

Workshop A 8:30AM – 10:00AM

Creating a Successful Farm Plan AUDITORIUM

PRESENTER Tony Kleese, Consultant at Earthwise

Feeling overwhelmed by all the information and decisions related to your farm? Do you already have land, but need a plan to get started? Are you looking for land, but need more help to select the best property? This workshop will help you organize your thoughts and create a plan for success.

TONY KLEESE is a noted organic and sustainable farming expert based in the Carolinas. He is a consultant with Earthwise Company: a community and agriculture development organization. Tony was Executive Director of CFSA.

Building an Inexpensive Greenhouse — Version 2.0 CROWN A

PRESENTER Pat Battle, Farmer at Sparkling Earth Farm

At last year's conference, participants built a greenhouse from the ground up for about two-hundred dollars worth of materials. This year, we are demonstrating a sturdy, tough, moveable version better suited for harsh winter weather. Come to the workshop and/or check out the completed greenhouse in front of the hotel.

PAT BATTLE is an experienced organic farmer and organic advocate from Western North Carolina. He is enthusiastic about scale-appropriate structures for small farms and season extension, among many other passions.

Farm Scale Compost and Fertility EMPIRE C

PRESENTER Ellen Polishuk, Owner at Potomac Vegetable Farms

We all know that composting is good, and we all want good compost. But who is actually going to the trouble to make it? At Potomac Vegetable Farms, we've been making high quality Leubke-style compost for sixteen years. Come and see what it takes to make compost on a farm-scale; fifty tons at a time. We will discuss: the basics of composting as a biological process, sourcing materials, and scale appropriate equipment.

ELLEN POLISHUK is a highly-sought after expert on farm fertility, marketing and management. In her words, "What sets this farm apart is our tri-woman ownership structure, our serious and long term commitment to natural farming techniques, and our maturity as a business (PVF has been in business for fifty years). We have a state-of-the-art composting system in place. This, along with using balanced mineral amendments, is the centerpiece of our natural fertility program. We sell our produce through our 500 member CSA program, six weekly farmers markets, and two roadside stands in the Washington, DC suburbs."

Grafting as a Disease Management Strategy

EMPIRE A

PRESENTERS Frank Louws and Meagan Iott of NCSU

Come learn from one of the top researchers in plant pathology about new and exciting ways to protect and nurture your plants. Grafting, a strategy long used in fruit production, is becoming a prime disease management tool for vegetables as well. Learn about current research and get tips about using grafting on your small farm.

FRANK LOUWS is an experienced plant pathologist. He has been a professor at NC State University since 1996. Frank is passionate about sustainable farming methods and is a popular speaker among organic and sustainable growers. He earned his PhD from Michigan State University. MEAGAN IOTT is a graduate student in the Department of Plant Pathology at NC State University.

Commercial Fruit Production PIEDMONT

PRESENTER Rob Bowers of Whitted Bowers Farm

Are you interested in growing fruit? Rob and Cheri Bowers have spent the last six years perfecting their mixed-fruit production farm and they would like to share their knowledge with you. The workshop will focus on cultural practices for a range of fruit, focusing on the establishment and care of perennial stock. (Special emphasis will be placed on a comparison of conventional, organic and biodynamic disease and pest management techniques.)

ROB BOWERS and his wife Cheri started Whitted Bowers Farm in 2006. The farm is one of two certified biodynamic farms in the Southeast. They focus on growing fruit and specialty vegetables. They sell on-site and at the Carrboro Farmers' Market. Rob is an engaging speaker; passionate about sharing how he works with nature to grow delicious food.

The Benefits of Mob Grazing EMPIRE D

PRESENTER Greg Judy, Rancher at Green Pastures Farm

Over the last four years, Greg Judy has doubled his stocking rate by focusing on animal performance and increasing the stocking density on Judy Farms with limited inputs: no hay, no grain, no equipment, no lime, no fertilizer, no seed. Through Greg's methods, his grass sward continues to get thicker; he sees higher brix readings, huge increases in soil life, better water cycle and brings healthier, faster, finishing animals to market.

GREG AND JAN JUDY own and lease ten grazing farms in central Missouri consisting of 1,400 acres. They mob graze grass-finished beef, lamb and goats on grass alone. Greg has authored two books, *No Risk Ranching* and *Comeback Farms*. He also teaches numerous grazing schools around the U.S.

Commercial-Scale Broiler Chickens: Free-Range SANDHILLS

PRESENTERS Anne Fanatico of Appalachian State University and David White of Oaklyn Plantation

Anne Fanatico and David White will provide an overview of free-range and organic meat (chicken) production including; production systems, appropriate genetics, alternative feeding methods, maintaining health in pasture-based systems and small-scale processing.

ANNE FANATICO, Ph.D., teaches sustainable agriculture at Appalachian State University's Sustainable Development Program. Her research interests include on-farm feed resources for free-range and organic poultry, specialty genetics, animal welfare in alternative poultry production, and the role of small farms in local food systems. She has worked for the National Center for Appropriate Technology's Appropriate Technology Transfer for Rural Areas program, developing free-range poultry educational material. DAVID WHITE raises chickens and beef at Oaklyn Plantation with his family. He has been an advocate of the virtues provided by pasture-raised poultry for many years. David is a former Board member of CFSA.

Growing and Using Mushrooms EMPIRE E

PRESENTER Tradd Cotter, Owner at Mushroom Mountain, LLC

Tradd Cotter is extremely passionate about mushrooms; he demonstrates this by captivating audiences with his incredible knowledge and unmatched zeal. This workshop will be an overview of Tradd's mushroom world, from the use of edible mushrooms in the kitchen, to exotic mushroom uses, such as toxic remediation. Learn more about the wild world of mushrooms and their many different applications.

