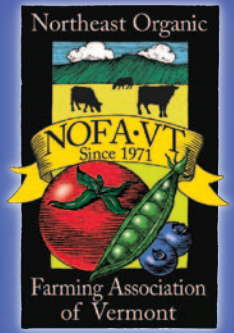


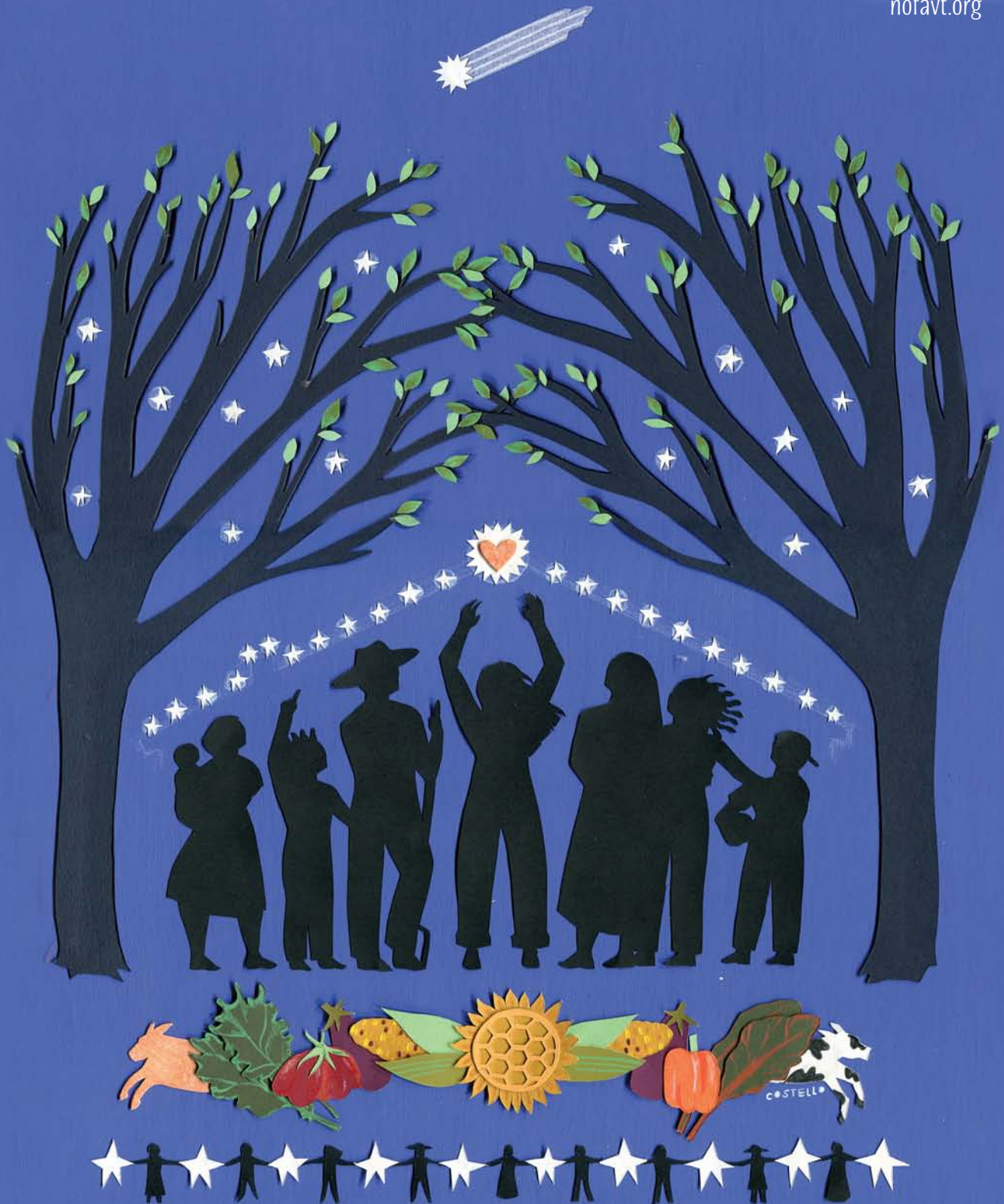
NOFA-VT's 38th Annual **WINTER** CONFERENCE

CELEBRATING OUR  
INTERDEPENDENCE

February 15-17, 2020  
Burlington, Vermont



[nofavt.org](http://nofavt.org)



# THANK YOU TO OUR GENEROUS SPONSORS



Clean Yield Asset Management

Co-operative Insurance Companies

Hotel Vermont

Intervale Center

Lake Champlain Chocolates

Miss Weinerz

Organic Valley

Rural Vermont

Shelburne Farms

Sterling College/School of the New American Farmstead

Vermont Farm to Plate

Wellscroft Fence Systems, LLC

Weston A. Price Foundation

Cedar Circle Farm and Education Center

Center for Agriculture and Food Systems

Champlain Valley Compost Co.

Deep Root Organic Co-op

Greenvest

Grow Compost of Vermont LLC

Grower's Discount Labels

Horticultural Professionals

Myers Produce

North Country Organics

Nourse Farms, Inc.

Philo Ridge Farm

Real Organic Project

UVM Center for Sustainable Agriculture

Vermont Center for Ecostudies

Vermont Economic Development Authority (VEDA)

VHCB Vermont Farm & Forest Viability Program



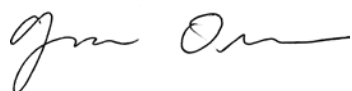
# Welcome!

This is our 38th annual NOFA-VT Winter Conference, and our favorite weekend of the year! The conference is an opportunity to connect, learn, and get inspired. We believe that a resilient, just, delicious future is possible—may this conference be nourishment and rejuvenation on our collective journey there. We are grateful that you showed up this weekend to build community, learn, celebrate, and think big together.

This year's conference theme is **Celebrating Our Interdependence**. Organic farmers understand that the health of the land is measured by the relationships in the ecosystem: farmers with soil, soil with fungi, fungi with plants, plants with pollinators, pollinators with eaters, eaters with farmers. The stronger the relationships, the more resilient the system. **We all need each other**. The conference will convene a conversation based on the wisdom of organic farmers to illuminate a path of relationship, of bio-regional unity, of interconnected systems. We all have a role to play in building a more democratic, just, and resilient food system, of and for the people.

Two powerful leaders will respond to our theme: **Niaz Dorry**, Executive Director of the National Family Farm Coalition on Saturday and **Lisa Fernandes** of Food Solutions New England will facilitate a panel on Sunday, joined by a group of farmers and food system leaders.

The conference reminds us that the next growing season will soon be upon us, with seeds waking up from their winter of rest, ready to burst forth with new life and growth. As with a seed, the Winter Conference represents hope, resilience and potential. Enjoy!



Grace Oedel

*Thank  
you!*

NOFA-VT would like to extend a special thanks to the following people who make the conference possible:

All of our dedicated conference presenters and speakers

Our wonderful conference and children's conference volunteers

NOFA-VT's stellar conference organizers: Megan Browning, Livy Bulger, and Courtney Rose

The NOFA-VT Staff & Board of Directors

Farmers and friends who donated food for our meals and Hospitality Table (see p. 8)

Foley's Linen for their generous donation

All of the amazing conference attendees who bring the event to life

The Zeichner Trio, Dan Johnson and his Bluegrass Superstars, and Carol Dickson and Susan Reid for the great music

The incredible Bonnie Acker

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

Maureen Cartier, Justin Sell, Brian Batoosingh, Roya Millard, Josh Poston, Kyle Warren and UVM Event Services

Executive Chef Ed LaDue, Catering Supervisor Charlotte Doggett, Catering Director Nate Stevens and Catering Manager Danielle Burdick at Sodexo

## NOFA-VT Staff

### KYLA BEDARD

Certification Specialist

### KIRSTEN BOWER

Finance Director

### MEGAN BROWNING

Winter Conference Coordinator

### ERIN BUCKWALTER

Development & Engagement Director

### LIVY BULGER

Education & Engagement Manager

### BILL CAVANAUGH

Farm Business Advisor

### NICOLE DEHNE

Certification Director

### BAY HAMMOND

Materials Review Specialist & Staff Inspector

### MADDIE KEMPNER

Policy Director

### KERRIE MATHES

Jr Iron Chef Co-Coordinator

### KIM NORMAN MERCER

Communications Manager

### JEN MILLER

Farmer Services Director

### EMMET MOSELEY

Community Food Access Coordinator

### LAURA NUNZIATA

VOF Operations Manager

### GRACE OEDEL

Executive Director

### JENNIE PORTER

Market Development Manager

### HELEN RORTVEDT

Farm to School Program Director

### COURTNEY ROSE

Children's Conference Coordinator

### WINSTON ROST

Certification Specialist

### BRIAN SHEVRIN

Certification Specialist

### JAIME SILVERSTEIN

Farm Business Advisor

### ALICE SMOLINSKY

VOF Office & Database Manager

### GREGG STEVENS

Certification Specialist

### KAYLA STROM

Office Manager

### BECCA WEISS

Office Assistant & Share the Harvest Coordinator

# SPEAKERS



**Niaz Dorry**

**SATURDAY**

**9:00 am**

**Davis Center,  
Fourth Floor**

## Declaring Our Interdependence: Celebrating Our Power, and Uniting for a Just, Equitable, and Dignified Food System

Niaz Dorry will explore the question of what “interdependence” really means, and why it’s especially critical at this juncture of the world’s history—especially when it comes to food systems. She will share her deep learnings from the “America the Bountiful” tour that took her around the country and subsequent trips by the staff of the National Family Farm Coalition (NFFC) and the Northwest Marine Alliance (NAMA) as they’ve been connecting with the nation’s food providers on their farms, ranches, boats, and businesses, and heard about the struggles and joys of frontline communities in their quest for interdependence and community. Finally, she will engage the audience members in an inclusive, participatory process to contribute to an emerging document and tool for social change, “The Declaration of InterDependence,” so come with an open mind ready to move in collective action!

**Niaz Dorry** has been a community organizer for over 30 years. Her life changing moment came in 1994 when as a Greenpeace campaigner she switched from organizing in communities fighting for environmental justice to organizing fishing communities. From the start, she recognized the similarities between family farmers’ fighting for a more just and ecologically responsible land-based food system, and that of community-based fishermen fighting to fix the broken sea-based food system. She has been the coordinating director of NAMA since 2008 and is also the director of NFFC. Niaz created a partnership between both organizations to further cement the relationship and interdependence between land and sea.



**Lisa Fernandes**

**SUNDAY**

**11:30 am**

**Davis Center,  
Fourth Floor**



**Mariah  
Gladstone**



**John and  
Nancy Hayden**



**Hilary Martin**



**Julie Wolcott**

## Weaving a New Narrative: Agriculture as a Catalyst of Culture Change

Lisa Fernandes will lead a discussion pushing back on the narrative of competition and scarcity, weaving a new story about interdependence, bounty, and the possibility of what happens when we come together to imagine a bold, interdependent, mutually beneficial food system with people, land, and justice at the core. Lisa will facilitate conversation between farmers, food activists, chefs, and leaders in the food system to flesh out what a thriving future can look like.

**Lisa Fernandes** is the Director of Communications for Food Solutions New England & Founder of the Resilience Hub in Portland, ME. She is a strategist, facilitator, speaker, network weaver and educator who believes that resilience-building is among the best approaches we have for creating vibrant futures. **Mariah Gladstone**, Cherokee and Blackfeet, developed Indigikitchen, an online cooking platform, to revitalize and re-imagine Native foods. She has been named a “25 Under 25 Leader in Indian Country” and a “Champion for Change” by the Center for Native American Youth. **John and Nancy Hayden** are the husband and wife team who own and operate The Farm Between. In this day and age of climate and social instability, one of their goals is to encourage people to heal themselves and the planet by reconnecting with the matrix of life that surrounds us. **Hilary Martin** has been a co-owner of Diggers’ Mirth Collective Farm since 2002. She resides with her daughter in one of the last small housing co-ops in Burlington’s Old North End. **Julie Wolcott** farms organically with her partner, Stephen MacCausland and family in Fairfield. After 40 years of milking cows, Green Wind Farm has transferred ownership of their Jersey cattle as well as leasing the dairy barn and 50 acres to their young neighbors.



