



36TH SUSTAINABLE
AGRICULTURE CONFERENCE

NOV 5-15, 2021



Welcome to the 36th annual Sustainable Agriculture Conference

Thank you for joining us for this year's CFSA Sustainable Agriculture Conference! As society continues its fitful struggle with COVID-19 in 2021, it has sometimes been hard to notice the resiliency and conviction on display among the farmers, entrepreneurs, advocates, and communities who are building the Carolinas' sustainable food system. In the face of the public health and economic crisis of the pandemic, the everyday work of stitching together an alternative to corporate-controlled global food and fiber supply chains can be easy to miss.

That's why coming together to celebrate our successes and learn from one another at the Sustainable Agriculture Conference is so important!

COVID-19 has opened millions of Americans' eyes to the urgent need to create a better food system, while the frequency and magnitude of climate catastrophes worldwide has made it impossible to ignore human-caused global warming. And right here in the Carolinas, people like you are creating solutions to these intersecting crises, healing our soils and our neighbors.

So we're excited to be offering opportunities, both virtual and in-person, for the CFSA community to connect and learn through this year's hybrid conference. As farmers and food businesses continue to adapt to our tumultuous times, this program showcases new market opportunities and effective management strategies to build successful ag enterprises. There's a range of sessions, including hands-on on-farm events and live virtual discussions, with real-world information for raising healthy organic crops and pastured animals provided by accomplished farmers and researchers. We'll dive into the science of soil and harnessing the sun, microbes, and mycelium as allies in creating healthy farm ecosystems. And we'll share inspiring stories of communities reclaiming food sovereignty, resisting racist oppression, and winning policy change that supports the growth of resilient, just, and nurturing local food ecosystems.

Much of this comes to you in an innovative web-based format, refined in response to two years of experience in hosting virtual events. In addition to on-farm intensives and online workshops, we have a wide variety of interactive opportunities on our virtual conference platform to network, consult with experts, visit our virtual trade show, and compete in brand new games with the chance to win amazing prizes such as Visa gift cards in increments of \$250, \$100, and \$50, farming tools, seed gift cards, local foods gift baskets, and more! 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 again this year, we are excited to offer a Sustainable Agriculture Conference designed for our socially distanced times.

Organic farmers and local food systems have responded to the pandemic 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

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Conference Details & Explanation of the Virtual Platform

Highlights

🔑 Virtual conference **ticket holders will be able to access the conference platform starting on Oct. 25.** We'll send an email with instructions on how to access the platform and log into your conference account. After you've logged in, you can explore features, connect with other attendees, post on the message boards, and set up your personalized agenda before the conference kicks off on Nov. 5.

🔑 The virtual conference is accessible via computers, tablets, or mobile devices (Apple and Android). If you're able to choose, we recommend using a computer for the best experience.

🔑 Need help? No worries, we've got you! Join our virtual help desk on Thursday, Nov. 4. We'll have live customer support throughout the conference (9 am-5 pm).



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. Furthermore, degrading comments about race, religion, culture, sexual orientation, gender, or identity will not be tolerated, nor will bullying, shaming, or slanderous messages or posts.

Be patient. Technical issues may arise, and we ask that you be gracious while staff, speakers, and other attendees navigate the virtual conference landscape. We thank you in advance for your understanding.

Be accountable. We are here to learn from and teach others, connect with our peers, and build community around sustainable agriculture and just food systems. Be ready to learn something new, and come prepared to teach something you know.

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.



South Carolina

Offering funding opportunities to agricultural programs that demonstrate an emphasis on sustainability, community development, and economic feasibility.

Examples of programs sponsored include:

- Sustainable ag. education and outreach workshops,
- Extension-offered trainings,
- soil and water conservation efforts, etc.

southern.sare.org/sare-in-your-state/south-carolina

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Conference Platform 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, or will be a recorded session that is available on-demand. All workshops will be recorded and available to watch at a later time.

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, reminders about the event game, upcoming special sessions, 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, schedule meetings, and do one-on-one video chats!

COMMUNITY WALL Think of this as the conference social feed. It's a great place to introduce yourself, share a pic of your farm/garden, and tell us (and other attendees) what you're learning throughout the conference. Have a favorite quote from a workshop? Lingering questions from a meetup? Here's the place to like, comment, post, and overall get social!

EVENT GAME Earn points by showing off your sustainable agriculture knowledge, visiting the virtual trade show and interacting with sponsors and exhibitors, attending demos and networking sessions, checking out speaker profiles, and taking part in other fun challenges. Players with the most points by the end of the conference will have the opportunity to win a variety of awesome prizes such as Visa gift cards in increments of \$250, \$100, and \$50, farming tools, seed gift cards, local foods gift baskets, and more!

FARMER TO FARMER Not everyone at the conference is a farmer, so this is the place to turn if you are and want to talk shop with other farmers. We've seen discussions on niche topics (no-till, crop varieties, soil fertility), sharing of great farm hacks, and crowdsourcing suggestions problems you're facing on the farm.

JOBS 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.

PHOTO CONTEST Post your best farm, food, and sustainable ag community photos. Vote for your favorite photos with the ♥ 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!

POLLING Share your opinions about various topics within sustainable farming and food, thoughts on session content, and your overall 2021 conference experience. Instantly make your voice heard from any device albeit it within specific sessions (like which questions should be answered by the speakers) or throughout the conference.

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 to get in touch with them.