TRADD AND OLGA COTTER own and operate Mushroom Mountain, LLC, a cultivation and spawn supply company that specializes in spawn production of many native and commercial strains of edible and medicinal mushrooms. Tradd's lectures focus on several things: teaching the art of cultivation; understanding the necessary skills involved in creating a profitable enterprise and other important fundamentals of the trade. Tradd has become a pioneer in the field of mushroom cultivation and is constantly updating his presentation to provide exciting and innovative research to attendees.

Meeting Off-season Demand for Local Food Using High Tunnels CROWN B

PRESENTER Paul Wiediger of Au Naturel Farm

High tunnels are a great way to take your season extension efforts to a “higher” level. In this session, Paul will share his vast knowledge gained over fifteen-years of working with high tunnels and growing gourmet produce during the late fall and winter. He will also discuss growing and marketing issues and take your questions.

PAUL AND ALISON WIEDIGER, of Au Naturel Farm, are sustainable growers from central Kentucky. They have been growing sustainably since 1989. Their farm spans eighty-four acres of rolling land: mostly woods and pastures, with two acres devoted to vegetables. It was one of the first certified organic farms in Kentucky, but it is no longer certified. They produce lettuce, spinach, mesclun, kales, mustards, and other gourmet salad fixings in unheated high tunnels throughout the winter months. In those same tunnels, they grow early tomatoes; typically bringing them to market by the end of May, a full four weeks ahead of field ripening.

Organic Varroa Mite Control in Beehives BULL DURHAM

PRESENTER Ross Conrad of Dancing Bee Gardens

Pests are a serious problem in countless industries, over the years they have developed chemical resistances to pesticides, causing industries to respond with progressively higher concentrations of toxic compounds. Beekeeping was the only major agricultural endeavor in the U.S. that did not rely on dangerous chemical pesticides — until the late 1980's when Varroa mites became established in America. Until now, beekeeping has followed the same path as the rest of industrial agriculture. Ross will share the “how to” of numerous organic techniques to keep bees alive in the face of Varroa. Topics covered include: genetics and breeding, trapping, screened bottom boards, essential oils, organic acids, small cell foundation, and more.

ROSS CONRAD learned his craft from world-renowned beekeepers and apitherapists, Charles Mraz and Charlie's son, Bill. Conrad, the former president of the Vermont Beekeeper's Association, is a regular contributor to *Bee Culture* magazine, and author of *Natural Beekeeping: Organic Approaches to Modern Apiculture*. Ross regularly leads bee-related presentations and organic beekeeping workshops throughout North America.

Farm-to-Institution Update EMPIRE B

PRESENTERS Dr. Alice Ammerman (moderator) of UNC-CH School of Nutrition; Sandi Kronick, CEO at Eastern Carolina Organics; Robert Cates, Meal Services Program Manager at the Child Care Services Association; Heather Barnes, Marketing Specialist at NCDA&CS; and Nathan Peterson, Bon Appetit Management Co. at Duke University

The farm-to-table movement is moving beyond schools and restaurants. We are seeing interest from day-care centers, prisons, nursing homes, and hospitals. Come hear from food service workers, distributors, and public officials about ongoing efforts within the Carolinas. Topics will include regulatory barriers, tight budgets, and access to distribution markets.

DR. ALICE AMMERMAN is a Professor in the Department of Nutrition at the Gillings School of Global Public Health and Director of the Center for Health Promotion & Disease Prevention at the University of North Carolina at Chapel Hill. Her research includes: childhood obesity, testing policy, and intervention approaches to improve healthy food access in low-income communities. SANDI KRONICK is founder and CEO of Eastern Carolina Organics (ECO). ECO's mission is to cultivate a sustainable food system for its customers up-and-down the East Coast. It does so by providing a viable production and distribution network, to more than forty NC family farms (that it represents). ROBERT CATES has been in the food service business in Chapel Hill since 1975. He's cooked or managed in kitchens such as, Papagayo's, Aurora, The Fearrington House, and Pyewacket Restaurant. He now works for a non-profit agency catering meals to day-care centers in Orange County. HEATHER BARNES works with NCDA as a marketing specialist. She

focuses on organics, strawberries, greenhouse vegetables and the NC Farm to School program. She also worked for twelve years with NC Coop Extension. NATE PETERSON works with Bon Appetit Management Co. and is based at Duke University. He has been in the restaurant industry for twenty-one years and has held positions as Catering Manager, Chef Manager, Executive Chef, General Manager, and Director of Operations.

Backyard Economics: Unleashing Your Property's Productive Potential ROYAL B

PRESENTER Chuck Marsh of Useful Plants Nursery and Living Systems Design Group

By integrating food crops into your home landscape meet many of your food and medicinal needs while supplementing your income. In addition to providing you with fresh, nutritious food and potential income, cultivating biological abundance has far-reaching ecological and economic benefits for your community and the world. This class explores practical schemes, strategies, design approaches, crops, products, and marketing ideas for unleashing the productive potential of your yard and your community.

CHUCK MARSH is a long time bioregional inhabitant, permaculture teacher, designer, consultant, and elder activist. He is a co-founder of Earthaven ecovillage, the founder of Useful Plants Nursery, senior partner in Living Systems Design group, and all-around advocate for cultural transformation.

Workshop B 10:30AM – 12PM

Farmer-Friendly Enterprise Budgets Made Simple AUDITORIUM

PRESENTER Richard Wiswall of Cate Farm

Ever wonder how much it costs to produce a dozen eggs? A feeder pig? Hoophouse greens? Are you making a profit given your current sales prices? Longtime organic farmer Richard Wiswall will demystify production costs for various farm ventures and reveal which ones make money. This group working session will simplify and illuminate the process of determining profitability, for any of your farm endeavors. Beginning and seasoned farmers alike will benefit and share in eye-opening results.

