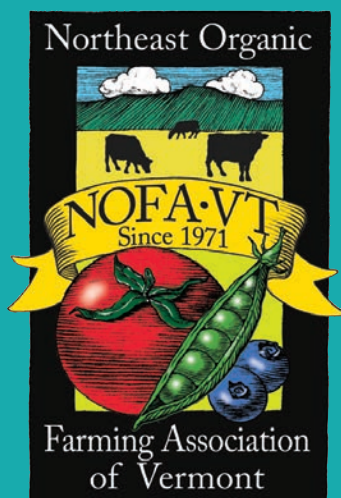


NOFA Vermont's 36th Annual WINTER CONFERENCE

ORGANIC
MATTERS
Culture &
Agriculture

February
17-19, 2018
Burlington,
Vermont



nofavt.org



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UVM Extension Center for Sustainable Agriculture
VHCB Vermont Farm & Forest Viability

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.

NOFA-VT 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: Kyla Bedard, Megan Browning, and Livy Bulger

Farmers & friends who donated goodies for our meals and Hospitality Table (see p. 6)

The NOFA Vermont Board of Directors & Staff

Edith Gawler and Bennett Konesni, and Band of the Land, for the great music

The incredible Bonnie Acker

Slow Food Vermont, Chef Doug Paine of Hotel Vermont, and Vermont Young Farmers Coalition

Maureen Cartier, Cody Fernald, Joe Kilburn, Kenroy Walker, Alisha Lewis, Kyle Kellett, Kyle Warren and the UVM Event Services Department

Executive Chef Steven Hadaway, Catering Coordinator Tina Billado & Michelle Watt, Catering Manager Nate Stevens and Catering Supervisor Danielle Burdick at Sodexo

Welcome

This is our **36th annual Winter Conference**, and one of my favorite weekends of the year! This weekend is an opportunity to connect, learn and get inspired. Since so many organic production practices are passed down from farmer to farmer and gardener to gardener, the conference provides a great opportunity for sharing ideas and networking. Our speakers and conference participants provide the opportunity for the cross-pollination of concepts, ideas and practices.

Our conference theme, **Organic Matters: Culture & Agriculture**, was developed to celebrate our agrarian roots, the important role of agriculture in addressing our current environmental, social and personal health challenges, and the critical role of the next generation in positive social change. We have two esteemed keynote speakers to respond to our theme this year: **Mary Berry**, the Executive Director of the Berry Center in Kentucky, and **Onika Abraham**, farmer, educator and Director of Farm School NYC. In addition to the keynotes, this theme will be addressed throughout the conference at workshops, roundtable discussions, two feature films and (of course) in a song or two.

The conference is well timed with turning the page on winter (in our minds at least), and looking forward to the next growing season. As with a seed, the Winter Conference represents hope, resilience and growth.

Enjoy!

Enid Wonnacott, Executive Director

NOFA-VT Staff

KYLA BEDARD

Education Coordinator

KIRSTEN BOWER

Finance Director

MEGAN BROWNING

Winter Conference Coordinator

ERIN BUCKWALTER

Market Development Director

NICOLE DEHNE

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MARISSA WATSON

School Food Programs Coordinator

BECCA WEISS

Office Assistant & Share the Harvest Coordinator

ENID WONNACOTT

Executive Director

LAUREN YOUNG

Office Manager

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.

See insert
for room
locations

CONTENTS

Weekend Schedule	2
Keynote Speakers	2
Exhibitors' Fair	3
Weekend Activities	4
Lunchtime Activities	5
Meals & Food	6
Lunchtime Roundtables	7
Evening Activities	8
Children at the Conference	9
Monday Intensives	10
Raffle and T-Shirts	12

Workshop Descriptions

Saturday Session I	15
Saturday Session II	18
Saturday Session III	20
Sunday Session I	25
Sunday Session II	28
Sunday Session III	32
Conference Evaluation	39
Membership Information	41
Campus Map & Davis Center Locations	back cover

EVALUATIONS

Your feedback is important to us! See perforated page at back of program and fill it out as you go to workshops throughout the day. Turn it in at the end of the day for a Lake Champlain Chocolates reward!

WEEKEND SCHEDULE

See insert
for room
locations

Saturday, February 17

- 8:00 am** Registration & Exhibitors' Fair open; refreshments available
- 9:00–10:30 am** Keynote: Mary Berry
- 10:45 am–12:00 pm** Workshop Session I
- 12:00–2:00 pm** Lunch, Exhibitors' Fair, and Roundtables (1:00–2:00)
- 2:15–3:30 pm** Workshop Session II
- 3:45–5:00 pm** Workshop Session III
- 4:30–6:30 pm** Saturday Social
- 5:00–6:00 pm** Seed Swap
- 6:00–8:00 pm** Film Screening and Crepes
- 7:00–10:00 pm** Evening Meet Up at Hotel Vermont

Sunday, February 18

- 8:30 am** Registration & Exhibitors' Fair open; refreshments available
- 9:30–10:45 am** Workshop Session I
- 11:00 am–12:00 pm** Keynote: Onika Abraham
- 12:00–2:00 pm** Lunch, Exhibitors' Fair, and Roundtables (1:00–2:00)
- 2:15–3:30 pm** Workshop Session II
- 3:45–5:00 pm** Workshop Session III
- 5:00 pm** Ice Cream Social

Monday, February 19

- 8:30 am** Registration open (Waterman Building); refreshments available
- 9:00 am** Intensives begin (more information, page 10)

KEYNOTE SPEAKERS



Mary Berry

Saturday 9am • 4th Floor Davis Center

A keynote conversation with Mary Berry, Executive Director of the Berry Center, and Matthew Derr, President of Sterling College, moderated by Vermont author John Elder

Mary Berry and her brother, Den Berry, were raised by their parents, Wendell and Tanya Berry, at Lanes Landing Farm in Henry County, Kentucky. Mary farmed for a living, starting out in dairy farming, growing Burley tobacco, and later diversifying to organic vegetables, pastured poultry and grassfed beef. Mary is married to Kentucky farmer Steve Smith, who started the first Community Supported Agriculture (CSA) in the state of Kentucky.

The Berry Center was started in 2011 to continue the agricultural work of John Berry, Sr. and his sons Wendell Berry and John Berry, Jr. The Berry Center is focused on issues confronting small farming families in Kentucky and around the country. The Berry Center's central mission is "to ask and answer two of the most essential questions of our time: 'What will it take for farmers to be able to afford to farm well?' and 'How do we become a culture that will support good land use?'" In 2017, the Berry Center created a partnership with Sterling College in Craftsbury, VT to enable the Berry Center to advance their work through an accredited education program.



Onika Abraham

**Sunday 11am
4th Floor Davis Center**

Onika Abraham is the Director of Farm School NYC, whose mission is to train local residents in urban agriculture in order to build self-

reliant communities and inspire positive local action around food access and social, economic, and racial justice issues. Onika is a farmer and an educator with more than 15 years of experience as a senior nonprofit manager and an MBA in marketing and entrepreneurship from City University of New York. A Farm School NYC teacher before she was the Director, Onika has always been drawn to growing and teaching.

Onika is one of the co-founders of Black Urban Growers and has helped organize three national Black Farmers and Urban Gardeners Conferences. Her commitment to this work continues in her efforts to recruit Farm School NYC students that reflect the diversity of New York City, especially those from low resource and socially disadvantaged communities, and help them achieve their professional farming goals.

EXHIBITORS' FAIR

Saturday 8am–6pm
Sunday 8:30am–3:45pm

Davis Center, 2nd Floor

Sunday, get your last visit in before heading to the third workshop session!

Area 1

ADAK Software
Butterworks Farm
Catamount Solar
Chelsea Green Publishing
City Market, Onion River Co-op
Fedco Seeds
The Fertrell Company
FinAllie Ferments
Gardener's Supply Company
Green Mountain College
Grow Compost of Vermont
High Mowing Organic Seeds
Kimball Brook Farm
Neighboring Food Co-op Association
New Chapter, Inc.
New England Farmers Union
North American Kelp
Northeast SARE—VT State Program
Peace Corps
Pete and Gerry's Organics LLC
Progressive Asset Management Vermont
Sisters of Anarchy
Sterling College
University of Vermont
University of Vermont RMA Risk Management Education
USDA Natural Resources Conservation Service
VACC
Vermont Agency of Agriculture
Vermont Coffee Company
Vermont Farm & Forest Viability Program
Vermont Farm Bureau
Vermont Farm to Plate
The Vermont Hemp Company
Vermont Soap
Vermont Tech
Victory Hemp Foods
Wellscoft Fence Systems, LLC

Area 2

American Society for the Prevention of Cruelty to Animals (ASPCA)
Aqua ViTea
Black Dirt Farm
The Conway School, Graduate Program in Landscape Design
Cooperative Fund of New England
Dancing Bee Gardens
DC Energy Innovations, Inc.
Dubois Agrinovation Inc
East Hill Tree Farm
The Farm Between
Foodfightvt.com
Forkit VT
Green State Biochar
Greenvest

Atrium, 1st Floor • NOFA-VT Sales Table, Vermont Organic Farmers and VT FEED (Vermont Food Education Every Day) are in the atrium this year, right next to registration! Come downstairs to talk with staff from these programs.



Hospitality Table
Intervale Center
Iona Skye Waldorf Dolls
Kreher Enterprise
New England Adaptation Survey/UVM
Nutty Steph's
The Organic Materials Review Institute (OMRI)
Polaris Orchard Management IPM
Rural Vermont
Salvation Farms
Shelburne Farms

Taproot Threads
UPSTREAM AG
US Department of Labor, Wage and Hour Division
USDA National Agricultural Statistics Service
Vermont Caribbean Institute
Vermont Community Garden Network
Vermont Community Loan Fund
Vermont Foodbank
Vermont Young Farmers Coalition
Vermont Youth Conservation Corps

1st Floor

Registration • Community Art Project • Hatha Yoga
NOFA-VT, VOF & VT FEED tables • NRCS Poster Session
Ice Cream Social (Sunday)

2nd Floor

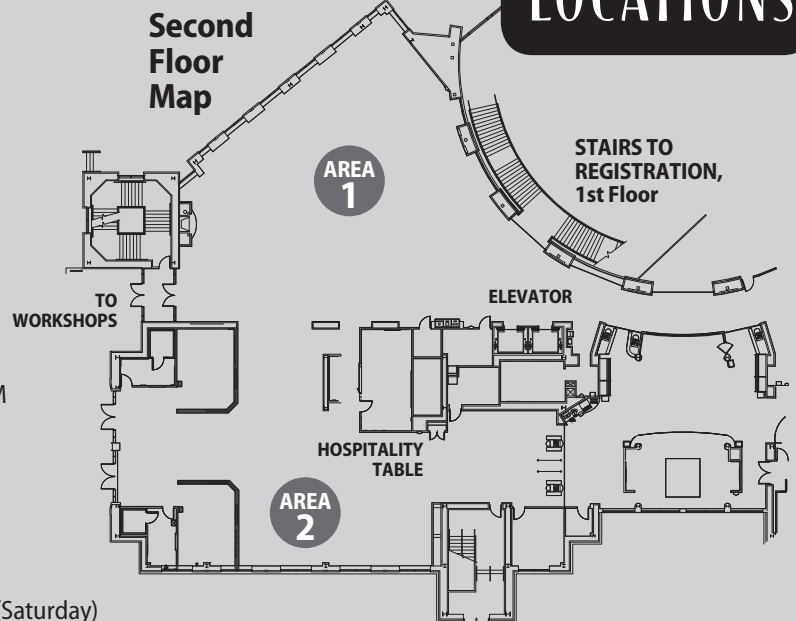
Exhibitors' Fair
Hospitality Table
Coffee, Tea, Kombucha
Saturday Social
Seed Swap (Saturday)

3rd Floor

Social Action Zone
(12:00–2:00 pm)
People's United Bank ATM

4th Floor

Announcements
Keynote Speakers
Lunch and Roundtables
Film Screening & Crepes (Saturday)



**DAVIS
CENTER
LOCATIONS**

WEEKEND ACTIVITIES



Exhibitors' Fair

Saturday 8am–6pm & Sunday 8:30am–3:45pm
Davis Center • 2nd Floor

With books, tools, and crafts for sale, along with information and materials from agricultural businesses and conference sponsors, the Exhibitors' Fair is the place to be when not in a workshop. See previous page for a full list of exhibitors and be sure to join us for the Saturday Social (details on page 8)!

