping. The workshop will conclude with observations on planning a decolonized diet and the necessity of using Indigenous food systems in a time of climatic uncertainty.

Be an Empowered Consumer

Presenter: Meredith Knowles, City Market/Onion River Co-op

When making food purchases, your dollars are a strong indicator of what you support. Through this discussion we will explore our own personally held food values and learn how to think critically about our food choices. You will leave feeling empowered to make choices that work for your lifestyle, with a better understanding of the many factors influencing where and how our food is produced.

Cover Cropping for Soil Health

Presenters: Spencer Blackwell, Elmer Farm; Andy Jones, Intervale Community Farm; David Marchant, Riverberry Farm

This panel will share and discuss their cover cropping techniques and tips. Each farmer will discuss how they have incorporated cover cropping into their crop and field plans and how it has benefited their operation. Come with your questions!

Dairy Fermentation Demonstration

Presenter: David Asher, The Black Sheep School of Cheesemaking

Cheesemaker David Asher will demonstrate the magic of kefir grains. Using this traditional dairy culture from Central Asia, David will show how to make bubbly kefir, creamy crème fraîche and a luscious cultured butter. Come and see how delicious dairy fermentation can be. David will be available for a book signing immediately following his workshop and during the Exhibitor Fair.



Developing Your Farm Brand: How to Identify Your Unique Attributes

Presenter: Pam Knights, Pam Knights Communications

Gain insight on how to develop your “farm story” into a solid brand and craft messaging that captures the essence of your farm business. Branding strategist Pam Knights talks about identifying your unique selling points, logo development, creating taglines and a brand promise. She addresses how to consistently articulate and promote your brand across all forms of marketing communications from print, websites and social media. In her presentation, Pam will show numerous examples of farm and agritourism businesses she has worked with over the years, leaving time for questions. Bring your business card for a prize drawing!

Food, Flavor & Physiology

Presenter: Baylen Slote, Taoist Clinical Medicine

In this workshop we will discuss flavorful foods as the roots of a healthy lifestyle. Using the simple and easy to understand language of Taoist scientists we will discuss the effects that flavors have on our physiology and how we can use this knowledge to benefit our health and add a unique value proposition to food ventures. This lecture is appropriate for home chefs and entrepreneurs interested in adding value and honing the skill of setting a healthy table.

Getting to an Anti-Inflammatory Diet

Presenter: Marie Frohlich, Taproot Consulting, LLC

Join Marie to learn about an anti-inflammatory diet for you and your family. We are learning that chronic inflammation is the root cause of several diseases. Come explore some ground breaking information about inflammation and learn about some easy ways to make probiotics, recipes, food and herbs for gaining some relief and for building more vitality in your life.

Livestock Breeding & Genetics: Principles & Applications

Presenter: Joe Emenheiser, University of Vermont

In this workshop Joe will introduce the principles of genetics and discuss ways to use their potential to improve your herd or flock. This will not be a presentation of modern molecular techniques, but rather an overview of inheritance, environmental effects, heterosis, and how to make informed selection and culling decisions. Special focus will be given to the design of animal breeding programs that are rooted in these principles, make best use of resources, and optimize product quality.

MIND YOUR BUSINESS! Financial Literacy and Effective Business Management for Farmers

Presenter: Richard Wiswall, Cate Farm

What does it mean to be “In Business”? Why should you keep records? Because Richard said so? No! To better manage your farm business so you can work less and make more money? Yes! Now that you are in the farming business, learn the language of business. Be a highly effective manager, learn the macro and micro tools of financials, and benefit from some quick tips for success.

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Organic Fertilizers Demystified

Presenter: Paul Sachs, North Country Organics

Join North Country Organics for an in-depth analysis of fertilizers used in Vermont. Paul will review and discuss where our fertilizers sourced, what they can offer, how they react in the soil, and what makes them acceptable for certified organic production. Come with your questions and learn more about the fertilizers you use.

Stand Up & Speak Out: Practical Skills for Effective Citizen Action

Presenter: Andrea Stander, Rural Vermont

Join farmer board members and staff from Rural Vermont for a lively overview of the many situations in which citizen voices (especially farmers) can and must be heard. From your local town select board to our state legislature, from regulatory agencies, to the U.S. Congress and global grassroots movements, learn how different public policy arenas work and how you can influence them. We'll share personal stories, give you a taste of the skills that can help you get your voice heard, and the opportunity to meet other aspiring activists. No experience needed! Also, plan to join us for a follow-up lunch roundtable.

The Beauty and Bounty of Ecological Landscapes

Presenter: Sanne Kure-Jensen, NOFA-RI

In this workshop learn about designing high diversity landscapes that welcome wildlife and pollinators. Use native and ornamental plants with low input needs to encourage birds, pollinators and

other wildlife, while reducing maintenance, input costs and potential toxins. This workshop will reference Sarah Stein's inspirational book, "Noah's Garden: Restoring the Ecology of Our Own Backyards" and the National Wildlife Federation (NWF) Certified Backyard program.

The Economic and Educational Value of Farm to School

Presenters: Betsy Rosenbluth, VT FEED – Shelburne Farms; Ali Zipparo, Vermont Agency of Agriculture, Food, & Markets

Increasingly, farm to school programs need to demonstrate their economic and educational value in sustaining farm viability, achieving educational outcomes and supporting healthy individuals and communities. Through a strategic mapping process with the VT Farm to School Network, we identified a systems level strategy for scaling farm to school to every community in Vermont. The presentation will touch on how we identified key levers of change in the system and our progress collecting evidence that demonstrates the economic and educational value of farm to school.

The Farm as Primary Health Provider

Presenters: Doug and Barbara Flack, Flack Family Farms

What if farmers were as well compensated as health care professionals? This workshop will demonstrate the extent of our epidemic of degenerative diseases, show historically how processing crept into our food system, point out the nutritional losses of major food types and contrast these issues with local farm foods that could replace these items. We will discuss how local farms can raise soil function and farm diversity to become health care providers. What steps can

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be taken to invert our approach to the health crisis and the planetary degradation? Building healthy soils is fundamental to this inversion, and side benefits include clean water, carbon sequestration and biological diversity.

SATURDAY: SESSION II 2:15 PM-3:30 PM

Chasing Wild Mushrooms: Foraging and Preparing Edible and Medicinal Mushrooms (Part I)

Presenter: Greg Marley, Mushrooms for Health

New England is blessed with an abundance of wild mushrooms of every shape and color. Many are edible and some provide health-promoting benefits. Join experienced mushroomer and author Greg Marley on a romp through the best edible and medicinal mushrooms. Marley will provide an informative and entertaining lecture and answer any mushroomy questions you have. Marley is a passionate speaker who is well-versed in mushroom ecology, edibility, toxicology.

Composting and Thermal Energy System at the UNH Organic Research Dairy Farm

Presenters: Brian Jerose, Agrilab Technologies; Matt Smith, University of New Hampshire

The University of New Hampshire (UNH) Organic Research Dairy Farm was launched in 2008 to support northeast organic dairy farms. We will share observations and recommendations from start-up and operation of the Joshua Nelson Composting and Energy Recovery

Facility at the farm. The presentation will focus on the composting and heat recovery practices and their integration with bedded pack housing, field application to pasture and fields, CO₂ and nutrient flows on the farm and the implications of greenhouse gas emissions.

Giving Back: Tools & Techniques for Feeding the Land

Presenter: Fearn Lickfield, The Green Mountain School of Druidry

The Earth is always giving. We get our food, our medicine, our homes, our fuel, and our bodies from Her. As a species we have an ugly legacy of taking too much from Nature. It is time to right this balance and give back, not only to the soil, but to the spirits of place that hold the keys to vitality and fertility. In this workshop we will share some ways of listening, assessing/dowsing and offering that will deeply nourish the land, and by extension you!

