

NOFA Vermont's 37th Annual WINTER CONFERENCE

FOOD TRADITIONS

Celebrating
Our
Agricultural
Roots

February
16-18, 2019
Burlington,
Vermont



nofavt.org



Art by Naima Penniman

Enid Wonnacott

AUGUST 29, 1961–JANUARY 19, 2019



A Tribute to Enid, NOFA-VT's beloved Executive Director for 31 years

Enid Wonnacott started working at NOFA Vermont in 1988 with a single milk crate of files. She built that into a movement of over 1,000 organic farmers, thousands of homesteaders, gardeners, mindful eaters and cooks, hundreds of businesses, all working together on a shared vision for what Vermont agriculture can be. Her steadfast confidence that we are stronger together gave our movement a powerful framework for the future. She connected ideas and people, and helped us to see that caring for the land also means caring for people. Enid's passion for bringing people together and cultivating long lasting relationships shaped NOFA-VT into the trusted, solid anchor institution we have today, which is a model for sustainable agriculture here and far beyond Vermont's borders.

We love you and miss you, Enid!

The Enid Fund for NOFA-VT

The Enid Fund will build on Enid's legacy to support NOFA-VT's ongoing and evolving work, supporting farmers and building strong, agriculturally-based communities. We know NOFA and the organic movement are still in a growing season, and this fund will empower us to continue.

We invite you to join us now, to invest in the sustenance of Enid's vision and values, and to be part of our continuing work toward a healthier, wiser world. **This is what Enid hoped for, and we invite you to make it happen.** You can make a donation at nofavt.org/enid-fund or visit the NOFA table on the first floor of the Davis Center.

Welcome

This is our 37th annual Winter Conference and one of our favorite weekends of the year! This event is an opportunity to connect, learn and get inspired.

As you may have already heard, our longtime Executive Director, Enid Wonnacott, retired in mid-December and passed away in mid-January. We are missing her immensely. We are grateful that you showed up this weekend to gather in community and celebrate at this year's conference, one of Enid's favorite events. We are excited to work together to build upon Enid's legacy of supporting farmers and continuing to grow vibrant, agricultural communities.

This year's conference theme, **Food Traditions: Celebrating Our Agricultural Roots**, celebrates those who came before us by honoring the history of land-use in Vermont. We will highlight the role of all people working the land past and present, as well as the whole community currently committed to food production in Vermont. This awareness and interconnectedness provides strength as we reflect on the past and look to the future of agriculture. We invite you to explore this theme at the conference through the keynotes, workshops, panel discussions, roundtables and more.

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



Erin Buckwalter



Megan Browning



Livy Bulger

Enid built a movement through tireless work and also by leading us in song. In honor of Enid we continue her beloved tradition of singing, with a song that she chose for this year's conference.

We Shall Be Known

Music and lyrics by MaMuse
Led by Chris Dorman

We shall be known by the company we keep
by the ones who circle round to tend these fires

We shall be known by the ones who sow and reap
the seeds of change alive from deep within the earth

It is time now
It is time now that we thrive
It is time we lead ourselves into the well
It is time now, and what a time to be alive
In this great turning we shall learn to lead in love
In this great turning we shall learn to lead in love

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Certification Specialist

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Office Assistant & Share the
Harvest Coordinator

ENID WONNACOTT
Executive Director Emeritus

LAUREN YOUNG
Office Manager

KEYNOTE SPEAKERS



SATURDAY
9:00 am

**Davis Center,
Fourth Floor**

Leah Penniman

Farming While Black: African Diasporic Wisdom for Farming and Food Justice

Some of our most cherished sustainable farming practices—from organic agriculture to the farm cooperative and the CSA—have roots in African wisdom. Yet, discrimination and violence against African-American farmers has led to our decline from 14 percent of all growers in 1920 to less than 2 percent today. Further, Black communities suffer disproportionately from illnesses related to lack of access to fresh food and healthy natural ecosystems. Soul Fire Farm, cofounded by author, activist, and farmer Leah Penniman, is committed to ending racism and injustice in our food system. Soul Fire Farm is part of a global network of farmers working to increase farmland stewardship by people of color, restore Afro-indigenous farming practices, and end food apartheid. Join us to learn how you too can be part of the movement for food sovereignty and help build a food system based on justice, dignity, and abundance for all members of our community.

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



SUNDAY
11:30 am

**Davis Center,
Fourth Floor**

Melody Walker Brook

Eight Sisters: Connection to Place Through an Abenaki Lens

featuring the Alnôbaiwi Dance Group

As a living culture, the Abenaki have evolved over more than ten thousand years in the region, from Maritime Archaic hunters to agriculturalists to modern members of society. Spiritual traditions have changed over time in a similar fashion featuring veins of animism, the way of the seeded earth, Christianity, and Pan-Indianism. The agricultural history of Vermont begins with the Abenaki community. The richness of Abenaki traditions will be highlighted as a way to understand concepts of personhood, connection to place, sustainability, and innovation. Following Melody's talk, the Alnôbaiwi Dance Group will demonstrate the Round Dance and the Snake Dance, two traditional Abenaki dances, and invite the audience to participate.

Melody Walker Brook is an educator, activist, and member of the Vermont Abenaki Artists Association. Melody received her master's degree in History from the University of Vermont and focuses much of her work on Abenaki concepts of personhood and identity. Melody is the former vice chair and chair of the Vermont Commission on Native American Affairs and is a citizen of the Elnu Abenaki Band. She has been an adjunct professor at various institutions for the past decade and gave a talk called, "Weaving a Thread Through the Seven Generations" at the TEDx Stowe Conference in 2018.

WEEKEND SCHEDULE

LOOKING FOR HELP?

Look for NOFA-VT staff/board members 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

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Saturday, February 16

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

Sunday, February 17

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

Monday, February 18

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

See Page 12 for full details. All Monday Intensives take place in the Waterman Building.

EVALUATIONS

Your feedback is important to us! See perforated page at the back of the program and turn it in at the end of the day for a Lake Champlain Chocolates reward!

EXHIBITORS' FAIR

Saturday 8 am–6 pm

Sunday 8:30 am–4:15 pm

Get your last visit in before heading to the third workshop on Sunday!

Davis Center, 2nd Floor

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

Area 1

Butterworks Farm
Catamount Solar
Chelsea Green Publishing
City Market
College of Agriculture and Life Sciences, University of Vermont
Fedco
Green Mountain College
High Mowing Organic Seeds
Horticultural Professionals
Johnny's Selected Seeds
Kimball Brook Farm/Green Mountain Organic Creamery
Neighboring Food Co-ops
New Chapter
Skinny Pancake
SunCommon
Treesong Tonics
USDA Natural Resources Conservation Service
Vermont Agency of Agriculture, Food and Markets
Vermont Coffee Company
Vermont Farm Bureau
Vermont SARE State Program
Vermont Soap
VHCB Farm & Forest Viability Program
Wellscoft Fence Systems, LLC
Yestermorrow Design/Build School

Area 2

AquaVitea
Black Dirt Farm
Brookdale Farm Supplies
Dancing Bee Gardens
Dark Matter Medicinals
Farm and Wilderness Foundation
Farm Connex
Greenvest
Iroquois Valley Farmland Reit
Land for Good
National Center for Appropriate Technology/ATTRA
New England Adaptation Survey
New England Farmers Union
Nutty Steph's, Inc
Regenerate North East
Rimol Greenhouse Systems
Rural Vermont
Salvation Farms
Shelburne Farms
Sterling College
Tender Warrior Co.
Upstream Ag
Vermont Community Garden Network
Vermont Community Loan Fund
Vermont Farm to Plate
Vermont Foodbank
Vermont Land Trust
VTC



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



A FARM TO SCHOOL PROJECT
of NOFA-VT and Shelburne Farms

DAVIS CENTER LOCATIONS

1st Floor

Registration
Honoring Enid Photo Exhibit & Story Share
Community Art Project
Reiki & Meditation Sessions
NOFA-VT, VOF & VT FEED tables
Ice Cream Social (Sunday)

2nd Floor

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

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 (Saturday)



Ali Zipparo

WEEKEND ACTIVITIES

Honoring Enid: Photo Exhibit & Story Share



**Saturday 10:45 am–5 pm and
Sunday 10 am–4 pm • Davis Center,
1st Floor Atrium**

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

be opportunities to record an oral story for the NOFA-VT archives, and/or write your memories to be bound into a book for Enid's family.



Exhibitors' Fair

**Saturday 8 am–6 pm & Sunday 8:30 am–4:15 pm • Davis Center,
2nd Floor**

See previous page for a full list of exhibitors and be sure to join us for the Saturday Social (details on page 9)!

Community Art Project with Bonnie Acker

Saturday & Sunday • Davis Center, 1st Floor Atrium

Join local artist Bonnie Acker to work on a community art project! 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 12–2 pm & 4:30–6 pm & Sunday 12:30–2:15 pm • Davis
Center, 2nd Floor**

Throughout the weekend, we will feature wonderful local musicians as entertainment. Ryegrass is a 5-piece bluegrass band that got its start playing at the Burlington Farmers Market in 2016. The band combines original songwriting with high bluegrass harmonies and instrumentals on guitar, fiddle, mandolin, banjo and upright bass.



Ryegrass also plays traditional old time and bluegrass music, and songs about farming and rural life. Listen, sing along or dance with other conference participants!

Wellness Fair

**Sunday 8:30–10 am • Davis Center, 2nd Floor
and 1st Floor Living Well Room**

NEW
THIS
YEAR!

Spend some time taking care of yourself! Don't miss out on a host of wellness offerings: herbal consultations with herbalists from Vermont Center for Integrative Herbalism including a traveling apothecary, reiki and meditation sessions, as well as chair massage.

Sunday Morning Breakfast Treats

**Sunday 9–10 am • Davis Center, 2nd floor,
outside Exhibitors' Fair**

NEW
THIS
YEAR!

Don't sleep in on Sunday! Join us at the Davis Center to pick up a delicious baked good made by local baker Miss Weinerz to enjoy as you head into your first workshop session.

Raffle

Several small, framed oil paintings will be raffled off on Sunday, February 17 at the Ice Cream Social, although you do not need to be present to win. **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 benefit NOFA-VT's Farmer Emergency Fund to assist organic and NOFA member farmers who are adversely affected by natural and unnatural disasters (more details on page 10).