RICHARD WISWALL started Cate Farm in East Montpelier, Vermont, where he has farmed since 1981. Known for his work on farm profitability and appropriate business tools, Wiswall consults with other farmers and writes and speaks frequently on organic farm business issues. He is author of “The Organic Farmer's Business Handbook: A Complete Guide to Managing Finances, Crops, and Staff- and Making a Profit.”

Farm Certification Systems: Weighing Your Options PIEDMONT

PRESENTERS Tammy Hinman (moderator) of NCAT; Jim Riddle of University of Minnesota; Alice Varon, Executive Director at Certified Naturally Grown; Brian Snyder, Executive Director at PASA and Noah Ranells of Piedmont Grown

Which certification system, if any, is right for your farm? We have assembled a powerhouse panel of experts to help you answer that question. Compare and contrast organic certification, Certified Naturally Grown, Food Alliance certification and a local certification system. This is the first time we have offered this content and expect a lot of interest.

TAMMY HINMAN works with the National Center for Appropriate Technology in their Montana office. She has a degree in Horticulture Food Crops and Entomology, a Masters in Food System Studies and has

worked at Cornell University Cooperative Extension. She has also worked with the Northeast Organic Farming Association and the Finger Lakes Culinary Bounty on organic certification under the National Organic Program and regional food identity campaigns. JIM RIDDLE is a professor at the University of Minnesota and a nationally-known expert in organics issues. ALICE VARON leads the Certified Naturally Grown organization from its base in Brooklyn. The label has over 800 farms participating. BRIAN SNYDER is the Executive Director of the Pennsylvania Association of Sustainable Agriculture, one of the largest state sustainable agriculture associations in the country. NOAH RANELLS is co-owner of Fickle Creek Farm and works in agricultural economic development with Orange County, NC. He helped found the Piedmont Grown label.

Integrity of Our Organic Seed Sources CROWN A

PRESENTERS Ira Wallace of Southern Exposure Seed Exchange and Peter Waskiewicz of Sow True Seeds

Come hear from two important leaders in the struggle to maintain the quality and variety of organic seeds. Ira and Peter will review the latest news and issues around organic seed - what are the challenges and how you can be a part of the solution. There has never been a more important time to be informed about seeds.

IRA WALLACE is a noted expert on and passionate advocate for the preservation of our seed heritage. She leads the work at the Southern Exposure Seed Exchange. With a background in seeds, permaculture and biodynamics, PETER WASKIEWICZ came to N.C. and started the Green Building and Permaculture Design firm, SouthEast Ecological Design (SEED). In 2009, he turned his focus back to seeds and founded Sow True Seed with Carol Koury to provide a source for regionally grown and selected, open-pollinated seed.

Insects on the Organic Farm: Beneficials and Pests EMPIRE A

PRESENTER Debbie Roos, Agriculture Agent at North Carolina Cooperative Extension

Debbie will discuss the main pest and beneficial insects commonly found on organic farms, highlighting their unique characteristics through photos. Participants will learn about the various life stages and hosts of these insects and how they affect crop production (as well as each other!). Come learn from one of the most popular teachers in sustainable ag in the Carolinas.

DEBBIE ROOS has been an Agriculture Agent for the Chatham County Center of NC Cooperative Extension for over 12 years. Her program areas include commercial vegetable and cut flower production, organic production, alternative enterprises, beekeeping and pollinators, and forestry. She is a trained entomologist and teaches frequently on insect issues.

Fresh Produce Safety for Small Scale Intensive Vegetable and Fruit Producers ROYAL B

ROYAL B

PRESENTER Chris Gunter, Vegetable Production Specialist, Horticultural Science at NCSU

Food safety is an essential aspect of small farm operations. But how to do it right at a scale that is appropriate for small farms? This session will discuss fresh produce safety for small scale intensive vegetable and fruit producers and will focus on best management practices. Pre-harvest and post-harvest topics will be covered.

DR. GUNTER has been focusing mainly on the Solanaceous (tomato, pepper) and Cruciferous (cabbage, broccoli) cropping systems, since joining N.C. State in 2007. Specifically, this includes the optimization of growth practices of crops like tomato, pepper and eggplant. Dr. Gunter is also involved in fresh produce safety and the impact of Good Agricultural Practices (GAPs) on these crops. He is a co-chair of the N.C. Fresh Produce Safety Task Force.

The Importance of Monitoring Animal Performance Daily EMPIRE D

PRESENTER Greg Judy of Green Pastures Farm

By focusing on animal performance daily, you train yourself never to limit the intake of your animals. It is critical to train your eye to spot animal intake issues before they become a problem. The majority of health issues are related back to not staying focused on the animals daily needs on pasture. Come learn from this very popular and inspiring livestock expert and author.

See The Benefits of Mob Grazing on page XXXX for bio.

A Soils-Up Approach to Ruminant Veterinary Care SANDHILLS

PRESENTER Guy Jodarski, Staff Veterinarian at Organic Valley

Cows, goats, and sheep have evolved as grazing animals. The physical activity and varied diet of a pasture-based approach is the most ecologically and economically sound way to raise healthy livestock. Come learn from a top organic veterinarian how well-balanced soils grow nutrient dense forages that keep your animals growing strong.

DR. JODARSKI has worked with Organic Valley/CROPP Cooperative to maintain and improve animal health on 1,300 member farms since 2007. In practice since 1987, Dr. Jodarski was an owner/partner in a central Wisconsin large animal practice for 12 years. Then, he was a consultant for an international cattle breeding company and later worked as a staff veterinarian for two companies that supply nutritional supplements and livestock health aids for organic and sustainable farmers.

Book Reading and Discussion EMPIRE B

PRESENTER Joan Dye Gussow, author

Joan will touch on a wide-ranging set of topics related to the local food movement, gardening, food and her life. Come with your questions and ideas, and enjoy a lively exchange with this noted author and thought leader. Joan is the author of the bestselling "This Organic Life" and "Growing, Older: A Chronicle on Death, Life and Growing Vegetables."

