

Welcome

The NOFA Vermont Winter Conference is a highlight of the winter for farmers, gardeners, homesteaders and enthusiastic eaters.

Please join us—and 1,200 of your fellow organic food enthusiasts—for three days of learning, inspiration, good food, great conversation, and community building.

Wendell Berry said the soil “is the great connector of our lives, the source and destination of all. Without proper care for it we can have no community, because without proper care for it we can have no life.”

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

In addition, the conference will have 87 workshops for commercial organic producers, localvore, homesteaders, and gardeners. There are three featured workshop tracks: a community and school garden series, in collaboration with the Vermont Community Garden Network; a Food Systems Solutions track, in partnership with UVM’s Food Systems Initiative; and a Direct Marketing track we are organizing, with leadership from organic farmers who direct market their farm products. There will be a seed swap hosted by High Mowing Organic Seeds, an exhibitors’ fair, Saturday evening social events, and an ice-cream social, hosted by Strafford Organic Creamery, to wrap up the weekend!

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

Enid Wonnacott

Enid Wonnacott
NOFA Vermont Executive Director

Rachel Fussell

Rachel Fussell
Winter Conference Coordinator



Photos by Ali Zipparo

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Thanks to our Sponsors!

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

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The Fertrell Company
North Country Organics
Nourse Farms Inc
Rural Vermont

EXHIBITORS' FAIR

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

- Albert Lea Seed
- Andrea Chesman
- Applied Ag Tech - Monosem
- Aqua Vitea
- Catamount Solar
- Cedar Wood Natural Health Center
- Center for Agriculture & Food Systems
- Center for an Agricultural Economy
- Chelsea Green Publishing
- City Market
- Cooperative Fund of New England
- Elemental Development
- Farmer Veteran Coalition of Vermont
- FEED (Food Education Every Day)
- Green Mountain College
- Hempfully Green
- High Mowing Organic Seeds
- Intervale Center
- Iroquois Valley Farms
- Johnny's Selected Seeds
- King Arthur Flour
- Kreher Enterprises, LLC
- NOFA Vermont
- Northeast SARE
- OMRI (Organic Materials Review Institute)
- Organic Valley
- Pete and Gerry's Organic Eggs
- Resource Management, Inc
- Rural Vermont
- Shelburne Farms
- Sodexo
- Stonyfield Farm
- SunCommon
- Taproot Threads
- The Farm Between
- The Fertrell Company
- Two Bad Cats, LLC
- University of Vermont Food Systems
- Upstream AG
- Urban Moonshine
- USDA National Agricultural Statistics Service
- USDA Natural Resources Conservation Service
- USDA Northern Organic Vegetable Improvement Collaborative
- USDA Risk Management Agency
- VACC (VT Agricultural Credit Corporation)
- Vermont Agency of Agriculture, Food & Markets
- Vermont Coffee Company
- Vermont Community Garden Network
- Vermont Community Loan Fund
- Vermont Farm Bureau
- Vermont Farm Professional Services
- Vermont Organic Farmers (VOF)
- Village Cannery of Vermont, Inc.
- VT Farm to Plate
- VT Foodbank
- Wellscroft Fence Systems, LLC
- Yankee Farm Credit, ACA

Saturday 8:00 am–7:30 pm

Sunday 8:30 am–4:00 pm

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

WEEKEND SCHEDULE & HIGHLIGHTS

SATURDAY

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

SUNDAY

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

See pages 4 & 5 for more information about Weekend Activities.
See pages 6 & 7 for a list of conference workshops.

FEATURED SPEAKERS

SATURDAY ♦ "OUR SOIL" ♦ HEATHER DARBY —

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



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

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

SUNDAY ♦ "OUR HEALTH" ♦ GUIDO MASÉ —

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



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

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

WEEKEND ACTIVITIES

FARMER COACHING SESSION



Saturday, 9:00 am–2:00 pm • Davis Center

These sessions with farm business advisers from RAFFL, the Intervale Center, and UVM, are focused on helping new farmers create action plans to start or enhance their farm businesses. Pre-registration is required. To sign-up contact rachel@nofavt.org or call (802) 434-4122.

