



Art by Naima Penniman

NOFA-VT 37TH ANNUAL WINTER CONFERENCE
FOOD TRADITIONS
CELEBRATING OUR AGRICULTURAL ROOTS
FEBRUARY 16-18, 2019 ★ UNIVERSITY OF VERMONT, BURLINGTON, VT

THANK YOU TO OUR SPONSORS



Green Mountain College



Welcome!



The NOFA-VT Winter Conference is a highlight of the winter for farmers, gardeners, homesteaders and enthusiastic eaters. Please join us—and over 1,000 of your fellow organic food lovers—for our 37th year of learning, inspiration, good food, and great conversation.

As NOFA-VT member and community artist Bonnie Acker puts it, “The Winter Conference is about discoveries. From kimchi to cover-cropping, there’s truly something for everyone!”

This year’s conference theme, **Food Traditions: Celebrating Our Agricultural Roots**, celebrates those who came before us by honoring the history of land-use in Vermont. We will highlight the role of all people working the land past and present, as well as the whole community currently committed to food production in Vermont. This awareness and interconnectedness provides strength as we reflect on the past and look to the future of agriculture. Two incredible keynote speakers will respond to our theme: **Leah Penniman**, a Black Kreyol educator, farmer/peyzan, author, and food justice activist from Soul Fire Farm in Grafton, NY, and **Melody Walker Brook**, Abenaki educator, activist, artist, and UVM alumni from Highgate, VT.

Whether you are a commercial organic farmer, homesteader, gardener, activist, enthusiastic eater, educator or foodie, there are more than eighty workshops and intensives designed to appeal to you. New this year is a Wellness Fair on Sunday morning to help you nurture your body and soul during this community filled event. Many additional opportunities are built in for connecting with conference participants and exhibitors including several Saturday evening events, and an ice cream social to wrap up the weekend!

Use this brochure as a guide, and visit www.nofavt.org/conference to dig deeper into the conference details. We look forward to seeing you there!

Megan Browning
Winter Conference Coordinator

Livi Bulger
Educational & Outreach Events Coordinator

Sponsors (continued):

Albert Lea Seed
Clean Yield Asset
Management
Co-operative Insurance
Companies
Deep Root Organic Coop
Hotel Vermont
New England Farmers Union

Organic Valley/CROPP
Cooperative
Rural Vermont
Shelburne Farms
Vermont Farm to Plate
Wellscroft Fence Systems, LLC

Cedar Circle Farm
Champlain Valley Compost
Community Bank N.A.

Greenvest
Myers Produce
Miss Weinerz
North Country Organics
Nourse Farms, Inc.
UVM Center for Sustainable
Agriculture
Vermont Agricultural Credit
Corp (VACC)
VHCB Farm & Forest Viability
Program

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NOFA-VT MEMBERSHIP INFORMATION

We grow organic farms, healthy food, & strong communities.

Being a NOFA-VT member means that you are helping to **strengthen local, organic agriculture in Vermont.** You are supporting programs and services that support farmers, inform consumers, and advocate for policies that build the organic food movement in Vermont and nationally. **NOFA-VT is where you can go for information and education about all things organic.** Your membership also includes many financial and educational benefits.



Membership Levels & Discounts

Low Income/Student/Senior	\$25	1 adult receives discounts at workshops/events
Individual	\$40	1 adult receives discounts at workshops/events
Family	\$55	2 adults receive discounts at workshops/events
Farm	\$65	4 farm employees receive discounts at workshops/events
Business & Organization Partner	\$100	4 employees receive discounts at workshops/events
Friend of NOFA	\$250	4 friends receive discounts at workshops/events

REGISTRATION INFORMATION

Register online at www.nofavt.org/conference or mail in the paper form on page 12. Register by 2/11/19 to save \$10!

**ATTEND ALL
3 DAYS:
SAVE \$20!**

Pricing Registration fees include entrance to workshops, keynotes, exhibitors' fair and all other conference activities. Saturday and Sunday registration fees do not include lunch. Monday registration includes lunch.

**PRICES INCREASE BY \$10/PERSON
PER CONFERENCE DAY AFTER 2/11/19.**

	Member*	Non-Member	Child
All 3 Days	\$190	\$235	--
Saturday	\$70	\$85	Sliding Scale \$0-\$30
Sunday	\$70	\$85	Sliding Scale \$0-\$30
Lunch	\$18/day	\$18/day	\$12/day
Monday Intensive	\$70 (incl. lunch)	\$85 (incl. lunch)	--

Member Access Codes ***NOFA-VT Members:** When you register online you will need to enter a member code to receive your member discount. **All members will receive this code via email during the first week of January.** If you renew your membership during online registration, you will automatically receive the member discount. Questions? Call NOFA-VT at (802) 434-4122 or email info@nofavt.org.

Weekly Giveaways! Each week we will enter all registrants into a raffle to win a delicious prize from one of Vermont's certified organic producers. Register early for more chances to win! Follow NOFA-VT on Facebook and Instagram to participate.

**NEW
THIS
YEAR!**

Student Discount Students with a valid student ID can receive member pricing. To receive this discount, please send a clear photo of your student ID to winterconference@nofavt.org with Student Discount in the subject heading.