# WEEKEND SCHEDULE

## CONTENTS

See insert  
for room  
locations

Speakers .....	2
Weekend Schedule .....	3
Exhibitors' Fair .....	4
Weekend Activities .....	5
Lunchtime Activities .....	6
Lunchtime Roundtables .....	7
Meals & Food .....	8
Evening Events .....	9
Details .....	10
Children at the Conference .....	13
Monday Intensives .....	14

### Workshop Descriptions

Saturday Session 1 .....	17
Saturday Session 2 .....	21
Saturday Session 3 .....	27
Sunday Session 1 .....	29
Sunday Session 2 .....	33
Sunday Session 3 .....	37
Conference Evaluation .....	43
Campus Map & Davis Center Locations .....	back cover

Cover art by Molly Costello

## 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.

## Saturday, February 15

<b>8:00 am</b>	Registration & Exhibitors' Fair open; refreshments available
<b>9:00–10:30 am</b>	Keynote: Niaz Dorry
<b>10:45 am–12:00 pm</b>	Workshop Session 1
<b>12:00–2:00 pm</b>	Lunch, Exhibitors' Fair, Roundtables (1:00–2:00), & weekend activities (see pages 5–8)
<b>2:15–3:30 pm</b>	Workshop Session 2
<b>3:45–5:00 pm</b>	Workshop Session 3
<b>4:30–6:00 pm</b>	Saturday Social
<b>6:00–7:30 pm</b>	Film Screening: <i>Farmsteaders</i>
<b>7:00–10:00 pm</b>	Young Farmer & Slow Food Meet-Up at Hotel VT

## Sunday, February 16

<b>8:30 am</b>	Registration & Exhibitors' Fair open; refreshments available
<b>8:30–10:00 am</b>	Wellness Fair & Breakfast Treats (see page 5)
<b>10:00–11:15 am</b>	Workshop Session 1
<b>11:30 am–12:30 pm</b>	Panel Discussion: Lisa Fernandes, Mariah Gladstone, John & Nancy Hayden, Hilary Martin, Julie Wolcott
<b>12:30–2:00 pm</b>	Lunch, Exhibitors' Fair, Roundtables (1:00–2:00), & weekend activities (see pages 4–8)
<b>2:15–3:30 pm</b>	Workshop Session 2
<b>3:45–5:00 pm</b>	Workshop Session 3
<b>5:00 pm</b>	Ice Cream Social & Raffle Drawing

## Monday, February 17

<b>8:30–9:00 am</b>	Registration open; refreshments available
<b>9:00 am–3:00 pm</b>	Intensives (see pages 14–15) <b>NOTE: Intensives are in the Waterman Building</b>

**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!

Aqua ViTea	Real Organic Project
Ariel's Honey Infusions	Rural Vermont
Black Dirt Farm	Salvation Farms
Brookdale Farm Supply	Scythe Supply
Catamount Solar	Sterling College
Center for Agriculture and Food Systems	SunCommon
Center for an Agricultural Economy	USDA Natural Resources Conservation Service
Chelsea Green Publishing	UVM 4-H
City Market	UVM Master Gardeners
College of Agriculture & Life Sciences, UVM	Vermont Agency of Agriculture, Food and Markets
Connecticut Greenhouse Company	Vermont Center for Ecostudies
Farm First VT	Vermont Coffee Company
Fedco Seeds	Vermont Community Garden Network
Greenvest	Vermont Community Loan Fund
Grow Compost of Vermont LLC	Vermont Farm Bureau
High Mowing Organic Seeds	Vermont Farm to Plate
Hillside Botanicals	Vermont Foodbank
Horticultural Professionals	Vermont Growers Association
Intervale Center	Vermont Land Trust
Johnny's Selected Seeds	Vermont Quilt Bee
Kimball Brook Farm	Vermont SARE
McEnroe Organic Farm	Vermont Soap
Modified Film	Vermont Youth Conservation Corps
Neighboring Food Co-ops	VHCB Farm & Forest Viability Program
Northeast Kingdom Hemp	Wellscoft Fence Systems, LLC
Philo Ridge Farm	Weston A. Price Foundation
Rabble Rouser Chocolate & Craft Co.	Yankee Farm Credit



**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  
Kindness Cards with Bonnie Acker  
Reiki Sessions  
NOFA-VT, VOF & VT FEED tables  
Ice Cream Social (Sunday)

### 2nd Floor

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

### 3rd Floor

Social Action Zone (during  
lunchtime hours)  
People's United Bank ATM

### 4th Floor

Announcements  
Speakers  
Lunch and Roundtables  
Film Screening (Saturday)



Ali Zipparo

## 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)!

## Kindness Cards with Bonnie Acker

**Saturday & Sunday • Davis Center, 1st Floor Atrium**

Join local artist Bonnie Acker to make kindness cards! This art project is a great opportunity to meet other conference attendees and be creative! All ages and artistic abilities are welcome!

## Healthcare Testimonials with Rural Vermont

**Saturday & Sunday • Davis Center, Exhibitors' Fair**

Do you have a healthcare story to share? Rural Vermont is collecting short audio testimonials about the working lands community's access to and experience with healthcare. Visit the Rural Vermont table in Exhibitor Area 2 to share your story.

## Abenaki Community Land Link

**Saturday 8:00 am–6:00 pm • Sunday 8:30 am–4:15 pm • Exhibitors' Fair**

Are you interested in growing Indigenous crops on your land this upcoming season to be shared with the Abenaki community throughout Vermont? Stop by the Vermont Farm to Plate Network table to learn more about how you can partner with the Nulhegan Abenaki Tribe this spring to be a part of efforts to revive these crucial seeds.

## Raise your voice!

This year, look out for opportunities to advocate for a just, resilient food system throughout the conference! Here's

a little **activist scavenger hunt**: look for this symbol in your program indicating opportunities to sign petitions, write postcards to policymakers, and other ways to raise your voice during **workshops** (pages 17–39), **roundtables** (page 7), and at the **Social Action Zone** all weekend long.



## Enid's Orchard

**Saturday & Sunday • Davis Center, 1st Floor, NOFA-VT table**

Fifty apple trees have been planted around the state in honor of the late Enid Wonnacott, NOFA-VT's incredible Executive Director of 31 years. This year at the conference, learn more about this honorary orchard and sign-up to plant an apple tree on your farm or at your home in memory of Enid.

## Weekend Music

**Saturday 12-2 pm & 4:30–6 pm & Sunday 12:30–2 pm • Davis Center, 2nd floor**

Throughout the weekend, we will feature wonderful local musicians as entertainment. Listen, sing along or dance with other conference participants! Saturday lunchtime: The Zeichner Trio; Saturday evening: Dan Johnson and his Bluegrass Superstars; Sunday lunchtime: Carol Dickson and Susan Reid.

## Wellness Fair

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

Spend some time taking care of you! Don't miss out on a host of wellness offerings: herbal consultations with herbalists from Vermont Center for Integrative Herbalism including a traveling apothecary, reiki (see page 6) and chair massage.

## Sunday Morning Breakfast Treats

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

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.



# LUNCHTIME ACTIVITIES



## Lunchtime Roundtables

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

Join NOFA-VT 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 Sessions

**Saturday 12–2 pm, Sunday 8:30–10 am & 12:30–2 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 a 15 minute session. All are welcome!

## Social Action Zone

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

Want to learn more about some of the organizations making change happen in Vermont? Visit the Social Action Zone to connect with organizations and projects engaged in active advocacy campaigns right now, including: 350VT, Migrant Justice, NOFA-VT (that's us!), Toxics Action Center, Vermont Food Education Every Day (VT-FEED), Vermont Young Farmers Coalition (VYFC)

## 10th 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.

## Congressional Delegation

**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 Exhibitor 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.

**Nicki Carangelo**—*Raising Pastured Rabbits for Meat: An All-Natural Humane, and Profitable Approach to Production on a Small Scale* • Sat 1–1:30

**John & Nancy Hayden**—*Farming on the Wild Side: The Evolution of A Regenerative Organic Farm and Nursery* • Sun 1–1:30

**Deirdre Heekin**—*An Unlikely Vineyard* • Sun 1–1:30

**Jack Lazor**—*The Organic Grain Grower: Small-Scale, Holistic Grain Production for the Home and Market Producer* • Sun 1:30–2

**Bryan O'Hara**—*No-Till Intensive Vegetable Culture: Pesticide-Free Methods for Restoring Soil and Growing Nutrient-Rich, High-Yielding Crops* • Sun 1–1:30

**Alice Percy**—*Happy Pigs Taste Better: A Complete Guide to Organic and Humane Pasture-Based Pork Production* • Sun 1:30–2

# LUNCHTIME ROUNDTABLES

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

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

See insert  
for room  
locations

## SATURDAY, 1–2 pm

### Meet & Greet with VOF: Is Certification Right for You?

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!

### Milk with Dignity Expansion! Farmworkers Call on Hannaford Supermarkets Across the Northeast



Migrant Justice

Spend the lunch hour with Migrant Justice organizers for an action-based update on the ground-breaking Milk with Dignity Program and Hannaford campaign. Since Ben and Jerry's became the first company to sign onto the Milk with Dignity Program in 2017, farmworkers have seen wide-reaching improvements in human rights issues on dairy farms across the state. This program also supports farmers by securing a milk premium from big dairy-buying companies which go directly to farmers and farmworkers.

### State & Federal Policy Roundtable: Share Your Farming Story



Maddie Kempner, NOFA-VT; Tom Berry, Office of Sen. Leahy; Erica Campbell, Office of Sen. Sanders; Ryan McLaren, Office of Rep. Welch; Anson Tebbetts, VT Secretary of Agriculture

The agriculture staffers of Vermont's Congressional delegation, as well as VT Secretary of Agriculture Anson Tebbetts will join us for a state and federal policy roundtable. Come prepared to discuss the ways that Vermont's food and farm policy has helped or hindered you as a farmer and ideas for new policy that could be of service to you.

**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!



## SUNDAY, 1–2 pm

### Can Small Organic Family Farms Survive?



Dave Chapman, Real Organic Project, Long Wind Farm; Nicole Dehne, NOFA-VT

As large agri-businesses assert their power and influence over the National Organic Program and the organic industry, what does that mean for small organic family farms in Vermont? Labels like the Real Organic Project and Vermont Organic Farmers are working to preserve the kind of organic farming millions of Americans want to support. We will talk about the good, the bad, and the ugly. We are seeking solutions.

### Farming For Your Soil Type

Becky Maden, UVM Extension; Jane Engelman, Philo Ridge Farm

This is an opportunity for growers to share with other growers the techniques and challenges of their soil type. From sandy to clay to rocky to sloped, Vermont has it all. We will break into small groups based on soil type to exchange ideas and provide support for one another.

### Healthcare on the Farm

Mollie Wills, Rural VT; Maddie Kempner, NOFA-VT

Rural VT and NOFA-VT are working in coalition on healthcare for farmers, and farms as a source of healthcare. There is a need to ensure fair healthcare not only in terms of medical treatment, but also in terms of supporting community-scale agriculture and equitable access to the preventative care of nutrient dense foods, clean water, thriving landscapes, and the healthy communities they produce. Come share your stories and join Rural VT and NOFA-VT to advocate for healthcare for farmers and by farmers.

# MEALS & FOOD



## Lunch

**Saturday 12–2 pm & Sunday 12:30–2 pm •  
Davis Center, 4th Floor • \$19/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:** Vermont meatloaf with demi-glace, BBQ tofu, roasted root vegetables, smashed potatoes, cider vinegar slaw, sweet potato soup, and bread and butter. Apple crisp with whipped cream for dessert!

**SUNDAY:** Vermont pulled pork, black beans, yellow rice, greens, flour tortillas and corn chips. Served with: pickled vegetables, shredded red cabbage, cheddar cheese, and cilantro sour cream. Maple cake with whipped cream for dessert!

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

## Oven Roasted Roots

**Saturday 12–2 pm & Sunday 12:30–2 pm • Davis Center,  
1st Floor, outside • Free to conference attendees**

Stop by NOFA-VT's mobile, wood-fired oven outside the Davis Center's first floor exit during lunch and enjoy 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 generously donated by 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.

**Thank you to all our farmers & friends  
for donating wholesome, delicious ingredients to our  
meals and Hospitality Table!**

Aqua Vitea, Bristol	O Bread, Shelburne
All Souls Tortilleria, Burlington	Organic Valley, La Farge, WI
Brotbakery, Fairfax	Pete and Gerry's Organic Eggs, Monroe, NH
Burnt Rock Farm, Huntington	Pitchfork Farm, Burlington
Butterworks, Westfield	Plymouth Artisan Cheese, Plymouth
Cabot, Waitsfield	Real Pickles, Greenfield, MA
Champlain Orchards, Shoreham	Red Hen Baking Company, Middlesex
Choiniere Family Farm, Highgate Center	Republic of VT, Goshen
Equal Exchange, West Bridgewater, MA	Riverberry Farm, Fairfax
Farm at VYCC, Richmond	Rogers Farmstead, Berlin
Flack Family Farm, Fairfield	Rugged Ridge Forest, Worcester
Golden Russet Farm, Shoreham	Shelburne Farms, Shelburne
Intervale Community Farm, Burlington	Skinny Pancake, Burlington
Intervale Food Hub, Burlington	Stonyfield, Londonderry, NH
Jericho Settlers' Farm, Jericho	Strafford Organic Creamery, Strafford
Lake Champlain Chocolates, Burlington	Sugarsnap, Burlington
Maple Wind Farm, Richmond	Trader Joes, South Burlington
Miss Weinerz, Burlington	Vermont Bean Crafters, Burlington
	Vermont Coffee Company, Middlebury

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

## Alternate Dining Options on Campus

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



# EVENING EVENTS

**Saturday evening events are open to the public. Please invite your colleagues, farmer and foodie friends, and others interested in NOFA-VT to join us!**

## 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

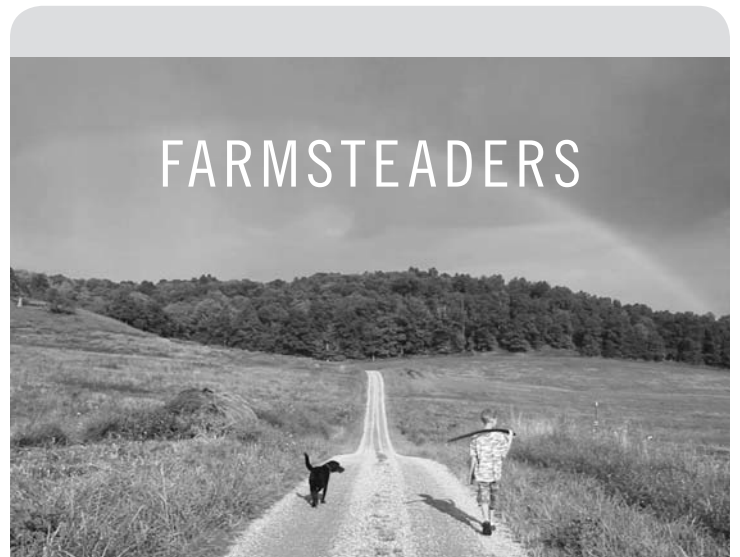
**Saturday 7–10 pm • Juniper at Hotel Vermont, 41 Cherry St., Burlington • Donations accepted at the door**

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 & Raffle Drawing

**Sunday 5–6 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! We'll also do the raffle drawing at this event. Come by for one last chance to purchase raffle tickets supporting the Farmer Emergency Fund before the lucky winners are announced!



## FILM SCREENING & DISCUSSION

**Saturday 6–7:30 pm • Davis Center, 4th Floor, Livak Ballroom • \$5 Suggested Donation**

Clear-eyed and intimate, *Farmsteads* follows Nick Nolan and his young family on a journey to resurrect his late grandfather's dairy farm as agriculture moves toward large-scale farming. A study of place and persistence, *Farmsteads* points an honest and tender lens at everyday life in rural America, offering an unexpected voice for a forsaken people: those who grow the food that sustains us. Discussion with Amy Zielinski from VT PBS will follow the film.