SPONSORS The conference isn't possible without the support of our amazing sponsors. Get to know the 2021 sponsors by visiting their sponsor profiles. Instantly access their websites and other digital resources and speak with them through live chat and sponsor video rooms.

VIDEO ROOMS Video chat with other attendees one-on-one and in groups without ever leaving the conference platform. You can also use our video rooms to participate in fun networking games and connect with sponsors and exhibitors to learn more about their products and services.

VIRTUAL TRADE SHOW Stop by the virtual trade show and check out the more than 30 exhibitors for this year's conference. During designated exhibit hall hours, representatives will be at their booths (i.e., in their video rooms) and you can speak to them via live stream. You can also use their live chat feature to connect with them at any time during the conference or request a private meeting for a future date.

Virtual Keynote Panels

Cooking Through Crisis: Culinary Industry Pivots Bringing Lasting Change

Moderator: *Kris Reid*

Panelists: *Chef Cheetie Kumar, Garland; Chef William Dissen, The Market Place Restaurant & Lounge; Chef Steven Goff, Brinehaus Meat + Provisions*

Before the pandemic, the restaurant and hospitality industry was under stress. High staff turnover, low wages, and long hours, coupled with a lack of unskilled labor and no shortage of problems in the supply chain, strained even the most beloved restaurants and food institutions. The pandemic only intensified these issues. While many farmers have seen an increase in sales as restaurants reopen, the continuing labor shortages, reduced capacity, and the rising cost of employment in the foodservice industry will have long-term consequences for small farms. Hear from some of North Carolina's most celebrated chefs— those who craft their cuisine around the seasonality of ingredients grown by local farmers—about the state of local dining, how the farm-to-table movement is impacted by shifting paradigms in the food industry, and what to expect in the months and years ahead.

Missing Pieces in the Movement for Ethical Meat

Session Sponsor: *Firsthand Foods*

Moderator: *Meredith Leigh*

Panelists: *Rhyne Cureton; Ilana Dubester, El Vinculo Hispano/ The Hispanic Liaison*

Over the last several decades, most efforts to address the many problems of the meat industry have primarily focused on finding regenerative or sustainable solutions within farming and distribution. While these efforts are necessary to drive sustainability and equity, the benefits have not been shared evenly with everyone along the food supply chain. Join us for a panel discussion addressing the more challenging questions of worker rights in the meat processing sector, environmental justice for communities impacted by industrial animal farming, and other systemic inequities that primarily impact low-income, BIPOC (Black, Indigenous, and People of Color), and immigrant communities. The session intends to hear truths from those on the frontlines, explore collaboration and intersection between the niche meat movement and other advocacy groups, and discover the next steps toward true divestment from industrial animal agriculture.



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Conference Schedule

This schedule is subject to change. All final times will be reflected in the virtual conference platform (see Agenda), which all registrants will receive access to after Oct. 25.

Friday, November 5

- 🕒 9:00–9:15 • Welcome Statement by Roland McReynolds
- 🕒 9:00–10:30 • Virtual Trade Show
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 10:00–11:30 • Using Multifunctional Agriculture to Improve Profitability and Sustainability
- 🕒 10:00–11:00 • Silvopasture for Regenerative Poultry Production
- 🕒 11:00–12:00 • Building Resilience & Climate Adaptation With Community Seed Selection
- From Combat Boots to Muck Boots: Regenerative Farming as a Second Career
- 🕒 1:00–2:00 • Putting Market Channel Selection Into Practice
- Creating a Pest Management Plan
- 🕒 2:00–3:00 • **Breakout:** Creating a Pest Management Plan
- 🕒 3:30–4:30 • Dispute Resolution in Agriculture: A Mock Mediation
- Streamlining Recordkeeping for Diversified Vegetable Farms
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:00–6:00 • **Breakout:** Streamlining Recordkeeping for Diversified Vegetable Farms
- 🕒 5:00–8:00 • Networking Bingo
- 🕒 6:30–7:30 • **Meetup:** First Time Conference Go-ers

Sunday, November 7

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 10:00–11:00 • Organic Mulching on Small-Scale Farms; Understanding Micro-Irrigation Systems
- 🕒 11:00–12:00 • Fall & Winter Hoophouses
- 🕒 12:30–1:30 • Virtual Trade Show
- 🕒 1:00–2:30 • Lessons Learned from Forty-Two Years of Berry Farming
- 🕒 2:30–3:30 • Local Farms, Food Waste, & Feeding Communities
- 🕒 3:30–4:30 • Four Types of Compost for No-Till Systems
- 🕒 3:45–5:15 • Virtual Trade Show

Saturday, November 6

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 10:00–11:30 • How to Be an Effective Community Advocate
- Resources & Discussion on Navigating Financial and Mental Crises
- 🕒 12:30–1:30 • Virtual Trade Show
- 🕒 1:00–2:00 • 55 Little Legal Nuggets in 55 Minutes
- Fighting Food Apartheid with Farmers Markets
- 🕒 2:00–3:00 • **Breakout:** Fighting Food Apartheid with Farmers Markets
- Functional Marketing for Local Regenerative Producers: The Easiest Way to Achieve Your Sales Goals
- 🕒 3:30–4:30 • **Breakout:** Functional Marketing for Local Regenerative Producers: The Easiest Way to Achieve Your Sales Goals
- **Round Table:** Strategies for Attracting Pollinators
- Virtual Trade Show
- 🕒 3:45–5:15 • Seeds Try Their Best To Grow: Food and Farming as a Platform for Sustainable Community Development
- 🕒 5:00–6:30