SOCIAL ACTION ZONE

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

Come learn about and get involved in the important work being done by several of Vermont's advocacy organizations. Issues included in this year's social action zone include the Toxics Action Center pesticide rules rewrite campaign, the Soil Carbon Coalition, and more.

HATHA YOGA CLASS



Saturday & Sunday, 12:15–1:15 pm • Davis Center

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

YOUNG FARMER LUNCH & NETWORKING

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

Grab your lunch and join the Vermont Young Farmers Coalition for lunch. There will be ample time to meet beginning farmers in your area and learn more about the Vermont young farmer movement.

VT COMMUNITY GARDEN NETWORK GATHERING



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

Are you involved with a community or school garden or want to learn more about how to get connected? Come to Vermont Community Garden Network's lunchtime gathering to meet fellow garden leaders, swap ideas for the season, and learn about the innovative work garden groups are undertaking around the state. Also learn more about how you can get involved with VCGN and upcoming Network opportunities. Bring your lunch to the Fireplace Lounge for informal networking, 12:30–1pm, and stay for activities, 1–1:45pm.

THE NOFA OVEN

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

Stop by NOFA Vermont's mobile, wood-fired oven outside the Davis Center's first floor exit on your way to workshops and get some tasty roasted roots!



LUNCHTIME ROUNDTABLES

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

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

SATURDAY:

- Childcare on Family Farms: Discussion and Support
- Soil Health & Clean Water: Turning Advocacy into Action
- Restoring Carbon to the Soil
- Listening Session on Research Needs for Manure Safety on Organic Farms
- STAND UP & SPEAK OUT

SUNDAY:

- The Slow Food Way of Life
- Farm to School Coordination: The Ins and Outs
- Winter Opportunities: Jobs in the Off-Season
- Composting Systems Roundtable
- National/Vermont Policy Roundtable



FILM SCREENINGS

1:00–3:30 pm • Terrill Hall, 1st Floor



Saturday: SYMPHONY OF THE SOIL

Drawing from ancient knowledge and cutting edge science, *Symphony of the Soil* is an artistic exploration of the miraculous substance: soil. The film examines our human relationship with soil, the use and misuse of soil in agriculture, deforestation and development, and the latest scientific

research on soil's key role in ameliorating the most challenging environmental issues of our time. Filmed on four continents, featuring esteemed scientists and working farmers and ranchers, *Symphony of the Soil* is an intriguing presentation that highlights possibilities of healthy soil creating healthy plants creating healthy humans living on a healthy planet. **Followed by a Q&A with Wendy Sue Harper.**



Sunday: OUT HERE: A QUEER FARMER FILM PROJECT

Out Here is a full-length documentary film created by the Queer Farmer Film Project. Completed after 4 years in production, it looks at the experiences of queer farmers across the country and asks – what does it mean to be a queer farmer, is agriculture a safe space for queer people, and what are

the relationships between food production and queerness? It is the filmmaker's dream that this project will give voice and visibility to queer people in agriculture and inspire a flagrant national discussion about gender and sexuality as they are related to our food system. **Followed by a Q&A with filmmaker Jonah Mossberg.**

SATURDAY SOCIAL

Saturday, 5:15–7:30 pm • Davis Center

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



6TH ANNUAL SEED SWAP & INFO SESSION

Saturday, 5:15–7:30 pm • Davis Center

Hosted by our friends at High Mowing Organic Seeds, the Seed Swap is the perfect place to expand the biodiversity of your farm or garden. Please bring your clearly labeled seeds to share or come to learn about the various seed varieties High Mowing Organic Seeds has to offer. An expert from High Mowing will be on hand for a short educational session on seed saving and organic seeds, and we'll provide packets in which to take home your new seeds.



VYFC AND SLOW FOOD MEET-UP

Saturday, 7:00 pm • Location TBD

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



Slow Food®



SUNDAY ICE CREAM SOCIAL

Sunday, 5:15-6:15 pm • Davis Center • Free to conference attendees

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



SNACKS AND REFRESHMENTS

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

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

COMMUNITY ART PROJECT

Saturday & Sunday • Davis Center

Join local artist Bonnie Acker to create carrots and cows, farmers and fields for a large, brilliantly-colored community art project! All ages will be celebrated, and you don't have to consider yourself an artist! There will be a place for everyone to share scissors, paper, cloth, and dreams of a Vermont – and a world – where wonderful food is enjoyed by all.



