

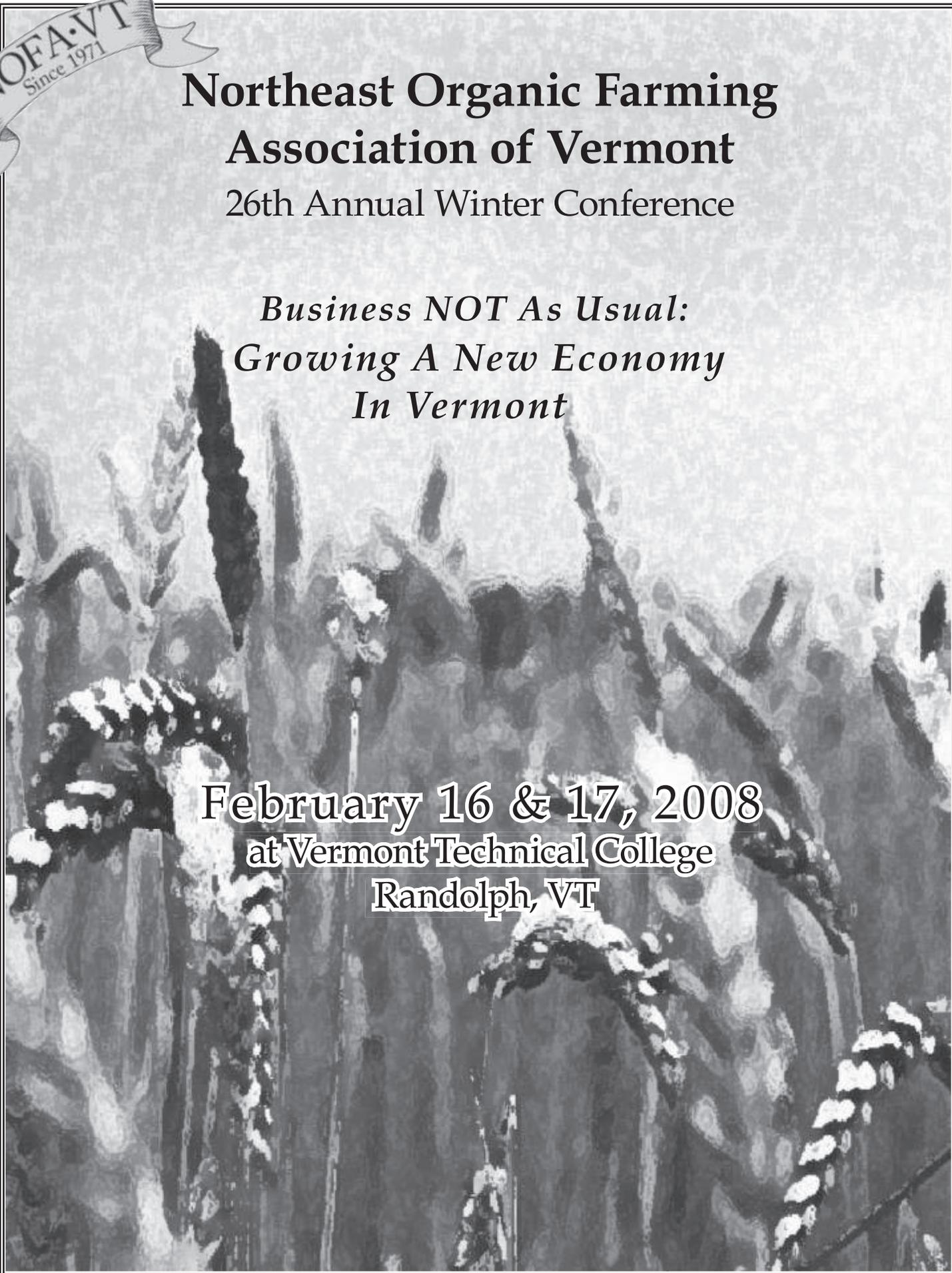


# Northeast Organic Farming Association of Vermont

26th Annual Winter Conference

*Business NOT As Usual:  
Growing A New Economy  
In Vermont*

**February 16 & 17, 2008**  
at Vermont Technical College  
Randolph, VT



Welcome to NOFA-VT's 26th Annual Winter Conference



## Business NOT As Usual: Growing a New Economy in Vermont

February 16th and 17th, 2008

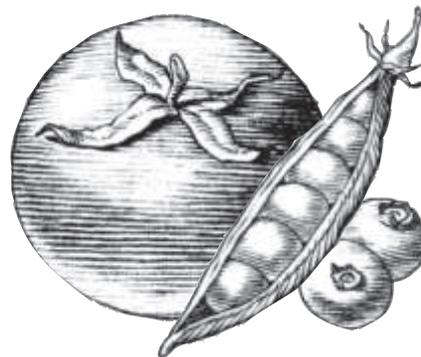
Vermont Technical College, Randolph, VT

For the past quarter century, the **Northeast Organic Farming Association of Vermont's** (NOFA-VT) annual Winter Conference has brought together over 800 farmers, gardeners, homesteaders, consumers, and educators to share in a day of workshops and conversation focused on keeping our food system safe, healthy, and a vibrant part of our state. Now, with ever increasing enthusiasm and attention being devoted to local food systems, NOFA-VT is pleased to announce the first two-day Winter Conference! Our two-day conference will host more than 60 informative workshops, two keynotes, our first ever intensive dairy & livestock and vegetable & fruit growers' tracks, a NOFAvore socializing dinner, a children's conference and much more. This means that we'll have another day for networking, talking shop, and learning from some of the best farming minds in the Northeast, and a bit more breathing room for everyone!

Our theme this year, **Business Not As Usual: Growing a New Economy in Vermont**, will bring together those interested in securing our Vermont food system with community-based businesses that play an important role in strengthening the Vermont economy. There are agricultural and non-agricultural businesses, community-based consumer organizations like the localvore pods, and nonprofit organizations that yearn to work together more strategically to mobilize food system change. The keynote presentations, workshops, and ideas introduced at our two-day conference will provide the opportunity for strategic discussions to take place, relationships to develop, and catalyze individual and collective energy.

**We look forward to seeing you there!**

**All members and non-members are welcome**



The Northeast Organic Farming Association of Vermont (NOFA-VT) is an organization of farmers, gardeners, and consumers working to promote an economically viable and ecologically sound Vermont food system for the benefit of current and future generations.

# Our Keynote Speakers

## Saturday, February 16th, 10:45 am

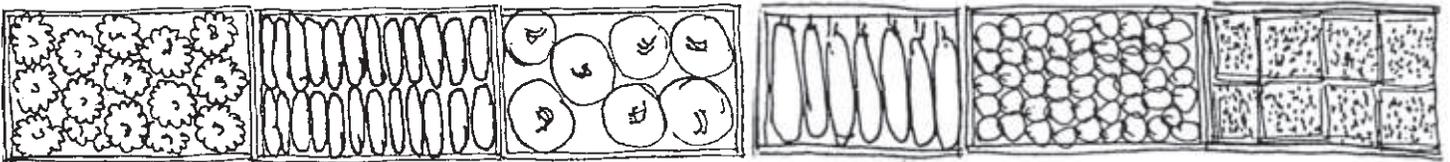


**Judy Wicks**, Owner/Founder of Philadelphia's White Dog Café and Co-founder of the nationwide Business Alliance for Local Living Economies (BALLE).

### **“Local Living Economies: The New Movement for Responsible Business”**

A socially, environmentally and financially sustainable global economy must be composed of sustainable local economies. Yet, tragically, from American “Main Streets” to villages in developing countries, corporate globalization is causing the decline of local communities, family businesses, family farms, and natural habitats. Wealth and power are consolidating in growing transnational corporations that wield alarming control over many important aspects of our lives – the food we eat, the clothes we wear and the news we hear. By working cooperatively, locally-owned businesses and conscious consumers can create

an alternative to corporate globalization that brings power back to our communities by building sustainable local economies – living economies that support both natural and community life.



## Sunday, February 17th, 10:45 am

**Dr. Heather Darby**, Agronomic and Soils Specialist, Professor for UVM Extension

### **“The Grass IS Greener on Vermont’s Side”**

Across the country there is a continuing trend toward fewer and larger farms. Thus, there are inherently fewer opportunities for farmers in this country. As this trend continues, the future of farming seems to grow ever dimmer. But in the distance there is a glimmer of brightness on just how agriculture will be able to prevail and sustain itself for future generations. Welcome to Vermont: the state of agricultural opportunity! Through diversity, innovation, and good old New England spirit, farmers and organizations are creating a model of just how farming can survive in a place where the odds are against us. Not only are farmers finding ways to continue farming in “modern agriculture” they are finding solutions to global issues such as fuel, seed, natural resource, and food security. Dr. Heather Darby, respected Vermont researcher and farmer, will present a bright future for agriculture in Vermont.



# Registration & Details

## Save with Early Registration!

Take advantage of the early bird discount of \$5 by mailing your registration form to NOFA-VT by February 6th. NOFA members receive an additional discount – you may use the registration form to become a member and attend at the lower rate. Please be sure to check in at the registration desk in the Administration Building prior to attending the workshops.

## Registration Refund Policy

We appreciate your support for our annual fundraiser! Up until February 6th NOFA-VT will reimburse 75% of registration fee. After February 1st there is a 50% reimbursement. Requests must be made in writing. Reimbursement checks will be sent out after the conference.

## Directions

To the Vermont Technical College in Randolph: Take exit 4 off Interstate 89. If you are coming from the south, turn right; the north, turn left. Proceed up the hill to a 4-way intersection. Go straight through the intersection to the VTC Campus and follow NOFA signs to conference parking. Registration is in the lobby of the Administration Building.

## Farmers' Market

Come peruse items for sale by local farmers, craftspeople, and agricultural businesses, as well as educational exhibits.