Monday, November 8

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 9:15–10:30 • Virtual Trade Show
- 🕒 10:00–11:00 • Black Century Farms & Landownership
- Building Successful Multi-Farm Collaborations
- 🕒 12:30–2:30 • **Round Table:** Transformative Agriculture: Breaking the Chains of Unsustainable Agriculture
- 🕒 1:00–2:00 • **Round Table:** Accessing Financing for Farm Businesses
- Cold-Hardy Winter Vegetables
- 🕒 2:30–3:30 • Vegetable Variety Selection for Carolina Growers
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:00–6:00 • **Meetup:** Networking for all Things Farmers Market
- 🕒 6:30–7:00 • Speed Networking

Conference Schedule

Tuesday, November 9

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 10:00–11:00 • Growing Gourmet Garlic Varieties on the Small Farm
 - Best Practices for Offering Convenience and Scaling Your Farm Business
- 🕒 11:00–12:00 • Growing Tea in the Carolinas
- 🕒 1:00–2:00 • Transforming Water Management with Keyline Design
 - Building Successful Multi-Farm Collaboratives
- 🕒 1:00 - 2:30 • **Author Q&A:** Farm (& Other F Words) with Sarah Mock
- 🕒 2:00–3:00 • Permaculture: Land Cycles & Connections
- 🕒 3:30–4:30 • Building Soil & Farm Resilience with Small-Scale No-Till Methods
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 4:00 - 5:00 • Managing Soil Health in High Tunnels
- 🕒 5:00–6:00 • **Breakout:** Building Soil & Farm Resilience with Small-Scale No-Till Methods

Thursday, November 11

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 9:15–10:30 • Virtual Trade Show
- 🕒 10:00–11:00 • Growing Tomatoes in the Southeast: Mitigating Pest and Diseases
- 🕒 10:00–11:30 • An Introduction to Building Grower-Buyer Relationships
- 🕒 11:00–12:00 • Using the EONS Landscape Theory to Create Sustainable Landscapes for the Southeastern USA
- 🕒 1:00–2:00 • Simplify & Maximize Your Online Sales
 - **Round Table:** Eating Together Faithfully: Connecting Churches to Food Justice
- 🕒 2:30–3:30 • Taking Care of the Most Important Tool: Your Body
- 🕒 3:30–4:30 • (Tentative) **Round Table:** Farm Transition, or Second Career Farmers: Successes and Challenges
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:00–5:30 • **Author Q&A:** Simply Sustainable Landscapes
- 🕒 6:00–7:00 • Farm Stays: Cases for Agritourism and Diversified Income

Wednesday, November 10

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 10:00–11:00 • Farmers Working Together Part 1: The New Mexico Farmers Marketing Association
- 🕒 10:00 - 11:30 • Grower-Buyer Meetup (pre-registration required)
- 🕒 11:00 - 12:00 • Round Table: Making Money While Reaching Goals
- 🕒 1:00–2:00 • Farmers Working Together Part 2: The Gullah Farmers Cooperative Association
- 🕒 2:30–3:30 • Solar Fertility Systems
 - **Meetup:** Virtual Seed Swap
- 🕒 3:30–4:30 • **Round Table:** Big Opportunities with Small Ruminants
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:00–6:00 • **Breakout:** Solar Fertility Systems
- 🕒 6:00–7:00 • **Meetup:** Farmer-Veterans of the Carolinas

Friday, November 12

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:15–10:00 • Morning Meetup
- 🕒 9:15–10:30 • Virtual Trade Show
- 🕒 10:00–11:00 • Exploring Opportunities in Agritourism
- 🕒 10:00–11:30 • Strengthening Local Economies with Food Hubs
 - Habitat Farming With Perennials for Cut Flowers
- 🕒 10:00–12:00 • Round Table: Transformative Agriculture: Breaking the Chains of Unsustainable Agriculture
- 🕒 1:00–2:00 • Value Adding Herbs & Flowers: Opportunities, Recipes, & Regulations
- 🕒 1:00–2:30 • Making Small-Scale Hemp Profitable: Economics, Challenges & Opportunities for Carolina Growers
- 🕒 2:30–3:30 • Business Marketing Strategies in the COVID Era & Beyond
- 🕒 3:00–4:30 • 2023 Farm Bill Listening Session
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:00–6:00 • **Round Table:** Exploring the intersection between research, education and fostering new farming enterprises
- 🕒 6:30–7:00 • Speed Networking

