

# Beyond Borders

NOFA Vermont's 35<sup>th</sup> Annual  
**WINTER CONFERENCE**  
OUR ROLE IN THE GLOBAL FOOD MOVEMENT

February 18<sup>th</sup>-20<sup>th</sup>, 2017 • Burlington, Vermont



Featuring Internationally-renowned keynote speakers:  
Dr. Fernando Funes Monzote & Dr. Vandana Shiva

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



# Sponsors

Please visit [www.nofavt.org/conference](http://www.nofavt.org/conference) for the most up-to-date list of conference sponsors.



The University of Vermont



Green Mountain College



Media Sponsor

Albert Lea Seed  
Center for Ag & Food Systems,  
Vermont Law School  
Clean Yield Asset Management  
Co-operative Insurance Companies  
Farmer Veteran Coalition of Vermont  
Fedco Seeds  
The Fertrell Company  
Hotel Vermont

Hunger Mountain Coop  
Lintilhac Foundation  
Mountain Meadows Farm  
New Chapter, Inc.  
Phoenix Feeds Organix, LLC  
Shelburne Farms  
Vermont Farm Bureau  
Wellscroft Fence Systems, LLC

Brot Bakery  
Cedar Circle Farm  
Champlain Valley Compost  
Lake Champlain Chocolates  
North Country Organics  
Nourse Farms, Inc.  
Rural Vermont  
Vermont Community Garden Network

Funding for this project was also provided by the Vermont Agency of Agriculture, Food and Markets, Vermont Specialty Crop Block Grant 02200-SCBGP-9-2, CSA Strategic Planning and Marketing; the USDA Agricultural Marketing Service Farmers Market Promotion Program Grant no. 14-FMPPX-VT-0169; and the USDA Risk Management Agency. The USDA is an equal opportunity provider.

**THANK YOU TO OUR GENEROUS SPONSORS!**

# Welcome

This is our 35th Annual Winter Conference, and one of my favorite weekends of the year! This weekend is an opportunity to meet, learn and get inspired for the next cycle. Since so many organic production practices are passed down from farmer to farmer and gardener to gardener, the conference provides a great opportunity for sharing ideas and networking. This year we are excited to have speakers and presenters from outside of Vermont, and across our borders, to stimulate cross-pollination of concepts, ideas and practices.

The conference theme **Beyond Borders: Our Role in the Global Food Movement** grew from the idea that the issues we all face – health, environment, justice and community – are global and cross all borders. Two esteemed keynote speakers join us in Vermont this weekend to respond to this global theme: Cuban farmer and educator Dr. Fernando Funes Monzote, and Indian scholar and environmental activist Dr. Vandana Shiva.

“The winter conference this year is embracing a huge global theme of change and resistance at a time when populist movements and corporate power are both surging,” Helen Whybrow, Vermont farmer and writer, commented. “We need more than ever to come together, be in relationship, and find our common strength as a community.”

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

Enjoy!

Enid Wonnacott, Executive Director

Cover illustration by Kathryn Hansis

## LOOKING FOR HELP?

Look for NOFA-VT staff/board with green name badges. Not seeing anyone? Stop by the registration desk on the first floor of the Davis Center.

## NOFA-VT STAFF

### KIRSTEN BOWER

Finance Director

### MEGAN BROWNING

Winter Conference Assistant & Registration Coordinator

### ERIN BUCKWALTER

Market Development Director

### NICOLE DEHNE

Certification Director

### RACHEL FUSSELL

Farmer Education Coordinator

### AMY GIFFORD

Jr Iron Chef Coordinator

### MICHAEL GOOD

Community Food Security Coordinator

### ERIN MCGUIRE

Certification Program Assistant

### KIM NORMAN MERCER

Communications Coordinator

### JEN MILLER

Farmer Services Coordinator

### MADDIE MONTY

Office Manager & Policy Advisor

### ABBIE NELSON

Food Systems Education & VT FEED Director

### GREGG STEVENS

Certification Specialist

### STEPHANIE WALSH

Certification Specialist

### MARISSA WATSON

School Foods Programs Coordinator

### BECCA WEISS

Office Assistant & Share the Harvest Coordinator

### ENID WONNACOTT

Executive Director

## CONTENTS

Featured Workshop Tracks .....	2
Featured Speakers .....	3
Exhibitors' Fair.....	4
Weekend Activities .....	5
Lunchtime Activities.....	6
Meals & Food.....	7
Lunchtime Roundtables.....	8
Children at the Conference.....	9
Day-Long Intensives.....	11

## Workshop Descriptions

Saturday Session I .....	15
Saturday Session II .....	19
Saturday Session III .....	22
Sunday Session I.....	26
Sunday Session II .....	29
Sunday Session III.....	33
Raffle.....	36
Song Lyrics .....	37
Sponsors .....	inside front cover
Campus Map.....	back cover

## THANK YOU! NOFA-VT would like to extend a special thank-you to the following people who make the conference possible:

- All of our dedicated conference presenters and speakers
- Our wonderful conference & children's conference volunteers
- NOFA Vermont's stellar conference organizers: Megan Browning, Livy Bulger, and Rachel Fussell
- Our farmers & friends who have donated goodies for our meals and Hospitality Table (see p. 7)
- The NOFA Vermont Board of Directors & Staff
- Caleb Elder, Pappy Biondo, and the Porter Brook Duo for the great music
- The incredible Bonnie Acker
- Maureen Cartier, Cody Fernald, Joe Kilburn, Alisha Lewis, Carly Martin, Brian Wichert, Matt Zimmerman and the University Event Services
- Executive Chef Sarah Langan, Catering Chefs Tina Billado, Steve Hadaway, & Derrick Hoyt, Jana Kurtz, Adam Pheiffer, Melissa Zelazny, Catering Manager Nate Stevens and Catering Supervisor Danielle Burdick at Sodexo
- Slow Food Vermont, Chef Doug Paine of Hotel Vermont, and Vermont Young Farmers Coalition

# Featured Workshop Tracks

Full workshop descriptions can be found beginning on page 15.

## UVM FOOD SYSTEMS SOLUTIONS

SATURDAY	Climate Smart Farming
	Managing Blue Orchard Bees (Native Pollinators)
	Get Ready for RAPs! Vegetable Farm Nutrient Management
	Grass-Fed: Using Animals to Harness Solar Energy
	Pest & Disease Roundtable
SUNDAY	CAPS, GAPs & FSMA—Oh My! Building a Produce Safety Continuum in Vermont
	Weed Management and Cultivation Equipment for Vegetable Farms
	Global Food, Local Food: Stories & Crops From VT Resettled Refugee Farmers
	A Visit to the Food System of Oaxaca, Mexico
	Disease & Pest Problems
	Farm Land and Business Transition: Steps to Get the Process Started
	The Swede Midge Situation in Vermont: Biology Basics and Management Updates

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

## BEYOND BORDERS

SATURDAY	International Agricultural Opportunities for Farmers
	The Milk with Dignity Program: Worker-Driven Social Responsibility
	Transitioning to a Multifunctional Agroecology System: The Case of Finca Marta in Cuba
	Sustainable Farming in Nicaragua, Cuba, Ethiopia and Burma
SUNDAY	Global Food, Local Food: Stories and Crops from Vermont Resettled Refugee Farmers
	A Visit to the Food System of Oaxaca, Mexico
	Regional Food Systems Planning and Urban Agroecology: Experiences from Cuba and Vermont
	Organic Farming in Cuba: An American Farmer Perspective

Beyond Borders workshops are focused on bringing together international perspectives and how Vermont fits into the global food movement, here and abroad.

## DIRECT MARKETING

SATURDAY	CSA: We Have a Problem
	Understanding Customer Behavior to Maximize your Direct Market Sales
	Farm Marketing in the Digital Age
SUNDAY	Designing Authentic Experiences and Selling Products on Your Farm
	Bringing Your Social Media Game to the Next Level
	Structuring a Legally Secure Intern and Apprenticeship Program in Vermont
	Add Value, Not Liability: Legal Best Practices for CSA and Added-Value Farm Ventures
	Branding & Marketing for Farmers and Producers
Staying on the Right Side of Employment Law in Vermont	

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

## SOIL HEALTH

SATURDAY	Carbon Farming - Principles, Practice & Metrics
	Designing Perennial Polycultures: Building Blocks of the Permaculture Garden
	Regenerative Farming, Impact Investing, and Climate Change
	Grass-Fed: Using Animals to Harness Solar Energy
	Transitioning to a Multifunctional Agroecology System: The Case of Finca Marta in Cuba
SUNDAY	No-Till Crop Production with Compost/Biochar Blends
	Supporting Indigenous Micro-Organisms on Your Farm
	Integrating Biochar into Existing Organic Farming Practices
	No-Till Production and Techniques with Bryan O'Hara (Part I & II)
	Grass Milk: Insights and Production Methods
Biological Alchemy	

The Soil Health Track is intended to bring together experts on soil health, regenerative agriculture techniques, and carbon farming practices.

# Weekend Schedule & Highlights

## SATURDAY

8:00 am	Registration & Exhibitors' Fair open Refreshments Available (2nd Fl.)
9:00–10:30 am	Keynote: Dr. Fernando Funes Monzote
10:45 am–12 pm	Workshop Session I
12:00–2:00 pm	Lunch, Exhibitors' Fair, Films, & Roundtables (1:00–2:00)
2:15–3:30 pm	Workshop Session II
3:45–5:00 pm	Workshop Session III
5:00–7:00 pm	Saturday Social & Seed Swap (See page 5)

## SUNDAY

8:30 am	Registration & Exhibitors' Fair open Refreshments Available (2nd Fl.)
9:30–10:45 am	Workshop Session I
11:00–12:00 pm	Keynote: Dr. Vandana Shiva
12:00–2:00 pm	Lunch, Exhibitors' Fair, Films, & Roundtables (1:00–2:00)
2:15–3:30 pm	Workshop Session II
3:45–5:00 pm	Workshop Session III
5:00 pm	Ice Cream Social

## MONDAY

8:00–9:00 am	Registration for Intensives (Waterman Building)
9:00 am	Intensives begin (See page 11 for more information)

## SATURDAY KEYNOTE SPEAKER DR. FERNANDO FUNES MONZOTE

Dr. Fernando R. Funes Monzote is a scientist and practitioner with over 20 years of experience in organic farming and agroecology. He is a founding member of the Cuban Organic Agriculture Association (ACAO), and received the Right Livelihood Award Prize in 1999. His main scientific contributions are summarized in his PhD thesis "Farming Like We're Here to Stay."

As an agroecologist and devoted researcher, Funes Monzote believes that the knowledge provided by science can be successfully combined with the heritage of tradition to boost revolutionary projects in agriculture. Since 2012 he and his family have run the agroecological project Finca Marta, 20 km from Havana, Cuba. The farm produces organic vegetables that are in high demand among private restaurants in the city as well as honey, livestock products and fruits. The project dedicates efforts to activate the local economy, creating jobs, valuing rural life and protecting the environment.

Funes Monzote holds a Bachelors in Agronomy from the Agrarian University of Havana (1995), a Masters in Agroecology and Sustainable Development from the International University of Andalusia (1998), and a Ph.D. in Production Ecology and Resource Conservation from the University of Wageningen (2008).



## SUNDAY KEYNOTE SPEAKER DR. VANDANA SHIVA

Dr. Vandana Shiva trained as a physicist at the University of Punjab, and completed her Ph.D. in Western Ontario, Canada. In 1982, she founded an independent institute – the Research Foundation for Science, Technology and Ecology in Dehra Dun – dedicated to high quality and independent research to address the most significant ecological and social issues of our time, working in close partnership with local communities and social movements. In 1991, she founded Navdanya, a national movement to protect the diversity and integrity of living resources, and to promote organic farming and fair trade.

*Time Magazine* identified Dr. Shiva as an environmental 'hero' in 2003, and *Asia Week* has called her one of the five most powerful communicators in Asia. In November 2010, *Forbes Magazine* identified Dr. Shiva as one of the **Seven Most Powerful Women on the Globe**.

Dr. Shiva has contributed in fundamental ways to changing the practice and paradigms of agriculture and food. Her books *The Violence of the Green Revolution* and *Monocultures of the Mind* pose essential challenges to the dominant paradigm of non-sustainable, industrial agriculture. Through her books *Biopiracy*, *Stolen Harvest* and *Water Wars*, Dr. Shiva has made visible the social, economic and ecological costs of corporate-led globalization.

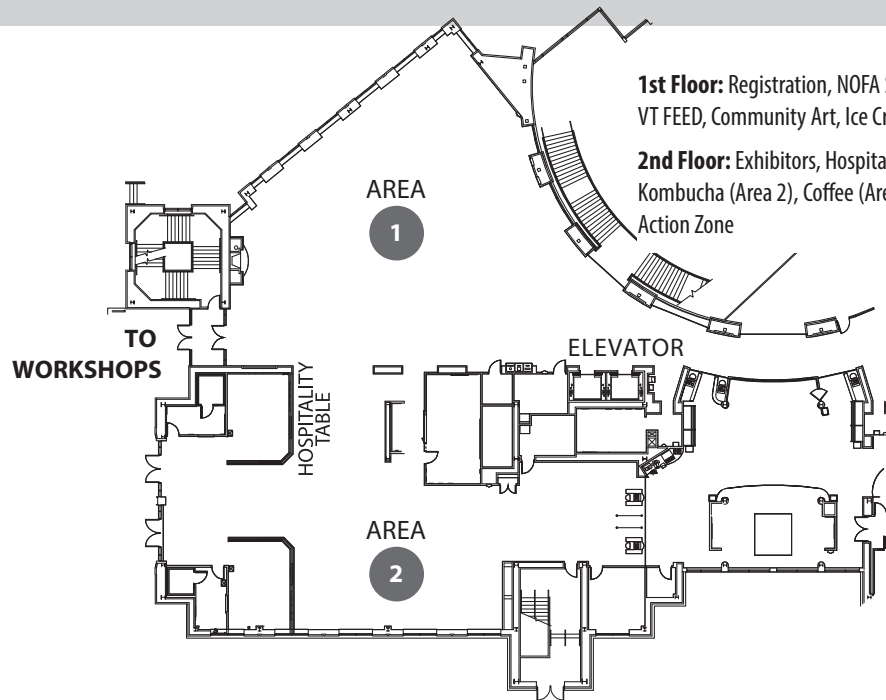
Internationally, Dr. Shiva serves on Prince Charles's expert group on Sustainable Agriculture and she is a member of President Zapatero's Scientific Committee in Spain. Dr. Shiva advises governments worldwide, and is currently working with the Government of Bhutan to make Bhutan 100% organic. She is also working with the Governments of Tuscany and Rome to create a hopeful and livable future for young people in these times of crises.



