



35th

Sustainable



Agriculture

Conference

**CAROLINA FARM
STEWARDSHIP ASSOCIATION**

NOV 4-8, 2020

VIRTUAL

CAROLINAFARMSTEWARDS.ORG/SAC

Welcome to the 35th annual Sustainable Agriculture Conference

Welcome to a special edition of the CFSA Sustainable Agriculture Conference!

Without doubt, 2020 has been the most tumultuous year for food, agriculture, and the entire world since the Carolina Farm Stewardship Association was founded back in 1979. And without doubt, the public health and economic crisis of the COVID-19 pandemic has demonstrated the urgent need to create a better food system.

Millions of Americans have gained direct experience and new understanding of the fragile, exploitive nature of our corporate-controlled global food and fiber supply chains. The CFSA community is dedicated to building resilient, just, and nurturing local food ecosystems, and this moment is a once-in-a-generation opportunity for us to put our shared vision into action. We have conceived the program for this year’s Sustainable Agriculture Conference with that opportunity in mind.

Adaptation was an essential theme for food and farming in 2020, and so we have a wide range of sessions on how to adapt your marketing, distribution, production, and food safety practices to the current crisis, and build a more resilient operation in the process. The renewed public awareness of food insecurity, and the broadened understanding of structural racism in our society, have put urban farming and gardening in the spotlight, and you can learn lessons for your community from the urban ag pioneers who are presenting here. Healthy soils and ecological pest management remain the foundation of environmentally sound agriculture, and as usual you will find a wealth of things to learn about how to strengthen your farm’s agroecosystem.

All this comes to you in an innovative web-based format. That is one of the ways that CFSA has had to adapt to the public health realities of COVID-19. In addition to live-streamed workshops, we have a wide variety of interactive virtual opportunities for networking, product demonstration, expert consulting, and stress relief, all available through our conference app. And don’t forget to plug into the social media feed we’ve created just for the conference where you can post photos, comments, and like discussion threads. While the CFSA team will miss shaking hands and breaking bread with you, we are excited to offer this new format for the Sustainable Agriculture Conference designed for our socially-distanced times.

There’s no doubt that organic farmers and local food systems have suffered from the pandemic and its effects. But we have survived by drawing from strengths that are unique to sustainable agriculture systems, strengths that now position us to thrive as the world wakes up to the need to do things differently. Thank you for being a part of this community of people cooperating with each other, and with Nature, to nourish agriculture that is good for plants, good for people, and good for the planet.

Roland McReynolds, CFSA Executive Director



Roland McReynolds
CFSA Executive Director

Table of Contents

Welcome	2
Board of Directors & Staff	3
Conference Details & Explanation of Virtual Platform	4–5
Featured Speakers	6–7
Schedule Grid	8–9
Conference Schedule	11–35
Sponsors	38
Support CFSA	40

CFSA 2020

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A Virtual Conference with Real Learning & Connection

This conference is more than just a series of live-streamed webinars. In a time of social distancing, it offers attendees opportunities for learning, connection, and growth with others near and far. We know nothing can replace the energy, excitement, and enjoyment of an in-person event, which is why we chose a virtual platform that is fun, easy to use, and offers attendees the best possible experience from the comfort of their home.

Recommendations

- ◆ Once you register, **download the app and join the event as soon as you receive your registration confirmation email from us.** Explore the different features and get to know the mobile app and web app prior to the event.
- ◆ Allow the app to send you **“push notifications”** so you will be alerted when something changes.
- ◆ **Mobile vs Desktop?** To get the most out of this conference, we recommend you watch the live-stream workshop sessions on your desktop through the web app—and use your mobile device for chatting with other attendees, posting to discussion boards, and playing the event game. Please note: some features such as connections and chat are not available on the web app.
- ◆ Most importantly: **Plan ahead!** Think of the app as the SAC 2020 hub. While we could get into the nitty gritty of what’s hosted where, just know that all components of the conference—the workshops, breakout sessions, discussion groups, networking, etc.—will be found in the app.

Virtual Conference Community Agreements

As a conference attendee, we ask that you honor these three agreements to ensure this experience is enjoyable, safe, and welcoming to everyone.

Be kind. All participants are encouraged to connect with other attendees, post to discussion boards, use the chat feature, engage in breakout sessions, and get the most out of what the platform has to offer. Offensive, divisive, or profane language is not permitted, and will be removed.


Be patient. This virtual event is new to all of us, including CFSA staff, speakers, and exhibitors. Technical issues may arise, and we ask that you be gracious while we navigate this new landscape. We thank you in advance for your understanding.

- Take 10 minutes and set yourself up in advance by:**
- **Check your browser:** If using the app on a computer, you must use [Chrome](#). Other internet browsers, such as Safari, Firefox, or Internet Explorer, may not work properly or be supported.
 - **Do you have Zoom downloaded on your device?** Various SAC 2020 components will require use of Zoom. While you don’t need a Zoom account, you will need to download it on any device you plan on using to attend SAC 2020.
 - **Yes?** Great, no further action needed.
 - **No?** It’s free and easy to [download](#) onto all devices.
- ◆ Unsure about how the virtual platform will work with your mobile device, computer, or tablet? Join one of our pre-conference **virtual help desk sessions on Wednesday, Nov. 4.** See conference schedule (pages 8–9) for more details.


Be accountable. We are here to learn from & teach others, connect with our peers, and build community around sustainable agriculture and just food systems.. This virtual event is not intended to be a platform to endorse, debate, or promote a certain party, candidate, or political position.


CFSA staff, speakers, attendees, and exhibitors are expected to honor these agreements. CFSA reserves the right to revoke conference platform access if community agreements are broken. Please get in touch with the conference organizers if you have any questions or concerns. Thank you.


App Features


- 


AGENDA This is where you’ll find all workshops, breakout sessions, product demos, and featured speaker presentations. Each session will have a unique live-stream link that you will use to join and watch.


Miss circling which sessions you want to attend? Fear not! In this section you can also create a custom agenda (My Agenda) where you can pre-add sessions and get notifications just before it begins.
- 

ANNOUNCEMENTS We’ll post important conference updates here, including changes in the agenda, additional app features, or ways to make the virtual experience even better.
- 


APP GUIDE This feature offers links to guides about creating your profile, networking, using the web app, and more! Check this out before the conference begins if you have questions about the different app features.
- 


ATTENDEES This is a list of all attendees registered for the conference. You can request to +ADD other attendees to your connections, and once they accept, you can view their profile, start chatting, and schedule meetings.
- 

BOOKSTORE Browse the virtual bookstore and support our independent conference bookseller, Purple Mountain Organics. Check out some great titles related to our workshop lineup, including books by many of our presenters.
- 


EVENT GAME Earn points for checking out speakers, visiting exhibitor booths and sponsor pages, attending demos, and taking part in other fun challenges. Players with the most points will be entered into raffles for gift certificates, seeds, farming tools, and other products and services from our conference sponsors and exhibitors!
- 

EXHIBITORS Stop by the exhibit hall and check out the more than 40 exhibitors for this year’s conference. During designated exhibit hall hours, representatives will be at their booths (ie. in their Zoom rooms) and you can speak to them via live stream.


- 

JOB BOARD Post a job, or let others know you’re interested in finding employment, internships, or apprenticeships. Farmers, food systems workers, service providers, and educators can connect on this message board to find potential candidates or new opportunities.
- 

MARKETPLACE This message board is a place to list or look for new or used farm items for sale. Find a new home for items you no longer need or find a great bargain on equipment, tools, and more from fellow attendees!
- 

PHOTO CONTEST Post your best farm, food, and sustainable ag community photos. Vote for your favorite photos with ♥ Like button. The photos with the most likes at the end of the conference will be entered in a raffle to win one of our sponsor prizes!
- 

SEED EXCHANGE Looking for a special crop variety? Want to share seeds or just talk seeds and varieties? Visit this message board throughout the conference to see what other seed lovers have to offer!
- 

SPEAKERS Check out all of the conference speakers, and which workshops they will be presenting. Read the speaker profiles, find out where they’re from, and request a follow-up if you’d like them to get in touch after the conference.
- 

SPONSORS The conference isn’t possible without the support of our sponsors. Get to know the 2020 sponsors by visiting their sponsor pages. Instantly access their websites and other digital resources and request more information or schedule a meeting with the click of a button!