See keynote information on page XXXX for bio.

High Tunnels: Building, Growing and Financing CROWN B

PRESENTERS Greg Walker and Matt Flint of USDA-NRCS and Steve Moore of Agro-ecology at Elon University

Greg and Matt from the Natural Resources Conservation Service (NRCS) will present information on their EQIP and Organic Initiative programs. Then Steve, high tunnel producer and builder, will discuss construction tips, general design, cropping rotations, insect control and fertility based on his 20 years of experience.

GREG WALKER has over 30 years with the NRCS serving in many different capacities. Greg currently is the Assistant State Conservationist for Programs. His program responsibilities include Environmental Quality Incentives Program (EQIP); Wildlife Habitat Incentives Program (WHIP); and Conservation Stewardship Program (CSP). MATT FLINT provides statewide leadership for NRCS conservation planning. He provides technical support for the Farm Bill's conservation programs and administration of the Food Security Act's highly erodible land and wetland conservation provisions. He previously worked for the U.S. Army Corp of Engineers. Currently, STEVE MOORE is teaching at Elon University in the field of agro-ecology. He has farmed for 40 years and has 30 years of experience with high tunnels and season extension. Previously, he was on staff at the Center for Environmental Farming Systems (CEFS) as their Small Farm Unit manager.

Making Fabulous Mead **BULL DURHAM**

PRESENTER Ben Starr, Mead Maker at Starrlight Mead

From home mead maker to co-owner of a commercial meadery, Ben will discuss the basics of mead making. After being a home mead maker for 7 years, Ben and his wife Becky opened Starrlight Mead in September 2010. Ben will share some of the secrets to making award winning home mead and discuss the decision making process that went into opening the meadery, including honey and yeast selection. The final part of the workshop will include a demo of how to make a simple mead at home.

BEN STARR is the Owner and Mead Maker of Starrlight Mead in Pittsboro, NC. Ben uses all NC wildflower honey to make Starrlight Mead's unique honey wines. The meadery has purchased over 8,900 pounds of honey from local beekeepers in the past year.

Farm-To-Restaurant **EMPIRE C**

PRESENTERS Andrea Reusing (moderator) of Lantern Restaurant, Alex Hitt of Peregrine Farm, Portia McKnight of Chapel Hill Creamery and Amy Tornquist of Watts Grocery

The farm-to-restaurant movement is growing in the Carolinas. Diners increasingly want to know where their food came from and will pay a premium for local. But many barriers remain. Learn how to become an informed evangelist the movement. How can we create strong and sustainable farm and restaurant partnerships? What about pricing, packaging, regulations and pre-planning? How do we bring new restaurants to the table? Come join in this discussion with some of the most prominent and insightful people in the farm-to-table movement.

ANDREA REUSING is the award-winning owner of farm-to-table restaurant, Lantern, in Chapel Hill and the author of *Cooking in the Moment*. PORTIA MCKNIGHT is co-owner of Chapel Hill Creamery and a mainstay of the local food and cheese movement in the Triangle. ALEX HITT is an experienced organic grower based in Alamance County and one of the most sought-after teachers and advisors on organic and small-scale farming. AMY TORNQUIST owns Watts Grocery, a popular farm-to-table restaurant in Durham; she is a strong advocate for local purchasing.

Permaculture: A Sustainable Living Methodology for the Home, Garden, and Community **EMPIRE E**

PRESENTER Will Hooker, Professor, NC State Dept. of Horticulture

Permaculture, a contraction of two words, PERMANent and agriCULTURE, is a sustainable living methodology that harmoniously integrates people, the landscape, and appropriate technologies in providing for our needs - food, shelter, energy and the other material and non-material components of our lives. Come hear this introductory talk from a very popular and inspiring permaculture expert.

WILL HOOKER is a registered Landscape Architect and has been teaching in the small-scale, landscape design/build option in the NC State Dept. of Horticulture for 32 years. He has been teaching the sustainable living methodology known as permaculture for 15 years, and is also known for the ephemeral bamboo sculptures that he builds with his students in the Triangle area and around the state.

Workshop C 2:30PM – 4PM

Farming Smarter, Not Harder: Planning for Profit **AUDITORIUM**

PRESENTER Richard Wiswall of Cate Farm

Farming offers fundamental satisfaction from producing food, working outdoors, being one's own boss, and working intimately with nature. But unfortunately, many farmers avoid learning about the business end of farming; because of this, they 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 beginning farmers will finish the session.

See Farmer Friendly Enterprise Budgets Made Simple on page XXX for bio.

Advanced Farm Marketing - Balancing the Flow of Vegetables **EMPIRE C**

PRESENTER Ellen Polishuk of Potomac Vegetable Farms

Let's take your marketing to the next level! Ellen will talk about using various retail outlets (CSA, farmers market, roadside stand) and wholesale outlets to achieve a balance in the work week, the vegetable flow and quality of life. Ellen is recognized as one of the top farm management trainers in the country and a sought after speaker and author. Don't miss this stimulating talk.

See Farm-scale Compost and Fertility on page XXX for bio.

Seeds 101 **CROWN A**

PRESENTER Jared Zystro, Research and Education Specialist at The Organic Seed Alliance

Learn to save seeds, steward heirlooms, and create new varieties at this class for gardeners and farmers. Whether you've saved seeds before or are a complete beginner, this is a great chance to learn about seeds and connect with other seed savers. We will cover basic seed concepts including timing of planting, ideal population sizes, preventing cross-pollination, selecting for improved varieties, seed maturation and harvest, and seed cleaning techniques.

JARED ZYSTRO is Organic Seed Alliance's (OSA) California Research & Education Specialist. Jared has a master's degree in plant breeding and plant genetics from the University of Wisconsin. He has worked in the organic seed industry for over six years, managing seed production at two farms and conducting research and education projects with OSA.