# Exhibitors' Fair

## AREA 1 • 2<sup>nd</sup> FLOOR, DAVIS CTR.

- ADAK Farm Systems
- Butterworks Farm
- Catamount Solar
- Chelsea Green Publishing
- City Market
- Farmer Veteran Coalition of Vermont
- Fedco Seeds
- Gardener's Supply Company
- Green Mountain College
- Harris Seeds
- High Mowing Organic Seeds
- Johnny's Selected Seeds
- Keep the Soil in Organic
- Neighboring Food Co-op Association
- Organic Valley
- Peace Corps
- Pete and Gerry's Organic Eggs
- pHtea
- Progressive Asset Management Vermont
- Sugar Snap
- SunCommon
- Two Bad Cats, LLC
- The Fertrell Co.
- The Local Motive
- University of Vermont
- University of Vermont RMA Risk Management Education
- VACC
- Vermont Agency of Agriculture, Food and Markets
- Vermont Coffee Company
- Vermont Farm and Forest Viability Program
- Vermont Farm Bureau
- Vermont Farm to Plate Network
- Vermont SARE
- Vermont Soap
- Wellscroft Fence Systems, LLC
- What's Good
- Yankee Farm Credit, ACA



**1st Floor:** Registration, NOFA Sales Table, VOF, VT FEED, Community Art, Ice Cream Social

**2nd Floor:** Exhibitors, Hospitality Table & Kombucha (Area 2), Coffee (Area 1), Social Action Zone

## AREA 2 • 2<sup>nd</sup> FLOOR, DAVIS CTR.

- Andrea Chesman
- Aqua ViTea
- BeeLove
- Black Dirt Farm
- Children's Initiative
- Cooperative Fund of New England
- Cornell Institute for Climate Smart Solutions
- East Hill Tree Farm
- Elmore Roots Fruit Tree and Berry Nursery
- Hospitality
- Intervale Center
- Iroquois Valley Farms
- National Young Farmers Coalition
- North Spore
- NOVIC
- OMRI
- Organic Consumers Association
- Rural Vermont
- Scythe Supply
- Sodexo (on the 4th floor at lunch)
- The Farm Between
- Upstream>>Ag
- Urban Moonshine
- USDA NASS-Northeastern Region
- USDA Natural Resources Conservation Service
- Vermont Caribbean Institute
- Vermont Community Garden Network
- Vermont Community Loan Fund
- Vermont Coverts: Woodlands for Wildlife
- Vermont Foodbank
- Vermont Land Trust
- Weston A. Price Foundation
- Winooski Conservation District

## ATRIUM • 1<sup>st</sup> FLOOR, DAVIS CTR.

NOFA-VT Sales Table, Vermont Organic Farmers and VT FEED (Vermont Food Education Every Day) have moved to the atrium this year, right next to registration! Come downstairs to talk with staff from these programs.



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

## EVALUATIONS: YOUR FEEDBACK IS VERY IMPORTANT TO US!

In order to collect your feedback, we have two options for completing a conference evaluation: online or paper. Pull out and complete the form in the back of this book and submit it at the registration table on the first floor of the Davis Center at the end of each conference day and you'll receive a Lake Champlain Chocolates reward! We'll also have a few laptops set up at registration for people to fill out electronic evaluations. Finally, we'll be emailing all attendees electronic evaluations after the conference. We use evaluations to collect ideas for future workshops, presenters, and themes, as well as improve our event! **Thank you!**

## WEEKEND MUSIC

Throughout the weekend, we will feature some of Vermont's finest local musicians to entertain us. Caleb Elder and Pappy Biondo will play from 12-2pm on Saturday and during our Saturday evening social. The Porter Brook Duo will play from 12-2pm on Sunday. Come and listen, sing along or dance with other conference participants!

## BOOK SIGNINGS

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



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

- **Peter Burke**, *Year-Round Indoor Salad Gardening* • Sat, 12-2pm, Exhibitor Area & following workshop (see page 26)
- **Andrea Chesman**, *Pickled Pantry* • Sat & Sun, 12-2pm, Exhibitor Table, & following workshop (see page 20)
- **Eugenie Doyle**, *Sleep Tight Farm* • Sat, 12-2pm, Exhibitor Area
- **Grace Gershuny**, *Organic Revolutionary: A Memoir of the Movement for Real Food, Planetary Healing & Human Liberation* • Sun, 12-2pm, Exhibitor Area
- **Simon Huntley**, *Cultivating Customers: A Farmer's Guide to Online Marketing* • Sat, 12-2pm, Exhibitor Area & following workshop (see pages 15 & 23)
- **Michael Phillips**, *Mycorrhizal Planet: How Fungi and Plants Work Together to Create Dynamic Soils* • Sun, 12-2pm, Exhibitor Area & following workshop (see pages 31 & 33)

## SATURDAY SOCIAL

**Saturday 5-7pm • Davis Center • 2nd Floor**

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

## 7TH ANNUAL SEED SWAP & INFO SESSION

**Saturday 5:15-7pm • Davis Center • 2nd Floor**

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



## EXHIBITORS' FAIR

**Saturday 8am-7pm & Sunday 8am-3pm • Davis Center • 2nd Floor**

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



## OGGÚN TRACTOR EXHIBIT

**Saturday & Sunday • Exhibitor Hallway, 2nd Floor**

Come see and learn about the new prototype of the Oggún Tractor. This tractor is made by the first U.S. company approved to manufacture in Cuba. Oggún will make 'open source' tractors that are a modern version of the classic Allis Chalmers G.

## CONFERENCE EVENING MEET-UP

**Saturday 7-10pm • Juniper at Hotel Vermont, 41 Cherry St., Burlington**

Looking to continue your conversations after workshops have concluded? Head downtown to Hotel Vermont for drinks and light snacks hosted by Slow Food VT & The Vermont Young Farmers Coalition.

This social event seeks to create community and celebrate food enthusiasts, homesteaders, and farmers. Open to everyone, and there will be plenty of time to mingle after the conference and into the night!

## SUNDAY ICE CREAM SOCIAL

**Sunday 5-6:15pm • Davis Center • 1st Floor • Free to conference attendees**

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

## RAFFLE

We are excited to raffle original artwork made by community artist Bonnie Acker! **Buy your tickets when you register, at the NOFA-VT table, or during lunch: \$5/ticket or \$20 for 5 tickets. Visit the NOFA-VT table on the first floor to select the collage you want to win and place tickets in the corresponding jar.**

Proceeds will benefit NOFA-VT's Farming Beyond Borders program to support farmer-to-farmer exchange. More details on pages 36 & 37.

## GREEN MOUNTAIN COLLEGE FOOD SYSTEM POSTER SESSION

**Saturday & Sunday • Burack Lounge, 1st Floor**

Students of Green Mountain College and the Lexicon of Sustainability created a traveling pop-up show of Information Artworks featuring people and organizations in the North Country, including farmers, food entrepreneurs, agricultural advocacy groups, and more.

# Lunchtime Activities

## LUNCHTIME ROUNDTABLES

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

Join NOFA staff, presenters, and fellow farmers and gardeners for an open-forum discussion on a topic that is important to you. See page 8 for full descriptions.

## YOUNG FARMER LUNCH & NETWORKING

Saturday & Sunday, 12:30–2:00 pm • Davis Center • 4th Floor, Grand Maple Ballroom

Grab your lunch and join the Vermont Young Farmers Coalition to meet beginning farmers in your area and learn more about the Vermont young farmer movement.

## COMMUNITY ART PROJECT WITH BONNIE ACKER

Saturday 12-7pm & Sunday, 12-5pm • Davis Center, 1st Floor Atrium

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



## SOCIAL ACTION ZONE

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

Come learn about and get involved in the important work being done by some of Vermont's advocacy organizations. Campaigns participating in this year's social action zone include Vermont Farm to School, Toxics Action Center, Vermont Public Interest Research Group (VPIRG), and more!

## HATHA YOGA CLASS

Saturday 12:15pm-1:15pm

Sunday- 8:15am-9:15am & 12:15pm-1:15pm

Davis Center, 1st Floor, Living Well Room

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

## FILM SCREENING: SUNÚ

Saturday, 12:30–2:00 pm • Terrill Hall, 108 Terrill Hall

Seen through the eyes of small, midsize and large Mexican maize producers, SUNÚ knits together different stories from a threatened rural world. It journeys deep into the heart of a country where people realize their determination to stay free, to work the land and cultivate their seeds, to be true to their cultures and forms of spirituality, all in a modern world that both needs them and despises them. SUNÚ reveals how maize and everything it gives life to could be lost forever, and shares a generous tapestry of simple, heartfelt messages for the farmers of the world and the city dwellers who could lose the capability to make important choices unless they act soon.



## SHORT FILM SCREENINGS

Sunday • Terrill Hall • See Insert for Room Locations

*The Local Motive* • 1:00-1:45pm

The food we eat must come from somewhere. Our grandparents' generation knew where their food came from but, today, food is much more readily available and commonly delivered through a vast, global industrialized system. Seasonality is less a factor in our daily diets, and does not always affect availability or affordability. While this miracle of industrialization allows for a more diversified diet and a great deal of cheap food, one cost of these innovations has been the connection between consumers and the people who produce their food.

*Climate Adaptation Farming & Climate Change* • 1:30-2:00pm

Extreme weather is the new normal for farming in the Northeast. In this film series, produced by the UVM Extension Center for Sustainable Agriculture, you can learn how three successful organic farmers in Vermont, Massachusetts, and New Hampshire are adapting their farm practices to respond to climate change.

## SOCIAL NETWORKING

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



THANKS!





## LUNCH

**Saturday & Sunday, 12–2pm**  
**Davis Center, 4th Floor**

\$18/adult; \$12/child • Lunches do sell out! Purchase tickets at registration or on the 4th floor during lunch hours.

Locally-sourced lunches are prepared by UVM Sodexo with recipes from the cookbook *New School Cuisine*. 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:** Carne con Papas, Vegetable and Bean Bake, Sweet Potato & Black Bean Salad, Magenta Root Slaw, Apple Crisp

**SUNDAY:** Chicken Tikka Masala, Veggie & Tofu Tikka Masala, Pulao Basmati Rice, Gingered Cabbage Salad, Naan Bread with Hummus & Butter, Cookies

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



## ALTERNATE DINING OPTIONS ON CAMPUS

**Harris/Millis Unlimited Dining**, Harris-Millis Complex • Saturday & Sunday: 10:00 am-8:00 pm

**University Marché**, Living and Learning Complex • Saturday: 8:00 am – 10 pm Sunday: 8:00 am-10:00 pm

**Brennan's**, Davis Center, 1st Floor • Saturday: 11:00 am-11:00 pm Sunday: 3:00 pm-11:00 pm

**Redstone Unlimited Dining**, Redstone Campus, Simpson/Mason Complex • Saturday & Sunday: 8:00 am-8:00 pm

**The Redstone Market**, Redstone Campus, Simpson/Mason Complex • Saturday & Sunday: 6:00 pm-9:00 pm

**Northside Café**, Trinity Campus, McAuley Hall • Saturday & Sunday: 10:00 am-8:00 pm

**Harvest Café**, University of Vermont Medical Center (Fletcher Allen), McClure Lobby • Saturday & Sunday: 5:00 am-3:00 am

## LUNCH WITH CONGRESSIONAL DELEGATION & STATE OFFICIALS

**Saturday, 12:30-1:00pm • Davis Center • 4th Floor, Grand Maple Ballroom**

Your state and federal policy makers have been invited to join us for lunch on Saturday to make brief remarks.

## SNACKS & REFRESHMENTS

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

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

## THE NOFA OVEN

**Saturday & Sunday 12:00–2:00 pm • Davis Center • 1st Floor, Outside**

Stop by NOFA Vermont's mobile, wood-fired oven outside the Davis Center's first floor exit during lunch and get some tasty roasted roots!

## THANK YOU TO ALL OUR FARMERS & FRIENDS

**Who donated wholesome, delicious ingredients to our meals and Hospitality Table!**

- |  |   |
|--|---|
| Aqua Vitea, Bristol, VT                        | Lake Champlain Chocolates, Burlington, VT |
| Brotbakery, Fairfax, VT                        | Mountain Meadows Farm, Sudbury, VT        |
| Burnt Rock Farm, Huntington, VT                | O Bread, Shelburne, VT                    |
| Cabot Creamery Cooperative, Waitsfield, VT     | Organic Valley, La Farge, WI              |
| Champlain Orchards, Shoreham, VT               | Pete and Gerry's Organic Eggs, Monroe, NH |
| Champlain Valley Apiaries, Middlebury, VT      | Pete's Greens, Craftsbury, VT             |
| Clearbrook Farm, Shaftsbury, VT                | Plymouth Artisan Cheese, Plymouth, VT     |
| Diggers' Mirth Collective Farm, Burlington, VT | Real Pickles, Greenfield, MA              |
| Elmer Farm, Middlebury, VT                     | Red Hen Baking Co., Middlesex, VT         |
| Elmore Roots, Wolcott, VT                      | Riverberry Farm, Fairfax, VT              |
| Equal Exchange Tea, West Bridgewater, MA       | Shelburne Farms, Shelburne, VT            |
| Flack Family Farm, Fairfield, VT               | Stonyfield Farm, Londonderry, NH          |
| Gildrien Farm, Leicester, VT                   | Strafford Organic Creamery, Strafford, VT |
| Hotel Vermont, Burlington, VT                  | Trader Joes, Burlington, VT               |
| Intervale Community Farm, Burlington, VT       | VT Coffee Company, Middlebury, VT         |
| Intervale Food Hub, Burlington, VT             | Urban Moonshine, Burlington, VT           |
| Kimball Brook Farm, North Ferrisburgh, VT      |   |

## LOOKING FOR A TASTE OF BURLINGTON?

We invite you to head downtown and enjoy some of our great local restaurants and breweries. The following businesses support NOFA Vermont through our Share the Harvest fundraiser, and we encourage you to support them during the conference weekend! Reservations are recommended.

- American Flatbread
- Citizen Cider
- City Market, Onion River Co-op
- Daily Planet
- El Cortijo Taqueria
- Farmhouse Tap & Grill
- Great Harvest Bread Company
- Guild Tavern
- Hen of the Wood
- Juniper
- Leonardo's
- Leunig's Bistro
- Pascolo
- Penny Cluse Café
- Skinny Pancake
- Switchback Brewing Co.
- Trattoria Delia

# Lunchtime Roundtables

Saturday & Sunday, 1:00–2:00 pm • Davis Center • See Insert for Room Locations

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

## SATURDAY

### Soil Resilience: Building Carbon and Enhancing Your Soil

*Julie Rawson & Jack Kittredge, NOFA/Mass*

Growers who are experimenting with farming to build their soil carbon will discuss what works and what does not. Jack Kittredge and Julie Rawson of Many Hands Organic Farm in Massachusetts will moderate. Anyone who wants to learn more about how to enhance the life in their soil, build resilience, and sequester carbon is welcome.

### Comida Justa: Building Solidarity Between NOFA & Migrant Justice

*Brendan O'Neill, Migrant Justice; Louis Battalen, NOFA Fair Trade Committee*

Unimos! Join Brendan O'Neill of Migrant Justice and Louis Battalen of NOFA's Fair Trade Committee as they provide an update about Migrant Justice's Milk With Dignity Program and its Worker Social Responsibility Model of Enforcement Mechanisms and then engage in an open discussion on its applicability on NOFA farms and how a NOFA audience can lend its support to this movement.

### Crop Insurance as Part of Your Farm's Risk Management Plan

*Jake Jacobs & Mary Staak, USDA Risk Management Agency*

The USDA provides crop insurance, revenue protection and disaster coverage programs designed to support farmers when natural or market events put their agricultural enterprises at risk. Participants will learn about the options available for Vermont producers, subsidies available to reduce premium costs, provisions for beginning farmers, traditionally underserved and farmers with limited resources, price addendums for organic producers and how to access information and coverage.

### Can the USDA be Trusted with Organic Certification?

*Dave Chapman, Long Wind Farm*

We will discuss the outcome of the USDA Task Force and latest developments in reforming "organic hydroponic" and animal welfare. This discussion will take on the question of how to proceed if the organic seal no longer represents how we farm. There is a massive rush to the organic market by some large food corporations. Can we save the organic movement from such "success"?

### Focus on Beginning Farmers

*Vern Grubinger, UVM Extension*

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

## SUNDAY

### Results of the 2015 Organic Production Survey and 2015 Local Foods Marketing Practices Survey

*Gary Keough, USDA National Agricultural Statistics Service*

This roundtable covers the results of the two surveys with concentration on Vermont statistics. Join Gary Keough for a discussion on these surveys and what it means for Vermont. Come with your questions and be ready for a conversation.