## NOFA-VT Winter Conference Workshop Agreements

### The right moment

There is a conversation that only the people in this room can have. Find it!

The right people are here. If the session is small, enjoy the intimacy!

Principle of two feet: you choose where to be. If you need to get up and head out, that's totally fine.

### 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 are welcome, diversity brings life

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 and adrienne maree brown for authoring and sharing these ideas.*

## Resource & Job Board

### Davis Center, 2nd Floor, outside Exhibitor Area 1

The Winter Conference is a great place to share job opportunities and resources. Use our Resource & Job Board to promote opportunities on your farm, and find jobs and resources offered by conference participants.

## Lost & Found

### Davis Center, 1st Floor

Looking for a lost item? Found an item that is lost? Come to the registration desk in the Atrium to check the Lost and Found box.

## Safe Spaces

### Davis Center, 4th Floor

**Safe Space for First Nations People:** The Summit Room on the 4th Floor of the Davis Center is a private space for Indigenous peoples to be among one another to share, grieve, connect, celebrate and gather. This area is not open to the general public.

**NOFA-VT Winter Conference Safe Space:** The Chittenden Bank Room located on the 4th Floor of the Davis Center is available as a Safe Space throughout the conference weekend for First Nations People, people of color, queer and trans people and any other marginalized people who may need this space throughout the weekend.

## Looking for a Taste of Burlington?

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

Great Harvest Bread Company

Leunig's Bistro

The Friendly Toast

Juniper Bar and Restaurant at Hotel Vermont

Penny Cluse Cafe

Skinny Pancake

Switchback Brewing Company

Lakeview House Restaurant

Mule Bar

## BUY A RAFFLE TICKET!

Support NOFA-VT's  
Farmer Emergency Fund!  
Win a beautiful painting!

**Several small, framed oil paintings will be raffled  
off on Sunday, February 16 at the Ice Cream Social.\***

**Proceeds benefit NOFA-VT's Farmer Emergency Fund**

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

The beautiful paintings, generously donated by community artist Bonnie Acker, are on display throughout the the Davis Center for your viewing pleasure. Visit the NOFA-VT table on the first floor to select the piece you want to win and place tickets in the corresponding jar.

*\*You do not need to be present to win!*

## Buy a Winter Conference T-Shirt!

Show your support for NOFA-VT with an organic cotton T-shirt featuring art by Molly Costello. T-shirts are available for purchase at the NOFA-VT table in the registration area. \$25/shirt. Fitted and classic styles available.



## Scholarship Fund

Enjoying your time at the conference? Help us make the Winter Conference accessible by making a tax-deductible donation to the Winter Conference Scholarship Fund. Visit the NOFA-VT table on the first floor to make your donation today or donate online at [www.nofavt.org/scholarship-fund](http://www.nofavt.org/scholarship-fund).

## Social Networking

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



## 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!**





# REVISIONING FOOD, FARM AND FOREST

Embracing self-sustaining, earth-friendly farming practices and principles of agroecology, the mission of our Vermont mountainside farm is to be part of an earth-supportive holistic community.



## YOUNG FARMERS BADGE PROGRAM

Teaching young children traditional and progressive farming techniques and farm craft, with the opportunity to earn colorful farm badges.

**EXTRAORDINARY, ALL-NATURAL, HAND MADE HEALTH AND  
BEAUTY PRODUCTS CREATED WITH LOCALLY GROWN INGREDIENTS.**

**RAW MILK • SALVES • TINCTURES AND MORE**

[www.leighsbees.com](http://www.leighsbees.com) • [leigh@meadowsbee.com](mailto:leigh@meadowsbee.com) • 802-874-4092 • Meadows Bee Farm • [www.meadowsbee.com](http://www.meadowsbee.com)

# 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!

**Courtney Rose**, Children's Conference Coordinator

**Matt Thompson**, Children's Conference Assistant

## Special thanks to this year's educators!

Kelly Davis & Jenna Howard,  
Orchard Valley Waldorf School

Allison Smith & Liz Kenton, UVM  
Extension 4-H

Meredith Rivlin, Cedar Circle Farm  
& Education Center

Alida Farrell & Colton McCracken,  
Green Mountain Farm-To-School

Maisie Anrod, Alice Cusick &  
Lauren Chapman, Shelburne Farms

Colin Bradley, ReTribe

Sarah Hooghuis,  
Audubon Vermont

Christine Hubbard & Cara  
Davenport, Merck Forest

Avery Cisne & Lydia Cochrane,  
Baker & Educator

Bonnie Acker, Acker Arts

Stuart Paton, Burlington Taiko



## 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. 17, 2020

**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.

## Commercial Herbs from Seed to Sale: A Grower's Intensive

**Presenters: Benjamin Uris & McLean Ritzel, Foster Farm Botanicals; Taylor Katz & Misha Johnson, Free Verse Farm**

The sale and use of herbal products in the US have been experiencing incredible growth for years yet most of the herbs used in the production of these products are imported from overseas. Why is it that an agricultural economy like ours isn't supplying its own raw materials for such a burgeoning industry? Taylor Katz and Misha Johnson from Free Verse Farm and Benjamin Uris and McLean Ritzel from Foster Farm Botanicals will work to answer this question and more as they delve deeply into small to mid-scale commercial organic medicinal herb production and marketing. Participants will learn the step-by-step process of producing high quality botanicals from selection and propagation through field management, post-harvest handling, drying, storage, marketing and value-added medicinal products. We will also discuss how to configure the layout and design of your farm's infrastructure, choose equipment, prepare beds and fields, and manage fertility, weeds, pests and disease. These talented farmers will also delve into the business of herbs and the herbal marketplace by discussing which herbs are in demand, producing value-added products, pricing considerations, regulatory challenges and how to negotiate with buyers. This intensive is geared towards either beginning herb farmers or existing growers looking to expand their knowledge base.

**Foster Farm Botanicals** produces approximately 40 acres of certified organic botanicals on our 250-acre family farm in East Calais, VT. They sell their dried and fresh herbs nationwide through a growing mix of distributor, wholesale, and retail accounts. Founded in 2015, the farm operation continues to expand quickly in order to keep up

with increasing demand for high quality, certified organic, single-origin domestic botanicals. In 2019, the farm produced approximately 30 tons of dried herbs with ten employees (six of which are seasonal). Benjamin started the farm with owners, Peter Backman and Annie Christopher, and currently oversees all of the production. McLane manages our wholesale and retail sales, and also works in product development. **Free Verse Farm** is a co-creation of Taylor Katz and Misha Johnson, two artist/farmers with a passion for growing, eating, and sharing delicious and nourishing food and herbs. It is a small herb farm and apothecary in Chelsea, Vermont specializing in naturally-grown tisanes (herbal teas), culinary herbs, medicinals, and herbal remedies. The farm is situated high in the hills of the White River watershed in the Upper Valley region of eastern Vermont. Their herbs and remedies are available at local farmers markets, stores, online, and through our Farmshare Community. Their herbs are harvested by hand and freshly dried right on the farm. Taylor and Misha dry herbs in traditional hanging bunches, as well as in our farm-made herb dryer, taking the utmost care to preserve the essential constituents that give each herb its flavor, potency, and magic. Preparations are handcrafted in small batches in the farmhouse apothecary, sourcing as many herbal ingredients as possible directly from the farm.

## Demystifying the Wholesale Market for Farmers

**Presenters: Rose Wilson, Rose Wilson Consulting, plus a farmer panel**

The global food industry, including the local food category, is dynamic and rapidly changing. Over the past 20 years the local food category has evolved from an emerging to a maturing market, with wholesale becoming an increasingly dominant sales channel. This workshop will provide an in-depth look at major trends in the shifting retail and institutional wholesale channels for local food, highlighting general practices and expectations farmers need to know: common industry buzzwords and what they mean, expectations for margins, and the hidden costs of doing business you need to prepare for including "allowances" such as trade, shrink, and payment terms.





We will present a new suite of tools designed to help you with your financial planning to make sure you can afford, and succeed in, serving this market. *Bring your computer so you can start plugging in your numbers as the tools are introduced!* Finally, you will hear from farmers selling their products wholesale about what “gotchas” they would have appreciated knowing about before they jumped in, how they adapted, and their tips for maintaining long term relationships. This intensive is geared towards advanced/intermediate producers of fresh produce, dairy, meat, and value added products.

**Rose Wilson** is a leading business planner in the farm and food sector. Since founding her company in 2004, Rose has worked with over 350 farms and food producers, helping with business launch, expansion, and exit; enterprise analysis; and market development. In addition to serving individual clients Rose immerses herself in improving the overall farm and food economy through conducting regional research projects on the feasibility of new crops, services or sales channels. Rose’s most recent collaborative project is the Local Food Wholesale Market Assessment & Industry Update which was published by NOFA-VT in November. Rose is a member of the NOFA-VT Revolving Loan Fund Advisory Board, the Vermont Farm Fund Advisory Board, and the Vermont First Advisory Board.

\*Please note this Wholesale intensive runs from 9 am–3:30 pm

## Indigenous Foodways

**Presenter: Mariah Gladstone, Indigikitchen**

Join Mariah Gladstone, advocate for the Native Food movement and creator of Indigikitchen, to gain a better understanding of the history of the food and food systems of North America’s Native peoples. This intensive will cover the traditional relationship with the land and food, the relocation and reservation period, the importance of cooking with and honoring regional Native foods, and current food sovereignty work happening within the indigenous community. During the in-depth, hands-on workshop, Mariah will discuss indigenous corn varieties and the stories and methods that accompany them. Participants will learn the process of nixtamalization to transform dried corn into a delicious dish. In addition to making corn flour, everyone will help prepare an elderberry BBQ sauce to create a shredded wild game roast and make corn cakes from the finished flour.

**Mariah Gladstone**, Cherokee and Blackfeet, grew up in Northwest Montana on and near the Blackfeet Reservation. She graduated from Columbia University with a degree in Environmental Engineering and returned home where she began her work on food advocacy. She developed Indigikitchen, an online cooking platform, to revitalize and re-imagine Native foods. She has been named a “25 Under 25 Leader in Indian Country” and a “Champion for Change” by the Center for Native American Youth. She is currently a Robert Wood Johnson Foundation Culture of Health Leader and is pursuing her Master’s at SUNY - Environmental Science and Forestry.

## Change the Narrative, Change the Outcome: Tools for More Successful Food System Communications

**Presenters: Lisa Fernandes, Food Solutions New England at the UNH Sustainability Institute; Shane Rogers, Rooted in Vermont at the Vermont Sustainable Jobs Fund**

Who are the audiences or groups of people that you would like to better connect with in order to meet the goals of your food business? The way you talk about your work, farm, food business or organization is central to successfully engaging your customers and supporters. The way people respond to your messaging may vary greatly, and gaining a detailed understanding of this will help you to craft a narrative that effectively reaches your target audience. The Food Solutions New England network has invested in learning what kinds of narrative, and messaging works toward collectively creating the food system we all need, while avoiding communications pitfalls that work against our shared goals. In this intensive, facilitators will share their combined years of experience in the field to help you hone a message, write copy, and build your skills in direct communication. With inspiring stories and techniques to get your ideas flowing, you will learn about utilizing in-person, online, and print communications in a way that engages your specific audiences and aligns with food communication across our region. In this intensive you will build an outline of your 2020 communications strategy that speaks to your mission, and successfully engages your customer and client base across multiple platforms. Come ready to be inspired by stories shared, mistakes made, and opportunities to build a new narrative that works both for you and contributes to building a food system that works for all of us.

**Lisa Fernandes** is the Director of Communications for Food Solutions New England & Founder of the Resilience Hub in Portland, ME. She is an experienced strategist, facilitator, speaker, network weaver and educator who believes that resilience-building, community connectivity and participatory design are among the best approaches we have for creating vibrant futures and for navigating the challenges we face. A graduate of Boston College and The Evergreen State College, Lisa and her family enjoy growing, foraging, preserving and cooking as much as possible and have been actively converting their 1/3-acre home site into a model of comfortable “post-fossil fuel” living. **Shane Rogers** works for the Vermont Sustainable Jobs Fund as the project manager of Rooted in Vermont—a core project of the Vermont Farm to Plate Network to increase consumer demand for local food. He previously handled communication and development for Green Mountain Farm-to-School, a nonprofit in Newport, Vermont. He has also worked as a journalist in Cleveland, Ohio and Washington, D.C. and as a grassroots organizer.

## Look For Our Authors At NOFA-VT!



**Nicki Carangelo**  
*Raising Pastured Rabbits  
for Meat*



**Nancy and John Hayden**  
*Farming on the Wild Side*



**Bryan O'Hara**  
*No-Till Intensive  
Vegetable Culture*



**Jack Lazor**  
*The Organic Grain Grower*



**Alice Percy**  
*Happy Pigs Taste Better*



**Ross Conrad**  
*Natural Beekeeping*



[facebook.com/chelseagreenpub](https://facebook.com/chelseagreenpub)

[@chelseagreen](https://twitter.com/chelseagreen)

[@chelseagreenbooks](https://www.instagram.com/chelseagreenbooks)

[WWW.CHELSEAGREEN.COM](http://WWW.CHELSEAGREEN.COM)

SIGN UP FOR OUR E-NEWSLETTER: [CHELSEAGREEN.COM/NEWSLETTER](http://CHELSEAGREEN.COM/NEWSLETTER)  
AND RECEIVE 25% OFF YOUR NEXT PURCHASE

## SALVATION FARMS

Working with  
farmers and  
communities to  
feed Vermont  
more locally

[www.SalvationFarms.org](http://www.SalvationFarms.org)  
802-888-4360 [info@salvationfarms.org](mailto:info@salvationfarms.org)



## Sugarsnap

*farm to table fresh since 2003*

*Farm fresh catering and attentive service for  
weddings, business, and private events.*

*Menus inspired by our three-acre  
Intervale farm.*

**[thesnapvt.com](http://thesnapvt.com)**

## SATURDAY SESSION 1

10:45 AM–12:00 PM

See insert  
for room  
locations**Creative Options for Farm Access, Transfer and Conservation: Farmer Voices from the Ground**

Maggie Donin, Vermont Land Trust; Eli Hirsh & Valerie Woodhouse, Honey Field Farm; Cassie Westcom & John Tiffany, Green Wind Farm; Melissa Kosmaczewski and John Hirsch, Clearfield Farm

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 with both a service provider and farmers who have been through this process.