Introduction to Biodynamics on the Farm

EMPIRE D

PRESENTER Rob Bowers of Whitted Bowers Farm

This workshop is designed for people who are interested in learning about the basics of applied biodynamics on the farm. Biodynamics is the oldest organized form of sustainable agriculture in the world. Topics covered will include an overview of the theoretical basis of biodynamics, the role and use of biodynamic preparations, the biodynamic calendar, and biodynamic techniques that are especially useful in this region. The presentation will be structured for those people interested in biodynamics but don't know where to begin and for those who want to take some of the mystery out of the practice.

See Commercial Fruit Production on page XXX for bio.

Southern Heirloom Apples **EMPIRE B**

PRESENTER Lee Calhoun, author

This workshop presents an opportunity to hear about Southern heirloom apples from renowned apple authority, Lee Calhoun. Lee will discuss heirloom apples and methods for growing them in the South. Of the 1,800 apple varieties once grown in the South, only about 500 are still known to exist. Lee is one of the nation's leading experts on heirloom apples and this workshop is a "can't miss" for any tree fruit lover.

LEE CALHOUN, of Pittsboro, NC, is the author of "Old Southern Apples", first printed in 1995 and revised in 2011. The book discusses 1,800 extant and extinct old apples. The book has focused national attention on Lee and heirloom apples, an important part of our food heritage.

Grow Your Own Sweater: Raising Goats and Sheep for Fiber **EMPIRE A**

PRESENTERS Elaina Kenyon (moderator) of Avillion Farm, Kate Shirley of Humbug Farm and Steve Ellis of Bethel Trails Farm

Come learn from two experienced and passionate fiber animal farmers. The workshop will focus on key aspects of raising goats and sheep for fiber, including breed selection, structures/pens, feeding, health maintenance and fiber processing. The session will also discuss marketing issues: product mix, pricing and cooperative marketing.

KATE SHIRLEY owns 12-acre Humbug Farm dedicated to grass-based livestock production of goats and sheep. She makes handcrafted items such as soap, yarn, blankets and more. ELAINA KENYON of Avillion Farm raises sheep for wool, and Angora goats and rabbits, using organic and sustainable pasture-based methods. She makes and sells roving, yarn, fleeces and felted fabric. STEVE ELLIS is a CFSA Board member and owns a diversified farm in the SC Upstate.

From Pasture to Plate: Post-Production Issues for Meat **SANDHILLS**

PRESENTERS Casey McKissick (moderator) of NC Choices, Uli Benewitz of Weeping Radish, Richard Huettmann of Acre Station Meat Farm and Emily Lancaster of Animal Welfare Approved

Local meat is hot these days. But increasing the supply is about more than just raising healthy animals. Come hear from top meat experts about the ins and outs of post-production. The discussion will cover marketing and labels, butchering and packaging. There will be plenty of time for your questions and concerns.

CASEY MCKISSICK is a CFSA Board member and owns Crooked Creek Farms in Old Fort, NC. He also coordinates projects with the NC Choices meat program. ULI BENNEWITZ is an award-winning brewer and food entrepreneur based in eastern NC. He founded Weeping Radish Brewery and has branched out to many other food and meat ventures. RICHARD HUETTMAN co-owns and operates Acre Station Meat Farm, a traditional butcher shop in the eastern NC town of Pineville. EMILY LANCASTER is a NC-based staffer for Animal Welfare Approved and works with farms across the region.

The Stories Behind the Food: Documentary Work from the Southern Foodways Alliance

PIEDMONT

PRESENTER Sara Camp Arnold of Southern Foodways Alliance

The Southern Foodways Alliance, based at the University of Mississippi, documents, studies, and celebrates the diverse food cultures of the changing American South. Come hear about and see our oral history and documentary film work, and learn how it supports small farms. Find out how you can get involved!

SARA CAMP ARNOLD, a native of Raleigh, graduated from Princeton in 2006. After working at The

Oxford American, she is now the Chapel Hill-based editor of Gravy, a quarterly "foodletter" published by the Southern Foodways Alliance at the University of Mississippi. Her areas of interest include Southern foodways, Southern literature and the foodways of North Carolina's Latino communities.

High Tunnels: Am I Making Any Money?

CROWN B

PRESENTER Lewis Jett, Extension Agent at West Virginia University

Lewis Jett from WVU will share his expertise on high tunnel crop budgets, how to develop a crop budget and what his budgets are showing. He has some new research to share on blackberries and other brambles in tunnels. Come learn from this engaging and popular speaker.

LEWIS JETT has worked with WVU Extension since 2007, specializing in the growth of vegetables and small fruit crop and low-cost tunnels for extended production of high-value crops. Before Jett came to WVU Extension, he conducted research at LSU and the Univ. of Mo-Columbia. He has also spent time in East Africa, helping small farmers in Kenya grow vegetables.

Urban Beekeeping **BULL DURHAM**

PRESENTER Ross Conrad, Beekeeper, Dancing Bee Gardens

Having bees in the city is a great way to get involved in urban agriculture. But how is this different from raising bees in the countryside? Special requirements and management techniques for successful beekeeping in an urban environment will be covered including: public relations, site location, equipment needs, and swarm control. Come hear from one of the top bee experts in the country and a passionate bee advocate.

See Organic Varroa Mite Control of Beehives on page XXX for bio.

Action Update on GMO Issues **EMPIRE E**

PRESENTER Kristina Hubbard, Director of Advocacy and Communication at The Organic Seed Alliance

Come hear from a leading national expert on the ongoing fight against GMO contamination of our food and farms. Kristina will provide an update on corporate, public policy and legal issues. She will help you get involved in this historic issue.

KRISTINA HUBBARD is the Director of Advocacy and Communications for Organic Seed Alliance (OSA). OSA's advocacy program works to confront the threats to organic seed while promoting community-based organic seed systems. Hubbard has worked as a researcher, writer, and policy organizer for a number of organizations on seed industry consolidation and genetic engineering issues. She is the author of "Out of Hand: Farmers Face the Consequences of a Consolidated Seed Industry."