Group Discounts Receive 20% off registration fees for groups of 10 or more who register together. Discount applies to non-member rate only. Contact winterconference@nofavt.org for details.

Scholarships Scholarships are available for NOFA members. See p. 23 for details.

EXHIBITORS' FAIR

Davis Center

Saturday 8:00 am–6:00 pm • Sunday 8:30 am–4:15 pm

With books, tools, food and drink samples, and crafts for sale, along with information and materials from agricultural businesses and conference sponsors, this is the place to be when not in a workshop!

- Aqua Vitea
- Brookdale Farm Supplies
- Butterworks Farm
- Catamount Solar
- Chelsea Green Publishing
- City Market
- College of Agriculture & Life Sciences, UVM
- Dancing Bee Gardens
- Fedco
- Gardeners Supply Company
- Green Mountain College
- Greenvest
- High Mowing Organic Seeds
- Iroquois Valley Farmland REIT
- Johnny's Selected Seeds
- Kimball Brook Farm
- King Arthur Flour
- Land for Good
- Meadows Bee Farm
- Neighboring Food Co-ops
- New Chapter
- New England Adaptation Survey
- New England Farmers Union
- NOFA Vermont
- Nutty Steph's, Inc
- Regerate Northeast
- Rural Vermont
- Shelburne Farms
- Sterling College
- SunCommon
- Upstream Ag
- USDA Natural Resources Conservation Service
- Vermont Agency of Agriculture, Food & Markets
- Vermont Coffee Company
- Vermont Community Garden Network
- Vermont Community Loan Fund
- Vermont Farm to Plate
- Vermont Food Bank
- Vermont Land Trust
- Vermont Organic Farmers (VOF)
- Vermont SARE State Program
- Vermont Soap
- VHC Farm & Forest Viability Program
- VT FEED (Food Education Every Day)
- Wellscroft Fence Systems, LLC
- Yestermorrow Design/Build School



Please see www.nofavt.org/conference for the most up-to-date listing!

KEYNOTE SPEAKERS

Leah Penniman

Saturday 9:00 am • *Farming While Black: African Diasporic Wisdom for Farming and Food Justice*

Leah Penniman is a Black Kreyol educator, farmer/peyizan, author, and food justice activist from Soul Fire Farm in Grafton, NY. She co-founded Soul Fire Farm in 2011 with the mission to end racism in the food system and reclaim our ancestral connection to land. As co-Executive Director, Leah is part of a team that facilitates powerful food sovereignty programs - including farmer trainings for Black & Brown people, a subsidized farm food distribution program for people living under food apartheid, and regional organizing toward equity in the food system. Leah holds an MA in Science Education and BA in Environmental Science and International Development from Clark University, and is a Manye (Queen Mother) in Vodun. Leah has been farming since 1996 and teaching since 2002. The work of Leah and Soul Fire Farm has been recognized by the Soros Racial Justice Fellowship, Fulbright Program, Omega Sustainability Leadership Award, Presidential Award for Science Teaching, NYS Health Emerging Innovator Awards, and Andrew Goodman Foundation, among others. Her book, *Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land*, is a love song for the land and her people.



Melody Walker Brook

Sunday 11:30 am • *Eight Sisters: Connection to Place Through an Abenaki Lens*

Melody Walker Brook is an educator, activist, and member of the Vermont Abenaki Artists Association. Melody received her master's degree in History from the University of Vermont and focuses much of her work on Abenaki concepts of personhood and identity. Melody is the former vice chair and chair of the Vermont Commission on Native American Affairs and is a citizen of the Elnu Abenaki Band. She has been an adjunct professor at various institutions for the past decade and gave a talk called, "Weaving a Thread Through the Seven Generations" at the TEDx Stowe Conference in 2018. Melody will focus on the agricultural history of Vermont beginning with the Abenaki community. She will highlight the richness of Abenaki traditions as a way to understand concepts of personhood, connection to place, sustainability, and innovation.



CONFERENCE SCHEDULE

Davis Center, University of Vermont

SATURDAY: FEBRUARY 16, 2019

8:00 am	Registration & Exhibitors' Fair open; refreshments available
9:00–10:30 am	Keynote: Leah Penniman
10:45 am–12:00 pm	Workshop Session I
12:00–2:00 pm	Lunch, Exhibitors' Fair, Roundtables (1:00–2:00), & other activities (see pages 10 & 11)
2:15–3:30 pm	Workshop Session II
3:45–5:00 pm	Workshop Session III
4:30–6:00 pm	Saturday Social
6:00–8:00 pm	Film Screening & Panel Discussion: Modified
7:00–10:00 pm	Young Farmer & Slow Food Meet-Up at Hotel VT

SUNDAY: FEBRUARY 17, 2019

8:30 am	Registration & Exhibitors' Fair open; refreshments available
8:30–10:00 am	Wellness Fair & Breakfast Treats (see page 14)
10:00–11:15 am	Workshop Session I
11:30–12:30 pm	Keynote: Melody Walker Brook
12:30–2:30 pm	Lunch, Exhibitors' Fair, Roundtables (1:00–2:00), & other activities (see pages 10 & 11)
2:45–4:00 pm	Workshop Session II
4:15–5:30 pm	Workshop Session III
5:30 pm	Ice Cream Social

MONDAY: FEBRUARY 18, 2019

8:30–9:00 am	Registration open (Waterman Building); refreshments available
9:00 am–3:00 pm	Intensives (see page 20)

NOFA-VT CHILDREN'S CONFERENCE

We are always excited to welcome the next generation of farmers, gardeners, and food lovers to the conference!