How to Engage Shareholders in your CSA

Presenters: Jennifer Blackwell, Elmer Farm; Elizabeth Henderson, Peacework Organic Farm

Retaining CSA members is at the heart of many questions CSA farmers ask each other. This workshop will explore ways to engage CSA members in your farm and how to evaluate why some members stay while other members leave. Join Elizabeth Henderson, an early pioneer of the CSA concept in the USA and author of *Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture*, and farmer Jennifer Blackwell for a lively discussion that will provide you with ideas to take home and make your CSA even better!



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Integrating Vermont Harvest of the Month into Your Communities, Schools, & Businesses

Presenters: Becca Mitchell & Shane Rogers, Green Mountain Farm to School; Brooke Gannon, Milton Town School District; Robin Burnett, Vermont Works for Women

Vermont Harvest of the Month administrators and active participants will present the most effective ways to engage students, customers, and communities through seasonal, Vermont produce with the Vermont Harvest of the Month program. A quick panel presentation followed by hands-on activities and a Q&A will demonstrate some of the most efficient tools and events to incorporate and market Vermont Harvest of the Month produce in any setting to provide education about Vermont agriculture, boost sales of the product, and encourage more adventurous eating in your community.

Intro to Radical Cheesemaking

Presenter: David Asher, The Black Sheep School of Cheesemaking

Are packaged cultures the only pathway to good cheese? What did cheesemakers use before the days of DVI's? Come learn a more radical, traditional cheesemaking style- how to keep your own starters, grow your own fungi, and how to work with milk's indigenous microorganisms. No previous cheesemaking experience required. David will be available for a book signing immediately following his workshop and during the Exhibitor Fair.



Keep the Soil in Organic

Presenter: Dave Chapman, Long Wind Farm

How do local farmers and eaters protect the national standards? Who does organic belong to? In recent years, the USDA standards have allowed crops grown hydroponically to receive organic certification. This position has been strongly challenged by many organic farmers and consumers around the country, but the movement has been led by the Vermont organic community. In this workshop we will discuss the issues around how national organic standards are being set, and how they are being challenged. We will also look at why growing in the soil is a basic principle for organic growing. We will take review the farmers' protest in Stowe last October, and discuss the upcoming protests in D.C. this coming April.

Land Improvement Practices for Enterprise Establishment

Presenters: Joshua Faulkner & Ben Waterman, UVM Extension Center for Sustainable Agriculture

Successful land access, enterprise start-up and establishment depend on the ability to make early-stage decisions about land improvements that enable success for many years. This workshop will cover key considerations and logical steps for cost-effectively restoring soils, reclaiming overgrown pastures, alleviating soil compaction, addressing resource concerns, installing drainage and preparing parcels to make them as productive as they can be. Beginning farmers, land seekers, and experienced farmers expanding enterprises on new lands should attend. The workshop is led by two UVM Extension educators who have decades of combined experience in land assessment and installing farm improvements.

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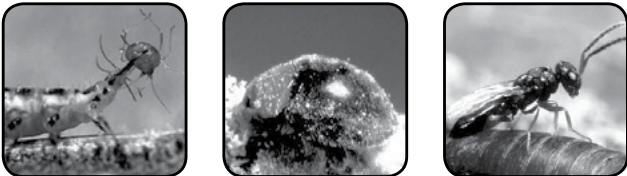
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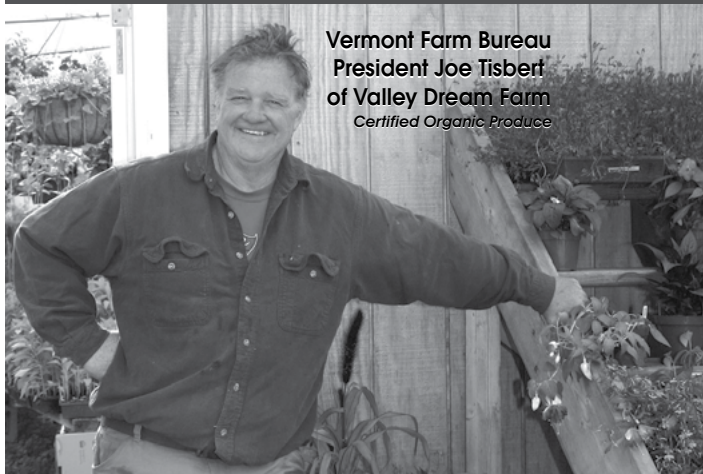


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Making the Most of your High Tunnels

Presenter: Vern Grubinger, UVM Extension

This session will show slides of some “best practices” being used in organic high tunnels and greenhouses across the state. The practices address: tunnel design, nutrient management, pests, environmental controls, and materials handling. Bring your own innovative ideas to share with the group, as there will be plenty of time for discussion.

Origins of the “Early Riser” and Seed Stories

Presenter: Jack Lazor, Butterworks Farm

Join Jack Lazor as he talks about seed saving grains, cereal, beans and corn. Early Riser is an organic corn seed that was bred by Dr. Frank Kutka and selected by Jack in Vermont as an early ripening variety great for both grain and silage. Come learn about Jack’s 30 years of seed saving in Vermont!

Producing Value-Added Farm Products

Presenters: Danielle Allen, Root 5 Farm; Nate Lewis, Moonlight Farm; Rachel Schattman, Bella Farm

Join these farmers as they discuss their experience producing value-added goods made from their own farm products. In this workshop you will learn about their different value-added enterprises, their decision-making processes, and how they produce their various products, including sauerkraut, pesto and others.

Starting Your Own Farm Business from Scratch

Presenter: Richard Wiswall, Cate Farm

What are the very first steps needed to begin farming? A systematic look at all the issues a new farmer faces will drastically shorten the often steep learning curve. From surveying the available market channels to putting smart money into the bank, attendees will see the whole picture of what it takes to operate a successful farm. Designed for those with some experience (apprentices, farm workers), or people just starting out.

The Art & Science of Good Pasture Management

Presenter: Sarah Flack, Sarah Flack Consulting

While researching her next book, Sarah visited many farms in the US and Europe. This workshop will look at how the core principles of good grazing management—including careful planning, observation and monitoring—are being applied in very unique ways on different farms in different climates and regions using creative application of grazing system design, infrastructure, stocking densities, and plant species selection. We will discuss how best to care for the pasture plants and soils, while also maximizing pasture dry matter intake for herd or flock, to allow improved animal performance and well-being, and steady improvements in pasture quality and productivity.

Year-Round Indoor Salad Gardening

Presenters: Peter and Deb Burke, The Daily Gardener

The Year-Round Indoor Salad Gardening workshop will focus on growing a steady supply of greens from soil-sprouts. Ready to harvest in just 7 to 10 days, these greens are exceptionally fresh and nutrient dense. Whether you live in an apartment or have a big



homestead kitchen, you will learn how to grow the bulk of your salad greens. Each person will plant a tray to take home with them. At the end of the class there will be a fresh salad served to sample these gourmet greens. Low-Tech method, No-Grow-Lights approach to an abundant harvest all year round. Peter will be available for a book signing immediately following his workshop.

SATURDAY: SESSION III 3:45 PM-5:00 PM

Backyard Composting- Simple, Free and Magic!

Presenter: Sanne Kure-Jensen, NOFA-RI

Making “black gold” can be easy, low cost or free and can seem like magic. Soils and plants thrive in slow release fertilizer and organic matter found in high quality compost. Learn composting basics and reduce household waste. Hear how composting works and hear about worm composting (vermiculture). Discover the benefits of using compost bins or piles and “hot” versus slow composting.