Featured Speakers

K. Rashid Nuri, Truly Living Well Center | ATLANTA, GA

K. Rashid Nuri is the founder of the Truly Living Well Center for Natural Urban Agriculture (TLW). Since 2006, TLW has become Atlanta's premier urban agricultural organization, growing chemical-free, nutritious food, providing jobs, and educating communities about food, nutrition, and self-sufficiency. Now, as the CEO of The Nuri Group, Rashid is working to expand equitable access to the tools for success in urban centers through education, funding, partnerships, and appropriate regulations for urban agriculture. Rashid is the author of Growing Out Loud: Journey of a Food Revolutionary, which chronicles his journeys, the failing state of the food supply, and offers guidance for the new food movement.

Presenting: *Growing Food, People & Community* | Thursday, Nov. 5, 7-8 PM



Chef Njathi Kabui, Writer, Urban Farmer, Food Activist | APEX, NC

Chef Njathi Kabui is an internationally celebrated organic chef, food strategist, urban farmer and food activist. Born in rural Kenya to a coffee-farmer mother and restaurant-owner father—both of whom took an active role in the Kenyan independence movement—he immigrated to the United States at the age of 20. Njathi earned masters degrees in both medical and urban anthropology at the University of Memphis and a bachelors in political science and philosophy studies at the historically Black LeMoyne-Owen College. He now leverages his rich legacy by sharing his extensive knowledge of farming, culinary skills, and food justice as he travels across America, Europe, and Africa. He is committed to changing the way society views food, justice, and sustainability.

Presenting: *Growing Food, People & Community* | Thursday, Nov. 5, 7-8 PM



Nancy J. Hayden, The Farm Between | JEFFERSONVILLE, VT

Nancy Hayden is a writer, farmer, artist, and former environmental engineering professor. With her husband, John, Nancy has spent the last 25 years transforming their draft horse-powered, organic vegetable and livestock operation into an agroecological, regenerative, biodiverse, organic fruit farm, fruit nursery, and pollinator sanctuary. In their book, Farming on the Wild Side they explain the philosophical and scientific principles that influenced them as they phased out sheep and potatoes and embraced apples, pears, stone fruits, and a wide variety of uncommon berry crops; turned much of their property into a semi-wild state; and adapted their marketing and sales strategies to the new century.

Presenting: *Farming & Gardening on the Wild Side* | Friday, Nov 6, 7-8 PM

Session Sponsor: Chelsea Green Publishing

Germaine Jenkins, Fresh Future Farm | CHARLESTON, SC

Germaine Jenkins is co-founder and CFO (Chief Farm Officer) at Fresh Future Farm in North Charleston, SC After graduating from culinary school, she spent years working in the nonprofit arena and then committed herself to training centered around revitalization of marginalized communities. Germaine went on to earn certification in Commercial Urban Agriculture from Growing Power Inc. in 2014. That same year, she won the inaugural Feeding Innovation Competition, sponsored by SC Community Loan Fund, providing seed capital to start an urban farm and grocery store in the middle of a residential neighborhood. Since 2014, Fresh Future Farm has transformed a vacant city lot into a working urban farm, with an onsite grocery store opening in 2016. Germaine has hosted more than 200 North Charleston students for STEAM (STEM + Art) farm camps and trained more than 100 adults in organic gardening practices. Most importantly, Fresh Future Farm has kept \$300,000 in the community as compensation to under-employed North Charleston residents who were hired and then trained to manage the operation.

Presenting: *When Sustainable Food Systems Aren't Enough* | Saturday, Nov. 7, 7-8 PM



Julius Tillery, BlackCotton | GARYSBURG, NC

Julius Tillery is a native of the Roanoke Valley, North Carolina, and a fifth-generation cotton farmer. He founded BlackCotton in 2016 to honor his roots and promote Black-grown cotton. He leads the BlackCotton team from the headquarters in Garysburg, NC, and oversees all matters related to the business and its opportunities. Julius is the North Carolina state coordinator for the Black Family Land Trust. His career has focused on working as an advocate and resource provider in the North Carolina agriculture and environmental sectors since 2009. Julius currently serves on Southern SARE's Administrative Council and the North Carolina Forestry Advisory Council. Julius can be found anywhere between his farm working on producing crops, on another farmer's farm helping consult with new enterprise development, or in any meeting that is focused on improving the lives of farmers and farming communities across the nation. Julius is a graduate of the University of North Carolina at Chapel Hill with a degree in economics and minor in entrepreneurship.

Presenting: *BlackCotton & the Culture of Small Family Farming* | Sunday, Nov. 8, 7-8 PM

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Day/Time	Wed Nov. 4	Thu Nov. 5	Fri Nov. 6	Sat Nov. 7	Sun Nov. 8
8-9 AM			Morning Yoga with Kate Chambo		
9-10:30 AM	Virtual Help Desk	Food Safety Auditors Q&A (NC & SC) Persistent Herbicides & Compost Tools for Creating Meaningful Finanial Analyses for Diversified Operations Welcome to Sankofa: Bees, Youth, & Justice on the Farm	Foodborne Illness v Non-Foodborne & the Science of COVID-19 Strengthening Farm-to-School Programs Applying for Grants and Cost-Share Funding Wholesale Buyer Info Session		
10:30-11 AM		Visit Our Virtual Exhibit Hall Coffee Break	Visit Our Virtual Exhibit Hall Coffee Break	Visit Our Virtual Exhibit Hall	Visit Our Virtual Exhibit Hall
11AM-12:30 PM	Virtual Help Desk	Online Learning for Beginning Farmers Regulations and Farm Design for Organic Farms What's Bugging You? Biology, Ecology, & Identification of Arthropods Seed Selection & Crop Diversity for a Changing Climate	Building Racial Equity in Beginning Farmer Programs On-Farm Food Safety: Farmer & Farmworker Safety & Best Practices Composting for Waste Management & Soil Building Creating Consumer-Friendly Bulk Meat Sales	Land Access Connections for Graduates of Farmer Training Programs Biodynamic & Regenerative Beekeeping & Holistic Systems Thinking Best Practices for Working With Your Processor Can On-Farm Seed-Saving Add to Your Bottom Line?	Overview of University-Based Farmer Training Programs Cover Cropping Efficiently on Biointensive Farms Growing Tea in the Carolinas Are You Setting Your Farm Employees up for Success?
12:30-1 PM	Break	Break	Break	Break	Break
1-2:30 PM	Virtual Help Desk	Forming a Worker-Owned Cooperative Farm NC Hemp: Pilot Program Update and the Future of Industrial Hemp Roller-Crimped No-Till for Fall Production Black Land Commons, Agrarian Culture & Stewardship	Farmers Markets, Food Justice, & COVID19 Getting to the Root of Mulches Welcoming Visitors & Managing Risks: Agritourism in the Time of COVID-19 E-Commerce Platforms Panel: Growing Your Direct Sales Online	Cost-Effective High Tunnel Options Tomato Man & Patio Farmer Talk Space, Sun, Soil, & Success Farming on Conservation Land Understanding the Coronavirus Food Assistance Program 2 (CFAP 2)	Registering an Agricultural Apprenticeship Program Parenthood on the Farm & Adjusting to the New Normal Medicinal Grazing for the Small Flock Getting Started With Organic Berry Production
2:30-3 PM		Visit Our Virtual Exhibit Hall Johnny's Demo	Visit Our Virtual Exhibit Hall Earth Tools Demo	Visit Our Virtual Exhibit Hall Purple Mountain Demo	Visit Our Virtual Exhibit Hall Best Sanitizers Demo
3-4:30 PM	Family Costume Party	Small-Scale No-Till: Successful Methods, Challenges, & Financials Crowdfunding & Non-Conventional Financing for Farm Businesses Hedgerows for Cut Flowers & Beneficial Habitat Local Farms & Food Assistance	Farmer Training Program Planning & Evaluation - GREW Resources & Applied Lessons Food Councils & Councils of Government Managing Legal Risks When Starting a Farm Business Producer Panel: Making the Most of Online Sales Platforms	Food Access Innovations for Farmer Training Programs Intercropping for Soil Health & Pest Managemenet Digging Deeper Into Soil Test Results Using Social Media and Advanced Digital Tools to Sell Online	So You're Thinking of Starting an Incubator Program? America's Goat Talent Scaling up Pastured Poultry: Grow More Birds More Profitably With Less Time Still Serving: Mobilizing Veterans to Feed America
4:30-5 PM		Visit Our Virtual Exhibit Hall BIPOC Caucus (until 6:30)	Visit Our Virtual Exhibit Hall Managing Stress & Farmer Burnout (until 5:30)	Breakout: Digital Marketing Q&A (until 5:30) Breakout: TBD (until 5:30)	Breakout: Advocating for Ag Policy (until 5:30) Breakout: Parenthood on the Farm (until 5:30)
5-6:30 PM		Welcome from CFSA & Happy Hour (until 6)	Cocktails With the Policy Team	Gardener Happy Hour (until 6:45) Beginning Farmer Happy Hour (until 6:45)	Breakout: Farmer-Veteran Meetup (until 6:45) Breakout: Herbs & Tea Meetup (until 6:45)
6:30-7 PM		Future of the FIELD Network	What Can We Expect for Beginning Farmers Post-Election?	A Discussion on the Future of Beginning Farmer Training	
7-8 PM	Breakout Session: Speed Networking Breakout Session: The Future of Regenerative Agriculture	Featured Speaker: Interview with K. Rashid Nuri & Chef Njathi Kabui: Growing Food, People & Community Future of the FIELD Network (cont.)	Featured Speaker: Presentation by Nancy P. Hayden: Farming & Gardening on the Wild Side What Can We Expect for Beginning Farmers Post-Election? (cont.)	Featured Speaker: Germaine Jenkins: When Sustainable Food Systems Aren't Enough A Discussion on the Future of Beginning Farmer Training (cont.)	Featured Speaker: Julius Tillery: BlackCotton & the Culture of Small Family Farming