**Determine Your Costs of Production: Farm Budgets Made Simple**

Richard Wiswall, Cate Farm

Ever wonder how much it costs to produce a dozen eggs? A feeder pig? Hoophouse greens? Are you making a profit given your current sales prices? Longtime organic farmer Richard Wiswall will demystify production costs for various farm ventures and show which ones are making money or not. This group working session will simplify and enlighten the process of determining profitability for any of your farm endeavors. Beginning and seasoned farmers alike will benefit, and share in some eye opening results.

**Food & Mood**

Leanne Yinger, Kira's Kitchen

This interactive workshop will provide information about the positive impact particular vitamins and minerals have on maintaining a balanced mood. Leanne will discuss how a nutrient dense diet improves physical and mental health. Her lecture will provide food for thought in your own personal journey toward optimal health. This session is open to everyone interested in food sources, nutrition and health. See how changing diet and lifestyle can provide healing of mind, body and spirit.

**Growing Through the Cold of It: Winter Greens Production**

Taylor Mendell, Footprint Farm; Ryan Fitzbeauchamp, Evening Song Farm

Join this workshop to discuss winter greens production. Both farms utilize high tunnels and market through various streams such as a winter CSA and weekly farmers markets. Learn how to manage your winter greenhouses in a way that can maximize your winter income and produce healthy crops. Attendees will leave with a better understanding of transitioning summer houses to winter houses, greenhouse management, crop selection & planting dates, and post harvest handling of winter greens.

**Homescale Agro-Forestry**

Jon Turner, Wild Roots Farm

This workshop will provide current or soon-to-be homesteaders, methods for developing niche pockets or open fields into agro-forestry systems that support food crops, rotational grazing and wildlife habitat.

**Introduction to Biodynamic Agriculture**

Deirdre Heekin, La Garagista

Biodynamic agriculture is a holistic, ecological, and ethical approach to crop production that views the farm as a living organism: self-contained and self-sustaining, responsible for creating and maintaining its individual health and vitality. In this session, we will cover the history of biodynamics and examine what biodynamic agriculture is in principle and practice. We will also address the current biodynamic movement as well as resources that are available in the region and nationally.

**Irrigation 101 for the Commercial Scale**

Brookdale Farm

Learn the basics of drip irrigation. This workshop will cover terminology, how to set up and operate an irrigation system on your farm and what supplies you need. Fertilizing through drip lines the right way with fish and other OMRI approved fertilizers will be discussed. Learn about new overhead irrigation misters, and automation as well as measuring soil moisture. Attendees will leave with everything you need to know about how to apply water to make your crops grow.

Raise  your voice!

Look for this symbol throughout the workshop descriptions. At each of these workshops, you'll have the option to sign a petition, write a postcard, sign-up to participate in an advocacy event, or otherwise raise your voice in support of the food and farming system we all need now.





Aqua ViTea.  
**KOMBUCHA**

**Scythe** SUPPLY .COM

EUROPEAN SCYTHE SPECIALISTS

See you at the NOFA VT Winter Conference  
February 15-17, 2020

SCYTHESUPPLY.COM

496 Shore Road, Perry ME 04667 (207) 853-4750

**REAL PICKLES**

Northeast grown vegetables  
Fermented & raw  
100% organic



In natural food stores throughout VT  
www.realpickles.com | (413) 774-2600

The  
**Maine Potato Lady**™  
YOUR SOURCE FOR QUALITY SEED POTATOES



Wide selection of certified organic products:

Certified seed potatoes, garlic, shallots,  
cover crop seed, fertilizers, inoculants, sweet  
potato slips, allium transplants,  
heritage grains, and flowers.

*Reasonable prices and volume discounts!*

207-717-5451

www.maineptotolady.com

info@maineptotolady.com



WE BELIEVE in cultivating a direct  
relationship with the resources that sustain us



KROKA EXPEDITIONS \* Summer 2020

Multi-day Adventures for Ages 9-19  
www.kroka.org \* 603-835-9087



**Johnny's**  
Selected Seeds

**Committed to Organic  
Growers Since 1973**



Organic seed, rigorously trialed in the Northeast.

Quality vegetables and flowers start with the seed.

Increase your success by choosing Johnny's!



**Contact Julie Fine, your  
Northeast Sales Representative**

jfine@johnnyseeds.com

207-660-4309



**100%**  
Employee Owned



**Non-GMO**  
Safe Seed Pledge



**100%**  
Satisfaction Guarantee

Johnnyseeds.com • 1-877-564-6697

## Leveraging the Vermont Brand for Agritourism and Direct Sales



Tara Pereira, Vermont Fresh Network; Lisa Chase, UVM; Lindsey Berk, ACORN; Molly Bulger, Philo Ridge Farm

Vermont's focus on authenticity and terroir is similar to Italy, where the First World Congress on Agritourism was held in 2018. To build on the success and momentum of the conference in Italy, the next conference will be in Burlington in October 2020. In this session, panelists will present trends and share ideas for using the international conference as a launch pad for further developing local, regional, and global markets for Vermont's farm products and experiences.

## Making Herbal Tinctures and Salves

Betsy Bancroft, Vermont Center for Integrative Herbalism

Tinctures and salves are very useful remedies to have in one's home herbal medicine kit, ready when you need them. This class will be a demonstration of how to make an herbal infused oil and then turn it into a salve. Participants 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 particular to cannabis), so participants will be able to prepare the remedies they most want and need.

## Policy & Principles: Soil Health & Ecosystem Services



Cat Buxton, Vermont Healthy Soils Coalition; Alissa White, Gund Institute, UVM; Mustafa Saifuddin, Earthjustice; Maddie Kempner, NOFA-VT

What do we really mean by "healthy soil"? How do we measure it? And how can policy be used to support it? Join a panel of experts to learn, discuss, and find out how you can get involved.

## Social Justice in Local & International Food Systems

Jessi Grillo, Heartwood LLC; Marcela Pino, Food 4 Farmers

In Vermont and across the globe, farmers and farm workers generate value to society that is arguably unmatched. Yet, many remain undercompensated and vulnerable to human rights abuses. This panel will focus on social justice in local and international food systems. Panelists will provide examples and perspectives at various scales—from large global supply chains to local sustainable agriculture initiatives in Latin America to experiences and perspectives of farm workers and recent immigrants to Vermont.

## Soil Science Basics for Grass Farmers

Ashlyn Bristle, Rebop Farm

This workshop will cover the basics of soil science and chemistry from a grass farmer's perspective, explain how to interpret soil tests as a crucial tool in managing animal fertility, and cover specific management tactics used on Ashlyn's diversified livestock farm to improve soil health.

## True Tales from the Collective Farming Model

Hilary Martin, Diggers' Mirth Collective Farm; Reid Allaway, Tourne-Sol Co-operative Farm; Nichki Carangelo, Letterbox Collective

Anxious about starting out on your own or as a couple? Yearning to share the many burdens of running a complex farm in the 21st century? Join experienced farmers from successful collective and co-operative farms to learn how these alternative business models can make a farm more resilient, fun and livable. Presenters will share experiences of choosing a legal business structure and systems developed for decision-making, communication and organization strategies. We are eager and humbled to explore lessons learned and to consider the successes and challenges of this unique and exciting model that strives to be both profitable and equitable.

## Vermont Food Hubs: Expansion of Services for Farmers



Amrita Parry, Green Mountain Farm Direct; Keith Drinkwine, Intervale Food Hub; Jon Ramsay, Farm Connex, Center for an Agricultural Economy; Alex McCullough, Food Connects; Katie Michels, Vermont Housing & Conservation Board

Food Hubs are based on the model that more can be done when done collectively. This session will focus on the existing and expanding programs that Vermont food hubs are offering to support a wide variety of needs in the agricultural community. As a collective group, these organizations are providing storage and aggregation, market development, direct services, farm product delivery and more to farmers. Learn about these existing services and new initiatives these food hubs are taking on that aim to expand markets and infrastructure for farmers.

## Winter Garden Planning for Summer Success

Wendy Sue Harper, Master Gardeners Educator

This workshop will help home gardens do a better job planning their gardens for fertility, rotations, plants needed and growing starts. Wendy will review how to design a rotation, starting the right number of vegetable and flower starts at the right time, and plan fertility to help you have a great garden next year.


# Grow. Connect. Nourish. Inspire.

Dedicated to Sustainable Agriculture

At New Chapter®, we know that organic makes a difference. We are proud to partner with NOFA-VT whose contributions to organic practices and natural wellness are key ingredients to health and well-being. Visit [newchapter.com](http://newchapter.com) to learn more.




## Living Potting Soil for Organic Growers



**"The Fort Light potting soil has been a mainstay on my farm for the last nine seasons. For healthy seedling production there is nothing better, more consistent, or dependable on the market."**

- Katrina Becker  
Cattail Organics, Athens, WI



[vermontcompost.com](http://vermontcompost.com) • 802-223-6049

## FROM FARM TO FREEZER

The bounty of the harvest season may have passed, but you can still enjoy delicious, regionally grown Blueberries, Organic Edamame, Organic Green Beans, Green Peas, and non-GMO Sweet Corn from Northeast Family Farms.

*Look for them in the Freezer Section at  
Your Neighboring Vermont Food Co-op!*



Brattleboro Food Co-op, Brattleboro, VT  
Buffalo Mountain Food Co-op, Hardwick, VT  
City Market, Onion River Co-op, Downtown Burlington, VT  
City Market, Onion River Co-op, South End Burlington, VT

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

For a map of your Neighboring Food Co-ops, locally owned by over 140,000 people like you, please visit [www.nfca.coop/Members](http://www.nfca.coop/Members).



NEIGHBORING FOOD CO-OP ASSOCIATION  
PO Box 93, Shelburne Falls, MA 01370  
[info@nfca.coop](mailto:info@nfca.coop) // [www.nfca.coop](http://www.nfca.coop)





## SATURDAY SESSION 2

2:15–3:30 pm

See insert  
for room  
locations**5 Solutions to Land-Based Wealth Redistribution***Stephanie Morningstar, Northeast Farmers of Color Land Trust*

This session focuses on the direct correlation between wealth redistribution, increased access to land, and healing justice for Black, Indigenous, and other communities of color (BIPOC). Through the intersecting lenses of decolonization, physiology, anti-oppression, and economics, we will share models of land access that restore harmony, reconfigure power, and reconnect the mycelial network of BIPOC land stewards to their purpose. This session will briefly illuminate the effects of colonization on the body, mind, and spirit, followed by explorations of 5 land access models employed to rebalance power and heal relationships. There will be space for small group discussion; processing of challenges and barriers; and collective inquiry. By uplifting grass-roots models for land access currently changing the landscape of wealth redistribution, participants will walk away with knowledge of accessible, action-oriented solutions.

**Cultures & Culturing, Part 1: Fermentation & Nixtamalization***Nancy VanWinkle, Nomadic Roots Kitchen; Tony VanWinkle, Sterling College*

In this workshop, participants will explore traditional techniques and knowledge for the fermentation and nutritional enhancement of foods. Presenters will cover how cultures have harnessed beneficial bacteria and chemical processes to alter, enhance, and preserve food throughout time and space. The presentation will be accompanied by demonstrations and tastings. We will examine both fermentation and nixtamalization.

**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 results in more sales than any social media post. The two together will help you build stronger relationships with your customers and increase sales.

**Farm Stress and Emotional Well-being on the Farm***Taylor Mendell, Footprint Farm; Allen Matthews, Farm First*

Where do you turn when work/life balance feels impossible? Farm life can be a roller coaster. Although it can look idyllic from the outside, farming is often punctuated by stressful, demanding and dangerous work. Farmers navigate long hours, money worries, weather crises, and social isolation. Stress challenges our emotional well-being and mental health. The goal of this workshop is to help farmers identify resources and techniques to resolve stresses before they mushroom into debilitating situations. Join and connect with other farmers over your most victorious and challenging moments of the season, and explore strategies for supporting health and well-being on and off the farm.

**Farming for Biodiversity: Designing Pollination Systems to Sustain Native Wildlife***Evan Abramson, Landscape Interactions*

Wild pollination systems are being degraded rapidly, raising concern over an impending ecological catastrophe. Yet most efforts to create pollinator habitat have only increased common species, rather than the range of wild pollinators needed for ecosystem health and resiliency. This workshop will explore the critical role of plant selection in designing and planting for pollinators.

**Food Scrap Management: Hire Farmers to Close the Nutrient Loop!***Cat Buxton, Vermont Healthy Soils Coalition; Natasha Duarte, Composting Association of Vermont; Caroline Gordon; Rural Vermont, Buzz Ferver, Perfect Circle Farm*

Next July, the Universal Recycling law requires every household to separate and recycle all of their food scraps (10 V.S.A. § 6605k). Farms that import food scraps close the loop locally and promote soil fertility while potentially offering the diverse forage to poultry at low to zero feed costs. This workshop discusses the ecological, economic, and regulatory benefits and challenges of on-farm food scrap management, a topic in urgent need of practical and political action.

**Getting Started with Small-Scale Grain Growing***Sylvia Davatz, Ruth Fleishman, Seed Savers*

To get you started growing small grains, Sylvia and Ruth will walk you through a typical year of growing grains on a small scale, addressing the basic steps and issues along the way, from variety selection and planting to harvest and storage. The discussion will include wheat (including spelt and emmer), barley, rye, and oats.