Community Art Project with Bonnie Acker

Saturday & Sunday • Davis Center • 1st Floor Atrium

Join local artist Bonnie Acker to work on a community art collage! The community art project is a great opportunity to meet other conference attendees, take advantage of the creative outlet, and contribute to a joint masterpiece. All ages and artistic abilities are welcome!

Weekend Music

Saturday & Sunday • Davis Center • 2nd Floor

Edith Gawler and Bennett Konesni from Belfast, Maine, will join us on Saturday from 12–2 and 4:30–6:30, playing old-time fiddle, banjo, and guitar. Local musicians Band of the Land will play from 12–2 on Sunday. Come and listen, sing along or dance with other conference participants!



Organic Agriculture Stories: Poster Session

Saturday & Sunday • Davis Center • 1st Floor, Burack Lounge

Learn more about the principles and practices of organic and transitioning farmers. Vermont NRCS and the Lexicon of Sustainability share stories of organic agriculture in America through an interactive poster display.

Social Action Zone

Saturday & Sunday, 12:00–2:00 pm
Davis Center • 3rd Floor Landing

Learn about and get involved in the important work being done by several of Vermont's advocacy organizations on critical food, farm, and environmental issues.

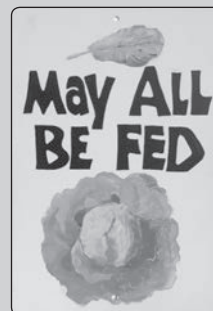
Social Networking

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



Raffle

We are excited to raffle original artwork made by community artist Bonnie Acker! **Buy your tickets at the NOFA-VT table or during lunch: \$5/ticket or \$20 for 5 tickets. Visit the NOFA-VT table on the first floor to select the art that you want to win and place tickets in the corresponding jar.** Proceeds will benefit the NOFA Vermont Farm Share Program supporting food access for Vermonters with limited income. More details on page 12.



Buy a NOFA-VT T-Shirt!

Show your support for NOFA-VT by purchasing an organic cotton T-shirt, available at the NOFA-VT table in the registration area. \$22/shirt. Fitted and classic styles available. T-shirt art by Bonnie Acker.



LUNCHTIME ACTIVITIES

Lunchtime Roundtables

Saturday & Sunday, 1:00–2:00 pm • Davis Center, 4th Floor

Join NOFA staff, presenters, and fellow farmers and gardeners for an open-forum discussion on a topic that is important to you. See page 7 for full descriptions.

Hatha Yoga Class

Saturday 12:15pm • Sunday 8:15am & 12:15pm
Davis Center, 1st Floor, Living Well Room

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

Book Signings

Saturday & Sunday • 2nd Floor Exhibitor Area and following workshops (look for the book symbol in Workshop Descriptions)

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

Philip Ackerman-Leist, *A Precautionary Tale: The Story of How One Small Town Banned Pesticides, Preserved its Food Heritage, and Inspired a Movement* • Sat 12–2, Exhibitor Area & following workshop (see page 20)

Darryl Benjamin, *Farm to Table* • Sat 12–2 & Sun 1–2, Exhibitor Area & following workshop (see page 27)

Ross Conrad, *Natural Beekeeping* • following workshop (see page 19)

Grace Gershuny, *Organic Revolutionary: A Memoir of the Movement for Real Food, Planetary Healing & Human Liberation* • Sat 12–2, Exhibitor Area & following workshop (see page 31)

Stephen Leslie, *Horse-Powered Farming for the 21st Century: A Complete Guide to Equipment, Methods, and Management for Organic Growers* • Sun 12–2, Exhibitor Area

Fred Magdoff, *Creating an Ecological Society: Toward a Revolutionary Transformation*, and previous books Sat 12–1, Exhibitor Area & following workshop (see page 21)

Lee Reich, *Grow Fruit Naturally* • Sun 1–2 & following workshop (see page 29)



Lunch with Congressional Delegation & State Officials

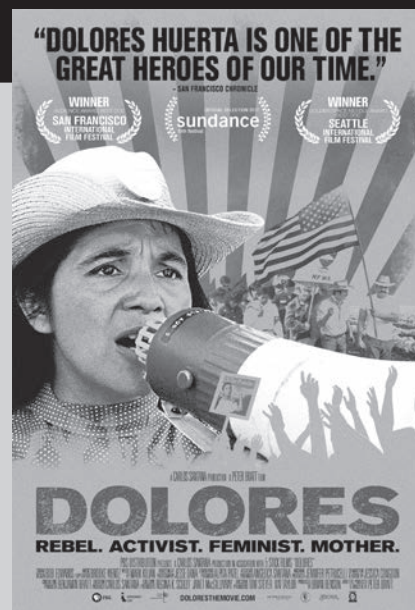
Saturday, 12:30–1pm
Davis Center, 4th Floor, Grand Maple Ballroom

Your state and federal policy makers, including Senator Patrick Leahy, Senator Bernie Sanders, Congressman Peter Welch, Governor Phil Scott, and Secretary of Agriculture Anson Tebbetts have been invited to join us for lunch on Saturday to make brief remarks.

FILM SCREENING

Sunday, 12:30–2:00pm
Terrill Hall, 1st Floor

Dolores Huerta is among the most important, yet least known, activists in American history. An equal partner in co-founding the first farm workers unions with Cesar Chavez, her enormous contributions have gone largely unrecognized. Dolores tirelessly led the fight for racial and labor justice alongside Chavez, becoming one of the most defiant feminists of the twentieth century—and she continues the fight to this day, at 87. With intimate and unprecedented access to this intensely private mother to eleven, the film reveals the raw, personal stakes involved in committing one's life to social change.



MEALS & FOOD



Lunch

Saturday & Sunday, 12–2pm • Davis Center, 4th Floor
\$18/adult; \$12/child

Lunches do sell out! Purchase tickets at registration or on the 4th floor during lunch hours. Locally-sourced lunches are prepared by UVM Sodexo. Vegetarian, vegan, and gluten-free options are available. You are also welcome to bring a bagged lunch with you and join us in the dining room.

SATURDAY: Pulled BBQ Chicken, Black Bean Burgers, Butternut & Kale Hash, Coleslaw, and Apple Crisp

SUNDAY: Falafel, Beef & Lamb, Tzatziki and Pita, Roasted Sweet Potatoes with Tahini, Carrot and Beet Slaw, Cookies

Sunday Only: To help avoid congestion, please check your name badge for your suggested lunch time.

Snacks & Refreshments

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

Our Hospitality Table, in Area 2 of the Exhibitors' Fair, is stocked with snacks from local food producers, as well as kombucha from Aqua Vitea by donation. Coffee from Vermont Coffee Company and tea from Equal Exchange are available by donation in Area 1.

The NOFA Oven

Saturday & Sunday, 12:00–2:00 pm
Davis Center • 1st Floor, outside
Free to conference attendees

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!



Alternate Dining Options on Campus

Please visit the registration area on the first floor for more information about alternate dining options on campus.

Thank you to all our farmers & friends

for donating wholesome, delicious ingredients to our meals and Hospitality Table!

Aqua ViTea, Bristol	Jericho Settlers Farm, Jericho
All Souls Tortilleria, Warren	Kimball Brook Farm, North Ferrisburgh
Brotbakery, Fairfax	Lake Champlain Chocolates, Burlington
Burnt Rock Farm, Huntington	O Bread, Shelburne
Butterworks Farm, Westfield	Organic Valley, La Farge, WI
Cabot Creamery Cooperative, Waitsfield	Pete and Gerry's Organic Eggs, Monroe, NH
Champlain Orchards, Shoreham	Pitchfork Farm, Burlington
Choiniere Family Farm, Highgate Center	Plymouth Artisan Cheese, Plymouth
Clearbrook Farm, Shaftsbury	Real Pickles, Greenfield, MA
Dancing Bee Gardens, Middlebury	Red Hen Baking Co., Middlesex
Elmer Farm, Middlebury	Shelburne Farms, Shelburne
Equal Exchange Tea, West Bridgewater, MA	Stonyfield Farm, Londonderry, NH
Farm at VYCC, Richmond	Strafford Organic Creamery, Strafford
Flack Family Farm, Fairfield	Vermont Bean Crafters, Waitsfield
Full Moon Farm, Hinesburg	Vermont Village, Barre
Golden Russet Farm, Shoreham	VT Coffee Company, Middlebury
Intervale Community Farm, Burlington	
Intervale Food Hub, Burlington	
Jasper Hill Farm, Greensboro Bend	

Looking for a Taste of Burlington?

The following local businesses support NOFA Vermont through our Share the Harvest fundraiser, and we encourage you to support them during the conference weekend! Reservations are recommended.

American Flatbread	Guild Tavern
Burlington Hearth	Juniper at Hotel Vermont
ArtsRiot	Lakeview Restaurant
Bistro de Margot	Leonardo's
Citizen Cider	Leunig's Bistro
City Market, Onion River Co-op	Pascolo
El Cortijo Taqueria	Penny Cluse Café
Farmhouse Tap & Grill	Skinny Pancake
Great Harvest Bread Company	Switchback Brewing Company

LUNCHTIME ROUNDTABLES

Saturday & Sunday, 1:00–2:00pm

Davis Center, 4th Floor

Join NOFA staff, presenters, and fellow farmers and gardeners for an open-forum discussion on a topic important to you.

See insert
for room
locations

SATURDAY

Achieving a Living Wage for Farmers & Farm Workers

Facilitators: Elizabeth Henderson & Louis Battalen, NOFA and Agricultural Justice Project

What will it take to transform work on organic farms into respected careers, with livable compensation and dignified livelihoods for both farmers and farm workers? NOFA Fair Trade Committee member Louis Battalen will be joined by Elizabeth Henderson of Peacework Farm as the invited guest farmer. We will discuss the challenges organic farmers face practicing our social justice values of fairness, as we try to ensure that we are all paid fairly. How can farms manage to pay more and adjust to a rising minimum wage? What would \$15.00 an hour look like and require? How can we contribute to making our farms centers of fair and just relationships and viable and sustainable operations as well? How can farms demand prices that fully cover production costs including fair wages for both farmers & farm workers? Is targeting high end markets the sole approach? What other strategies are available? What can NOFA-VT as an institution and we as individual NOFA members do within the NOFA framework?

Beginning Farmers: Growing the Next Generation

Facilitator: Vern Grubinger, UVM Extension

Bring your list of questions and pick the brain of your fellow beginning farmers and Vern Grubinger, aging vegetable and berry specialist, before he forgets everything he has learned from experienced farmers.

National Organic Program Accountability: Where We Are

Facilitators: Maddie Kempner, NOFA-VT; Dave Chapman, Long Wind Farm; Nicole Dehne, VOF

Thanks to the organizing work of passionate organic farmers and the investigative reporting of some national media outlets, a series of shortcomings with the USDA National Organic Program have been brought to light in recent months. Please join us for this two-part roundtable discussion, where we will discuss the failings of the USDA in its regulation of the organic seal (part 1), and steps the organic community can take to respond (part 2).



SUNDAY

Farm Succession: Planning for the Future

Facilitators: Mike Ghia, Land for Good; Benneth Phelps, Dirt Capital

Have you been putting off planning for the future of your farm? This is your opportunity to start the conversation! In this roundtable we will discuss some useful practices and resources for farmers to begin planning for succession. These important conversations can be difficult to start but crucial in long-term farm planning.