Pre-Conference Programming | Wednesday, Nov. 4

Virtual Help Desk | 9-10:30 AM, 11 AM - 12:30 PM, 1-2:30 PM

Have some last-minute questions about the app before you're ready to dive in on Thursday morning? Join one of these virtual sessions within the app, and CFSA staff will do their best to answer questions and walk you through any issues. Staff will also be in the office during this time to answer your questions by phone: (919) 542-2402. *Please note: Given the volume of attendees, these sessions are the best chance to ensure you get the support you need. You may also call the CFSA office for phone support (number above) throughout the conference, 9 AM - 5 PM.*

Costume Party! | 4-5 PM

Do you have a great costume but nowhere to show it off this year? Are your little ghouls and goblins looking for another chance to dress up? Switch into your Halloween masks and join our costume party: We'll play some monster jams, practice our zombie walk, and check out everyone's costumes!

Welcome from CFSA & Happy Hour | 5-6 PM
Join the CFSA staff and board of directors for a brief welcome session, where we'll introduce ourselves, share important updates, and officially kick off the 35th Sustainable Agriculture Conference! The evening will conclude with a virtual happy hour, or you can join one of the themed breakout rooms for topical discussion and networking.



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Conference Schedule | Thursday, Nov. 4 – Sunday, Nov. 8


 **Indicates Field School workshops**
We're delighted to host New Entry Sustainable Farming Project's 9th annual Field School as a special track within the conference. These workshops bring together speakers from universities, organizations, and farms across the country to share information on incubator and apprenticeship programs, land-based farmer training, and beginning farmer resources. All conference attendees are welcome and encouraged to participate in these workshops.

Exhibit Hall | Thursday, Friday, Saturday, Sunday; 10-11:30 AM, 2:30-3 PM, 4-5:30 PM
Attendees are welcome to explore the virtual booths of over 40 exhibitors for this year's conference any time during the event. During the set exhibit hall hours listed above, exhibitors will have a link where attendees can join their private Zoom room to ask questions, learn more about their offerings, and network with service providers, e-commerce experts, tool, supply and seed companies, law firms, and other sustainable ag organizations. (The ads in this brochure are linked to our sponsors and exhibitors webpages, so you can learn more about them before the conference, too!)

The ads throughout this program are clickable--each is linked to the sponsor/exhibitor's corresponding website, so you can learn more about them!

Coffee Breaks | Thursday, Friday; 10:30-11 AM
Some of the best moments of an in-person event are the times between sessions when you can catch up with a friend, chat with a colleague, or make a new acquaintance. If happy hours aren't your thing, or if you're looking for some morning networking, join one of these short breakout sessions and connect with fellow attendees!
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Product Demos

What's New at Johnny's? | Thursday; 2:30-3 PM
Johnny's Selected Seeds

Johnny's is here for farmers in the Carolinas to provide superior seeds, tools, information, and service. Join as they discuss new products to be featured in their 2021 catalog. Attendees that produce at all scales are welcome—just for family and friends, a CSA, farmers market, wholesale distribution—as there's something for everyone.

Tools and Equipment for Small-Scale Market Farming | Friday; 2:30-3 PM
Earth Tools

Have a market garden that is too large for just hand tools, too small for a four-wheel tractor, and those cheap lawn and garden tillers just fall apart? Enter walk-behind tractors: equipment actually made to farm a small acreage and last. They'll also hit some highlights on the top-quality hand gardening tools that Earth Tools offers.

Useful Tools for the Farm and Garden | Saturday; 2:30-3 PM
Purple Mountain Organics

This session will review the most useful hand tools and equipment to run an efficient, sustainable vegetable farming operation. With a consideration of ergonomics and usability, the presenters will review different types of sowing, cultivating, and harvesting tools and equipment they have available for the small-scale, sustainable farmer.

Reduce Cross-Contamination from Footwear | Sunday; 2:30-3 PM
Best Sanitizers, Inc.

The new HACCP SmartStep2™ Dual Footwear Sanitizing Unit is a foot-operated system that requires no electricity, and uses compressed air to deliver an atomized spray of Alpet® D2 Surface Sanitizer and Alpet® D2 Quat-Free Surface Sanitizer to the bottom of footwear soles. Each application provides ample coverage to footwear soles, yet uses only 0.4 ounces of product (0.2 oz per boot) which minimizes product waste and improves moisture control. Collection basin is easily accessed for cleaning.

Thursday, Nov. 5 | 9 – 10:30 AM

Welcome to Sankofa: Bees, Youth, & Justice on the Farm
Kamal Bell (Sankofa Farms)

Just as bees are a vital part of a farm's ecosystem, justice and equity are vital to a healthy food system. Participants will hear how these all come together at Sankofa Farms Agricultural Academy, which provides agricultural education opportunities to youth in Durham, NC. Attendees will be introduced to all of the equipment needed to start their own hive, and are encouraged to bring questions about beekeeping and how to get youth involved in agriculture.
Session Sponsor: Whole Foods Market

Tools for Creating Meaningful Financial Analyses for Diversified Operations
Kathleen Liang (CEFS), Bruce Fowler (University of Missouri), DelRay Lecy (Central Lakes College)

This workshop focuses on assisting farmers to create, maintain, and update a set of meaningful financial analyses for non-commercial, organic, diversified, and mixed-scale operations. It will detail how to use simple procedures to create meaningful financial records and analysis that will respond to planning, preparation, and projection under normal or uncertain market scenarios. The presenters will share tools, samples, and experiences in supporting others, and will provide examples from the CEFS Small Farm Unit.
Session Sponsor: Farm Credit Associations of NC

Food Safety Auditors Q&A (NC & SC)
Chloe Johnson & Kim Butz (CFSA); Vincent Wyche (NCDA&CS); Matt Burleson (SCDA)

CFSA's Produce Safety Team has gathered senior auditors from North and South Carolina to answer food safety audit questions! This is a rare opportunity to hear directly from the source about the food safety implications of on-farm practices. The session will open with auditors discussing the most common problems they see on farms and follow with Q&A. CFSA's GAP consultants will add their insights from the field. Have a new harvest practice but aren't sure how an auditor would score it on a GAP audit? Wondering what auditors expect in light of COVID-19? Unsure about using that old wooden table in your packhouse? Questions are welcome!
Session Sponsor: Best Sanitizers, Inc.

Persistent Herbicides & Compost
MODERATED BY Jared Cates (CFSA)
PANELISTS Lior Vered (Toxic Free NC), Gary Gittere (McGill Composting, NC Composting Council), Cary Oshen (US Composting Council), Sydney Ross (NCDA Pesticide Division), Joanne Andrews (Gardener)

Gardeners and growers in various areas of North Carolina experienced plant damage, crop losses, and high levels of frustration this spring, as a result of compost tainted by persistent herbicide chemicals. The contamination was caused by an herbicide in the phenoxy herbicide family, which is classified as a persistent herbicide that can stay active in soils with high levels of organic matter for several years. These chemicals have been a decades-old issue for the composting industry, and create challenges throughout the US. Join this panel discussion to gain a stronger understanding of the effects of persistent herbicides on compost, plants, and crops, the regulatory environment that exists around them, and the challenges faced by the compost industry in mitigating the negative effects of these herbicides for consumers. The panel will discuss efforts underway by composters, the US Composting Council, and state agencies to shift federal regulatory policy in hopes of creating higher awareness of the impact of these chemicals on the compost industry and consumers.
Session Sponsor: 4G Soil Restoration LLC



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Thursday, Nov. 5 | 11 AM-12:30 PM

Regulations and Farm Design for Organic Farms

Gena Moore & Mark Dempsey (Carolina Farm Stewardship Association)

Organic and sustainable production faces many challenges but setting up (or modifying a farm) with organic recommendations in mind can increase production while mitigating common farming challenges. Join this session to better understand organic production recommendations and how to create an effective farming ecosystem.