We encourage parents to register their children ages 5-12 for NOFA-VT's Children's Conference, taking place at the same time as the adult conference on the UVM campus Saturday and Sunday, February 16 & 17.

At the Children's Conference, participants will hand-crank their own ice cream, craft nature journals, learn to mimic calls of Vermont birds, and more!

Children also have the opportunity to work with fabulous local artist, Bonnie Acker, on cardmaking and the Community Art Project.

The cost of registration is on a sliding scale (\$0-\$30) and space is limited, so please register early.

Lunch is not included in the cost of registration. Children are welcome to join their adult guardians for lunch at the children's price of \$12. Of course, you're also welcome to pack a bag lunch for your kids.

Look for the full schedule of events and register online at www.nofavt.org/conference.



WEEKEND ACTIVITIES

Honoring Enid: Photo Exhibit

Saturday & Sunday • Celebrate NOFA-VT's very own Enid Wonnacott! Enjoy photos from throughout Enid's career as NOFA-VT's incredible Executive Director of 31 years, and share your stories about the ways Enid's leadership influenced you.



Lunchtime Roundtable Discussions

Saturday 1:00-2:00 pm & Sunday 1:30-2:30 pm • Join NOFA-VT staff, presenters and fellow farmers and gardeners for an open-forum discussion on a topic important to you.

- Organizing for a Just Food Farm: Building Benefits for Farmers & Farm Workers
- Vermont Cover Crops: Perspectives From UVM Extension and Growers
- Using Film for Storytelling: The Mad River Taste Video Series
- Vermont Congressional Meet & Greet: Share Your Farming Story
- Vermont Organic Farmers (VOF) Meet & Greet: Understanding Organic Certification
- Unpacking the 2018 Farm Bill: What it Means for Food & Farming in Vermont

Book Signings

Saturday 1:00-2:00 pm & Sunday 1:30-2:30 pm • Meet the authors and get your book signed!

- **Leah Penniman** - *Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land*
- **Philip Ackerman-Leist** - *A Precautionary Tale: The Story of How One Small Town Banned Pesticides, Preserved its Food Heritage, and Inspired a Movement*
- **Andrea Chesman** - *The Fat Kitchen: How to Render, Cure & Cook with Lard, Tallow & Poultry Fats*
- **Rhonda Sherman** - *The Worm Farmer's Handbook: Mid-to-Large Scale Vermicomposting for Farms, Business, Municipalities, Schools and Institutions*
- **Peter Burke** - *Year-Round Indoor Salad Gardening*

Lunchtime Film: Baltimore's Strange Fruit

Sunday 1:00-2:30 pm • Terrill Hall, 1st Floor

Baltimore's Strange Fruit: A Story of Food Apartheid & the Struggle for Sovereignty is a documentary film produced by Black Yield Institute, directed by Eric Jackson and Maddie Hardy. This film explores the intersections of food, land, race and class politics through personal narrative and social commentary.



Oven Roasted Roots

Saturday 12:00–2:00 pm & Sunday 12:30–2:30 pm
Enjoy some tasty roasted roots cooked in NOFA-VT's mobile, wood-fired oven! The oven is located outside the Davis Center's first floor exit on your way to and from workshops.



Snacks & Refreshments

Saturday & Sunday • Free to conference attendees • Thanks to generous contributions from local producers, our hospitality table is stocked with yummy snacks, cider, and tea. Kombucha and coffee are available by donation from Aqua ViTea and Vermont Coffee Company.

Organic Seed Swap & Info Session

Saturday, 12:30-1:30 pm • The Seed Swap is the perfect place to expand the biodiversity of your farm or garden. Bring your clearly labeled seeds to share! An expert from High Mowing Organic Seeds will conduct a short educational session on seed saving and anyone who is saving and sharing seeds is welcome to share about their process. We will provide packets to take home your new seeds.



Community Art with Bonnie Acker

Saturday & Sunday • Join local artist Bonnie Acker to work on a community art project and card making! The community art project is a great opportunity to meet other conference attendees, take advantage of the creative outlet, and contribute to a collective work. All ages and artistic abilities are welcome!



Social Action Zone

Saturday 12:00–2:00 pm & Sunday 12:30–2:30 pm • Learn about and get involved in the important work being done by several of Vermont's advocacy organizations.

Meet Vermont's Congressional Delegation

Saturday 12:00–2:00 pm • Members of Vermont's Congressional Delegation have been invited to join us for lunch on Saturday to make brief remarks. Delegates and their staffers have been invited to stay for a meet-and-greet with time for conference attendees to share their stories and discuss their perspectives on food and farm policy in Vermont during a lunchtime roundtable.

REGISTRATION FORM

Save by registering early! Rates increase by \$10/person per conference day after 2/11/19.