Meet Vermont Healthy Soils Coalition

Facilitators: Grace Gershuny, Cat Buxton, Graham Unangst-Rufenacht

The Vermont Healthy Soils Coalition was formed in March 2017 by grassroots activists and enthusiasts, organizations and businesses that work with or for the land and water. Our interest is in shifting the paradigm of how people interface with the land. We operate under the premise that we can restore land water cycles by covering Vermont's bare soil; nurturing photosynthesis, biodiversity and the biology underground. This is not just about farmland. We imagine that many collaborative statewide possibilities would come out of this coalition that will positively affect our backyards and our public lands. Come find out how you can support our efforts, and consider adding your voice to ours in presenting our case to legislators, policy makers, local communities, and the public.

National Organic Program Accountability: Where Are We Going

Facilitators: Maddie Kempner, NOFA-VT; Dave Chapman, Long Wind Farm; Greg Georgaklis, Farmers to You; Stephanie Walsh, VOF

Thanks to the organizing work of passionate organic farmers and the investigative reporting of some national media outlets, a series of shortcomings with the USDA National Organic Program have been brought to light in recent months. Please join us for this two-part roundtable discussion, where we will discuss the failings of the USDA in its regulation of the organic seal (part 1), and steps the organic community can take to respond (part 2).

EVENING ACTIVITIES



Saturday Social

Saturday 4:30–6:30pm • Davis Center • 2nd Floor, Exhibitors' Hall

Peruse the Exhibitors' Fair while enjoying appetizers, and a great selection of wine and beer. Chat with old and new friends at this popular conference social! Hors d'oeuvres are generously provided by Sugarsnap Catering. Cash bar.

Sunday Ice Cream Social

Sunday 5–6:15pm • Davis Center • 1st Floor, Atrium
Free to conference attendees

Thanks to the generosity of Strafford Organic Creamery, the Sunday Ice Cream Social is a beloved conference tradition. Join us for dessert, community, and unwinding after the conference!

8th Annual Seed Swap & Info Session

Saturday 5–6pm • Davis Center • 2nd Floor, Hallway

The Seed Swap is the perfect place to expand the biodiversity of your farm or garden. Learn about the various seed varieties High Mowing Organic Seeds has to offer, or bring your clearly labeled seeds to share! An expert from High Mowing will conduct a short educational session on seed saving and organic seeds, and we will provide packets to take home your new seeds.



Film Screening & Crepes Look & See: A Portrait of Wendell Berry

Saturday 6:00–8:00pm • Davis Center • 4th Floor, Grand Maple Ballroom • \$10 Suggested Donation

Grab a delicious Skinny Pancake crepe, and enjoy a screening of *Look & See: A Portrait of Wendell Berry*. Unwind after a long conference day, and take in a beautiful and thought provoking film. **A short Q&A with Mary Berry will follow the film.**

Look & See: A Portrait of Wendell Berry is a cinematic portrait of the changing landscapes and shifting values of rural America in the era of industrial agriculture, as seen through the mind's eye of writer, farmer, and activist Wendell Berry.

Crepes available beginning at 5:30. Film starts at 6:30.

**NEW
THIS
YEAR!**



Evening Meet-Up

Saturday 7–10pm • Juniper at Hotel Vermont, 41 Cherry St., Burlington • Donations accepted at the door

Looking to continue your conversations after workshops have concluded? Head downtown to Hotel Vermont for drinks and light snacks **hosted by Slow Food VT & The Vermont Young Farmers Coalition**. This social event seeks to create community and celebrate food enthusiasts, homesteaders, and farmers. Open to everyone, and there will be plenty of time to mingle after the conference and into the night!

Evaluations

Your feedback is important to us! See perforated page at back of program and fill it out as you go to workshops throughout the day. Turn it in at the end of the day for a Lake Champlain Chocolates reward!

CHILDREN AT THE CONFERENCE

Children's Conference

Saturday 8am–5pm & Sunday 8:30am–5pm • Aiken Center

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!

Special thanks to the educators who are providing workshops for participants at our Children's Conference!

Kenzie McDonald & Bekah Gordon,
Wild Faith Herb Farm, Bread and
Butter Farm, Railroad Apothecary

Carol Johnson Collins, Singing
Spindle Spinnery

Diana Silvestri & Yard Sal'ei,
EarthWalk Vermont

Bonnie Acker, Acker Arts

Emilie Schwartz, Lizzie Fainberg,
Eva Ryan, Sarah Benedict &
Jenileigh Harris, Vermont
Law School

Jess Rubin & Elliot Cluba,
Mycoevolve, Herbs & Arrows

Lausanne Allen, Artist,
Musician & Teacher

Christine Ferris-Hubbard,
Cara Davenport & Emily
O'Connor, Merck Forest &
Farmland Center

Zea Luce, Environmental
Educator

Laura Oliver, Peace &
Justice Center



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.

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.

For our youngest children, healthy food means healthy development.

That's why nutritious meals and healthy snacks are an essential element of high-quality child care.

The Johnson Family Foundation is proud to support the efforts of organizations like Let's Grow Kids to make sure every child has access to a healthy start in life.

Learn more about the importance of early childhood nutrition at:

letsgrowkids.org



MONDAY INTENSIVES

Feb. 19, 2018

Registration and intensives held in the Waterman Building on the UVM campus at 85 South Prospect Street, Burlington, VT

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. Visit the registration table on the 1st Floor of the Davis Center during the weekend to pre-register for Monday. Walk-ins are welcome to register at Waterman on Monday, but space is limited.

Developing Industrial Hemp

As a Commodity Crop In Vermont, Seed To Policy

9:00am–3:00pm • Presenters: Abha Gupta & Joel Bedard

During this intensive, we are pleased to continue the dialog surrounding industrial hemp in the state of Vermont. This extended session will cover the viability of Hemp as a commodity agricultural crop; including field practices, input and output expectations, post-harvest processing, the politics and challenges of integrating hemp into rotation and more. Guest speakers include: Bob Escher, Mike Lewis, Rye Matthews & Chad Rosen. This programming is primarily targeted for farmers, processors, and those interested in entering this “new” agribusiness.

Abha Gupta is a Crops and Soils Coordinator with the Northwest Crops and Soils Program of the University of Vermont Extension. She focuses on field research of specialty crops and outreach education to the farming community. Abha has been pursuing industrial hemp research since 2015, navigating legal pathways and field management lessons. **Joel Bedard** is a thought leader and advocate for hemp; he created the Vermont Hemp Company with the vision of developing a sustainable, regional commodity industry based upon industrial hemp.



Direct Marketing

Cutting through the Noise—Successful Marketing Campaigns that Reach Consumers

9:00am–3:00pm • Presenters: Jean Hamilton & Rose Wilson

Talk to any marketer and you will hear “it’s noisy out there.” There seem to be more and more opportunities to market our products: e-commerce, social media, institutions, grocers, pop-ups, subscription clubs, FPF...But all these opportunities are complicated to navigate and create a lot of competitive noise for potential customers to sift through. You may find yourself asking: What marketing is best if I just want to increase my sales? Rose Wilson and Jean Hamilton will lead this hands-on intensive to guide you through the steps of creating a customer-centered marketing campaign. Breaking down the essential components of a marketing plan, we will give you tools to develop a deeper understanding of your market, design goals and metrics to evaluate the success of your campaigns, and prompt you to get your marketing creativity flowing. These tools will include worksheets to: 1) Build campaign goals, budget, and returns; 2) Guide your targeted market research; 3) Inspire creative material for campaigns. This will be a working session, allowing us to practice using these tools and maybe even develop that \$1,000,000 campaign you’ve been waiting for.

Jean Hamilton’s passion for food, agriculture, and community development have taken her on diverse journeys across the food value chain— from farm fields, through kitchens and dining rooms, and out to conference halls and board rooms. Currently, Jean supports farm and food businesses as a consultant with projects ranging from marketing and branding strategies, business planning, financial benchmarking, and grant writing. **Rose Wilson** specializes in business planning and market development for farms and food producers. Rose began her career as a National Sales Manager and Vertical Market Supervisor for Geographic Data Technology, Inc. (now Tom Tom). She migrated to Harpoon Brewery where she served as Business Development Manager until 2004 when she launched her private consulting business. Rose has helped over 200 farms across New England with feasibility studies, enterprise and market analyses, market development, business planning, strategic planning, succession planning and business valuation. Rose has also helped her clients secure over \$3 million in federal and regional grant funds over the course of her career.

Growing Cut Flowers

From Start to Sales: Everything You Need to Know

9:00am–3:00pm • Presenter: Liz Krieg

Liz Krieg, owner of Maple Flower Farm LLC, has been growing fresh cut flowers in Vermont since 1989. Join Liz in this comprehensive workshop on growing, selling and marketing cut flowers. Liz will discuss scale and market considerations, soil preparation and strategies for growing cut flowers from seed to harvest, handling post harvest, flower varieties from annuals to perennials and marketing strategies. We will also discuss considerations and challenges to certifying organic and which flower varieties are best for growing organic from seed. This intensive is targeted for growers looking to diversify and add cut flowers to their farm. Homesteaders, gardeners and all interested in learning more about cut flowers are welcome too!

Liz Krieg, owner of Maple Flower Farm LLC, located in Bethel, is a commercial cut flower farmer who has been growing since 1987. She is a well known horticulture educator and lecturer throughout New England and a member of the Association of Specialty Cut Flower Growers.

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Applications also available at registration table.

Silvopasture

Integrating Animals, Trees, & Forage in a Farm Ecosystem

9:00am–4:00pm • Presenter: Steve Gabriel

Silvopasture is a system that combines trees and forage design with livestock management. Such a system not only offers the promise of ecological regeneration of the land, but also an economical livelihood and one of the most promising forms of agriculture for fighting climate change. Silvopasture is not, however, as simple as allowing animals into the woodlot. It is, and must be, intentional, steeped in careful observation skills and flexible to the dynamics of such a complex ecology. It requires a farmer who is proficient in understanding grassland ecology, forestry, and animal husbandry at once. She or he does not need to be an expert in all of these disciplines, but rather familiar enough to make informed management decisions for the farm ecosystem. During this intensive, we will cover the do's and don'ts in the design and management of silvopasture systems, using case studies, activities, and discussion with examples from around the Northeast US.

Steve Gabriel, author of *Farming the Woods* (with Ken Mudge), is an ecologist, educator, and a forest farmer who has lived most of his life in the Finger Lakes region of New York. His personal mission is to reconnect people of all ages with the natural world and to provide the tools for good management of forests and other landscapes. He currently splits his time between working for the Cornell Small Farms Program, and developing the farm he runs with wife Elizabeth, Wellspring Forest Farm, which produces shiitake mushrooms, duck eggs, pastured lamb, nursery trees, and maple syrup.



RAFFLE & T-SHIRTS!



We are excited to raffle original artwork made by community artist Bonnie Acker!

Buy your tickets when you register, at the NOFA-VT table, or during lunch: \$5/ticket or \$20 for 5 tickets.

Visit the NOFA-VT table on the first floor to select the piece you want to win and place tickets in the corresponding jar. Several painted metal works will be raffled off on Sunday, February, 18, although you do not need to be present to win. Proceeds will benefit the NOFA Vermont Farm Share program supporting food access for Vermonters with limited income.

NOFA Vermont FARM SHARE PROGRAM

The Farm Share Program provides limited-income Vermonters with the opportunity to support their local CSA farmer and receive reliable access to high-quality produce on weekly basis through an innovative cost-share model. Each year, the Farm Share Program assists over 750 individuals participating in CSA programs.