Chasing Wild Mushrooms: Foraging and Preparing Edible and Medicinal Mushrooms (Part II)

Presenter: Greg Marley, Mushrooms for Health

New England is blessed with an abundance of wild mushrooms of every shape and color. Many are edible and some provide health-promoting benefits. Join experienced mushroomer and author Greg Marley on a romp through the best edible and medicinal mushrooms. Marley will provide an informative and entertaining lecture and answer any mushroomy questions you have. Marley is well-versed in mushroom ecology, edibility, toxicology and a passionate speaker.

Climate Change & Farmer Health

Presenter: Jared Ulmer, Vermont Dept. of Health

As a group, farmers are at increased risk for many health impacts related to climate change. In this presentation the Vermont Department of Health will describe their projections of climate change impacts on human health, including heat illness, tick/mosquito-borne disease, storms/floods, water/food contamination, allergens, and distress. This will be followed by a workshop to solicit feedback on climate and health concerns and to identify and discuss health protection strategies. This session is targeted towards farmers and health professionals.

Couples & Partners: Working Together for a Sustainable Operation

Presenters: Jennifer Blackwell, Elmer Farm; Tim King & Markey Read, Honey Dew Homestead

Homesteading and farming are rewarding work and endeavors, but certainly not easy work without someone else as a partner. In this session presenters will share their multi-year experience of combining their energies, talents, dreams and motivations to make their homestead and farm life joyful, attainable and more manageable. There will also be time to hear others experiences and challenges.



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The goal of the session is to open up a conversation on the benefits, challenges and practices of "not going it alone." You will learn from others and perhaps tap into some insights yet to be realized.

Customer Behavior at Farmers Markets: Tips for Increasing Sales & Satisfaction

Presenter: Maria Rojas, GrowNYC

Making it to the market with a great product is only half the battle in farming - now that you're there, how do you sell the most product possible? This workshop will help the small farmer leverage valuable research by the multi-million dollar supermarket industry and apply it to their farmers' market selling experience. Expect to learn valuable tips on how to appeal to a customer's behavioral habits, how to break down your market segmentation, and how your business might appeal to a wider range of shoppers. Maria Rojas is a staff member from Greenmarket which runs 54 farmers' markets in New York City. He will offer case studies of marketing projects developed in collaboration with direct market farmers in New York State.

Farm Camp and Field Trips!

Presenter: Brie Casadei, Terra Firma Farm

With the right planning and structure, summer camp can benefit the farm as well as the campers. Brie hosts summer camps for children and school field trips on her community farm in Stonington, CT. Brie will share the tools she uses to organize a camp, schedule activities and advertise. Once you're set for camp we will share ideas on staffing, counselor-in-training, registration and communications. We will

go over things that have worked really well and things that have not! Brie will also go into detail about the financial rewards and restrictions involved in running camps and field trips on your farm.

#Farmstagram: How to Use Social Photo & Video Tools to Promote Your Business

Presenters: Taylor Hutchison, Footprint Farm; Bailey Hale & Thomas McCurdy Ardelia Farm & Co.; Alexandra Tursi, University of Vermont Medical Center

Visual social media is taking over! More users are turning to Instagram, Pinterest, and more to connect and share their farm message. Each presenter will each show examples and strategies on how they share their story through social media. In this workshop, you will learn about the top platforms, how to use them, as well as best practices for photos and videos.

Five Steps to a Food Justice Farm

Presenter: Elizabeth Henderson, Peacework Organic Farm

Join the movement of family-scale farms who are following Food Justice Guidelines. Make the investment to strengthen your farm team in the face of climate change and increasing food safety regulations. Demonstrate to customers/staff that you follow best practices for fair, safe business. Elizabeth will introduce the Food Justice Certification – fair pricing, safety, conflict resolution, and employment policies that are the foundation of food justice.

Herbal Medicine Making

Presenter: Betzy Bancroft, Vermont Center for Integrative Herbalism

Making herbal medicine is an ancient and wonderful skill that makes it possible for us to administer the goodness of plants for healing. Betzy will demonstrate the basic techniques for making teas, infused oils and vinegars, and tinctures. We'll also discuss how these recipes can be made into salves, compresses and more. Betzy has been making herbal medicines for almost 3 decades; she'll make it practical for beginners but also help with troubleshooting for those already dabbling.

Making Crisper Pickles

Presenter: Andrea Chesman



Crispness is the holy grail of pickling. It can be achieved easily by fermenting instead of making vinegar pickles. But if you want to make fresh-pack vinegar pickles, there are some techniques that guarantee

growing the next generation

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better textures. Andrea will demonstrate how to make sauerkraut and share tips and techniques for making safe, delicious crisp pickles. Step-by-step instructions for canning the pickles in a boiling water bath or the newly approved steam canner will be provided. Samples of pickles will be shared. Andrea will be available for a book signing immediately following her workshop and during the Exhibitor Fair.

Optimizing your Forage-based Ruminant Livestock Production System

Presenters: Joe Emenheiser & Daniel Hudson, UVM Extension

Missing the mark with your livestock feeding systems can be devastating to animal health, profitability, farmer morale, and overall sustainability of your livestock production system. While every farm landscape is different, the fundamental needs of various classes of livestock are consistent, predictable, and must be understood in order to be successful. In this session we will examine forage productions from the back door: what effect can improved forage management systems have on the sustainability of your livestock production enterprises?

Perennial Vegetables and Beyond: Growing Food, Growing Soil & Sequestering Carbon

Presenters: Aaron Guman, Walking Onion; Nicko Rubin, East Hill Tree Farm

Nicko and Aaron have been working to establish productive permaculture landscapes in Vermont and throughout the Northeast. How do we create productive home and farm landscapes that build soil and contribute to natural ecosystems? What can we learn from existing productive perennial landscapes? Dive in to the possibilities

provided by perennial vegetables, berries, fruit trees and nuts grown in the context of diverse, mutually supportive polycultures. We will discuss strategies for assessing and improving your site and provide time for question and answer.

Pest & Disease Sharing & Roundtable

Presenters: Ann Hazelrigg, UVM Extension; Becky Sideman, UNH Extension; Eric Sideman, MOFGA

Join extension agents and technical assistance providers from across New England to discuss pest and disease issues. They will provide a review of vegetable and berry problems seen in 2015 and what problems may be coming in the future.

The Federal Produce Safety Rule: What it means for Vermont

Presenters: Roger Noonan, New England Farmers Union; Kristina Sweet, Shelley Mehlenbacher, & Abbey Willard, Vermont Agency of Agriculture, Food, & Markets

This workshop will help farmers and others understand FDA's Produce Safety Rule, a new Federal rule under the Food Safety Modernization Act. The Vermont Agency of Agriculture's Produce Safety Team will present information about the rule's major requirements; who may need to comply; results of a recent Agency survey of Vermont's produce industry; new data from the National Agricultural Statistics Service; and the opportunity for Vermont farmers to participate in "on-farm readiness reviews" in 2016. Participants can also provide input on the development of a Vermont state produce safety program.



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The Locavore Turns 10: Farmer Perspectives on the Locavore Movement

Presenters: John Hayden, The Farm Between; Victor Izzo, University of Vermont; Rachel Schattman, Bella Farm; Seth Wolcott, Pumpkin Village Foods at Green Wind Farm; Calley Hastings, Fat Toad Farm

During this panel discussion, food systems educator and agricultural entomologist Victor Izzo will be moderating an exploration of the economic, social and environmental implications of the locavore movement on Vermont agriculture. For the discussion, we will bring together several Vermont farmers operating at different production and distribution scales (i.e. hyper-local, local, regional and national). The intent of the conversation is to apply an objective lens to the recent locavore movement that considers the diversity of agricultural approaches, distribution models and product development found throughout Vermont.

SUNDAY SESSION I 9:30AM-10:45AM

Common Pests & Diseases for Homesteaders and Gardeners

Presenters: Ann Hazelrigg, UVM; Eric Sideman, MOFGA

If you have your own garden, chances are you will run into some common diseases and pests that will affect your vegetables and fruits. Ann will help you identify and solve your pest and disease issues so that you can have a bountiful harvest.