Name (1): _____

Name (2): _____

Farm/Business: _____

Address: _____

City/State/Zip: _____

Email: _____

Phone: _____

Child Name & Age (1): _____

Child Name & Age (2): _____

1 Registration & Lunch

ADULT #1

Member Non-member

All 3 Days (save \$20)	<input type="checkbox"/> \$190	<input type="checkbox"/> \$235
Saturday Conference	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Saturday Lunch	<input type="checkbox"/> \$18	
Sunday Conference	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Sunday Lunch	<input type="checkbox"/> \$18	
*Monday Intensive	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Check one:	<input type="checkbox"/> No-Till Veg <input type="checkbox"/> Sourdough <input type="checkbox"/> Inner Activist <input type="checkbox"/> Business Branding	

*Monday Intensive fee includes lunch

TOTAL for Adult #1:

\$

ADULT #2

Member Non-member

All 3 Days (save \$20)	<input type="checkbox"/> \$190	<input type="checkbox"/> \$235
Saturday Conference	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Saturday Lunch	<input type="checkbox"/> \$18	
Sunday Conference	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Sunday Lunch	<input type="checkbox"/> \$18	
*Monday Intensive	<input type="checkbox"/> \$70	<input type="checkbox"/> \$85
Check one:	<input type="checkbox"/> No-Till Veg <input type="checkbox"/> Sourdough <input type="checkbox"/> Inner Activist <input type="checkbox"/> Business Branding	

*Monday Intensive fee includes lunch

TOTAL for Adult #2:

\$

CHILDREN'S CONFERENCE

Child 1 Lunch Child 2 Lunch

Saturday (sliding scale)	<input type="checkbox"/> \$0-30	<input type="checkbox"/> \$12	<input type="checkbox"/> \$0-30	<input type="checkbox"/> \$12
Sunday (sliding scale)	<input type="checkbox"/> \$0-30	<input type="checkbox"/> \$12	<input type="checkbox"/> \$0-30	<input type="checkbox"/> \$12

TOTAL for CHILDREN (12 yrs or younger)

\$

**REGISTER ONLINE
BY 2/11/19 TO SAVE!**

Visit www.nofavt.org/conference
or snap the QR code to register
securely online, where you can pay
by credit card or mail a check.



2 Membership

Become a member today and register at the discounted rate!

Your membership supports NOFA-VT's year-round programming and entitles you to a host of benefits. See page 4 or visit www.nofavt.org/join to learn more. Not sure if your membership is current? Call (802) 434-4122.

☐ **New** ☐ **Renewing** ☐ **I am already a member**

☐ Friend of NOFA - \$250

☐ Business - \$100

☐ Farm - \$65

☐ Family - \$55

☐ Individual - \$40

☐ Low income/student/senior - \$25

MEMBERSHIP NAME >>

3 Payment

Add the totals for each section here. Please note: Volunteers must call NOFA-VT at (802) 434-4122 to confirm volunteer assignment before taking the discount.

\$	Adult 1 Total
\$	Adult 2 Total
\$	Children's Conference Total
\$	Registration Service Fee: \$5.00/person
\$	NOFA-VT Membership
\$	Tax-deductible contribution to Scholarship Fund - thank you! (see p. 23)
\$	Raffle Tickets (see p. 22) \$5/ticket; \$20/5 tickets
\$	T-Shirt (see p. 23); \$22/each Size: Style: <input type="checkbox"/> Fitted <input type="checkbox"/> Classic
\$	SUBTOTAL
-\$	Volunteer Discount (Contact NOFA-VT for volunteer assignment; subtract \$20 for 2 hours)
\$	TOTAL ENCLOSED

LUNCH – please note any dietary restrictions:

Interested in room & ride share information?
Check here: ☐ Yes

Please make checks payable to
NOFA-VT and mail to:

NOFA-VT Winter Conference
PO Box 697, Richmond, VT 05477

Early registration must be received by February 11th, 2019. After that, please register online, or on-site. Walk-ins welcome! Registration fees increase by \$10/person per conference day on February 12th. To register additional attendees, please copy or download another form. Please note: you will not receive confirmation of this registration. Additional information will be mailed to Children's Conference registrants.

Weekend Music

Throughout the weekend, we will feature wonderful local musicians as entertainment. Ryegrass is a 5-piece bluegrass band that got its start playing at the Burlington Farmers Market in 2016. The band combines original songwriting with high bluegrass harmonies and instrumentals on guitar, fiddle, mandolin, banjo and upright bass. Ryegrass also plays traditional old time and bluegrass music and songs about farming and rural life. Listen, sing along or dance with other conference participants!



Reiki & Meditation Class

Saturday 12:15–1:15 pm, Sunday 8:30–10:00 am & 12:45–1:45 pm • Join practitioners from the Vermont Reiki Association for an opportunity to rest, relax and rejuvenate during your conference day. Reiki can be performed generally for health promotion and stress relief, or for a direct ailment. Drop in for 15 minute sessions. All are welcome!

Wellness Fair

Sunday 8:30–10:00 am • Spend some time taking care of you! Don't miss out on a host of wellness offerings: herbal consultations with herbalists from Vermont Center for Integrative Herbalism including a traveling apothecary, reiki and meditation, as well as yoga and massage.



Sunday Breakfast Treats

Sunday 8:30–10:00 am • Don't sleep in on Sunday! Join us at Davis Center to pick up a delicious baked goods made by local baker Miss Weinerz to enjoy as you head into your first workshop session.