Visit the resource area to find books, informative materials from agricultural

businesses, and conference sponsors. Bring a checkbook to purchase items at the NOFA table including books, t-shirts, hats, bags, and bumper stickers!



## Activist Table

Join NOFA-VT and fellow concerned citizens to write post cards, sign petitions, and talk about what may be our most precious resource, our food supply. During both lunch sessions, the activist table will be bustling with activity in the VTC gym.

## Music

Saturday, in the VTC gym, during both lunch sessions, the Cleary Bros. Band will entertain us with a blend of traditional bluegrass and Appalachian old-time music that will definitely get your feet moving! CD's will be available for sale at the book table. On Sunday, Vermont legend Pete Sutherland (fiddle) and Lee Blackwell (of The Clayfoot Strutters) will be joined by up-and-comer Lloyd Graves on banjo for some high-intensity southern old time fiddle tunes and harmony singing. And, maybe Lloyd will play a reggae tune on the banjo.

## Silent Auction

The Silent Auction will benefit the NOFA-VT Farm to Community Mentor Program, a program which builds partnerships between schools, farmers, and their communities through agricultural education. Please be sure to place your silent bid by 5:15pm! If you have an item to donate to the silent auction, please contact the NOFA-VT office by February 1st.

## Scholarships

Please help send a NOFA member to the conference who would otherwise not be able to attend. Your donation is tax deductible. Those seeking financial assistance should contact the NOFA office prior to February 1st about scholarship and volunteer work exchange opportunities.

## Children's Conference

NOFA-VT offers youth ages 6-12 the opportunity to explore food, agriculture, and the environment through the voices of Vermont farmers, educators, and chefs. Interactive games and activities offered throughout the day will invite youth to explore the world of the honeybee, learn about daily chores on a 19th Century New England farm, compose a song about farming, and prepare a meal for a local senior center. Connecting youth to organic farming is a social, economic, and environmental philosophy and practice that makes sense!

The Children's Conference will take place at the the Randolph Union High School on Saturday, and Vermont Technical College's old student lounge (aka "the Rat") on Sunday. Conference activities are subject to change. Snacks and lunch will be provided. Transportation to and from the conference is the responsibility of the parents.

PRE-REGISTRATION IS REQUIRED and space is limited. Please see page 5 for details.

Children under 6 years old may attend the children's conference accompanied by an adult. Please call the office to make arrangements. In addition, a room will be provided at VTC for parents, infants and toddlers to use throughout the day. Childcare will not be provided.

# Meals, Lodging & Children

## Potluck Lunch

Once again, the conference will feature the largest (and healthiest!) potluck lunches in New England. Please be sure to write your name on the bottom of your food container so that it can be returned to you at the end of the day. Please do not bring any serving utensils; they only get lost. We strongly encourage you to create a “localvore” potluck dish – if you bring a dish created with local ingredients (within 100 miles of your home) please label it “LOCAL-VORE.” In choosing the dish you prepare, please use the following format:

Last names A-G, please bring a casserole or main dish.

Last names H-L, please bring a dessert.

Last name M-Z, please bring a salad or vegetable dish.

Your dish must be able to feed at least 6 people. And in the interest of saving resources, please bring your own cup to reuse throughout the day.

On Sunday, lunch will feature Strafford Organic Ice Cream for dessert! (In addition to your potluck desserts).

## Ride and Room Share

-Do you live in the greater Randolph area? Would you be willing to have NOFA-VT conference goers stay the night at your place on February 16th? Thanks for considering!

-Carpool and Lodging: To help facilitate carpool and housing arrangements, NOFA-VT has created a blog: please visit [www.nofawinterconferencebulletin.wordpress.com](http://www.nofawinterconferencebulletin.wordpress.com).

\*Please note, we are offering this blog as a service to our conference attendees and take no responsibility for its content.

## NOFAvore social Saturday Night!

**Do you want more time to chat with your favorite presenters and catch up with your NOFA-VT friends? You are invited to join us for a special, catered NOFAvore dinner (local and organic!) plus music on Saturday evening from 6:30-9:00. Space is limited, so please use the registration form to let us know if you plan to come!**

**Cost: \$15.00**

**Where: VTC Student Center**

# Children’s Conference

NOFA-VT offers youth ages 6-12 the opportunity to explore food, agriculture, and the environment through the voices of Vermont farmers, educators, and chefs. Connecting youth to organic farming makes sense!

## SATURDAY (at the Randolph Union High School)

8:30	Welcome and Introduction Games
8:45	Meal Preparation with local chef
12:30	LUNCH shared with Randolph Senior Center
1:30	Workshop Session 1: ANIMALS including: Animal Tracking, Animal Snackers, Wonderful Worms, and Birds
2:30	Workshop Session 2: CRAFTS including: Natural Necklaces, Seed Art, Felting and T-Shirt Decorating
3:30	Workshop Session 3: SPIRIT including: Songs from the Earth, Apples, Fire-making, Outdoor Adventures
4:30	Group Sing-Along with Dawna Hammers

## SUNDAY (at the Vermont Technical College)

8:30	Welcome and Introduction Games
8:45	Meal Preparation using the NOFA-VT Pizza Oven
11:00	“Chef Suzette” Play Rehearsal w/ Assoc. of VT Recyclers
12:00	LUNCH
12:30	“Chef Suzette” Play Performance for parents
1:30	Workshop Session 1: FARMS including: Seeds, Plant Ropes, Worm Composting, and Chickens
2:30	Workshop Session 2: FOOD including: Healthy Snacks, Food Art, Seeds as Food, and Snowshoeing
3:30	Workshop Session 3: ENVIRONMENT including: Totally Trees, All About Energy, Yoga, and Weather.
4:30	Storytelling with Ben Koenig

**Pre-registration is required and space is limited.** Conference activities are subject to change. Snacks and lunch will be provided. Transportation to and from the conference is the responsibility of the parents. Children under 6 years old can attend the children’s conference accompanied by an adult. Please call the office to make arrangements. In addition, a room will be provided at the VTC for parents, infants, and toddlers to use throughout the day. **Childcare will not be provided.**

# Workshops at a Glance

	<b>Saturday, February 16th</b>	<b>Sunday, February 17th</b>
<b>Business Not As Usual</b>	<ul style="list-style-type: none"> <li>-Ag Policy and the Future of Agriculture in Vermont</li> <li>-Diversifying Your CSA Membership</li> <li>-Business Supported Agriculture</li> <li>-Marketing Opportunites, Challenges, and Options</li> </ul>	<ul style="list-style-type: none"> <li>-Crack the Code to Pricing</li> <li>-Developing Food Security in Vermont</li> <li>-Business to Business Cooperation</li> <li>-Innovative Distribution</li> </ul>
<b>Dairy &amp; Livestock</b>	<ul style="list-style-type: none"> <li>-Plant Breeding for Vermont Grains</li> <li>-Basic Pasture Management</li> <li>-How to Fight the High Cost of Grain</li> <li>-Multi-Species Grazing Models</li> <li>-Advanced Technical Workshops</li> </ul>	<ul style="list-style-type: none"> <li>-Draft Animals: Natural Power</li> <li>-Working Horses in the Woods</li> <li>-Composting Livestock Mortalities</li> <li>-Advanced Technical Workshops</li> </ul>
<b>Energy</b>	<ul style="list-style-type: none"> <li>-Strengthening Community</li> <li>-Design for Climate Change: Microclimate Design for Homes and Farms</li> <li>-Geothermal Heating and Cooling</li> </ul>	<ul style="list-style-type: none"> <li>-Making 3000 Gallons per Year of Biodiesel</li> <li>-Homegrown Feed, Food, and Fuel</li> <li>-Making a Difference About Climate Change</li> </ul>
<b>Fruit &amp; Vegetable</b>	<ul style="list-style-type: none"> <li>-Ginger Greenhouse Trials</li> <li>-Marketing Your Farm</li> <li>-How to Choose Products Wisely for Certification</li> <li>-OrganicA: The Organic Apple Project</li> <li>-Growing Medicinal Garlic</li> <li>-Advanced Technical Workshops</li> </ul>	<ul style="list-style-type: none"> <li>-Orchard Health 101</li> <li>-Organic Varroa Mite Control for Honey Bees</li> <li>-Organic Sweet Potato Production</li> <li>-If You Grow Cut Flowers, Will Some one Buy Them?</li> <li>-Keyline Cultivation and Design</li> <li>-Legal Compost</li> <li>-Advanced Technical Workshops</li> </ul>
<b>Gardening/Homesteading</b>	<ul style="list-style-type: none"> <li>-Design For a Solid Structure Passive Solar Greenhouse</li> <li>-The Family Cow</li> <li>-American Chestnuts in Vermont</li> <li>-How to Manage Plant Diseases</li> <li>-Beginning with Bees</li> <li>-Integrating Small Fruits into the Homestead</li> </ul>	<ul style="list-style-type: none"> <li>-Edible Landscaping</li> <li>-Homeopathy in the Barn</li> <li>-Organic Beekeeping for Beginners</li> <li>-Soil Biology for Gardeners</li> <li>-Integrating Mixed Livestock with Mixed Vegetables</li> <li>-Seed Saving Smorgasbord</li> <li>-Perennial Vegetables</li> </ul>
<b>Hands-On</b>	<ul style="list-style-type: none"> <li>-Sweet Cider, Hard Cider, and Cider Vinegar</li> <li>-An Introduction to Vegetable Lacto-Fermentation</li> </ul>	<ul style="list-style-type: none"> <li>-Soapmaking - Making Natural Soaps</li> <li>-Introduction to Natural Dyes</li> <li>-Writing Down the Farm: Articulate the Experience of Farming</li> </ul>
<b>Localvores and Foodies</b>	<ul style="list-style-type: none"> <li>-Celebrating Vermont's Food Landscape</li> <li>-Bringing Fair Trade Home</li> <li>-Growing the Statewide Farm to School Movement</li> <li>-An Introduction to Artisan Cheese</li> <li>-Farm to School: How to Get Started</li> <li>-Gathering Around The Hearth</li> </ul>	<ul style="list-style-type: none"> <li>-Buy Organic...Buy Health?</li> <li>-Foraging Wild Edibles Safely and Sustainably</li> <li>-Feed Your Community Through Gleaning</li> <li>-Food Preservation for the 21st Century</li> </ul>

In addition, advanced technical tracks for commercial organic vegetable growers, fruit producers, dairy and livestock farmers will be held both days. See pg. 8 & 9.