The Farm Share Program:

- Increases the availability of fresh, nutritious foods for hungry Vermonters
- Builds strong communities through farm and family partnerships
- Preserves local farms and supports the Vermont economy

For more information visit
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Show your support for NOFA-VT by purchasing an organic cotton T-shirt, available at the NOFA-VT table in the registration area. \$22/shirt. Fitted and classic styles available. T-shirt art by Bonnie Acker.



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Co-op Food Stores, White River Junction, VT
Hunger Mountain Co-op, Montpelier, VT
Middlebury Natural Foods Co-op, Middlebury, VT
Morrisville Food Co-op, Morrisville, VT (Opened 2017)
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
Stone Valley Community Co-op Market, Poultney, VT
Upper Valley Food Co-op, White River Junction, VT

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SATURDAY SESSION I

10:45 AM–12:00 PM

(See insert for room locations)

Berry Basics

Nicko Rubin, East Hill Tree Farm

Looking to grow more fruit? Berries, berries, berries! Join Nicko Rubin of East Hill Tree Farm Nursery as he shares his experiences and covers the basics of successfully growing a wide range of long lived productive berry plants in Vermont: including aronia, black raspberry, blueberry, currant, gooseberry, goumi, hardy kiwi, honeyberry, raspberry, and seaberry. Discussion will range from varieties and siting to management and harvest. Leave ready to fill your yard with fruit!

Community on the Farm—Social Regeneration

Jon Turner, Wild Roots Farm Vermont

At a point in time where resilience is most needed, farms and food systems provide a great opportunity to engage and rebuild communities. This workshop will go over the planning process and provide examples to develop an operation that accounts for human health through service learning projects, farm to school and ecological design. This discussion is intended for all levels/ backgrounds and will include a presentation and Q&A session for healthy dialogue.

Cover Cropping Systems for Vegetable and Berry Farms

Vern Grubinger, UVM Extension

Using photos taken on farms across the Northeast this workshop will illustrate the amazing variety of systems that are used to grow cover crops and how they integrate with cash crops. From short and long-term rotations, to strip crops, to permanent beds, to experiments in reduced tillage there are many options for species and cultural practices, and each combination has pros and cons. Bring your own ideas and experiences to share. All levels.

Creating Resilient Soil in Your Garden

Wendy Sue Harper, WSH Consulting

Soil is the foundation of food production in our gardens. To create resiliency, we have to start from the ground up. Learn about techniques that can help buffer and protect your soil from dramatic weather events, and create a resilient soil that will continue to produce healthy food for your family in an ever-changing climate.

Extending the Grazing Season

David Kennard, Wellscoft Fence Systems, LLC

Save money & labor while improving both animal and soil health by extending your grazing season into December. Extended grazing is a natural, organic system that produces a more desirable grass-fed animal while offering many other benefits to the farmer.



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Farm Finances Introduction (Part I)*Mark Cannella, UVM Extension*

This workshop will cover introductory concepts in farm financial statement preparation and the use of financial statements to assess business performance and planning goals. Topics will include: balance sheet preparation, valuation of assets, cash flow statements, cost analysis and budgeting. This session is intended to provide an overview of financial concepts and how to use statements to facilitate business planning.

Farm Succession Planning*Sam Smith, Intervale Center*

This workshop will provide an overview of the basic parts of farm succession including planning, retirement, wills, family communication, steps to discuss with each generation, taxes, methods to transfer assets, and business organization.

Fermentation: The Missing Link in Most Fermentation: The Missing Link in Most Americans' Diet*Celeste Longacre, Author*

For tens of thousands of years, our ancestors ate many fermented foods. This was the only way they had to preserve their bounty. Our own gut biome, therefore, is used to eating them. Not only do the digestive enzymes present in these foods help us to assimilate our food, but the probiotics fight pathogens and keep us healthy. Learn with author, Celeste Longacre (Celeste's Garden Delights), how to make super-easy, quick and inexpensive fruit kvass, beet kvass, fermented mayonnaise and ketchup. Samples will be provided.

Fitting Old Songs To New Farms—How Worksongs Work*Bennett Konesni & Edith Gawler*

Got garlic bulbs to shuck? Wood to stack? Carrots to thin? Consider songs as a useful, affordable tool to increase the productivity and morale of your crew. Longtime worksongers Edith Gawler and Bennett Konesni of Duckback Farm in Belfast, Maine and Sylvester Manor on Shelter Island, NY, will discuss their success using songs to motivate groups to get lots of work done in very little time. They will dive into the elements that make a great worksong, and how to connect those elements with the specific work that needs doing. To demonstrate, they will teach a collection of simple songs that you can use on your farm.

Improving Your Land with Multi-Species Grazing*Lisa McCrory, Earthwise Farm & Forest*

From renovating and rotovating land to building organic matter & increasing soil biology, raising multiple species on pasture is truly an asset to your homestead. Learn, discuss and share the many different ways various species of livestock can graze together on your homestead as you strive for healthy soils, productive pastures, and nutrient dense feed for all of your creatures.

Land-use Analysis for Designing Your Homestead*Lizbeth Moniz, Flying Mammoths Landscape Design*

Learn how to read a landscape to help make your vision become a reality. There are so many things to consider when looking at, buying, or designing a piece of land that you want to homestead. We'll talk about some of the things to look for when walking a

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piece of land and how to lay out your land to accommodate the homestead that you envision. It all starts with good site analysis and creating a working design that is individual to you, your goals, and your piece of property.

No-Till Production & Techniques (Part I)

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.

Safety & Liability on Farms Open to Visitors

Lisa Chase, UVM Extension; Mary Cobb, Nationwide Insurance

From farm stands and u-pick to school field trips, festivals, tours, and classes, farms of all sizes are opening their doors (and barns and fields) to visitors. New risks need to be managed whenever a farm has visitors, whether they are neighbors or tourists from out-of-state. This workshop provides practical advice on how to prepare your farm to safely welcome visitors. Learn steps you can take to be proactive about liability management, and take home useful tools for developing your own farm safety program.

The OMRI List: What It Is and How to Use It

Johanna Mirenda, OMRI

Ever wondered what it means for a product to be "OMRI Listed", or how to use the OMRI Products List? If so, this session is where you want to be! OMRI (The Organic Materials Review Institute) provides expert and independent review of inputs material, such as fertilizers and pesticides, and determines their compliance for use in certified organic production. Commercial growers and home gardeners will learn about the basic requirements for products to be included on the OMRI Products List, and how to navigate OMRI's resources to obtain accurate and current information about products and materials allowed for use in organic farming and gardening.

What Does Home Grown Food Security Look Like?—Lessons from the Silk Road

Robin Currey & John Van Hoesen, Green Mountain College

77% of Kyrgyzstan's fruits and berries and 52% of its vegetables come from gardens that average only 0.35 acres. Homegardens, or small-holder agroecosystems, are also known as "front yards and backyards!" This workshop demonstrates the power of spatial narratives through digital story maps that incorporate images and videos to illustrate what intact, localized food systems look like. Photos of homegardens and orchards offer lessons for those seeking food security and re-localization of food systems. The presenters will also demonstrate how to create the story maps used in the presentation.



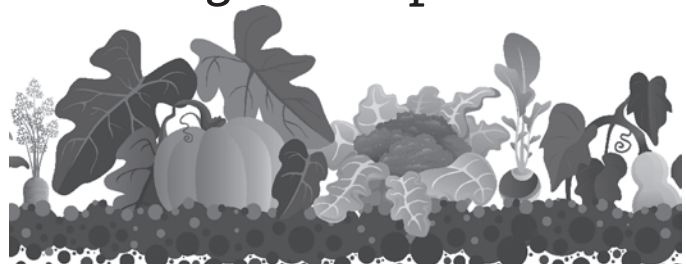
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SATURDAY SESSION II

2:15-3:30 PM

*(See insert for room locations)***Animal Fats: Rendering & Cooking***Andrea Chesman, Author*

Animal fats are much better for you than you may think and are an important aspect of nose-to-tail eating. Learn how to render all kinds of fat to make it ready for cooking and baking, how to store it, and how to use it. Samples of cookies made with various animal fats will be shared.

Bioflavonoids in Cardiovascular Disease*Guido Mase, Urban Moonshine*

Herbal medicine has remarkable potential for addressing the problematic chronic diseases of Western culture. We will highlight the "sour tonics" rich in bioflavonoids (berries from hawthorn, to Aronia, blueberries, rosehips, and more) to help explain how plants are the key to conquering the number one killer in our culture today: cardiovascular disease. In fact, the absence of these plants from our diet, along with sedentary lifestyle, is the reason we see so

much heart disease today. There has been extensive research in the last few years that takes bioflavonoids far beyond their traditional role as antioxidants, and helps explain why they are so helpful while also debunking the old idea of a battle between antioxidants and free radicals. It is time to move beyond this model of health and disease, and recognize that bioflavonoids are part of a healthy internal ecology.

CSA Success Strategies for Today's Marketplace*Jean Hamilton, Consultant; Justin Rich, Burnt Rock Farm & Muddy Boots CSA; Taylor Hutchison, Footprint Farm*

Is CSA an important part of your marketing mix? Have you felt challenged by member retention or finding new customers? Perhaps you see some opportunities to improve this marketplace? This panel presentation and roundtable discussion will offer CSA marketers a chance to talk with one another about marketing innovations and investments. We will discuss important market trends and share success tips, ideas for collaborations, and more.

Dig In! Rural Vermont's Groundswell Tour: Results & Next Steps*Ben Hewitt & Graham Unangst-Rufenacht, Rural Vermont*

In early 2017, Rural Vermont's Groundswell Tour visited six communities and engaged over 500 Vermonters. These community conversations provided us with a clear sense of how Rural Vermont can be most effective in supporting the emphatic desire we heard



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over and again: Vermonters want to live in close connection to the land and to each other. We will share what we learned in both words and art, invite your reactions and ideas, and discuss how we are responding as an organization and moving forward.

Easily Amended: Simple Ways to Improve Vegetable Farm Nutrient Management

Becky Maden, UVM Extension

Vegetable growers can save money on unnecessary nutrient applications while improving crop yields and overall soil health by developing a basic nutrient management plan. This workshop will help growers of all scales better understand how to interpret soil test results, calculate nutrient needs, and choose appropriate soil amendments. Workshop participants will be introduced to tools developed by UVM Extension to facilitate compliance with Vermont's new Required Agricultural Practices (RAPs), which now require growers to plan and record nutrient applications.

Farm Finances and Analysis (Part II)

Mark Cannella, UVM Extension

This workshop will cover intermediate level farm financial statement preparation and analysis techniques. Topics will include production based income statements, depreciation, profitability and ratio analysis. The session will also introduce analysis techniques including break-even and sensitivity analysis. This session is designed to familiarize managers with financial analysis methods (once accurate statements are in place) to guide business decision-making.

Getting Started with Organic Beekeeping

Ross Conrad, Dancing Bee Gardens



This workshop will focus primarily on the benefits and mechanics of small scale and backyard beekeeping. Through a lecture format, Ross will cover fundamental topics and practices for beginners of organic beekeeping including: location and equipment requirements, sourcing bees for your hive, basic honey bee biology, swarming as an expression of the bees vitality, presence and mindfulness in the bee yard, and non-toxic pest and disease control.

Grass-fed Beef: Best Practices for Production & Profitability

Sam Smith, Intervale Center

This workshop will explore the findings of a recent study about grass-fed beef production. We will explore the best management practices of local and regional farms raising grass-fed beef, and discuss their implications on farm profitability.

Keeping Records in the Field with Mobile Apps

Alex Smith, Living Hope Farm

Record keeping is an important part of farming, but capturing records and keeping them organized can be time consuming. This workshop will survey phone apps that can help farmers record data and observations quickly while in the field, bring records from multiple people together, and make them easy to work with later. We will demonstrate apps built for farmers, as well as general-purpose apps like Google Sheets. Alex Smith is a vegetable farmer in eastern PA, and creator of BeetClock, an app for tracking the labor invested in each crop.