Sunday Ice Cream Social

Sunday 5:30 pm, Free to conference attendees • The Sunday Ice Cream Social is a beloved conference tradition thanks to the generosity of Strafford Organic Creamery. Join us for dessert, community, and time to unwind after the conference!

Social Networking

Join the conversation on social media! Find us on Instagram @nofavermont, Facebook @NOFA-VT, and Twitter at @NOFAVT.



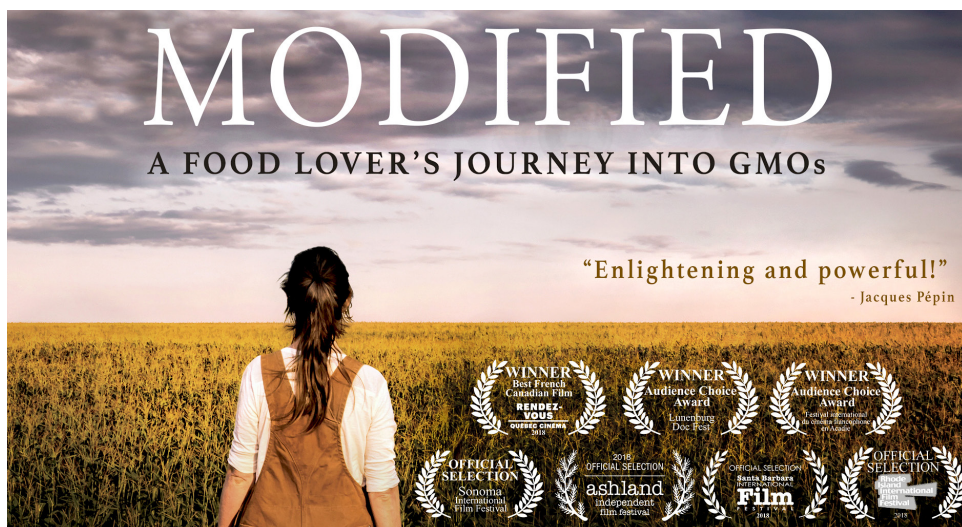
SATURDAY NIGHT EVENTS

Saturday Social

Davis Center, 4:30–6:00 pm • Enjoy appetizers, wine and beer while you chat with friends and visit with exhibitors. This yearly event is a great way to unwind after a full conference day and connect with other conference attendees. Thanks to generous donations, we will have appetizers by Sugarsnap and crepes made on-site by Skinny Pancake. Cash bar.

Saturday Night Film & Panel Discussion

Davis Center, 6:00–8:00 pm • \$5 Suggested Donation • Enjoy a screening of *MODIFIED: A Food Lover's Journey Into GMOs*. A panel discussion led by NOFA-VT's Membership & Advocacy Coordinator, Maddie Kempner, will follow the film. In this award-winning new documentary, the filmmaker and her mother embark on a very personal and poignant investigative journey to find out why genetically modified organisms (GMOs) are not labeled on food products in the United States and Canada, despite being labeled in 64 countries around the world. A visual celebration of food and family legacy, praised by world-renowned chef Jacques Pépin as a "a very personal, tender, touching tribute and a well-researched, enlightening and powerful documentary."



Young Farmer & Slow Food Meet-Up

Downtown, 7:00–10:00 pm • Head downtown to Hotel Vermont for drinks and light snacks hosted by Slow Food Vermont & The Vermont Young Farmers Coalition. This social event seeks to create community and celebrate food enthusiasts, homesteaders, and farmers. Open to everyone, with plenty of time to continue conversations after the conference and into the night! Donations accepted at the door.

SATURDAY 2/16 WORKSHOPS

Workshops are at the heart of the conference. Presenters and panelists from within and beyond Vermont offer a wealth of knowledge and experience to share. Workshops provide the opportunity to participate in collaborative learning with our whole community.

	TITLE OF WORKSHOP	PRESENTER/S
BUSINESS & MARKETING	A Cabin, a Concert, and a Casual Farm Dinner: Agritourism Stories from Three Unique Farms	* Tara Pereira, Todd Heyman, Amy Todisco, Chris Piana
	Build Your Labor Management Know-How	Seth Wilner
	Collaborating for Success: The Best Untold Marketing Tip	* Greg Georgaklis, Cheryl DeVos, Bob Lesnikoski
	Creative Options for Farm Access, Transfer & Conservation	* Benneth Phelps, Jon Ramsay, Mike Ghia, Sally Dodge
	Farming Smarter, Not Harder: Planning for Profit	Richard Wiswall
	Maple Economics and Business Viability	Mark Cannella
	Whole Farm Planning & Decision-Making	Jen Miller
COMMERCIAL VEGETABLE & FRUIT	Agricultural Careers: Finding Your Place in Farming	* Megan Browning, Eli Hersh, Brian Shevrin, Katy Bauer, Hannah Blackmer, Andrea Solazzo
	Entry Level Tomato Grafting: Increasing Profitability and Plant Health	Chance McNiff
	Farm Mechanizations & Efficiencies	Richard Wiswall
	Grow Your Own Nitrogen: How Cover Crops Can Reduce Your Fertilizer Inputs	Becky Madden, Silas Branson
	Innovations on Vegetable & Berry Farms in 2018	Vern Grubinger
	Irrigation 101 for the Commercial Scale	Trevor Hardy, Zoe Stapp
	Land Succession: Passing the Agricultural Torch	* Jon Ramsay, Marjorie Susman, Marian Pollack, Kate Turcotte Munzer, Eugenie Doyle, Sam Burr, Silas Doyle-Burr
	Managing High Tunnel Soil Fertility	Vern Grubinger
	New Breakthroughs in Swede Midge Management	Yolanda Chen, Andy Jones
	Pest & Disease Discussion for Commercial Growers	Ann Hazelrigg, Vic Izzo, Scott Lewins
	Small Scale Organic Hemp Seed Production	Colin Nohl, Howard Prussack