# Schedule at a Glance

	<b>Saturday, February 16th</b>	<b>Sunday, February 17th</b>
<b>7:00-8:30 am</b>	Farmer's Market Set-Up	Farmer's Market Set-Up
<b>7:30 am</b>	Registration and Resource Area Open, Refreshments Available	Registration and Resource Area Open, Refreshments Available
<b>8:45 am</b>	<b>Opening Remarks &amp; Welcome</b> by farmer and Vermont Representative, <b>David Zuckerman</b> .	<b>Opening Remarks &amp; Welcome</b> by <b>Tom Stearns</b> , Founder of High Mowing Organic Seeds and NOFA-VT Board Member.
<b>9:15-10:30 am</b>	<b>Workshop Session I</b> <ul style="list-style-type: none"> <li>• Celebrating Vermont's Food Landscape</li> <li>• Design For a Solid Structure Passive Solar Greenhouse</li> <li>• The Family Cow</li> <li>• Ginger Greenhouse Trials</li> <li>• An Intro to Vegetable Lacto-Fermentation</li> <li>• Marketing Opportunities, Challenges, and Options</li> <li>• OrganicA: The Organic Apple Project</li> <li>• Plant Breeding for Vermont Grains</li> <li>• Strengthening Community</li> <li>• Advanced Technical Workshops</li> </ul>	<b>Workshop Session I</b> <ul style="list-style-type: none"> <li>• Buy Organic...Buy Health?</li> <li>• Crack the Code to Pricing</li> <li>• Draft Animals: Natural Power</li> <li>• Edible Landscaping</li> <li>• Homeopathy in the Barn</li> <li>• Legal Compost</li> <li>• Making 3000 Gallons per Year of Biodiesel</li> <li>• Orchard Health 101</li> <li>• Organic Beekeeping for Beginners</li> <li>• Soapmaking—Making Natural Soaps</li> <li>• Soil Biology for Gardeners</li> <li>• Advanced Technical Workshops</li> </ul>
<b>10:45-11:45 am</b>	<b>Keynote Address:</b> Judy Wicks	<b>Keynote Address:</b> Dr. Heather Darby
<b>12:00-1:00 pm</b>	<b>Lunch Session I</b>	<b>Lunch Session I</b>
<b>1:00-2:00 pm</b>	<b>Lunch Session II</b>	<b>Lunch Session II</b>
<b>12:00-2:00 pm</b>	Music and More!	Music and More!
<b>2:15-3:30 pm</b>	<b>Workshop Session II</b> <ul style="list-style-type: none"> <li>• Ag Policy and the Future of Agriculture in VT</li> <li>• American Chestnuts in Vermont</li> <li>• Basic Pasture Management</li> <li>• Bringing Fair Trade Home</li> <li>• Business Supported Agriculture</li> <li>• Design for Climate Change: Microclimate Design for Homes and Farms</li> <li>• Gathering Around the Hearth</li> <li>• Growing the Farm to School Movement</li> <li>• How to Manage Plant Diseases</li> <li>• An Introduction to Artisan Cheese (intensive)</li> <li>• Advanced Technical Workshops</li> </ul>	<b>Workshop Session II</b> <ul style="list-style-type: none"> <li>• Business to Business Cooperation</li> <li>• Developing Food Security in Vermont</li> <li>• Foraging Wild Edibles Safely and Sustainably</li> <li>• Homegrown Feed, Food, and Fuel</li> <li>• Integrating Mixed Livestock With Mixed Vegetables</li> <li>• Introduction to Natural Dyes (intensive)</li> <li>• Organic Varroa Mite Control for Honey Bees</li> <li>• Research in Organic Sweet Potato Production</li> <li>• Seed Saving Smorgasbord</li> <li>• Working Horses in the Woods (intensive)</li> <li>• Advanced Technical Workshops</li> </ul>
<b>3:45-5:00 pm</b>	<b>Workshop Session III</b> <ul style="list-style-type: none"> <li>• Beginning with Bees</li> <li>• Diversifying Your CSA Membership</li> <li>• Farm to School: How to Get Started</li> <li>• Geothermal Heating and Cooling</li> <li>• Growing Medicinal Garlic</li> <li>• How to Choose Products Wisely for Certification</li> <li>• How to Fight the High Cost of Grain</li> <li>• Integrating Small Fruits into the Homestead</li> <li>• Marketing Your Farm</li> <li>• Multi-Species Grazing Models</li> <li>• Sweet Cider, Hard Cider, and Cider Vinegar</li> <li>• Introduction to Artisan Cheese (continued)</li> </ul>	<b>Workshop Session III</b> <ul style="list-style-type: none"> <li>• Composting Livestock Mortalities</li> <li>• Food Preservation for the 21st Century</li> <li>• If You Grow Cut Flowers, Will Someone Buy Them?</li> <li>• Innovations In Food Distribution</li> <li>• Keyline Cultivation and Design</li> <li>• Making a Difference About Climate Change</li> <li>• Perennial Vegetables</li> <li>• Writing Down the Farm</li> <li>• Feed Your Community Through Gleaning</li> <li>• Introduction to Natural Dyes (continued)</li> <li>• Working Horses in the Woods (continued)</li> <li>• Advanced Technical Workshops</li> </ul>
<b>5:15 pm</b>	Silent Auction Closes & Ice Cream Social	Silent Auction Closes

New!

# Advanced Technical Tracks

All technical track workshops will be held at the red schoolhouse on the VTC campus. **PRE-REGISTRATION IS REQUIRED** to attend any of these workshops or lunch-hour discussions, on either day. **Space is limited!** Please use the registration form to reserve your spot.

## Saturday: "Making the Most of Your Growing Season"

Production and Management Workshops for Advanced Vegetable Growers and Fruit Producers

### Workshop Session I (9:15–10:30): A or B

#### Workshop A: Growers Adding Value, Accessing Markets

*Kate Duesterberg*, Cedar Circle Farm, East Thetford, VT; *Jessica Kittell-Gaudette*, Black Creek Preserves, Enosburg Falls, VT; *Eric Rozendaal*, Rockville Market Farm, Starksboro, VT.

Growers increase their market share and profits by adding value to crops. Each of the presenters has developed a unique value-added system that works on their diverse farm. This panel will discuss the products they sell, facilities they have developed for processing or sales, the markets they sell to and their customer base, and the impact of value-added products on the farm's bottom line. Each speaker will also discuss their ideas for future ventures.

#### Workshop B: Nutrient Management on Organic Vegetable Farms

*Vern Grubinger and Karen Hills*, UVM Extension; *Andy Jones*, Intervale Community Farm, Burlington, VT; *Tony Lehouiller*, Lehouiller Farm, Johnson, VT.

Soil is the foundation of every farm; soil fertility management is the foundation of crop production. Sounds simple enough, but it is difficult on diversified vegetable and fruit operations to manage fertility well for all crops. Nutrient Management Plans (NMPs) are required by the NRCS if farmers want sign up for EQIP, AMA and other governmental programs that provide farms financial incentives and technical assistance to improve environmental quality. Dr. Vern Grubinger will

discuss soil fertility management on diverse vegetable farms. He and Karen Hills will present work they have been doing to develop vegetable groups for NMP's. Andy Jones and Tony Lehouiller will share their management strategies for nutrients on their farms.

### Keynote (10:45-11:45)

### Lunch (12-2pm), Lunch Hour Roundtables (1-2pm)

### Workshop Session II (2:15-5:00): A or B

(Note: this session is 2 hrs, 45 minutes in length to accommodate for in-depth presentations/discussions).

#### Workshop A: Commercial Organic Greenhouse Tomato Production

*Ann Hazelrigg*, UVM Extension; *Carol Glenister*, IPM Laboratories; *Michael Collins*, Old Athens Farm, Westminster, VT; *Jake Guest*, Killdeer Farm, Norwich, VT; *Jack Manix*, Walker Farm, East Dummerston, VT.

Greenhouse tomatoes are an important season extending crop that can provide early cash-flow and establishment of markets. Greenhouse tomatoes have specific management needs that must be addressed. Michael Collins, Jake Guest, and Jack Manix share their management techniques including the varieties they use, grafting systems, management of nutrients and pests, and alternative rotations they use. Ann Hazelrigg will discuss the management of greenhouse tomato diseases. Carol Glenister will discuss using biocontrols to manage arthropod pests.

#### Workshop B: Vegetable Post-Harvest Handling and Storage

*Vern Grubinger*, UVM Extension; *Dr. Mark Hutton*, U-Maine Extension; *Amanda Ellis-Thurber*, Lilac Ridge Farm, Brattleboro, VT; *David Marchant*, River Berry Farm, Fairfax, VT; *Richard Wiswall*, Cate Farm, East Montpelier, VT.

Recent events have brought vegetable post-harvest handling into scrutiny. Dr. Vern Grubinger will discuss current issues in food safety and sanitation that growers should consider. Dr. Mark Hutton will talk about vegetable handling and storage systems. Amanda Ellis-Thurber, David Marchant and Richard Wiswall will discuss their farm washing and farm storage systems.

### Lunch Hour Roundtable Discussions (1:00 – 2:00)

(These occur in the red schoolhouse during the 2nd lunch hour; attendees should eat lunch during the first lunch session, from 12:00 - 1pm)

#### Saturday: A or B

##### A: Growers' Favorite Efficiency Tricks:

Facilitated by Joey Klein Littlewood Farm, Plainfield, VT. An informal discussion that will focus on growers best efficiency tricks. These practical ideas and experiences save time and money.