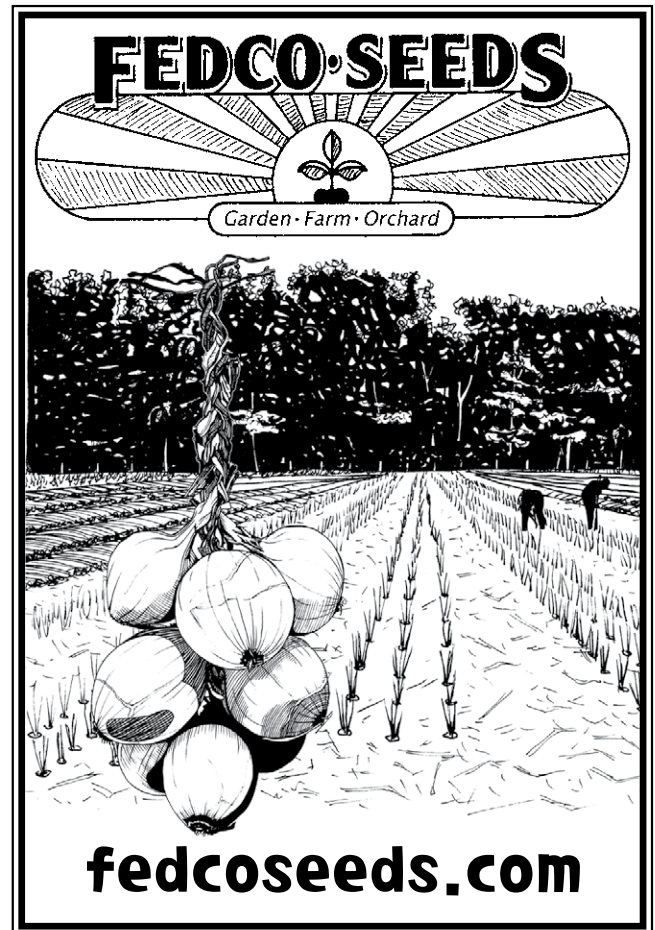
Conference Schedule

Saturday, November 13

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:30–10:30 • Four Easy Ways to Grow Mushrooms at Home
- Small-Scale Grain Production, Processing & Equipment
- 🕒 10:30–11:30 • Organic Landscaping For Agritourism, Pleasure & Profit
- Land Use, Farm Transfers, and Asset Protection
- 🕒 11:30–1:00 • **(KEYNOTE PANEL) Cooking through Crisis: Culinary Industry Pivots Bringing Lasting Change**
- 🕒 12:30–1:30 • Virtual Trade Show
- 🕒 1:30–3:00 • Advocating in Coalition for Just, Sustainable, and Resilient Agriculture
- 🕒 2:00–3:00 • **Author Q&A:** Growing Tea in the Carolinas
- 🕒 3:30–5:00 • Saving Our Collective Seed Sovereignty
- 🕒 3:45–5:15 • Virtual Trade Show
- 🕒 5:30–6:30 • **(Tentative) Round Table:** Farmers Working Together: Your Questions Answered
- 🕒 6:30–7:30 • Cocktails with the Policy Team

Sunday, November 14

- 🕒 9:00–9:15 • Morning Welcome
- 🕒 9:00–11:00 • Cultivating Mushrooms on Pasteurized and Sterilized
- 🕒 9:30–10:30 • Sustainable Poultry Production & Social Justice
- Creating a Quality of Life on Your Profitable Farm
- 🕒 10:30–11:30 • **Breakout:** Sustainable Poultry Production & Social Justice
- Making Agriculture Cool With Youth
- 🕒 11:30–1:00 • **(KEYNOTE PANEL) Missing Pieces in the Movement for Ethical Meat**



Virtual Workshops

55 Little Legal Nuggets in 55 Minutes

Jon Williams & Anna Cates Williams, Cedar Grove Law Firm

In this fast-paced presentation, attendees will get 55 little legal nuggets or tips to apply to a farm, farm-facing business, or homestead. Some information attendees will need to know, and other information attendees may be curious about or find surprising—like when a lawyer is not required. The workshop will include real-time polling so attendees can ask questions and up-vote the most popular topics to circle back to during 20 minutes of Q&A.

Advocating in Coalition for Just, Sustainable, & Resilient Agriculture

Session Sponsor: *Weaver Street Market*

Nick Wood, Carolina Farm Stewardship Association; Bobby Jones, Down East Coal Ash Environmental and Social Justice Coalition & Goldsboro Resilience Hub; Victoria Nwankudu, Student Action with Farmworkers & Farmworker Advocacy Network; Crystal Taylor, The Black Farmers Market; Nick Tyre, PTB Farm

The North Carolina Food System Advocacy Coalition was formed in January 2021 amid the COVID-19 pandemic. The coalition comprises growers, farmers market staff, food hubs, food councils, food banks, food security organizations, farmworker advocates, and faith communities. The coalition united to promote just and resilient systems by developing and advocating for equitable policies that strengthen local agriculture and food systems in North Carolina. Attendees will hear from coalition members and learn about how the group came together, the critical issues being addressed, and how to get involved.

Best Practices for Offering Convenience & Scaling Your Farm Business

Session Sponsor: *Whole Foods Market*

Mackenzie Conlan, Barn2Door; Jessica Evans, Evans Family Farm
Food-conscious consumers love to shop locally, but buying from farmers isn't always convenient. On the other side, farmers often get stuck doing too much and suffer from spotty, one-time sales. This session will explore best practices leveraged by farmers to deliver convenience, build recurring revenue streams, and create a sustainable farm business model. The speakers will discuss the tactics farmers can implement to scale their operations to build recurring cash flow.

Black Century Farms & Landownership

Erica Cormack, Anathoth Community Garden

This session will discuss Black land ownership, place-shaping, and the benefits of being rooted in the community with the land. The presenter will draw on personal family stories and those family members' life and health outcomes. This session will also include stories of Black landowners in Orange County, North Carolina, focusing on Century farms. Workshop participants will engage in an interactive exercise that communicates the challenges Black farmers face compared to White landowners in the same region.