	TITLE OF WORKSHOP	PRESENTER/S
COMMERCIAL LIVESTOCK	Grain to Grass: Restoring Carbon to Vermont Soils	Jack Lazor, Ellie Searles
	Homesteading with Small Ruminants	Annie Basehore Starbard
FOOD SYSTEMS	Action Planning to Uproot Racism in the Food System	Leah Penniman
	Hunting Wild Mushrooms in the Northeast	Ari Rockland-Miller & Jenna Antonino DiMare
	Milk with Dignity: An Update on the Program Bringing a New Day to Farmworkers Across Vermont	Rafaela Rodriguez, Madeline Sharrow
	Pine Island Community Farm: Producing Culturally Significant Food for New Americans	★ Chuda Dhaurali, Theogene Mahoro, Stacy Burnstein, Casey Engels, Harka Kadka
	Politics, Process & Power	Falko Schilling
	POP Clubs: The Power of Children's Farmers Market Programming	★ Lauren Griswold, Anastasia Tsekeris, Chris Irish, Carol Stedman
	The Yin and Yang of Climate Crisis	Brendan Kelly
	What Happens When You Compost In Community?: Managing Food Waste & Garden Debris for Community Benefit	★ Libby Weiland, Ruby Perry, Phil Carter, Sheryl Rapée-Adams
GARDENER/HOMESTEADER	Backyard Nursery	Nicko Rubin, Buzz Ferver
	Cool the Planet: Food, Water, Soil, Climate, Hope! Part 1 & 2	Cat Buxton, Henry Swayze
	Herbal Medicine Making Basics	Betsy Bancroft
	Making Herbal Tinctures and Salves	Betsy Bancroft
	Nut Trees for Northern Vermont	Nicko Rubin, Buzz Ferver
	Pests & Diseases for Homesteaders & Gardeners	Ann Hazelrigg
	Saving Your Own Seed to Save Money	Carol Collins
	Waste to Wealth with Vermicomposting	Rhonda Sherman
	Year-Round Indoor Gardening	Peter Burke, Deb Burke
LOCALVORE	Agricultural Solutions for Social Regeneration	Jon Turner
	Broth for Life: How This Easy-to-Make, Delicious Food Can Support Your Health	Alayna Marchessault, Jordan Spencer
	Epigenetics, Our Gut Biome, Phytochemicals and More: A Closer Look at Whole Foods	Allison Van Akkeren
	The Fat Kitchen: How to Render, Cure & Cook with Lard, Tallow & Poultry Fats	Andrea Chesman
	Understanding the Power of Adaptogens and Tonics: Native and Wild Plant Medicines for Health and Vitality	Marie Frohlich

SUNDAY 2/17 WORKSHOPS

	TITLE OF WORKSHOP	PRESENTER/S
BUSINESS & MARKETING	Effective Email Marketing & Copywriting for Farmers	Kate Spring
	Efficient & Resilient Systems on the Small Farm	Daniel Mays
	Making Money in Agriculture: Lessons from the Wine Business	Charles Merinoff
	Sharing the Load: Knowing What and When to Outsource	Elena Gustavson, Becca Schrader
	Storytelling Through Social Media	★ Melissa Pasanen, Kate Spring, Taylor Hutchison, Calley Hastings
COMMERCIAL VEGETABLE & FRUIT	Adapting to Weather Extremes on Diversified Vegetable & Berry Farms	Alissa White, Justin Rich
	(Biological) Agents of Change: Managing Natural Enemies for Sustainable Pest Control	Vic Izzo, Scott Lewins
	Hop Production in Vermont	Julian Post
	A Showcase of Smart Growth Farm Startups	Eli Hersh, Keith Drinkwine
	Veggie Wash-Pack Getting You Down? Dial In Best Practices to Improve Your Post-Harvest Efficiency, Profitability & Food Safety, Part 1 & 2	Hans Estrin & Andrew Chamberlin
	Vermont's New Cash Crop? Practical Information for Growing Hemp	Brian Shevrin, Keith Morris
COMMERCIAL LIVESTOCK	Forage Resiliency in an Unpredictable & Extreme Changing Climate	Lindsey Ruhl
	Pasturing Goats for the Commercial Scale	Annie Basehore Starbard
	Where is Your Nitrogen Going? Soil Nitrogen Dynamics & an Online Nitrogen Management Tool	Lindsey Ruhl & Kyle Dittmer
LOCALVORE	Fermentation 101	Nancy VanWinkle
	Introduction to Phytonutrients	Betsy Bancroft
	The Language Plants Use: Molecular Signals & Behavior Response	Guido Masse
	Living Without Fossil Fuels	Ross Conrad
	Stories from the Farm, Garden, and Kitchen	Helen Labun

Check www.nofavt.org/conference for workshop descriptions, along with an up-to-date listing of workshops by session. Workshops & presenters are subject to change.