The Forest Cuisine Project: Permaculture Farming for a Living **ROYAL B**

PRESENTER Zev Friedman of Living Systems Design

This fascinating workshop describes a "permaculture forest" agricultural model to supply ingredients for a truly sustainable forest cuisine in the southern Appalachian bioregion. This cuisine is informed by an understanding of the foods indigenous peoples ate and that Cherokees still eat. It also learns from traditions of early European settlers and contemporary wild foods wisdom. Learn how to put this into practice on your land!

ZEV FRIEDMAN is a wild food vagabond with a B.S. in Human Ecology from UNCA. He owns Urban Paradise Gardening, a permaculture design and installation business. Zev grows, gathers, processes, and cooks much of his own food. He makes shoes, baskets, nets, bags, tools, cook pots, and furniture from wildcrafted and cultivated materials. Zev specializes in forest agriculture and useful fungi.

Sunday Workshops

Workshop D 9AM – 10:30AM

A Primer on Farm Transfer, Leasing and Ownership IMPERIAL II

PRESENTERS Andrew Branan of Wright Law Company and Shiloh Avery of Tumbling Shoals Farm

Now that you have the knowledge to farm, it's time to get the land to farm. Come hear from a skilled attorney who regularly works with folks who want to buy, lease and transfer farmland. You will also hear firsthand the experiences of a young farmer and how she got land to farm.

ANDREW BRANAN was formerly the Executive Director of the NC Farm Transition Network. He is now a private practice attorney with the Wright Law Company and is based in Hillsborough, NC. Andrew is well-versed in farm transfer issues. SHILOH AVERY farms with her husband, Jason Roehrig, at Tumbling Shoals Farm in Millers Creek, NC.

Tools for the Farm EMPIRE A

PRESENTER Daniel Parson, Farmer at Parson Produce

This workshop will cover all the tools you need on a three-acre diversified vegetable farm. The approach mirrors a crop's season of growth from seeding to market, covering the equipment needs and choices along the way. The focus will be on tools that work efficiently, do the job well, and are affordable for the small farm.

DANIEL PARSON has been farming using organic methods since 1998. He now farms at Parson Produce in Clinton, SC. His farming approach involves ecological pest management, cover cropping, and crop rotations to grow a diversity of vegetables, cut flowers, and shiitake mushrooms for farmers' markets, CSA, and local chefs. Daniel has a Master's degree in Plant and Environmental Science from Clemson.

Worms and Vermicomposting EMPIRE D

PRESENTER Rhonda Sherman, Extension Specialist at NC State University

Vermicomposting converts organic wastes into a valuable soil amendment called 'vermicompost' that increases plant growth and yields while preventing plant diseases and pests. Vermicomposting systems are operated worldwide ranging from small-to-large scale. In addition to learning about different approaches to process manure, food scraps and other organics at farms, offices, universities, and other institutions, you will learn how to set up your own worm bin.

RHONDA SHERMAN has been with the Department of Biological and Agricultural Engineering at NC State University for 18 years, providing education and technical assistance on vermicomposting, composting, recycling and waste reduction for people in more than 76 countries. Rhonda is considered one of the leading authorities on vermiculture and vermicomposting, and organizes an annual conference on large-scale vermicomposting that draws participants from all over the world.

Update on the Organic Bread Flour Project

ROYAL B

PRESENTERS Jennifer Lapidus (moderator) of CFSA's Organic Grain Project, Ben Haines of Looking Back Farms, Brent Manning of River Bend Malt, Sean Lilly Wilson of Fullsteam Brewery and Abraham Palmer of Box Turtle Bakery

Come hear an exciting panel discuss the challenges as well as the potential of our burgeoning regional grain economy and CFSA's Organic Grain Project. You will hear from a farmer, miller, malter, brewer and baker. We will discuss the project's collaborative efforts - which go against the "grain" of what were historically adversarial relationships.

JENNIFER LAPIDUS leads CFSA's Organic Grain Project; she is a long-standing baker and now a miller. She lives in Asheville. Ben Haines, a CFSA Board member, farms organic grains at his 350-acre family farm in eastern NC. The family once farmed large-scale conventional, but switched to organic 25 years ago. BRENT MANNING co-owns River Bend Malt, an Asheville company dedicated to locally-sourced malt for brewers (6-row barley). SEAN LILLY WILSON, Fullsteam Brewery's "Chief Executive Optimist," founded and led Pop The Cap and Permit Beer, two beer lobbying organizations that opened up markets for NC's craft brewers. The brewery is in Durham. ABRAHAM PALMER is a home-based baker who specializes in breads from locally-sourced ingredients. He is based in Carrboro and sells at the Carrboro Farmers Market.

Perennial Vegetables for Gardeners and Farmers AUDITORIUM

PRESENTERS Frank Hyman, Garden Coach and Horticulturist

Ever wished your vegetable beds would come up on their own rather than demanding all that clearing, tilling, prepping and planting year in and year out? If sited correctly, perennial vegetables come back every year and for many of them the one thing they do demand is a high price in the market place. We're talking about asparagus, artichokes, rhubarb and other crops that can be grown organically in the south. Handout provided and a free copy of Urban Farm magazine with an article on perennial vegetables.

FRANK HYMAN was an organic farmer in the 80's, has been a garden designer and garden coach since the 90's and in this decade has written for national gardening magazines. He's picked oranges in Spain, strawberries in France and worked for tomato farmers in SC as an IPM scout. He's 50 years old and expects to garden at least another 40 years.