Lean Farming in Vermont

Jen Miller, NOFA-VT

Are you looking to increase your production or business management efficiency? Lean is a systematic approach that seeks to minimize waste (defined as anything your customer does not value) in production systems. It was pioneered by Toyota in the 1930s but has since been used in a variety of industries, most recently agriculture. Jen Miller, NOFA-VT Farmer Services Director, has been working with farms in Vermont to apply lean in their production, business management, and decision-making systems. This workshop will use examples from farms in the Northeast to introduce lean principles and discuss best practices for success applying lean in your farm system to strategically increase the efficiency of your operation and grow your profit margins.

Many Hands Make Big Impact: On-Farm Gleaning Systems and Healthy Food Access

Andrea Solazzo, Vermont Foodbank;

Aly Martelle, Intervale Community Farm

Crooked carrots, overgrown zucchini, and blemished winter squash are an inevitable part of every farm operation. How can farmers develop systems to capture seconds produce without creating extra work? How can we leverage gleaning to benefit local farmers and help all members of our community access healthy food? Join us for an engaging discussion around on-farm gleaning with the Intervale Community Farm and Vermont Foodbank. We will share ideas ranging from simple systems enacted on-farm to capture excess produce, to community engagement practices and other tangible benefits of incorporating gleaning into your farming operation.



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No-Till Production & Techniques (Part II)

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.

Principles of Biological Systems

Dan Kittredge, Bionutrient Food Association

This discussion will provide an overview of the environmental conditions in which plants evolved to flourish and how growers of all sizes can manage their ecosystems to support that result. Dan will discuss the implications of these principles when implemented broadly. Dan will also cover The Real Food Campaign and its efforts to support growers and consumers in producing and identifying quality product.

Vegetative Plant Propagation: The Asexual Gift that Keeps on Giving—Theory (Part I)

Jacob Holzberg-Pill, Dig In Farm

This practical workshop offers a broad overview of many different types of vegetative (asexual) plant propagation; crown division, root cuttings, scaling, tip layering, softwood and hardwood cuttings. We will discuss which techniques work best for different species and genera. Come learn how to make more grape, currant, hardy kiwi, mulberry, quince, fig, blueberry, honeyberry, seaberry, blackberry, raspberry, strawberry, chive, horseradish, mint, lemon balm, comfrey, daylily, true lily, rhubarb, asparagus, sunchoke, rosemary, lavender, oregano, thyme, and many more. Participants will practice some of these techniques and take home plants in the second skills part of this two part workshop. This workshop, part one, will focus on theory. Participants will practice some of these techniques and take home plants in the skills part of this two part workshop during Saturday Session III.



SATURDAY SESSION III

3:45–5:00 PM

(See insert for room locations)

Balancing Fair Wages, Farm Viability & Affordable Prices

Elizabeth Henderson & Louis Battalen, NOFA and the Agricultural Justice Project

We are faced with a wicked equation: When worker advocates propose raising the minimum wage for farm workers to a rate above the poverty level, farmers, dependent on hired labor, howl "and how about us, as well?" When farmers, hard pressed to cover expenses, demand higher prices to pay increased wages, food justice advocates warn - "Unfair: low-income people can't afford more for food!" How to balance these just demands? Are there policy strategies, supply chain strategic partnerships, coalition building or market-based fixes that will allow us to value labor fairly, resolve these tensions and find a win-win-win solution? Bring your ideas to this crucial discussion for the future of our regional food supply!

Biodiversity at the Core: How the Apple Created an Organic Revolution

Philip Ackerman-Leist & Robin Currey, Green Mountain College

Somehow we took the apple from the biodiverse fruit forests of Central Asia and transformed it into a pesticide-dependent industrial monoculture. But when Big Apple, spurred on by climate change, rolled into an Italian town high in the Alps, local citizens rallied to protect their traditionally diverse and organically managed



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farms, ultimately creating the world's first ban on all synthetic pesticides. We will trace the transformation of wild apples into an industrialized agricultural system, while sharing the story of how the citizens of Mals, Italy stood up for an organic future.

Capitalism & Agriculture

Fred Magdoff, UVM

Numerous social and ecological problems arise from the way that agriculture functions within capitalist economies. These include hunger in the midst of plenty, lack of nutrient cycling, poor rotations, inhumane raising of animals on factory farms, poor treatment of farm and slaughterhouse labor, and environmental pollution with pesticides and fertilizers. These are outcomes of a system in which the overriding goal and motivating force is profit. In such a system, decisions that make sense from the narrow economic point, are frequently ecologically and socially irrational. In this workshop we will discuss the relationship between capitalism and agriculture.

Feeding the Organic Hog

Alice Percy, Fedco Organic Growers Supply

How do I get away from bagged grain? What do hogs need to eat to stay healthy? How do I save money feeding my hogs? What kinds of feed are suitable for hogs? Will my hogs grow on just pasture? How do I balance a feed ration? What can I feed to certified organic hogs? Learn the answers to these questions and ask your own at this in-depth workshop on hog nutrition.

Finding the Right Market for Your Meat

Bill Cavanaugh, Mad River Food Hub; Rose Wilson, Consultant

With demand growing exponentially for pasture-raised and grass-fed meat, the time has never been better to be a livestock farmer. But with increased demand comes the challenge of finding ways to sell your product in a rapidly crowding market. This presentation will look at different avenues for marketing your meat, including direct sales, sales to restaurants and butcher shops, and institutions. We will also explore options to differentiate your product in the market through value added and further processing (including cured meats and salamis), and working with a co-packer to create and sell unique products that highlight the quality of your meat.

Getting More From Your Beneficial Nematodes

Victor Izzo & Scott Lewins, UVM

Organic vegetable growers have been using beneficial nematodes, with mixed success, for decades. Beneficial nematodes have attracted some growers because of the broad range of insect pests they attack, while being harmless to people, plants and the environment. Other growers have been turned off by their high cost and inconsistent results. In this workshop we will discuss using commercially available beneficial nematodes in vegetable production and highlight some exciting research around inoculating soils with native beneficial nematodes for persistent, long term control of soil-dwelling pests.



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Look For Our Authors At NOFA-VT!



Philip Ackerman-Leist
A Precautionary Tale



Steve Gabriel
Farming in the Woods



Darryl Benjamin
Farm to Table



Stephen Leslie
*Horse Powered Farming
for the 21st Century*



Ross Conrad
Natural Beekeeping



the politics and practice of sustainable living

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– Richard Wiswall, farmer & author of *The Organic Farmer's Business Handbook: A complete guide to managing finances, crops, and staff – and making a profit*



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Goddess in the Garden

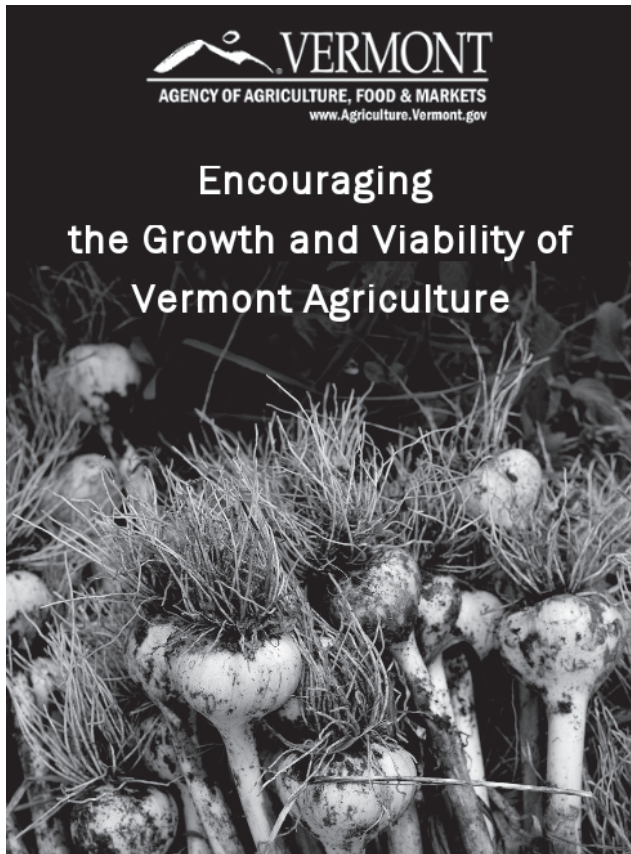
Nancy Hayden, *The Farm Between*

This is a workshop about our connections in the garden, exploring the infinite in the small, stopping to smell the Nicotiana, and finding our ecological and spiritual selves. Our discussion starts with awareness, curiosity, and heartfulness as fundamental ways to deepen our relationships with life on our planet, and then moves on to ways that we can modify our outdoor spaces to enhance our experiences in the natural world. Topics include wilding, immersion, bumblekultur, meditative and empty spaces, wabi sabi, journaling, sketching, and incorporating outdoor art.

Growing Fertility with Cover Cropping

Becky Maden, *UVM Extension*; Ben Dana, *Root 5 Farm*;
Silas Branson, *Intervale Community Farm*;
Spencer Blackwell, *Elmer Farm*

Cover crops play an often underappreciated role on vegetable farms by preventing the loss of valuable nutrients through leaching and erosion—and by making these costly nutrients available to future cash crops. Join vegetable farmers Silas Branson, Ben Dana, and Spencer Blackwell to learn about innovative and tried-and-true ways to cover crop your way to improved soil health. Topics covered include using cover crops to: bring new fields into production, prevent nutrient losses, make the most of your soil amendments, and fix nitrogen for cash crops. Farmers will discuss successful cover crop species, mixes, and management. Come prepared to be amazed by the vast benefits of cover crops!



Hand-made Breads with a Sourdough Culture

Heike Meyer, *Brotbakery & Brot Bakehouse School and Kitchen*

Learn the fundamental basics of sourdough alchemy in bread making: proper mixing, fermenting, shaping and baking and what makes this different from a bread made with commercial yeast. Making completely natural bread with your own sourdough starter may take some planning, but it does not have to be complicated, and you can also use your starter culture for pancakes, waffles, cakes and more. Plus you will get a ripe sourdough culture to take home, so you can start making bread right away! Come curious and leave inspired by the magic of wild yeasts and fermentation.

Hugelkultur Compost Guilds

Chris Chaisson, *Wild Branch Food*; Zach Loeks, *Kula Permaculture*

Hugelkultur is a system of using woody debris, compost, and soils, to create raised beds where rich soil is built. These permanent beds are great ways to plant out guilds of agroforestry plants, use local waste materials, diversify microclimates, production strategies, and habitat. We all have access to many useful waste materials in our communities, home food compost, yard waste, bagged leaves, twigs and branches and paper recycling. In this workshop we will share how to build the hugelkultures- siting them on a property, explore plant guilds and potential species for given bioregions, as well as how to allow them to succeed over time. Zach Loeks is the Author of *The Permaculture Market Garden*, and cofounder of Kula Permaculture. Christopher Chaisson is owner of Eleven Acre Farm and a designer/builder of farm infrastructure.

Land Succession in Vermont: Buying Land or Buying a Business

Maggie Donin, *Intervale Center*; Danielle Allen, *Root 5 Farm*

Farmers age 65 and older own or manage nearly 30% of farms in Vermont. Farmland access is continuously sited as one of the biggest hurdles for beginning farmers, yet starting a farm from scratch is a huge undertaking that involves skills and capital. This workshop is designed to discuss the differences between two popular land access strategies; buying land to start a farm business and purchasing or taking over an already existing farm business. Maggie Donin will discuss the process of examining these two options and how to evaluate different opportunities. Danielle Allen will discuss her process of buying a farm business. There will be lots of time for discussion and conversation so come prepared to ask questions!

Making Herbal Medicines

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.