### Will Raising the Minimum Wage "Wreck" Our Farms? Let's Talk!

*Elizabeth Henderson, NOFA-NY; Howard Prussack, High Meadows Farm*

Organic farmers Elizabeth Henderson and Howard Prussack will share their experience and reflections on farm labor and their struggles to make their farming fair. Elizabeth will talk about why farm workers endorse Food Justice Certification. Please come for a lively discussion - a space to share dreams and fears. Can farms manage to pay more? How can farms get prices that fully cover production costs including fair wages for both farmers and workers? Is targeting high end markets the only way? What other strategies are available? What can NOFA-VT do to help?

### Organizing for Pesticide Policy Change

*Shaina Kasper, Toxics Action Center*

Every year, more studies find that pesticide exposure, even at low levels, can cause serious health problems. The environmental impacts of synthetic fertilizers are similarly bleak. Fertilizer runoff is one of the primary threats to Lake Champlain's water quality. Burlington, Vermont recently passed a resolution restricting the use of bee-killing pesticides. Learn about what community activists have accomplished to restrict pesticide use in their communities, the processes by which you can change policies in your town or state, and come away with some hard skills to get the word out to your neighborhood.

### Can Vermont Attain its Water Quality Standards?

*James Maroney, Jack Lazor, Roger Allbee*

This roundtable will discuss Vermont's new water quality law and Required Agricultural Practices (RAPs). What challenges will farms have in meeting the standards? How effective will the new law be in addressing both historic and new pollutants/pollutants? Join James Maroney, Jack Lazor, and Roger Allbee in this facilitated discussion.

### Health Care: Navigating Insurance for Farmers

*Shoshannah Inwood, University of Vermont*

Access to health care is a key asset for both human capital and workforce development in the rural and farm economy. The ability of farm families to manage health problems is dependent on access to care that is made more affordable through health insurance. This roundtable will be an opportunity for farmers to share their experiences and discuss their health care needs for their farms in Vermont.

# Children at the Conference



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 this year!



## 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.

## SPECIAL THANKS

To the educators & volunteers who are providing workshops for our kids!

- Maire Folan, Shane Rogers, Herb Page, Jeyna Diallo & Caroline Aubry, Green Mountain Farm-to-School
- Becca Mitchell, Hunger Free Vermont
- George Conklin & Kerri McAllister, Shelburne Farms
- Molly Brockman, Farms for City Kids
- Laura Oliver & Colleen Korniak, Jericho Town Library
- Alessia McCobb & Sarah McIlvennie, Merck Forest & Farmland Center
- Lausanne Allen, artist, musician and educator
- Megan McLaughlin, GRIT Strategies
- Brian Tobin, Yoga and meditation teacher
- Bonnie Acker, community artist
- Ginny Cooke & Laura Biren, Smokey House Community Farm
- Valerie Woodhouse & Lizzy Lyons, social workers, gardeners, environmentalists
- David Huck, Woodbelly Pizza

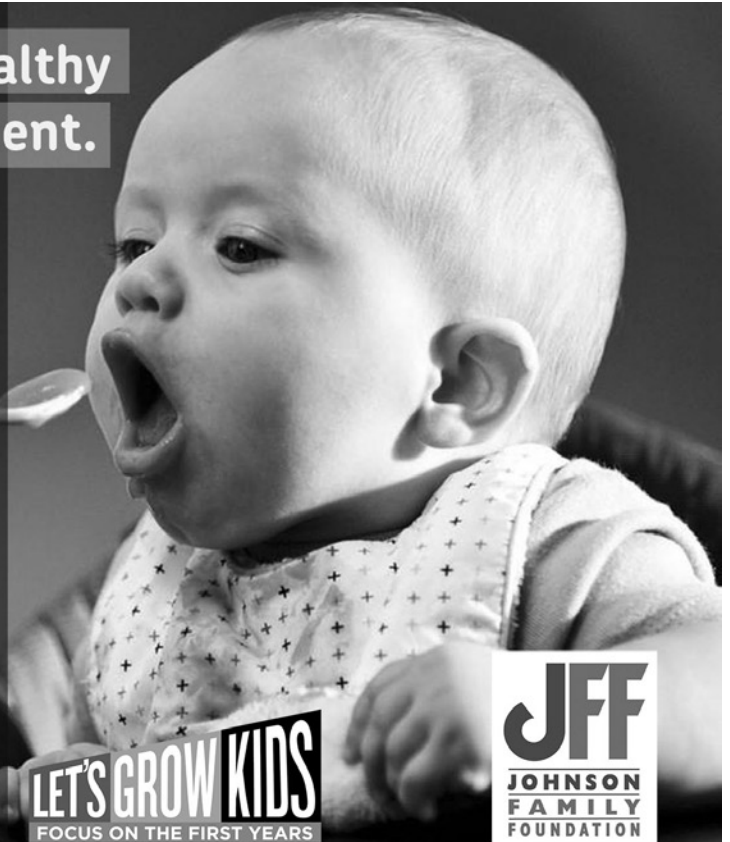
For our youngest children, healthy food means healthy development.

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](http://letsgrowkids.org)





## 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



**Work Smarter - Not Harder!**

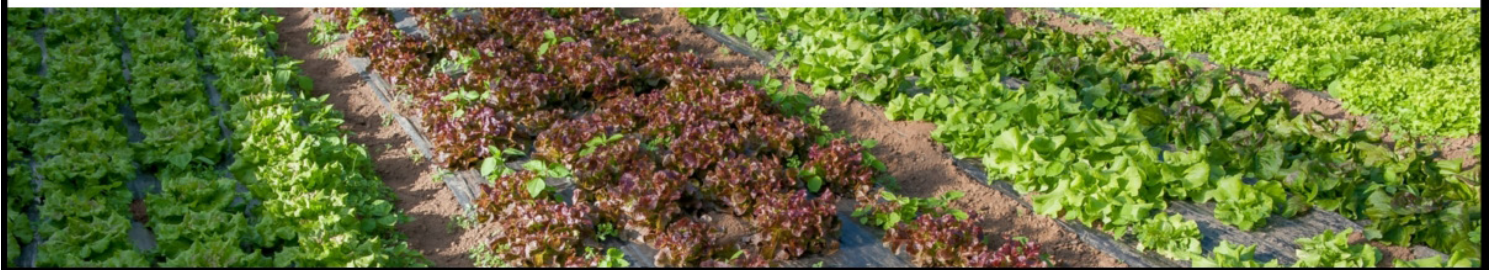
# Market Farming Software

**for Business-Minded Farmers**

**Schedule Crops, Manage Resources, Keep Records and More!**

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

Stop by our booth and see what's new for 2017



## SUNDAY INTENSIVE FEB. 19, 2017

New this  
year!

### Winter Farming and Season Extension

9:00am-4:00pm • Presenter: Michael Kilpatrick

This full day seminar will cover winter farming and season extension. Michael Kilpatrick from Kilpatrick Family Farm will discuss whether this type of production is right for you, what infrastructure is required and how to best lay out your farm for winter production. We will also cover managing soils for season extension, economics of different crops, tools and equipment, field production tailored to winter storage, and storage facilities. Learn best practices for winter high tunnel production, food safety and packing house setup, as well as marketing, sales, and produce merchandising. **This intensive is intended for commercial growers.**

*Michael is a farmer, presenter, inventor, and consultant who lives to help farmers create sustainable and long-lasting farms. He has managed a large certified organic farm for over a decade, is a frequent presenter at farm and agricultural conferences, and consults with farmers across North America.*

## MONDAY INTENSIVES FEB. 20, 2017

*Monday Intensives include lunch by Have Your Cake Catering (The Skinny Pancake). Pre-registration is requested; we cannot guarantee lunch or registration for walk-ins. For more information, or to register, visit the registration table on the 1st Floor in the Davis Center.*

### Successful Biological Orchardling

9:00am-4:00pm • Presenter: Michael Phillips

Fascinating biological connections make for a healthy orchard ecosystem. All insect pests and fruit tree disease – whether fungal or bacterial – have launching points and particular timing. Healthy trees address these challenges first and foremost from within. Growers utilizing an ongoing investment in soil nutrition and biodiversity set the stage for gentler organic sprays to grow a successful fruit crop. The challenges you face at your locale will become far more manageable as you build a holistic system that keeps trees and berry plantings healthy from the get-go.

*Michael Phillips is known across the country for helping people grow healthy fruit. The “community orchard movement” that he helped found provides a full immersion into the holistic approach to orcharding. His Lost Nation Orchard is part of a medicinal herb farm in northern New Hampshire. Michael’s newest book, Mycorrhizal Planet: How Symbiotic Fungi Work with Roots to Support Plant Health and Build Soil Fertility, will be available during this intensive.*

### A Permaculture Approach to Regional and Site Specific Agroecology: Integrating Productivity, Ecosystem Health and Economic Equity

9:00am-4:00pm • Presenters: Aaron Guman, Graham Unangst-Rufenacht

Permaculture design offers an ethical, comprehensive, and effective approach to assessing, designing, and implementing agricultural systems which balance human health, ecosystem health, and social and economic equity. This intensive uses a permaculture design lens to explore the integration of agricultural patterns and practices

that improve environmental quality—by sequestering carbon, growing soil, improving water quality, expanding wildlife habitat, and more into the VT landscape. We will discuss strategies for growing animals, perennial vegetables, medicinal berries, fruit trees and nuts in the context of diverse, mutually supportive polycultures. Included are dynamic small group design exercises which will facilitate the exploration of applied agroecology using the tool kits we’ll develop during the day. Participants will walk away with an exposure to a broad pallet of plants and design patterns which are applicable at a variety of scales in the northeast temperate bioregion.

*Co-presented by Graham Unangst-Rufenacht, a trained herbalist and Aaron Guman, perennial vegetable nurseryman, who together through Walking Onion LLC offer design, consultation, plants and education for ecological landscapes, from hoop houses to homestead planning, orchards to livestock systems. Through Robinson Hill Beef, they also offer 100% grass fed and finished beef rotationally grazed in Calais, VT.*

### Organic Medicinal Herbs from Seed to Sale: A Grower’s Intensive

9:00am-3:00pm • Presenters: Andrea and Matthias Reisen

Andrea and Matthias Reisen, owners of Healing Spirits Herb Farm, will share their process of producing high quality botanicals from selection and propagation through field management, post-harvest handling, drying, storage and marketing. They 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. The Reisen’s 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 toward either beginning herb farmers or existing growers looking to expand their knowledge base.

*Andrea and Matthias Reisen, owners of Healing Spirits Herb Farm, located in the Finger Lakes of Western New York, have been growing and marketing medicinal herb for over 25 years.*

### The Art & Science of Grazing

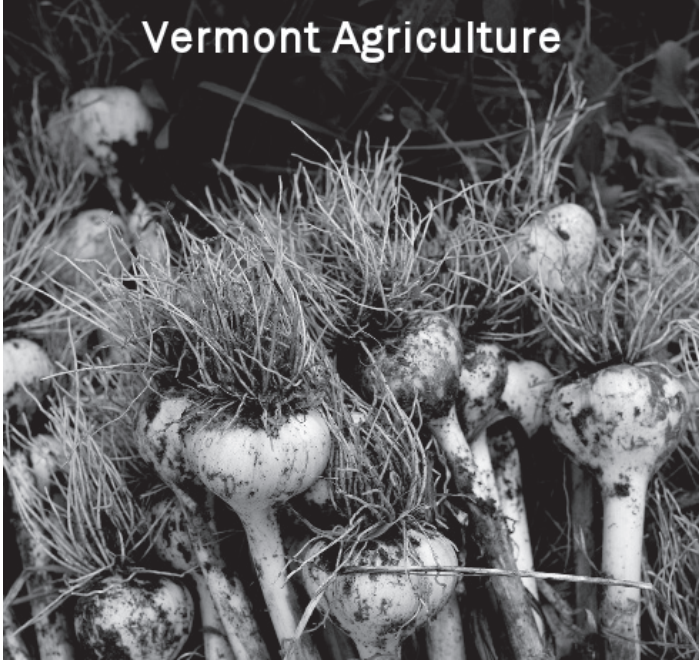
9:00am-4:00pm • Presenter: Sarah Flack

In this all-day workshop we will start by reviewing the basic principles behind all successful grazing systems. This will include discussion first from the perspective of pasture plants, and then from the perspective of the livestock. Once we put those two important pieces together, we will move into topics which include how to calculate paddock sizes, stocking densities, stocking rates and acreage needs as well as strategies to maximize the herd or flocks’ pasture dry matter intake and use grazing to improve pastures. We will talk about how to use different pre and post grazing heights, length of rest periods, different plant species, and encourage healthy soils to increase pasture productivity and quality. Using examples of real farm grazing systems we will cover system design, fencing, water systems, lanes, paddock sizing and acreage requirements. We will use photos of pastures and livestock as we then learn how to observe and monitor so that we can better understand if our grazing systems are working the way we want them to, and what we can do to make them better.

*Sarah Flack, author of The Art and Science of Grazing, is a consultant, speaker and writer specializing in grass based and organic livestock farming systems. She takes a practical approach in applying the science of grazing, and her goal is to help create more farms with successful grass based management systems, empowering farmers to create positive change for pastures, soils, livestock, and farmers’ quality of life.*



## Encouraging the Growth and Viability of Vermont Agriculture



*Friend of the farmer!*



◆ COFFEE ROASTED FOR FRIENDS® ◆

## From Farm to Freezer!



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

**Available in the frozen section at your local Vermont Food Co-op!**

Brattleboro Food Co-op, Brattleboro, VT  
Buffalo Mountain Food Co-op, Hardwick, VT  
City Market / Onion River Co-op, Burlington, VT  
Co-op Food Stores, White River Junction, VT,  
Hanover & Lebanon, NH  
Hunger Mountain Co-op, Montpelier, VT  
Middlebury Natural Foods Co-op, Middlebury, VT

Plainfield Food Co-op, Plainfield, VT  
Putney Food Co-op, Putney, VT  
Rutland Area Food Co-op, Rutland, VT  
Springfield Food Co-op, Springfield, VT  
Stone Valley Community Co-op Market, Poultney, VT  
Upper Valley Food Co-op,  
White River Junction, VT

For a map of our 35 member co-ops, locally owned by over 107,000 people like you, please visit: [www.nfca.coop/members](http://www.nfca.coop/members).



*Hunger Mountain Co-op — Celebrating 45 Years Supporting Organic Farmers!*



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



the  
**SKINNY**



**pancake**

60 Lake Street  
Burlington  
Waterfront

Burlington  
International  
Airport

89 Main Street  
Downtown  
Montpelier

3 Lebanon Street  
Hanover  
New Hampshire

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

FAR OUTSIDE MY SAFE  
COCOON, PEOPLE WERE DYING  
FOR WHAT THEY BELIEVED IN.

-John D. North Middlesex

We all have our moments.  
What's yours?

**VPR.NET/MOMENTS**



**DON'T MISS THE EXHIBITORS' FAIR ON THE 2ND FLOOR OF THE DAVIS CENTER!**

**(MORE INFORMATION ON PAGE 4)**



**Certified Organic Nursery**

*Selling*

Fruit Trees, Berry Bushes,  
Pollinator Conservation Plants

thefarmbetween@gmail.com

3727 VT RT 15  
Jeffersonville, VT  
802-644-8332

*We specialize in uncommon cold hardy fruit like aronia, black currants, and elderberry.*

*For more information visit:*  
**thefarmbetween.com**



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, and Maine grown sweet potato slips and onion transplants.