**B: Growers' Favorite Tools:** Facilitated by Wendy Sue Harper, Ph.D, NOFA-VT. An informal discussion that will focus on growers' favorite tools and technologies. These practical ideas and experiences make work easier. A new, user-friendly financial planning tool, developed by the Vermont Farm Viability Enhancement Program, will be demonstrated.

## Sunday: "Making Milk AND Money on Organic Dairy Farms" Production and Management Workshops for Organic Dairy and Livestock Farmers

### Workshop Session I

(9:15–10:30)

#### **Making Milk & Cutting Feed Costs**

*Dr. Rick Kersbergen*, Sustainable Dairy and Forage Systems Educator, University of Maine Extension Service.

This workshop will emphasize key relationships between rumen function and the formulation of different rations. Formulation of least-cost rations, milk production tradeoffs and net income considerations will be covered. The role of homegrown grains in reducing feed costs will also be discussed. Rick Kersbergen is a knowledgeable, practical and energetic dairy educator. His workshops are highly regarded by dairy farmer audiences throughout New England.

**Keynote (10:45-11:45)**

**Lunch (12-2pm), Lunch Hour Roundtables (1-2pm)**

### Workshop Session II

(2:15–3:30): A or B

#### **Workshop A: Quality Forage Production – The Master Key to Profitability**

*Sid Bosworth*, UVM Extension; *Earl Ransom*, Rockbottom Farm, Strafford, VT; *Guy Choiniere*, Choiniere Family Farm, Highgate Center, VT.

The production and storage of high quality forage crops is essential to improved profitability on all dairy farms – especially when the cost of purchased grains and protein is so high! Sid Bosworth, UVM's well-known forage crop Extension Specialist, will provide an overview of "best practices" in forage production and soil fertility management. Sid will be joined by two accomplished forage production experts: organic dairy farmers Earl Ransom

and Guy Choiniere, who will share their experiences in selecting, growing and feeding high quality forages to their organic dairy cows.

#### **Workshop B: Maximizing Milk Quality and Udder Health**

*Dr. Linda Tikofsky*, Senior Extension Veterinarian, Quality Milk Production Services, College of Veterinary Medicine, Cornell University.

This workshop is designed for dairy farmers wanting to improve milk quality and effectively manage mastitis and udder health on their organic dairy farms. Dr. Tikofsky is an experienced workshop presenter with extensive on-farm and research experience.

### Workshop Session III

(3:45–5:00): A or B

#### **Workshop A: On-Farm Grain Production in Vermont**

*Dr. Heather Darby*, UVM Extension's Field Crops & Nutrient Management Specialist; *Jack Lazor*, Butterworks Farm, Westfield, VT; *Louis Rainville*, Rainbow View Dairy, Highgate Center, VT.

The days of inexpensive purchased feed grains are over. More and more dairy and livestock farmers in Vermont are rediscovering our state's heritage of producing and feeding homegrown grains. In this workshop Dr. Darby will be joined by two experienced dairy and grain farmers: Jack Lazor of Butterworks Farm in Westfield, and Louis Rainville of Rainbow View Dairy in Highgate Center. Topics discussed in this workshop will include selection of feed grain species and varieties, soil factors in grain production, yield considerations and livestock feed value, cultivation practices and equipment, weed and disease control.

#### **Workshop B: Capturing Milk Quality Premiums by Lowering Bacterial & Somatic Cell Counts**

*Dr. Linda Tikofsky*, Senior Extension Veterinarian, Quality Milk Production Services, College of Veterinary Medicine, Cornell University.

Many conventional and organic dairy farmers leave lots of money "on the table" by failing to fully qualify for milk processors' quality premiums. In this workshop Dr. Tikofsky will draw on her extensive practical and research experience in identifying strategies for reducing cell counts and for solving difficult milk quality challenges.



### Lunch Hour Roundtable Discussions (1:00 – 2:00)

(These occur in the red schoolhouse during the 2nd lunch hour; attendees should eat lunch during the first lunch session, from 12:00 - 1pm)

#### **Sunday: A or B**

##### **A: Reducing Farm Energy Costs:**

Facilitated by Willie Gibson, NOFA-VT Dairy Farm Energy Management Program. An informal discussion that will focus on practical ideas, experiences and technologies that can help farmers reduce energy usage and save money.

##### **B: Improving Dairy Farm Business and Financial Planning:**

Facilitated by Tony Kitsos, Farm Business Management Specialist, University of Vermont Extension Service. This informal session will focus on proven business planning ideas and practices that lead to healthier farm businesses. A new, user-friendly financial planning tool, developed by the Vermont Farm Viability Enhancement Program, will be demonstrated.

# Saturday Workshops

## Session I (9:15-10:30 am)

### **Celebrating Vermont's Food Landscape with the co-authors of *Cooking with Shelburne Farms: Food and Stories from Vermont***

Join Vermont food writer Melissa Pasanen, and chef Rick Gencarelli of the Inn at Shelburne Farms, to hear how they were inspired by Vermont's food and agricultural landscape to create their New York Times notable cookbook, *Cooking with Shelburne Farms: Food and Stories from Vermont*. Learn how a professional chef and food writer worked together to develop more than 100 Vermont-ingredient-focused recipes, how Rick has built a menu around the products of local farmers and food producers at the Inn (for which it was named one of the top 100 best farm to fork restaurants by Gourmet magazine), and get tips and ideas for cooking with Vermont ingredients – even in February! Recipe demonstration and sampling included.

### **Design Considerations For a Solid Structure Passive Solar Greenhouse**

Each passive solar greenhouse addresses a unique set of conditions and requirements. In this workshop, presenters, Sylvia Davatz, seed saver of 15 years and long-time season extender, and Jeem Peterson, solar greenhouse and residential solar system designer, will address design considerations, material selections, and system choices for alternatives to the traditional plastic-covered greenhouse. Solid structure greenhouses are not for everyone, since they require a considerable investment, but this workshop will inspire home gardeners and commercial growers alike to think about other options and how they may better suit their needs. Together, Jeem and Sylvia designed Sylvia's new greenhouse, intending to expand Sylvia's home scale seed-saving operation.

### **The Family Cow**

Interested in having a family cow but not sure how to get started? Learn the

basics in this workshop from Chuck Mitchell, an organic farm inspector for NOFA-VT. The topics covered will include: land requirements, fencing, water, housing, feed, supplements, and health issues. If time allows, dairy products will be discussed and the state laws and regulations that affect their sale.

### **Ginger Greenhouse Trials**

In 2006, Old Friends Farm in Amherst, MA, received a SARE Grant to experiment with growing ginger in a north-east greenhouse as a way to expand the uses of the greenhouse resource, create a new local product, and increase profit and sustainability for the farm. The ginger was planted in the spring into bags of soil and grown entirely in the greenhouse, which creates a Zone 10 environment. In late summer, the ginger was harvested regularly for 6 weeks and sold at farmers market. Response at market was excellent. Further adjustments are needed, but the potential seems tangible and growers Casey Steinberg and Missy Bahret are eager to share their experience with you.

### **An Introduction to Vegetable Lacto-Fermentation**

This beginner workshop will focus on what you need to know to get started with successful vegetable fermentation. This method of food storage and preservation can be done without any expensive equipment in your own kitchen. You'll learn the simple process of sauerkraut making (using only salt and cabbage), taste samples, and get recipes for kimchi, beet kvass, and more. Topics will include vegetable selection, preparation, health benefits of lacto-fermented foods, fermentation creativity, resources, ingredients and equipment. Sarah Flack grows and ferments fruits and vegetables for her family and friends. She also works as a consultant helping farmers convert to more sustainable forms of agriculture, teaches many farm and food related workshops, and does organic inspections.

### **Marketing Opportunities, Challenges, and Options Facing Vermont Fruit and Vegetable Growers**

Bill Suhr of Champlain Orchards will help participants explore all the options of how to market their crops including: direct store delivery, farmers markets, supplying other CSAs, satellite CSAs, on farm CSAs, PYO, on farm retail, and mail order. The open format of the presentation will encourage participant contributions and ideas and explore the challenges and benefits of all farm scales and sizes. As owner of Champlain Orchards, Bill strives to grow fruit ethically by growing with either organic or IPM practices. Champlain Orchards' fruit, cider, pies, applesauce, apple butter, organic vegetables, and value added products are marketed locally within the State of Vermont.

### **OrganicA: The Organic Apple Research, Teaching, and Demonstration Project**

The OrganicA Project is a multi-disciplinary, multi-state project examining the two major production systems apple growers use in changing to new cultivars and to organic production. The project investigates the opportunities and challenges of each system and involves research, outreach, and undergraduate/graduate education. Learn more about OrganicA from Terence Bradshaw, Research Specialist with UVM Apple and Grape Team and Assistant Director of the UVM Horticulture Research Center and Lorraine Berkett, Professor and Extension IPM Specialist with UVM Plant and Soil Science Department.

### **Plant Breeding for Vermont Grains**

In the spring of 2007, Dr. Heather Darby, Agronomic and Soils Specialist and Professor at UVM Extension, received a USDA SARE grant to begin building farmer knowledge in the area of plant breeding. Currently there are few grain varieties being developed for organic farmers in the Northeast. Most available varieties are developed

# Saturday Workshops

in regions with climates, soils, and management techniques that are very different than ours. These varieties are also the property of private seed companies and farmers are no longer freely able to save low cost seed as in the past. To address this situation Heather is working with Jack Lazor, owner of Butterworks Farm, trying to gain the technical skills needed to make their own crosses of small grain varieties and to learn how to make selections from their new populations under organic management. Together, they hope to pass this information on to other farmers in Vermont and New England. Heather and Jack present this workshop.