Social Networking

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



LUNCHTIME ACTIVITIES



Lunchtime Roundtables

Saturday 1–2 pm & Sunday 1:30–2:30 pm • Davis Center, 4th Floor

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

Reiki and Meditation Sessions

**Saturday 12:15–1:15 pm, Sunday 8:30–10 am & 12:45–1:45 pm
Davis Center, 1st Floor Living Well Room**

Join practitioners from the Vermont Reiki Association for an opportunity to rest, relax and rejuvenate during your conference day. Reiki can be performed generally for health promotion and stress relief, or for a direct ailment. Drop in for 15 minute sessions. All are welcome!

Film Screening

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

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

Social Action Zone

Saturday 12–2 pm & Sunday 12:30–2:30 pm • Davis Center, 3rd Floor Landing

Learn about and get involved in the important work being done by several of Vermont's social action organizations. This year's featured organizations include the Agricultural Justice Project, Dawnland Decolonization Study Group/VT Myconode, Migrant Justice, Peace & Justice Center, and Vermont Young Farmers Coalition.

Meet Vermont's Congressional Delegation and State Officials

Saturday, 12:30–1 pm 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. Following short speeches, policy makers and their staffers will gather in the Livak Ballroom for a meet-and-greet and lunchtime roundtable.

Book Signings

Saturday & Sunday • 2nd Floor Exhibition Area

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* • Sun 12:30–1

Peter Burke, *Year-Round Indoor Salad Gardening* • Sat 1:30–2

Andrea Chesman, *The Fat Kitchen: How to Render, Cure & Cook with Lard, Tallow & Poultry Fats* • Sat 12–2

Deirde Heekin, *An Unlikely Vineyard* • Sun 1–1:30

Leah Penniman, *Farming While Black: Soul Fire Farm's Practical Guide to Liberation on the Land* • Sat 12:15–1

Rhonda Sherman, *The Worm Farmer's Handbook: Mid-to-Large Scale Vermicomposting for Farms, Business, Municipalities, Schools and Institutions* • Sat 1–1:30

Julia Shipley, *New Farmer's Almanac* • Sunday 1:30–2

Richard Wiswall, *The Organic Farmer's Business Handbook: A Complete Guide to Managing Finances, Crops, and Staff—and Making a Profit* • Sat 1:30–2

9th Annual Seed Swap & Information Session

Saturday 12:30–1:30 pm • Davis Center, 2nd floor near Exhibitors' Fair

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

New
time this
year!

LUNCHTIME ROUNDTABLES

Davis Center, 4th Floor

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

SATURDAY, 1–2 pm

Organizing for a Just Food Farm— Building Benefits for Farmers & Farmworkers

*Louis Battalen, NOFA Mass Domestic Fair Trade Commission;
Migrant Justice; Milk with Dignity Standards Council*

The marketplace is demanding ethically produced food, wanting to support farms that price fairly, pay living wages, and treat their workers with respect. How will food justice issues impact farmers and farmworkers? How does involvement in grassroots organizations like NOFA, Migrant Justice and the Agricultural Justice Project support these issues? How do we value labor fairly, honor the work of the invisible workers, and talk about power dynamics on farms? Ethical farmers face economic struggles to live by their values. Young farmers may not be able to own or even manage their farms. Migrant farm workers withstand harsh realities, and still have the courage to organize for change. Let's hear these stories! What kind of engagement between farmers and farm workers do we need to build bridges towards a food system that allows everyone to live a valued and dignified life? Please bring your stories and proposals to this lively discussion.

Using Film for Storytelling: The Mad River Taste Video Series

Robin Morris & Bill Cavanaugh, Mad River Food Hub; Carol Degener, Brand Inflection; Elizabeth Rossano, Elizabeth Rossano Films; Dave Gavett, Scrag Mountain Maple

Creators of the Mad River Taste video series will discuss the business need for the videos, the approach to creating them and what lessons were learned along the journey. The business owners will also discuss the impact these videos have had on their business to date. We can all benefit from the insights of this team to shape our own brand story in order to create a long term connection with our customers.

Vermont Congressional Meet & Greet: Share Your Farming Story

Maddie Kempner, NOFA-VT, & Congressional staffers

Following brief remarks to all conference attendees in the Grand Maple Ballroom (1230-1pm), delegates and their staffers have been invited to stay for a meet-and-greet with time for conference attendees to share their stories and discuss their perspectives on food and farm policy in Vermont. Come prepared to discuss the ways that Vermont's food and farm policy has helped you as a farmer and ideas for new policy that could be of service to you.

See insert
for room
locations



Ali Zipparo

SUNDAY, 1:30–2:30 pm

Unpacking the 2018 Farm Bill: What it Means for Food & Farming in Vermont

Maddie Kempner, NOFA-VT; Ariana Taylor-Stanley, National Sustainable Agriculture Coalition (NSAC)

In December 2018, Congress passed another five year Farm Bill, which will have broad reaching impacts on our food and agriculture systems across the country. The 2018 Farm Bill contains many exciting wins for organic farmers, beginning and socially disadvantaged producers, local and regional food systems, and key nutrition programs. While many of the worst possible outcomes were avoided, the Farm Bill has largely been viewed as maintaining the status quo and continuing to tip the scales in favor of industrial agriculture overall. Join us for a roundtable discussion with Northeast food and farm policy experts to learn what's in the latest Farm Bill and how it will impact farmers and eaters in Vermont and beyond.

Vermont Cover Crops: Perspectives from UVM Extension and Growers

Becky Maden, UVM Extension; Aly Martelle, Intervale Community Farm

There's more to cover cropping on a vegetable farm than fall planted winter rye! Join this discussion about cover crop innovations, from beautiful summer mixes, to living walkways, to home-grown mulch or grain, to pollinator habitat. Come prepared to share and learn about managing cover crops on all scales, timing of seeding and incorporating for optimal benefit, and maximizing the benefits from cover crops on your farm.

Vermont Organic Farmers (VOF) Meet & Greet: Understanding Organic Certification

Nicole Dehne, VOF Certification Director; Brian Shevrin, VOF Certification Specialist (Vegetables & Fruit); Kyla Bedard, VOF Certification Specialist (Livestock & Dairy)

Thinking about becoming a certified organic operation? Already certified but have questions about standards? Want to learn more about the certification process, the perks and the paperwork? Join in on this roundtable to talk face-to-face with certification specialists and get your questions answered!

MEALS & FOOD



Lunch

Saturday 12–2 pm & Sunday 12:30–2:30 pm • 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: Beef Shepard's Pie, Lentil Shepard's Pie, Braised Cabbage, Beet Salad, Bread & Butter, and Apple Crisp with Whipped Cream

SUNDAY: Turkey & Butternut Squash Stew, Vegetarian Three Sisters Stew, Wild Rice & Roasted Squash Salad, Cabbage Salad, Cornbread and Butter, and Baked Maple Cornmeal Pudding

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

The NOFA Oven

Saturday 12–2 pm & Sunday 12:30–2:30 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!

Snacks and Refreshments

Saturday & Sunday • Davis Center, 2nd Floor Exhibitors' Fair • 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.

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	Miss Weinerz, Burlington
All Souls Tortilleria, Warren	Moksha Farm, Roxbury
Burnt Rock Farm, Huntington	O Bread, Shelburne
Butterworks Farm, Westfield	Olivia's Croutons, Brandon
Cabot Creamery Cooperative, Waitsfield	Organic Valley, La Farge, WI
Champlain Orchards, Shoreham	Pete and Gerry's Organic Eggs, Monroe, NH
Clearbrook Farm, Shaftsbury	Plymouth Artisan Cheese, Plymouth
Dancing Bee Gardens, Middlebury	Real Pickles, Greenfield, MA
Equal Exchange Tea, West Bridgewater, MA	Red Hen Baking Co., Middlesex
Farm at VYCC, Richmond	Shelburne Farms, Shelburne
Farm & Wilderness, Plymouth	Skinny Pancake, Burlington
Flack Family Farm, Fairfield	Sugarsnap, South Burlington
goodmix Foods, Waitsfield	Stonyfield Farm, Londonderry, NH
Intervale Community Farm, Burlington	Strafford Organic Creamery, Strafford
Intervale Food Hub, Burlington	Trader Joe's, South Burlington
Jericho Settlers Farm, Jericho	True North Granola, Brattleboro
Kimball Brook Farm, North Ferrisburgh	Vermont Coffee Company, Middlebury
Lake Champlain Chocolates, Burlington	Vermont Village, Barre

See signs at the conference for an up-to-date list of our generous food donors.

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.

Blue Cat	Leonardo's Pizza
Butch & Babes	Leunig's Bistro
City Market, Onion River Coop	Penny Cluse Cafe
Farmhouse Tap & Grill	Skinny Pancake
Great Harvest Bread Company	Switchback Brewing Company
Juniper at Hotel Vermont	Lake View Restaurant

EVENING EVENTS

Saturday evening events are open to the public. Please invite your colleagues, farmer and foodie friends, and others.

Saturday Social

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

Enjoy appetizers, wine and beer, and live music while you chat with friends and visit with exhibitors. This yearly event is a great way to unwind after a full conference day and connect with others in your field. Thanks to generous donations, we will have appetizers by Sugarsnap and crepes made on-site by Skinny Pancake. Cash bar.

Young Farmer and Slow Food Meet-Up

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

Head downtown to Hotel Vermont for drinks and light snacks co-hosted by Slow Food Vermont & The Vermont Young Farmers Coalition. This social event seeks to create community and provide space for continuing conversations. Open to everyone, including colleagues and friends who have not attended the conference. Join in to mingle after the conference and into the night!



Sunday Ice Cream Social

Sunday 5:30–6:30 pm • Davis Center, 1st Floor Atrium • Free to conference attendees

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

FILM SCREENING & PANEL DISCUSSION

**Saturday 6–8 pm • Davis Center,
4th Floor, Grand Maple Ballroom •
\$5 Suggested Donation**

Join NOFA-VT for a screening of the documentary *Modified*, a personal and poignant investigative journey to find out why GMOs are not labeled on food products in the United States and Canada. A panel discussion following the film, facilitated by Maddie Kempner of NOFA-VT, will feature the perspectives of advocates who fought for Vermont's first-in-the-nation GMO labeling law, passed in 2014. Panelists include Andrea Stander from Rural Vermont; Cat Buxton of Grow More, Waste Less; and Falko Schilling of Action Circles.



EVALUATIONS

Your feedback is important to us! See perforated page at the back of the program and turn it in at the end of the day for a Lake Champlain Chocolates reward!

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.

Several small, framed oil paintings will be raffled off on Sunday, February 17 at the Ice Cream Social, although you do not need to

be present to win. Proceeds benefit NOFA-VT's Farmer Emergency Fund to assist organic and NOFA-VT member farmers who are adversely affected by natural and unnatural disasters.