Building Resilience & Climate Adaptation With Community Seed Selection

Session Sponsor: *Sow True Seed*

Chris Smith, Utopian Seed Project

This workshop will showcase the importance of biodiversity in resilient agriculture based on a wide range of crop trials from collards and sweet potatoes to taro, ube, and yacon. The session will cover both the reasons why broad diversity in food and farm systems is important and how farmers can practically incorporate more on-farm biodiversity. The workshop will highlight the 2021 Community Seed Selection Project, a project that the presenter has collaborated with 260 farmers and gardeners on to help make selections for crop improvements in Whidby White Okra—a replicable model for regional adaptation, community plant breeding, and climate resilience.

Building Soil & Farm Resilience With Small-Scale No-Till Methods

Session Sponsor: *NC SARE*

Mark Dempsey, Carolina Farm Stewardship Association; Mary Carroll Dodd, Red Scout Farm

No-till methods allow growers to build soil health, suppress weeds, and protect soil from erosion, among other benefits. This workshop explores the results of a collaborative research project of several no-till practices that focus on planting into a cover crop mulch grown to suppress weeds or fix nitrogen. The speakers will cover the many dos and don'ts of using these methods and compare labor and financial outcomes from participating farms.

Building Successful Multifarm Collaboratives

Becky Bowen, NC State University, Robyn Stout, NC Cooperative Extension & CEFS, Laura Lauffer, EmPOWERing Mountain Food Systems - CEFS

Collaborating with other farmers can open the door to new markets and opportunities. Cooperating and collaborating with other farms and organizations can increase the variety of food farms can offer and better distribute the tasks of marketing and delivering. In this session, farmers of any experience level will learn about the basics of multi-farm collaborations, see examples of collaborations from the Carolinas, and be provided a set of questions to consider to help determine whether a multi-farm collaboration could be a good fit for their business.

Business Marketing Strategies in the COVID Era & Beyond

Session Sponsor: *SC SARE*

Emily Wagner, Nexstar Media Inc WNCN

The pandemic altered how farms and agribusinesses operate and drive sales. Farmers have had to find other ways to generate income by selling merchandise, adding agritourism opportunities, or pivoting to more direct-to-consumer sales through digital marketing. While marketing continues to move toward a digital mindset, it is essential to understand how the pandemic re-shaped familiar tactics and strategies. This workshop focuses on these digital marketing strategies and how farmers and farm business owners can use them to increase business-to-business opportunities.

Virtual Workshops

Cold-Hardy Winter Vegetables

Pam Dawling, Twin Oaks Community

What is needed to succeed in winter vegetable farming? This workshop explores the question with cold-hardiness tables, scheduling, weather prediction, protection strategies, and hoophouse growing. The session focuses on four ranges of cold-hardy crops: (1) fall crops to harvest before severe cold; (2) crops to keep growing into winter; (3) crops for all-winter harvests, and (4) overwintering crops for spring harvests. There will also be discussion on how to properly store winter vegetables.

Creating a Pest Management Plan

Session Sponsor: *Santa Fe Natural Tobacco*

Nathan Vannette, Growing Green Family Farm

Pest management is an inescapable challenge for all growers. It is further exacerbated by climate change, causing the migration of different pest species and increasing disease pressure throughout the region. This increased pressure has made it essential to adapt growing strategies and construct a pest management plan. This workshop will explore the results of a collaboration with the University of Georgia and Clemson University that quantifies data on different growing procedures and their impact on beneficial insects and pest populations. Attendees will learn how to integrate pest management into a farm plan through a weed control system, the science of companion planting, and the use of beneficial insects.

Creating a Quality of Life on Your Profitable Farm

Ben Grimes, Dawnbreaker Farms & Carolina Pastures

Farmers often get consumed by their jobs, seemingly endless work, and long hours mixed with little pay. What if this didn't have to be the case? What if farmers could have a high quality of life and a good income from farming? In this session, the presenter will share his proven strategies to increase profitability while reducing workload. The examples used are from a livestock production farm; however, the principles are universal and beneficial to all types of farms and businesses.

Cultivating Mushrooms on Pasteurized & Sterilized Substrates

Tradd Cotter, Mushroom Mountain LLC

This session will cover the fundamentals of indoor cultivation on bulk agricultural substrates (including oyster species, king Stropharia, paddy straw, and giant milky). It will also address the fundamentals of shiitake, lion's mane, and others on sterilized substrates. Attendees can expect a detailed format with video clips, slides, and live moderation and interaction with the speaker.

Dispute Resolution in Agriculture: A Mock Mediation

Debra Burke and Judith Stilz Ogden, North Carolina Agricultural Mediation Program

Mediation offers significant advantages for resolving disputes including but not limited to farm credit, rural development, natural resources, national organic programs, family farm transitions, creating counseling, leases, and more. The benefits are numerous, but did you know it was free? The North Carolina Agricultural Mediation Program (NCAMP) is one of 42 state-certified grant-funded mediation programs. This session includes a recorded mock mediation followed by a live question-and-answer session. The mock mediation is facilitated by the NCAMP director and will highlight the mediation process in which a trained, impartial mediator helps people look at their mutual problems, identify and consider options, and determine if they can agree on a solution.

Eating Together Faithfully: Connecting Churches to Food Justice

Jimmy McKinnell, Life Around the Table

This workshop will introduce participants to Eating Together Faithfully, a framework for conversation designed to walk church communities through various food and faith topics. The framework aims to motivate congregations to participate in food justice both individually and as communities of faith. Participants will experience part of the framework in small group discussions as we share and learn from each other about how faith mobilizes us to work towards a more equitable and just food system.