FARM LAND ACCESS COACHING SESSION

Are you a current or aspiring farmer interested in renting, purchasing or reclaiming farmland in the near future? Do you have questions about where to find available farmland in Vermont, how to assess farmland and structures, how to finance a purchase, how to structure or negotiate a lease, or how to start the process of transitioning into an already existing farm business? Staff from the Intervale Center, UVM Extension Center for Sustainable Agriculture, and Rutland Area Farm and Food Link will be available for one-on-one coaching related to farmland access. Interested in signing up for a session? Email stacy@intervale.org or call (802) 660-0440 ext 117.



WEEKEND MUSIC



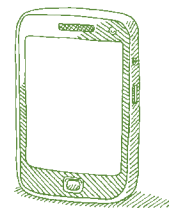
Throughout the weekend, we will feature some of Vermont's finest local musicians to entertain us. Caleb Elder and Brett Hughes will play during the lunch period, from 12-2pm each day, and during our Saturday evening social. Come and listen, sing along or dance with other conference participants!

BOOK SIGNINGS

Join Peter Burke (*Year-Round Indoor Salad Gardening*), David Asher (*The Art of Natural Cheesemaking*), Andrea Chesman (*Pickled Pantry*), and Lee Reich (*Uncommon Fruits for Every Garden*) for a book signing of their latest books. All are presenting workshops during the conference and their books will be available for purchase.

SOCIAL NETWORKING

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



VISIT WWW.NOFAVT.ORG/CONFERENCE FOR MORE DETAILS

SATURDAY WORKSHOPS

	TITLE OF WORKSHOP	PRESENTER/S
BIZ & MARKETING	MIND YOUR BUSINESS! Financial Literacy and Effective Business Management for Farmers	Richard Wiswall
	Starting Your Own Farm Business from Scratch	Richard Wiswall
	Visualizing Social Media: How to Use Photo & Video Tools	Taylor Hutchison, Bailey Hale, Thomas McCurdy, Alexandra Tursi
	☉ Developing Your Farm Brand: How to Identify Your Unique Attributes	Pam Knights
	☉ Producing Value-Added Products	Danielle Allen, Nate Lewis, Rachel Schattman
	☉ How to Engage Shareholders in your CSA	Jennifer Blackwell, Elizabeth Henderson
	Couples & Partners: Working Together for a Sustainable Operation	Spencer Blackwell, Tim King, Markey Read
	☉ Customer Behavior at Farmers Markets: Tips for Increasing Sales & Satisfaction	Chris Wayne
COMMERCIAL CROPS	Post-Harvest Processing of Medicinal Herbs for Market	Jeffrey and Melanie Carpenter
	Cover Cropping for Soil Health	Spencer Blackwell, Andy Jones, David Marchant
	* Pest & Disease Sharing & Roundtable	Ann Hazelrigg, Becky Sideman, Eric Sideman
	* Making the Most of your High Tunnels	Vern Grubinger
	Climate Change & Farmer Health	Joshua Faulkner, Jared Ulmer
	* Land Improvement Practices for Enterprise Establishment	Joshua Faulkner, Ben Waterman
	The Federal Produce Safety Rule: What it Means for Vermont	Roger Noonan, Kristina Sweet, Shelley Mehlenbacher, Abbey Willard
	Organic Fertilizers Demystified	Paul Sachs
FOOD SYSTEMS	Stand Up & Speak Out: Practical Skills for Effective Citizen Action	Andrea Stander
	The Economic and Educational Value of Farm to School	Betsy Rosenbluth, Ali Zipparo
	Five Steps to a Food Justice Farm	Elizabeth Henderson
	Farm Camp and Field Trips!!	Brie Casadei
	Be an Empowered Consumer	Meredith Knowles
	Integrating Vermont Harvest of the Month into Your Communities, Schools, & Businesses	Becca Mitchell, Shane Rogers
	* The Locavore Turns 10: Farmer Perspectives on the Locavore Movement	John Hayden, Victor Izzo, Rachel Schattman, Seth Wolcott
	Keep the Soil in Organic	Dave Chapman
	Giving Back: Tools & Techniques for Feeding the Land	Fearn Lickfield
HOMESTEADER	The Farm as Primary Health Provider	Doug and Barbara Flack
	An introduction to Indigenous Wabanaki Agricultural Systems of Northern New England	Fred Wiseman
	Year-Round Indoor Salad Gardening	Peter and Deb Burke
	Perennial Vegetables and Beyond: Growing Food, Growing Soil & Sequestering Carbon	Aaron Guman, Nicko Rubin
	Origins of the "Early Riser" and Seed Stories	Jack Lazor
	Backyard Composting- Simple, Free and Magic!	Sanne Kure-Jensen
	The Beauty and Bounty of Ecological Landscapes	Sanne Kure-Jensen
COMMERCIAL LIVESTOCK	* Livestock Breeding & Genetics: Principles & Applications	Joe Emenheiser
	Composting and Thermal Energy System at the UNH Organic Research Dairy Farm	Brian Jerose, Matt Smith
	* Agricultural Field Renovation	Daniel Hudson, Ben Machin
	* Optimizing your Forage-based Ruminant Livestock Production System	Joe Emenheiser, Daniel Hudson
	The Art & Science of Good Pasture Management	Sarah Flack
LOCALVORE	Making Crisper Pickles	Andrea Chesman
	Dairy Fermentation Demonstration	David Asher
	Intro to Radical Cheesemaking	David Asher
	Chasing Wild Mushrooms: Foraging and Preparing Edible and Medicinal Mushrooms I	Greg Marley
	Chasing Wild Mushrooms: Foraging and Preparing Edible and Medicinal Mushrooms II	Greg Marley
	Getting to an Anti-Inflammatory Diet	Marie Frohlich
	Herbal Medicine Making	Betsy Bancroft
	Food, Flavor & Physiology	Baylen Slote