Bonnie's beautiful paintings for this year's raffle are on display throughout the weekend in the Davis Center. Visit the NOFA-VT table on the first floor to select the piece you want to win and place tickets in the corresponding jar.

Two of last year's happy raffle winners!



NOFA Vermont FARMER EMERGENCY FUND

The Farmer Emergency Fund was established in 1997 to assist organic and NOFA-VT member farmers adversely affected by natural and unnatural disasters like the flooding and damage from Tropical Storm Irene, barn fires, or collapsed greenhouses. We receive annual requests for emergency funds, so all donations are welcome. Grants and zero-percent-interest loans are awarded to farmers in need as funds are available.

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.



CHILDREN AT THE CONFERENCE

Children's Conference

Saturday 8 am–5 pm & Sunday 8:30 am–5 pm • 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!

Phoebe Tucker, Children's Conference Coordinator

Michael Foster, Children's Conference Assistant



Special thanks to this year's educators!

Sophia Giovannetti & Becky Castle, Sisters of Anarchy

Jon Weisbecker, Generator Makerspace

Sean Morrissey, Rock Point School

Madeline McGonagle, Rachel Deonigi, Rachel Proctor, Alida Farrell & Nina Daniels, Green Mountain Farm to School

Jules Lees, The Schoolhouse

Anna Martone, Dancer & Educator

Nate Lucas, Kroka Expeditions

Kelly Davis, Orchard Valley Waldorf School

Sarah Vecchi, Herbalist

Kenzie McDonald, Wild Faith Wellness

Astrid Thora, Burlington Yoga

Ella Mighell, Village School

Bonnie Acker, Acker Arts

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. 18, 2019

Registration 8:30 am, Workshops 9 am–3 pm

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 and lunch cannot be guaranteed.

The Magic of Wild Yeasts

Bread Baking with Sourdough and Other Natural Starter Cultures

Presenter: Heike Meyer, Brot Bakehouse School and Kitchen

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

***Heike Meyer** was born and raised in Germany where she started baking at age 3. After studying Food & Nutrition as well as Tourism & Foreign Languages at Fachhochschule Kiel/Germany, she and her husband moved to Vermont in 2008 to focus solely on natural baking, the art of pastry making and food education. Heike learned the art of bread baking at Weichard Brot, Berlin's oldest biodynamic bakery, and with Jeffrey Hamelman at King Arthur Flour & Bakery in Vermont. Since then she has studied with craft bakers at Tartine Bakery in San Francisco, Blue Hill at Stone Barns in New York, Runner and Stone in Brooklyn, and many others around the world to learn about bread traditions—making sure those will be preserved and passed on.*



Finding Your Inner Activist

Exploring Connections Between Climate Justice and Racial Justice

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

What does racial justice have to do with climate justice? What do we mean by this intersectionality? This interactive workshop explores the foundations of these justice movements and how their intertwined roots reach out into every facet of life, including agriculture. This workshop is designed to support individuals and groups to dig into the roots of the climate crisis and explore how and why working for climate justice necessitates the dismantling of racism and white supremacy culture.

Participants will have the opportunity to reflect on their own experiences and consider next steps to support their own learning, as well as collective learning within their groups, and concrete actions they can take within their own activism. Some questions we will address include: Who has access to land, healthy food, farmers' markets, and even grocery stores? How has the organic food movement excluded traditional Indigenous practices? What does food justice mean and how is it connected to racial justice?

This is an introductory workshop and offers a series of starting points and questions, rather than a conclusive or summative approach to this content.

***Phoebe Gooding** works for the Environmental Justice Health Alliance for Chemical Policy Reform on campaigns and projects that support frontline communities, many of which are people of color and low income, that experience the daily impacts from industry and chemical pollution. She also works as a facilitator for 350Vermont, is a board member of The Root Racial Justice Center in Brattleboro, and a mother of two diligently raising her boys in gratitude of Mother Earth. **Dia Brown** is a sophomore at the University of Vermont, majoring in Environmental Engineering. She works as the Climate Justice Trainer for 350VT and also brings intersectional education through her work as a lab technician at the UVM Fab Lab and as a teaching assistant for a course on gender and trans liberation in leadership. **Brittany Dunn** is an educator and organizer, and also a board member for 350Vermont.*

No-Till Vegetable Farming

Rebuilding Soil, Health & Community

Presenter: Daniel Mays, Frith Farm

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

The session will cover:

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

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

Daniel Mays owns and operates Frith Farm in Scarborough, Maine, where he has been growing vegetables on two and a half acres without tillage, spraying, or tractor work since 2010. Before farming, Daniel taught math and physics and studied environmental engineering, and has enjoyed applying elements of these subjects to his style of farming.



Weaving Your Story

Efficient & Effective Business Branding and Messaging

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

The way you tell the story of your products that captures the magic of your unique brand message as it moves from farmers' field to customers' forks is more important than ever before. People are looking to feel connected to their food and your busy farm schedule might leave you little time to build this connection.

Finally, a course that will help you walk away with the tangible tools you need to shape your story, get your story told and grab the attention of more customers for your farm or small business to grow. All without thousands of dollars being invested in paid media!

Do you know "why you do what you do"? Carol Degener of Brand Inflection will guide you through a series of hands on exercises to explore how you can best connect your unique story to what consumers care about today. Nicole Junas Ravlin of People Making Good PR will then help you translate your story into PR stories that the media is thirsty to share because they are relevant, timely and gets noticed. Then we will take it up a notch with Laura "Lou" McKenna of Punch Up Media specializing in the development and implementation of search engine marketing (SEM) for a cost-effective way to reach potential customers at multiple points in the decision cycle.

You will end the day with a toolbox of materials to help you DIY your next tier of business success. You will walk out with a plan for what you can do immediately, over the next 6 months and plans to take it to the next level. Are you ready to tell your story?

Nicole Junas Ravlin has a passion for campaign development and the actual practice and craft of public relations. She leads the crisis management practice for the agency and oversees new business development. Before co-founding People Making Good, Nicole was a senior manager at the national PR firms Cone Communications and Giles Communications and the Director of Sales and Marketing at Topnotch Resort. **Laura 'Lou' McKenna** runs Burlington-based digital marketing firm Punch Up Media. She has been working in the Vermont media scene for over twelve years, and specializing in search engine marketing (SEM) for the last six of those. **Carol Degener** has over 30 years of experience in marketing and communication from her career as the VP of Innovation for Pepperidge Farm, with Saatchi & Saatchi advertising in NYC and most recently, with her own consulting business, Brand Inflection. Carol is living her passion of crafting stories for Vermont's inspired and hard working entrepreneurs.

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NOFA-VT Winter Conference Workshop Agreements

We are all experts

Be concise and provide new information

Make room for everyone to share

We are all students

Be open-minded

Differing views welcome

No questions are "stupid"

Listen with respect

Honor the process

Be recognized before speaking

Separate questions from comments

Stay on topic

Honor the time schedule

Moderator goes with participant energy—okay to change plans

Minimize distractions

Minimize use of cell phones

Side conversations for translation only

Many thanks to our friends at MOFGA for sharing this document and idea with us!

SATURDAY SESSION I

10:45 AM–12:00 PM

(See insert for room locations)

Action Planning to Uproot Racism in the Food System

Leah Penniman, Soul Fire Farm

Through programs such as the Black-Latinx Farmers Immersion, a sliding-scale farmshare CSA, and Youth Food Justice leadership training, Soul Fire Farm is part of a global network of farmers working to increase farmland stewardship by people of color, restore Afro-indigenous farming practices, and end food apartheid. With the new book *Farming While Black*, Soul Fire Farm extends that work by offering the first comprehensive manual for African-heritage people ready to reclaim our rightful place of dignified agency in the food system. Join us to learn how you too can be part of the movement for food sovereignty and help to build a food system based on justice, dignity, and abundance for all members of our community.

Cool the Planet: Food, Water, Soil, Climate, Hope! Part 1

Cat Buxton & Henry Swayze, Vermont Healthy Soils Coalition

The ripples of our daily choices directly impact climate change. Cat Buxton and Henry Swayze offer a whole systems approach with accessible, positive solutions that will help to cool the planet while restoring water, soil and public health. In part 1, Henry covers water and soil dynamics and the science of the natural systems that allow for planetary cooling. In part 2 (See Sat. Session II), Cat digs in to soil health principles, watershed function, and how the average person can effect change in the backyard and in the marketplace. This workshop is suitable for beginning and advanced gardeners, farmers, and land managers.

Creative Options for Farm Access, Transfer and Conservation

Benneth Phelps, *Dirt Capital*; Jon Ramsay, *Vermont Land Trust*; Mike Ghia, *Land for Good*; Sally Dodge, *Iroquois Valley Farmland Reit*

Farmers seeking to secure, expand or sell their land or business use a variety of tools to achieve secure and affordable land tenure or land transfer. This can include purchase, lease and conservation options. The panelists will describe capital sources and project execution in farm conservation, access, expansion and transfer projects. There will be ample time for Q&A.

Entry Level Tomato Grafting: Increasing Profitability and Plant Health

Chance McNiff, Love Apples Farm

This workshop is intended for commercial growers interested in grafting tomatoes for themselves. Growers who buy in grafted plants essentially roll the dice; more and more cases of infected grafted seedlings keep sprouting up and even experienced growers fall prey. In-house grafting not only increases profitability, but ensures the health and success of your tunnel tomatoes. Having logged numerous years of 'tomatoeing', Chance will cover the grafting process from seedling to trellised plant, giving you the confidence to do it yourself.

Epigenetics, Our Gut Biome, Phytochemicals and More: A Closer Look at Whole Foods

Allison Van Akkeren, Sterling College

Take a deep dive into Allison's 30 plus years of professional experience regarding whole foods eating. Allison Van Akkeren, with a Master of Science in Clinical Nutrition, will discuss the nuances of whole foods containing prebiotics and probiotics and their support of healthy bacteria in the digestive tract and relationships to our health. The discussion will begin by building an overall philosophy towards eating. We will also examine phytochemicals, summarizing some of the health-protective benefits they provide and how they are active in the whole food form in a balanced diet and well as delve into the study of epigenetics and how food can alter how genes are expressed.

Herbal Medicine Making Basics

Betsy 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. In this workshop experienced herbalist Betsy 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.