Session Sponsor: NC SARE

Online Learning for Beginning Farmers

Bo Dennis (MOFGA), Kevin Cody (New Entry Sustainable Farming Project & Tufts University), Leah Ricci (Quivira Coalition)

How did your program adapt to and implement online learning this year to replace or supplement in-person instruction? What worked well and what didn't? Join agricultural education organizations to discuss adaptations to online learning to support beginning farmers. The workshop will include case study examples from the New Entry Sustainable Farming Project and the Maine Organic Farmers and Gardeners Association. Tools will be used throughout the workshop, including polls and breakout rooms, to create discussion spaces and practice some of the techniques of successful online learning. Topics will include the integration of experiential learning, tools and technologies, what worked, sharing resources, building social connections, equity in online facilitation, goals of online learning, as well as synchronous and asynchronous learning.

Session Sponsor: Santa Fe

What's Bugging You? Biology, Ecology, and Identification of Arthropods

Kaitlin Campbell, University of North Carolina at Pembroke

In this interactive workshop, participants will discover the diversity and function of arthropods (insects, spiders, mites, millipedes, etc.). Basic identification tools will be discussed to help attendees understand the major players on farms and in gardens for better pest management and promotion of beneficial insects.

Seed Selection & Crop Diversity for a Changing Climate

Chris Smith (Utopian Seed Project)

This workshop will dig into the reasons and opportunities for exploring and expanding variety and crop diversity on the farm and in the garden. The session will cover basic variety trials, seed selection for variety improvement, and some of the experimental crops taking place at The Utopian Seed Project. All of these activities can help build climate resilience while offering offer unique stories and marketing opportunities.

Session Sponsor: Sow True Seed



Forming a Worker-Owned Cooperative Farm ✍️
Narendra Varma (Our Table Cooperative), Gianna Banducci, (California Center for Cooperative Development), Matt Gordon (Rogue Farm Corps)

This session will review the nuts & bolts of starting and running a worker-owned cooperative farm. The workshop will cover the process of forming a cooperative, with firsthand experience from an existing worker coop farm. Bring questions as there will be plenty of time for Q&A.
Session Sponsor: Organic Valley/CROPP Cooperative

NC Hemp: Pilot Program Update and the Future of Industrial Hemp
Marne Coit (NC State University)

Under the USDA's Interim Final Rule the industrial hemp pilot program in NC is set to expire at the end of October 2020. By the beginning of November, there will be important legal updates for growers in NC who want to get a license to grow hemp, as well as other relevant regulations around testing, such as disposal of crops that test hot. This presentation will provide these updates as well as time for Q&A.
Session Sponsor: Banner Greenhouses

Roller-Crimped No-Till for Fall Production
Shawn Jadrnicek & Rachel Klein (Wild Hope Farm)

In sustainable, organic vegetable systems, cover crops provide several benefits to the producer—such as preventing erosion, reducing water usage, increasing fertility, and improving the biological and physical properties of the soil. Additionally, cover crops terminated with the roller-crimper produce mulch for the following cash crop and can also provide a significant labor reduction for the farmer. At Wild Hope Farm, currently 50% of the production is done in fall-planted rye and clover, terminated for a late spring planting. Most research in this area has focused on fall-planted cover crops, leaving little information about summer cover and prompting further investigation. Join this workshop as the presenters walk through the findings of their Southern SARE grant to investigate the best mix of summer cover crops that can be killed with a roller-crimper, prior to fall broccoli production.
Session Sponsor: Johnny's Selected Seeds

Black Land Commons, Agrarian Culture & Stewardship
Savi Horne (Land Loss Prevention Project), Tahz Walker (RAFI-USA Farmers of Color Network)

This workshop will address the Black land commons movement and recent developments taking place nationally, regionally, and within NC. The session will also provide farm bill implementation updates concerning heir property; and inspect the critical intersection of self-determination and sovereignty in food and land. Attendees will explore the genesis, development, and successes of the people of color-led Earthseed Land Collective located in Durham County.

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Small-Scale No-Till: Successful Methods, Challenges & Financials
Mark Dempsey (CFSA), Howard Allen (Faithfull Farms), Mary Carroll Dodd (Red Scout Farm)

With stories from two farmers practicing no-till and low-till techniques—and results from field research conducted by CFSA—this workshop will cover a range of no-till techniques, what's worked well and what hasn't, as well as discussion of the tradeoffs and a financial comparison among methods.
Session Sponsor: Earth Tools

Crowdfunding & Non-Conventional Financing for Farm Businesses
Aaron Newton (Steward), Gena Moore (CFSA), Mason Walker (East Fork Cultivars); Carol Peppe Hewitt (Slow Money NC); Rebecca Tarlton (Carolina Farm Credit), Jillian & Ross Mickens (Open Door Farm)

This session will offer alternative ways to secure farm land or capital without getting a conventional bank loan. Learn about new crowdfunding strategies that create mutually beneficial relationships between sustainable farmers and responsible investors. Hear about Carolina Farm Credit and FSA options as well as collaborative efforts between these organizations.
Session Sponsor: Santa Fe

Hedgerows for Cut Flowers & Beneficial Habitat
Renee Clayton (Wild Scallions Farm)

This presentation covers why growers of all scales should include perennial flower and foliage hedgerows, whether a single flower is ever harvested or not. Using examples from the presenter's 10 years of experience growing cut flowers and vegetables, this workshop will include an overview of how to create a stable farm ecosystem with diversified plantings, supporting beneficial insects, and providing beautiful flowers for farms or gardens.
Session Sponsor: SC SARE

Local Farms & Food Assistance
MODERATED BY Nick Wood (CFSA)
PANELISTS Simone Benz (Sustainable Foods System), Lindsey Haynes-Maslow (NC State Extension), Emily Hunt (Food Bank of ECNC), Cydni Patterson (South Durham Farmers Market)

The economic disruptions caused by the COVID-19 pandemic dramatically increased demand at food banks, and in the Supplemental Nutrition Assistance Program (SNAP). At the same time, farms and other local food businesses are struggling to stay in business. This workshop will explore ways to increase the amount of local food available in food pantries, as well as examine ways to increase the use of SNAP benefits at farms, farmers markets, and online.
Session Sponsor: Blue Cross and Blue Shield of North Carolina Foundation



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Thursday, Nov. 5 | Evening Programming

BIPOC Caucus | 4:30-6:30 PM
This facilitated gathering is for attendees who identify as Black, Indigenous, and People of Color. The session welcomes all BIPOC conference participants, including attendees, speakers, sponsors, and exhibitors. Community organizer, farmer, and faith leader LaShauna Austria, will moderate the discussion.

Future of the FIELD Network | 6:30-8 PM
The New Entry Sustainable Farming Project has operated the NIFTI (National Incubator Farm Training Initiative) for the past nine years; the Ag Apprenticeship Learning Network (AgALN) has operated for the past four years. The two networks focus on supporting professional development and training for agricultural service providers who operate land-based training programs. New Entry and a leadership team of incubator and apprenticeship programs have convened over the past year to converge the two “land-based training networks.” Come learn about the future of the networks and the new name! This session will describe plans and goals for the network and seeks input, involvement, and suggestions from participants!



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Growing Food, People, & Community | 7-8 PM
K. Rashid Nuri (Truly Living Well Center) & Chef Njathi Kabui

In a conversation with Chef Njathi Kabui, K. Rashid Nuri talks about the power of small farms and urban agriculture to improve the future of the world’s food production, improve health outcomes, and build strong communities. Addressing issues about equity, justice, and diversity are equally imperative as growing food that builds strong minds and bodies. Mr. Nuri will draw from his new book, *Growing Out Loud: Journey of a Food Revolutionary*, that brings history and guidance to a new generation of food revolutionaries, providing keys to growing food naturally and organically, connecting communities, and creating local food economies.