Lessons from a Master Butcher CROWN

PRESENTER Jeff Hadley, Department Head of Culinary Arts/Hotel & Restaurant Management at Wake Technical Community College

Come learn from a master butcher as he demonstrates on a full loin of pork. Jeff will offer tips and tricks, as well as general butchering instruction. He will finish the presentation by making delicious sausage.

JEFF HADLEY is the Head of the Culinary Arts Department at Wake Technical Community College.

Principles of Cob Oven Construction: Hands-on Workshop ROYAL B AND OUTDOORS

PRESENTER Gred Gross, Factotum Services

Learn the principles of design and construction of a cob-based, wood-fired oven. We'll build an oven while discussing the essential aspects of shape, cob-mixing and application, finishing and firing, with some general baking advice thrown in- as much as we can pack into 90 minutes!

GRED GROSS, a longtime member of Celo Community in WNC, has contributed to the hard and soft infrastructure of the South Toe valley. Currently a high school teacher, he spent many years as a builder and handyman, emphasizing sustainable and efficient design, in projects large and small.

Farmers Market Managers and Supporters

EMPIRE A

PRESENTER S. Gary Bullen, Extension Associate at North Carolina State University

Come join this lively, facilitated discussion. Markets are facing challenges these days, including managing and building facilities, enforcing rules, parking, food safety, electronic payments and more. This is a great opportunity to meet new folks and exchange solutions.

S. GARY BULLEN'S work focuses on developing practical educational programs in agribusiness management and marketing. He has developed extension personnel training in finance analysis, marketing, and business development. He has taught numerous business development and marketing classes in Eastern Europe and Africa.

Buyer Beware: Mineral Rights Leasing and Natural Gas Drilling in NC

IMPERIAL I

PRESENTER Jordan Treakle, Mineral Rights Project Coordinator at Rural Advancement Foundation International-USA (RAFI-USA)

Since early 2010, gas companies have been approaching farmers and rural landowners in central NC with mineral rights contracts for future natural gas drilling. This workshop will provide an overview of gas drilling in rural areas and a discussion on financial liabilities in predatory contracts, potential impacts on land and water resources, and steps that can be taken to limit liabilities in mineral rights leases and impacts to land.

JORDAN TREAKLE is a native North Carolinian and works for the RAFI-USA informing landowners about property rights and predatory mineral rights leases as part of RAFI's Contract Agricultural Reform program. Over the past year, Jordan has been working closely with the NC Agricultural Extension Centers, local churches, and community groups to distribute information on mineral rights contracts and the potential impacts of drilling to farmers and rural landowners in NC.

Gathering Roots: Farmers of Color Documentary Project

EMPIRE E

PRESENTERS Tahz Walker of Stone Circles and Justin Robinson, musician

Gathering Roots is a media project to document and record the experiences of farmers of color in North Carolina. It was created by two young African American food growers and activists, Tahz Walker of Stone Circles and Justin Robinson (formerly with the Carolina Chocolate Drops.) The project sends the message that "this is not an idle time to sit and watch the living connection to agriculture and land disappear." Come learn about this exciting project, the wider food justice movement and how documenting and preserving the inspiring stories of the elders in our communities makes a difference.

TAHZ WALKER is an African American farmer who has spent the past seven years working on both small farms and in community gardening and community food settings across the South. Tahz strives to grow food that is healthy and affordable using sound ecological practices. In his work at The Stone House, Tahz stewards overall land use and animal care, and oversees a 2-acre organic farm. JUSTIN ROBINSON is a former member of the Carolina Chocolate Drops, an award-winning African-American bluegrass string band based in Durham. Currently, he is a community activist, farmer and leader of a new band, Justin Robinson and the Mary Annettes.

Workshop E 10:45AM – 12:15PM

Farm Financial Stability: How Do You Know?

EMPIRE B

PRESENTER Scott Marlow, RAFI-USA

For many, farming is a rewarding occupation and a passion. But how do you know if your farm enterprise is going to be financially rewarding? Come learn smart ways to measure, and some special tricks, to make sure you are on track to make it financially. Scott is known for his fun and insightful teaching.

SCOTT MARLOW is acting Executive Director of RAFI-USA and is a noted expert on federal farm policy and a variety of small and medium-size farm issues.

Renewable Energy on the Small Farm

EMPIRE

A

PRESENTERS Sophia Kruszewski and Elena Mihaly of Vermont Law School Institute for Energy & Environment/Agriculture Project and John Bonitz of Southern Alliance for Clean Energy

This practical workshop offers an overview of renewable energy options on a small farm. We will discuss the range of choices from energy efficiency to small-scale renewable energy systems, with information about cost, tax savings and subsidies. Come hear from these very knowledgeable experts.

JOHN BONITZ works with farmers, woodland owners, and others in NC, SC, and TN, providing info about bioenergy. The son of a dairy farmer, John previously worked for RAFI-USA, Piedmont Biofuels, Chatham Marketplace, the National Renewable Energy Lab (NREL) and NC DENR. SOPHIA KRUSZEWSKI has worked for the Center for Food Safety in Washington. She grew up on a small farm in Michigan and has a BS from the University of Michigan. ELENA MIHALY has a BS from Colorado College. She is pursuing a joint JD and Env/Law and Policy at Vermont Law School. She has worked as a teacher and farmer in Vermont, France and South Africa.

Increasing Soil Fertility and Health through Cover Cropping

AUDITORIUM

PRESENTER Julie Grossman, Assistant Professor of Soil Fertility and Management of Organic Cropping Systems, NCSU Soil Science Department

What is the difference between a cover crop and a green manure? How can I use cover crops to help improve my soil? This session will present basic concepts to help you select appropriate cover crops for your farm or garden, and manage them for optimal benefit. We will place special emphasis on nitrogen management, and provide simple tools you can use to improve soil fertility by understanding this critical nutrient cycle. Join NCSU Soil Scientist, Julie Grossman, for this workshop designed to help you grow your soil's fertility.