## **Strengthening Community by Simplifying, Changing Our Habits and Slowing Down**

Richard Czaplinski, who has lived off the grid in Adamant, Vermont, for the last 25 years, will reflect on that experience with stories and commentary on the value of homesteading and building strong communities. Come prepared to have a discussion on how we, individually and collectively, might face the huge challenges of peak oil, global warming, and corporate globalization.

## **Session II (2:15-3:30 pm)**

### **Ag Policy and the Future of Agriculture in Vermont**

Back by popular demand, this workshop was held in 2007 and received great kudos. Representatives David Zuckerman (P-Burlington) and Will Stevens (I-Shoreham) will lead a discussion on current issues and possible policies that will shape the future for Vermont's farmers and agricultural economy. This workshop is meant to both share and gather information to explore the creation of a sustainable agricultural sector in Vermont in 100 years. Everything is on the table, including GMOs, infrastructure limits and opportunities, and energy constraints, so bring your ideas and perspectives! Dave is the Chair of the House Agriculture Committee

and has co-owned Full Moon Farm in Burlington's Intervale with his wife Rachel Nevitt for ten years. Will and his wife Judy own Golden Russet Farm in Shoreham and have been raising organic vegetables commercially for over 25 years.

### **American Chestnuts in Vermont**

The history of the American Chestnut is one of the most fascinating epics in horticulture. Even more fascinating is the continued research and potential for restoring this grand tree to its rightful place. And that rightful place includes Vermont! If you are interested in learning more about how to establish American chestnuts, come and listen to popular presenter, Bill MacKently, owner of St. Lawrence Nursery in Potsdam, NY. Bill has been working with these trees since 1972 and refers to himself as a real "nut" for these magnificent trees.

### **Basic Pasture Management**

This workshop will cover the fundamentals of setting up a new grazing system, or improving an existing one. Using slides and practical examples of grazing systems, Sarah Flack will describe pasture plant species and how to manage your pastures to keep the desirable plants growing. She will also discuss how to use livestock and fence to transform the types of plants in your pasture to productive high quality livestock feed without expensive plowing and planting. Topics include plant species, grazing methods, fence, water systems, pasture design and layout, and how to calculate paddock sizes and the number of acres you'll need. Sarah Flack lives in her solar powered home in Fairfield, Vermont, where she grows and ferments fruits and vegetables for herself, family and friends. Sarah also works as a consultant for farmers converting to more sustainable forms of agriculture, teaches farm and food related workshops, and does organic inspections.

### **Bringing Fair Trade Home**

A sustainable food system means

environmental stewardship as well as fair compensation and just conditions for family farmers and all who work in agriculture. How can we move toward an equitable, diverse and just food system? Learn what is happening around the country and join a discussion of how to get domestic fair trade going in our region. Elizabeth Henderson farms at Peacework Organic Farm in Wayne County, New York, and has been producing organically grown vegetables for the fresh market for over 25 years. She is a founding member of the Northeast Organic Farming Association (NOFA) in Massachusetts, has been on the Board of Directors of NOFA-NY since 1989, and represents NOFA in the national discussions of organic standards.

### **Business Supported Agriculture**

How can businesses in Vermont drive local production and support a strong agricultural economy in Vermont as a result? Join innovative business leaders Randy George from Red Hen Bakery in Middlesex, Jen Moffroid from American Flatbread in Waitsfield, and Richard French from Bagel Works as they discuss how local businesses, working together, can create a strategic influence on the market by congregating purchasing power, developing innovative purchasing relationships, and developing marketing messages that celebrate their local food sources.

### **Design for Climate Change: Microclimate Design for Homes and Farms**

This workshop, for all levels, highlights strategies for developing landscape systems that can perform well in an age of climatic extremes—longer droughts, hotter summers, colder winters, higher winds, increased pests, heavier precipitation events, earlier and later frosts, and other irregularities. Three strategies for developing climate-responsive human habitat systems will be reviewed: microclimate design, biodiversity, and architectural strategies. Ben Falk, of Whole Systems Design, LLC, has studied

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architecture and landscape architecture at the graduate level and holds a master's degree in landscape design.

## Gathering Around the Hearth

Inspired by the First Annual Kneading Conference in Maine last summer, Lisa Harris, Coordinator of NOFA-VT's Farmers' Fare Project, will lead a workshop on building community around wood fired ovens and her experiences building a wood-fired clay oven on a farm in Vermont last fall. The workshop will explore the use of locally grown and milled grains and artisanal bread making.

## Growing the Statewide Farm to School Movement

Vermont Food Education Every Day (VT FEED), a partnership of Food Works, NOFA-VT, and Shelburne Farms, has been working in VT for almost 10 years to build connections between classrooms, cafeterias, local farms, and communities. Public schools that have developed farm to school initiatives, including those that received grants last year, have successes and challenges to share which can help other schools in their own farm to school projects. In this workshop, VT FEED will highlight the work currently being done in the schools, including sustaining initiatives, getting the community involved, and how these efforts fit into the regional and

national farm to school scene. It is geared toward those who have already started farm to school initiatives in their community.

## How to Manage Plant Diseases in Your Garden, Landscape or Farm

This workshop will cover disease basics, how diseases work, and how to manage diseases by manipulating the environment, the host, or the pathogen. Ann Hazelrigg, coordinator for the Plant Diagnostic Clinic at the University of Vermont, helps farmers with identification of disease, insect and weed problems on Vermont farms.

## Session III (3:45-5:00 pm)

### Beginning with Bees

Want to know more about all the buzz over bees? Jeffrey Hammelman has been a beekeeper for over 20 years and is happy to share his knowledge about the benefits of keeping honeybees for beekeepers as well as for our gardens, farms, orchards, and other local flora. He will demonstrate how to get started with bees, such as choosing a site location, equipment requirements, and how to procure bees and queens. Diseases and pests will be considered, as well as organic remedies. There will be beehives on display and plenty of time reserved for question and answer.

## Diversifying CSA Membership: Increasing Access for Lower-income, More Ethnic Groups, and People with Different Levels of Ability and Disability

CSAs around the country are finding creative ways to extend participation to people from many economic levels, ethnic backgrounds, ages, and abilities or disabilities. Elizabeth will share the inspiring models she has learned about while updating *Sharing the Harvest: A Citizen's Guide to Community Supported Agriculture* and will lead a discussion on how to make our CSA's welcoming to all kinds of people. Elizabeth Henderson farms at Peacework Organic Farm in Wayne County, New York, and has been producing organically grown vegetables for the fresh market for over 25 years. Her farm supplies vegetables to the 300 member Genesee Valley Organic CSA, in its nineteenth year in 2007.

## Farm to School: How to Get Started Making School Food System Change

Public schools all over Vermont have been interested in developing farm to school initiatives which include: purchasing from local farmers, farm-based field studies, weaving food, farm, and nutrition education into classroom curriculum, and school-wide taste tests of seasonal foods and new recipes. Vermont Food Education Every Day (VT FEED), a partnership of Food Works, NOFA-VT, and Shelburne Farms, working in VT for 10 years to build connections between classrooms, cafeterias, local farms, and communities, will share stories of school food system change through the farm to school video and involve participants in hands-on activities that demonstrate successful approaches to begin farm to school activities.

## Geothermal Heating and Cooling

With the rising cost of oil and gas, the interest in geothermal systems is increasing. When you install a geothermal heating system, 70% of your heat is coming from the ground – FREE! Maurice "Mo" Gouin, of Gouin & Son

## Afternoon Intensive Workshop (2:15-5:00 pm)

### An Introduction to Artisan Cheese

Artisan cheese and other value-added dairy products offer great potential to small-scale farmers. Join us for an overview of these trends and Vermont's leadership role. While not a hands-on "cheese making" workshop, the program will describe education opportunities and other resources for prospective cheese makers. After enjoying a cheese tasting, we visit Neighborly Farms, an organic cheese dairy in Randolph Center, owned by Linda and Rob Dimmick. Presenter, Jeff Roberts is president of Cow Creek Creative Ventures, dedicated to developing solutions in the areas of agriculture and food policy, conservation, the environment, and community development. He is co-founder of the Vermont Institute for Artisan Cheese at the University of Vermont and author of *Atlas of American Artisan Cheese*. **PRE-REGISTRATION IS REQUIRED FOR THIS WORKSHOP.** Space is limited! A \$5 fee is required to participate. Use registration form to pre-register.

# Saturday Workshops

Plumbing & Heating, Inc. in Laconia, NH., has been in the trade for over 50 years and believes this is the wave of the future. Geothermal can be applied anywhere – greenhouse, barn, or home. Come learn the history of modern heating systems and imagine how you can use the earth's energy to heat your buildings.

## **Growing Medicinal Garlic**

If you understand the uses of garlic, you understand 50% of all herbal medicine. Come learn how to successfully grow great garlic for yourself, and then how to use this healing plant for effective medicine and delectable eating. Michael is an herb farmer, organic apple grower, and passionate observer of nature's mysteries. Along with wife Nancy (the far more experienced herbalist in the family!) he runs Heartsong Farm Healing Herbs, an herb farm and educational center in the northern mountains of New Hampshire. The Phillips family sells herbs and herbal products to their local community and through a mail order business. Together they co-authored the book *The Herbalist's Way—The Art & Practice of Healing with Plant Medicines*.

## **How to Choose Products Wisely (and Avoid Problems with your Certifier)**

Emily Brown Rosen, Policy Director for Pennsylvania Certified Organic, instructs how to read between the lines when decoding product advertising and ingredients lists. Learn how to avoid common mistakes and understand the rules better regarding fertilizers, spray materials, and livestock feed and health care products for organic farmers. Help speed certification approval and avoid mistakes that can cause loss of certification status, and learn more about the types of input products available for organic farmers. Emily has been involved in organic certification, technical support to farmers, and materials review since 1992, while working for NOFA-NJ and OMRI, and currently consults with other agencies and companies to provide

independent technical, educational, and research services.