Community-based Gardens: Getting Started

Presenters: Sheryl Rapée-Adams, The Garden at 485 Elm; Libby Weiland, Vermont Community Garden Network

Community-based gardens play a vital role in people's lives—bringing green spaces to neighborhoods, building community, providing access to fresh healthy foods, and more. Learn how you can create a place for people to grow and learn together right where you live, play or work. Leave with concrete tools for getting started, planning activities for moving to the next phase, and problem-solving techniques for keeping projects going.

Crafting Meaningful Farm Visits

Presenters: Misse Axelrod, The Barn Yard; Maria Reade, Someday Farm; Vera Simon-Nobes, Shelburne Farms

Light up your inner educator and discover ways to foster curiosity and meaningful experiences for farm visitors at this hands-on workshop. 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.

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Developing Sustainable Pest Management Tactics for the Invasive Leek Moth

Presenters: Victor Izzo, University of Vermont; Scott Lewins, Saint Michael's College

During this workshop, we will be discussing the distribution, ecology and sustainable management of the leek moth on diversified farms. Topics will include scouting, insect phenology, cultural controls, natural enemies, and OMRI approved insecticides.

Emerging Crops: Sweet Potatoes & Ginger

Presenters: Eugenie Doyle, Last Resort Farm; Becky Sideman, UNH Extension

Join Becky Sideman from UNH Extension and Eugenie Doyle from Last Resort Farm as they discuss their experiences growing burgeoning crops with potential local markets in Vermont. Eugenie has been growing ginger for the past several years on her farm in Monkton and Becky has been trialing sweet potato varieties with farms in New Hampshire.

Farm Transfer Issues and Discussion

Presenters: Ross and Amanda Thurber, Lilac Ridge Farm

An important goal for many farm and family enterprises is transferring land and business to the next generation. The process is challenging because it includes a complex web of economic, legal, and family social decisions. Join Ross and Amanda Thurber as they discuss their experience, both the good and the bad, with farm and farmland transfer at Lilac Ridge Farm. This will be a dynamic conversation; come with your questions and join the discussion.

Honey Bee Overwintering and Spring Management

Presenter: Ross Conrad, Dancing Bee Gardens

One of the most challenging aspects of keeping bees in the Northern regions of North America is successfully overwintering the hives so that they are alive in the spring. We will discuss the primary issues that need to be addressed to help bees survive the winter and how to steward colonies through the critical time period of late winter and early spring when hives are typically in their most vulnerable condition. Topics covered include feeding, mite and disease control, and suppressing the swarming impulse.

Permaculture in School Gardens Discussion

Presenter: Deirdre Holmes, Charlotte Central School

School gardens, both productive and educational in nature, offer a highly visible opportunity to demonstrate ecologically-informed food systems, closed-loops, and regenerative agriculture. While enhancing the landscape and growing fresh produce for the lunch program, school gardens also provide an outdoor learning lab to enrich the curriculum and practice sustainable living. This is a discussion workshop about the opportunities to demonstrate permaculture principles in the creation of school and community gardens. This workshop is an opportunity to bring your project plans and ideas to share, ask questions, get answers and inspiration, and work together to make school and community gardens more sustainable demonstrations of food production.

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Plowing Ahead: Building a Rural Enterprise with Zoning and Land Use Regulations in Mind

Presenters: Stephanie Smith, Vermont Agency of Agriculture Food and Markets; Corie Pierce, Bread and Butter Farm

Farms all around the state are innovating and expanding their businesses to include new enterprises (i.e. events, retail, tastings, etc.), and the municipalities where they are located are pondering how to be supportive while also managing potential impacts on the community such as traffic. The presenters will provide an overview of town planning in general and cover steps that farm business owners should take in order to get the proper approvals. The workshop will also highlight farm businesses that have gone through this process in their community, sharing from their experiences what has worked and what they wish they had known when they began the process.

Plump Pigs: Strategies for Pasturing Hogs and Milling Your Own Feed

Presenter: Heather Sanford, The Piggery

Interested in growing your pastured pork herd or improving on your own farm's pasture systems? This workshop will cover the strategies for developing a pasture program as well as advanced techniques like mob grazing, feed balancing and building an affordable/on farm feed mill. Regionally recognized pastured hog farmers, The Piggery, will lead you through the triumphs and horror stories of building a pasture based pig farm.

Raw Milk: A Two- part Workshop on Best Practices for Profitable and Safe Production of Raw Milk (Part I)

Presenter: Tim Wightman, Farm-to-Consumer Foundation

Raw milk has gone from "any raw milk is better than no raw milk" to consumers demanding more from the dairy producer, sometimes to the detriment of the dairy animal and the producer's bottom line. In this workshop, we will cover the main principles of dairy animal management, where and how fast one can make changes to soil,

forage and herd health, and the many cost effective tools available to make those changes for the health of the soil and the herd, as well as the people consuming the product.

Rendering & Cooking with Animal Fats

Presenter: Andrea Chesman

Whether you raise your own meat or buy a lot of poultry or buy sides of meat animals, you have a free source of cooking fats. These cooking fats are healthier to use than you might think and create great results. Learn how to render fat to make it ready for cooking and baking, how to store it, and how to use it, and what the health implications are for using more animal fats. Samples of baked goods made with lard and tallow will be shared. Andrea will be available for a book signing immediately following her workshop and during the Exhibitor Fair.

Shop Organic, Keep Your Budget

Presenter: Meredith Knowles, City Market/Onion River Co-op

Shopping for the organic products you love doesn't have to be at odds with your food shopping budget. In this hands-on workshop we will go over how to come up with a food shopping budget and explore ways to find the foods you want to purchase. We'll look at how both money and time are able to be spent and saved so you can keep up with all of your goals. You will even leave with a few cost-efficient recipes to try out at home! Come to this workshop prepared to learn how to apply these tips in ways that work for you.

Tips for Designing Drip Systems

Presenter: Trevor Hardy, Brookdale Farm

Want information on how to design or improve a drip irrigation system? Such highly efficient systems are becoming increasingly important given more frequent drought and food safety concerns. Join Trevor of Brookdale Fruit Farm in Hollis, NH, one of New England's largest irrigation suppliers and designers, as he discusses the basics of drip irrigation for the farm. Specific topics will include: design, layout, and component selection; determining water requirements and irrigation scheduling; operation and maintenance of the system; and fertigation for efficient nutrient applications.



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SUNDAY SESSION II 2:15 PM-3:30 PM

An Accidental Seed Saver

Presenters: Tim King & Markey Read, Honey Dew Homestead
Saving seeds can seem complicated in all the books, but for the home gardener it's a lot easier than you think. Tim and Markey saved their first tomato seeds 15 years ago. The year a few fall kale plants survived the winter and formed seeds pods, they harvested them. Now instead of pulling bolting lettuce plants, they let them go, along with many others. Come learn what kinds of seeds are good to start with and how to build your skills and your seed library in this interactive workshop.

Food as Medicine: An Herbalist's Approach to Food

Presenter: Betzy Bancroft, Vermont Center for Integrative Herbalism

The way that food affects us goes well beyond the nutrition it provides. Gleaning from traditional theory as well as modern science, our discussion will cover food's tastes, phytonutrients, vitality and other qualities that we can use to maximize our wellbeing and support balance and harmony in our bodies.

Growing Hops for Home and Market

Presenters: Laura Ten Eyck & Dietrich Gehring, Indian Ladder Farmstead Brewery & Cidery

This workshop is for people interested in learning how to grow hops in the garden or on a small commercial scale using organic practices. A power point presentation will be used to show photographs of the

elements of the hop plant, types of trellising, pests and harvesting and processing options. Topics covered will include: the nature of the hop plant and how it grows and why it is used to make beer; considerations when siting a hop yard; pest control, harvest and processing. The workshop will be lecture followed by Q & A and discussion.