Homesteading with Small Ruminants

Annie Basehore Starbard, Farmer, Author & Consultant

Are you prepared for the next step of adding small ruminants to your homestead? This workshop will cover many of the small ruminant challenges homesteaders face as they move beyond chickens and pigs. Join in the group discussion to know what concerns others have and learn what you need to get started. Dairy, meat, fiber, companion goats and sheep benefit a homestead in many ways. Husbandry knowledge means the difference between trouble and success. Learn how to feed, birth and care for a few small ruminants. Understand the costs and benefits and see how they fit into your already established barn of critters.



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Hunting Wild Mushrooms in the Northeast

Ari Rockland-Miller & Jenna Antonino DiMare, The Mushroom Forager LLC

Join in for a colorful presentation introducing the region's gourmet and medicinal wild mushrooms. Participants will receive a sample ForageCast handout for the region, steering us towards a safe, targeted and fruitful foray. We will also discuss guidelines for ethical wildcrafting, safety and strategy.

Innovations on Vegetable and Berry Farms in 2018

Vern Grubinger, UVM Extension

Vern will share slides taken during his visits to farms in 2018. Using examples from farms across the region, participants will learn best practices and innovations for dealing with a variety of issues, from soil health, to pack sheds, to pest management. There will be plenty of time for growers in the audience to share their ideas, too.

Irrigation 101 for the Commercial Scale

Trevor Hardy & Zoe Stapp, Brookdale Farm Supplies

Learn the basics of drip irrigation. This workshop will cover terminology, how to set up an irrigation system, supplies you need and how to operate it. There will be a review of fertilizing through drip lines with fish and other OMRI approved fertilizers, new overhead irrigation misters, automation and measuring soil moisture. Everything you need to know about how to apply water to make your crops grow will be covered.

Maple Economics and Business Viability

Mark Cannella, UVM Extension

Are you a maple producer or thinking about starting up a maple business? This session will provide a summary of current maple financial research in Vermont from 2013–2017. The discussion will include an overview of how different types of businesses are performing under the recent decline of bulk maple prices and growth of new maple products. Individual business factors will be discussed in the context of broader market and policy trends. Participants will receive information on current maple business programs and access to educational resources. This workshop is intended for commercial scale producers.

Nut Trees for Northern Vermont

Nicko Rubin, East Hill Tree Farm; Buzz Ferver, Perfect Circle Farm

Nut trees provide essential food for a wide range of birds and mammals and are an incredibly resilient source of high quality fat and protein. The natural range for many nut trees follow settlement of the Indigenous people of the Northeast. It is in our nature to spread nut trees. Learn the details of growing a wide range of nut trees, including, chestnut, hazelnut, black walnut, oak, hickory, nut pine and more. This workshop will cover propagation and planting to harvesting and there will be time for a question and answer session.

The Fat Kitchen: How to Render, Cure & Cook with Lard, Tallow & Poultry Fats

Andrea Chesman, Author

Cooking and baking with animal fats—lard, tallow (from beef or goats), chicken fat, duck fat, and goose fat—are intrinsic parts of nose-to-tail eating. These fats yield superior texture in baked goods, add richness to savory dishes, and are healthier to eat than many have been taught. In this workshop, we will examine the healthfulness of animal fats versus vegetable seed oils, learn how to render or cure these fats, and consider how to adapt recipes to utilize them.

The Yin and Yang of Climate Crisis

Brendan Kelly, Jade Mountain Wellness

How do we find balance in the midst of the harsh reality that is the climate crisis? Informed by Brendan's experience as a practitioner of Chinese medicine, we will discuss how the current life-threatening severity of climate change speaks to the level of imbalance that exists in the people and institutions responsible for the crisis. Through the lens of Chinese medicine, we see that the severity of climate destabilization speaks to deeper philosophical and spiritual issues and provides an opportunity to address our own personal and collective imbalances. In this workshop we will talk about hopeful, deep-reaching personal and societal remedies to treat the underlying causes of climate change.

What Happens When You Compost In Community? Managing Food Waste and Garden Debris for Community Benefit

Libby Weiland, Vermont Community Garden Network; Ruby Perry, Phil Carter, Chris Adams, & Sheryl Rapée-Adams, community gardeners

This panel discussion will explore small-scale community food scrap composting in action, featuring compost stewards from three different community gardens in Vermont that accept food scraps as a part of a communally managed compost system. In light of Vermont's Act 148, the law that bans the disposal of food scraps and yard debris from landfills, we will look at how Vermonters are managing these materials for community benefit. Panelists will address creative solutions, common challenges, key components to their operation, and answer your questions for starting up a successful food scrap composting system in your community.

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SATURDAY SESSION II

2:15–3:30 PM

(See insert for room locations)

Agricultural Solutions for Social Regeneration

Jon Turner, Wild Roots Farm Vermont

Many farms have the goal of inspiring and engaging their greater community, but it can be hard to find the time amongst a busy farm schedule. This workshop will overview regional and national projects that focus on community engagement to inform, inspire and empower through food systems and ecological design. We will also discuss the planning process and ongoing programs at Wild Roots Farm in Bristol, that are intended to support operational resilience, crop yield diversity, and social regeneration through service learning projects.

Backyard Nursery

Nicko Rubin, East Hill Tree Farm; Buzz Ferver, Perfect Circle Farm

Got too much of a good thing and want to spread it around? This workshop will cover the basics of woody plant handling focusing on fruit and nut plants. We will discuss when and how to best move plants, managing plants in pots, and basic propagation techniques, layering, divisions, cuttings, seed, and grafting. Discussion will cover a wide range of plants from raspberries to hazelnuts. Let's make more plants!

Broth for Life: How This Easy-to-Make, Delicious Food Can Support Your Health

Alayna Marchessault & Jordan Spencer, Labor of Love

Join Labor of Love's nutritionist/doula duo to taste test and learn how to make and use broth in your own kitchen. This will not be the broth of Pacific Foods™, Swanson, or Campbell's Soup, but a broth rich in gelatin, fat, and vital minerals that will support your immune system and overall health. This highly nourishing food has nurtured various cultures across the globe for thousands of years, so everyone will have something to learn. Come ready to taste three homemade broths!

Collaborative Marketing: Success Stories that Break the Mold

Greg Georgaklis, Farmers To You; Cheryl DeVos, Kimball Brook Organic Dairy; Bob Lesnikoski, Vermont Cranberry Company

As our retail food markets change rapidly, small and midsize farmers and food producers are discovering the benefits of strategic partnerships and collaboration. Join in this lively discussion featuring a number of highly innovative and creative farmers, producers and organizations that have overcome the increasingly high barriers to getting their product to market and achieving sustainable growth.

Cool the Planet: Food, Water, Soil, Climate, Hope! Part 2

Cat Buxton & Henry Swayze, Vermont Healthy Soils Coalition

The ripples of our daily choices directly impact climate change. Cat Buxton and Henry Swayze offer a whole systems approach with accessible, positive solutions that will help to cool the planet while restoring water, soil and public health. In part 1, Henry covers water and soil dynamics and the science of the natural systems that allow for planetary cooling. In part 2 (see Sat. Session I), Cat digs in to the soil health principles, watershed function, and how the average person can effect change in the backyard and in the marketplace. This workshop is suitable for beginning and advanced gardeners, farmers and land managers.

Farming Smarter, Not Harder: Planning for Profit

Richard Wiswall, Cate Farm

Farming offers fundamental satisfaction from producing food, working outdoors, being one's own boss, and working intimately with nature. But unfortunately, many farmers avoid learning about the business end of farming; because of this, farmers often work harder than they need to, or quit farming altogether because of frustrating—and often avoidable—losses. This workshop will focus on the planning and analysis tools needed to run a profitable farm, in an easy, step-by-step format. Tips for beginner farmers will finish the session.

Land Succession: Passing the Agricultural Torch

Jon Ramsay, Vermont Land Trust; Marjorie Susman, Marian Pollack, Kate Turcotte Munzer, Orb Weaver Farm and Creamery; Eugenie Doyle, Sam Burr, Silas Doyle-Burr, Last Resort 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. As many pioneer organic farmers in the state begin to transition and think about next steps, young farmers are seeking land and businesses. This workshop will showcase two stories of farm succession: a family transition and a non-family transition and include both vegetable and dairy operations. Join us to learn about the successes, challenges, stories and lessons of each transition.

Making Herbal Tinctures and Salves

Betsy Bancroft, Vermont Center for Integrative Herbalism

Tinctures and salves are useful remedies to have in one's home herbal medicine kit, ready when you need them. In this workshop Betsy will demonstrate how to make an herbal infused oil and then turn it into a salve. We will also make a simple tincture, from preparing the herbs to pressing the finished product. The methods we cover can be applied to any herbs, and include the special step peculiar to cannabis, so participants will be able to prepare the remedies they most want and need.



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Managing High Tunnel Soil Fertility

Vern Grubinger, UVM Extension

This session is intended to help you understand what is going on with your tunnel soils. Vern will review the types of tests that you can use to monitor plant and soil fertility, how to interpret them, and fertilizer options. He will also share results of an on-farm study that collected a variety of production and soil test data from tomato tunnels in several states this past year.

Milk with Dignity: An Update on the Program Bringing a New Day to Farmworkers Across Vermont

Migrant Justice; Milk with Dignity Standards Council

Since Ben and Jerry's became the first company to sign onto the ground breaking Milk with Dignity Program in 2017, the Milk with Dignity team has been working hard to roll-out the program on farms that are part of Ben and Jerry's supply chain. Join us for an update on the implementation of Milk with Dignity, challenges and successes, as well as more from Migrant Justice about the future of farmworker-defined Milk with Dignity.

New Breakthroughs in Swede Midge Management

Yolanda Chen, UVM; Andy Jones, Intervale Community Farm

Swede midge is an invasive insect pest that attacks all cruciferous crops. Although it was first reported in Vermont in 2007, the midge population has slowly built up to devastating levels in Northern Vermont. The midge has recently caused 60–100% losses in broccoli, causing some organic growers to stop growing it all together. In this workshop, we discuss new promising research results from the Insect Agroecology and Evolution Lab and management coping strategies with two farms that have been dealing with heavy swede midge pressure. This workshop is intended for commercial scale growers.

Pests & Diseases for Homesteaders & Gardeners

Ann Hazelrigg, UVM

This workshop will provide an overview of the pests and diseases we saw in vegetables over the course of the 2018 farm season and share predictions about what is coming down the pike for future growing seasons.