Rotational Grazing Water Systems

Kimberly Hagen & Ben Waterman, UVM Extension

Providing water is an essential piece of any agricultural operation, be it vegetable or livestock farm—so it's important to have a system that is efficient and effective, saving a farmer both time and money for daily operations. This is especially true for rotational grazing systems, where animals move around and still need access to water. We will take a look at a couple of very simple set ups at farms here in VT and discuss options for putting together a simple and efficient system.

Stagnant, Saturated, or Ready To Surge—Investing in Vermont's Direct Markets

Jean Hamilton, Consultant

From grocery consolidation to the growth of online food markets, the food retail market is undergoing dynamic shifts. These changes are directly impacting the position, opportunities, and challenges for food producers targeting local food markets. To better understand these impacts, NOFA-VT commissioned research into how current trends in food retailing and consumer values shape the opportunities and challenges for Vermont's direct to consumer food marketers. This workshop will explore research findings around the following questions: With so many market outlets, is the local foods marketplace saturated? Is there still room for direct markets to provide viable outlets for producers? What strategies can we employ to support and strengthen Vermont's direct markets?

Vegetative Plant Propagation: The Asexual Gift that Keeps on Giving—Skills (Part II)

Jacob Holzberg-Pill, Dig In Farm

This practical, hands on workshop offers a broad overview on many different types of vegetative (asexual) plant propagation; crown division, root cuttings, scaling, tip layering, softwood and hardwood cuttings. We will discuss which techniques work best for different species and genera. Come learn how to make more grape, currant, hardy kiwi, mulberry, quince, fig, blueberry, honeyberry, seaberry, blackberry, raspberry, strawberry, chive, horseradish, mint, lemon balm, comfrey, daylily, true lily, rhubarb, asparagus, sunchoke, rosemary, lavender, oregano, thyme, and many more. Participants will practice some of these techniques and take home plants in this second part of the workshop.

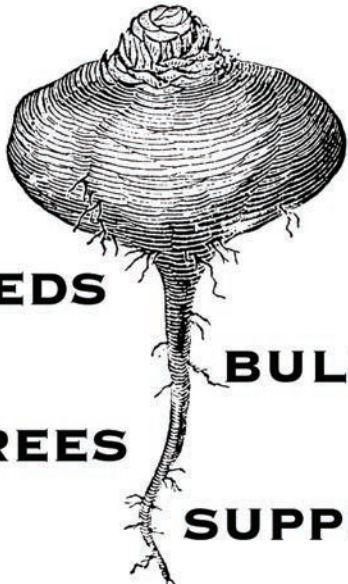
Winter Production & Low Tunnels

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 will share detailed information about the following: structure materials, crop selection, timing, cultivation, snow control, irrigation, site preparation, wind protection, harvesting, storage and marketing.

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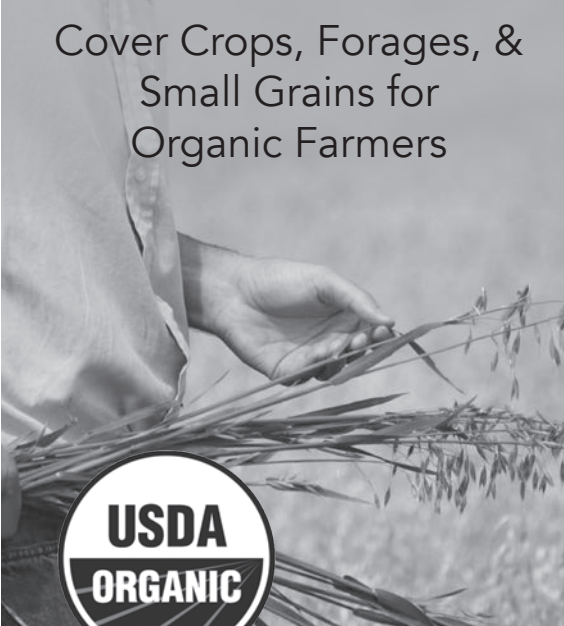
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SUNDAY SESSION I

9:30–10:45 AM

(See insert for room locations)

Adapting to Climate Change—Benefits for Farmers

Suzy Hodgson, UVM Extension; Lynn Knight, NRCS

This workshop covers the costs and benefits of Vermont farming practices in adapting to climate change. Specific case studies include the Intervale Community Farm and Last Resort Farm, which will show the economics of managing water. A partial budget analysis, using data collected from the farm, will illustrate how the benefits of a practice vary from year to year, and the average bottom line for the farmer.

Apitherapy: Health & Healing with Products from the Hive—Honey, Pollen & Propolis (Part I)

Ross Conrad, Dancing Bee Gardens

The honeybee and hive products have historically played a large role in disease care and prevention. Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Through a lecture format, we will cover the production, harvesting, processing and useful healing properties of Honey, Pollen & Propolis in Part I; Beeswax, Royal Jelly, and Honey Bee Venom will be covered in Part II. Participants will have the opportunity to smell, taste and experience most of these hive products during the workshop.

Common Mistakes Made with Electric Fencing

David Kennard, Wellscoft Fencing System, LLC

Learn how to successfully use electric fence to protect poultry, rotationally grazing livestock, and keep crops safe from deer and wildlife. David will review the six most common mistakes made with electric fencing, including improper grounding and lack of training animals to the fence. He will also discuss how to test and monitor

voltage, lightning protection, how to choose the right size energizer, considerations when using a solar energizer, and choosing the best fencing system for your situation. Finally, he will show how to properly set up, take down, store and repair electric netting.

Community-Based Change: Environmental Health, Pesticides & You

Shaina Kasper, Toxics Action Center; Johanna de Graffenreid, VPIRG

Changing pesticide policies at the state-level means going up against the pesticide industry which can be very difficult. Dozens of cities, towns, and municipalities are taking matters into their own hands by passing local resolutions and ordinances all across the country. Learn about what community activists have accomplished to restrict pesticide use in their communities, the processes by which you can change policies in your town or state, and come away with some hard skills to get the word out to your neighborhood.

Designing & Building Chicken Tractors & Mobile Coops

Tim King & Markey Read, Honey Dew Homestead

Do you want your poultry layers or meat birds to have access to lawn or pasture, yet be well protected from predators? Consider using mobile coops and chicken tractors. In this workshop you will pick-up a variety of tips, design options, material needs, and ways to construct mobile coops and chicken tractors that work well, and make moving and raising poultry as easy as possible.



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Establishing a Seed Library in Rural Vermont

Pam Kennedy, Orleans County Seed Library

Seeds are the historical basis of our agriculture and food system. When we save seeds we save money, preserve heirloom food plants, and help plants retain their pest resistance (and therefore reduce the needs for pesticides). We will talk about the history of seed saving and its importance in restoring and preserving diversity in our food systems. We will explore the steps in starting and maintaining a seed library including identifying a host and partners, recruiting volunteers, seed lending and returning systems and sources for organic and open pollinated seeds.

How Do I Work This? A Citizen's Guide to Being the "Public" in Public Policy

Andrea Stander, Rural Vermont

This workshop will provide you with an interactive overview of Vermont's legislative and regulatory processes with emphasis on those that have the biggest impact on farming, food and rural life. Andrea will also share essential information, tools and skills on how you can become an effective citizen advocate on issues you care about.

Motherless Meat: From Petri Dish to Plate

Darryl Benjamin, Green Mountain College

Would you eat meat cultured in a lab if it was guaranteed safe? Lab-grown meat is the new kid on the block when it comes to engineered food. Also known as in-vitro meat, it's real meat developed from cow stem cells. With rising populations, the appetite to quickly develop this technology is strong. Should we be worried? What are the potential impacts on farmers and their cattle populations? Is it regulated? Who stands to benefit? What are the health safety issues? We'll consider the pros and cons, the concerns and claims, the hopeful and the factual.

No-Till Gardening & Farming

Lee Reich, Springtown Farmden

No-till, when integrated with nurturing the ground from the top down, avoiding soil compaction, maintaining a soil cover, and pinpointing watering, grows healthy plants while minimizing weed problems. The principles and practices are rooted in the latest agricultural research. Discussion will cover gardens and homesteads.

Pest & Disease Discussion for Commercial Growers

Ann Hazelrigg, Scott Lewins, Victor Izzo, Elisabeth Hodgden, UVM

Join UVM staff for a discussion about pests and diseases. This workshop is geared toward commercial organic vegetable growers or market gardeners. We'll go around the room, making a list of pests/diseases people want to talk about and then address each with farmers sharing along with us.

Reverence for Our Soil—My Personal Journey Toward Improvement and Strategies We All May Use for Better Earth Care

Jack Lazor, Butterworks Farm

Jack Lazor has been an organic dairy farmer and a lover of soil for the past forty years. He has tried many different approaches to care for the Earth. In the past few years as climate concerns have risen, Jack has totally changed his farming track putting an emphasis on carbon sequestration. This workshop will explore methods of Earth care both old and new. It is Jack's hope that workshop participants will leave with a broader knowledge of the carbon cycle and strategies that everyone can practice to mitigate the effects of climate change.

The Untapped Resource on Your Homestead: Weed Medicine for Your Community!

Katherine Elmer & Kara Buchanan, Spoonful Herbs

Join community herbalists Katherine and Kara to learn about common weeds or easy to grow medicinal plants on your farm and homestead, and basic herbal preparations that can be added to a general farm CSA or woven into an Herbal CSA. Katherine and Kara have offered an Herbal CSA program for the past 3 years in the Burlington community and will share examples and samples of delicious, simple and useful preparations emphasizing weeds and invasive plants.

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SUNDAY SESSION II

2:15–3:30 PM

*(See insert for room locations)***Apitherapy: Health & Healing with Products from the Hive—Beeswax, Royal Jelly & Honey Bee Venom (Part II)***Ross Conrad, Dancing Bee Gardens*

The honeybee and hive products have historically played a large role in disease care and prevention. Today science is finally catching up to what naturalists, herbalists, and acupuncturists have known for years. Through a lecture format, we will cover the production, harvesting, processing and useful healing properties of Honey, Pollen & Propolis in Part I; Beeswax, Royal Jelly, and Honey Bee Venom will be covered in Part II. Participants will have the opportunity to smell, taste and experience most of these hive products during the workshop.

Climate Adaptive Farming: An Introduction to On-Farm Climate Change Adaptation Strategies*Connor Stedman, AppleSeed Permaculture*

By restoring and regenerating ecosystem patterns and processes, farms and landscapes can be designed for resilience in the face of climate disruption. This interactive workshop will explore ecological

farm design principles and solutions for climate adaptation in Vermont, including on-farm water management, crop and landscape biodiversity, productive buffers and corridors, and trialing new warm-climate crops for the region. The workshop will combine discussion, slides, and Q & A, and is particularly intended for farmers, land managers, service providers, and policymakers.

Custom Grazing: An Opportunity for Beginning and Experienced Livestock Farmers*Jenn Colby, UVM Extension*

Are you a dairy farmer seeking to lighten your management load? A farmer looking for ways to use your grazing skills to manage livestock without the requirement (and expense) of owning them? This session with UVM Extension's Jenn Colby will highlight observations from in-depth interviews with farmers on both sides of the relationship, and issues to consider if you think working with (or being) a custom grazer might be a good fit for you.

Farming International Update: Organic & Agroecology*Elizabeth Henderson, NOFA and the Agricultural Justice Project; Ernesto Mendez, UVM*

In this workshop, Ernesto Mendez and Elizabeth Henderson will bring you up to date on national and international agriculture movements. Elizabeth will report on the 2017 Organic World Congress and IFOAM General Assembly in India, and share news from IFOAM North America, and Urgenci, the international CSA network. Ernesto will provide a historical and geographical perspective (U.S. and internationally) on the field of agroecology,




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and where it stands currently in terms of science, practice and social movement. Together with participants, they will analyze whether there are opportunities for stronger alliances and what this means for building a movement powerful enough to transform industrial agriculture and end world hunger.