	TITLE OF WORKSHOP	PRESENTER/S
FOOD SYSTEMS	The Birth Of The Real Organic Project	Dave Chapman
	Dancing the Abenaki Year: The Agricultural Calendar of Indigenous Vermont	Alnôbaiwi Dance Group
	Get on the Farm to School Bus! A Training for Advocates to Strengthen Farm to School Across Vermont	Betsy Rosenbluth, Dana Hudson
	The Impact of Policy on Vermont's Food Traditions	Ben Hewitt, Graham Unangst-Rufenacht
	The Lifelong Pleasure of Local Foods: Local Menus for the Aging Palate	* Zea Luce, Christine Moldovan, Tim Pratt
	Making Food Systems Change at the Local Level: Addressing Food Access through Municipal Planning	Taylor Foster
	Opportunities for Strengthening Organic Dairy in the Northeast: From Kelp to Grass-Fed to Human Health	Andre Brito
	Political Pathways to Pesticide-Free Communities: A Suite of Stories & Approaches for Activists	Philip Ackerman-Leist
	Transformative Agroecology: U.S. & International Perspectives	Ernesto Mendez, Martha Caswell
GARDENER/HOMESTEADER	Understanding Invasive Plants: Ecology, History, Food, and Medicine	Elliot Cluba
	Agricultural Dowsing as a Management Tool for the Farm	Steve Herbert
	Grape Expectations: Everything from Choosing Varieties to Eating the Berries	Lee Reich
	Growing and Dyeing: Our Favorite Plants for a Dye Garden	Carolina Lukac, Ehrin Lingeman
	Invasive Species Management: Application of the Science, Rehabilitation of the Land & Successful Transition	Mike Bald, Cat Buxton
	Pruning Fruit Trees, Shrubs & Vines	Lee Reich
	Rethinking Land Ownership in Honoring Vermont's Original Inhabitants, Part 1 & 2	* Charlie D.-Megeso, John Hunt, Carol McGranaghan, Carol Irons, Stephanie Morningstar, Erik Gillard, Jess Rubin
	Shade Gardening with Medicinal Plants	Guido Masse
	Theory and Practice of Nourishing Plants Organically	Lee Reich
	Treatment Free Beekeeping	Ross Conrad

* = Panel Discussion

MONDAY INTENSIVES

February 18, 9:00 am–3:00 pm, Waterman Building



Monday Intensives devote a full day to explore a single topic, with plenty of room for discussion, question and answer, and networking with peers interested in similar fields.

The registration fee of \$70 for NOFA Vermont Members and \$85 for Non-Members includes a full day of learning and a delicious lunch, catered by Love Local Catering (Skinny Pancake).

Please note: Monday Intensives are held in the Waterman Building on the UVM campus at 85 S. Prospect St, Burlington, VT.

NO-TILL VEGETABLE FARMING

Rebuilding Soil, Health & Community

Presenters: Daniel Mays, Frith Farm

Why do we insist on tilling before every crop? Tillage damages soil structure, leads to compaction, oxidizes organic matter and stirs up dormant weed seed. The cost of tractors and tillage equipment can also be prohibitive for beginning farmers. Join Daniel Mays of Frith Farm to take an in-depth look at why and how to grow vegetables without tillage. With photos, descriptions, and data from his Maine farm, Daniel will systematically cover the no-till philosophy and methods that have enabled Frith Farm to generate soil health, keep workers happy, and turn a solid profit over the last eight years. The session will cover:

- The nature and benefits of no-till farming
- Principles of no-till care
- Establishing a permanent bed system
- Transitioning beds between crops
- Crop planning considerations
- Cover cropping
- Mulching with leaves, straw & wood chips versus synthetics
- Weed management
- No-spray management
- Irrigation in a no-till system
- Integrating perennials and livestock
- Labor on the no-till farm
- Marketing and community development
- Profit breakdown

Participants will leave this workshop with a detailed understanding of the principles, practices, and results of no-till vegetable production at Frith Farm, and how to apply these concepts to your own operation or farmstead.

BREAD BAKING WITH SOURDOUGH

The Magic of Wild Yeasts & Other Natural Starter Cultures

Presenter: Heike Meyer, Brot Bakery

Join Heike Meyer from Brot Bakery in Fairfax, VT to learn the fundamental basics of sourdough alchemy in bread making. Heike will share her skills and knowledge in proper mixing, fermenting, shaping and baking, and teach you what makes this sourdough bread different from bread that is made with commercial yeast. Participants will also learn about the history of natural bread making, types of grains used for bread, and how to start and maintain a live bread culture (sourdough). Every participant gets to shape and bake a loaf of sourdough bread in the NOFA-VT wood-fired oven and take home a sourdough culture with feeding instructions to continue their adventures of natural bread baking.