POP Clubs: The Power of Children's Farmers Market Programming

Lauren Griswold, Vital Communities; Anastasia Tsekeris, Chris Irish, Carol Stedman, POP Coordinators

A Power of Produce (POP) Club is a children's farmers market program that empowers children to explore the process of buying and eating local foods, and directly supports fruit and vegetable producers by increasing both their sales and customer base. Learn about the successes this program has had in energizing farmers markets around VT and NH, and how easy it is to bring it to your local market. This workshop will consist of a short presentation, a

panel of experienced POP Club organizers, and a hands on activity. We welcome community members passionate about supporting their local food system, as well as market managers and vendors, to attend. If you're passionate about child nutrition and local farmers, join us for a comprehensive run-down of this powerful union of the two, and leave inspired and equipped to organize a POP Club in your community!

Small Scale Organic Hemp Seed Production

Colin Nohl, Vermont Farmacy; Howard Prussack, High Meadows Farm

In the ever-changing world of hemp, it's important to have the basics down pat: seed and plant production. We will dive deep into the trials, tribulations and tinkering of small-scale hemp cultivation for seed and fiber. This workshop will cover profitability, scaling up and value-added business models. Bring your questions and ideas!

SATURDAY SESSION III

3:45–5:00 PM

(See insert for room locations)

A Cabin, a Concert, and a Casual Farm Dinner: Agritourism Stories from Three Unique Farms

Tara Pereira, Vermont Fresh Network; Todd Heyman, Fat Sheep Farm; Amy Todisco, VT Food & Farm Tours, Hartshorn Farm; Chris Piana, Fable Farm Fermentory

Meet farmers who have integrated paying guests with their farm production in unique and creative ways. Learn about the paths each farm has taken to develop their agritourism businesses, including the permits they have acquired, the partnerships that have been essential to their success, the challenges they have encountered, the marketing efforts yielding the most return, and pick up resources related to the new Rural Enterprises legislation. Bring your questions to this informative, inspirational farmer panel!

Agricultural Careers: Finding Your Place in Farming

Megan Browning, Burnt Rock Farm, NOFA-VT; Eli Hersh, Shadow Creek Farm; Brian Shevrin, Vermont Organic Farmers (VOF); Katy Bauer, Elmer Farm; Hannah Blackmer, Field Stone Farm; Andrea Solazzo, Vermont Foodbank

Feel like you've hit a wall in your agrarian path? Get inspired by the stories of this panel of farmers & agricultural professionals, each with a unique path to the position they hold today. Panelists will share their experience as a jumping off point for a rich group discussion. Bring your questions and stories to share.

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Build Your Labor Management Know-How

Seth Wilner, University of New Hampshire Extension

Join this interactive workshop to build the knowledge and skills needed to be an effective employee manager on small and mid-sized produce farms. Through interactive exercises, short presentations, and group discussions, participants will assess their current skill set and learn about approaches and tools in six key farm labor management areas: planning, recruiting and hiring, training and supervision; taxes and insurance and record keeping; performance review and ending employment. This session is designed to be a co-learning experience where the farmers and agricultural professionals in the room share and teach each other.

Farm Mechanizations and Efficiencies

Richard Wiswall, Cate Farm

Learn the tools of the trade for greater farming efficiency. Cultivation tools to maximize weed control, harvest tools to speed the harvest, and packhouse tools for quicker and easier processing will all be covered. Cost/benefit analysis will show how long it will take for a new tool to pay for itself. Greenhouse innovations are highlighted as well. This workshop is suitable for commercial growers.

Grain to Grass: Restoring Carbon to Vermont Soils

Jack Lazor, Butterworks Farm; Ellie Searles, Butterworks Farm, UVM Student

This workshop will tell the story of Butterworks Farms' transition from a forage/homegrown grain fed herd of Jersey cows to a 100% forage (hay and pasture) diet. We have been operating at 100% grass fed for close to three years now and have learned many lessons that we will share. We will also discuss how our dairy farming craft and our relationship with the land have both improved. We will wrap things up by highlighting the potential of grass farming to improve soil health and combat climate challenges. Ellie Searles will talk about grass farming from the cow's point of view, as she was the main milker at the time of our transition.

Grape Expectations; Everything From Choosing Varieties to Eating the Berries

Lee Reich, Springtown Farmden

Grapes are relatively easy to grow and very flavorful (there are over 5,000 varieties!) as long as special attention is paid to variety, site, and pruning. This workshop will focus on grapes for eating rather than winemaking. We will also cover planting, trellising, pest control, and harvesting. Learn everything you need to know to start growing grapes on your farm on in your garden.

Grow Your Own Nitrogen: How Cover Crops Can Reduce Your Fertilizer Inputs

Becky Maden, UVM Extension; Silas Branson, Intervale Community Farm

How do you know when it is worth seeding a legume cover crop on your vegetable farm? What is the optimal timing for cover crop termination and subsequent vegetable crop planting? And shouldn't you fertilize your vegetable crop just in case? In this workshop we will examine the timing and quantity of nitrogen available for vegetable cash crops planted after legume cover crops to help farmers make data-driven decisions about their nutrient management. Becky will present preliminary findings from a two-year Specialty Crop Block Grant funded trial that sampled nitrate availability on four farms following cover crop incorporation. Come ready to share your own experiences growing cover crops and what role legumes have played in your own nutrient management. This workshop is intended for commercial growers.

Pest & Disease Discussion for Commercial Growers

Ann Hazelrigg, Vic Izzo & Scott Lewins, UVM

Join UVM staff for a discussion about pests and diseases. This workshop is geared toward commercial organic vegetable growers or market gardeners. We will 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.

Pine Island Community Farm: Producing Culturally Significant Food for New Americans

Chuda Dhaurali, Theogene Mahoro, Harka Kadka, Stacy Burnstein, Casey Engels, Pine Island Community Farm

Pine Island Farm in Colchester, VT is the neighborhood farm for a diverse community of primarily New American users in the Greater Burlington area. It was created to meet the demand for locally produced and culturally significant foods, as well as provide a locale where people can deepen their relationships with the land, nurture cultural values and traditions, and broaden their community connections. In this workshop, the farmers and gardeners of Pine Island will share how the farm came to be, their roles and experiences, and their plans for the future of Pine Island.

Politics, Process & Power

Falko Schilling, Action Circles

Participants will learn the about legislative policy making process and how they can use their power to make positive change. The workshop will focus on the how citizens can get involved as individuals and through grassroots organizing. The workshop will provide a detailed overview of the legislative process and how citizens can most effectively engage to shape future policy- food, farming and beyond.

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Saving Your Own Seed to Save Money

Carol Collins, Singing Spindle Spinnery

You can save your own seed to spend less on seeds and seedlings that you would usually purchase, and also to earn additional income for the farm, homestead, or family. In this workshop, Carol will share her process for seed saving and what she has learned about when to harvest the seeds, how to dry them and how to separate the seeds from stems/leaves/chaff as well as her techniques for measuring and packing, labeling and selling seeds.

Understanding the Power of Adaptogens and Tonics: Native and Wild Plant Medicines for Health and Vitality

Marie Frohlich, Taproot Herbs, LLC

Marie will share her story, along with the restorative benefits, recipes and samples of adaptogens and tonics—nature's elixirs for the stress and strain of our 21st century lifestyle.

Waste to Wealth with Vermicomposting

Rhonda Sherman, North Carolina State University

Vermicompost sells for \$200 to \$1,800 per cubic yard (compared to ~\$35 for the same amount of compost). Learn how you can turn "waste" food scraps, animal manures, crop residues, coffee grounds/chaff, brewery waste and more into vermicompost that will improve soil health, increase crop yields, and suppress plant diseases and insect pests. This workshop covers the fundamental concepts of vermicompost production, including earthworm husbandry, feedstocks, pre-composting, vermicomposting methodologies and systems, harvesting techniques, and applications. Learn how to start or expand your operations, and see how others are turning waste to profit all around the world. All levels welcome.

Whole Farm Planning & Decision-Making

Jen Miller, NOFA-VT

Are you evaluating a major change to your business model such as scaling up or dropping an enterprise? Are you struggling to determine how that change will impact your quality of life? If so, join Jen Miller from NOFA-VT for an interactive workshop that will provide you with the tools necessary to examine your farm as a whole system. When paired with financial analysis, these tools will improve your ability to make informed decisions that positively impact your quality of life.

Year-Round Indoor Gardening

Peter & Deb Burke, The Daily Gardener

In a few simple steps you can grow all the fresh salad greens you need for the winter months or throughout the entire year without a lot of special equipment. No lights, no pumps, no greenhouse needed. Peter & Deb will demonstrate the technique and share pictures of their indoor garden. This workshop is a great introduction for a localvore in need of winter greens, a gardener wanting to extend the season, or a market farmer wanting to add greens to their CSA offerings.

SUNDAY SESSION I

10:00–11:15 AM

(See insert for room locations)

Agricultural Dowsing as a Management Tool for the Farm

Steve Herbert, Earth Water Alliance, Living Waters Professional Dowsing Services

In this workshop, Steve will explain how dowsing goes far beyond just locating water, and can be a useful and inexpensive management tool in all decisions one needs to make in farming and gardening. With the aid of a simple pendulum and a suite of charts, one can discern nutrient levels, choose best natural fertilizers and amendments, determine amounts and frequency of application, select optimum timings of sowing, transplanting and harvesting, identify most useful cultural practices, and much more. Learn how to increase both nutrient density and yields with this simple method.

(Biological) Agents of Change: Managing Natural Enemies for Sustainable Pest Control

Vic Izzo & Scott Lewins, UVM

During this workshop Scott and Vic will discuss the basic biology, ecology and behavior of organisms commonly used in biological control and detail their use in sustainable pest management. The workshop will focus on strategies for making informed decisions allowing you to get the most out of your biological control program.

Get on the Farm to School Bus! A Training for Advocates to Strengthen Farm to School Across Vermont

Jorge Yagual & Dana Hudson, VT-FEED—Shelburne Farms

Most Vermont schools are purchasing some local food for cafeterias and building school gardens, but to create more sustainable programs we need to fully integrate farm to school at the district level. How do we engage Superintendents, Curriculum Coordinators, and School Boards? This training will equip the Farm to School advocate with the tools to educate their school leaders and give them access to the new School Leaders Campaign Toolkit. We will also review the results of a recent school survey to better understand the current state of farm to school in Vermont.



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Invasive Species Management: Application of the Science, Rehabilitation of the Land & Successful Transition

Mike Bald, Got Weeds?; Cat Buxton, Vermont Healthy Soils Coalition

Invasive plant species present new challenges with every growing season, and growers are directly impacted by events on adjacent spaces, roadsides, riverbanks, rights-of-ways, and transition zones such as woodlines. Cooperation is critical among local farmers, growers, road crews, recreationists, landowners, and conservation commissions for the management of non-native species such as Japanese knotweed and wild parsnip. It is also important to understand the nuances of control work: what to do, when to do it, where to focus, what to focus on, and what not to do. This presentation highlights three invasive plant species that impact much of Vermont's landscape and site-specific examples of management methods. The workshop concludes with audience participation with aerial views and online mapping used to assess sites, set priorities, and walk through treatment options.