SUNDAY WORKSHOPS

	TITLE OF WORKSHOP	PRESENTER/S
BIZ & MARKETING	☉ Sustainable Marketing	Greg Georgaklis, Rose Wilson
	☉ Expanding Your Brand	Nick Managan
	☉ Crafting Meaningful Farm Visits	Misse Axelrod, Maria Reade, Vera Simon-Nobes
	Farm Transfer Issues and Discussion	Ross and Amanda Thurber
	☉ Farmstand Logistics	Scott Woolsey
	☉ Plowing Ahead: Building a Rural Enterprise w/ Zoning and Land Use Regulations in Mind	Stephanie Smith, TBD
	Labor Laws that Every Farmer-Employer Should Know	Dirk Anderson
COMMERCIAL CROPS	Winter Production and Low Tunnels	Bryan O'Hara
	No-Till for Intensive Vegetable Growing	Bryan O'Hara
	* Nutrient Management Planning for Vegetable Farms	Vern Grubinger, Becky Maden
	Emerging Crops: Sweet Potatoes & Ginger	Eugenie Doyle, Becky Sideman
	* Developing Sustainable Pest Management Tactics for the Invasive Leek Moth	Victor Izzo, Scott Lewins
	Tips for Designing Drip Systems	Trevor Hardy
	* Community Accreditation for Produce Safety-CAPSI: Get Proactive not Reactive	Hans Estrin, Vern Grubinger
	Energy Efficient Cold Storage	Ethan Bellavance
	The Science of Soil Health: Know the Soil, Know the Land	Kip Potter
FOOD SYSTEMS	The Ecology of Care: Shifting from a Sterile to a Fertile Paradigm in Medicine & Agriculture	Didi Pershouse
	Whatever Happened to Organic?	Grace Gershuny, Joey Klein, Jack Lazor
	Transforming Community Food Environments to Make Fresh Local Food Accessible to All	Andrea Solazzo, Michelle Wallace
	◊ Permaculture in School Gardens Discussion	Deirdre Holmes
	◊ Community-based Gardens: Getting Started	Sheryl Rapée-Adams, Libby Weiland
	◊ Scaling Up: Composting at Schools and Community Gardens	Cat Buxton
	◊ Seasonal Resilience for Body and Soil: Medicinal Plants in Community Gardens	Erica Feinberg, Sandra Lory
HOMESTEADER	Figs in Cold Climates	Lee Reich
	Uncommon Fruits for Backyard and Market	Lee Reich
	* Common Pests & Diseases for Homesteaders and Gardeners	Ann Hazelrigg
	Spinning: A Business (How to Turn Wasting Fiber into Additional Income)	Carol Johnson Collins
	Growing Hops for Home and Market	Laura Ten Eyck & Dietrich Gehring
	An Accidental Seed Saver	Tim King, Markey Read
	Honey Bee Overwintering and Spring Management	Ross Conrad
COMMERCIAL LIVESTOCK	Raw Milk: Best Practices for Profitable and Safe Production of Raw Milk I	Tim Wightman
	Raw Milk: Best Practices for Profitable and Safe Production of Raw Milk II	Tim Wightman
	Pastured Poultry Production: Systems Innovations & Best Practices for Maximizing Profits I	Jennifer Hashley
	Pastured Poultry Production: Systems Innovations & Best Practices for Maximizing Profits II	Jennifer Hashley
	Plump Pigs: Strategies for Pasturing Hogs and Milling Your Own Feed	Heather Sanford
	This Little Piggy When to Market: From On-farm Butchering to Building a USDA Processing Facility	Heather Sanford
LOCALVORE	Self-Care for Farmers and Gardeners	Martha Waterman
	Rendering and Cooking with Animal Fats	Andrea Chesman
	Food as Medicine: An Herbalist's Approach to Food	Betsy Bancroft
	The Thriving Pantry: A Two-part Workshop on Fermented Foods (Part I & II)	Joshua Pfeil
	Shop Organic, Keep Your Budget	Meredith Knowles
	Preserving Your Herb Garden: Salts, Vinegars, and More	Abbey Duke, Tessa Kennison