*Reasonable prices and volume discounts.*

207-717-5451    www.mainepotatolady.com    info@mainepotatolady.com

**Farm-Crafted Compost™ & Raised Bed Mix**



**363-3930**

www.cvcompost.com

- ✓ Made from 100% farm manure
- ✓ Weed-free
- ✓ VOF Approved
- ✓ Convenient delivery
- ✓ Farm & community garden discounts

**Champlain Valley Compost Co.**  
*Serving NW Vermont since 1996*

**WELLSCROFT**  
— FENCE SYSTEMS, LLC. —

*New England's Agricultural Fence Experts*

**If you farm it, we can fence it.™**



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

**Toll-Free: 1-855-327-6336**  
Harrisville, NH | [wellscroft.com](http://wellscroft.com)

View our virtual catalog online!

There's pure,  
then there's



Guaranteed **99.9% GMO-Free** Seed Corn

Distributed by



[alseed.com](http://alseed.com)

*Providers of organic and non-GMO farm seed since 1923*



# SATURDAY SESSION I 10:45AM- 12:00PM

## Climate Smart Farming

*Joshua Faulkner, Center for Sustainable Agriculture, UVM; Jonathan Lambert, Cornell Institute for Climate Smart Solutions*

This session will provide an overview of climate change impacts and opportunities to agriculture in the Northeast, and the new resources and decision support tools that are available through the USDA Northeast Climate Hub, Cornell Climate Smart Farming Program, and University of Vermont to help farmers adapt to a changing climate, and reduce their carbon footprint. We will showcase resources, extension support and a new climate adaptation framework for agriculture developed by NRCS with the Hubs. The session will also introduce several new tools (including a new growing degree day calculator, irrigation scheduler, and freeze risk tools), and how they can be used by farmers to make more informed decisions using long-term NOAA weather data and climate projections.

## CSA: We Have a Problem



*Simon Huntley, Small Farm Central*

What can be done to improve CSA member retention? How can CSAs serve more members? Simon Huntley will review the current state of CSA farming across the country drawing on his experience working with hundreds of CSA farms. Simon will talk about emerging models in CSA farms that attempt to better address the needs of members while still making the CSA work for the farmer. Simon will present a farm-focused marketing system honed from working with over 1000 farms on

their marketing over the last 10 years. Simon will help you harness the marketing tools of the digital age, while keeping your time investment to a minimum so you still have time to be a farmer.

## Extensive Sheep & Goat Production

*Carol Delaney, Carol Delaney Consulting*

During this workshop you will be escorted to Mali, El Salvador and France to see and learn about extensive production systems for goats and sheep. Carol will discuss and entertain discourse about the elements of herding small ruminants to harvest their own feed. This workshop will also include a lively conversation about how to implement the management of woody plants for goat production in Vermont.

## Farming Smarter Not Harder: Planning for Profit

*Richard Wiswall, Cate Farm*

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

## Food & Mood: Eating for Optimal Health & Happiness

*Leanne Yinger, Vermont School for Girls*

We have access to so much processed food it has become a public health crisis nationally. This workshop, Food and Mood, will discuss how eating closer to the source with farmer's markets/stands and Farm to

# The Future Is In Her Hands



For generations, we've been helping  
all types of ag businesses grow.

Loans ♦ Leases ♦ Tax Services  
Record Keeping Services ♦ Credit Life Insurance  
Crop Insurance ♦ Payroll Services



**YANKEE FARM CREDIT**  
Building Relationships That Last Generations

Middlebury, VT  
Newport, VT

St. Albans, VT  
White River Jct., VT

Williston, VT  
Chazy, NY

[www.YankeeACA.com](http://www.YankeeACA.com)  
800/545-1169



# UVM FOOD SYSTEMS

Sustainable Food Systems & The University of Vermont

## Are you passionate about making the food system more sustainable, healthy, and just? *We are too.*

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

### UNDERGRADUATE STUDIES



- Food Systems Major
- Food Systems Minor
- Food Systems Internship Program
- Summer farm practicum at Catamount Educational Farm

### GRADUATE STUDIES



A transdisciplinary program that prepares students with the knowledge, skills and experiences to become tomorrow's thought leaders across multiple domains, from on-farm practices to nutrition policy.

### PROFESSIONAL CERTIFICATES



- Farmer Training
- Food Hub Management
- Breakthrough Leaders in Sustainable Food Systems
- Winter Greens Short Course

### EXTENSION



- Research and best practices on crops, soils, livestock, and pest management
- Business planning resources
- Community health and nutrition programs
- 4-H and other youth programming

[uvm.edu/foodsystems](http://uvm.edu/foodsystems)

Table/School positively impacts overall health. Leanne will introduce how nutrient dense diets improve both physical and mental health. Her lecture and interactive style are sure to provide food for thought as she shares real life stories about how changing diet and lifestyle can provide healing of mind, body and spirit.

## Herbal Tinctures By Numbers

*Betsy Bancroft, Vermont Center for Integrative Herbalism*

Are you comfortable and proficient with folk-method tinctures, and want to make consistent batches, understand the optimal amount of alcohol for the chemistry of the plant, and gauge dosage accurately? Through demonstration and discussion, this workshop will explain the simple math involved with herbal tinctures, from ratio of plant to menstruum, alcohol percentage, accounting for water in fresh plants and more. **This workshop is intended for advanced audiences.**

## International Agricultural Opportunities For Farmers

*Mimi Arnstein, Farm Consultant; Mike Collins, Old Athens Farm; Chuck Mitchell*

Join three farmer-to-farmer volunteers who have traveled far and wide to exchange information with other producers around the globe. Hear about their experiences in Asia, the Caribbean, Central America, and other locations. Learn how to take advantage of volunteer programs and international conferences for commercial farmers and technical service providers, plus get tips for having a fulfilling experience abroad.

## Making the Farmer to Chef Connection

*Darryl Benjamin, Real Food Seminars; Lyndon Virkler, New England Culinary Association*

This workshop will offer tips for making successful connections to food service operations, share resources for successful marketing and distribution, and present lessons learned from twenty years as a Vermont Fresh Network member. The workshop is for farmers who wish to improve their sales to local restaurants, schools and other institutions. Savvy food service operators and their customers love to sample local food products, particularly heirloom vegetables and heritage meats not available through large distributors. When all goes well, there are great co-marketing opportunities for both farmers and chefs.

## Managing Blue Orchard Bees (Native Pollinators)

*John Hayden, The Farm Between; Leif Richardson, UVM Gund Institute*

Through presentation, discussion, and demonstration, participants will learn how to manage and expand populations of the Blue Orchard Bee and other tunnel nesting native bees. These lesser known but extremely important pollinators are suffering from many of the same stresses affecting honeybees. The good news is we can do something about it!

## Managing Pasture for Drought

*Ben Crockett, Kennebec Community College*

Were you one of the many folks feeding out hay in August and wondering where you would buy enough hay to make it until this spring? In this workshop we will talk about management tactics that can help reduce

## Brighten Up the Barn this Winter



Offer  
available  
through  
June 30,  
2017

**Efficiency  
Vermont**

Get up to \$200 cash back per fixture on LED lighting, and save up to 75% on lighting costs compared to incandescent bulbs.

Download a rebate form:  
[www.encyvermont.com/rebates](http://www.encyvermont.com/rebates)



the politics and practice of sustainable living

— Proud Sponsor of NOFA-VT —

Since 1984 Chelsea Green has been a publishing leader of books about the practices of organic farming, gardening, permaculture, homesteading, natural building, and sustainable living. Now employee-owned.

CONNECT WITH US AND LEARN MORE

Like us on Facebook: [facebook.com/chelseagreenpub](https://facebook.com/chelseagreenpub)

Follow us on Twitter: @chelseagreen or @greentweet

Sign up for our e-newsletter: [chelseagreen.com/newsletter](https://chelseagreen.com/newsletter)

the stress on your pastures, your livestock, and yourself. Discussion will include record keeping and pasture planning, adjusting pasture rotations and paddock sizes, and managing for soil health.

### Regenerative Farming, Impact Investing, & Climate Change

*Sally Dodge & Dale Guldbrandsen, Iroquois Valley Farms*

In a facilitated discussion Sally Dodge and Dale Guldbrandsen from Iroquois Valley Farms will connect the partnership between socially responsible investors and organic farmers to slowing climate change through regenerative agriculture. This workshop is for farmers who need access to land, investors who want to make a difference with their capital, and everyone who wants to join the revolution in healing the planet through improving our soils.

### Small-Scale, Sustainable Hop Production for Home & Market

*Laura Ten Eyck & Dietrich Gehring, Indian Ladder Farmstead Cidery & Brewery*

This workshop is for people interested in learning how to grow hops in the garden or on a small commercial scale using organic practices. A slideshow presentation will be used to show photographs of the elements of the hop plant, types of trellising, pests and harvesting and processing options. Topics covered will include: the nature of the hop plant and how it grows and why it is used to make beer; considerations when siting a hop yard; pest control, harvest and processing. The workshop will be a lecture followed by Q & A and discussion.

### The Farm as a School: Making the Most Out of a School Farm Visit

*Misse Axelrod, The Barn Yard; Ali Zipparo, VT Agency of Agriculture*

Light up your inner educator and discover ways to foster curiosity and meaningful experiences for farm visitors at this hands-on workshop. Join Misse Axelrod from The Barn Yard and Ali Zipparo, Vermont Agency of Agriculture Farm to School Grant Coordinator, to gather strategies for working with visitors of all ages, share tips for group management, and fill your toolbox with activities that can be customized to your farm. Attendees will leave this workshop with ideas for incorporating educational on-farm visits at their place of business.

### The Milk With Dignity Program: Worker-Driven Social Responsibility

*Enrique Balcazar, Migrant Justice; Rafaela Rodriguez, Milk with Dignity Standards Council*

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



Proud sponsor of the  
NOFA Winter Conference



## Vegetative Plant Propagation: The Asexual Gift That Keeps On Giving

Jacob Holzberg-Pill, Dig In Farm

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

## Vining/Fruiting Crops in Hoopouses & Greenhouses: Tomatoes, Cucumbers, Peppers and Eggplant

Andrew Mefferd, Growing for Market Magazine

Though tomatoes might be the most popular, many of the same techniques can be used to grow the other vining/fruited crops in protected culture- cucumbers, peppers and eggplant. Whether you grow in a hoop house or a greenhouse, come hear about best practices that can be used with some modifications on all four crops including temperature, spacing, whether or not to graft, trellising, pruning and fertility.

## Advanced Techniques for Greenhouse & Hoopouse Vegetables

Andrew Mefferd, Growing for Market Magazine

Many techniques that are frequently used in larger greenhouses are scalable to any size greenhouse. This presentation will focus on techniques that involve heated houses and fruiting crops, and briefly review some techniques that can be used with hoopouses and leafy crops. Topics included will be crop steering, balancing sources and sinks, carbon dioxide augmentation, keeping plants active, pre-day and pre-night treatments. **This workshop is intended for advanced audiences.**

## Beeswax: Production, Collection, Processing and Uses

Ross Conrad & Alice Lee Eckles, Dancing Bee Gardens

Beeswax is a unique substance produced within the body of the honeybee. This workshop will explore the origins of beeswax within the hive, it's properties, how the bees use it, and how we can benefit from this incredibly useful substance. We will discuss various methods of collection and processing that are especially suited for the small-scale, hobby, or part-time beekeeper. We will also cover uses of beeswax for household and everyday use, share beeswax recipes for salves and balms. We will explore the many uses of beeswax for art, creativity, and self-expression such as batik, Ukrainian eggs, encaustics, and lost wax casting for sculpture or jewelry making.

## Carbon Farming - Principles, Practice & Metrics

Jack Kittredge & Julie Rawson, NOFA/Mass

We will discuss the principles behind carbon sequestration in farming and why this is crucial for both soil health and environmental sustainability. We will explain these principles as used on our farm and others in the Northeast: cover crops, no/low till, maximizing photosynthesis throughout the year, animals in rotation, compost, and maximum nutrition. We'll also cover the NOFA/Mass program to measure soil health on participating farms through 10 soil carbon proxy tests. **This workshop is intended for advanced audiences.**

## SATURDAY SESSION II 2:15-3:30PM

## A Test Kitchen: Farming, Teaching, and Feeding a College Campus

Gwyneth Harris & Allison Van Akkeren, Sterling College

College food can be great! Sterling College grows 25% of their food on campus, and a total of 75% is sourced locally and/or sustainably. Presenters will share tips about growing, processing, and cooking college food; integrating curriculum and work; maintaining effective communication and management systems; and our commitment to innovation and constant re-evaluation of campus food systems.

PO Box 520  
Clinton ME 04927  
fedcoseeds.com

Seeds  
Trees  
Tubers  
Bulbs  
Supplies

**FEDCO**

elmoreroots.com 802.888.3305

**Elmore Roots Nursery**  
Vermonters have a local organic source for  
fruit trees and berry plants

## Designing Perennial Polycultures: Building Blocks of the Permaculture Garden

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

Just as in natural ecosystems, we can create gardens and landscapes of polycultures, or the growing of multiple plant species (and sometimes livestock) together in the same patch. In this class we will focus on simple guidelines for creating successful combinations of plants. We will focus on plants, and briefly cover animals in polyculture. We will explore working examples from around temperate regions and get familiar with patterns and resources to aid you in designing your own systems.

## Exploring the World of Fermented Vegetables

Andrea Chesman

Sauerkraut and dill pickles are the tip of the iceberg when it comes to making vegetable ferments. Learn how to make kimchi and various Japanese pickles, as well as curtido from El Salvador. Samples will be shared and methods and equipment demonstrated.

## Farm Mechanization Efficiencies

Richard Wiswall, Cate Farm

Learn the tools of the trade for greater farming efficiency. Cultivation tools to maximize weed control, harvest tools to speed the harvest, and packhouse tools for quicker and easier processing will all be covered. Cost/benefit analysis will show how long it will take for a new tool to pay for itself. This workshop will also highlight greenhouse innovations.

## Game Bird Management and Production

Eben Proft, Woodbury Game Birds

Join Eben Proft of Woodbury Game Birds as he discusses his five years of experience raising and producing game birds for profit. Currently he provides quality flight conditioned and table fare game birds. He will discuss what he learned as he traveled the world, seeking out and learning from the top game bird producers in Australia, New Zealand, Europe and North America. Come with your questions and discussion topics.

## Get Ready for RAPs! Vegetable Farm Nutrient Management

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

New water quality regulations in Vermont (RAPs) have brought attention to nutrient management practices on farms of all scales in Vermont, including organic vegetable farms. While daunting at first glance, compliance with these regulations offer farmers an opportunity to tune up their fertilizer program and to ultimately increase farm profitability. This workshop will be interactive and hands on. Growers will be encouraged to create a fertilizer plan based on their soil tests. We will provide templates for fertilizer calculations, record keeping, and an overall soil amendment plan. Our target audience is commercial vegetable or berry producers. Participants are encouraged to bring their soil tests. **This workshop is intended for advanced audiences.**

# HOW GREEN IS YOUR MONEY?

Let our FREE portfolio analysis show you, along with your performance and risk.



**GREENVEST®**

Socially and Environmentally Responsible Investing

Vermont Office: Todd Walker, twalker@fwg.com

[www.greenvest.net](http://www.greenvest.net)

Securities and advisory services offered through Financial West Group, (FWG), member FINRA, SIPC. Greenvest and FWG are unaffiliated entities. Office of Supervisory Jurisdiction: 55 Main St, Suite 415, Newmarket, NH 03857 (603) 659-7626.

**GARDENER'S SUPPLY**  
improving the world  
through gardening  
since 1983.

**GARDENER'S**  
SUPPLY COMPANY  
Burlington & Williston  
[Gardeners.com](http://Gardeners.com)

**Grass-Fed: Using Animals to Harness Solar Energy**

*Cheryl Cesario, UVM Extension; Jenn Colby, UVM Extension*

This workshop will focus on management-intensive grazing practices employed by both dairy and beef producers to maximize efficiency and production of both land and animals. Cheryl Cesario, Grazing Specialist with UVM Extension in Middlebury will use real life examples from the field to demonstrate how to do it, along with some what-not-to-do's. The target audience should have a basic understanding of grazing principles, as we explore MIG principles in more detail. We will look at pasture species, grazing system infrastructure, innovative practices, and challenges faced. Attendees will have the opportunity to do paddock size and acreage requirement calculations, as we look at stocking rate versus stocking density.