Living Without Fossil Fuels

Ross Conrad, Dancing Bee Gardens

Discover the ins and outs and the ups and downs of trying to live without burning fossil fuels while still being an active member of the community. Ross shares the joy and satisfaction he and his partner, Alice, experience living a life that is more in line with their moral values and ideals than the standard American dream.

Making Money in Agriculture: Lessons from the Wine Business

Charlie Merinoff, Breakthru Beverage Company

Charlie Merinoff, Co-Chairman of the Breakthru Beverage Group in New York City, has been working with farmers in Vermont on building terroir with small-scale producers to increase their price in the marketplace. How can farmers tell the story of their production that will connect with their customers? How has terroir helped farmers in the wine industry and how can farmers in Vermont benefit? Join Charlie as he shares his years of experience marketing wine.

Opportunities for Strengthening Organic Dairy in the Northeast: From Kelp to Grass-Fed to Human Health

Andre Brito, University of New Hampshire

Consumption of organic fluid milk and sales are declining, threatening the social and economic sustainability of organic dairy farms in the Northeast and beyond. There has also been an increased demand for non-dairy alternative drinks including almond, soy, hazelnut, and other sources. This workshop will cover the nutritional value of milk from bioactive fatty acids (e.g., omega-3, CLA) to trace minerals (e.g., iodine) relative to human health in comparison to non-dairy drinks, so that farmers and allied industry can capitalize on new marketing opportunities. The increased demand for grass-fed organic milk and the use of kelp meal as a source of iodine will be extensively discussed. Farmers, extension educators, students and the general public are welcome to attend.

Pasturing Goats for the Commercial Scale

Annie Basehore Starbard, Farmer, Author & Consultant

Learn how to set up a foraging and pasturing system to benefit your commercial goat enterprise. This workshop will detail positives and negatives to this system for your dairy, meat and fiber business. Practicals such as fencing, health concerns, nutrition and plantings will be discussed as well as ideas for marketing your forage based products. Goat anatomy makes these small ruminants perfect foragers. Learn how to rebuild your goat business for greater profit using a holistic approach to pasturing and foraging your herd.

Political Pathways to Pesticide-Free Communities: A Suite of Stories & Approaches for Activists

Philip Ackerman-Leist, Sterling College

The town of Mals in the Italian Alps became the first town in the world to ban all pesticides. Growing from a group of accidental activists into savvy advocates for a ground-breaking public referendum, the citizens of Mals used the precautionary principle, direct democracy, and collective action to become an international model for pesticide-free communities. Hear this fascinating story, get inspired and find out what strategies other communities around the US and abroad are using to pursue a pesticide-free future.

Shade Gardening with Medicinal Plants

Guido Masé, Vermont Center for Integrative Herbalism, Urban Moonshine

Learn about some beautiful and medicinal Northeast natives that can be grown in both deep and partial shade. These plants make attractive additions even in small spaces, and there are many plants to choose from. We will cover some important crops like ginseng and goldenseal, but also some medicinal ornamentals like black cohosh, blue cohosh, mayapple and wild yam. Finally, we will explore a potential shade garden design to see how a woodland garden could be organized.

Stories from the Farm, Garden, and Kitchen

Helen Labun, Vermont's Local Banquet; Jennifer & John Churchman, Author & Illustrator; Julia Shipley, Poet; Deirdre Heeken, Winemaker and Writer

Vermont is full of farmers, gardeners, and cooks, who are not only talented food producers but also talented storytellers. This panel discussion will present experiences from producers who have taken their love of stories one step further to become published authors. The panelists will talk about how they got started in writing, how they have balanced writing with their other work, and the impact they see of telling stories about our local food system. This workshop is great for writers, aspiring writers, and enthusiastic readers.



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Theory and Practice of Nourishing Plants Organically

Lee Reich, Springtown Farmden

In organic growing, nitrogen is usually the nutrient element most limiting plant growth, so let's explore the natural forms and transformations of nitrogen in the soil. Tapping into this natural, elegant system when nourishing your plants is efficient, environmentally sound, and beneficial for plant health. Discussion will include ideas for making the best of this system whether on a garden or farm scale.

Veggie Wash-Pack Getting You Down? Dial in Best Practices to Improve your Post-Harvest Efficiency, Profitability and Food Safety, Part 1

Hans Estrin & Andrew Chamberlin, UVM Extension

If you are a commercial produce grower wanting to improve your farm's post-harvest efficiency, product quality, profitability, and food safety, this workshop is for you. In this double session we will dive into the best flow, infrastructure, equipment and tools of the post-harvest world. Case studies, stories and photos will bring to life best-practices and LEAN planning principles behind successful farms. Come with a post-harvest problem or improvement project in mind. Planning templates, prompts, as well as expert and peer support will allow you to leave this workshop with a plan, and with the knowledge and resources needed to follow through.

SUNDAY SESSION II

2:45–4:00 PM

(See insert for room locations)

The Birth of the Real Organic Project

Dave Chapman, Real Organic Project, Long Wind Farm

A journey through the loss of the National Organic Program, and what American farmers are doing to reclaim it. Learn from Dave about the efforts of the Real Organic Project to ensure the principles of organic farming retain their significance for supporting healthy people and for building healthy communities. In this workshop we will discuss how the Real Organic Project connects to international efforts to protect the meaning of organic.

Dancing the Abenaki Year: The Agricultural Calendar of Indigenous Vermont

Alnôbaiwi Dance Group

Join the Alnôbaiwi Dance Group for a demonstration of the sacred dances of the Abenaki agricultural calendar including the seasonal Harvest Dances of Sun, Rain, Hunting and Green Corn ceremonies. Traditional dress will accompany music and song.

Efficient and Resilient Systems on the Small Farm

Daniel Mays, Frith Farm

Do you want to talk about how to set up systems that make a small diversified farm run smoothly? Learn how to design an efficient farm layout, simplify and build resiliency into daily operations, streamline planning and record-keeping, and communicate effectively with employees. Daniel will talk about the tools he uses and the systems he has developed at Frith Farm to keep productivity high, employees happy, and schedules sane. Leave this workshop with the tools to design and implement resilient systems on your own farm.

Forage Resiliency in an Unpredictable and Extreme Changing Climate

Lindsey Ruhl & Joshua Faulkner, UVM Extension

Producing forage in Vermont's climate is becoming difficult as growing conditions become more unpredictable and extreme. Forage quality and quantity is impacted by forage type and the environmental conditions they are grown in. Lindsey and Joshua will share research conducted by UVM Extension comparing annual and perennial systems with different levels of diversity. Results from a study investigating soil health and compaction in perennial forage systems will be used to frame climate change challenges and possible adaptation strategies for farms.

Growing and Dyeing: Our Favorite Plants for a Dye Garden

Carolina Lukac & Ehrin Lingeman, Vermont Community Garden Network

Experience the colors of the rainbow in this hands-on introduction to the world of plant-based natural dyes. From golden yellow to robin's egg blue, we will share our adventures in growing and processing a handful of dye plants in our community garden plots. Our focus will be on beginner-friendly dye plants and techniques for you to learn the basics on mordants, after baths, and over dyeing on silk and wool.

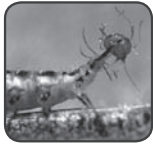
Hop Production in Vermont

Julian Post, Champlain Valley Hops; Heather Darby, UVM Extension

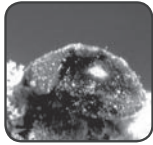
According to the Brewer's Association, craft beer production in the U.S. has more than tripled since 2007, and Vermont is home to more brewers (and barrels of beer) per capita than any other state. Vermont brewers currently use enough hops to support more than 300 acres of hop production, yet our state only has about 45 acres currently in production. It's time to grow some more hops! In this workshop we will walk through a typical hop-growing season, including harvest and processing. We will discuss the differences between organic and conventional production methods, and go over best practices for growing hops organically. Bring your questions and learn from the presenters' experiences setting up a hop yard in Vermont.



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The Impact of Policy on Vermont's Food Traditions

Ben Hewitt & Graham Unangst-Rufenacht, Rural Vermont

This workshop will explore how policy and the resulting regulations impact the food traditions of our state, as well as broader, intersectional implications relating to climate, economic viability, and the health of Vermonters and the land. The focus will be a clear and concise explanation of the policy landscape, as well as an honest assessment of related outcomes.

The Language Plants Use: Molecular Signals and Behavior Response

Guido Masé, Vermont Center for Integrative Herbalism, Urban Moonshine

Plants speak to each other using a range of chemical compounds, some secreted via the rhizosphere, some volatilized into the air. Using these signals, plants can recognize kinship, alter their behavior, and even communicate with other kingdoms of life: fungi and animals. In this workshop we will review the current understanding around this fascinating topic, and discuss the implications for us humans, too.

Pruning Fruit Trees, Shrubs and Vines

Lee Reich, Springtown Farmden

Correct and timely pruning is the key to keeping apples, peaches, grapes, blueberries, and other fruiting plants healthy, productive and bearing the tastiest fruits. Learn the how and—importantly—the why of pruning these plants in their young, developing stage and then as they mature and bear fruits. We will also go over how to bring a neglected, old plant back to its former, luscious glory.

Rethinking Land Ownership in Honoring Vermont's Original Inhabitants, Part 1

Charlie D.-Megeso, John Hunt, and Carol McGranaghan, members of the Nulhegan-Coosuk Abenaki Tribe; Stephanie Morningstar, member of the Oneida Turtle clan; Beverly Little Thunder, Lakota Standing Rock Band; Carol Irons, founder of the Abenaki Cultural Regeneration Project (ACRP); Erok Gillard, Jess Rubin, Amanda Franz & Abbi Jaffee, Dawnland Decolonization; Catherine Cadden, Eastern Band Cherokee, Wolf Clan

Do you ever wonder about the precolonial history of the land you tend? Are you curious to know more about the original stewards of this land, the Abenaki, and other Indigenous peoples of northeast Turtle Island? Are you open to exploring how tending land in Vermont might look different when we take an honest look at the history of colonization? Join Abenaki citizens, other Indigenous earthworkers, and members of Dawnland Decolonization study group (a group of white allies) to learn about Vermont's land history and how patterns of colonization can be transformed to promote healing and reciprocity. This workshop will explore our individual relationships and our knowledge of the land we tend, and investigate new ways to orient that can help in beginning the process of repatriation. No previous knowledge is required. Reading and further research resources will be provided.