Workshop schedule subject to change; visit www.nofavt.org/conference for workshop descriptions, session information, & the most up-to-date listing.

Featured Tracks: * UVM Food Systems Solutions ◊ Community & School Garden Series ☉ Direct Marketing
(See page 11 for more information about Featured Tracks)

MONDAY INTENSIVES

Monday, February 15, 2016

\$65 members; \$80 non-members • Billings & Waterman Lounge, UVM

Prices include lunch by Have Your Cake Catering (The Skinny Pancake).

Pre-registration is requested; we cannot guarantee lunch for walk-ins.



INTENSIVE NO-TILL VEGETABLE PRODUCTION TECHNIQUES & SYSTEMS

Presenter: **Bryan O'Hara**

9:30 am–4:30 pm

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



GROWING ELDERBERRIES IN VERMONT FOR CONSERVATION, HEALTH, & PROFIT

Presenters: **Ginger Nickerson, UVM;**
Guido Masé, VCIH/Urban Moonshine;
John Hayden, The Farm Between;
David Fried, Elmore Roots Nursery

9:30 am–4:30 pm

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



GETTING STARTED WITH ORGANIC BEEKEEPING

Presenter: **Ross Conrad, Dancing Bee Gardens**

9:30 am–4:30 pm

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



TREES ON FARMS: PROFITABLE AGROFORESTRY FOR THE TEMPERATE NORTHEAST

Presenters: **Steve Gabriel, Farming the Woods**

9:30 am–4:30 pm

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



NOFA VERMONT CHILDREN'S CONFERENCE

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



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

At the Children's Conference, participants attend workshops in felting and print-making, go outside for workshops on tracking and making shelters, and create their own snacks by baking in NOFA's mobile oven, drying fruit, or making bicycle smoothies.

Children also have the opportunity to create original songs and work with fabulous local artist Bonnie Acker on the Community Art Project and making Valentine's Day cards.



The cost of registration is \$30/child/day, and space is limited, so please register early.

Lunch is not included in the cost of registration. Children are welcome to join adults for lunch at the children's price of \$10. Of course, you're also welcome to pack a bag lunch for your kids!