Exploring Opportunities in Agritourism

Session Sponsor: *Cedar Grove Law*

Dave Lamie & Will Culler, Clemson University; Lisa Chase, University of Vermont; Claudia Schmidt, Penn State University

Drawing on expertise from several states and abroad, the speakers will explore opportunities for sustainable producers—established or new—to engage in agritourism activities to diversify and expand their portfolios. The session will discuss results from a recent nationwide survey of agritourism operators and ongoing applied research on several continents to help inform strategic thinking and planning for participants. Attendees will engage in a collaborative discussion and assessment of strategies that improve agritourism enterprises' economic viability and resilience.

Fall & Winter Hoophouses

Session Sponsor: *Atlas Greenhouse*

Pam Dawling, Twin Oaks Community

Hoophouses can provide the most valuable growing space on the farm during colder months. This session focuses on how to grow varied and plentiful winter crops, including greens, turnips, radishes, and scallions, and how to get continuous harvests to maximize the use of this valuable space. The workshop also includes winter-specific growing tips such as ways to minimize unhealthy levels of nitrates during shorter days and growing bare-root transplants for planting outdoors in spring.



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Farm Stays: Cases for Agritourism & Diversified Income

Session Sponsor: *Center for Environmental Farming Systems (CEFS)*
Laura Lauffer, EmPOWERing Mountain Food Systems; Catherine Topel, Smoky Mountain Mangalitsa; Julie Wilson, Jehovah Raah Farm
Agritourism supports the linkage between local food systems and consumers. During COVID, farmers pivoted to unique marketing channels through new agritourism opportunities. One such farm, Smoky Mountain Mangalitsa, added HipCamp to their farm operations with relative ease and little capital. They have realized significant farm income and found a new market for their unique pork products from the Mangalitsa pig breed. Another, Jehovah Raah Farm, is a 42-acre heritage farm reaching back to the 1800s specializing in fiber animals for yarn production for weaving. Jehovah Raah Farm has a rental cabin for folks to experience the farm and learn how to weave using the fiber from their animals. This workshop will demonstrate the affordability of agritourism vacationing available to families and how on-farm experiences depict sustainable practices in the food system.

Farmers Working Together Part 1: The New Mexico Farmers Marketing Association

Moderator: *Roland McReynolds, Carolina Farm Stewardship Association*

Panelists: *Denise Miller & Michael Venticinque, New Mexico Farmers Marketing Association*

People often equate farming with independence, where farmers make their own way and play by their own rules. In local food markets, small farms are frequently competing against one another for the same relatively small group of customers. What if this rugged individualism is both hurting small farms and preventing sustainable agriculture from growing into a real alternative to the corporate-global food supply? These sessions examine two models of farmers working together to build new, larger markets for local foods where all farmers can win.



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Farmers Working Together Part 2: The Gullah Farmers Cooperative Association

Moderator: Roland McReynolds, Carolina Farm Stewardship Association

Panelists: York Glover, Gullah Farmers Cooperative; Susan Pavlin, Taproot

People often equate farming with independence, where farmers make their own way and play by their own rules. In local food markets, small farms are frequently competing against one another for the same relatively small group of customers. What if this rugged individualism is both hurting small farms and preventing sustainable agriculture from growing into a real alternative to the corporate-global food supply? These sessions examine two models of farmers working together to build new, larger markets for local foods where all farmers can win.

Fighting Food Apartheid With Farmers Markets

April Jones, Pinehurst Farmers Market

Hear the story of how this speaker worked with local farmers to start the Pinehurst Farmers Market in Columbia, South Carolina after two grocery stores closed in her neighborhood, and how neighborhood farmers markets can bring greater food sovereignty to communities impacted by food apartheid. Join the follow-up breakout session to discuss best practices for starting a neighborhood market, conflict resolution, and ways your farmers market can work toward increasing food access through farmers' markets.

Four Easy Ways to Grow Mushrooms at Home

Session Sponsor: Gaia Herbs

Tradd Cotter, Mushroom Mountain LLC

Are you looking for an easy class to get you started in growing mushrooms? This workshop will cover four easy methods of mushroom cultivation that have the potential for high-yielding, low-tech operations at home or on the farm, and discuss growing mushrooms on logs, stumps, wood chips, composts, spent coffee grounds, paper, and cardboard. Learning these four techniques opens the door to cultivating dozens of edible and medicinal species with little or no startup costs or expensive equipment.

Four Types of Compost for No-Till Systems

Session Sponsor: Brooks Contractor

Jesse Frost, Rough Draft Homestead & No-Till Growers

Many no-till systems rely heavily on compost, but not all compost is created equal and should not be used interchangeably. Some composts are better for mulching, fertilizing, inoculating, and general plant nutrition, great for all-around use. Misusing them can be an expensive mistake. This workshop will discuss each type of compost, how best to use them, and how to distinguish each when purchasing from a supplier or making it on-farm.

From Combat Boots to Muck Boots: Regenerative Farming as a Second Career

Derrick & Paige Jackson, Grass Grazed

Beginning farmers face innumerable challenges, including accessing capital or finding land, breaking into or creating new markets, learning digital media platforms, and connecting with customers. Some challenges are unique to those starting to farm as a second career, especially farmers who leave a steady job and paycheck, support a family, and have not had apprenticeships on farms to give them firsthand experience and knowledge. This session discusses some of the challenges of transitioning to farming as a second (or third or fourth!) career, with a focus on managing family life, learning how to farm from scratch, marketing through social media, and using lessons, skills, and resources from previous professions to navigate these challenges.