# THE UNIVERSITY OF VERMONT EXTENSION

Center for  
Sustainable Agriculture

[www.uvm.edu/sustainableagriculture](http://www.uvm.edu/sustainableagriculture)



**Kria Botanicals**

## INNOVATION IN EXTRACTION

Proud to be Vermont's First  
NOFA-Certified Hemp Processor

[WWW.KRIABOTANICALS.COM](http://WWW.KRIABOTANICALS.COM)

## Intervale Center

*celebrating over 30 years of farms, land, and people*



We offer a variety of programs and services to help strengthen farm businesses in Vermont and across the country, including:

- Farm Business Development Services • Local Food Aggregation and Distribution
- Food Access • Stream Bank Restoration Services •

Learn more at [www.intervale.org](http://www.intervale.org)  
180 Intervale Road | Burlington, VT 05401 | (802) 660-0440

## Cedar Circle

FARM and EDUCATION CENTER  
225 PAVILLION RD EAST THETFORD, VT

### WE'RE HIRING!

Production Crew (full season & summer) • Lead Educator •  
Camp Educators & Counselors  
• Kitchen Crew • Farmstand &  
Cafe Crew • Sales • Marketing



**LEARN MORE AT [CEDARCIRCLEFARM.ORG](http://CEDARCIRCLEFARM.ORG)**



Labels for Direct  
Marketing &  
Value-Added  
Products

### Boost your Sales with a New Label Design!

We design and print labels for farm products including beverages, cheese, fruit, meat, pickles, salad greens, yogurt and vegetables. We have freezer and waterproof options. 25% discount on full-color labels on rolls!

To get started, fill out the Quote Request Form on our website today.

GET A FREE CATALOG ONLINE  
[www.growersdiscountlabels.com](http://www.growersdiscountlabels.com)  
1-800-693-1572  
[info@growersdiscountlabels.com](mailto:info@growersdiscountlabels.com)



## Black Dirt Farm

### HIGH POTENCY WORM CASTINGS

and compost products

Supporting High-Performance Soils



**With more protozoa than  
your wildest dreams.**

802-533-7033 | [info@blackdirtfarm.com](mailto:info@blackdirtfarm.com)  
[www.blackdirtfarm.com](http://www.blackdirtfarm.com) | Stannard, VT

## The Human Microbiome: Our Internal Ecology

*Betzy Bancroft, Vermont Center for Integrative Herbalism*

What are they doing in there? As science is figuring out ways to identify and get to know the residents of our insides (and outsides!), we are learning truly amazing things, way beyond the role of microbes in digestive function. In this workshop, we'll trace the evolution of our relationship with our microbes and discuss how they feed us, protect us, teach us and communicate with us and how you can help support your microbial diversity and abundance with food, herbs and connection to nature.

## Organic Strawberry Production Systems

*Ryan Voiland, Red Fire Farm*

Over the last two years SARE farmer grants funded on farm trials for us to compare different strawberry varieties grown in plasticulture vs matted row systems. The goal was to see if the plasticulture system (where weed control is easier), could be manipulated to yield ripe berries for the full traditional June bearing strawberry PYO season. Red Fire Farm trialed about 10 different and unique varieties, different plastic mulch colors, different row cover regimens, and kept detailed data on labor time and yield trial plots for each treatment. This workshop will be a discussion of the results of the data & trials. Ryan will also review the basic strategies of the plasticulture versus matted row planting systems, and how these systems work best under organic conditions.

## Organic Vegetable Costs of Production

*Jen Miller, NOFA-VT*

Over the last four years, NOFA-VT has worked with over 20 Vermont organic vegetable growers to aggregate cost of production data for commonly grown crops. This workshop will focus on newly released data for salad mix and greenhouse cucumbers from the 2019 season. Dig into production practices that maximize labor efficiency, yield, and net profit, rates of work metrics, whole farm financial ratios, and the tools that farmers used to generate these numbers. This workshop will build on Richard Wiswall's farm budgeting and enterprise analysis workshop, taking you one step further towards an in-depth understanding of your farm's costs of production and rates of work.

## Pest & Disease Discussion for Commercial Growers

*Ann Hazelrigg, Vic Izzo, Scott Lewins, Yolanda Chen, Andrea Swan, 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.

## Raising Pastured Rabbits for Meat

*Nichki Carangelo, Letterbox Collective*

This workshop will walk attendees through an all-natural, humane, and profitable approach to rabbit production on a small scale. Topics will include rabbit husbandry basics, enterprise budgets, and guidelines for growing, processing and selling rabbits commercially.

## The Untapped Resource on Your Farm or Homestead: Weeds as Medicine for Your Community!

*Katherine Elmer & Kara Buchanan, Spoonful Herbs*

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

## Worker Driven Social Responsibility Panel: Bringing a New Day to Dairy Farmworkers in Vermont and Beyond!



*Cathy Albisa, National Economic & Social Rights Initiative; Magaly Licolli, Venceremos (AR); Gerardo Reyes, Coalition of Immokalee Workers (FL); Marita Canedo, Migrant Justice (VT)*

Join us for a powerful panel to learn about Worker Driven Social Responsibility (WSR) and how this model is bringing a new day to dairy farmworkers in Vermont as well as workers across the world. Worker Driven Social Responsibility is a proven solution for addressing human rights abuses in global supply chains. It is founded on the understanding that in order to achieve meaningful and lasting improvements, human rights protections in corporate supply chains must be worker-driven, enforcement-focused, and based on legally binding commitments. This panel will focus on the impacts of Milk with Dignity, a farmworker-led worker-driven solution based in the Vermont dairy industry as well as take a broader look at other WSR model solutions across the U.S. and beyond.

## 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!**



# IF YOU FARM IT, WE CAN FENCE IT.™

- Livestock Inclusion
- Deer & Wildlife Exclusion
- Maple Sap Line Support
- Orchard & Vineyard Trellising
- Beehive Protection
- and More!



Shop us online!  
**Wellscroft.com**

**WELLSCROFT**  
FENCE SYSTEMS, LLC.  
New England's Agricultural Fence Experts



**NATURAL FERTILIZERS & SOIL AMENDMENTS**  
**ENVIRONMENTALLY COMPATIBLE PEST CONTROLS**

**FRUIT & VEGETABLES**  
**LANDSCAPING**  
**NURSERIES**  
**ORCHARDS**  
**TREE & TURF CARE**  
**AND MUCH MORE...**

More info on  
**NORGANICS.COM**  
or call for the location of your  
nearest wholesale distributor

ph: 802-222-4277  
email: [info@norganics.com](mailto:info@norganics.com)  
fax: 802-222-9661

\* for a complete list of WSDA & OMRI listed products  
please see our website.

*New!*  
**Certified Organic Formulas!**

*Creamy FOAMING SOAP, Soothing BODY WASH, Effective DEODORANT*  
*made with all organic ingredients & Formulated for sensitive skin.*  
*These Products are safe for you & safe for the environment!*

*...always the good stuff!*

*We support*  
**ORGANIC AGRICULTURE**

as it is better for the soil, water, air and people. It's not just about the food that goes in your body, or products on your skin.

Organic is about a healthy environment  
*for all!*

*Come visit our outlet!*

**616 EXCHANGE ST. MIDDLEBURY, VT 05753**  
**WWW.VERMONTSOAP.COM**

**Custom Grown**  
**Plugs & Transplants**

**www.bannergreenhouses.com**





60 Lake Street  
Burlington, VT

89 Main Street  
Montpelier, VT

7161 Woodstock Road  
Quechee, VT

Burlington  
International Airport

[www.skinnypancake.com](http://www.skinnypancake.com)  
[@skinnypancake](https://twitter.com/skinnypancake)

## WE KNOW AGRICULTURE



Agriculture Loans, Crop Insurance  
and Financial Business Services



**YANKEE FARM CREDIT**

800.639.3053

yankeefarmcredit.com



DRINK  
DINE  
RELAX  
ENJOY



hotelvt.com - 802.651.0080



## Vermonters Feeding Vermonters

Join the movement to share Vermont's bounty with all!

Advocate for public funding to purchase fresh, local food from VT growers to share with Vermonters facing hunger.



### SECURITY FOR FARMERS

**100%** of participating growers reported **improved financial gains**

**57%** of participating growers reported **increased stability** due to the dependability of selling large and reliable quantities



### IMPROVED HEALTH FOR VERMONTERS

**85%** of recipients indicated they are **more likely to eat** Vermont grown produce again

**25%** of recipients reported **increased daily vegetable consumption**



### STRONGER VERMONT ECONOMY

**\$1** spent on local produce contributes an additional **.60¢** to the **local economy\***

**Projected goal of \$800K** added to Vermont's economy



### REDUCED ENVIRONMENTAL FOOTPRINT

Produce is delivered within a **50** mile radius of **where it is grown**

Locally grown food **reduces the current average of 1,500** miles food travels from "field to plate"

Learn more at [feedingvermonters.org](http://feedingvermonters.org)

\* "Economic Contribution and Potential Impact of Local Food Purchases Made by Vermont Schools" By Erin Roche, Florence Becot, Jane Kolodinsky, PhD and David Conner, PhD. May 2016



# SATURDAY SESSION 3

3:45–5:00 pm

See insert  
for room  
locations

## Advancing Food Sovereignty in Vermont

Caroline Gordon & Graham Unangst-Rufenacht, Rural Vermont;  
Niaz Dorry, National Family Farm Coalition (NFFC) & the  
Northwest Marine Alliance (NAMA)

*Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.* —Declaration of Nyéléni, the first global forum on food sovereignty, Mali, 2007

Food sovereignty is a global movement based in particular histories. Connected through a world-wide network, communities across the globe are working to realize and protect their food sovereignty through local ordinances as well as state and federal policies. Join the National Family Farm Coalition and Rural Vermont in this conversation about different efforts to support food sovereignty at the local, national, and global levels. This workshop will include some time in presentation—and some time in discussion: please bring questions, ideas, stories, and concerns.

## Cancer and Climate Change: Healing the Internal and External Environment

Brendan Kelly, Jade Mountain Wellness

What is happening within us is mirrored in what is happening with the climate. Using the holistic lens of Chinese medicine, Brendan will discuss how the internal imbalances that create cancer are the same imbalances that are destabilizing the planet. The discussion will include ways to promote personal, cultural and societal well being.

## Capitalize on Consumer Trends to Increase Your Market Sales

Laura Biasillo, Cornell Cooperative Extension

How do your customers feel about your farmers market? During the summer of 2018, we conducted a consumer survey to learn about consumer attitudes around shopping for local food, particularly at farmers markets. The responses provided us with valuable information that we can use to improve our retail at the farmers market. This session will share survey results and offer suggestions on retooling your marketing practices to better connect with your customer.

## Cultures & Culturing, Part 2: Hands-On Kimchi

Nancy VanWinkle, Nomadic Roots Kitchen; Tony VanWinkle, Sterling College

Interested in learning how to make your own kimchi? In this hands-on workshop, participants will learn about traditional sauerkrauts from around the world and focus on the iconic Korean kraut, kimchi. Every participant will take home their own jar of homemade kimchi. In this hands-on learning experience, we will get messy, so bring your enthusiasm and your curiosity!

## Getting Started in Organic Beekeeping

Ross Conrad, Dancing Bee Honey

This workshop will provide an overview of all the basics for getting started with beekeeping from picking an apiary site, to choosing beekeeping equipment, and natural/organic options for dealing with honey bee diseases and pests. Advice and resources for beginners will be provided, with plenty of time for questions and answers.

## Growing and Selling Flower and Vegetable Starts

Heidi Racht, Pleasant Mount Farm; Jane Sorensen, River Berry Farm

Growing and selling flower and vegetable starts, as part of a farm operation, or as a sole business, can be profitable, bringing in early season income, and rewarding, satisfying a seemingly unquenchable desire by our community members to have access to beautiful, healthy plant starts for their flower and vegetable gardens. In this workshop Heidi and Jane will discuss techniques to manage the many details of growing and selling plant starts including deciding what to grow and what materials to purchase, knowing which amendments and fertilizations to use, determining a schedule and staying on top of pest and disease issues.

## Land-use Analysis for Designing your Homestead

Lizabeth Moniz, Flying Mammoths Landscape Design

There are so many things to consider when looking at when buying, or designing a piece of land that you want to homestead. Lizabeth will talk about some of the things to look for when walking a piece of land and how to go about laying out your land to accommodate the homestead that you envision. It all starts with good site analysis and then time taken to create a working design that is individual to you, your goals, and your piece of property. Learn how to read a landscape to help make your vision become a reality.

## Make Your Own Quick Mozzarella

Carol Fairbank, Broadfork Farm

In this hands-on workshop, learn to make a quick mozzarella that you will be sampling within the hour. Begin by adding some ingredients to fresh cow's milk, and while the magic happens, explore some basic cheesemaking techniques and dairy science. After we've created mozzarella curd, you will have a chance to stretch and form the curd into a delicately layered pasta filata (pulled curd). What could be more fun than stretching your own mozzarella? Eating it warm, of course! After all, mozzarella is the best part of the pizza!

**FLAG HILL FARM**  
**VERMONT HARD CYDER**



Always organic since 1983 • vermontcider@gmail.com



**PHILO RIDGE FARM**

*A working farm & market*

Philo Ridge Farm  
2766 Mt. Philo Road, Charlotte, VT 05445  
philoridgefarm.com | @philoridgefarm  
Office: (802)-539-2912 | Market: (802)-539-2147

We are *dedicated*  
to **SUPPORTING**  
**FARMERS** and  
our local *economy*,  
while managing our  
**SOIL** and *natural*  
**resources** through  
**REGENERATIVE**  
**AGRICULTURE**  
and continued  
**RESEARCH**

*Friend of the farmer!*



♦ **COFFEE ROASTED FOR FRIENDS** ♦

Mention this ad and  
receive 10% off your  
purchase at the  
Winter Conference!  
Find us in Exhibitor  
Area 2!