Food & Mood: Eating for Optimal Health & Happiness

Leanne Yinger, VPI South; Kristin Tool, Olsen Farm

This interactive workshop will provide information about eating closer to the source of our food and how this positively impacts overall health. Leanne will introduce how nutrient dense diets improve physical and mental health. Her lecture and interactive style will provide food for thought as she shares anecdotal stories on changing diet and lifestyle to provide healing of mind, body and spirit.

Fruit Tree Planting & Establishment

Lee Reich, Springtown Farmden

Success with fruit trees starts with selecting the right kind of nursery tree. From there, we'll cover planting, in so doing dispelling certain myths about just when and how to do it, and then move on to early care — pruning, staking, watering, and soil management. All these details are important to getting a fruit tree off to a good start and a healthy future.

Giving In: Exploring the Commitment Needed to Farm

Bruce Hennessey & Beth Whiting, Maple Wind Farm

Maple Wind Farm has experienced a number of challenges over the last 15 years. Each challenge has been an opportunity to pull back or commit more intentionally to the farm. We will discuss our challenges and opportunities, the planning and financial tools we used, and the decision making processes utilized to deepen our commitment to the land and what we produce from it. Specifically we will share our decision points as we moved from part time hobbyists, to full time commercial farmers, provide planning and financial tools, review things we do to stay resilient in a changing world.

Growing Industrial Hemp for Grain & Fiber

Abha Gupta, UVM Extension

Join this session to learn about industrial hemp production for grain and fiber. We began growing hemp in 2016 and have been evaluating best planting dates, varieties, pest and disease pressure, harvest techniques, and post-harvest processing. We'll share our research results, challenges, successes, and production experience from the past two seasons. This session will be especially useful for those who are interested in growing industrial hemp on a commercial level.

Innovative Models for Land Access

Benneth Phelps, Dirt Capital Partners; Jon Ramsey, Vermont Land Trust; Mike Ghia, Land for Good

Are you a farm seeker looking to explore less traditional ways to access land? Then this panel is for you! Benneth will give an overview of Dirt Capital's programs and provide detailed examples of creative ways they solve farm access challenges through partnership with farmers throughout the Northeast United States, promoting sustainable farmers' land access and security. Mike will discuss how Land for Good researches and promotes new approaches and methods that improve farmland access, affordability and security. Jon will share the work he is doing at VLT to make land access more affordable to farmers ready to start or expand a farm business.

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Lyme Disease & Climate Change: The Connection Between Inflammation & Global Warming

Brendan Kelly, Jade Mountain Wellness

Using the lens of Chinese medicine, Brendan Kelly, acupuncturist and author of "The Yin and Yang of Climate Crisis" will discuss how the warming of our planet mirrors a similar overheating within us and within our culture. Supported by research from his book, Brendan will present how the progression of Lyme disease mirrors the progression of climate change. He will also discuss how understanding the development of the disease is essential to treating symptoms and promoting health. Brendan will also present treatment methods to address the numerous symptoms associated with Lyme.

Organic Farming for Food & Justice

Grace Gershuny & Brian Tokar, Institute for Social Ecology;
Vanessa Brown, Building a Local Economy (BALE)

Organic farmers and advocates can contribute significantly to the movements for food and climate justice. Three Vermont activists will tell their stories of working for regeneration through agriculture and food system transformation, climate justice organizing, and building community resilience. Panelists will speak about their efforts on the local, national, and international level to alert and educate others, and take action to mitigate the multi-level impacts of climate chaos. How can we deepen the effectiveness of our efforts through global connections among local groups working for organic/regenerative agriculture, food sovereignty, community resilience, and social justice?

Post Harvest Design for Efficiency, Quality Improvement & Risk Reduction (Part I)

Hans Estrin & Rachel Schattman, UVM Extension

This hands-on practical workshop is designed for aspiring produce growers wanting to improve post-harvest flow, efficiency, profitability, and sanity! Photo-rich case studies, hot tips and tricks, and key research and resource links will support hand-on design exercises and discussion. Growers will leave this workshop with specific project ideas and resources to get cranking for the 2018 season.

Supporting Pollinators in Your Landscape

John Hayden, The Farm Between

Farmers, gardeners and conservationists can learn about native pollinators and how to enhance their populations in our working landscapes. Establishing native plantings, pollinator friendly cover crops, and creating different types of nesting habitat will be emphasized. John is an organic fruit farmer and entomologist who along with his wife Nancy, has established a pollinator sanctuary and fruit and conservation plant nursery at The Farm Between in Jeffersonville, VT.

Understanding Farm Animal Welfare Certification

Kara Shannon, ASPCA; Laurie Ristino, Vermont Law School's Center for Agriculture and Food Systems (CAFS); Vanessa Riva, Stark Hollow Farm; John Miller, Certified Humane Farmer

This workshop provides an overview of three farm animal welfare certification programs –Animal Welfare Approved, Certified Humane and Global Animal Partnership. The panelists will discuss the benefits of certification, what the certification process looks like and what resources are available to help farmers achieve certification. The workshop will draw from the recently published "Farm Animal Welfare Certification Guide" co-released by the ASPCA and CAFS, as well as the first-hand experiences of two welfare-certified Vermont farmers. Anyone interested in understanding more about animal welfare certifications should attend!

Using Draft Horses on the Homestead & Small Farm

Stephen Leslie, Cedar Mountain Farm

Stephen will explain how they use horses to manage a four acre market garden at Cedar Mountain Farm. He will also discuss all of the land management aspects draft horses can be used for on the homestead and small farm such as woodlot, hay making and agri-tourism.

Vermont Farm Kids: Rooted in the Land

Misse Axelrod, NOFA-VT and The Barn Yard;
Maria Reade, Someday Farm

As part of the Vermont Ag Literacy Week in November, NOFA-VT presented "Vermont Farm Kids: Rooted in the Land." This short documentary tells the story of a variety of Vermont farm kids, aged 8 to 28, from throughout the state. The film digs deep into life on a diverse array of farms and captures how that experience has shaped them as a farm child or cultivated them as an agricultural entrepreneur. Several interviews feature young adults who have chosen to return to work on the family farm, or start their own offshoot farm business. A presentation on how and why the film was created will begin the workshop, followed by a viewing. There will also be a meet-and-greet with some of the film's participants.



SUNDAY SESSION III

3:45–5:00 PM

*(See insert for room locations)***Carbon Farming: Regenerative Agriculture for Climate Stabilization***Connor Stedman, AppleSeed Permaculture*

As climate change impacts farmers, communities, and ecosystems worldwide, agriculture can play a major role in mitigating climate change through on-farm carbon sequestration. This workshop will discuss the current state of global knowledge and practice on both belowground and aboveground carbon storage on farms. We will explore a suite of carbon farming practices well suited for adoption by farmers in Vermont, as well as the co-benefits of those systems for farms and ecosystems. The workshop will combine lecture, slides, and Q & A, and is particularly intended for farmers, land managers, service providers, and policymakers.

Cultivating a Hemp Industry in the Northeast

Joel Bedard, The Vermont Hemp Company; Chad Rosen, Victory Hemp Foods, Dr. Brian Voigt, Gund Institute, UVM; Michael Lewis, Growing Warriors

This workshop will provide an overview of positives and negatives of the development of a responsible hemp industry in the Northeast, including research, processing and go-to-market strategies as well as current and future considerations.

Ecology of Having Forest As Part Of Your Homestead*David Brynn, Vermont Family Forests*

Vermont Family Forests (VFF) has been practicing forest-centered conservation that is holistic and adaptive since 1995. David will present Optimal Conservation Practices (OCPs) for accessing family forests in Vermont in a rapidly changing climate, economy, and

culture. He will also list forest vegetation practices that mimic the structure and disturbance regimes of natural forests while avoiding use of whole-tree harvesting, even-aged forest management methods, and synthetic pesticides. VFF employs this approach in plans for Vermont's Use Value Assessment Program. David will highlight how VFF's forest health conservation checklist closely mirror the certified organic forestry practiced in Germany and make the case for Organic Forestry Certification in Vermont.

Good Food Good Medicine

Sandra Lory, Good Food Good Medicine Program; Joann Darling, Gardens for Learning; Joseph Kiefer & Amy Goodman-Kiefer, White Dove Herbal Sanctuary

In this interactive workshop, presenters will share best practices from the Good Food, Good Medicine Program. This grassroots food justice education program focuses on nutrition, gardening, cooking and herbalism through the seasons as a tool for self-empowerment, skill building, and community resilience in these uncertain times.

Help Wanted: Why Attracting & Keeping Good Staff is Such a Challenge*Greg Georgaklis, Farmers To You*

As I work with farmers and business owners, their number one challenge is attracting and keeping staff who are motivated, competent, and interested in the work they do. In this workshop we will uncover a number of limiting assumptions and expectations many of us have about pay, work, generational gaps in understanding and priorities. We will discuss what really attracts the kind of staff and help you need and how to create an environment where they feel they are fully part of something, not just hired hands. This workshop is designed for farmers and business owners/managers with 2 to 200 employees focused on how you as the owner/manager create a culture that allows others to contribute, and why that is essential today with the shifting consciousness around work.

Improving Yield of Cold-Weather Shiitake with Irrigation*Mike Walker, Philo Woodland Farm*

The workshop will present results of a SARE-funded research project examining whether irrigation can improve the quantity, quality and reliability of yields from cold weather shiitake strains grown outdoors on logs. Shiitake cultivation in the Northeast often involves logs being soaked to "force" fruiting. Naturally fruiting cold weather shiitake require less labor and infrastructure, have less log, slug and insect damage. However their fruiting can be sporadic, requiring multiple harvests from each log, increasing the risk of predation, and compromising fruit quality. In partnership with specialists from UVM we have been examining the impact of highly targeted irrigation at critical times to improve yield and quality of fruit from cold weather strains.



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Intentional Ecology: Using Permaculture Principles in the Yard, Homestead and Farm Landscape

Aaron Guman & Graham Unangst-Rufenacht,
Walking Onion & Robinson Hill Beef

Permaculture is an ecological design science guided by principles. These principles have been derived from the observation of natural ecosystems. In this class we will discuss how these principles act as guidelines in our approach to designing complex ecologies for our yards, homesteads and farms. We will look at a range of principles from different ecological thinkers and discuss examples of the practical application of each.

Merchandising & Sales Tips for Farm Stands & Farmers Markets

Annie Harlow, Vermont Farm to Plate

This workshop is geared to any producer selling at farm stands or farmers' markets. We will explore practices for evaluating retail sales and what is working, merchandising that crosses all levels of operations and images to create a dynamic retail outlet. We will also discuss strategies to develop a customer base with social media and co-branding with value added producers. Learn what it takes to increase customer satisfaction by learning to evaluate your operations and merchandising strategies.

Milk with Dignity: Farmworker's Rights in the Food System

Enrique Balcazar, Migrant Justice & representatives
from the Milk with Dignity Standards Council

The Milk with Dignity Program is bringing together farmworkers, farmers, corporate buyers and consumers to secure dignified livelihoods for both farmers and farmworkers. Additionally, the program provides assurance to both retail food companies and consumers who increasingly value a fair supply chain that protects workers' rights. The Milk with Dignity Program, inspired by and modeled after the Fair Food Program, enlists the resources of food industry leaders, to improve farm conditions by providing participating farmers, who agree to comply with a worker-defined Code of Conduct, a premium price for milk. Representatives from Migrant Justice and the program's newly created third party "Milk with Dignity Standards Council" will share more about this program that is just getting off the ground!

Pests & Diseases for Homesteaders & Gardeners

Ann Hazelrigg, UVM

This workshop will provide an overview of what pests we saw in vegetables over the course of the season and what is coming down the pike.