Functional Marketing for Local Regenerative Producers: The Easiest Way to Achieve Your Sales Goals

Heidi Anderson, TheFarmBoard

Classic local do-it-yourself marketing is challenging. It's not clear what or how much to do. In contrast, functional marketing involves the easy creation and execution of a plan that solves one or more sales goals with the least possible effort. This workshop will cover functional marketing, a new practice designed for busy producers who sell perishables at farm stands, farmers markets, and local intermediaries. This workshop starts with an overview of marketing fundamentals, including network marketing, customer-centricity, and values-based alignment. The fundamentals set you up to feel great about your marketing.

Join the live breakout session to follow where the presenter will lead attendees through an easy-to-follow planning recipe that sets farmers up to solve common sales challenges such as mitigating financial and product loss risks due to unpredictable sales, establishing a reputation, and attracting and retaining customers.

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Growing Gourmet Garlic Varieties on the Small Farm

Richard Boylan, NC Cooperative Extension

Garlic inspires passion in both foodies and growers. Unlike the generic silverskin softneck bulbs of grocery stores, gourmet varieties of garlic are best produced on small farms, where careful attention from the grower results in a superior bulb. This workshop will cover garlic production from start to finish: fertility, soil prep, choosing varieties, planting, culture, harvest, curing, storage, marketing, and value-added product opportunities.

Growing Tea in the Carolinas

Christine Parks, Camellia Forest Nursery & Tea Garden

In this workshop, attendees will be introduced to the *Camellia sinensis* tea plant and learn about tea production's modern history and geography in the Carolinas. The session will provide an overview of how growers can cultivate and produce their own teas, including white, green, oolong, and black. Topics will include steps to successful tea growing from planning, propagation, and planting, through early growth, production, and processing. This workshop is oriented toward small-scale commercial or personal use.

Growing Tomatoes in the Southeast: Mitigating Pests & Diseases

Michael & Janice Fine, Seven Sisters Farm

With proper growing strategies, farmers can grow healthy plants and high-quality produce without relying on chemicals to combat pest pressures. The session will focus on tomatoes, though many of these strategies will cross over to other annual fruiting species, which the workshop will highlight. The presentation will discuss disease and insect pressure for tomatoes grown for market but is directed toward growers of all scales.

Habitat Farming With Perennials for Cut Flowers

Jennie Love, Love 'n Fresh Flowers & No-Till Flowers

Farms and gardens have an incredible capacity to shelter and feed a multitude of lives. And yet, so often, farms become sterile spaces focused entirely on intensive production for sales that are exported off-farm, stripping away habitat. Learn how to incorporate tried-and-true perennial plantings—many of them native to the eastern United States—for cut flower production at your farm that will build diversity and habitat while also contributing to your bottom line.

How to Be an Effective Community Advocate

Moderator: Matt Kneece, Carolina Farm Stewardship Association

Panelists: Kara Rutter, Farmer Veteran Coalition of S.C.; Rev. Keith Sexton, Beekeeper; Dylan Turner, Graduate Student at UNC-Charlotte; George Jones, Inheritance Farms

How can we be better advocates for the food and farming issues we're passionate about? This workshop will highlight CFSA's new Member Advocacy Program, briefly introducing the curriculum and the basics of influencing policymakers, from grassroots to grassstops. Graduates of the program will participate in a panel discussion about what they learned and how they plan to advocate for change in their communities. Are there laws or policies that need changing in your community? Bring questions and topics to discuss with the group.

An Introduction to Building Grower-Buyer Relationships

Moderator: Geoff Seelen, Carolina Farm Stewardship Association

Panelists: Anthony Mirisciotta, GrowFood Carolina; Jac Oliver, Swamp Rabbit Cafe & Grocery; Lauren Horning, FreshPoint; Matt Martin, Freshlist

Are you a grower looking to sell into new markets or scale up your wholesale business? In this session, panelists representing North and South Carolina food distributors will discuss expert tips on entering the wholesale space, what buyers are looking for, and how to build and maintain a successful relationship with wholesale clients.

Land Use, Farm Transfers, & Asset Protection

Session Sponsor: Land Loss Prevention Project

Annette Hiatt, Land Loss Prevention Project; Andrew Branan, NC State University; Jamey Lowdermilk, Brooks, Pierce, McLendon, Humphrey & Leonard, LLP

Join three attorneys as they address techniques and legal strategies for farmers to add to their 'toolbox' as they consider ways to begin, build, or transition away from farming. The discussion will focus on how landowners can utilize programs to maximize value, reduce tax burden, and develop transition plans. Each attorney will draw from practical examples to highlight proactive actions that landowners can take to protect their investments and legacy.

Learning Your Circle: Regenerative Production Instead of Linear Input Systems

Will Metts, Metts Organix

Circular agriculture systems use natural cycles to encourage carbon capture while producing organic fruits, vegetables, and meats as a by-product of maintaining healthy soils. Incorporating livestock into vegetable production systems promotes soil health, reduces heavy tillage, controls insects, and acts as cover crop termination while also serving as a natural fertilizer for plants. This workshop will discuss how growers can recognize and engage in circular production systems that reduce the need for infrastructure, equipment, and input costs while producing nutrient-dense, organic meats and vegetables.