Certified Organic Hemp + Medicinal Herbs  
P.O. Box 353 Randolph, VT 05060  
www.hillsidebotanicals.com

f /hillsidebotanicals  
@hillside\_botanicals



*Celebrating 35 years of  
organic, local agriculture!*

www.deeprootorganic.coop

## How do we protect Vermont's farming future?

Our Farmland Access Program gets new farmers on the land—and conservation makes that land available for generations of farmers to come.

Visit [vlt.org](http://vlt.org)



## Peening and Sharpening Your European Scythe Blade

Emily Guirl, Elisabeth Benjamin, Scythe Supply

Ever tried to cut a tomato with a dull knife? Mowing with a dull blade is just as frustrating, though less messy. In this workshop Emily and Elisabeth will demonstrate peening techniques with a peening jig and with a hammer and anvil. They will review field honing and share tips to dial in your sharpening and peening. Part of the session will be directed by attendees' interests and questions.

## Pests & Diseases for Homesteaders & Gardeners

Ann Hazelrigg, UVM Extension, Plant Diagnostic Clinic

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

## Profitable Meat Marketing

Matt LeRoux, Agricultural Marketing Consultant

You are raising and selling local meat, but are you making a profit doing so? Learn how to use the Cornell Meat Pricing Tool and the supporting marketing techniques needed to command prices that deliver a profit in every channel.

## Scalable Commercial Pastured Poultry Production

Keith Drinkwine, Flatlander Farm

Learn about Flatlander Farm's pastured chicken production. Keith will go in depth on how they raise slow growing chickens, seasonally, on pasture. He will cover basic poultry production techniques, why they raise broilers with slower growing genetics and what impacts that has for their farm system, animal welfare and the kitchen table. If you're curious about raising a few birds or a few hundred, this workshop will aim to cover it all.

## Small-Scale Cover Cropping

Daniel Mays, Frith Farm

Learn how to incorporate cover crops into an intensive market garden without tillage or machinery. Daniel will present his human-scale methods of selecting, seeding, terminating, and planting into a variety of cover crop species. Daniel will also go over his preferred "cover crop cocktail" for each season, and the specifics of how he manages each mix. Attendees will see photos covering each step of the process, and discuss how cover cropping fits into the larger no-till system at Frith Farm.

## SUNDAY SESSION 1

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 Herbert will explain how dowsing goes far beyond just locating water, and can be a very useful and inexpensive complementary management tool in all manner of 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 the 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, much more. Come learn how to increase both nutrient density and yields with this simple method.

## CAPS, RAPs, and More—One Fresh Website

Becky Maden & Hans Estrin, UVM Extension

CAPS has a new home! With a fresh design and user friendly interface, this new website makes the CAPS program even better and more practical. This new site, sponsored by the Vermont Vegetable and Berry Growers Association (VVBGA) also covers nutrient management recordkeeping for RAPs compliance. This workshop will be a hands-on opportunity to begin uploading your information and learning how to make the most of this new resource.

## The Data-Driven Farmers Market

Matt LeRoux, Agricultural Marketing Consultant

Grocery stores have used scanner data to inform marketing techniques for decades. Farmer-friendly point of sale software, such as Square, now gives farmers market vendors similar potential to track their sales. Learn how Cornell researchers used this technology in conjunction with eight NY-based vegetable production farms. Leave this workshop with specific takeaways and tips for your own production and sales methods.

Raise  your voice!

Look for this symbol throughout the workshop descriptions. At each of these workshops, you'll have the option to sign a petition, write a postcard, sign-up to participate in an advocacy event, or otherwise raise your voice in support of the food and farming system we all need now.





Vermont Housing &  
Conservation Board

VERMONT FARM & FOREST  
VIABILITY PROGRAM

## Farm & Forest Products Business Owners!

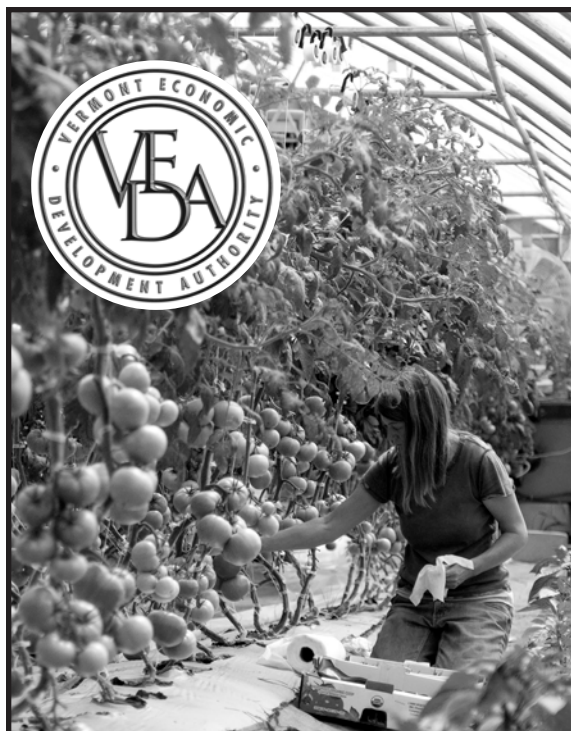
*Looking for an outside perspective?  
A sounding board for big decisions?  
One-on-one expert advising?*

The Viability Program offers business planning, coaching & ownership succession planning from experienced industry advisers.

If you're ready to work on your business, you can get up to two years of advising for just \$75!



To enroll or find out more  
visit  
[www.vhcb.org/viability](http://www.vhcb.org/viability)  
or call (802) 828-1098



## Vermont Economic Development Authority

Financing for Vermont Businesses and Farms

[www.veda.org](http://www.veda.org) | (802) 828-5627



## SHOP. DINE. LEARN. ENJOY.

Watch artisan bakers at work in our bakery. Shop for all your baking needs, from top-quality ingredients to tools, mixes, pans, and more. Sign up for a class. Sample treats from our demo kitchen. Enjoy a gourmet coffee and pastry, sandwich, salad, or pizza from our café. Settle into a comfortable chair; check your email. Relax – and welcome to King Arthur Flour!

135 RT. 5 SOUTH, NORWICH, VT | 802 649 3361 | [KINGARTHURFLOUR.COM](http://KINGARTHURFLOUR.COM)

## Homeopathy 101 for the Farm and Family

Mary Bryant, *Vermont Family Homeopathy*; Anne Lazor, *Butterworks Farm*

This Homeopathy Primer introduces history, philosophy and essential skills needed for successful remedy selection. Homeopathic remedies, not to be confused with herbal medicines, are deep acting, inexpensive and nontoxic. Homeopathy is a natural support for healing, that helps the body respond to injuries and acute illnesses in people and animals. Example cases of people and animals will be presented. Organic farmer, Anne Lazor will share how her interest in homeopathy evolved with an on-going study group. And her treatment of common cow related issues, i.e. postpartum paralysis, injuries, and milk fever. Over 6 million Americans use homeopathy; find out why. Resources for on-going study will be provided.

## Lyme and Tick-borne Diseases in Vermont

Rebecca Zelis, *Pat Bannerman, VT Lyme.org*

Incidence rates for Lyme and other tick-borne diseases present in Vermont are rising. Many Vermonters have been affected by tick-borne illness, yet awareness of how to prevent and diagnose Lyme disease is limited. This presentation offers education for Vermont's agricultural community about how to prevent tick borne diseases, and increase awareness of the wide-ranging symptoms of tick-borne illnesses. We will also discuss Vermonters' personal experiences with Lyme and tick borne diseases, including diagnosis, treatment, healing journeys, and the challenges of living with complex Lyme disease.

## Municipal Planning for Food Access



Faye Mack, *Hunger Free Vermont*; Taylar Foster, *Consultant*; Tory Littlefield, *Two Rivers Ottauquechee Regional Commission*

A group of food access and municipal and regional planning experts have worked together to develop a new resource for communities called "Local Planning for Food Access: A Toolkit for Vermont's Communities." In this interactive workshop, presenters will share this toolkit and work with participants to identify how municipalities and community allies can better target their food access efforts by addressing observed barriers and gaps within town plans, common challenges in regards to implementation, and funding constraints.

## No-Till Vegetable Farming, Part 1

Bryan O'Hara, *Tobacco Road Farm*

This workshop will present the details for growing large volumes of high-quality crops out of any given area without the use of tillage. The methods utilized in this system have demonstrated tremendous levels of weed control and irrigation reduction, as well as excellent soil improvement. Techniques include solarization, composted mulches, multi-cropping, cover-cropping, broadcast seeding, and so much more.

## Radical Self Care for Skin in Winter

Marie Frohlich, *Taproot Consulting, LLC*

Garden hands and feet going into winter wood stove heat! Come learn herbal ways to nourish skin inside and out using food and topicals. Demo, samples and recipes provided

## The Radical Forest Manager: A Holistic Forest Approach for Everyone and Everything

Ethan Tapper, *Chittenden County Forester, Vermont Department of Forests, Parks and Recreation*

Forest Management can be a divisive topic, conjuring up images of ecological disturbance and destruction. But Forest Management can also be done in a way that supports the holistic health of forested ecosystems and that supports environmental, social and economic justice, and the health, culture and character of our rural communities. Join Chittenden County Forester Ethan Tapper to discuss modern forest management that weighs both the intrinsic value of natural systems, and how their management can support a healthier world.

## Soil, Agriculture, and Organizing in the Climate Justice Movement



Henry Harris and Lauren Weston, *Center for Grassroots Organizing*; Cat Buxton, *Grow More Waste Less*; Henry Swayze *GreenZine Radio Show*; Mindy Blank, *Community Resilience Organizations Network*; Grace Gershuny, *Organic Revolutionary*

Build knowledge, momentum, and action toward healing our planet and building a thriving, resilient, and just society that is in harmony with the earth's systems. In this session, presenters will: 1) share information on healthy food systems, healthy soils, healthy water cycles, movement organizing, and personal agency building, 2) share, expand on, and identify gaps in existing networks of people and organizations (social mycelium) doing work on these topics in the climate justice movement, and 3) collaborate with community members to innovate, create, and build the future we want to see using sound scientific principles.



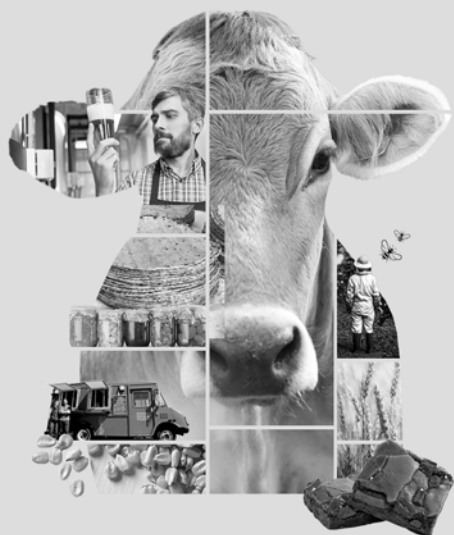
# MIMCTV

Keeping the food & agriculture conversation going by supporting NOFA-VT's Winter Conference videos.

Public access for Jericho, Richmond & Underhill, VT  
MtMansfieldCtv.org

Ask your local public access center if they'd like to play NOFA-VT's latest videos.

## ENCOURAGING THE GROWTH AND VIABILITY OF VERMONT AGRICULTURE



VERMONT  
AGENCY OF AGRICULTURE, FOOD & MARKETS

think! VT

## *Believe In* WHAT YOU BUY®

Free range, organic eggs from our small family farms to your table



**PETE and GERRY'S®**  
**ORGANIC EGGS**  
— From Small Family Farms —





## Success with Blueberries

*Lee Reich, Springtown Farmden*

Learn the kinds and varieties of blueberries to order, as well as all-important soil preparation and ongoing soil care, planting, pruning, and harvest. Discussion will include bird issues, pest problems, as well as what to do with your probable overabundance.

## Take Lean Farming to the Next Level

*Bruce Hennessey, Maple Wind Farm; Jen Miller, NOFA-VT; Taylor Mendell, Footprint Farm*

You've heard of these ideas, might have read the book(s), and put some Lean principles into practice, but are you satisfied with how it's working out? Have you built that "Culture of Constant Improvement" and tackled the "Eight Primary Sources of Waste" in all your processes? Join us for a look at several farms that are taking next steps toward putting Lean to work in their operations, and a discussion of what it takes to move beyond initial attempts to reduce waste and add more value. Learn about how to participate in groups of farmers committed to making improvements, not just on their own farms but with their cohort operations as well. Learn about effective staff training, mistake-proofing essential tasks, and the steps used to make daily improvements in each of your processes.

## Using a Livestock-Based Approach to Reclaiming a Vermont Hill Farm

*Jenn Colby, Howling Wolf Farm*

Feeling overwhelmed by your efforts to reclaim a rundown farm? Not sure where to start? Need to connect with others in a similar position? As the UVM Center for Sustainable Agriculture's Pasture Program Coordinator, Jenn Colby has had the opportunity to learn from a wide range of grazing experts. When looking to relocate and expand her operation at Howling Wolf Farm, Jenn specifically chose a farm where she could test and demonstrate different [low cost] approaches to pasture improvement and reclamation. Three-plus years into grazing sheep at the new farm, there are a variety of pastures in different states, fledgling water systems installed, and active bale grazing to view the results of. This workshop is aimed at anyone looking to learn more about reclamation, using livestock as tools, balancing production and reclamation goals, gaining a better understanding of plant-soil-animal interactions, this workshop will include space for willing participants to share their own experiences.

## Why I Choose Regenerative Agriculture

*Jack Lazor, Butterworks Farm*

Established in 1976, Butterworks Farms is known as an organic pioneer in Vermont and beyond. They have adopted a number of farming practices like 100% grass fed dairying as a solution to the climate chaos that is challenging all of us. This workshop will describe the changes Jack, Anne and their team have made and explore what we all can do in our respective lives and environments to work together on these very important issues.

# SUNDAY SESSION 2

2:15–3:30 pm

See insert  
for room  
locations

## Connecting with our Food and Land

*Alnôbaiwi—Preserving Abenaki Cultural Heritage*

Alnôbaiwi is an Abenaki inter-tribal, non-profit organization dedicated to the continuation of Abenaki Culture. Join us to celebrate our connection to the earth and its bounty with song and dance. Presenters will be dressed in traditional attire.