Storytelling Through Social Media

Melissa Pasanen, Food Writer; Kate Spring, Good Heart Farmstead; Taylor Hutchison, Footprint Farm; Calley Hastings, Fat Toad Farm

Telling your story through social media is a great way to interact with your customers and build your brand, but it doesn't come easily to everyone. This panel will showcase three different farmers that have built successful social media accounts. You'll hear from them about some of their most successful posts of the past year and tips for how to use storytelling to engage and grow your followers.

Treatment Free Beekeeping

Ross Conrad, Dancing Bee Gardens

Unlike what many seem to think, treatment-free beekeeping is *not* ignoring your hives and crossing your fingers. Ross will review techniques for controlling diseases and pests without the need to introduce any foreign substances to the hive. He will also share the preliminary results of a SARE grant project that is designed to test the efficacy of treatment-free management for varroa mites.

Veggie Wash-Pack Getting You Down? Dial in Best Practices to Improve your Post-Harvest Efficiency, Profitability and Food Safety, Part 2

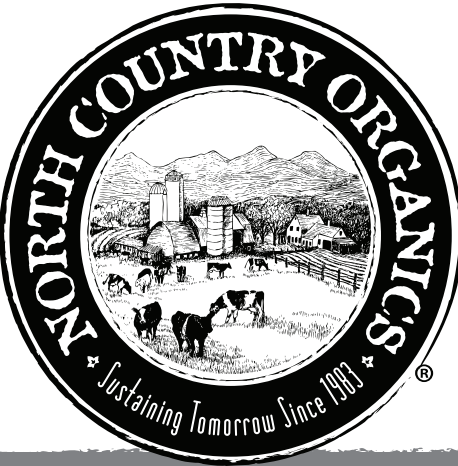
Hans Estrin & Andrew Chamberlin, UVM Extension

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Vermont's New Cash Crop?: Practical Information for Growing Hemp

Keith Morris, Willow Crossing Farm; Brian Shevrin, Vermont Organic Farmers (VOF); Maddie Kempner, NOFA-VT

By the time you read this description, the rules and regulations for cultivating low-THC cannabis will have changed dramatically. With the passage of the 2018 Farm Bill, the production of hemp is federally legal. Learn about the practical side of hemp production, hear the nitty gritty of getting your hemp or CBD products certified organic, and get a policy update on the latest rules and regulations governing hemp production in Vermont.



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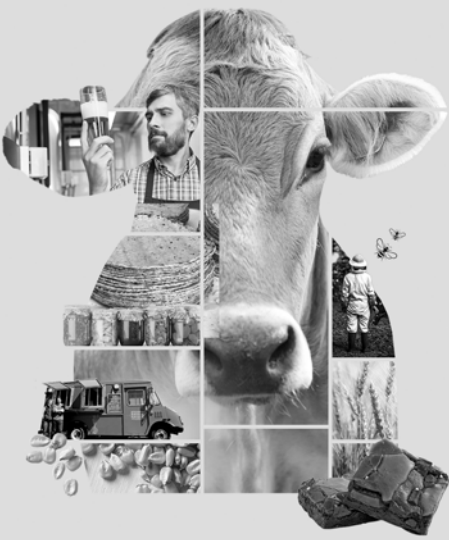
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SUNDAY SESSION III

4:15–5:30 PM

(See insert for room locations)

A Showcase of Smart Growth Farm Startups

Eli Hersh, Shadow Creek Farm; Keith Drinkwine, Flatlander Farm

Hear the trials and tribulations of two beginning farm business. Join Eli and Keith to explore different business models for starting your own farm operation. Drawing on their vegetable and animal operations they will discuss using low risk approaches with limited resources while balancing working full time off farm. Presenters will welcome attendees to share their startup successes and resources. Break out groups will help to explore common startup problems and how to solve them.

Adapting to Weather Extremes on Diversified Vegetable & Berry Farms

Alissa White, UVM; Justin Rich, Burnt Rock Farm

Farmers are on the front lines of dealing with the impacts of changing climatic trends and extreme weather. This session will explore results from a regional survey conducted last year highlighting how vegetable and berry growers across the Northeast are adapting to the impacts of increasingly extreme weather. Join us to look at how site characteristics influence the strategies that farmers are using to manage for drought and heavy precipitation. The workshop will close with ample time for farmer-to-farmer style discussions about the most innovative and promising ideas from commercial growers across the region.

Effective Email Marketing & Copywriting for Farmers

Kate Spring, Good Heart Farmstead

Copywriting & email marketing are two essential tools for every farmer. Copy has the power to attract customers, and email marketing makes more sales than any social media post. In this workshop you will learn: What is copywriting & permission-based marketing; simple tweaks to make your writing more effective (ie: make more sales); how to identify your ideal customer and speak directly to them; what type of copy to use across different marketing channels; how to set up an email marketing account, and why you need one; and how to sell through email.

Fermentation 101

Nancy VanWinkle, Nomadic Roots Kitchen

Empower yourself to ferment your own food—it is easy and inexpensive! In this hands-on workshop, you will learn about the time-honored tradition of using natural fermentation to preserve vegetables, as well as the benefits of consuming nutrient-dense, fermented foods. Participants will prepare seasonal vegetable ferments, from traditional sauerkraut to variations on the traditional stuff. Participants will go home with their own prepared jar of kraut and a wealth of knowledge about this fascinating form of food preservation. Based on available supplies, this workshop will be capped at 35 people. First come, first served.

Introduction to Phytonutrients

Betsy Bancroft, Vermont Center for Integrative Herbalism

You have heard of “eat a rainbow each day”—find out more about why! There are colorful substances in foods that are not considered vitamins, yet have beneficial effects on our body’s structures and their functions, acting in several ways to help protect us from disease. We will discuss these beneficial effects and give examples of the phytonutrients and the plants that provide them and grow locally.

The Lifelong Pleasure of Local Foods: Local Menus for the Aging Palate

Zea Luce, Vermont Fresh Network; Christine Moldovan, Age Well; Tim Pratt, Living Well Group

Do you plan to continue to eat locally as you age? Our taste in food changes as we get older. Children’s sensitive and sweet-loving taste buds evolve to more complex flavors as adults, and then again to different palates as seniors. Join in a panel discussion with Christine Moldovan RD, CD, FAND, Nutrition Director at Age Well, who will lend her nutrition expertise on food and wellness as we age and our changing taste buds. Hear from Tim Pratt, food and beverage director at Living Well Group, senior residential facilities that take all of this into account as they menu plan, whilst sourcing local products and seamlessly incorporating them in their dishes.

Making Food Systems Change at the Local Level: Addressing Food Access through Municipal Planning

Taylor Foster, Consultant

In this workshop we will share a resource to be launched this year, “Local Planning for Food Access: A Toolkit for Vermont’s Communities” which is intended to help community members, volunteers, planners, and local governments fight hunger and improve nutrition through town and regional planning and action. Attendees will learn about the planning process and how to use this new toolkit to leverage town and regional plans to address food access through land use decisions, transportation, economic development, and more.

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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
Upper Valley Food Co-op, White River Junction, VT

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Rethinking Land Ownership in Honoring Vermont's Original Inhabitants, Part 2

Charlie D.-Megeso, John Hunt, and Carol McGranaghan, members of the Nulhegan-Coosuk Abenaki Tribe; Stephanie Morningstar, member of the Oneida Turtle clan; Beverly Little Thunder, Lakota Standing Rock Band; Carol Irons, founder of the Abenaki Cultural Regeneration Project (ACRP); Erok Gillard, Jess Rubin, Amanda Franz & Abbi Jaffee, Dawnland Decolonization; Catherine Cadden, Eastern Band Cherokee, Wolf Clan

Do you ever wonder about the precolonial history of the land you tend? Are you curious to know more about the original stewards of this land, the Abenaki, and other Indigenous peoples of northeast Turtle Island? Are you open to exploring how tending land in Vermont might look different when we take an honest look at the history of colonization? Join Abenaki citizens, other Indigenous earthworkers, and members of Dawnland Decolonization study group (a group of white allies) to learn about Vermont's land history and how patterns of colonization can be transformed to promote healing and reciprocity. This workshop will explore our individual relationships and our knowledge of the land we tend, and investigate new ways to orient that can help in beginning the process of repatriation. No previous knowledge is required. Reading and further research resources will be provided.

Sharing the Load: Knowing What and When to Outsource

Elena Gustavson & Becca Schrader, Vermont Community Loan Fund

Farmers and food business entrepreneurs are often used to doing everything themselves. While drive and energy are critical to success, spreading yourself too thin can result in business practice inefficiencies and a poor quality of life. This interactive discussion will give you tools to analyze where your time is going, and help figure out if you are really saving money by taking on everything. We will also share ideas about when and how to efficiently use outside services. Get back some of your time so you can do things like long-term planning and strategizing, or even just relaxing.

Transformative Agroecology: U.S. and International Perspectives

Ernesto Mendez, UVM; Martha Caswell, Agroecology and Livelihoods Collaborative (ALC)

Agroecology is gaining popularity all across the world in its effort to use the study of ecological processes and apply them to agricultural production systems. In this workshop, panelists in different dimensions of agroecology—academia, social movements, extension—will share their recent experience in agroecology as the field continues to grow and evolve. We will share examples of our work in Latin America and Vermont.

Understanding Invasive Plants: Ecology, History, Food, and Medicine

Elliot Cluba, Herbs & Arrows

Hone in on the medicinal properties of a handful of the most invasive plants in the area. We will look at the relationships that these plants have as healers of our inner biology and the biology of our surrounding ecosystem, and how these plants are showing up just when they need to be in an era of such biological instability. We will also look at many other functions that such plants have and how they can begin to become a part of our day to day lives.