JULIE GROSSMAN is a soil science faculty member at NC State specializing in soil fertility of organic cropping systems, emphasizing improved management of plant-soil-microbe relationships. Her work explores the ways in which we can better manage plant-soil-microbe relationships to enhance soil fertility in low-input and organic farming systems.

Growing Hops in the Carolinas: What You Need to Know Before You Build a Big Hop Yard **EMPIRE C**

PRESENTER Jeanine Davis, Associate Professor at NC State University

Hop yards are popping up all over the Southeast. With the abundance of craft breweries in the region, farmers think their locally grown hops should be easy to sell. Before you build your hop yard, find out what is involved in growing hops, hear about how the existing yards are doing, see results from the variety trials the Jeanine maintains in eastern and western NC, and learn about organic hop production and marketing issues. This presentation will include lots of photos and practical information.

JEANINE DAVIS runs a research and extension program in western NC dedicated to exploring new crops and optimizing organic practices. Her current efforts are focused on medicinal herbs, hops, and truffles. She is also the co-author of the book "Growing and Marketing Ginseng, Goldenseal, and Other Woodland Medicinals".

Growing Rice in North Carolina **EMPIRE D**

PRESENTERS Jason and Haruka Oatis, Farmers at Edible Earthscapes

Drawing from the inspiration of Masanobu Fukuoka's 'One Straw Revolution', Jason and Haruka will take you on a journey of how they adapted their "do-nothing-farming" approach to build their own rice production in NC. They'll delve deeply into how this approach has transformed every aspect of their farm operation as well as their lifestyle.

JASON AND HARUKA OATIS began farming in Japan in 2001 before moving to Moncure, NC, where they established Edible Earthscapes in 2007. They currently have 5 acres in production and their focus is on growing heirloom, Asian vegetables, herbs and rice.

Chicken Keeping Basics **IMPERIAL I**

PRESENTER Bob Davis, Backyard Chicken Advocate

This presentation will confirm that keeping backyard chickens is both desirable and attainable. Chickens produce eggs, are wonderful pets, and provide an earth connection for their owners. Details of their care will be covered, including housing, feeding, and health.

BOB DAVIS has been keeping backyard chickens for more than 40 years. The chickens have been a relative constant during his unique journey that has included experiences in science education, pharmaceutical research, and field biology.

Pastured Hogs **CROWN**

PRESENTER Silvana Pietrosevoli-Castagni, Research Associate at the Center for Environmental Farming Systems (CEFS), NC State

Pastured pork is more popular than ever - for both health and animal welfare reasons. Come hear about the latest research on pastured pork taking place at CEFS and discuss your options for raising pigs as a part of your sustainable farm. The workshop will include practical tips and information on where things are headed in the future.

SILVANA PIETROSEMOLI-CASTAGNI is a research associate with the Alternative Swine Unit at the Center for Environmental Farming Systems (CEFS) in Goldsboro. Silvana has advanced degrees in animal science from the Universidad del Zulia in Venezuela.

Women Food Businesses Rock! **ROYAL B**

PRESENTERS Marisa Alcorta (moderator) of NCAT, Abi Wilson of Abilicious Bakery, April McGregor of Farmers Daughter, Stevie Schlessman of Stevie's Booch and Tina Prevatte of Farmhand Foods

Join in this lively discussion of young women food entrepreneurs! They will talk about how they got their business ideas, where they are at now and what challenges they faced during the planning and implementation of their business plans. Joining in the conversation will be a gluten-free baker, a kombucha maker, a fermented foods producer and a specialty meats marketer. This session will inspire anyone thinking of starting their own sustainable food venture.

MARISA ALCORTA works in NCAT's California office, where she coordinates efforts to reach out to under-served farmers to take advantage of NCAT and ATTRA's services. She brings expertise on grapes, marketing, soil management, and beginning farmer resources. Marisa received her Master's degree in Horticulture & Agronomy at UC Davis, where she studied viticulture. She has worked on small organic farms, coordinated growers into a marketing cooperative, and helped launch a successful downtown farmers' market in her hometown of Austin, Texas.

Growing and Using Medicinal Herbs **IMPERIAL II**

PRESENTER Ed Fletcher (invited), COO of the Botanicals Division at Strategic Sourcing

Come learn from one of the Carolina's most experienced and knowledgeable herb experts. Ed will talk about what to grow and tips on how to grow them. Ed is a sought-after speaker on herbs on the farm and a frequent presenter on the topic.

ED FLETCHER is Chief Operating Officer of the Botanicals Division of Strategic Sourcing and is based in Blowing Rock, NC. With many years of experience, Ed works directly with growers to produce outstanding plants for the market.

Student-Led Farm and Food Projects: What's Happening at Triangle Colleges and Universities? **EMPIRE E**

PRESENTERS Michelle Schroeder-Moreno (moderator) of NC State, Emily Sloss of Duke Campus Farm, Sarah Acuff of UNC Carolina Campus Community Garden and FLO, Pressly Blackley of NC State Campus Farmers Market and Anna LaBarre of Meredith College

These days, campuses are abuzz and full of student activity promoting food sustainability. Increasingly, young people are taking the initiative to start on and off campus projects with farmers markets, campus dining, and campus gardens and farms. Come join a discussion about student-led projects that are happening at Triangle colleges and universities. Panelists include students from Duke University, Meredith College, UNC and NC State. Bring your questions and advice to share.

DR. SCHROEDER-MORENO directs the Agroecology Minor Program and the Agroecology Concentration in the Plant and Soil Sciences Program at NCSU. Dr. Schroeder-Moreno received her B.S. at UC Irvine in Applied Ecology in 1996 and her Ph.D. in Ecology, with an emphasis on Tropical Ecology, at the University of Miami in 2003. Dr. Schroeder-Moreno advises the student run Campus Farmers Market at NC State and chairs the Education Programs at the Center for Environmental Farming Systems (CEFS).