## Espalier Fruit Trees

*Lee Reich, Springtown Farmden*

Espalier is the training of a tree to an orderly, often two dimensional form; the result is high quality yields of fruit from a tree that is also decorative from the tracery of the branches. The tree might be free-standing, against a wall or fence, or even creating the fence itself! This presentation will touch on the theory and the practice behind the pruning and orienting of branches to create an espalier, which fruit plants work best, and the branch pruning and orienting techniques that create and maintain espaliers.

## Farm Financials 101

*Zac Smith, UVM Extension*

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

## Farming on the Wild Side: Growing Perennial Fruit and Vegetables, Biodiversity and Resilience

*John & Nancy Hayden, The Farm Between*

John and Nancy will describe the evolution of their regenerative organic farm over the past 28 years from livestock and veggie production to a perennial polyculture. Their farm features 30 types of fruits and nuts, pollinator and bird habitat, carbon sequestration strategies, improved water quality and a sustainable livelihood. This workshop also celebrates the release of their new Chelsea Green book, *Farming on the Wild Side*.

## Innovation and Inspiration!

Gardener's Supply is the nation's leading source for innovative, earth-friendly gardening solutions. We are an employee-owned, Vermont based business. Please visit our Garden Centers in Burlington, Williston or Lebanon, NH and let us help you grow a better garden.



**GARDENER'S**  
SUPPLY COMPANY

Burlington, VT | Williston, VT | Lebanon, NH  
(802) 660-3505  
[www.gardeners.com/store](http://www.gardeners.com/store)



THE UNIVERSITY OF VERMONT  
**EXTENSION**



**Introducing 53 New**  
Organic Varieties, including:

- Flavorburst F1 pepper, a sweet, **early ripening golden bell pepper**
- Rutgers Obsession DMR basil, a slow to bolt **downy mildew resistant basil**
- Burgandy, a **red tango Eazyleaf lettuce** with excellent loft and weight
- Galahad F1 a **crack resistant tomato**

**HIGHMOWINGSEEDS.COM**  
100% Organic Seed for Over 20 Years



**Exceptional local soils for  
your organic gardens.**

**growcompost.com**



## SEEDS TO SOCIETY

A weekly conversation with UVM's College of Agriculture and Life Sciences, strengthening Vermont communities through research and education.

**Tune in to  
WDEV Radio  
Thursdays at  
10:15 AM!**

**WDEV**  
**Dave**  
**GRAM**

WDEV-FM 96.1 | 96.5 | 98.3 | 101.9 | AM550

**Listen online at [go.uvm.edu/s2spodcast](http://go.uvm.edu/s2spodcast)**



A collaboration between WDEV  
Radio and the College of  
Agriculture & Life Sciences at  
the University of Vermont.

## Growing Teens: High School Sustainable Agriculture



*Sam Rowley, Green Mountain Technology & Career Center; Jacob Holzberg-Pill, Northwest Technical Center*

Join us to learn more about sustainable agriculture in Vermont High Schools. We will share about our farm to school programs, school garden and orchard projects, service learning, field trips, culinary exploration, career exploration, building community relationships, working with local partners, getting grants, navigating administration, student behavior and more. Both student and instructor perspectives will be apart of the conversation.

## Hemp 101

*Scott Lewins & Heather Darby, UVM Extension*

The hemp plant has been cultivated for over 10,000 years and provided an important source of food, fiber, and medicine for many civilizations. The passage of the 2018 Farm Bill allows farmers in states that have legalized industrial hemp, to produce and market industrial hemp and hemp based products for the first time in decades. This change in policy has led to renewed interest in this versatile crop and what it has to offer to farmers and industry. The focus of this workshop will be agricultural production of industrial hemp for food, fiber, and resins. Presenters will cover variety selection, planting strategies, fertility, weed control, pest management, and harvesting will be included for the various types of industrial hemp. Harvest management and post-harvest handling will also be covered.

## Homeopathy 201 for the Farm and Family

*Mary Bryant, Vermont Family Homeopathy; Bay Hammond, Doolittle Farm*

This workshop will build on the first presentation but go deeper with more hands-on experience of case taking and remedy selection for both human and farm animal cases. This session is meant for those who have a basic knowledge of homeopathy but want more diagnosing experience. Practice identifying symptoms and selecting remedies with a homeopathic practitioner using the two essential tools, the Materia Medica (remedy information) and Repertory (inventory of mental/emotional and physical symptoms). Farmers of ongoing study groups will share best remedies to have available for the treatment of livestock in acute situations of stress, trauma, birthing, early onset pneumonia, mastitis and more. Resources for ongoing study will be provided.

## A Just Transition: Mass Movement Building & Cooperative Survival



*Henry Harris, Center for Grassroots Organizing*

This workshop will be a deeper dive into the just transition concepts introduced in Soil, Agriculture, and Organizing in a Climate Justice Movement workshop (Sunday, Session 1). If we are to implement massive agricultural, social, and economic change on a short timeline, we need systems to coordinate and magnify our collective energies. In this workshop we will explore: 1) The climate and economic crisis in brief, 2) Peer reviewed research on agricultural and land stewardship solutions, combined with contributions from participants about their work and interests, 3) Organizing 101, a conversation about how we can use organizing methods and structures from historical movements to meet the need to organize and mobilize.

## The Magic of Wild Yeasts—Bread Baking with Sourdough, Part 1

*Heike Meyer, Brot Bakery*

In this two part workshop we will learn the fundamental basics of sourdough alchemy and how to use it in bread making. During Part 1, we will talk about the basics of sourdough fermentation, the principles of feeding and storing a sourdough culture, how to make a basic sourdough bread and the health benefits of sourdough baking. Bring your questions and your appetite for a sensory bread tasting, and take home your very own sourdough starter.

## No-Till Vegetable Farming, Part 2

*Bryan O'Hara, Tobacco Road Farm*

This workshop will present the details for growing large volumes of high-quality crops out of any given area without the use of tillage. The methods utilized in this system have demonstrated tremendous levels of weed control and irrigation reduction, as well as excellent soil improvement. Techniques include solarization, composted mulches, multi-cropping, cover-cropping, broadcast seeding, and so much more.

## On-Farm Processing in Vermont

*Bruce Hennessey, Maple Wind Farm; Justin Sauerwein, Almanack Farm; Hannah Pearce, Hillside Farm; Mary Lake, Shearer, Butcher & Shepherd; Caroline Gordon, Rural Vermont*

Facilitated by Rural Vermont, farmer representatives from around the state lead this conversation to share their journey to the type of slaughter they specialize in. Voices representing the range of options for slaughter facilities for both poultry and four-legged animals will be present: a USDA inspected facility, custom slaughter facility, on-farm processing and mobile and itinerant slaughter. Panelists will share how and why they chose to specialize in their operation (inspected or otherwise), challenges they have faced and growth points within the industry. Recent improvements to the requirements from the on-farm slaughter of livestock will be discussed in the light of ongoing policy developments.





# MYERS PRODUCE

DELIVERING YEAR-ROUND  
From vegetable farmers in Massachusetts and Vermont  
To wholesale customers in Boston & NYC


[www.myersproduce.com](http://www.myersproduce.com)

School of the  
**NEW AMERICAN FARMSTEAD**   
*Professional Studies at Sterling College*



*Now offering  
Professional Certificates!*



Sponsored by 

[www.sterlingcollege.edu/snaf](http://www.sterlingcollege.edu/snaf)



# Lintilhac FOUNDATION

---

Engaging Vermonters  
in their changing landscape

---

[www.LintilhacFoundation.org](http://www.LintilhacFoundation.org)

## Practical Seed Saving on the Small Farm and Homestead

*Jim Ulager, Author & Seed Saver*

Designed for folks interested in saving seed on homesteads and small farms (where seed saving has both special challenges and opportunities compared to commercial scale production), this workshop covers seed saving benefits, how to ensure high quality seed, necessary population size, and preventing unintended crossing. Information is targeted for folks new to seed saving, but some more advanced topics will be discussed.

## Utilizing Draft Horse Power in Your Commercial Operation

*Kate Adams, Ascutney Mtn Horse Farm L3C; Gregory Witscher, Understory Farm; Jesse Kayan & Caitlin Burlett, Wild Carrot Farm; Becky Frye, Ironwood Farm*

Join this panel of farmers from Understory Farm and Wild Carrot Farm who utilize draft horse power as their primary power in both cut flower and mixed vegetable businesses. These experienced teamsters share the successes and struggles of draft powered systems, favorite equipment to use, bed spacing and when to utilize additional tractor power. Horse expert Kate Adams will add her vast equestrian knowledge on horse health, horse safety and choosing the right animal for the specific farm task and your specific operational needs.

## Worker Co-ops for Food Businesses

*Matt Cropp, Vermont Employee Ownership Center; Jaquelyn Rieke, Rabble-Rouser; Lucy Kahn, Real Pickles*

This workshop will feature an introduction to the worker co-op model as a path for start-up and ownership succession presented by Matt Cropp of the Vermont Employee Ownership Center. This will be followed by the stories of two food businesses that have walked that path: Real Pickles, which became a worker co-op in 2013, and Rabble-Rouser, which converted in early 2019.

## SUNDAY SESSION 3

3:45–5:00 pm

See insert  
for room  
locations

## "&\*@" 11 Mistakes We Made as New Business Owners

*Aubrey Schatz & Scott Hoffman, Family Cow Farm*

Aubrey & Scott will present a broad overview of mistakes, some big and some small, they have made in running a small farming business and how they used the lessons learned to direct their business and farming in a positive direction. They will discuss small scale dairy production, marketing, data tracking, accounting, debt, being young farmers, and more. Aubrey Schatz & Scott Hoffman have owned and operated the Family Cow Farm, a 12 cow 100% grass-fed raw milk dairy in Hinesburg, for the past 4 years. Family Cow Farm is a direct-market dairy but many of their lessons learned would be applicable to any beginning farmer looking to start their own enterprise.

## Farming for Profit: Changing your Paradigm

*Bruce Hennessey & Beth Whiting, Maple Wind Farm; Shona Sanford-Long, Luna Bleu Farm; Jenn Colby, Howling Wolf Farm*

"Is your farm a collection of expensive assets and low paying jobs ... or is it a business?" This was the question that hooked a number of Vermont farmers last year into dropping everything to spend seven days diving deep into their business and the businesses of other farmers from all over the country and the world. The course (Ranching for Profit) is described as a "boot camp" for farmers and ranchers serious about turning their farm into a business that serves them. Come hear stories of the farms that participated, the problems they face, and the solutions they're crafting to meet those challenges. Engage in activities that will get you thinking differently about how you are approaching your own operation. A quick introduction to tools for developing gross margins for different enterprises, making big decisions and clarifying your farms' mission, vision and core values will be part of the discussion.

## Hemp Discussion for Seasoned Growers

*Scott Lewins & Heather Darby, UVM Extension*

Join Dr. Heather Darby and Scott Lewins from UVM Extension for a discussion about growing industrial hemp. This workshop is geared toward commercial growers or market gardeners with prior experience growing hemp; audience participation will be strongly encouraged.

Organic producers,  
or producers  
transitioning to  
organic,  
can receive technical  
and financial  
assistance from  
USDA-NRCS.



**Let's get started!**



@VermontNRCS  
www.vt.nrcs.usda.gov



McEnroe Organic  
Compost & Growing Mixes  
for Naturally Healthy Plants



Wholesale, Retail & Bulk



518.789.3252

soils@mcenroefarm.com  
mcenroeorganicfarm.com

**Vermont First**  
Supporting the Production &  
Purchase of Local Food.





## Leading from the Land: Farmers as Ecosystem Service Providers

*Abe Collins, LandStream & Soil Carbon Coalition*

For centuries, society has recognized and paid farmers solely for the food and fiber they provide, while failing to measure or recognize their contributions to sustaining the earth's natural capital and the ecosystem services on which all life depends. The current paradigm has extracted wealth from the land and rural communities, rewarded industrialized models of agriculture, and caused some of the biggest problems of our time. It's time to hire farmers as watershed contractors to grow the natural capital infrastructure and ecosystem services needed to sustain society. This workshop will outline tools and strategy available and underway to take watershed contracting to the next level. Join us to make 2020 the year that Vermont farmers stood up for a world-changing farmer-led ecological economic development pathway.

## The Magic of Wild Yeasts—Bread Baking with Sourdough, Part 2

*Heike Meyer, Brot Bakery*

In this two part workshop we will learn the fundamental basics of sourdough alchemy and how to use it in bread making. In Part 2 of this workshop, we will dive deeper into the magic of wild yeasts and talk about special consideration for bread baking with sourdough, grain and flour considerations and how to properly shape and ferment a sourdough bread for optimal results. Bring your questions and your appetite for a sensory bread tasting, and take home your very own sourdough starter.

## Maximizing Legume Cover Crop Benefits in Vermont

*Becky Maden, Edward Marques, Eric Bishop von Wettberg, UVM Extension*

This workshop will help commercial growers better understand how to harness the power of legume cover crops in our ever-changing climate. Combining results from legume field trials conducted by UVM Extension, emerging research from the Von Wettberg lab (housed in UVM's department of plant and soil science), and tried and true farmer practices, workshop participants will leave with a better understanding of when it is ideal to seed a legume cover crop; when to incorporate for maximum nitrogen; how much plant available nitrogen is available to a subsequent cash crop, and when it is available for crop uptake; what varieties are best suited to our climate; and finally, what plant breeding efforts are underway to expand legume cover cropping options for farmers in the Northeast.

## Pastured Pigs

*Alice Percy, Treble Ridge Farm*

Learn the basics of feeding, housing, and caring for hogs in an outdoor system, including different styles of pasture management to achieve your production and land management goals. A hog farmer for 11 years, Alice is the author of *Happy Pigs Taste Better*, published by Chelsea Green.