**Lyme and Tick-Born Disease: Prevention, Diagnosis and Treatment**

*Alexis Chesney, MS, ND, LAc; Ruth Goldstein*

Dr. Alexis Chesney, a specialist in Lyme disease and tick-borne illness, will provide a powerpoint presentation on the topics of prevention, diagnosis, and treatment of Lyme disease. Topics will cover: tick bite prevention, a review of Lyme disease signs and symptoms, testing options, and pharmaceutical and herbal antibiotic treatment. There will be time for Q&A.

**New and Novel Land Financing Mechanisms (Part I)**

*Mike Ghia, Land for Good*

This two-part workshop is for farm seekers and other community members who want to explore less traditional ways to finance land acquisition. We will share findings from our new report about emerging farmland investor models. We will also discuss financing land through crowd-funding, land contracts and the new Land Contract Guarantee Program, land cooperatives, and community land trust. We will look at the positives, negatives, and limitations of these models while also seeking input from the farmers present about their experiences. There will be plenty of time to ask questions and discuss concerns about these approaches.

**New Developments in the Study and Implementation of Northeastern Indigenous Agriculture (Part I)**

*Frederick Wiseman, Seeds of Renewal Project*

The Seeds of Renewal Project's continuing work on the revival of Indigenous Agriculture has built upon the successes discussed at last year's NOFA-VT Winter Conference. This two-part workshop will elaborate and discuss what the Project has been working on this year; including tracking down new crop varieties from Quebec, Nova Scotia and New Brunswick, and initiating a program to design and install a traditional style agro-forest in Northwestern Vermont and new agriculture plots at the Odanak Abenaki Reserve in Quebec. We will discuss an array of new partnerships with Le Noyeau Aboriginal Gardens in Quebec to create a series of Abenaki style demonstrating plots planted with Abenaki crops

**pHtea<sup>+</sup>**

*alkaline water  
organic tea leaves  
raw Vermont honey  
period.*

Join us in supporting the Vermont farming community at the 2017 NOFA VT Winter Conference



alongside a Haudenosaunee garden. Learn about their most ambitious new program- developing Native-style cuisine based on regional recipes and cooking techniques.

### Transition to a Multifunctional Agroecology System: The Case of Finca Marta in Cuba

*Fernando Funes Monzote, Finca Marta*

Are you thinking of starting an agroecological farm? Have you been involved in agroecology before? How would you transition your systems? Are you curious to learn about how a group of people in Cuba started a transition to agroecology and were able to build a sustainable system in five years? These questions, and more, will be discussed using the example of Finca Marta, an agroecological family project west of Havana, developed during the last five years.

### Understanding Customer Behavior to Maximize Your Direct Market Sales

*Maria Rojas, GrowNYC*

By leveraging customer research performed by grocery stores and large scale food retailers, building on 40 years of institutional knowledge internally, and working directly with producers selling in NYC Greenmarkets, FARMroots has created a tool for measuring customer behavior at farmers markets. In this workshop we will go over tested strategies to increase sales and customer satisfaction. Learn tips for

advanced merchandising, how to appeal to a customer's behavioral habits, segmenting your market, and leveraging sales data records to make informed marketing decisions.

### Veterans in Agriculture

*Mark Bowen, Farmer Veteran Coalition of Vermont; Jon Turner, Veteran Regeneration Project*

This workshop will highlight the benefits of utilizing agriculture as a viable solution for veteran re-integration after returning home from war or transitioning out of military service. We will talk about ways to mitigate the effects of Post-Traumatic Stress and Traumatic Brain Injury and promote health and vitality through organic farm practices. We will also discuss ways that the farm community can assist with this process.

## SATURDAY SESSION III 3:45-5:00PM

### Adding Cured and Smoked Meats to Your Farmstand and CSA

*Bill Cavanaugh & Robin Morris, Mad River Food Hub*

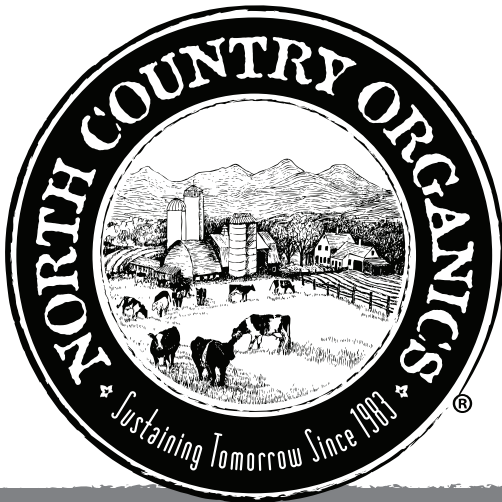


Increasingly farmers and producers are finding themselves needing to differentiate their products in the marketplace. This panel discussion will look at the ways adding smoked and cured meats can diversify your offerings and add value to your product. The panel will look at the



## Go Beyond Borders Become a Volunteer

Peace Corps Volunteers work at the grassroots level to create change that lasts long after their service. As a Volunteer, you can make an investment in our world—one handshake, one project, one friendship at a time—that leads to new possibilities in service and when you return home.

For more information visit [peacecorps.gov](http://peacecorps.gov)

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

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

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

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



challenges and opportunities inherent in a cured meat value added operation from the perspective of a farmer who has been through the process, a chef who purchases high-end salumi and bacon for his restaurant, and a butcher who's familiar with the regulatory and HACCP guidelines for cured and smoked production.

### Community Composting: An Opportunity for Community and School Gardens

*Abby Foulk, Charlotte Central School; Libby Weiland, Vermont Community Garden Network*

This session will explore community composting as a way for community and school gardens to manage food scraps and garden debris while also gaining educational and social benefits. In light of Vermont's Act 148, The Universal Recycling Law that bans the disposal of food scraps and yard debris from landfills, we will look at how Vermonters are managing these materials and benefitting from their value—through composting! In this workshop we'll share examples of successful models, discuss challenges and creative solutions, and provide resources to help participants determine the role composting can play in their community.

### Conflict Resolution: Tools for Advocacy and Conflict Resolution

*Julian Portilla, Woodbury Institute of Champlain College*

In this day and age, conflict resolution can be a powerful tool for every citizen and activist to understand and practice. Participants will learn some basic theory and tools of conflict resolution and provide an overview of tools you can use to deal with conflict in your life. Conflict

resolution tools can be used to resolve differences, to build coalitions, and to advocate for a desired future. Questions and discussions are encouraged.

### Farm Marketing in the Digital Age



*Simon Huntley, Small Farm Central*

Excellent marketing is absolutely critical to successful direct-to-consumer sales such as farmers markets, retail farm markets, and CSA. However, the range in options for marketing your farm in 2017 is dizzying. Simon will present a farm-focused marketing system honed from working with over 1000 farms on their marketing over the last 10 years. Simon will help you harness the marketing tools of the digital age, while keeping your time investment to a minimum so you still have time to be a farmer.

### It's Back! Farm Bill Primer and Listening Session

*Cris Coffin, Land for Good; Sophia Kruszewski, National Sustainable Agriculture Coalition*

Believe it or not, the next farm bill is just around the corner! In preparation, the National Sustainable Agriculture Coalition (NSAC) - in partnership with NOFA-VT and Land for Good - will host a session to review the process for reauthorizing the federal Farm Bill and to drill down into programs, policies, and needs relevant to New England farmers and food advocates. NSAC is a national advocate for sustainable and organic agriculture programs and policies, and the session will provide an opportunity for participants to share their thoughts on NSAC campaign priorities and to learn more about Farm Bill organizing efforts in Vermont and around the region. The workshop is open to farmers, ranchers, and advocates with all levels of policy expertise (including none at all!).

2017 Harris Seeds  
**Organic**

Look Inside  
ORGANIC VEGETABLE & CUT FLOWER VARIETIES • TOP PERFORMERS  
UNIQUE ORGANIC STANDOUTS • COMPETITIVE PRICING

Harris Seeds  
**Organic**

Call or visit our website  
for more information and  
to request a catalog.

**888-270-4752**  
[www.harriseseeds.com/collections/organic](http://www.harriseseeds.com/collections/organic)

## Hunting Wild Mushrooms of the Northeast with the ForageCast

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

Join Ari Rockland-Miller and Jenna Antonino DiMare, co-founders of The Mushroom Forager and authors of a forthcoming book on hunting gourmet wild mushrooms, for a colorful presentation introducing foraging safety, strategy, and ethics. Discover how to use the ForageCast to make your hunts targeted and fruitful, while gaining a deeper understanding of place, seasonality and forest ecology. Participants will be introduced to edible and medicinal highlights from the Northeast ForageCast, with an emphasis on the safest and most distinctive species.

## Introduction to Phytonutrients

Betsy Bancroft, *Vermont Center for Integrative Herbalism*

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

## Natural & Organic Control of Honeybee Pests Other Than Varroa

Ross Conrad, *Dancing Bee Gardens*

This workshop will focus on how to control the pests and diseases of the honeybee (other than Varroa) without the use of toxic chemicals and antibiotics. Topics will include American Foulbrood, European Foulbrood, Sac Brood, chalk brood, honeybee viruses, Nosema, wax moths, small hive beetles, bears, skunks, birds, and other insect predators of the honeybee.

## New & Novel Land Financing Mechanisms (Part II)

Mike Ghia, *Land for Good*

This two-part workshop is for farm seekers and other community members who want to explore less traditional ways to finance land acquisition. We will share findings from our new report about emerging farmland investor models. We will also discuss financing land through crowd-funding, land contracts and the new Land Contract Guarantee Program, land cooperatives, and community land trust. We will look at the positives, negatives, and limitations of these models while also seeking input from the farmers present about their experiences. There will be plenty of time to ask questions and discuss concerns about these approaches.

**Know-how is supporting the communities where we live and work.**

People's United Bank proudly supports the **Northeast Organic Farming Association of Vermont**

☎ 800-772-1090      🌐 peoples.com

**People's United Bank**® *What know-how can do*®

©2017 People's United Bank, N.A. | Member FDIC | 🏠 Equal Housing Lender

**REAL PICKLES**

Northeast grown vegetables  
Fermented & raw  
100% organic



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



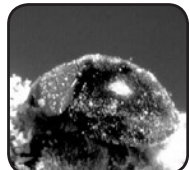

*The Refuge at Knoll Farm*

700 Bragg Hill, Fayston, Vermont  
overnight accommodations • event space • commercial kitchen



book your event, retreat, or family celebration  
www.knollfarm.org 802.496.5686

**RINCON-VITOVA**  
INSECTARIES, INC.  
*Biological Solutions Since 1950*

Aphid Control      Mealybug Control      Fly Control

800-248-BUGS • 805-643-5407 • Ventura, CA  
**rinconvitova.com**

## New Developments in the Study & Implementation of Northeastern Indigenous Agriculture (Part II)

Frederick Wiseman, Seeds of Renewal Project

The Seeds of Renewal Project's continuing work on the revival of Indigenous Agriculture has built upon the successes discussed at last year's NOFA-VT Winter Conference. This two-part workshop will elaborate and discuss what the Project has been working on this year; including tracking down new crop varieties from Quebec, Nova Scotia and New Brunswick, and initiating a program to design and install a traditional style agro-forest in Northwestern Vermont and new agriculture plots at the Odanak Abenaki Reserve in Quebec. We will discuss an array of new partnerships with Le Noyeau Aboriginal Gardens in Quebec to create a series of Abenaki style demonstrating plots planted with Abenaki crops alongside a Haudenosaunee garden. Learn about thier most ambitious new program: developing Native-style cuisine based on regional recipes and cooking techniques..

## No-Till Crop Production With Compost & Biochar Blends

Dan Pratt, Astarte Farm

Learn about systems for growing crops with minimal soil disturbance. Following Elaine Ingham's seminal work on the soil food web and intrigued by the potential for building long-term fertility with the use of biochar, Dan will share the good, the bad and the ugly of his first two no-till seasons. Outline of techniques, harvest data and a list of suppliers provided.

## Pasture Management for Small Ruminant Parasite Prevention

Kimberly Hagen & Mary Lake, Vermont Sheep and Goat Association

As the saying goes, "an ounce of prevention is worth a pound of cure" - good pasture management goes a long way on the front-line of parasite prevention. Prevention and avoiding treatments is key to keeping soil, insects and animals all functioning in good health. Good management has good value. This workshop will take a look at good grazing management and how to maintain healthy pastures, the role of high tannin plants, and the impact on the animal carcass when parasites get the upper hand.

## Pest & Disease Roundtable

Ann Hazelrigg, University of Vermont; Eric Sideman, MOFGA

Join technical assistance providers from across New England to discuss pest and disease issues. They will provide a review of vegetable and berry problems seen in 2016 and what problems may be coming in the future. The workshop is intended for commercial growers and producers and will also address farmer questions on pest and disease issues with input from farmers at the workshop.

**PETE *And* GERRY'S<sup>®</sup> ORGANIC EGGS<sup>®</sup>**

*from our Family to Yours*

**Long-term opportunities for organic egg farmers. Please contact Kevin Phelps at 603-616-5988 or kevin@peteandgerrys.com.**

**PROSPECTROCK.ORG**  
 VERMONT'S PERMACULTURE INSTITUTE  
 Our 10th Annual Farm-Based  
**PERMACULTURE DESIGN CERTIFICATION COURSE**  
 JULY 16-28, 2017 Willow Crossing Farm  
 Full scholarships for eligible Vermonters and Women Farmers

PRUNING WORKSHOP MARCH 11

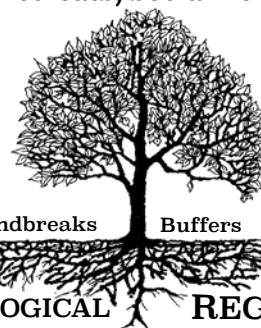
GRAFTING WORKSHOP & SCIONWOOD EXCHANGE MARCH 19



NURSERY SALES LATE APRIL-EARLY MAY RARE FRUITS, NUTS, VINES AND HERBS

Subscribe for Info  
**Farm Dining, Kids Yoga, Internships, Concerts, Festivals, Retreats, Social Permaculture...**

Whole Site Design For Farms and Homesteads



Design/ Build Greenhouses Tiny Houses Orchards, Barns Kitchens etc.

Tree Crops Windbreaks Buffers Ponds Paddies



**ECOLOGICAL**

**REGENERATION**

PROSPECT ROCK PERMACULTURE

Celebrating 20 YEARS!

## Sustainable Farming in Nicaragua, Cuba, Ethiopia and Burma

*Chuck Mitchell*

Organic farming practices are rapidly being adopted all over the developing world. In this workshop, discussion will center on why there is so much interest in organic agriculture. Starting in 1976 with the Peace Corps in Guatemala, Chuck Mitchell has been working for 40 years in Latin America, Asia and Africa with government agencies and nonprofits helping small farmers in numerous topics including: soil and water conservation, agroforestry practices, grazing management, beekeeping, organic crop and livestock management and teaching organic formulas for nutrients, insect and disease control and soil microorganisms.

## Want to Know your Crop Costs of Production?

*Mimi Arnstein, Farm Consultant; Richard Wiswall, Cate Farm*

Learn about the cost of production of ten major vegetable crops analyzed over three years, from 2015-2017, by a NOFA-VT study spearheaded by Richard Wiswall. Presenters will highlight best practices to maximize profits including key cultural practices, equipment and marketing options. The workshop is intended for commercial growers and producers.