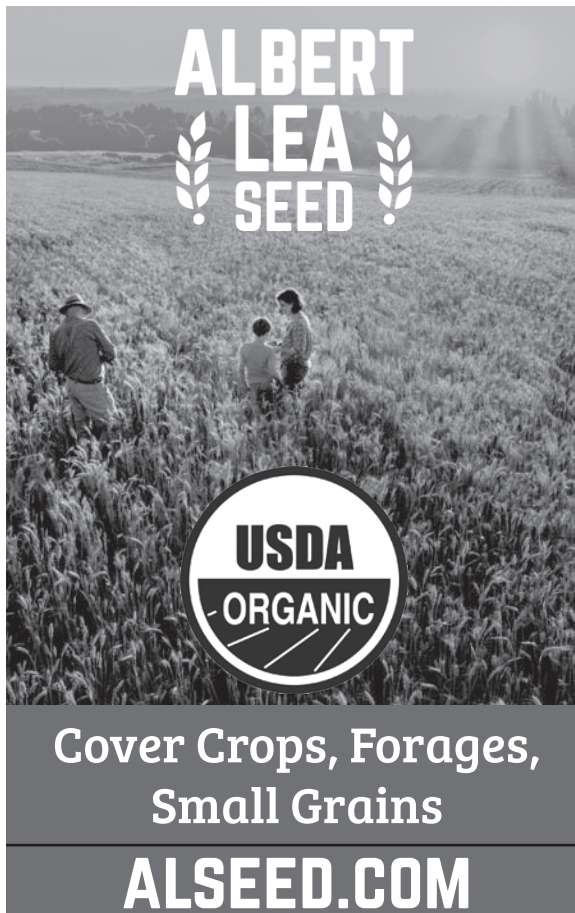
Where is Your Nitrogen Going? Soil Nitrogen Dynamics & an Online Nitrogen Management Tool

Lindsey Ruhl, UVM Extension; Kyle Dittmer, Rubenstein School of Environmental and Natural Resources UVM

Agricultural management practices can impact nitrogen gas emissions which contribute to a loss of fertility and an addition of greenhouse gases. goCrop, a web based nutrient management tool, is being adapted to include a nitrogen management tool (NMT) that relatively compares the impact of rotation, management practices, weather, and soil type on SOM, PAN, N leaching, and N volatilization. To set the context for a hands-on demonstration of the NMT, results from in-field gaseous nitrogen measurements will be paired with crop and yield quality to provide outcomes of adopting BMPs. This workshop is intended for an intermediate level, commercial scale audience.



Ali Zipparo



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EXHIBITORS' FAIR

Saturday 8 am–6 pm

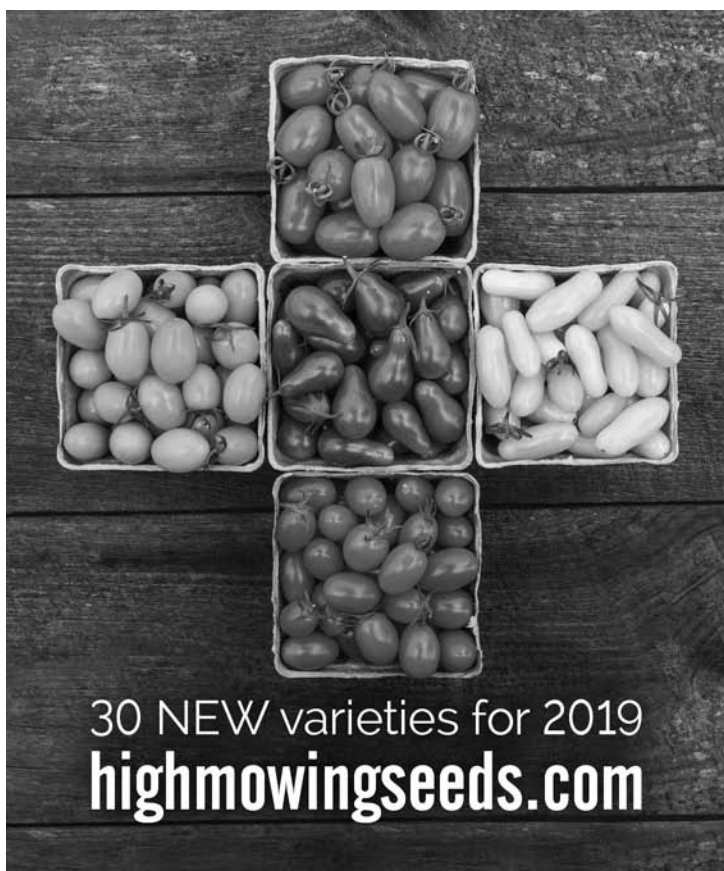
Sunday 8:30 am–4:15 pm

SEE
PAGE 4

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



Photos left, right: Ali Zipparo



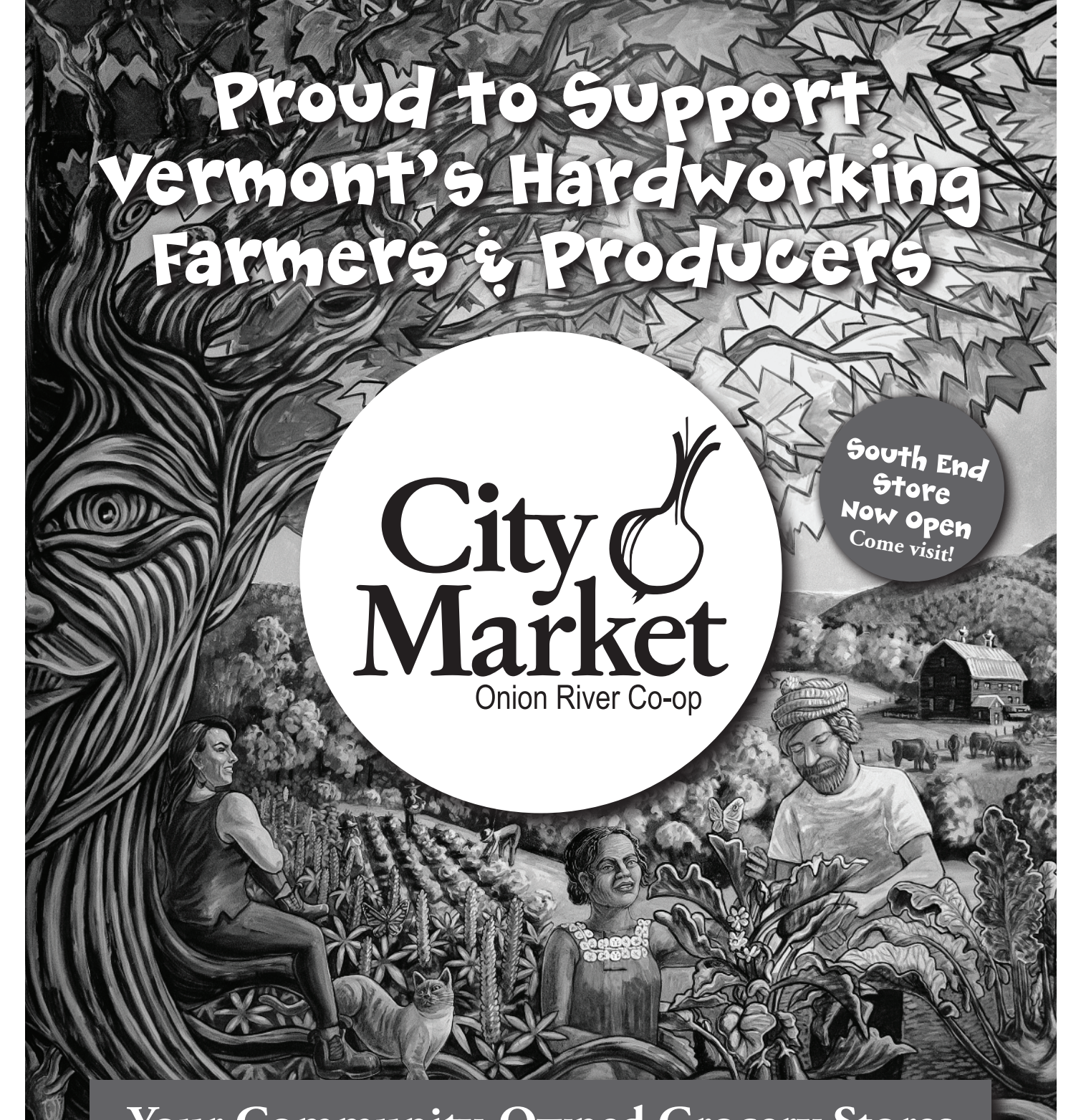
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CONFERENCE EVALUATION

Thank you for completing this evaluation! Please consider submitting the evaluation online by scanning this QR code or by visiting: nofavt.org/conference/WC19evaluation



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

Farming Experience:

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

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)

Are you a NOFA-VT member?

- ☐ Yes ☐ No ☐ I don't know

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

- ☐ I thought membership was only for farmers
- ☐ Benefits of membership do not interest me or my business
- ☐ Membership doesn't represent my values or goals
- ☐ Receive too many emails, mailings, and event advertisement
- ☐ Value of membership does not match its cost

Other

	Excellent	Good	Fair	Poor	N/A
Please rate the following aspects of the conference:					
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"/>
Leah Penniman’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"/>
Melody Walker Brook’s Keynote Address	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday, Session I (10:00–11:15)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Session II: (2:45–4:00)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Session III: (4:15–5:30)	<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

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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: Megan Browning, Livy Bulger, and Phoebe Tucker

Farmers & friends who donated goodies for our meals and Hospitality Table
The NOFA Vermont Board of Directors and Staff
Ryegrass for the great music
The incredible community artist, Bonnie Acker
Slow Food Vermont, Chef Doug Paine of Hotel Vermont, and the Vermont Young Farmers Coalition

Maureen Cartier, Justin Sell, Joe Kilburn, Alisha Lewis, Kyle Kellett, Kyle Warren and UVM Event Services
Executive Chef Steven Hadaway, Catering Coordinator Michelle Watt, Catering Manager Nate Stevens and Catering Supervisor Danielle Burdick at Sodexo

BUILDINGS OF NOTE



Davis Center Conference Hub

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



DAVIS CENTER LOCATIONS

1st Floor

Atrium: Registration, Community Art Project, Ice Cream Social (Sunday), NOFA-VT, VOF & VT FEED tables, Honoring Enid Photo Exhibit & Story Share

Burack Family Fireplace Lounge: TD Bank ATM

Near South Entrance: Nursing Mothers Lounge

Living Well Center: Reiki & Meditation

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), Wellness Fair (Sunday)

3rd Floor

Social Action Zone (during lunchtime hours)

4th Floor

Grand Maple Ballroom: Announcements, Keynote Speakers, Lunch, Film Screening & Panel Discussion (Saturday)

Frank & Mildred Livak Ballroom: Lunch and Roundtables, Congressional Delegation Meet & Greet (Saturday)

Jost Foundation Room: Lunchtime Roundtables

Williams Family Room: Lunchtime Roundtables

Chittenden Bank Room: Lunchtime Roundtables

Handy Room: Kid's Break Room