Session Sponsor: Morning Ag Clips

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Friday, Nov. 6 | 8-9 AM

Morning Yoga
Whether you’re headed to the field or the virtual classroom, start the day off with some deep breathing and stretches to get your body ready for the day ahead. Yoga instructor and former farmer, Katie Chambo, will lead this hour-long session for participants of all experience levels.

Friday, Nov. 6 | 9-10:30 AM

Foodborne Illness v Non-Foodborne & the Science of COVID-19
Chloe Johnson & Kim Butz (CFSA), Ben Chapman, Chip Simmons, Chris Gunter & Elena Rogers (NC State University), Byron Chavez (Nebraska Extension), Michelle Danyulak (University of Florida), Don Schaffner (Rutgers University)

Understanding of SARS-CoV-2, the virus that causes COVID-19, continues to evolve. In this workshop, scientists and food safety experts explain their best understanding of the virus so that farmers can make the best decisions about how to respond to it on the farm and in daily life. Questions addressed in this session include: What about the structure of SARS-CoV-2 makes it different from foodborne illnesses; What messaging to consumers has worked; How to improve communication strategies about COVID-19 policies; What does the most recent research say about the virus and the possibility of overcoming it?

Strengthening Farm-to-School Programs
MODERATED BY Nick Wood (CFSA)
PANELISTS Heather Barnes (NCDA&CS), Tracey Bates (NC Dept of Public Instruction), Elle Evans Peterson (NC PTA), Morgan Wittman Gramann (Alliance for Health)

Access to healthy, nutritious food is crucial to the well-being and performance of students in the school system. It’s also crucial in increasing the amount of locally-grown food served in school cafeterias. This discussion features panelists from state agencies, parent organizations, and health advocates who will discuss the current landscape and how to move forward to strengthen farm-to-school programs.

Session Sponsor: Whole Foods Market

Applying for Grants and Cost-Share Funding
Gena Moore (CFSA), Ben Street (Street Fare Farm), Jackie Miller (Cooperative Extension), Diana Irizarry (NRCS), John Beck (SWCD), Kyle Player (SCDA)

Grant programs and cost-share funding can be a great opportunity to support conservation measures on the farm, complete new projects, or enhance current production. In this workshop, panelists will discuss cost-share opportunities and grants available for farms in North and South Carolina and how these programs could benefit farmers. It will also discuss how to apply for the grant and cost-share programs, carry out, and complete projects per contract or grant specifications.

Session Sponsor: Santa Fe

Wholesale Buyer Information Session
MODERATED BY Karen McSwain (CFSA)

This session is an opportunity for growers who are interested in selling wholesale to hear from local and regional purchasers, ask questions, and network. Wholesalers who are attendees of the conference are invited to share more about their purchasing requirements, necessary certifications, and current needs from growers.

**Wholesale buyers who would like to present, please email marybeth@carolinafarmstewards.org before Friday, Oct. 30 for more information about participating.*

Building Racial Equity in Beginning Farmer Programs

Caitlin Arnold Stephano (National Young Farmers Coalition), Dave Llewellyn (Glynwood Center for Regional Food & Farming), Elizabeth Gabriel (Groundswell Center), Leah Ricci (Quivira), Sarah Sohn (CASA Future Harvest)

This spring, the National Young Farmers Coalition published a Young Farmer’s Racial Equity Toolkit. Join to learn about strategies for acknowledging systems of oppression as well as how to address racial equity and work toward becoming an anti-racist beginning farmer training program. Hear from a panel of organizations about their journey integrating racial equity in their organizations and programs.
Session Sponsor: CCOF Certification Services

On-Farm Food Safety: Farmer & Farmworker Safety & Best Practices

Chloe Johnson & Kim Butz (CFSA), Elena Rogers & Lynette Johnston (NC State University), Robin Tutor (Agromedicine Institute) Chad Carter & Zack Snipes (Clemson University)

As a follow up to the technical explanation on the structure and implications of this novel coronavirus, a collection of experts from North and South Carolina will discuss on-farm innovations that have successfully addressed the threat of COVID-19. What new practices should farmers adopt on-farm in order to keep employees safe? What is the difference between cleaning, sanitation, and disinfection? What have other farmers done in response to COVID-19 from a worker health perspective? Come to the workshop with recommendations for what has worked or questions about health and hygiene!
Session Sponsor: Waters Agricultural Laboratories, Inc



Composting for Waste Management & Soil Building

Julie Moore (NC Composting Council), Muriel Williman (City of Durham), Margaret Ross (NC State Extension), Adam Schwartz (Dirtcraft Organics)

This session is conducted by the NC Composting Council and will present the nuts and bolts of composting farm residuals on small- and large-scale farms. Information to cover includes starting a compost pile, management while the material is degrading and curing, and how to use finished compost to enrich soils and manage wastewater. This session puts special emphasis on composting farm mortalities and how to manage carcasses after unintended losses.
Session Sponsor: SC SARE

Creating Consumer-Friendly Bulk Meat Sales

Matt LeRoux (Cornell Extension/NC Choices)

COVID-19 created a challenging situation for conventional livestock markets and processors. Along with this challenge, farms are presented a unique opportunity to market meat directly to consumers. This workshop is designed to equip the producer with clear and simple steps towards making bulk meat sales, such as quarters, halves, and mixed-cut bundles. Presenters will cover “how to” tips to help producers get started quickly and address the characteristics of the “crisis consumer.” This workshop covers understanding the consumer, pricing, product formats, and reaching consumers.
Session Sponsor: Center for Environmental Farming Systems (CEFS)

Farmers Markets, Food Justice & COVID-19

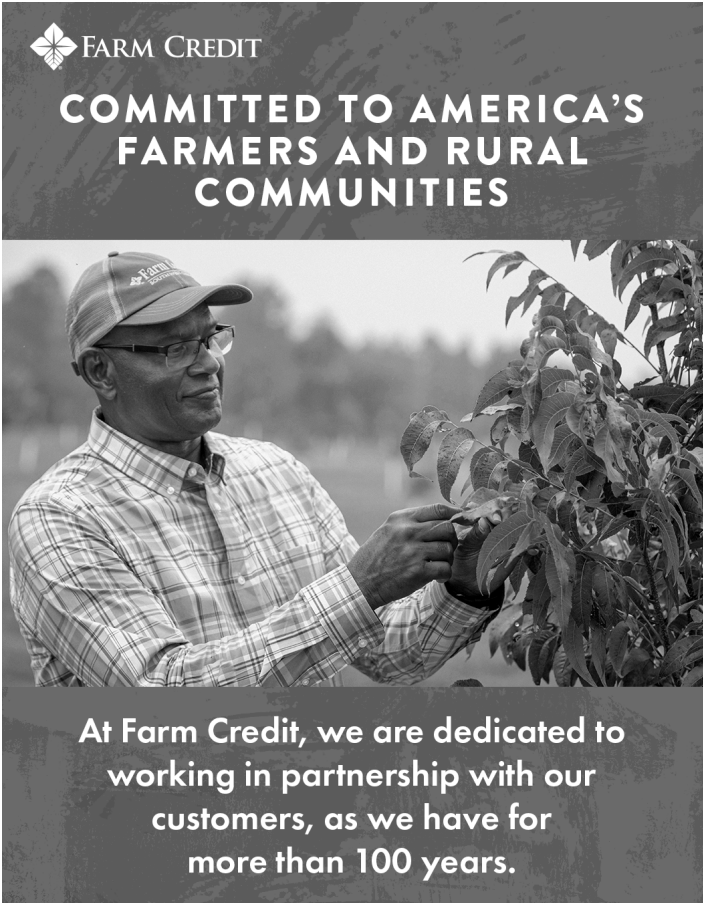
MODERATED BY Claire McLendon (CFSA)
PANELISTS April Jones (Pinehurst Farmers Market); Crystal Taylor (Black Farmers Market); Maggie Funkhouser (Carrboro Farmers Market)

This panel will discuss how farmers markets are engaging with current systemic struggles, including the COVID-19 pandemic and the broader context of food justice and food apartheid.
Session Sponsor: Weaver Street Market

Getting to the Root of Mulches

Nathan Wheeler (RavenRidge Family Farm)

Organic mulch, whether green or brown, is a key element in any regenerative farming system. There are many options when it comes to mulches and increasing organic matter using living and dead mulches is a time and resource intensive component of growing healthy soil. This workshop will discuss a variety of options for mulching and some of the considerations for which approach to use when—and dive into the biology of mulches because, ultimately, it is the biology of the soil which does the heavy lifting in building more of it.