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Post Harvest Design for Efficiency, Quality Improvement & Risk Reduction (Part II)

Hans Estrin & Rachel Schattman, UVM Extension

This hands-on practical workshop is designed for aspiring produce growers wanting to improve post-harvest flow, efficiency, profitability, and sanity! Photo-rich case studies, hot tips and tricks, and key research and resource links will support hand-on design exercises and discussion. Growers will leave this workshop with specific project ideas and resources to get cranking for the 2018 season.

Starting Problems with Diesel Engines

Ron Wold, Vermont Technical College

This workshop will be focused on troubleshooting and basic repair of common starting problems in all diesel powered machinery. The discussion will be specifically geared toward machinery owners and operators with some mechanical ability, but who are not expert mechanics. Most common diesel starting problems are within the reach of a backyard mechanic, and the majority of the discussion will cover how to deal with those common problems- with some additional discussion of more major problems that can require a visit from a professional mechanic. Topics will include: engine oil, battery testing and maintenance, fuel system issues, and electrical system troubleshooting.

Using Small Ruminants as Pasture Improvement Tools


Jenn Colby, UVM Extension

In three separate Central Vermont locations over a five-year period, Jenn Colby has used sheep to manage weeds, spread nutrients, and change biological landscape functions. Working on private property and in one case developing a public-private partnership on town-owned land, Jenn will share the ups and downs of reclaiming rundown agricultural land using farmer labor and animal management as the primary tool, instead of tractors or fertilizers.

Vegetable Production Successes & Challenges: Reflecting on the First 5 Years in Business

Scott Courcelle, Alchemy Gardens; James Donegan, Trillium Hill Farm; Jen Miller, NOFA-VT; Ansel Ploog, Flywheel Farm

Join experienced vegetable farmers Scott Courcelle, James Donegan, and Ansel Ploog as they reflect on their production systems during their first five years operating their farms. Learn what worked well, what aspects were the most challenging, and what solutions to those challenges were most successful as their businesses matured. Topics discussed will include: buying equipment, crop planning, cultivation techniques, maximizing yield, and farm scale. This workshop will be most useful for aspiring farmers and beginning farmers in the first five years of running their business. We will leave plenty of time for questions so come pick the brain of a farmer who has been there!



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Are you looking for an advanced degree, hands-on experience in sustainable farming, research training in the field or at the bench, or the skills to run a business or non-profit? UVM has the food systems programs to feed your curiosity.

A man in a dark jacket and light shirt is standing on a stage, pointing his right hand towards a large word cloud displayed on a screen behind him. The word cloud contains various terms related to agriculture and food, with 'fertilizers', 'pesticides', 'herbicides', 'synthetic', 'chemicals', 'organic', 'inputs', and 'practices' being prominent. The audience's heads are visible in the foreground, looking towards the screen.

- # GRADUATE STUDIES



-

- # EXTENSION



- 36



**If you could see into the future,
you wouldn't have to think about
crop insurance.**

Many types of risk can threaten the viability of your farm enterprise.

Production risks such as extreme weather events, insects and diseases can reduce crop yields.

Market risks such as unexpected price fluctuations can impact your profitability.



Crop Insurance is one way to manage farm production and revenue risks. It provides a safety net when uncontrollable events occur.

Crop insurance premiums are federally subsidized. Take advantage of special policy provisions for organic producers, and for beginning, limited resource and underserved farmers.

Discuss crop insurance options for your farm with your crop insurance agent. To find a crop insurance agent who is licensed in Vermont, go to

<http://www.rma.usda.gov/tools/agent.html>



**Visit the UVM crop insurance exhibit at the
2018 NOFA-VT Conference**



USDA is an equal opportunity provider and employer. This material is funded in partnership with USDA, Risk Management Agency, under award number RM17RMETS524005.



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CONFERENCE EVALUATION

Thank you for completing this evaluation!

Please consider submitting the evaluation
online by scanning this QR code or by visiting:
nofavt.org/conference/WC18evaluation



How do you describe yourself?

(Please pick up to 2):

- ☐ 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

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

- ☐ Cost
- ☐ My availability
- ☐ Workshops did not interest me

Other (please specify)

Farming Experience:

- ☐ None/does not apply
- ☐ 1–5 yrs
- ☐ 6–10 yrs
- ☐ 10+ yrs

Would you still attend the conference if it were held in early March?

- ☐ Yes
- ☐ No
- ☐ Maybe

Please rate the following aspects of the conference:

	Excellent	Good	Fair	Poor	N/A
Overall conference quality	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Value of the conference based on price	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
Signage around campus	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
Lunch: Menu selection and taste	<input type="checkbox"/>	<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"/>	<input type="checkbox"/>
Saturday Social in Exhibitors' Fair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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

**Please suggest workshop topics, presenters, or other conference
activities for future conferences or summer workshops.**

please continue other side

Please rate the following educational aspects of SATURDAY’S conference:	Excellent	Good	Fair	Poor	N/A
Overall quality of educational content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mary Berry’s Keynote Address	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday, Session I (10:45–12:00)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Saturday, Session II: (2:15–3:30)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Saturday, Session III: (3:45–5:00)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Saturday, Roundtable/Discussion Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roundtable (title, speaker or topic)	Comments				

Please rate the following educational aspects of SUNDAY’S conference:	Excellent	Good	Fair	Poor	N/A
Overall quality of educational content	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Onika Abraham’s Keynote Address	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday, Session I (9:30–10:45)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Session II: (2:15–3:30)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Session III: (3:45–5:00)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Roundtable/Discussion Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roundtable (title, speaker or topic)	Comments				

Additional comments and feedback



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

The Northeast Organic Farming Association of Vermont (NOFA Vermont) is a nonprofit organization founded on the understanding that a dedicated community of farmers, gardeners, and food lovers can work together to **change our food system for the better.**

We invite you to be part of our community whether that means becoming a NOFA Vermont member, raising your voice through our policy and advocacy efforts, or supporting our work with a donation.

Being a NOFA Vermont 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 Vermont is where you can go for information and education about all things organic. Your membership also includes many financial and educational benefits. **For more information, visit www.nofavt.org/join, or ask a NOFA Vermont staffer at the conference!**

Help us grow Organic!

"Organic Matters because we want to feed everyone healthy food and feed the masses. As a teacher, and a farmer, I want to work with NOFA to get local and organic produce into schools and institutions. It is important to us to farm in a way that feeds the soil and feeds the earth."

—Certified organic farmer Melissa Dion
(pictured with her husband Ken Carter) from
Stone Hollow Farm in Enosburg Falls, VT



Find out about the many benefits of membership, and join us at www.nofavt.org/join or visit the NOFA table on the first floor of the Davis Center.

BUILDINGS OF NOTE

A Davis

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

B Terrill

Workshops, Film Screening

C Aiken

Workshops, Children's Conference

D Jeffords

Workshops

E Stafford Hall

Workshops

F Marsh Life Sciences

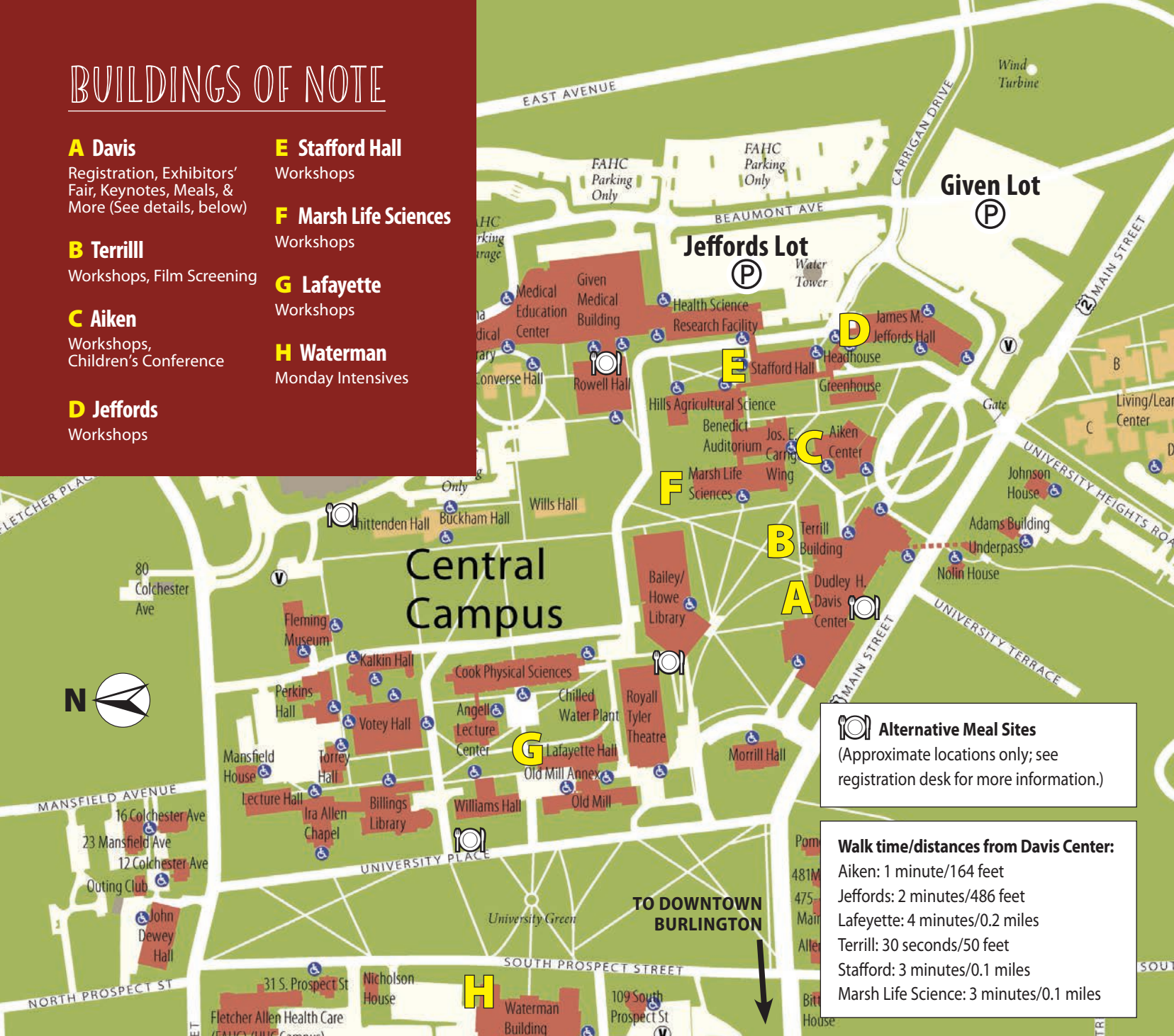
Workshops

G Lafayette

Workshops

H Waterman

Monday Intensives



Alternative Meal Sites

(Approximate locations only; see registration desk for more information.)

Walk time/distances from Davis Center:

Aiken: 1 minute/164 feet
Jeffords: 2 minutes/486 feet
Lafayette: 4 minutes/0.2 miles
Terrill: 30 seconds/50 feet
Stafford: 3 minutes/0.1 miles
Marsh Life Science: 3 minutes/0.1 miles

DAVIS CENTER LOCATIONS

1st Floor

Atrium: Registration, Community Art Project, Ice Cream Social (Sunday), NOFA-VT, VOF & VT FEED tables

Burack Family Fireplace Lounge: NRCS Poster Session, TD Bank ATM

Near South Entrance: Nursing Mothers Lounge

Living Well Center: Hatha Yoga

Brennan's Cafe (open 11 am–11 pm Sat., 3–11 pm Sun.)

2nd Floor

Exhibitors' Fair, Hospitality Table, Coffee, Tea, Kombucha, Saturday Social, Seed Swap (Saturday)

3rd Floor

Social Action Zone (12:00–2:00 pm)

People's United Bank ATM

4th Floor

Jost Foundation Room: Lunchtime Roundtables

Williams Family Room: Lunchtime Roundtables

Chittenden Bank Room: Lunchtime 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, Keynote Speakers, Lunch, Film Screening & Crepes