No-Till for Intensive Vegetable Growing

Presenter: Bryan O'Hara, Tobacco Road Farm

Learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. Techniques utilized in this system include: multi-cropping, cover cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been in place for several years on Bryan's farm in Connecticut and has proven to be profitable.



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Nutrient Management Planning for Vegetable Farms

Presenters: Vern Grubinger & Becky Maden, UVM Extension

With the passage of Act 64 in the Vermont legislature, attention has been brought to the need for improved nutrient management on farms, including organic vegetable farms. Having a nutrient management plan (NMP) will help farmers reduce phosphorus inputs, maximize nitrogen utility, increase yields, save money on fertilizer, and comply with future regulations from Act 64. This workshop will offer vegetable farmers an opportunity to create their own NMP based on their soil tests. We will provide templates for fertilizer calculations, record keeping, and an overall NMP. Our target audience is commercial vegetable or berry producers. The presentation will be interactive; participants are encouraged to bring soil tests and create their own NMP. Becky Maden is a vegetable farmer and works part-time with UVM Extension. Vern Grubinger is the Vegetable and Berry specialist for UVM Extension.

Pastured Poultry Production: A Two-part Workshop on Systems Innovations & Best Practices for Maximizing Profits (Part I)

Presenters: Pete Lowy & Jennifer Hashley, Pete and Jen's Backyard Birds

Learn from two pastured poultry producers in Massachusetts, Pete and Jen about their approach to pasture-raised poultry (eggs, meat birds, and turkeys) for direct markets. Pete and Jen have developed production systems to save labor and create management efficiencies to maximize profits. From focused pasture management, development of a Mobile Poultry Processing Unit, to a hands-free pasture watering system, mobile grain wagons to scale feed purchasing, a unique nest box mobile wagon system, automatic egg washing machine, (and more!); learn how this farm has grown their enterprise while reducing labor costs and maintaining pasture integrity and how they built a reputation for high quality products for local consumers.

Raw Milk: A Two-part Workshop on Best Practices for Profitable and Safe Production of Raw Milk (Part II)

Presenter: Tim Wightman, Farm-to-Consumer Foundation

Raw milk has gone from "any raw milk is better than no raw milk" to consumers demanding more from the dairy producer, sometimes to the detriment of the dairy animal and the producer's bottom line. In this workshop, we will cover the main principles of dairy animal management, where and how fast one can make changes to soil, forage and herd health, and the many cost effective tools available to make those changes for the health of the soil and the herd, as well as the people consuming the product.



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Scaling Up: Composting at Schools and Community Gardens

Presenter: Cat Buxton, Grow More, Waste Less - Food Systems Consulting

Learn from compost expert and consultant Cat Buxton about best practices, recipe development, and systems that need to be in place to start hot or cold compost at schools, community gardens, and other small to medium compost operations. Hear about on-the-ground compost success stories and come with your compost questions. We will cover some basics but this talk is designed for those who are already familiar with composting.

Sustainable Marketing for Sustainable Farms

Presenters: Greg Georgaklis, Farmers to You; Kim Foltz, Harlow Farm; Rose Wilson, Rosalie J Wilson Business Development Services

The landscape of food retailing is changing rapidly. That can mean both lost markets, and new opportunities for Vermont sustainable

farms. Come hear Greg and Rose describe and analyze the many opportunities to access markets in a way that is consistent with the scale, resources and ethics of your enterprise. Also learn how to stay up-to-date about consumer trends that influence your farm business and marketing. This will be an engaging conversation with time throughout for audience participation and Q&A.

The Ecology of Care: Shifting from a Sterile to a Fertile Paradigm in Medicine & Agriculture


Presenter: Didi Pershouse, Soil Carbon Coalition

How can farmers and health-care providers shift from a "sterile" model of care--killing off whatever we don't want--to a more "fertile" model that acknowledges the hugely creative role of microorganisms in our guts and soils? How do we work with self-organizing complex systems to influence things like immunity, brain development, climate, and water cycles? Using slides and practical examples, author Didi Pershouse will show what she has learned in her research as a health-care provider, and her travels around North America with the Soil Carbon Coalition.


The Thriving Pantry: A Two-part Workshop on Fermented Foods (Part I)

Presenter: Joshua Pfeil, A Drop of Joy, LLC

Learn simple and pragmatic techniques in fermentation that can easily transform into good habits. Attendees will leave with new ideas spanning from entrees to munchies, from kitchen to cocktail - all with fermented foods that support our natural ability to achieve robust health.



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This Little Piggy Went to Market: From On-farm Butchering to Building a USDA Processing Facility

Presenter: Heather Sanford, The Piggery

The Piggery is a small family farm raising heritage breed hogs on sustainably managed pastures. They handcraft a wide range of value added fresh pork products such as traditional cuts, bacon, lunch meats, salami sticks, baking lard, sausages, charcuterie and more. Recently The Piggery fundraised for a butcher shop expansion and the building out of a USDA facility to start wholesaling their products. Farmers interested in small scale processing as well as meat processors interested in farm to table processing/USDA level processing can expect to learn about small scale processing, efficient whole carcass processing, potential sales markets, fundraising and what it takes to build a USDA level facility for a small farm.

Uncommon Fruits for Backyard and Market

Presenter: Lee Reich, Springtown Farmden

Juneberry, cornelian cherry, and lingonberry are just a few uncommon fruits that are not well-known but have delectable flavors and are easy to grow. Lee will describe the flavor and the cultivation of these and other uncommon fruits that are borne on plants that are ornamental, perfect for "luscious landscaping" of home grounds. With proper handling, some of these fruits also have good market potential. Their good flavor and suitability for organic cultivation make them amenable to specialty markets. Lee will be available for a book signing immediately following his workshop.

Whatever Happened to Organic?

Presenters: Grace Gershuny, GAIA Services; Joey Klein, Littlewood Farm; Jack Lazor, Butterworks Farm

We will trace the history and evolution of organic farming as an alternative to the 'business as usual' agri-industrial model, and its underlying principles. NOFA played a key role in the rise of the modern organic movement and the development of the organic industry, leading to passage of the organic law in 1990. Organic products started to become widely available and increasingly in demand following implementation of the National Organic Program in 2002. However, some organic pioneers have opposed the mainstreaming of organic under USDA auspices, and claim that the term has been 'stolen' and 'watered down' at the behest of corporate agri-business. This presentation is based on Grace's new memoir about her experiences as an early developer of organic certification for NOFA, and as an author of the federal organic regulations. Grace will be available for a book signing immediately following her workshop.



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SUNDAY SESSION III 3:45PM-5:00PM

Community Accreditation for Produce Safety-CAPS! Get Proactive Not Reactive

Presenters: Hans Estrin & Vern Grubinger, UVM Extension

In 2015, produce growers of the Vermont Vegetable and Berry Growers Association (VVBGA) developed a Community Accreditation for Produce Safety (CAPS), proactively preparing Vermont farmers for FSMA-induced market change. Hans Estrin and Vern Grubinger from UVM Extension will tell the story of CAPS, explore highlights and great pictures from the 25 farms that piloted the accreditation, and explain how to get CAPS on your farm. If you are looking for an affordable way to implement practical produce safety practices and gain accreditation, farmer approved, this is the workshop for you!

Energy Efficient Cold Storage

Presenter: Ethan Bellavance, Efficiency Vermont

Do you currently have a cold storage space at your farm? Do you plan to add or expand cold storage space? In this lecture, learn the best practices associated with building an energy efficient cold storage space and learn how to save energy in your existing cold storage. You will learn about how Efficiency Vermont recently helped 10 Vermont vegetable growers make their cold storage facilities more energy efficient, which simultaneously decreased electric usage and improved cold storage conditions. Whether you are using a Cool-Bot in a sectioned off corner of a barn or if you bought a brand new pre-fab insulated cooler.