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



FEATURED WORKSHOP TRACKS

See all workshops on pages 6 & 7. Full workshop descriptions can be found at www.nofavt.org/conference

* UVM FOOD SYSTEMS SOLUTIONS

SATURDAY	Pest & Disease Sharing & Roundtable
	Making the Most of your High Tunnels
	Land Improvement Practices for Enterprise Establishment
	The Locavore Turns 10: Farmer Perspectives on the Locavore Movement
	Agricultural Field Renovation
	Optimizing your Forage-based Ruminant Livestock Production System
SUNDAY	Nutrient Management Planning for Vegetable Farms
	Developing Sustainable Pest Mgmt Tactics for the Invasive Leek Moth
	CAPS!: Get Proactive not Reactive
	Common Pests & Diseases for Homesteaders and Gardeners



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



◎ DIRECT MARKETING

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

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

◇ COMMUNITY & SCHOOL GARDEN SERIES

SUNDAY	Community-based Gardens: Getting Started
	Scaling Up: Composting at Schools and Community Gardens
	Seasonal Resilience for Body & Soil: Medicinal Plants in Community Gardens
	Permaculture in School Gardens Discussion



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

LOCATION

The 2015 Winter Conference will take place at the University of Vermont campus. Registration takes place at the Davis Center: 590 Main Street, in Burlington, VT.



The Davis Center will serve as the main hub, with workshops in nearby classrooms. Parking in the Jeffords and Given lots is free, ample, and within walking distance to the Davis Center.

Monday intensives will take place in Waterman Lounge & Billings Student Center.

LODGING & RIDES

Rooms are available at a discounted rate for conference attendees at Best Western in Burlington. Please call (802) 434-4122 or visit www.nofavt.org/conference for transportation and accommodation options.

MEALS & FOOD

LUNCH Sat & Sun, 12-2:00pm \$16/adult;
\$10/child 6-12; free for children under six

Locally-sourced buffet includes your choice of entrée, salads, and dessert. Vegetarian, gluten-free and dairy-free options will be available. Lunches do sell out! The number of meals we can serve is limited; we strongly recommend purchasing a lunch when you pre-register. Other options to eat on campus are limited, especially Sunday. You are also welcome to bring a bagged lunch with you and join us in the dining room!

Please note any food restrictions or allergies on your registration form.



THE DETAILS

QUESTIONS? — Contact us at 802-434-4122 or info@nofavt.org

VOLUNTEERING

Interested in volunteering at the Winter Conference? It's a great way to participate in the conference, and save money on your registration, too!

A two-hour volunteer shift earns you a \$15 discount and the satisfaction of helping the conference run smoothly. Limit one shift per attendee.

If you'd like to sign up, please contact Maddie or Becca at the NOFA Vermont office at 802-434-4122 or email info@nofavt.org prior to February 4th. **You must confirm a volunteer position with the office before taking the volunteer discount.**

REGISTRATION REFUNDS

We appreciate your support of our annual Winter Conference! If plans change and you are unable to attend the conference after you have registered, NOFA-VT will reimburse 75% of your registration cost until February 4th. Any refund requests after the 4th will receive a 50% reimbursement, less the cost of meals and credit card fees.

All refund requests must be made in writing. Refund checks will be mailed two weeks after the conference.



ONLINE REGISTRATION & MEMBERSHIP

Online registration begins January 5, 2016.

Attention current NOFA-VT Members: If you register online, you will need to enter a special code to receive your member discount. All members will receive this code via email during the first week of January. If you renew your membership during online registration, you will automatically receive the member discount.

SCHOLARSHIPS

We make every effort to keep rates affordable, in part through our scholarship program. The Winter Conference Scholarship is available to NOFA Vermont members, and is supported through donations from members and conference attendees.

For an application, please call the NOFA-VT office at (802) 434-4122. Scholarships do not cover the cost of meals.

Scholarship application deadline: January 23, 2016.

If you are able, please help us make the conference accessible to all with a contribution to the scholarship fund. Your donation is tax-deductible and can be included when you register for the conference.



REGISTRATION FORM [OR REGISTER ONLINE AT WWW.NOFAVT.ORG]

To register additional attendees, please copy or download another form. Clip and mail by February 4 and save \$20 off walk-in rates.