Welcoming Visitors & Managing Risks: Agritourism in the Time of COVID-19

Jane Sayers & Darin Knapp (RambleRill Farm), Cindy Stubbs (Firefly Farm), Annie Baggett (NCDA)

This workshop is for farmers seeking to initiate, expand, or adapt agritourism offerings to provide visitors with safe, enjoyable farm experiences during COVID-19. The latest information on best practices for welcoming visitors to the farm while managing risks will be reviewed. Representatives from two farms will share their challenges and successes in adapting their agritourism offerings in response to COVID-19. Workshop participants will map plans for managing potential COVID-19 scenarios that affect agritourism operations.

ECommerce Platforms Panel: Growing Your Direct Sales Online

MODERATED BY Hannah Dankbar (NC State Extension) & Janine Parker Woods (Virginia State University Extension)
PANELISTS Lee Menius (NC Choices); James Maiaocco (Barn2Door); Heidi Anderson (The Farm Board); Mike Meytin (1000EcoFarms)

E-commerce platforms can help manage online sales, inventory, and marketing. These platforms can make it easier for producers to make contactless sales and keep track of where and how to make deliveries, which has become especially important for farmers selling direct-to-consumer. This panel will feature representatives of a few online platforms and cover different e-commerce options to consider before signing up.



Farmer Training Program Planning and Evaluation: GREW Resources and Applied Lessons

Jennifer Hashley & Kevin Cody (New Entry Sustainable Farming Project); Clare Rieseman, Jan Perez & Leigh Gaymon-Jones (Center for Agroecology & Sustainable Food Systems, UC-Santa Cruz); Elizabeth Cooper (Tufts)

In this session, presenters will share helpful tools for the important but often overwhelming processes of program planning and evaluation for apprenticeship and incubator programs. Jan Perez from the Gaining Results through Evaluation Work (GREW) will present tools that can help guide and shape both the planning and evaluation processes. Leigh Gaymon-Jones and Clare Riesman from CASFS will share their experiences using these tools for developing a revised apprenticeship program and Jennifer Hashley and Kevin Cody from New Entry will review their new outcomes evaluation design process to track and evaluate their incubator participants over New Entry's 20-year program history.

Food Councils and Councils of Government

MODERATED BY Jared Cates (CFSA) and Gini Knight (Community Food Strategies)
PANELISTS Russ Harris (Southwestern Commission), Lucette Mercer (Kerr Tar Council of Government, Green Rural Redevelopment), Jennifer Bedrosian (Piedmont Triad Regional Council), Gregory Sprouse (Central Midland Councils of Government)

The inequities and failed infrastructure of our current food system have highlighted opportunities for increased collaboration, leveraged resources, and deeper partnerships. Councils of Governments (COGs) are promoting local food and agriculture as economic drivers and supporting community-led food councils as experts and voices from the community in food-related issues. There are more than 41 local food councils and two regional councils working across NC and SC to impact equitable policy and program changes. Regional COGs serve their member local municipal and county governments through state programs, economic development, GIS planning, grants, and other services and can serve as regional hubs for food councils. Join this session to learn how food councils and COGs are working together to create community-centered food systems.
Session Sponsor: Blue Cross and Blue Shield of North Carolina Foundation

Managing Legal Risks When Starting a Farm Business

Eva Moss (Farm Commons)

This presentation will cover key action steps for starting a farm business during COVID-19, including setting up a farm's business structure for success, navigating the dual value insurance provides, and essential employment law considerations.

Session Sponsor: Cedar Grove Law

Producer Panel: Making the Most of Online Sales Platforms

MODERATED BY Hannah Dankbar (NCSU Extension); Janine Parker Woods (Virginia State University Extension);
PANELISTS Jessica Evans (Evans Family Farm); Stephanie Frisbee (Hopeful Acres Farm); Kyle Stenersen (Humble Roots Farm); Judith Lessler (Harland's Creek Farm)

As a follow-up to the e-commerce platforms workshop, this session will provide attendees with an evaluation of different e-commerce platforms from the farmer's perspective. Hear from four farmers who use various online sales platforms, about how their use of the platform has changed through the pandemic. and their recommendations for choosing the best sales platform for a variety of operations.

Session Sponsor: Gowan Company



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Managing Stress & Farmer Burnout | 4:30-5:30 PM

What strategies, resources, and daily practices help farmers through the seasons? What are ways farmers can take care of themselves during challenging times? How can producers find a work-life balance when farming is a way of life? Join farmers Vera Fabian (Ten Mothers Farm) and Davon Goodwin (O.T.L. Farms) as they address these questions, share their own strategies and experiences, and facilitate an honest discussion with session attendees. Come with questions and strategies to share!

Cocktails With the Policy Team | 5-6:30 PM

Join CFSA's Policy Team as they discuss some of the most pressing state and national policy issues affecting food and farming in the Carolinas—including COVID-19, climate, meat processing, rural broadband, food safety, hemp, tainted compost and addressing food insecurity and hunger. Policy Team staff will host breakout rooms for NC policy, SC policy, and local policy, so bring a favorite cocktail, mocktail, or beverage of choice, as well as any questions!

What Can We Expect for Beginning Farmers Post-Election? | 6:30-8 PM

Wes King (National Sustainable Agriculture Coalition)

Based on the outcome of the election, what will the future of agriculture policy look like for the next four years? What are key issues beginning farmer training programs should be advocating for in the future administration? How can the sustainable agriculture community plan now to influence the 2023 Farm Bill? Join this workshop for an interactive discussion and analysis on the key issues and what organizations can do to garner support for their beginning farmer programs.

Farming & Gardening on the Wild Side | 7-8 PM

Nancy J. Hayden (The Farm Between)

Nancy Hayden, co-creator of The Farm Between and co-author of Farming on the Wild Side: The Evolution of a Regenerative Organic Farm and Nursery will talk about the evolution of farming practices and philosophies. Nancy will share information on how to add pollinator and bird habitat, manage pests, soak up and use carbon for soil fertility, improve water quality, and enjoy the fruits of one's labor from whatever size parcel of land that they steward.
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Saturday, Nov. 7 | 11 AM-12:30 PM

Land Access Connections: Exploring Alternative Land Tenure Arrangements for Graduates of Farmer Training Programs

Benneth Phelps (Dirt Capital Partners), Moses Momanyi (Dawn2Dusk Farm), Will O'Meara (Land for Good), David Harper (Agrarian Common)

Finding farmland is a significant challenge for incubator farmers and apprentices transitioning from training programs to independent operations. This panel discussion will share examples of alternative land tenure models for farmland access and ways to connect trainees to opportunities.

Can On-Farm Seed Saving Add to Your Bottom Line?

Ira Wallace (Southern Exposure Seed Exchange), Debbie Piesen (Living Energy Farm)

With the increase in demand for organic and sustainably-grown seeds in 2020, many farms are considering growing seeds for on-farm use or sale to small- and medium-sized side companies. Participants will learn about basic seed saving and gain a foundation for how to pursue, negotiate, and deliver on seed contracts.

Session Sponsor: Southern Exposure Seed Exchange

Biodynamic and Regenerative Beekeeping and Holistic Systems Thinking

Alice Hinman (Apiopolis)

This workshop will introduce attendees to biodynamic beekeeping standards as a minimum for care. Innovations in regenerative honeybee stewardship practices informed by natural colony behaviors will be covered as well as Apiopolis' holistic approach to honeybee support and systems thinking.

Best Practices for Working With Your Processor

Patrick Robinette (MicroSummit Processors, Harris-Robinette Beef), Brock Phillips (Carolina Lamb)

Since the onset of the pandemic, demand for local meat products has grown exponentially, putting extra strain on processors and causing bottlenecks and disruptions in the local meat supply chain. This workshop will discuss best practices for doing business with your local meat processor, including scheduling, drop-off and pickup, filling out cutsheets, and how processors have adapted since the pandemic.