FINDING YOUR INNER ACTIVIST

Exploring Connections Between Climate Justice & Racial Justice

Presenters: Phoebe Gooding, Dia Brown & Brittany Dunn, 350Vermont

This workshop is designed to support individuals and groups who want to dig into the roots of the climate crisis. Together we will explore how and why working for climate justice necessitates the dismantling of racism and white supremacy culture. Participants will have the opportunity to reflect on their own experiences and consider next steps to support their own learning as well as develop concrete actions they can take within their own activism.

EFFICIENT & EFFECTIVE BUSINESS BRANDING

Weaving Your Story & Messaging

**Presenters: Nicole Junas Ravlin (People Making Good PR),
Lou McKenna (Punch Up Media) & Carol Degener (Brand Inflection)**

The way you tell the story of your products that captures the magic of your unique brand message as it moves from farmers' field to customers' forks is more important than ever before. People are looking to feel connected to their food and your busy farm schedule might leave you little time to build this connection. The workshop will begin with local marketing expert, Carol Degener, who will lead you through activities to shape a compelling brand story. Then, PR and social media gurus Nicole Junas Ravlin and Lou McKenna will guide you on the most effective ways to get your message out via social media channels that meet your needs and the needs of your business.

CONFERENCE DETAILS

Please visit nofavt.org/conference for the most up-to-date information.

Online Registration & Membership

Register online at nofavt.org/conference by February 11th to save. See page 5 for registration details!

Location & Parking

The Davis Center at the University of Vermont: 590 Main Street, in Burlington, VT serves as the main hub for the conference, with workshops offered in nearby campus buildings. Parking in the Jeffords and Given lots is free, within walking distance to the Davis Center. Monday intensives will take place in the Waterman Building, 85 S. Prospect Street, in Burlington, VT. Check out www.nofavt.org/conference for maps and directions.



Volunteering

Volunteering is central to the success of our conference, and a great way to save on registration fees! Volunteers receive a \$20 discount for a two-hour shift. Limit is one shift per attendee. To sign up, contact Lauren or Becca at the NOFA-VT office 802-434-4122 or info@nofavt.org. You must confirm a volunteer assignment with the office before you register.

Lunch

Saturday 12:00-2:00 pm & Sunday 12:30-2:30 pm • Davis Center • Enjoy a delicious buffet featuring food from Vermont organic producers. Lunch includes your choice of entrée, salads, and dessert, with vegetarian, gluten-free and dairy-free options. **Lunches do sell out! We strongly recommend purchasing a lunch when you pre-register.** \$18/adult; \$12/child. Please note any food restrictions or allergies on your registration form. You are also welcome to bring a bagged lunch and join us in the dining room.

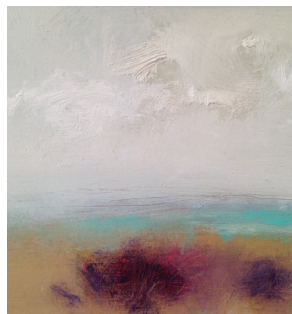


Sponsorship, Exhibiting & Advertising

With more than 1,000 attendees throughout the conference weekend, sponsoring, exhibiting, and advertising is a great way to reach a wide variety of organic consumers and producers while supporting NOFA Vermont. For more information contact winterconference@nofavt.org.

Raffle

We are excited to offer original landscapes painted by community artist Bonnie Acker! Several small, framed oil paintings will be raffled off on Sunday, February 17th, but you don't have to be present to win. Proceeds benefit NOFA-VT's Farmer Emergency Fund to assist organic and NOFA member farmers who are adversely affected by natural and unnatural disasters. Buy tickets when you register, or get them at the conference! \$5 per ticket or \$20 for 5 tickets.



Scholarships

If you are able, please help us make the conference accessible to all with a contribution to the scholarship fund. Your donation is tax-deductible and can be added when you register. Winter Conference Scholarships are available to NOFA Vermont members, and are supported through donations from members and conference attendees. To learn more and apply for a scholarship please visit nofavt.org/conference or call (802) 434-4122. **Scholarship application deadline: January 26th, 2019.**

T-shirts

Show your support for NOFA-VT by purchasing an organic cotton T-shirt featuring art by Bonnie Acker. Visit nofavt.org/conference for more details and to place an order with your registration. \$22/shirt. Fitted and classic styles available.



Registration Refunds

If you are unable to attend the conference after you have registered, NOFA-VT will reimburse 75% of your registration cost until February 11th. Any refund requests after the 11th will receive a 50% reimbursement. Refunds do not include the cost of meals and credit card fees. All refund requests must be made in writing to winterconference@nofavt.org. Refunds will be issued after the conference.

Lodging & Rides

Rooms are available at a discounted rate for conference attendees at the Best Western in Burlington (802) 863-1125. Rooms will be held until 2/3/19. Room and Ride Share options are available—indicate your interest when you register. **If you live in the Burlington area and would be willing to host conference goers over the weekend, please contact info@nofavt.org.**

Accessibility

We strive to make the conference accessible to everyone. Please contact winterconference@nofavt.org or call (802) 434-4122 if there is anything we can do to accommodate special needs or disabilities at the conference.

Please join us for NOFA Vermont's 37th Annual WINTER CONFERENCE



**REGISTER
TODAY!
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CONFERENCE**

February 16-18, 2019 • Burlington, VT

Featuring keynote speakers: Leah Penniman & Melody Walker Brook



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