Name (1): _____	Name (2): _____
Farm/Business: _____	
Address: _____	Email: _____
City/State/Zip: _____	Phone: _____
Child Name & Age (1): _____	Child Name & Age (2): _____

1 REGISTRATION & FEES

Save by pre-registering! Walk-in rates increase by \$20/person per day.

Adult 1	Member	Non-member	Lunch
Saturday	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	<input type="checkbox"/> \$16
Sunday	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	<input type="checkbox"/> \$16
Monday Intensives:			
Intensive No-Till Production	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Growing Elderberries	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Trees on Farms	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Organic Beekeeping	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
TOTAL for Adult 1:	\$ _____		

Adult 2	Member	Non-member	Lunch
Saturday	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	<input type="checkbox"/> \$16
Sunday	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	<input type="checkbox"/> \$16
Monday Intensives:			
Intensive No-Till Production	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Growing Elderberries	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Trees on Farms	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
Organic Beekeeping	<input type="checkbox"/> \$65	<input type="checkbox"/> \$80	included
TOTAL for Adult 2:	\$ _____		

Children's Conference	Child 1	Lunch	Child 2	Lunch
Saturday	<input type="checkbox"/> \$30	<input type="checkbox"/> \$10	<input type="checkbox"/> \$30	<input type="checkbox"/> \$10
Sunday	<input type="checkbox"/> \$30	<input type="checkbox"/> \$10	<input type="checkbox"/> \$30	<input type="checkbox"/> \$10
TOTAL for Children:	\$ _____			

If you are purchasing lunch, please note any dietary restrictions:

Register online! Snap the QR code or visit www.nofavt.org/conference to



register securely online; pay by credit card or mail a check.

2 MEMBERSHIP

Become a member today and register at the discounted rate! Your membership supports NOFA Vermont's year-round programming and entitles you to a host of benefits - visit www.nofavt.org/join to learn more. Not sure if your membership is current? Call the office at (802) 434-4122.

☐ New ☐ Renewing ☐ I am already a member

- | | |
|---|---|
| <input type="checkbox"/> Friend of NOFA - \$250 | <input type="checkbox"/> Family - \$55 |
| <input type="checkbox"/> Business - \$100 | <input type="checkbox"/> Individual - \$40 |
| <input type="checkbox"/> Farm - \$65 | <input type="checkbox"/> Low income/student/senior - \$25 |

Membership name: _____

3 PAYMENT

Add the totals for each section here. Please note that no discounts are applicable to Children's Conference registration.

Adult 1 Total	\$ _____
Adult 2 Total	\$ _____
Children's Conference Total	\$ _____
NOFA Vermont Membership	\$ _____
Tax-deductible contribution to Scholarship Fund - thank you!	\$ _____
Service Fee	\$5.00
Subtotal:	\$ _____
Volunteer Discount <i>(Please contact the office before taking a volunteer discount. Subtract \$15 for 2 hours, maximum)</i>	-\$ _____
Total enclosed:	\$ _____

Please make checks payable to NOFA Vermont and mail to:
NOFA Winter Conference • PO Box 697, Richmond, VT 05477

Pre-registration must be postmarked or take place online by February 4, 2016. After that, please register on-site (walk-ins welcome). Please note: you will **not** receive confirmation of this registration. Additional information will be mailed to Children's Conference registrants.



NOFA VERMONT'S 34TH ANNUAL WINTER CONFERENCE

OUR SOIL OUR HEALTH

100 + workshops, keynote speakers, roundtables,
& celebration for commercial growers, gardeners,
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Linking the health of the soil to the health of plants, animals, and people

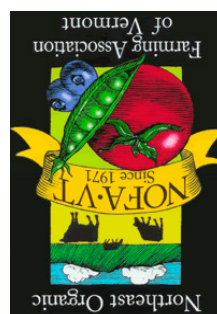
Learn more, register, & meet our exhibitors and sponsors at www.nofavt.org/conference



**February 13-15, 2016
in Burlington, Vermont**



WINTER CONFERENCE
Please join us for
NOFA Vermont's 34th Annual



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