Session Sponsor: NC SARE



Cost-Effective High Tunnel Options

Gena Moore (CFSA), Aaron Moore (NC State Cooperative Extension)

Many farms are experiencing new opportunities to serve their local consumers and food system with increased need for healthy, local produce. High tunnels can offer increased productivity, but in some cases, also require a big investment of finances and time needed for construction. There are many cost effective and quick high tunnel construction options that help minimize the upfront investment while providing similar growing opportunities. Join high tunnel experts as they talk about cost-effective high tunnel options that can be quickly constructed, helping farmers get back to what they do best: growing healthy food. **Session Sponsor: Atlas Greenhouse**

Tomato Man & Patio Farmer Talk Space, Sun, Soil and Success

Craig LeHoullier (NC Tomato Man), Erin Hostetler (The Patio Farmer)

Growing food at home? Short on space or sun? Whether a seasoned grower or a novice green thumb, this workshop will help attendees maximize growing space. Techniques and considerations for straw bale gardening, container growing (for balconies, decks, patios, etc.), and backyard raised beds will be covered. There will also be updates and learnings from Craig's well-known (and followed) dwarf tomato project. Bring plenty of Q's for A's! **Session Sponsor: Sow True Seed**

Farming on Conservation Land

Eliza Lawdley (Triangle Land Conservancy), Jake Newbold (Newbold Farm), EB Brown (Leaf & Limb)

Partnering with land conservancies is one way farmers are accessing land for their operations, while also ensuring the continued protection and stewardship of the property. Many farmers are also recognizing the economic and environmental benefits of putting their farmland into agricultural conservation easements and protecting their property's natural resources for generations to come. This workshop will discuss how Triangle Land Conservancy works with farmers at the Williamson Preserve, a 405-acre nature preserve, that includes an agroforestry plant nursery and rotationally-grazed cattle. Hear firsthand accounts from farmers using conservation land for their operation. Attendees are encouraged to bring questions about working with land conservancies for their own operations. **Session Sponsor: Land Stewardship Consulting**

Understanding the Coronavirus Food Assistance Program 2 (CFAP 2)

Stephen Carpenter & Lindsay Kuehn (Farmers' Legal Action Group)

On September 21, the USDA announced a new round of relief payments to farmers under the Coronavirus Food Assistance Program (CFAP 2), including payments to some farms based on their 2019 revenues instead of their volume of crop production. The deadline for applications is December 11, 2020, though farmers are encouraged to apply before the deadline. This session is for farmers interested in applying to the program.



IMPROVING QUALITY OF LIFE FOR FARMERS, RANCHERS, AND FARMWORKERS WITH DISABILITIES

NC AgrAbility works in collaboration with organizations and institutions across the state to help eliminate or minimize obstacles that limit independence and productivity in agriculture-related occupations and daily life. We welcome experienced as well as new or beginning farmers and provide assistance, referrals, and resources to those affected by mental or cognitive disabilities, physical disabilities, or disabilities related to aging or chronic illnesses such as arthritis.

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IMPROVING GROWTH WITH SCIENCE AND TECHNOLOGY

Saturday, Nov. 7 | 3-4:30 PM

Food Access Innovations for Farmer Training Programs

Clare Riesman (UC Santa Cruz); Lana Dominguez & Semra Fetahovic (Cultivate KC); Zachary Couture (Lutheran Services in Iowa); Brittany Calendo, Paul Krysik, Ketaurah James (Windy City Harvest)

Equitable access to fresh, locally grown fruits and vegetables is a key component of good health. COVID-19 lifted the veil on the health disparities and healthy food access needs in vulnerable communities. Learn from several programs about how they are responding to this need through mutually beneficial food access partnerships and how to leverage these markets to connect beginning farmers to new distribution channels.

Session Sponsor: NC SARE

Intercropping for Soil Health and Pest Management

Nathan Vanette (Growing Green Family Farm)

Crop interplanting can help reduce the need for pesticides while increasing the biodiversity of insects and pollinators on a farm. This workshop will discuss different practical crop combinations that help to bring balance to the ecosystem without using pesticides and enabling multiple harvests from the same growing area as well as building soil health.

Session Sponsor: SC SARE

Digging Deeper Into Soil Test Results

Amy Poirier (Backside Farms, Mitchell Community College)

Taking a soil test is the first step toward understanding which nutrients are present or lacking in soil, and what might be needed for optimum plant growth and yield. This workshop will look at the results of the soil parameters for three different soil tests—NCDA, Haney, and Cornell—including macro and micronutrients, other characteristics including organic matter, soil pH, salinity and cation exchange capacity, as well as how to make sense of the results and recommendations.

Session Sponsor: USDA Natural Resources Conservation Service

Using Social Media and Advanced Digital Tools to Sell Online

Casey Roe (Casey Roe Marketing)

This workshop focuses on how to bring customers to an online store and keep them coming back! The session will kick off discussing Instagram, Facebook, and Google Business, including how to create a great Instagram story, launch low-cost Facebook ads, and post on Google Business. From there, the speaker will review next-level tech tools that businesses use to sell more online (e.g., Search Engine Optimization, subscription software, loyalty programs, text communication, and Instagram Shopping). While time and money may be limiting factors for farm businesses, one or two of these advanced tools may be what is needed to boost sales. Questions and discussion are welcome!

Session Sponsor: Barn2Door



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To learn more, visit the North Carolina NRCS on the web at www.NC.NRCS.USDA.GOV.

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Saturday, Nov. 7 | Evening Programming

Happy Hour & Breakout Rooms | 5-6:30 PM

Join one of the several topical breakout rooms for lively discussion and networking, or join a general session with other attendees for a conference happy hour.

Sponsored By: Farm Credit

A Discussion on the Future of Beginning Farmer Training | 6:30-8 PM

Jennifer Hashley (New Entry), Beth LaShell (Old Fort), Leah Ricci (Quivira), Aaron Newton (Steward), Matt Gordon (Rogue Farm Corps)

What does the future of land-based farmer training hold? What are some of the trends, innovations, outcomes, needs, and challenges? This session invites attendees to bring thoughts, ideas, and experiences to share with other incubator and apprenticeship programs in an effort to build a vision for a vibrant, inclusive future for farmer training.

When Sustainable Food Systems Aren't Enough

| 7-8 PM

Germain Jenkins (Fresh Future Farm), Matt Kneece (CFSA), Steve Saltzman (Lowcountry Development Corporation)

The first part of this session will include a presentation by Germaine Jenkins on issues within the sustainable food system, recognizing the role agriculture plays in oppression, and the lack of diverse leaders in sustainable farming. Germaine will discuss radical BIPOC-led farm work throughout the US, and Fresh Future Farm's vision for an equitable food system. The presentation will be followed by an interview and Q&A session led by Matt Kneece and Steve Saltzman.





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Local Food
MARKETPLACE

Sunday, Nov. 8 | 11 AM-12:30 PM

Overview of University-Based Farmer Training Programs

Clare Riesman (UC-Santa Cruz), Meredith Epstein (University of Maryland), Jenn Halpin (Dickinson College), Alison Reeves (NC State University), Seth Friedman (University of British Columbia)

Campus farms operate at the nexus of experiential and academic learning. Learn about the various beginning farmer training programs housed at institutions of higher education and discover the best practices for balancing hands-on education, "the farm work," and various adult learning styles on college campus production farms.

Growing Tea in the Carolinas

Christine Parks (Tea Flower Gardens)

Can tea be grown in the Southeast? Yes! In this workshop, attendees will be introduced to the tea plant and learn the modern history and geography of tea production. An overview of how growers can cultivate and produce their own tea—from the least processed white and green teas, to the different types of oolong and black teas—will be provided. Practical knowledge will include key steps to successful tea growing—from planning, propagation and planting, through early growth, production and beyond. This workshop is oriented toward small-scale commercial or personal use.

Cover Cropping Efficiently on Biointensive Farms

Nazirahk Amen (Purple Mountain Organics)

An in-depth talk on the benefits of using cover crops on biointensive farms, this workshop will review specific cover crop varieties and their attributes so that farmers can put together a plan based on the needs of their land and future crops. While cover crops pay off in the future by improving soil quality, the presenter will also explore the possibilities of how to use cover crops for profit through small-scale grain and dried bean production.

Are You Setting Your Farm Employees up for Success?

Ellen Polishuk (Plant to Profit)

Farmers like to gripe about two things the most—the weather and labor—yet only one is out of their control. While there are structural problems in American agriculture, and society at large, that can take some of the blame, that still leaves the farm owner or manager, the boss, making the best of a poor situation. This workshop will address why should someone work for you and why should they work harder or faster? This workshop welcomes discussion and offers attendees a different approach to hiring and managing farm labor.