## Year-Round Indoor Salad Gardening

*Peter Burke & Deb Burke, The Daily Gardener*

Learn how to grow all your salad green all winter long, without electric light or any special equipment. Everyone will take home a sample tray to



grow at home and will be able to sample the gourmet salad. Presenters will show you how to harvest a pound of green every day with only a kitchen cupboard and a window sill.

## SUNDAY SESSION I 9:30-10:45AM

### Bringing Your Social Media Game to the Next Level

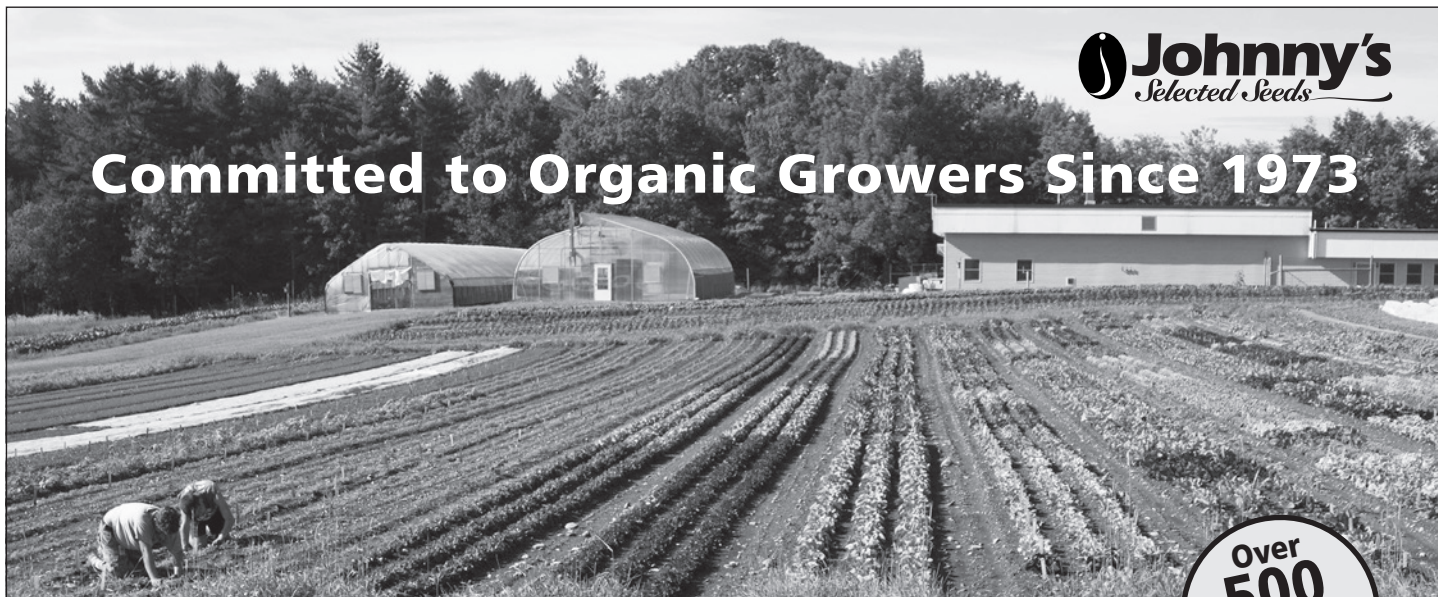
*Alex Epstein, AE Digital Environmental Communications*

This workshop will explore some of the higher-level aspects of social media and available tools that farmers, homesteaders, gardeners, land managers, educators, producers, and other food-system activists can use to bring their social media game to the next level.

### CAPS, GAPs & FSMA—Oh My! Building a Produce Safety Continuum in Vermont

*Hans Estrin, UVM Extension; Kristina Sweet, Vermont Agency of Agriculture, Food & Markets*

This workshop will provide an overview of Vermont's evolving produce regulatory landscape and share resources for farms that grow, harvest, pack, or hold fresh produce. Farmers at all sizes and scales will learn about the Vermont Vegetable & Berry Growers Association's CAPS (Community Accreditation for Produce Safety) program, the USDA Good Agricultural Practices (GAP) program, and the Food Safety Modernization Act (FSMA) Produce Safety Rule, similarities and differences between these standards, and when farms may wish to participate in CAPS, undergo a GAP audit, or need to comply with FSMA.



**Johnny's**  
*Selected Seeds*

**Committed to Organic Growers Since 1973**

Over  
**500**  
Organic  
Products



**Johnny's**  
*Selected Seeds*

Ask for Luke Donahue, your Johnny's Sales Representative  
Email: [Ldonahue@johnnyseeds.com](mailto:Ldonahue@johnnyseeds.com) Direct Line: 207-238-5363

Visit [Johnnyseeds.com](http://Johnnyseeds.com) or call 1-877-564-6697 to order your NEW 2017 CATALOG

## Designing Authentic Experiences and Selling Products on Your Farm

*Nicole Burke, Golden Well Farm; Lisa Chase, UVM Extension; Jennifer Kennett, Kimball Brook Farm; Vera Simon-Nobes, Farm-Based Education Network*

Authentic is the new buzzword -- and what is more authentic than experiencing local food on a farm in Vermont? From farmstands, CSAs, and u-pick to special events, tours, dinners, and classes, farms of all sizes are opening their doors (and barns, fields, and homes) to visitors. But providing high quality experiences and products can be a challenge for working farms with limited time and money. At this workshop, farmers and agricultural service providers will share tools, tips, and lessons learned for creating authentic experiences that are educational, safe, and profitable. Learn how to navigate Vermont's regulatory system and find out how to benefit from opportunities like Vermont Open Farm Week and DigInVermont.com.

## Everything You Ever Wanted to Know about Fruit Trees

*Nicko Rubin, East Hill Tree Farm*

Fruit trees can provide a lifetime of bounty or frustration and expense. Join nursery owner Nicko Rubin as he shares know-how that will ensure success with fruit trees. From soil preparation and planting to restoring old trees, discussion will cover apples, pears, plums and cherries. Topics will include soil and site considerations as well as companion planting and understory management. Plenty of time will be given for question and answer.

**HIGH MOWING**  
*Organic Seeds*

Professional Quality  
**ORGANIC SEEDS**

FREE SHIPPING ON ORDERS OVER \$10!

### NEW IN 2017

- Late blight resistant **Damsel F1 Beefsteak Tomato**
- **One-cut Lettuces** for efficient baby leaf production
- The first organic *sh2*. **2171 Xtra Tender F1 Supersweet Corn**
- An improved Red Wing F1 variety called **Red Carpet F1 Onion**
- A High Mowing bred line of **Picnic Peppers**

**HIGHMOWINGSEEDS.COM**



## Global Food, Local Food: Stories and Crops from Vermont Resettled Refugee Farmers

*Ben Waterman, UVM Center for Sustainable Agriculture; Vermont-based Gardeners from Across the World*

Become inspired and empowered to explore many practical options for introducing more "global" into "local" food. After hearing from a panel of Vermont-based gardeners from different cultures and UVM extension, you will gain a basic understanding of at least eight new "global" crops that can easily be grown, cooked and enjoyed in the Northeast. This workshop is designed for the adventurous eater, farmer or gardener. Broaden your horizons and spice up your understanding of local foods, and come share your own experiences merging global with local.

## Fencing Options & How to Implement them Successfully

*David Kennard, Wellscroft Fence Systems, LLC*

This workshop will review electric fence options for livestock, crop and beehive protection. David will discuss how to avoid the 6 most common mistakes made with an electric fence, and offer installation and maintenance tips for an effective fence system.

## Herbal Digestive Bitters: More than Just a Cocktail Mixer

*Guido Masé, Urban Moonshine*

Once regarded as a simple cocktail mixer, we are learning more and more about how important bitters are for a range of health complaints. Review the research on bitters for digestion, and explore the emerging science on how bitter taste receptors regulate appetite, energy metabolism, and inflammation in the body. We will discuss recipes and templates as well as differentiate between the strong, classic bitters and the gentler, more nutritive bitters and how to dose and blend them into formulas.

## Homeopathy in the Barn; Understanding Principles and Choosing Remedies

*Bay Hammond, Vermont Sheep and Goat Association*

This workshop will offer insight into homeopathic principles, remedy treatment and keynote observation. With the goal of establishing and

The VT Hemp Co,  
a leader in hemp  
research & product  
development,  
supports NOFA  
Vermont and best  
organic gardening  
and farming practices.

**www.thevthempco.com**

maintaining animal health we will discuss best approaches for correct remedy choice and the healing process. Remedies commonly used on small ruminant farms will be discussed. Questions are encouraged.

### Industrial Hemp in Vermont

*Joel Bedard, The Vermont Hemp Company*

This presentation will review the current status of rules and regulations regarding hemp in Vermont and the U.S., with particular attention to how it translates into a value proposition for VT farmers. Come with questions and ready for discussion.

### Is An Exemption Your Redemption?

*Susan Isberg & Thomas Collaro, USDA FISA*

This presentation will provide a clear definition of the exemptions to the Federal Poultry Products Inspection Act (FPPIA). Participants will increase knowledge of the FPPIA exemptions, what can and cannot be produced, processed and/or sold under the exemptions and how they relate to local processors. Questions are encouraged. **This workshop is intended for advanced audiences.**

### Outdoor Mushroom Cultivation on Logs and Beds

*Jon Carver, North Spore Mushroom Company*

Growing mushrooms outdoors is one of the easiest ways to get started growing mushrooms. In this workshop we will go over the tools and techniques used to grow mushrooms outdoors. We will also discuss techniques for the commercial production of log-grown mushrooms.

### Plants to Attract Pollinators & Create Biodiversity

*Lizabeth Moniz, Flying Mammoths Landscape Design*

In this workshop, learn what plants to incorporate into your landscape or garden to attract beneficial insects and pollinators and create more biodiversity and beauty. We will talk about a variety of plants ranging from perennials to shrubs and mid-story trees. We will also look at different color, bloom times, and plant form to appeal to and attract the broadest number of pollinators possible.

### Structuring a Legally Secure Intern and Apprenticeship Program in Vermont

*Rachel Armstrong, Farm Commons*

Most farmers know that legally solid intern and apprenticeship programs can be complex. At the same time, farmers cannot risk misunderstandings in this area of law. This workshop makes understanding the law easy. We'll break down the rules about wage rates (including food/lodging), educational programs, travel programs,



**Intervale Center**  
sustaining farms, land, and people since 1988

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

- Farm Business Incubation • 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



**Well Spring**  
Grant Writing and  
Associated Services

With a focus on Sustainable Agriculture  
and Renewable Energy Projects

Diane Parton 802-254-4375  
Brattleboro, VT dpartvt@gmail.com



**HOTEL VERMONT**

DRINK  
DINE  
RELAX  
ENJOY

[hotelvt.com](http://hotelvt.com) - 802.651.0080

taxes/paperwork, and more. Then, we will see how a Vermont farmer manages the rules on a day to day basis. This practical presentation offers perspective from a farmer and attorney so you can move forward with your intern or apprenticeship program.

### **Supporting Indigenous Micro-Organisms on Your Farm**

*Bryan O'Hara, Tobacco Road Farm*

This workshop will cover in detail the techniques utilized in the production and use of indigenous micro-organisms (IMO). An IMO is a microbe culture, taken from local forest soils, and then multiplied through various culture steps to produce a highly activated inoculate. Utilized in vegetable production and other farm applications, Bryan O'Hara of Tobacco Road Farm will present his experience using this material on their farm that has greatly enhanced the quality of their produce.

### **Thoughtful Harvests for Engaging Children and Adults in Gardens**

*Carolina Lukac, Vermont Community Garden Network*

Educational gardens can be designed to provide food and medicine, inspire stories and art, allow us to travel around the world and come home to our local landscape. Learn how to extend your harvest to engage children and adults through gardening, cooking, and crafts. We will explore must-have utensils for cooking in the garden with all ages, identify ideal plants for hands-on activities, and share versatile garden-inspired recipes.

### **Weed Management and Cultivation Equipment for Vegetable Farms**

*Vern Grubinger, UVM Extension*

Vern Grubinger, vegetable and berry specialist for University of Vermont Extension, has been observing how farmers use tools to kill weeds since the mid-'90s, when he co-produced the video 'Vegetable Farmers and their Weed Control Machines.' He will review some weed control principles then show slides of a wide range of mechanical weed control tools currently in use on farms, from those that are commonly available commercially to some that are being imported from Europe and a few that were custom made by farmers. Throughout the slideshow he will stop and ask farmers in the room to share their experiences with specific tools, pro and con, so come prepared to participate!

## **SUNDAY SESSION II 2:15-3:30PM**

### **A Visit to the Food System of Oaxaca, Mexico**

*Vern Grubinger, UVM Extension*

As part of UVM's semester abroad program, Vern has been teaching short courses in Oaxaca about food systems for the past 5 years. Each year he learns more about this special place, which is rich in food and farming traditions. A slide show tour will describe some of the diverse production and marketing taking place in Oaxaca.

**To organic farmers everywhere  
for treating their animals and earth  
with care and treating us with some of the finest  
organic ingredients around, thanks.**



Donegan Family Dairy, VT.  
One of the Organic Valley family farms that supply milk for our yogurt

## Add Value, Not Liability: Legal Best Practices for CSA and Added Value Farm Ventures

*Rachel Armstrong, Farm Commons*

Starting a CSA, processing, improving packaging, and creating new products are great ways to make the farm more profitable. These activities can also have a huge legal impact. Liability potential, state/federal regulations, and tax factors all change when a farm begins CSA or adds value to farm products. We will learn the details of Vermont and federal laws, plus discuss strategies for making the rules fit the practical realities of the diversified farm operation.

## Conservation Biocontrol: Farming with Native Beneficial Insects

*Jarrod Fowler, The Xerces Society*

Conservation biological control is a science-based pest management strategy that seeks to integrate beneficial insects back into cropping systems for natural pest control, ultimately reducing, and in some cases eliminating, the need for insecticides. This workshop will cover the principles of Conservation Biological Control and how to support beneficial insects on farms through habitat enhancements, farm management practices, pesticide protections, and other conservation strategies.

## Deciding to Grow: The Financial, Market-Driven, Emotional, and Risk-Taking Journey of Scaling Up

*Bruce Hennessey, Maple Wind Farm*

Maple Wind Farm has grown by 200% in the last three years. This workshop will take participants through the process the farm went

through to make the initial decision to grow, and then focus on the major turning points of the journey thus far. We will focus on the decision making process and the rationale for deciding to grow a business, providing detailed financial and business plan data, how to work with customer partners to gain assistance with cash flow issues to create cost-effective improvements, writing grant and loan proposals, and the social/emotional factors in deciding to grow.

## Disease & Pest Problems for Gardeners

*Ann Hazelrigg, Vic Izzo, & Scott Lewins, University of Vermont*

If you have your own garden, chances are you'll run into some common diseases and pests that will affect your vegetables and fruits. Join Ann Hazelrigg, Vic Izzo, and Scott Lewins, who will discuss current, past, and future pest and disease problems and help you identify and solve these issues so that you can have a bountiful harvest.

## Farm to Institution in VT and New England: The Facts and the Future (Part I)

*Peter Allison, Farm to Institution New England; David Conner, University of Vermont; Abbie Nelson, NOFA-VT; Abbey Willard, Vermont Agency of Agriculture*

Surveys have been done and data has been collected, from many stakeholders in Vermont and other New England states, to determine what is the current picture of the Farm to Institution Supply Chain, and what could be the next steps to solve the production and procurement bottlenecks. Join us for this two-part workshop to learn about the results of college, producer, and distributor studies and participate in a conversation about how to provide technical assistance to both suppliers and consumers of local food in institutional markets.