## **How to Fight the High Cost of Grain**

A well-balanced diet is essential to animal health, especially with organic production. To deal with the rising cost of grain, presenter Mike Thresher will talk about keeping feed cost per cow low by using more forage and less grain. He will discuss forage quality, feeding the best to fresh cows, grouping cows (even in tie-stall barns) to maximize forage, and feeding high protein grain vs. those containing lower protein. He will also discuss summer rations and brief pasture management techniques to reduce the need for protein supplements. Mike Thresher has been working for Morrison's Custom Feeds for almost 8 years, and has always promoted improving forage quality to reduce the need for grain to make milk. Before selling grain, Mike had his own dairy which gave him the experience and hands-on knowledge of rotational grazing as well as higher forage diets.

## **Integrating Small Fruits into the Homestead and Small Farm**

Currants, gooseberries, raspberries, blueberries, and elderberries are just a few of the small fruits you could use to round out your farm, CSA or homestead. How to integrate these fruits into existing animal husbandry, hay, field crops, and vegetable plots will be the scope of this workshop presented by fruit expert Bill MacKenty. Bill is owner of St. Lawrence Nursery in Potsdam, NY, and has been working with cold-hardy fruits and nuts for more than 30 years.

## **Marketing Your Farm: The Basics and Beyond**

Mark Lattanzi will lead a workshop on how farmers can create effective, consistent and straight forward marketing campaigns. Attendees will learn simple steps they can take to improve their farms' image and grow consumer awareness and sales. Lattanzi was the Campaign Director at CISA (Community Involved in Sustaining Agricul-

ture) in western Massachusetts, for their successful "Be a Local Hero, Buy Locally Grown" campaign. Lattanzi is the author of *Harvesting Support for Locally Grown Food*, and *Creating Successful Agritourism Activities on your Farm*, a workbook for farmers interested in increasing farm income through agritourism.

## **Multi-Species Grazing Models**

Maple Wind Farm in Huntington, VT produces 100% grass-fed beef and lamb, and pastured, organic pork and poultry. The farm also integrates its grazing and fertility system with a 3 acre market garden supplying a 55 member vegetable CSA. In the past year the farm has added a maple sugaring enterprise and is using a pair of Suffolk Punch draft horses and two wind turbines as a significant source of power on the farm. This workshop, led by Bruce Hennessey, will explore methods and ideas around intensive grazing of multiple species over the same ground. Emphasis will be placed on hog and beef production on pasture and Bruce's winter grazing pilot project.

## **Sweet Cider, Hard Cider, and Cider Vinegar: The Good, Bad and Ugly**

The opportunities for preparing your own value-added apple products are endless in Vermont. In this workshop the practical aspects of apple juice, apple cider, and vinegar production will be covered. Topics such as milling equipment, sanitation and regulation, fruit selection, squeezing operations, preservation, and fermentation will be discussed. Terence Bradshaw is presently a Research Specialist for UVM Apple and Grape Team, the Assistant Director of UVM Horticulture Research Center, and the operator of Lost Meadow Cider Mill in Calais, VT.



# Sunday Workshops

## SUNDAY WORKSHOPS

### Session I (9:15-10:30 am)

#### **Buy Organic...Buy Health? Recent research on the differences between conventional and organic food**

The question of whether organic food is worth the price premium is frequently debated. The focus of the debate is typically on individual health benefits rather than environmental impacts, animal welfare, or other issues of potential concern. Recent research has explored food safety differences, as well as differences in nutritional quality between organic and conventional products. Join this workshop for an update and consideration of how much the differences matter. Linda Berlin is an Extension faculty member in the Department of Nutrition and Food Sciences at the University of Vermont. Her primary interest involves working across disciplines to better understand food system concerns, and to identify approaches that have the potential to achieve multiple objectives related to consumers' needs and interests, the environment, and sustainable agriculture.

#### **Crack the Code to Pricing**

Price is the one factor in the profit equation that you have the most control over. Learn how to set "the right price," use discounts and promotions, and change the price you charge. This workshop is oriented to beginning farmers. Meredith Martin Davis holds a double major in Economics & Geography from Dartmouth College. Since 1998, She has worked for the Micro Business Development Program and the Women's Small Business Program, providing training to entrepreneurs around the state. She also served as the Executive Director of the Women Business Owners Network. Meredith now works for High Mowing Organic Seeds as General Manager. She also teaches business classes for Vermont Colleges and the Small Business Development Center.

#### **Draft Animals: Natural Power for Sustainable Farming and Forestry**

Animal-power plays a key role in land-use systems based on the natural cycle of growth and accumulation of energy. Discussion will cover ecological integrity and sustainability, managing impact, and intimacy of physical power as a foundation for stewardship. Horse logger, Carl Russell, will provide examples of ways he has employed oxen and horses in farming and forestry for over twenty years. Resources for those interested in the pursuit of animal-power, including an overview of the 2007 Northeast Animal-Power Field Days, will be included. Carl and his wife Lisa McCrory own and operate Earthwise Farm & Forest in Bethel, VT.

#### **Edible Landscaping**

Learn how to transform your lawn into a forager's paradise. Easy-care, tasty, and ornamental crops can be grown for function and beauty. Learn about edible landscaping crops suited to cold climates – trees, shrubs, and vines with fruit and nuts, perennial vegetables, attractive annuals and tender perennials, even edible crops for the water garden. Eric Toensmeier is author of the new book *Perennial Vegetables*, and co-author of *Edible Forest Gardens*. He is a dedicated plant enthusiast, studying and growing useful plants from around the world.

#### **Homeopathy in the Barn**

In this workshop you will learn about the history of homeopathy and its guiding principles and theories. Bay Hammond has been using homeopathy for 19 years and is in her second year of a 4-year Animal Homeopathy Extramural program based in New Zealand. She will review a few of the most common remedies, how to choose the correct remedy, and leave plenty of time for your questions.

#### **Legal Compost**

This interactive workshop for all levels will give participants an overview of the history of farm laws and regulations

as they relate to compost operations in Vermont, and review current case situations and proposals. The presentation will also provide an overview of the current permitting requirements and challenges of siting composting facilities, including on-farm operations in Vermont. Participants have an opportunity to contribute input to Legal Compost, the Composting Association of Vermont's Permitting Project. Michael O. Duane is the Assistant Attorney General and general counsel to the Vermont Agency of Agriculture Food and Markets. He oversees all legal aspects of the Agency's regulatory and legislative policy issues. Tom Gilbert is the Programs Director of The Highfields Institute in Hardwick, Vermont. Tom is a Certified Compost Technician (University of Maine) with more than 12 years experience working in agriculture and eight years experience in farm-scale composting. Together they will lead this workshop.

#### **Making 3000 Gallons per Year of Biodiesel From Waste Vegetable Oil**

Do the moral concerns of turning fossil fuels into food bother you? Biodiesel is an environmentally friendly and socially responsible alternative to diesel fuel. It can easily replace home heating oil (HHO) and diesel fuel, and is much less polluting, non toxic, and can save you money. Richard Wiswall, owner of Cate Farm in Plainfield, VT, has been making biodiesel from waste vegetable oil since 2004. He makes 3000 gallons/year of biodiesel, all from used fryer oil collected from three restaurants. That is 60 gallons each week, 52 weeks/year. Three quarters of his 3000 gallon production is used for heating; the remaining quarter is used in diesel engines. Come and learn from Richard's experience and consider the use of homemade biodiesel on your farm or homestead.

#### **Orchard Health 101**

A fruit orchard can readily be a part of every diversified farm and homestead. Success begins with understanding that our primary role as the grower/

# Sunday Workshops

steward is to contribute to system health. Understory management that embraces forest edge ecology is critical when it comes to getting a leg up on fruit tree diseases. Equally telling is the nutrient density—and flavor!—of the apples we then harvest for our families and communities. Come learn about fungal allies, root relationships, and the biodiversity that makes good fruit possible no matter what your level of experience. Michael Phillips is the author of *The Apple Grower: A Guide for the Organic Orchardist*.

## **Organic Beekeeping for Beginners**

This beginner workshop will cover what you will need to know in order to successfully steward a hive throughout its first year. Necessary equipment, resource options, and suggested management techniques appropriate for the first-time beekeeper will be reviewed. Ross Conrad, author of *Natural Beekeeping: Organic Approaches to Modern Apiculture* will lead this talk. Ross learned his craft from world-renowned beekeeper Charles Mraz. During the past 15 years Ross has refused to use toxic chemicals and antibiotics to keep his bees healthy. The honeybee needs our help; this may be your opportunity.

## **Soapmaking - Making Natural Soaps**

Come, learn the basics of making natural soaps. Explore ways to incorporate local ingredients like goat's milk, honey, and herbs to make creamy, soothing soap! You will learn the soapmaking process from start to finish, providing a basic recipe and instructions for participants to take home. A question and answer session will cover methods and ingredients, equipment, design and scenting options, and troubleshooting.

## **Soil Biology For Gardeners**

Earthworms, bacteria, nematodes, actinomycetes—what do these soil organisms do in your garden? Are they important? How does a gardener work with soil organisms? NOFA-VT

## **Sunday Afternoon Intensive Workshops (2:15-5:00)**

### **Introduction to Natural Dyes**

This hands-on workshop is an introduction to the use and methodology of natural dyeing using commercial extracts. The process can be used on any animal fibers. Fiber preparation will be discussed and participants will have the opportunity to dye samples of wool yarn in a variety of dyes and colors, and learn how to mix dyes to expand the palette. The workshop will include visual materials and samples of natural dyed products as well as handouts and bibliography. Participants will receive samples of yarn dyed in class.