## Translating the Wholesale Marketplace for Producers

*Rose Wilson, Rose Wilson Consulting; Tony Risitano, Deep Root Organic Co-op, Erin Buckwalter, NOFA-VT*

Over the past year NOFA-VT has teamed up with Rose Wilson and the Farm to Plate Networks' Aggregation & Distribution Working Group to conduct an in-depth study into the wholesale marketplace. The research for this report included an exploratory seminar about the specialty food and regional distribution system, a wholesale producer focus group, and interviews with VT and regional distributors and buyers. In this workshop, we will share our findings, and discuss the challenges and opportunities that were uncovered.

## Water Powered Farm

*Josh Squier, Squier Family Farm*

Learn how to use the water flowing through your farm or homestead with microhydro for power generation or Ram Pumps to move water around the farm. Josh will walk through the simple calculations needed to see if your site is amenable to water power. Josh will go over the free resources available online to do site evaluation and use a few attendee sites as examples, along with some farms currently using water power.

## Wild Fermentation: Wine, Cider and Everything in Between

*Krista Scruggs, ZAFA Wine & CO Cellars*

Krista Scruggs farms and ferments grapes, she also forages and ferments apples and sometimes ferments the two fruits together. Join her on an exploration from vineyard to bottle and she walks you through her creative, fermenting and farming practices of hybrid grapes and wild apples.



Center for an  
Agricultural  
Economy

Working lands.  
Working people.  
Local food.

Supporting farmers & food businesses with loans through the Vermont Farm Fund, commercial kitchen rentals, business advising, and more!  
[www.hardwickagriculture.org](http://www.hardwickagriculture.org) | 802-472-5362

We are proud to introduce: **CAE Farm Connex**  
Providing reliable, affordable, regional transport solutions to Vermont's finest farms and food producers. [mike@hardwickagriculture.org](mailto:mike@hardwickagriculture.org)



# 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



Supplying the horticultural and agricultural industries with the highest quality:  
soil microorganisms, biostimulents, bio char, biological controls, and more.

[www.hortpros.com](http://www.hortpros.com)

802.310.6837  
[manny@hortpros.com](mailto:manny@hortpros.com)



**CLIMATE ACTION FILM FESTIVAL**  
by suncommon\*

Bringing together stories from around the globe to inspire local action in addressing the climate crisis.

Reserve tickets by donation at [climateactionfilmfestival.com](http://climateactionfilmfestival.com)




OUR DEEPEST, MOST DELICIOUS THANKS!

WE STARTED OUT AS AN ORGANIC FARMING SCHOOL WITH 7 COWS IN NEW HAMPSHIRE IN 1983. SO WE UNDERSTAND THE HARD WORK, DEDICATION AND PASSION FOR PROTECTING THE PLANET THAT'S PART OF FARMERS' EVERYDAY LIVES.

TO ORGANIC FARMERS EVERYWHERE, THANK YOU FOR YOUR COMMITMENT - AND FOR PROVIDING US WITH THE MOST DELICIOUS INGREDIENTS AROUND!

**Stonyfield ORGANIC**

© 2020 Stonyfield Farm, Inc.



No organization has done more to create customers for sustainable family farms than the **Weston A. Price Foundation (WAPF)**, which promotes traditional diets of healthy societies throughout the world.

**Local WAPF Chapters** help health-conscious consumers connect with local family farms.

Become a member and enjoy these benefits:

- **Quarterly Journal**, *Wise Traditions in Food, Farming and the Healing Arts*, packed with insights and practical tips.
- **Free Consultation** on raw milk herdshares and marketing farm products.
- **Annual Shopping Guide** of nutrient-dense foods from family farmers and artisans.

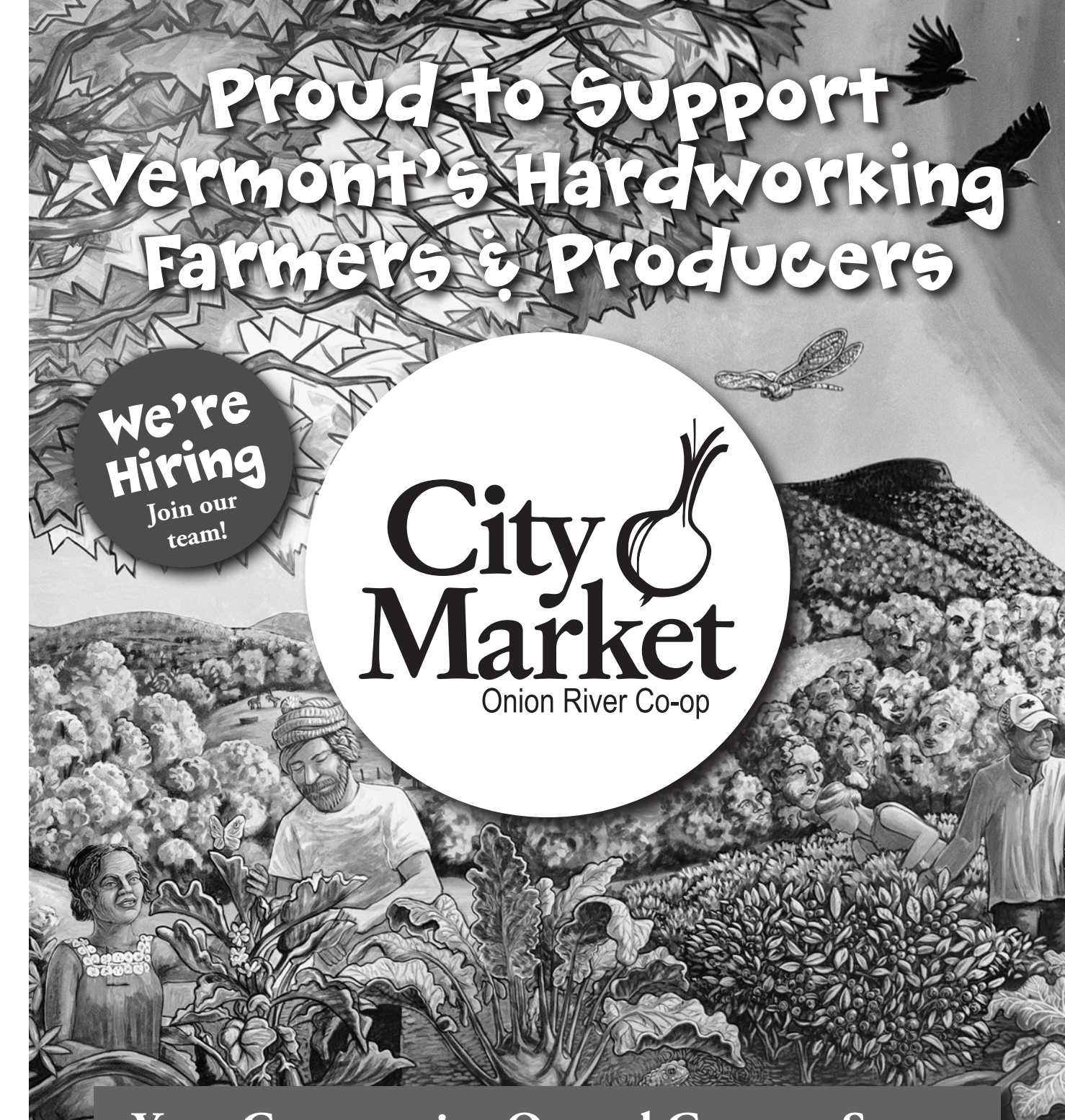
Join at [www.westonaprice.org](http://www.westonaprice.org) or 703-820-3333

We are Vermont's cannabis professionals working together to create the best possible legal industry in our state, through education and advocacy.



Learn more at [vermontgrowers.org](http://vermontgrowers.org)





# Proud to Support Vermont's Hardworking Farmers & Producers

**We're  
Hiring**  
Join our  
team!

**City  
Market**  
Onion River Co-op

**Your Community-Owned Grocery Stores**

## **Downtown**

82 S. Winooski Ave • (802) 861-9700

Open 7am - 11pm every day

## **South End**

207 Flynn Ave • (802) 540-6400

Open 7am - 9pm every day

Burlington, Vermont • [www.citymarket.coop](http://www.citymarket.coop)

# 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/WC20evaluation](https://nofavt.org/conference/WC20evaluation)



## 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
<b>Please rate the following aspects of the conference:</b>					
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"/>
Niaz Dorry’s Keynote Address	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Saturday, Session 1 (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 2: (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 3: (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"/>
Panel facilitated by Lisa Fernandes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sunday, Session 1 (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 2: (2:15–3:30)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Session 3: (3:45–5:00)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Workshop (title, speaker or topic)	Comments				
Sunday, Roundtable/Discussion Group	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Roundtable (title, speaker or topic)	Comments				

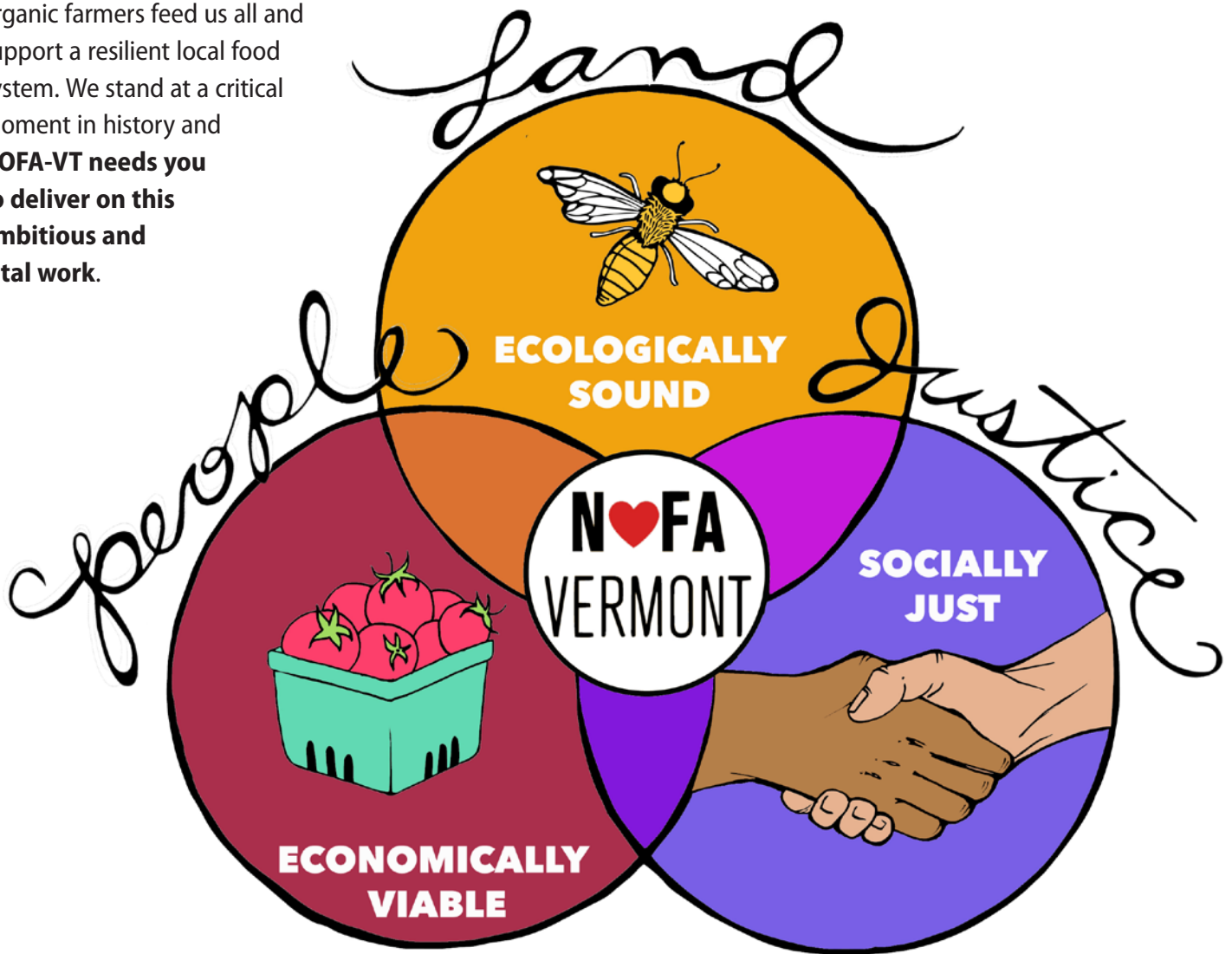
Additional comments and feedback



# Members are the of NOFA-VT!

When you become a member of NOFA-VT, **you are a part of a movement** that supports organic farming practices that nourish the land, sustain farmers, and build a just food system. Organic farming practices fight climate change and grow biodiversity. Food access work nourishes all children. Farm viability supports rural communities and landscapes. Local, organic farmers feed us all and support a resilient local food system. We stand at a critical moment in history and **NOFA-VT needs you to deliver on this ambitious and vital work.**

Find out more about how your membership supports our important work and about the many benefits of membership by visiting [www.nofavt.org/join](http://www.nofavt.org/join) or visiting us at the NOFA table on the first floor of the Davis Center.



**"I value NOFA-VT's work because they are a backbone of support to small farmers across the state. They serve as valuable advocates, educators, partners and cheerleaders for those doing this hard, and absolutely vital, work."**

—Elizabeth King, Farmers Market Manager, Jericho, VT

# BUILDINGS OF NOTE



## Davis Center Conference Hub

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

## B Terrill

Workshops

## 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, Kindness Cards with Bonnie Acker, Ice Cream Social (Sunday), NOFA-VT, VOF & VT FEED tables

**Burack Family Fireplace Lounge:** TD Bank ATM

**Near South Entrance:** Nursing Mothers Lounge

**Living Well Center:** Reiki Sessions

**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), People's United Bank ATM

## 4th Floor

**Jost Foundation Room:** Lunchtime Roundtables

**Williams Family Room:** Lunchtime Roundtables

**Chittenden Bank Room:** Safe Space for POC and marginalized peoples

**Summit Room:** Safe Space for First Nations people

**Handy Room:** Kid's Break Room

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

**Grand Maple Ballroom:** Announcements, Speakers, Lunch