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

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

**thesnapvt.com**



## Farmer Discussion: What To Do With Surplus Crops?

*Theresa Snow, Salvation Farms; Abbey Willard, Vermont Agency of Agriculture*

This workshop will facilitate a conversation among fruit and vegetable growers about reducing food loss on farms. Participants will be asked to share what they believe may be the best and most efficient uses for the edible crops that remain unharvested and unsold on farms. Can a new market avenue be created with farm surplus crops? Is a temporary labor force needed? Should a farmer cooperative co-packer and processor exist? Farmers will be asked to discuss existing and potential enterprises that could help move more edible food off of farms and into our regionally-based food system, touching on efforts like market development for seconds and gleaning.

## Farm to Medicine Cabinet

*Katherine Elmer, RAILYARD Healing Center & Spoonful Herbs; Kenzie McDonald, Wild Faith Herb Farm*

Our organic farm landscapes are not only capable of producing nourishing foods, but also powerful plant-based medicines from weeds, cover crops, ornamental gardens, forests, and backyards. This talk by community herbalists Katherine and Kenzie will present local efforts for deepening the local food movement and enhancing human and ecological health by incorporating nature-based local medicine as part of a resilient food system. Come taste samples of Vermont's medicinal bounty and share your own experiences on this topic.

## Homeopathy in Practice

*Mike Eastman, Annie Claghorn, Bay Hammond & Martha Hammond, Addison County Homeopathic Study Group*

The Addison County Homeopathic Study Group gathers monthly for a discussion on how homeopathic remedies can assist in restoring and maintaining farm animal health. For this workshop the core members will discuss their successes with homeopathy and remedies of choice for prevalent ailments. The group will also present a previously discussed case; explaining the group's process of sorting out symptoms, suggested remedies and eventual outcome. Time will be left for discussion.

## Home Orchard Care



*Michael Phillips, Holistic Orchard Network*

Successfully growing fruit for your family becomes straightforward when you narrow the big picture down to getting the basics right. Fungal and bacterial disease can be successfully managed with deep nutrition and competitive colonization. Major insect challenges can be resolved safely when you perceive who, what, and when. This overview of complementary sprays backed by biodiversity and soil health will set the stage for successfully growing tree fruit in the New England region.

## Integrating Biochar into existing Organic Farming Practices

*Hugh McLaughlin, NextChr, LLC*

Biochar has proven to be a useful addition to existing organic farming practices and in conjunction with composting operations. This workshop will cover the basics of "what is biochar" and how to integrate it into existing farming practices.

**Proud to Support Vermont's  
Hardworking Farmers and Producers**

**City Market**  
Onion River Co-op

**Your Community-Owned Grocery Store**

82 S. Winooski Ave, Burlington, VT • Open 7am - 11pm every day • (802) 861-9700 • [www.citymarket.coop](http://www.citymarket.coop)

## No-Till Production and Techniques (Part I)

*Bryan O'Hara, Tobacco Road Farm*

In this two-part workshop, learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation from Bryan O'Hara at Tobacco Road Farm. Techniques utilized in this system include: multi-cropping, cover cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been in place for several years on Bryan's farm in Connecticut and has proven to be profitable.

## Raising Ducks for Fun and Profit

*Erik Andrus, Boundbrook Farm*

An introduction to the basics of duck management from hatching to adult. Ducks are a great addition to any farm and are pleasant and adaptable companions, in addition to being a great source of meat and eggs. Erik has been raising ducks at Boundbrook Farm in Ferrisburgh, for six years and sells both duck eggs and roasting ducks. This workshop will also touch on the management of weeder ducklings in rice paddies, which is a crucial part of the farm's rice agriculture.

## Regional Food Systems Planning and Urban Agroecology: Experiences from Cuba and Vermont

*Erica Campbell, Senator Sanders' Office; S'ra DeSantis, UVM Farmer Training Program; Margarita Fernandez, Vermont Caribbean Institute; Fernando Funes Monzote, Finca Marta*

Cuba and Vermont, while distinct in so many ways, find common ground in social, economic and environmental values that promote

sustainability. Both places have, over the decades, become leaders in the global food movement. This panel will showcase experiences from Vermont and Cuba in food systems planning and urban agroecology in order to share what has worked, what hasn't, and to open a space to dialogue about what we can both learn from and how we can support each other.

## Small Scale Meat Bird Raising & Processing

*Tim King & Markey Read, Honey Dew Homestead*

Are you raising your own meat birds already and want to get new ideas and share yours? Or, are you interested in raising them and just need to know more about it? Tim and Markey will present their 7+ years of planning and how they evolved their methods and systems for raising poultry for meat: Cornish hens, broilers, ducks and turkeys. They will cover planning yield, acquiring chicks, raising them to maturity, keeping them safe & healthy, processing them, storing and using them for year-round food, and selling some of the excess. Join Tim and Markey for an insightful session, and for sharing ideas about raising meat birds for primarily personal consumption.

## Starting Out with Organic Pastured Pigs (Part I)

*Alice Percy, Fedco Seeds*

Just getting into pigs? Thinking about expanding from just a couple pigs to a couple dozen? This workshop will provide an overview of how to effectively and economically house, fence, and feed a happy pig. Happy



**HAPPY WINTER  
TO ALL FROM  
VERMONT  
COMPOST**

[vermontcompost.com](http://vermontcompost.com)

802-223-6049 | Montpelier, Vermont

**WE SPEAK ORGANIC**



## Rooted in Vermont Celebrates how Vermonters enjoy local food

Follow and share on  
Facebook, Twitter, and Instagram.



**#RootedinVermont**

pigs taste better! Learn from Alice Percy, Coordinator of the Organic Growers Supply division at Fedco Seeds with 10 years experience raising certified organic pastured hogs at Treble Ridge Farm in Waterville, ME.

## SUNDAY • 3:45-5:00PM WORKSHOP SESSION III

### Biological Alchemy



Michael Phillips, Holistic Orchard Network

This hands-on exploration of soil biology and healthy plant metabolism will rock you. The way these mycorrhizal fungi enhance plant health is absolutely stunning. Nutrients are delivered by means of "fungus-root" synergy. A boost to green immune function helps keep disease at bay. Expansive fungal networks bring resiliency to ecosystems. Soil aggregate formation addresses carbon flow. Yet for the longest time, we have ignored basic soil biology and instead disturbed ecosystems at our own peril. Time to change all that, and fast!

### Branding & Marketing for Farmers and Producers

Lara Dickson, Deep Dish Creative

Web designer, digital marketer, and farmer Lara Dickson shares tips and advice for promoting your farm and agriculture products online. You'll get

insight on how some of her own food system clients have transformed their online marketing with reimagined websites as well as effective measurement and management tools that are easy and even fun to use.

### Commercial Indoor Mushroom Cultivation

Jon Carver, North Spore Mushroom Company

Over the past two years North Spore has developed a range of techniques for producing mushrooms year round in indoor climate controlled fruit rooms. This intermediate/advanced workshop will go over many of these techniques in detail and discuss the advantages and disadvantages to indoor mushroom cultivation. **This workshop is intended for advanced audiences.**

### Ecological Small-Commercial Rice in New England - Opportunities and Challenges

Erik Andrus, Boundbrook Farm

Rice is an exciting new crop for Northeastern growers. Come learn about our six-year effort to build a commercial rice operation in Vermont's Champlain Valley, now cropping four acres annually. Rice is a natural fit for marginal, wet agricultural lands but engineering, equipment, and value-added processing, and operational challenges are significant. Learn how we are addressing these challenges, with help from the ecological rice growing community in Japan.

Naturally Interested  
in Your Future.

- Visit our **retail store** and talk to our knowledgeable staff!
- **Delivery**, bulk delivery & **pallet programs** are available.



- **Step-by-step growing & nutritional programs**, plus products you need to succeed!
- **Educational materials** created to keep you informed on organic & sustainable farming
- **Annual Real Health Conference** with experts in the field (Feb. 18, 2017)

- Dry & liquid fertilizers
- Organic & untreated seeds
- Organic & non-GMO feeds
- Liquid & dry blends
- Spraying & spreading



www.LancasterAg.com 60 N. Ronks Rd. Ronks, PA 717-687-9222  
Seeds • Animal Health & Nutrition • Soil Nutrients • Garden & Human

**VERMONT SOAP**  
the wise choice

Available at health food stores and select boutiques everywhere.  
We sell soap by the pound!  
Discount Factory Outlet and Soap Museum  
616 Exchange Street, Middlebury VT.

Life is too short to use bad soap

## Farm Land and Business Transition: Steps to Get the Process Started

*Bob Parsons, UVM Extension*

This workshop will cover basic issues related to farmland and business transition. The presentation will cover the basics using practical explanations, applied examples, and stories impressing key points. We will introduce key issues and challenges faced by farm families facing a transition and those looking for options transferring farm business and land to non-family members. This workshop will create more questions than answers in exposing participants to the range of issues confronting farming families.

## Farm to Institution in VT and New England: The Facts and the Future (Part II)

*Peter Allison, Farm to Institution New England; Abbey Willard, Vermont Agency of Agriculture; David Conner, University of Vermont; Abbie Nelson, NOFA-VT*

Surveys have been done and data has been collected, from many stakeholders in Vermont and other New England states, to determine what is the current picture of the Farm to Institution Supply Chain, and what could be the next steps to solve the production and procurement bottlenecks. Join us for this two-part workshop to learn about the results of college, producer, and distributor studies and participate in a conversation about how to provide technical assistance to both suppliers and consumers of local food in institutional markets.

## Grass Milk: Insights and Production Methods

*Jack Lazor, Butterworks Farm*

Join Jack Lazor, of Butterworks Farm, as he explains his journey from going grain-fed to grass-fed with his herd of dairy cows. Jack will share their decision making process and the rationale for deciding to transition their herd, what grass-fed meant for their farming structure, and how they achieved 100% grass-fed.

## Inputs for Organic Agriculture: Determining the Allowance of Inputs and how OMRI can Help

*Johanna Mirenda, Organic Materials Review Institute (OMRI)*

Inputs used in agriculture, such as pesticides and fertilizers, are an integral part of most production systems. Specific regulations dictate which inputs are allowed or prohibited in certified organic production. Commercial growers and home gardeners alike will learn which different types of inputs are allowed in organic crop and livestock production. Attendees will also learn how to use the OMRI Products List to determine which brand name input materials have been reviewed and approved for use in organic production and processing.

## No-Till Production and Techniques with Bryan O'Hara (Part II)

*Bryan O'Hara, Tobacco Road Farm*



In this two-part workshop, learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation from Bryan O'Hara at Tobacco Road Farm. Techniques utilized in this



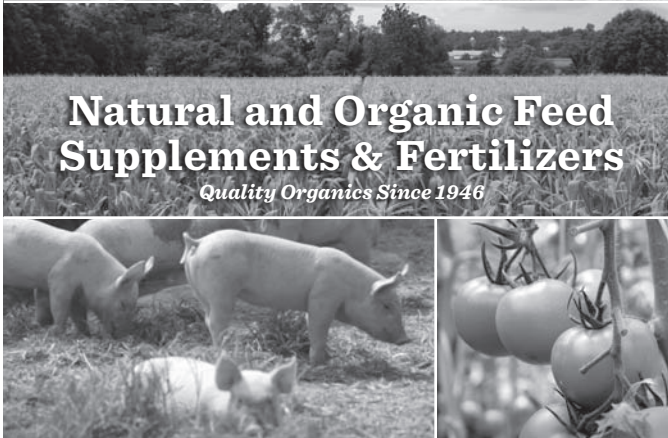

**Proud Sponsor of the  
NOFA Vermont Winter  
Conference**

**We are America's Leading Organic  
Farmer Cooperative**

**Contact us to learn more.**  
888-809-9297 | [www.farmers.coop](http://www.farmers.coop)

**Natural and Organic Feed  
Supplements & Fertilizers**  
*Quality Organics Since 1946*



**The Fertrell Company • phone: 800-347-1566 • [fertrell.com](http://fertrell.com)**

system include: multi-cropping, cover cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been in place for several years on Bryan's farm in Connecticut and has proven to be profitable.

### Options for Effective Deer and Wildlife Control in Crops and Gardens

David Kennard, Wellscroft Fence Systems, LLC

Wildlife pressure on gardens and crops has increased tremendously in the Northeast due to urbanization and the rise in deer population. As pressure increases on wildlife to find open spaces for forage, you need an effective fence to protect your investment. From residential gardens to commercial crops to CSA's to orchards, there are many considerations that must be taken into account for each situation. David Kennard of Wellscroft Fence Systems will review, both temporary and permanent, fence options for wildlife control that will work best for you.

### Organic Farming in Cuba: An American Farmer Perspective

Howard Prussack, High Meadows Farm

Join Howard Prussack as he gives a visual tour of Cuba's urban and rural organic farms, a visual look at Cuba today, city and country. He will discuss his travels and experiences as an American farmer in this extraordinary island. Questions and discussion are encouraged!

### Planning for the Future of Farmland

Gretchen Siegchrist & Ben Kurtzman, Video4Good

We will show The Barber Farm Project, a 30-minute documentary that follows four generations of a Vermont farm family, whose land seems doomed to development until organic farming changes the landscape. After the film, we will lead a discussion about the practical, financial and emotional considerations families face when planning for the future of farmland.

### Starting Out with Organic Pastured Pigs (Part II)

Alice Percy, Fedco Seeds

Just getting into pigs? Thinking about expanding from just a couple pigs to a couple dozen? This two-part workshop will provide an overview of how to effectively and economically house, fence, and feed a happy pig. Happy pigs taste better! Learn from Alice Percy, Coordinator of the Organic Growers Supply division at Fedco Seeds with 10 years experience raising certified organic pastured hogs at Treble Ridge Farm in Waterville, ME.

### Staying on the Right Side of Employment Law in Vermont

Rachel Armstrong, Farm Commons

Employment law vexes many farmers (especially diversified farmers) with detailed rules as to when minimum wage is owed, to whom, and for what tasks. There is also payroll taxes, workers' comp, and



Need to get a handle on your **financials**? Looking for help making **strategic decisions**? Trying to diversify with a **new product**? Or, **specialize** in your strengths? Thinking about **transferring ownership**? Do you need **guidance** navigating the challenges of growth for the next stage of your business?

One-on-one, in-depth business planning & technical assistance for your **Farm, Food or Forest Products** enterprise is available.

More information and applications can be found on our website [www.vhcb.org/viability](http://www.vhcb.org/viability) or by calling 802-828-3370.



**FARMER VETERAN**  
COALITION  
VERMONT



**Aqua ViTea™**  
**KOMBUCHA**



**NORTH EAST SARE**  
Sustainable Agriculture Research & Education

Offering competitive grants for new ideas in farming that improve profits, stewardship, and the vibrancy of farm communities.

Visit us at:  
**[www.nesare.org](http://www.nesare.org)**



unemployment insurance, to name a few other legal concerns. And, what about contractors? Is that a solution? This session will discuss the particulars of federal and Vermont farm employment/labor law. We will learn how a Vermont farmer manages the rules on a day to day basis. This practical presentation offers perspective from a farmer and attorney so you can move forward.

### The Swede Midge Situation in Vermont: Biology Basics and Management Updates

*Yolanda Chen & Elisabeth Hodgdon, University of Vermont*

Swede midge is a tiny fly that infests brassica crops, including broccoli, cauliflower, kale, and other related vegetables. An invasive species from Europe, this pest was first documented in Vermont in 2006 in Burlington. It has since spread throughout most of the state, causing up to 100% yield loss for organic crops. Management of this pest is particularly challenging. There are currently no effective organic management strategies for this pest. We will give an overview of swede midge identification, life cycle, and new prospects for ecologically-based management.