Expanding Your Brand with Co-operative Marketing

Presenter: Nick Managan, Cabot Creamery

We all know marketing is a crucial piece of any successful business. Once you have developed and identified your brand personality, you will need to promote your attributes and values in order to grow your brand. Learn some of the ways you can build brand awareness and reach the right audience. We will consider how to leverage your connections, relationships and organizations in order to grow your business along with them.

Figs in Cold Climates

Presenter: Lee Reich, Springtown Farmden

No need for the seductress fig to be restricted to mild climates. Learn how you can successfully grow this subtropical plant even where winter temperatures plummet below zero degrees Fahrenheit. Information includes techniques for siting the tree for optimum ripening, various forms of winter protection, pruning, varieties, and of course, harvesting. Lee will be available for a book signing immediately following her workshop.

Labor Laws that Every Farmer-Employer Should Know

Presenter: Dirk Anderson, Vermont Department of Labor

Are you clear on the varying definitions between interns, volunteers, field labor, retail labor and casual labor? Do you know the different

labor laws enforced when employees are working with products bought off-farm versus with products produced on-farm? In this workshop, Dirk will discuss the detailed requirements for minimum wage, workplace safety, workers' compensation, overtime exemptions, and unemployment insurance.

Making Change for Profit: The Diversified Farm Stand

Presenter: Scott Woolsey, Killdeer Farm

The nature of the modern farm stand is changing. Customers are seeking the quality of specialization side by side with diverse choices and the convenience of one-stop local shopping for meals. Whether you are starting a farm stand, or considering expanding your current stand: you need to consider the option of working with other producers and growers to maximize customer satisfaction, business success and profit. This workshop will examine the benefits and logistics of augmenting your offerings by selling other producers goods,

and will provide a framework for moving from that vision to reality. Topics will include sourcing, relationship management, communicating expectations, marketing, and troubleshooting issues.

Pastured Poultry Production: A Two-part Workshop on Systems Innovations & Best Practices for Maximizing Profits (Part II)

Presenters: Pete Lowy & Jennifer Hashley, Pete and Jen's Backyard Birds


Learn from two pastured poultry producers in Massachusetts, Pete and Jen about their approach to pasture-raised poultry (eggs, meat birds, and turkeys) for direct markets. Pete and Jen have developed production systems to save labor and create management efficiencies to maximize profits. From focused pasture management, development of a Mobile Poultry Processing Unit, to a hands-free pasture watering system, mobile grain wagons to scale feed purchasing, a unique nest box mobile wagon system, automatic egg washing

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Co-op Food Stores, White River Junction, VT,
Hanover & Lebanon, NH
Dottie's Discount Foods Co-op, Brattleboro, VT
Hunger Mountain Co-op, Montpelier, VT
Middlebury Natural Foods Co-op, Middlebury, VT

Plainfield Food Co-op, Plainfield, VT
Putney Food Co-op, Putney, VT
Rutland Area Food Co-op, Rutland, VT
Springfield Food Co-op, Springfield, VT
St J Food Co-op, St. Johnsbury, VT
Stone Valley Community Co-op Market, Poultney, VT
Upper Valley Food Co-op,
White River Junction, VT

For a map of our more than 30 member co-ops, locally owned by over 90,000 people like you, please visit www.nfca.coop/members.



Brattleboro Food Co-op — over 40 years supporting organic farmers!



THE NEIGHBORING FOOD CO-OP ASSOCIATION
P.O. Box 93 // Shelburne Falls, MA // 01370
info@nfca.coop // www.nfca.coop
www.facebook.com/neighboring



machine, (and more!); learn how this farm has grown their enterprise while reducing labor costs and maintaining pasture integrity and how they built a reputation for high quality products for local consumers.

Preserving Your Herb Garden: Salts, Vinegars, and More

Presenters: Abbey Duke & Tessa Kennison, Sugarsnap

Make your herb garden last well into the winter with these preservation techniques. For every level of home gardener and cook, these simple and foolproof techniques will allow you to enjoy your herb garden throughout the off-season. Attendees will hear a discussion of 5 different methods of preservation: salts, vinegars, oils, syrups, and butters. There will be a demo of each method, as well as a recipe. We'll enjoy some snacks at the end all made with Sugarsnap Farm herbs.

Spinning as a Business: How to Turn Wasting Fiber into Additional Income

Presenter: Carol Johnson Collins, Singing Spindle Spinnery

You have a few sheep or quite a few sheep, (angora goats, alpacas, llamas apply in the same way) and the wool (fiber) is stacking up in the shed and wasting to moths or mold and rot. The costs of shearing, fencing, feed and housing are mounting and nothing is coming back into the family/farm coffers. How do you turn that wasting fiber into a supplementary income which could become a small business? Carol will introduce the audience of farmers, homesteaders, and families to ways that they can convert their wasting fiber into profit.

The Power of Herbalism in Community Gardens

Presenters: Erica Feinberg & Sandra Lory, Good Food, Good Medicine

Providing access and education about herbalism for self-care and community wellness is becoming more important as many people feel tired, sick, and stressed in daily life. The multiple purposes of a community garden can include growing a natural pharmacy. Incorporating apothecary herbs into your community garden opens an ancient door. Herbalism in community gardening addresses seasonal community health needs and honors the traditions and ancestry of the gardeners involved. Erica and Sandra from Good Food, Good Medicine will share their story from Barre City's solidarity-not-charity based food justice program at Highgate Apartments and Green Acres affordable housing.

The Science of Soil Health: Know the Soil, Know the Land

Presenter: Kip Potter, USDA Natural Resources Conservation Service
If you know your soils, you can manage your land. This workshop will help land managers, farmers, and backyard gardeners better understand the dynamic relationship between soil health and water quality; how and why you should improve soil organic matter; how diverse cover crops can improve the soil's ability to infiltrate water, resist drought and erosion, improve nutrient cycling, and produce healthy, abundant crops. A tabletop soil infiltration demonstration will help participants see how to test soils to determine how well they function.

The Thriving Pantry: A Two-part Workshop on Fermented Foods (Part II)

Presenter: Joshua Pfeil, A Drop of Joy, LLC

Part II expands on foundational knowledge of fermentation by providing intermediate techniques and recipes that utilize cultured foods as ingredients and/or processing aids for food value-adding and preservation without canning or freezing.

Transforming Community Food Environments to Make Fresh Local Food Accessible to All

Presenters: Andrea Solazzo & Michelle Wallace, Vermont Foodbank

The Vermont Foodbank and over 225 partnering agencies help 1 in 4 Vermonters access enough food to feed themselves and their families each year. How do we get people excited about eating local Swiss chard, rutabaga, parsnips and beets? The VT Fresh program uses strategies from behavioral economics research to get people excited about vegetables. We will share ideas ranging from simple tastings to beautiful "farmer's market" style produce displays and signage being implemented at local area food shelves. Andrea Solazzo and Michelle Wallace will inspire you to use these ideas at your local food shelves, meal sites, school cafeterias, childcare centers, corner stores, markets or even at home.