Jane lives in the Northeast Kingdom on Brigid's Farm where she tends Border Leicester cross sheep, colored angora goats, and dairy goats. In addition, she maintains a studio on the farm with looms, spinning wheels, and a dye kitchen where she hosts related workshops. **PRE-REGISTRATION IS REQUIRED TO ATTEND THIS WORKSHOP.** Space is limited! A \$5 materials fee is required. Please pre-register using the registration form.

### **Working Horses in the Woods**

Visiting a Randolph Center Farm woodlot, forester Carl Russell will cover basic care and management, shoeing, and harnessing for working horses in the woods. Other topics will include skid trail layout, felling and bucking trees for harvest with animals, hitching and working safety, setting realistic expectations, and understanding strategies for moving working loads in timber harvest. There will be demonstrations and discussion of equipment using a single horse and team. This session will provide exposure to the fundamentals of the work of logging with animals. The emphasis will not be on teamster training. Participants should come prepared to be outdoors with sturdy warm boots, gloves, and hard-hat. Carl Russell is a forester/logger from Bethel, VT. He has operated Russell Forestry Services since 1986, specializing in ecological forestry and low-impact timber harvest with draft animals. **PRE-REGISTRATION IS REQUIRED TO ATTEND THIS WORKSHOP.** Space is limited! Please use the registration form to pre-register.

Farmer Education Coordinator Wendy Sue Harper, Ph.D. will shed light on the unseen world of soil biology. Wendy Sue worked for eighteen years as a Senior Lecturer of Soil Science and Ecological Agriculture in the Department of Plant and Soil Science at the University of Vermont. Participants will learn the ecological services that soil organisms provide and how to create a preventative garden system that works to suppress pests.

## **Session II (2:15-3:30 pm)**

### **Business to Business Cooperation – Bring it to the Next Level**

In a rural state with mostly small businesses, it can sometimes be lonely. But not for the Sustainable Business Owners Network. This group of 25 companies are focused around

organic agriculture and the natural food industry and have been meeting monthly for 1 1/2 years. They support each other in times of growth and face many of their challenges collectively. Among their members are some of the most innovative, quickly growing companies in the state. The panel of members will discuss how the group came about, how it functions and some of the amazing projects and plans they have. If you are interested in a group like this there will also be an opportunity to hear about plans underway to start more through the VT Businesses for Social Responsibility (VBSR).

### **Developing Food Security in Vermont**

Did you know that 9% of Vermont households experience food insecurity? That figure translates into 23,000

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households who cannot access enough nutritious foods to fulfill their caloric needs. Because the specific conditions of hunger vary greatly from household to household, food security advocates see the importance of a diverse solutions. Through programs like Farm Share and Senior Farm Share, EBT at Farmers' Markets, and VT-FEED, NOFA-VT is helping to connect food-insecure Vermonters with their local farmers. In this workshop, representatives from NOFA-VT and the food security movement will discuss these programs and how they address the conditions of hunger in Vermont.

## **Foraging Wild Edibles Safely and Sustainably**

Learning to eat where we live includes eating edible weeds from our gardens and partaking of the wild foods all around us. Annie McCleary, herbalist and Director of Wisdom of the Herbs School in South Woodbury, Vermont, will present a power point presentation on the harvest and preparation of local wild edibles, and issues of safe and sustainable wild harvesting. She will focus on the importance of positive plant identification, harvesting the right part of the plant at the appropriate season, and proper preparation for eating, dealing with issues of toxicity and easily confused plants. She will offer perspectives on developing relationships with plants by seeking permission of the plant to harvest and offering gratitude.

## **Homegrown Feed, Food, and Fuel: Farm-scale Oilseed Products in Vermont.**

Vermont's farm sector uses over 6 million gallons of petrodiesel and heating oil each year and imports nearly 5,000 tons of organic oilseed meal annually. The Vermont Feed and Fuel Project partners have spent the past year conducting crop trials, pressing oil, and researching the market for and requirements of local production of biodiesel, livestock feed, and food-grade oil for local use. Netaka White, Executive Director of the Vermont

Biofuels Association, and Ellen Kahler, Executive Director of Vermont Sustainable Jobs Fund, will provide an overview of the production data and lead a discussion exploring the opportunities and challenges of producing oilseed crop products in Vermont.

## **Integrating Mixed Livestock With Mixed Vegetables**

Animals are an important part of healthy ecosystems. John Hayden will describe how to design a sustainable agro-ecosystem by integrating livestock (draft horses, cows, pigs, chickens, and rabbits) into vegetable rotations through the grazing of cover crops and vegetable leavings. Stacking functions and increasing efficiencies through avoiding waste will be a strong theme of the workshop. Processing and marketing diverse animal products will also be discussed. John and his family run The Farm Between, a diversified small farm in Jeffersonville, VT, where they strive for economic, environmental, and social sustainability. John is also a lecturer in the Ecological Agriculture program in the Plant and Soil Science Department at UVM.

## **Organic Varroa Mite Control for Honey Bees**

Stop using toxic pesticides to keep bees healthy in the face of varroa mites. Toxic chemical alternatives along with mechanical and biological controls will be covered to provide you with an arsenal of natural alternatives. Ross Conrad, author of *Natural Beekeeping: Organic Approaches to Modern Apiculture* will lead this talk. Ross learned his craft from world-renowned beekeeper Charles Mraz. During the past 15 years Ross has refused to use toxic chemicals and antibiotics to keep his bees healthy. He resides in Middlebury, VT. This workshop is intended for an audience with previous beekeeping experience.

## **Research in Organic Sweet Potato Production**

Follow the learning curve of a small

organic farm's research (SARE grant study on fertilizer requirements) and experience growing sweet potatoes in Southern New Hampshire. It is clear that sweet potatoes can be grown in this area and that there is a receptive market for locally grown sweet potatoes. In this workshop James and Lori of Fertile Fields Farm will share their experience with choosing varieties, obtaining slips, soil preparation, fertilizer application, water issues, planting, pest and weed management, harvesting, brix testing, and marketing of organic sweet potatoes.

## **Seed Saving Smorgasbord**

This workshop will include seed saving techniques of common vegetable varieties for the backyard garden, market farm, and our commercial seed farm at High Mowing Organic Seeds. High Mowing Organic Seeds researchers will discuss basic anatomy of flowers, pollination, isolation distances, selecting for improved crops, and creating hybrids/dehybridizing. They will go into detail about harvesting and processing including such topics as timing, machinery, seed drying and cleaning. They will also compare on farm vegetable production to seed production with lots of colorful slides. This workshop is intended for both home gardeners and commercial growers interested in learning the basics to seed saving.

## **Session III (3:45-5:00 pm)**

### **Composting Livestock Mortalities and Butcher Residuals**

Compost your livestock mortalities and butcher residuals on the farm with confidence. Good composting and management practices for composting mortalities and butcher residuals can improve your bio-security and pathogen management, reduce your costs, and recover crop nutrients and organic matter for soil building. This workshop will provide you with the basic information and practices for composting mortalities and butcher residuals,

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while also helping you prepare your farm in advance. Tom Gilbert is Vice President of the Composting Association of Vermont and worked with the Network of Vermont Conservation Districts on a recently released DVD, "Composting Animal Mortalities on the Farm." Tom provides technical services in composting systems and programs for waste districts, community organizations and farms throughout Vermont.

## **Food Preservation for the 21st Century**

This workshop focuses on food preservation techniques that help you extend your harvest into the dark, frozen days of winter! There are many different ways to keep eating "fresh" garden crops well beyond fall frosts: canning, freezing, drying, and pickling are the most popular. Learn different tips from Ripton resident, Andrea Chesman, food writer and author of many cookbooks including *Serving Up the Harvest* and *The Vegetarian Grill*. Andrea will also provide a few recipes to help you create delicious specialties using your prepared goods!

## **If You Grow Cut Flowers, Will Someone Buy Them?**

It is a commonly held belief that the market for specialty cut flowers is limited in rural areas. Lack of outlets and weak consumer demand are often cited as reasons for poor sales. However, research suggests that with a bit of consumer education you don't have to live near a metropolitan area to benefit from cut flower production. Barbara Murphy has worked for the University of Maine Cooperative Extension since 1993 focusing on consumer horticulture and commercial ornamental horticulture. She grows cutflowers in the field and compares the harvests to the same flowers grown in an unheated high tunnel. She educates growers and consumers about the benefits of cut flowers and is working to develop a market for them in the state of Maine.

## **Innovations in Local Food Distribution**

Megan Sheridan, Executive Director of the Vermont Fresh Network, will discuss innovative distribution strategies in Vermont including the challenges and opportunities of connecting farmers and consumers in a rural state, how distributors are responding to the demand for local food, and how tools such as e-commerce can be used to meet local food demand.

## **Keyline Cultivation and Design for Improved Pastures and Soils**

This workshop will provide an overview of the principles and practice of the land management system called Keyline Design. Keyline refers to a set of design strategies and practices that work to improve soil health and fertility, develop water security, and diversify farm yields. The action and effects of the Yeoman's plow, a sub-soiling implement that rapidly de-compacts soils, converting degraded subsoil into healthy, living topsoil, will be explored. In addition, Mark Krawczyk will give an overview of a proposed grant funded study to quantify the effects of keyline cultivation on pasture soils of four farms in Vermont, New York, and Massachusetts. Mark is a permaculture designer, traditional woodworker and builder. He owns and operates Riven Wood Crafts and Keyline Vermont.

## **Making a Difference About Climate Change**

How can I make a difference about global climate change in my home, business and community? Debra Sachs, Executive Director of the Alliance for Climate Action, will facilitate an interactive discussion about one successful model, the 10% Challenge, its partnerships and how more communities and groups are working to combat global climate change and make a difference.

## **Perennial Vegetables**

While most New Englanders are familiar with asparagus and rhubarb, few can name other perennial vegetables.

This workshop will explore the potential for integrating low-maintenance, cold-hardy perennial vegetable crops into Vermont home gardens and landscapes. Get to know sea kale, Turkish rocket, water celery, skirret, wild leeks, sunchokes, arrowhead, and more. Eric Toensmeier is author of the new book *Perennial Vegetables*, and co-author of *Edible Forest Gardens*.