### Using Human Senses to Gauge the Quality of Medicinal Herbs

*Guido Masé, Urban Moonshine*

Organolepsis is the science of using human senses to evaluate botanical quality. Learn about taste, odor, mouthfeel, visual characteristics, tactile elements such as fracture and crumble, and how we can leverage a common language and collaborative organolepsis to identify and

characterize raw material. These techniques, if used properly, not only give you confidence about the herbs you're working with, but also serve as an FDA-accepted test of quality when compared to a well-described reference standard.

## RAFFLE!

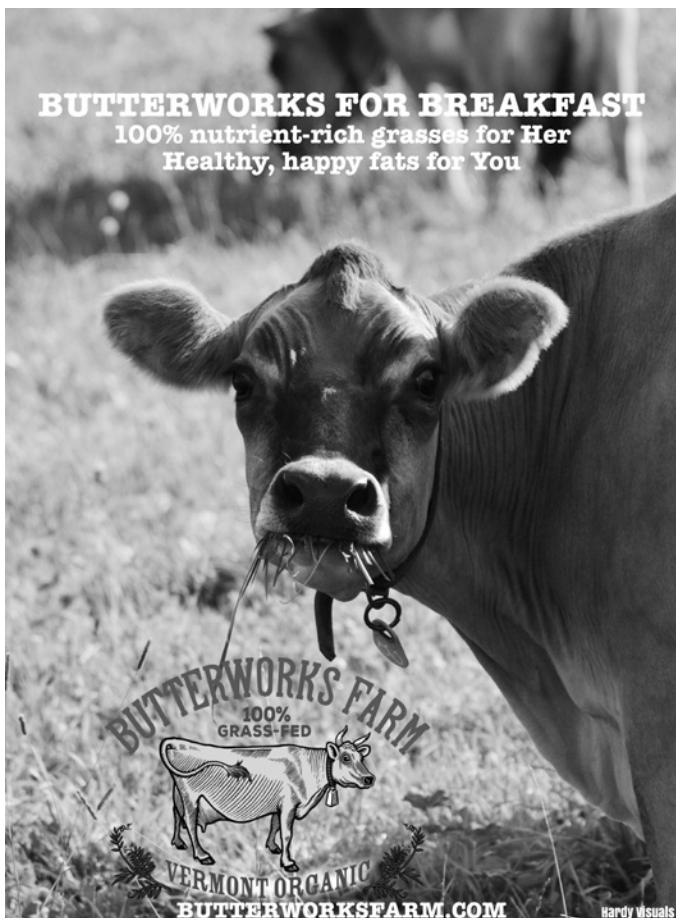
*We are excited to raffle original artwork made by community artist Bonnie Acker!*



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

**Visit the NOFA-VT table on the first floor to select the collage you want to win and place tickets in the corresponding jar.**

*Several large collages will be raffled off on Sunday, February, 19th, although you do not need to be present to win. Proceeds will benefit NOFA-VT's Farming Beyond Borders program to support farmer-to-farmer exchange. You can read about the program on the following page.*



**From farm gate to dinner plate, we teach you best.**

Green Mountain College is the nation's most highly awarded educator in environmental, economic and social sustainability.

**Green Mountain College**

**FIRST IN SUSTAINABILITY**

**Poultney, VT | [www.greenmtn.edu](http://www.greenmtn.edu)**

# NOFA-VERMONT'S FARMING BEYOND BORDERS PROGRAM

*A farmer to farmer exchange program*

## Statement of Purpose

The Farming Beyond Borders Program of NOFA-Vermont creates and supports farmer to farmer exchanges between Vermont organic farmers and farmers beyond Vermont's borders in order to increase production, improve environmental sustainability and strengthen financial viability via mutually beneficial relationships and cross-cultural exchange.



## Goals

- Build a stronger and more profitable global sustainable agriculture movement
- Support small to medium scale agriculturalists with Vermont farmers' expertise
- Learn from producers outside of Vermont and disseminate key information to Vermont's agriculture community
- Increase farmers' cross-cultural cooperation and understanding through the creation of grassroots networks of support

**The Winter Conference raffle (see previous page for information) will benefit the Farming Beyond Borders program. More information at <http://nofavt.org/farmingbeyondborders> and at the NOFA-VT table on the 1st Floor of the Davis Center.**

## Song Lyrics

### TURN! TURN! TURN!

By Pete Seeger

To everything (turn, turn, turn)  
There is a season (turn, turn, turn)  
And a time to every purpose, under heaven

A time to be born, a time to die  
A time to plant, a time to reap  
A time to kill, a time to heal  
A time to laugh, a time to weep

To everything (turn, turn, turn)  
There is a season (turn, turn, turn)  
And a time to every purpose, under heaven

A time to build up, a time to break down  
A time to dance, a time to mourn  
A time to cast away stones, a time to gather  
stones together

To everything (turn, turn, turn)  
There is a season (turn, turn, turn)  
And a time to every purpose, under heaven

A time to gain, a time to lose  
A time to rend, a time to sew  
A time for love, a time for hate  
A time for peace, I swear it's not too late

# MEADOWS BEE

# FARM



WINDHAM, VT

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

RAW MILK • SALVES • TINCTURES • TEAS • KOMBUCHA CANDY • 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)

# Sometimes it's fun to take risks



**But you don't want to take unnecessary chances with your farm operation.**

**Crop insurance**  
**Catastrophic loss coverage**  
**Revenue protection**

Be sure to visit the  
UVM crop insurance exhibit  
during the conference.

To learn more about crop insurance options for your farm, contact a licensed crop insurance agent. To find an agent, ask a neighbor for a recommendation, get a list at your FSA office or visit the RMA website agent locator at:

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



*USDA is an equal opportunity provider and employer.*



# Conference Evaluation

How do you describe yourself? (Please pick up to 2 that best describes yourself):

- 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

Are you a NOFA-VT member?

- Yes
- No

Farming Experience:

Other (VCGN, VVBGA, etc.)

If you are a NOFA-VT member, why did you become member?

- To support NOFA-VT's work and programs
- To be part of and contribute to the organic movement
- To receive membership discounts: workshops, events, and annual winter conference
- To receive newsletters, NOFA Notes, and stay-up-to-date on the organic farm community and NOFA-VT events

Other (please specify)

- None/does not apply
- Less than 1 yr
- 1-3 yrs
- 4-7 yrs
- 8-10 yrs
- 11-15 yrs
- 16+ yrs

How did you hear about the NOFA-VT Winter Conference?

- Brochure/Postcard
- Poster
- Email or Listserv
- NOFA Notes
- NOFA Blog, E-News or Website
- Press Release
- Word of Mouth

Other

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

- Benefits of membership doesn't interest me or my business
- Membership doesn't represent my values or goals
- Receive too many emails, mailings, and event advertisements
- Value of membership doesn't match its cost

Other (please specify)

Please rate the following aspects of the conference:

	Excellent	Fair	Poor	N/A
Overall Conference Quality:	<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"/>
Signage around Campus:	<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"/>
Lunch - Menu Selection and Taste:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lunch - Value:	<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"/>
Value of the conference based on its Price:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Which days of the conference did you attend?

- Saturday
- Sunday
- Both

Please rate the following educational aspects of **Saturday's conference**:

Overall Quality of Educational Content:	<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> N/A
Dr. Fernando Funes Monzote's Keynote:	<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> N/A
<b>Saturday, Session I (10:45-12:00):</b>	<input type="checkbox"/> Excellent	<input type="checkbox"/> Fair	<input type="checkbox"/> Poor	<input type="checkbox"/> N/A

Title and Speaker

Comments:

**Thank you for helping us improve our Winter Conference** by completing this evaluation. If you are able, save us some data entry! You can complete this survey online at <https://www.surveymonkey.com/r/2017WCevaluation> or scan this QR code with your smartphone.



**Saturday, Session II (2:15-3:30):**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

**Saturday, Session III (3:45-5:00):**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

**Saturday, Roundtable/Discussion Group:**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

Please rate the following educational aspects of **Sunday's conference:** Excellent, Fair, Poor or N/A

Overall Quality of Educational Content:     Excellent     Fair     Poor     N/A

DR. Vandana Shiva's Keynote:     Excellent     Fair     Poor     N/A

**Sunday, Session I (9:30-10:45):**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

**Sunday, Session II (2:15-3:30):**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

**Sunday, Session III (3:45-5:00):**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

**Sunday, Roundtable/Discussion Group:**

Excellent     Fair     Poor     N/A

Title and Speaker

Comments:

Please suggest workshop topics or presenters for future conferences or summer workshops:

Comments:

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

Comments:

We want to create opportunities Saturday evening for attendees to network and enjoy each other's company. What events might you attend Saturday evening after the conference?

- Dinner at UVM
- Contra Dance
- Band Performance
- Nothing; I'd rather go downtown
- Nothing; I'd rather go home

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

- Cost
- My availability
- Workshops didn't interest me

Other (please specify)



*Listen to the Earth.*

*Bloom where you are planted.*

*Farmers feed us all.*

*May all be fed.*

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

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

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

**Being a NOFA Vermont member means that you are helping to strengthen local, organic agriculture in Vermont.** You are supporting programs and services that support farmers, inform consumers, and advocate for policies that build the organic food movement in Vermont and nationally. NOFA Vermont is where you can go for information and education about all things organic. Your membership also includes many financial and educational benefits. For more information, visit [www.nofavt.org/join](http://www.nofavt.org/join), or ask a NOFA Vermont staffer at the conference!

## Help us grow Organic!

*"NOFA Vermont is the soul of organic agriculture in Vermont. Being a member of NOFA-VT has helped me make connections with other farmers and consumers. Those relationships are invaluable!"*

*—Certified organic farmer Adam Hausmann from Adam's Berry Farm in Charlotte, VT*



To join NOFA Vermont or learn more about membership, visit the registration desk or go to [www.nofavt.org/join](http://www.nofavt.org/join)

# BUILDINGS OF NOTE

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

**B Terrill**  
Workshops, Film Screening

**C Aiken**  
Workshops, Children's Conference

**D Jeffords**  
Workshops

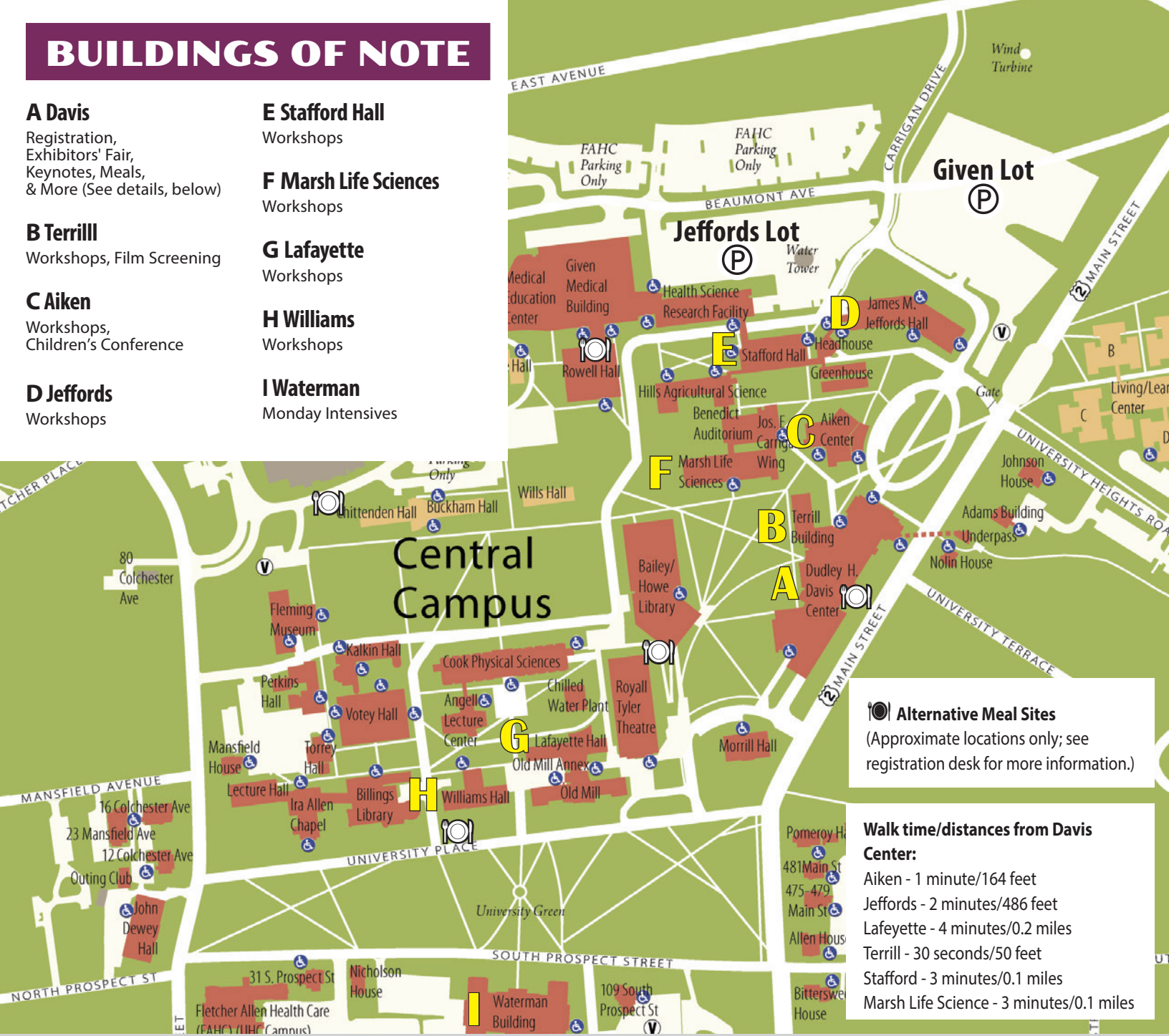
**E Stafford Hall**  
Workshops

**F Marsh Life Sciences**  
Workshops

**G Lafayette**  
Workshops

**H Williams**  
Workshops

**I Waterman**  
Monday Intensives



**Alternative Meal Sites**  
(Approximate locations only; see registration desk for more information.)

**Walk time/distances from Davis Center:**  
 Aiken - 1 minute/164 feet  
 Jeffords - 2 minutes/486 feet  
 Lafayette - 4 minutes/0.2 miles  
 Terrill - 30 seconds/50 feet  
 Stafford - 3 minutes/0.1 miles  
 Marsh Life Science - 3 minutes/0.1 miles

# DAVIS CENTER LOCATIONS

**1st Floor**  
**Atrium:** Registration, Community Art Project, Seed Swap (Saturday), Ice Cream Social (Sunday), NOFA-VT, VOF & VT FEED tables  
**Burack Family Fireplace Lounge:** GMC Poster Session, TD Bank ATM  
**Near South Entrance:** Nursing Mothers Lounge  
**Living Well Center:** Hatha Yoga  
 Brennan's Cafe (open 11 am–11 pm Sat., 3–11 pm Sun.)

**2nd Floor**  
**Mansfield Room/Dining Area:** Exhibitors' Fair, Hospitality Table, Coffee, Tea, Kombucha, Oggún Tractor, Saturday Social

**3rd Floor**  
**Hallway:** People's United Bank ATM  
**Student Government Atrium & Lounge:** New Farmer Coaching Sessions, Social Action Zone (12:00–2:00 pm)

**4th Floor**  
**Jost Foundation Room:** Lunchtime Roundtables  
**Williams Family Room:** Lunchtime Roundtables  
**Chittenden Bank Room:** Lunchtime Roundtables  
**Handy Room:** Kid's Break Room  
**Livak Fireplace Lounge:** Lunch  
**Frank Livak Ballroom:** Lunch and Roundtables  
**Mildred Livak Ballroom:** Lunch and Roundtables  
**Grand Maple Ballroom:** Announcements, Featured Speakers, Lunch