Winter Production and Low Tunnels

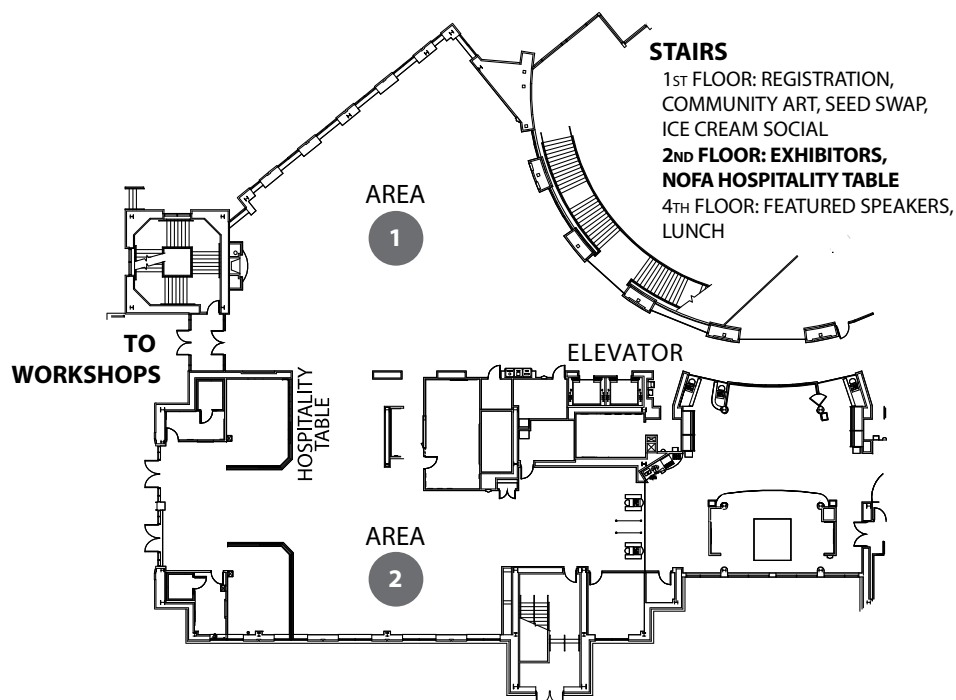
Presenter: Bryan O'Hara, Tobacco Road Farm

This workshop will present techniques for production of winter hardy vegetables using unheated low hoop tunnels and row covers. Bryan from Tobacco Road Farm in Connecticut will share detailed information about the following: structure materials, crop selection, timing, cultivation, snow control, irrigation, site preparation, wind protection, harvesting, storage and marketing.

OUR EXHIBITORS

AREA 1

- Albert Lea Seed
- Applied Ag Tech - Monosem
- Catamount Solar
- Cedar Wood Natural Health Center
- Chelsea Green Publishing
- City Market
- Elemental Development
- Farmer Veteran Coalition of Vermont
- Gardener's Supply Company
- Green Mountain College
- High Mowing Organic Seeds
- Iroquois Valley Farms
- Johnny's Selected Seeds
- Kimball Brook Farm
- King Arthur Flour
- Neighboring Food Co-op Association
- NOFA VT Sales Table
- Northeast SARE
- Organic Valley
- Pete and Gerry's Organic Eggs
- Resource Management, Inc
- Skinny Pancake/Have Your Cake Catering
- Sodexo
- Sugar Snap
- SunCommon
- Taproot Magazine
- The Fertrell Company
- Two Bad Cats LLC
- University of Vermont Food Systems
- USDA Risk Management Agency
- UVM Center for Sustainable Agriculture
- VACC (Vermont Agricultural Credit Corporation)
- Vermont Agency of Agriculture, Food & Markets
- Vermont Community Garden Network
- Vermont Farm Bureau
- Vermont Organic Farmers (VOF)
- Vermont Soap
- Vermont Technical College-Agricultural Institute
- VT Farm to Plate
- VT FEED (Food Education Every Day)
- Wellscoft Fence Systems, LLC
- Yankee Farm Credit, ACA



AREA 2

- | | |
|--|--|
| <ul style="list-style-type: none"> • ADAK Farm Systems • Andrea Chesman • Aqua Vitea • ASPCA • Brookdale Fruit Farm Inc. • Center for Agriculture & Food Systems • Center for an Agricultural Economy • Cooperative Fund of New England • Dancing Bee Gardens • Deep Root Organic Cooperative • East Hill Tree Farm • Efficiency Vermont • Green Mountain Compost • Hempfully Green • Hospitality • Intervale Center • Kreher Enterprises LLC • National Young Farmers Coalition • North Spore • OMRI (Organic Materials Review Institute) | <ul style="list-style-type: none"> • Rural Vermont • Salvation Farms • Shelburne Farms • Taproot Threads • The Farm Between • Upstream Ag • Urban Moonshine • USDA National Agricultural Statistics Service • USDA Natural Resources Conservation Service • USDA Northern Organic Vegetable Improvement Collaborative • Vermont Coffee Company • Vermont Community Loan Fund • Vermont Farm Fund • Vermont Farm Professional Services • VT Farm & Forest Viability Program • VT Foodbank |
|--|--|

EVALUATIONS: YOUR FEEDBACK IS VERY IMPORTANT TO US!

In order to collect your feedback, we have two options for completing a conference evaluation: online or paper. Fill out an evaluation and submit it at the registration table on the first floor of the Davis Center at the end of each conference day and you'll receive a Lake Champlain Chocolates reward! We'll also have a few laptops set up at registration for people to fill out electronic evaluations. Finally, we'll be emailing all attendees electronic evaluations after the conference. We use evaluations to collect ideas for future workshops, presenters, and themes, as well as improve our event! **Thank you for your feedback!**

CONFERENCE EVALUATION

How do you describe yourself?

(Check up to 2 that best describe yourself):

- ☐ Commercial Crop Farmer
- ☐ Commercial Dairy/Livestock Farmer
- ☐ Commercial Diversified Farmer
- ☐ Farm Worker/Manager
- ☐ Homesteader
- ☐ Gardener
- ☐ Food Business Entrepreneur/Employee
- ☐ Nonprofit/Government Employee
- ☐ Student
- ☐ Educator
- ☐ Food Enthusiast

Other

Are you a NOFA-VT member?

- ☐ Yes
- ☐ No

Other (VCGN, VVBGA, etc.)

If you are a NOFA-VT member, why did you become member?
(Check all that apply)

- ☐ To support NOFA-VT's work and programs
- ☐ To be part of and contribute to the organic movement
- ☐ To receive membership discounts: workshops, events, and annual winter conference
- ☐ To receive newsletters, NOFA Notes, and stay-up-to-date on the organic farm community and NOFA-VT events

Other (please specify)

Farming Experience:

- ☐ None/does not apply
- ☐ Less than 1 yr
- ☐ 1-3 yrs
- ☐ 4-7 yrs
- ☐ 8-10 yrs
- ☐ 11-15 yrs
- ☐ 16+ yrs

How did you hear about the NOFA-VT Winter Conference?

- ☐ Brochure/Mailer
- ☐ Postcard
- ☐ Email or Listserv
- ☐ NOFA Notes
- ☐ NOFA Blog, E-News or Website
- ☐ Press Release
- ☐ Word of Mouth

Other

Thank you for helping us improve our Winter Conference by completing this evaluation. If you are able, save us some data entry! You can complete this survey online at <https://www.surveymonkey.com/r/DSMJYY3> or scan this QR code with your smartphone.



If you are not a NOFA-VT member, why aren't you a member?

- ☐ Benefits of membership doesn't interest me or my business
- ☐ Membership doesn't represent my values or goals
- ☐ Receive too many emails, mailings, and event advertisement
- ☐ Value of membership doesn't match its cost

Other (please specify)

Please rate the following aspects of the conference:

	Excellent	Fair	Poor	N/A
Overall Conference Quality:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Online Registration Process:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Signage around Campus:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop Rooms and Locations:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch - Menu Selection and Taste:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch - Value:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Quality of Vendors in Exhibitors' Fair:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Value of the conference based on its Price:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which days of the conference did you attend?