## **Writing Down the Farm: Articulating the Experience of Farming in Nonfiction, Fiction and Poetry**

This workshop will be a forum to help support, develop, and further the work of farmers who want to write about their experience. Most of the time will be used to share tools and techniques for accomplishing writing while simultaneously farming. Farmer-writers, Julia and Eugenie Doyle (Last Resort Farm and author) will facilitate the discussion of questions, goals, and strategies for getting stories, poems, and articles, down on paper. Caroline Abels, the editor of New England's newest farm and food magazine, *Vermont's Local Banquet*, will talk about crafting work for a wider audience. Participants will each receive a handout of writing exercises, a book list of great farming-themed writing, as well as a separate list of farming publications, with mention of submission guidelines.

## **You Can Help Feed Your Community Through Gleaning**

If you are an organized self-starter and concerned about retaining and utilizing local resources, malnutrition & obesity, hunger and food insecurity, local agriculture and land use practices, social equality and community empowerment - this is a workshop for you. Join the discussion about securing a valuable local resource: unmarketable fresh and locally grown food. Learn the basics behind gleaning, reaping after the harvest, and meet Vermont's most experienced gleaners as they encourage you to take the lead in your community. Salvation Farms and Healthy Cities Gleaning will join

# Thanks!

NOFA-VT would like to thank the following businesses for sponsoring our conference:



## Benefactor (\$1000)

Ben & Jerry's  
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Vermont Agency of Agriculture  
VHCB Vermont Farm Viability Enhancement Program

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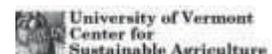
Center for Whole Communities  
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Vermont Fresh Network  
Vermont Land Trust  
Vermont Law School  
Washington Homeopathic Products  
Wellscroft Fence Systems

## Other (< \$100)

Global Resource Options



# Register Early!

There is a \$5 discount for registrations postmarked by February 6, 2008

Name(s): \_\_\_\_\_  
 Farm/Business: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City/State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Children's Conference:  
 Saturday     Sunday     Saturday AND Sunday

Name and Age: \_\_\_\_\_  
 Name and Age: \_\_\_\_\_  
 Name and Age: \_\_\_\_\_

## NOFA-VT Membership

Members receive a discount. You may use this registration form to become a member and attend at the lower member rate, or to renew your existing membership.

Individual \$30, Family \$40, Business \$50, Sponsor \$100, Sustainer \$250, VT Basic \$15-25 (VT Basic does not include *The Natural Farmer*).

Membership Fee: \$ \_\_\_\_\_

## Workshop Pre-registration

### Advanced Technical Assistance Tracks

These workshops are intended for commercial producers and are considered advanced and technical in nature. See descriptions on pages 8 & 9.

**Saturday: Vegetable Growers and Fruit Producers** (Please choose a session and workshop)

Session I:  A or  B    Session II:  A or  B

Lunch Roundtable:  A or  B

### Sunday: Dairy Producers and Livestock Farmers

(Please choose a session and workshop)

Session I:     Session II:  A or  B

Session III:  A or  B    Lunch Roundtable:  A or  B

### Intensive workshops, Pre-registration required!

**Saturday (pg 12):**  Artisan Cheeses (add \$5)

**Sunday (pg 15):**  Working Horses in the Woods (no fee)  
 Natural Dyes (add \$5)

## Help us match classrooms with workshops!

To help gauge workshop interest, please list one workshop from each session which is most appealing to you. (You are not obligated to attend these specific workshops.) *This does not apply to the Advanced Technical Assistance Tracks.*

### Saturday

Workshop Session I: \_\_\_\_\_

Workshop Session II: \_\_\_\_\_

Workshop Session III: \_\_\_\_\_

### Sunday

Workshop Session I: \_\_\_\_\_

Workshop Session II: \_\_\_\_\_

Workshop Session III: \_\_\_\_\_

Clip and Mail to:

NOFA Winter Conference Registration  
 PO Box 697 Richmond, VT 05477

## Conference Registration

Saturday ONLY: \$ \_\_\_\_\_

Sunday ONLY: \$ \_\_\_\_\_

Members \$35/person

Nonmembers \$45/person

After February 6, \$40 members/\$50 nonmembers

Saturday AND Sunday: \$ \_\_\_\_\_

Members \$65/person

Nonmembers \$85/person

After February 6, \$75 members/\$95 nonmembers

Intensive Workshop Fee: \$ \_\_\_\_\_

(\$5 Cheese, \$5 Dyes)

See pre-registration information at left.

Children's Conference: \$ \_\_\_\_\_

Pre-Registration is REQUIRED by February 6

\$20 for first child, \$17 thereafter

Lunch Donation: \$ \_\_\_\_\_

\$7/person for those not bringing a potluck dish.

Please see page 5 for more info about the lunch.

Saturday NOFAvore dinner: \$ \_\_\_\_\_

\$15.00/person. See page 5.

Scholarship Donation: \$ \_\_\_\_\_

Subtotal: \$ \_\_\_\_\_

Volunteer Discount: \$ \_\_\_\_\_

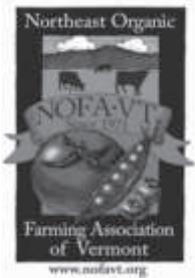
Please contact the office before taking a volunteer discount. Subtract \$17.50 for 2 hours, \$35 for 4 hours.

Farmer Discount: \$ \_\_\_\_\_

Subtract \$5.00/person (maximum \$10/farm)

Total Enclosed: \$ \_\_\_\_\_

Please note: You will NOT receive confirmation of pre-registration for the adult conference.



**NOFA-VT**  
**P.O. Box 697**  
**Richmond, VT 05477**

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**Business NOT As Usual:  
Growing a New Economy in Vermont**  
The Northeast Organic Farming Association of Vermont  
(NOFA-VT) has expanded it's Annual Winter Conference to

**February 16 and 17, 2008**

**TWO DAYS!**



**Keynotes by White Dog Café's Judy Wicks and Vermont's own Dr. Heather Darby**

**NEW! Advanced Technical Tracks for Commercial Organic Vegetable Growers, Fruit Producers, Dairy, and Livestock Farmers!**

**Over 60 workshops for farmers, homesteaders, localvores, consumers and more.**

# Forage & Seed

VERMONT GRASS FARMING ASSOCIATION • JANUARY 19, 2008



*Our 2007 half-acre Camelina crop*



*Erin Beidler exalts over the flourishing crop.*

**Camelina** (*camelina sativa*), is an annual, cold hardy crop grown for oil and animal meal. It was widely popular in Eastern Europe until the 1950's when canola and other oilseed crops became more common. We were interested in trying camelina on our farm as it is a crop reputed to have the following attributes:

- competitive with weeds and easily managed under organic methods
- low fertility requirement
- GMO free crop – (perhaps not for long)
- High in Omega-3 and linoleic similar to flax
- Oil is stable and stores well at room temperature

Our planting was a small, half-acre plot. A rye cover crop was tilled under and then camelina was planted May 5 at a seeding rate of 10 lbs./A. There were very few weeds that competed with the crop, however after seed set and the camelina plants started to decline, low growing perennial weeds came into the crop under story.

These didn't interfere with harvest. The plot was harvested August 29 and yielded over 600 lbs. of seed despite some losses due to the smallness of the field and combining adjustment losses. I have interest in trying intercrops with clover or field peas for future years.



*Combining of the camelina took place on August 29th.*



*Gary Howe, whose skills aided our successful harvest.*

*over . . .*

## Japanese Millet



Japanese Millet (*Echinolea sp.*) is a warm season annual plant commonly grown for mid summer grazing and forage production. It is a crop similar to Sudan grass but without the prussic acid poisoning concerns for feeding to livestock. It is typically quite tolerant of water-logging and wet conditions. Cattle like the forage and it can be grazed or cut multiple times. We generally grow a five acre plot on millet each year for grazing to supplement perennial pastures. We grew 10 acres this year in order to harvest millet seed as well.

We became motivated to try Japanese Millet as a seed crop hoping that saving seed and selling to interested farmers will provide a diversification for our dairy enterprise. We were also interested in having the straw for a bedding source which would reduce our bedding costs and help produce better compost than the sawdust we had typically used.

Japanese Millet is also grown as a green manure and/or smother crop. Researchers in Maine and Vermont have recently been finding that it is helpful in reducing *Rhizoctonia* in potato crops when planted the preceding year.

We were also motivated to grow this seed crop realizing that the seed market is tremendously dominated by only a few companies. It is exciting to think that we can provide regionally produced and adapted seed as an alternative. There are currently no certified organic seed sources.

We have received a SARE grant to help us study seed production on farm. We have evaluated two

different harvest techniques – [1] **direct combining** and [2] **swathing** before combining.

The millet field received 20T/A manure at plow-down and was seeded at a rate of 25 lbs./A. There were two planting dates – June 12 and June 28. Harvest is now completed. The crop grew without apparent nutrient deficiencies or diseases and with generally good weed control.

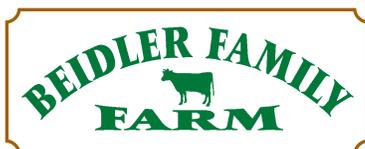


*Our cows find Japanese Millet quite palatable.*

We found that it was possible to direct harvest the crop without the added step of windrowing. We were surprised that it took until mid-October for the millet seed to ripen and dry down enough for harvest. We also baled up the straw and it is providing wonderful bedding for the milking herd this winter. We were pleased with our first year effort at seed production and now are in the process of cleaning and bagging seed to sell.



*Direct combining of the millet in late October.*



*Brent & Regina Beidler*

PO Box 124, Randolph Center, VT 05061-0124  
802 728-5601 • [bbeidler@verizon.net](mailto:bbeidler@verizon.net)