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Sunday, Nov. 8 | 1-2:30 PM

Registering an Agricultural Apprenticeship Program

Julie Dawson & Clare Strader (University of Wisconsin-Madison), Dan Dalton (Pasa Sustainable Agriculture), Leah Ricci (Quivira), Marisa Alcorta (Center for Land-Based Learning)

Join to learn more about the key considerations for starting a registered apprenticeship program. Hear from several organizations who operate multi-state, Department of Labor-registered apprenticeship programs and learn about the resources available through the National Ag Apprenticeship Learning Network (AgALN).

Medicinal Grazing for the Small Flock

Kirsten Robertson (Pecan Dale Farmstead)

Management intensive grazing, medicinal hedgerows and deworming paddocks are techniques of “medicinal grazing” that aid in parasite control in small ruminants. Other benefits of this technique include fruit production, forage, shade, and honey for the farmer. This workshop will describe one farmer’s experience using this technique with a small flock and the unexpected outcome.

Session Sponsor: Food Animal Concerns Trust (FACT)

Parenthood on the Farm & Adjusting to the New Normal

MODERATED BY Mary Beth Miller (CFSA)

PANELISTS Taij & Victoria Cotten (Perry-winkle Farm), Keith & Megan Marshall (Nourishing Acres), Oscar Chavez (Microlendon Farm)

Raising kids on the farm offers joys and challenges. This panel of farmer-parents will give an honest look into what it takes to raise kids while farming, how the panelists have adapted during the pandemic, and tips and advice for farmer-parents-to-be.

Getting Started With Organic Berry Production

Jay Dunbar (River Ridge Organics)

This workshop explores scalable organic berry production and the ways blueberries, raspberries, and blackberries can be incorporated into an existing or new farm operation. Topics will include a market-driven approach to planning an orchard, finding a niche on-farm and in the marketplace, challenges to getting started, and keys to successful growing in the Southeast.

Session Sponsor: Gowan Company



South Carolina

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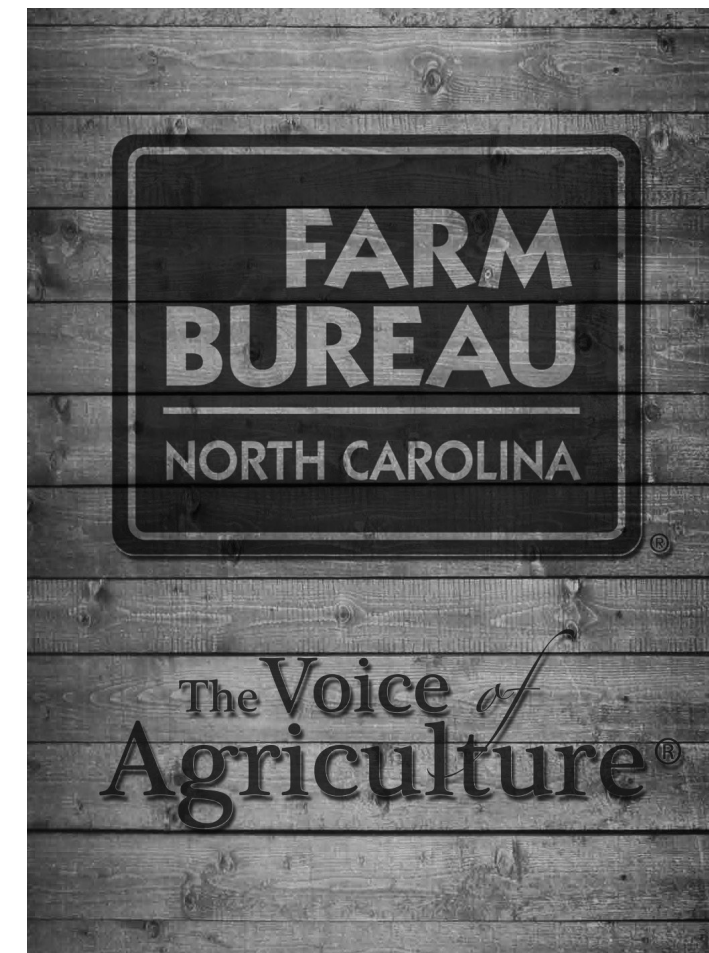
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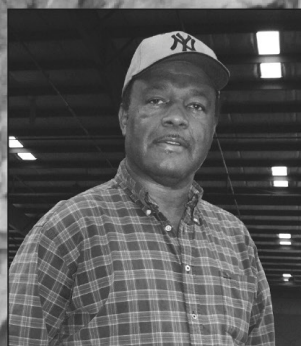
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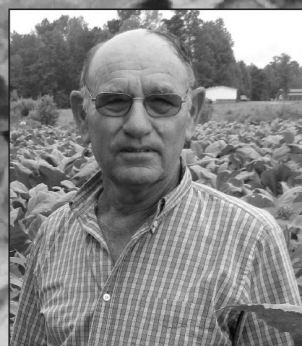




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Eagle Springs, NC



Stanley Hughes
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Richard Ward
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Sunday, Nov. 8 | 3-4:30 PM

So You're Thinking of Starting an Incubator Program?

Beth LaShell (Fort Lewis College), Jennifer Hashley (New Entry), Paul Krysik (Windy City Harvest), Kate Sopko (Long Table Farm), Mohammed Hannan (Hannan Agro Farm)

Join to learn about the key considerations for starting an incubator farm, followed by an incubator farmer panel representing several geographic regions. Learn about the resources available through the National Incubator Farm Training Initiative's (NIFTI) extensive incubator network.

America's Goat Talent

Sandra Vergara (Elodie Farms)

Goats are versatile animals often raised for dairy, fiber, and meat. They're also widely used for brush control, and for agritourism programs due to their friendly personalities. While they are extremely adaptable, raising goats involves a lot more problem-solving skills (and humor) than most aspiring goat farmers realize; goats can easily outsmart even the most committed farmer. This workshop features the experiences of a scientist-turned-goat-farmer and approaches to dealing with common challenges. With a good dose of humor, the presenter will share victories and failures in raising goats in their dairy and agritourism operation. Attendees are encouraged to submit questions ahead of time to make for a lively discussion at the end of the presentation. While the workshop focus will be on goats, many challenges faced by goat farmers overlap with other small ruminants, including sheep and camelids.

Scaling up Pastured Poultry: Grow More Birds More Profitably With Less Time

Ben Grimes (Dawnbreaker Farms/Carolina Pastures)

Pastured poultry is a unique enterprise that holds a tremendous potential. But most farms fail to reach this potential due to lack of scale. In this presentation, attendees will hear from a farmer sharing firsthand experiences with pastured poultry at scale and how they managed to raise and process tens of thousands of birds while increasing profits and maintaining a work-life balance.

Still Serving: Mobilizing Veterans to Feed America

MODERATED BY Kara & Matthew Rutter (Project Victory Gardens)

PANELISTS Lovay Wallace-Singleton (Veterans Employment Base Camp and Organic Garden), Davon Goodwin (OTL Farms), Katie Donahue (Growing Minds Project), Derek Garret (Elf Leaf Farm), Robert Elliot (Veteran's Farm of NC & Soldier to Agriculture Program)

This panel will feature fellow farmer veterans from North and South Carolina and a discussion about resources available to those transitioning into agriculture after military service. The panelists will share their stories from "Boots to Agribusiness" and the importance of veterans to the agriculture community. The panel features a wealth of experience on educational resources, grant writing, business planning, certifications and marketing outlooks, and a wide variety of agribusiness opportunities focused on veterans.

Session Sponsor: Farm Credit

Sunday, Nov. 8 | Evening Programming

BlackCotton and the Culture of Small Family Farming | 7-8 PM

Julius Tillery (BlackCotton), Jared Cates (CFSA)

The first part of this session will include a short presentation by BlackCotton founder, owner, and farmer, Julius Tillery, about his family's farming legacy and what it means to be a 5th generation cotton farmer in North Carolina. The presentation will be followed by an interview and Q&A session, led by Jared Cates, about Julius' vision for BlackCotton - a business that actively works to uplift Black communities in Northampton County and beyond - and his work to build and strengthen land, community, and family.



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The Carolina Farm Stewardship Association is made up of nearly 3,000 farmers, consumers, businesses, and organization members working together to ensure a resilient food system. CFSA is in the field providing free technical assistance to members, conducting trials and research programs, building food councils across North and South Carolina, and advocating for local, organic farming at the state and federal levels. Members enjoy benefits including: discounts to workshops and conferences, networking, job board access, and free technical assistance to farms on organic certification, food safety, and high tunnels. [Join our membership](#) and be part of the synergy that has supported sustainable agriculture for 41 years.