- ☐ Saturday
- ☐ Sunday
- ☐ Both

Please rate the following educational aspects of **Saturday's conference**:

Overall Quality of Educational Content:	<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> N/A
Heather Darby's Keynote:	<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> N/A

Saturday, Session I (10:45-12:00):

- ☐ Excellent
- ☐ Fair
- ☐ Poor
- ☐ N/A

Title and Speaker

Comments:

Saturday, Session II (2:15-3:30):

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Saturday, Session III (3:45-5:00):

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Saturday, Roundtable/Discussion Group:

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Please rate the following educational aspects of **Sunday's conference:**

Overall Quality of Educational Content: ☐ Excellent ☐ Fair ☐ Poor ☐ N/A
Guido Mase's Keynote: ☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Sunday, Session I (9:30-10:45):

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Sunday, Session II (2:15-3:30):

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Sunday, Session III (3:45-5:00):

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Sunday, Roundtable/Discussion Group:

☐ Excellent ☐ Fair ☐ Poor ☐ N/A

Title and Speaker

Comments:

Please suggest workshop topics or presenters for future conferences or summer workshops:

Comments:

Please comment on other conference happenings such as the music, seed swap, Saturday Social, films, community art project, etc.

Comments:

We want to create opportunities Saturday evening for attendees to network and enjoy each other's company. What events might you attend Saturday evening after the conference?

- ☐ Dinner at UVM
- ☐ Contra Dance
- ☐ Band Performance
- ☐ Nothing; I'd rather go downtown
- ☐ Nothing; I'd rather go home

If you attended only one day of the conference, please let us know what prevented you from attending more:

- ☐ Cost
- ☐ My availability
- ☐ Workshops didn't interest me

Other (please specify)

Thanks to our Sponsors!

Please visit www.nofavt.org/conference for the most up-to-date list of conference sponsors.

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LOCAL BANQUET

Funding for this project was also provided by the Vermont Agency of Agriculture, Food and Markets, Vermont Specialty Crop Block Grant 02200-SCBGP-9-2, CSA Strategic Planning and Marketing; the USDA Agricultural Marketing Service Farmers Market Promotion Program Grant no. 14-FMPPX-VT-0169; and the USDA Risk Management Agency. The USDA is an equal opportunity provider.

BUILDINGS OF NOTE

A Davis
Registration,
Exhibitors' Fair,
Keynotes, Meals,
& More (See below)

B Terrill
Workshops, Film
Screening

C Lafayette
Workshops

D Williams
Workshops

E Aiken
Workshops,
Children's Conference

F Jeffords
Workshops

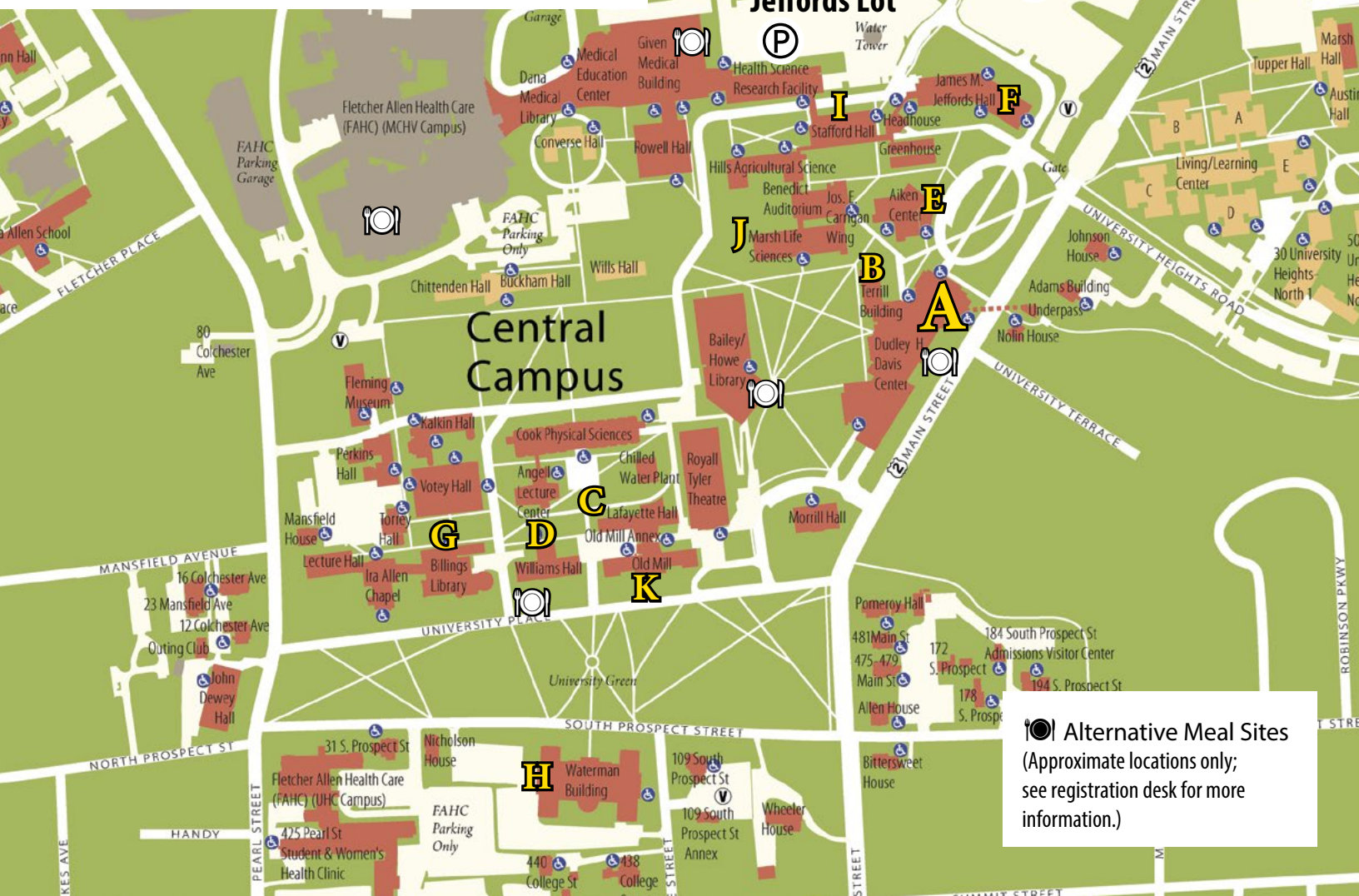
G Billings
Monday Intensives

H Waterman
Monday Intensives

I Stafford Hall
Workshops

J Marsh Life Sciences
Workshops

K Old Mill
Workshops



DAVIS CENTER LOCATIONS

1st Floor

- Atrium: Registration, Community Art Project, Seed Swap (Saturday), Ice Cream Social (Sunday)
- Burack Family Fireplace Lounge: TD Bank ATM, VCGN Gathering (Sunday)
- Near South Entrance: Nursing Mothers Lounge
- Living Well Center: Hatha Yoga
- Brennan's Cafe (open Sat. 11 am–11 pm, Sun. 3–9:30 pm.)

2nd Floor

- Mansfield Room/Dining Area: Exhibitors' Fair, Hospitality Table, Coffee, Saturday Social
- Chicago Landing: Young Farmer Lunch & Networking

3rd Floor

- Hallway: People's United Bank ATM
- Student Government Atrium & Lounge: New Farmer & Land Access Coaching Sessions
- Social Action Zone (12:00–2:00 pm)

4th Floor

- Jost Foundation Room: Roundtables
- Williams Family Room: Roundtables
- Chittenden Bank Room: Roundtables
- Handy Room: Kid's Break Room
- Livak Fireplace Lounge: Lunch
- Frank Livak Ballroom: Lunch and Roundtables
- Mildred Livak Ballroom: Lunch and Roundtables
- Grand Maple Ballroom: Announcements, Featured Speakers, Lunch