Virtual Workshops

Lessons Learned from 42 Years of Berry Farming

Walker Miller, Zoe Miller, & Brian Hayes, The Happy Berry
The Happy Berry started as a small blueberry operation in 1979 and has since grown to a 22-acre commercial fruit farm, with seven different perennial fruits and plans to expand further. Presenters in this session will discuss what they've learned over the past 40 years growing perennial fruits, from site selection to pest management, as well as horticulture practices and how they are mitigating the ongoing impacts of climate change. The session will also cover the economics of running a U-pick operation, managing labor, and the importance of on-farm research. Participants are encouraged to bring specific questions about growing berries and fruit to drive the discussion and address the most important topics relevant to growers attending the workshop.

Making Agriculture Cool With Youth

Moderator: *Jared Cates, Carolina Farm Stewardship Association*
Panelists: *Chester Williams, Dylan Dodson, & Kentwan Williams, A Better Chance A Better Community; Randolph Keaton, & Lavonia Lewis, Men & Women United for Youth & Families*
A Better Chance A Better Community and Men & Women United for Youth and Families are dedicated to youth empowerment in rural North Carolina. They are developing community farms and have found success in organizing youth food councils centered on equitable health outcomes. Join this interactive session to learn from the youth how these programs empower young people to become community leaders.

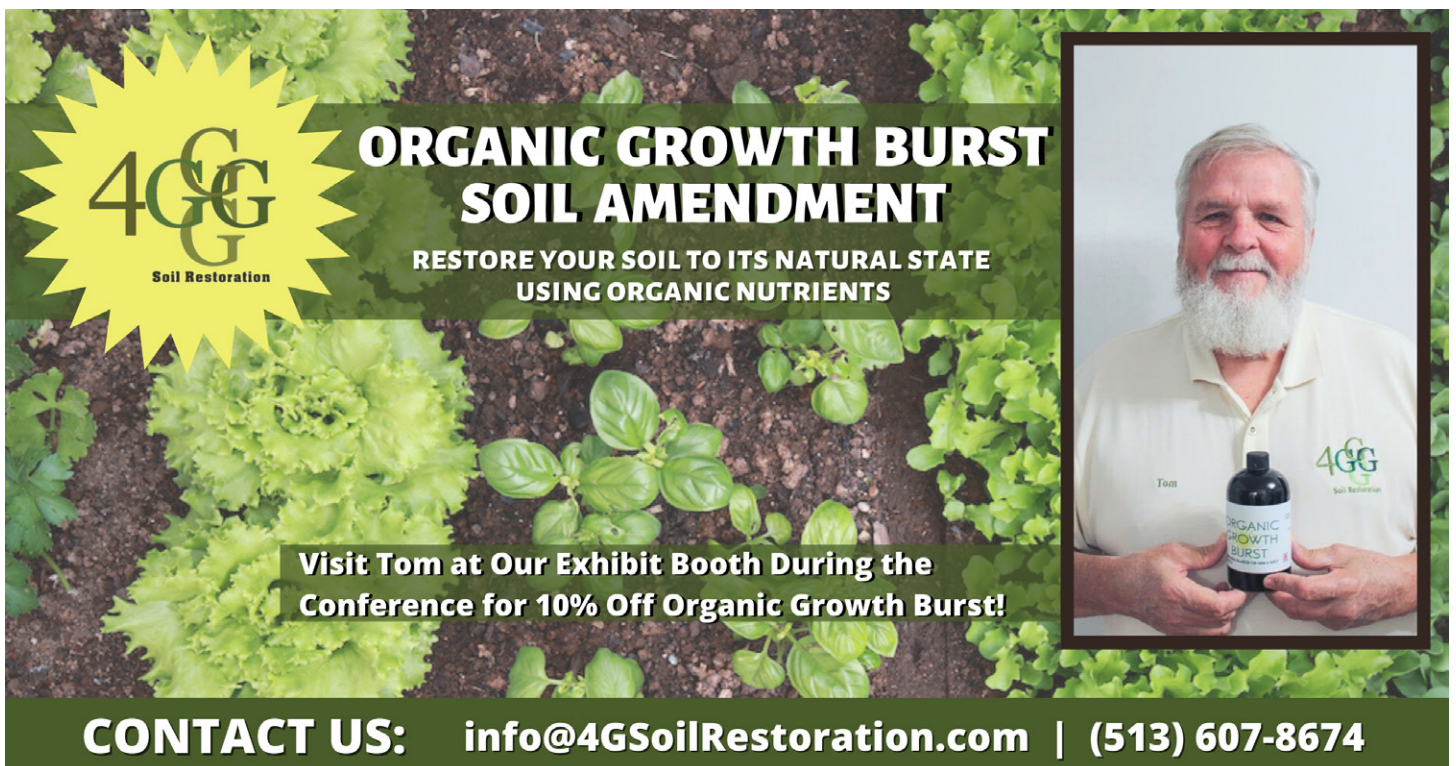
Making Small-Scale Hemp Profitable: Economics, Challenges, & Opportunities for Carolina Growers (Double Session)

Session Sponsor: *CCOF Certification Services*
Jeanine Davis & Margaret Bloomquist, NC State University; Jesse Ross, Appalachian Standard

This two-part session covers the basics of growing hemp for flower, fiber, and grain, as well as opportunities for small-scale growers. The first half includes topics on hemp licenses, the status of the hemp industry in the Carolinas, and primary growing methods. The second half discusses the economics of hemp production, challenges and opportunities for craft growers, as well as the "seed-to-shelf" story from one Appalachian grower.

Managing Soil Health in High Tunnels

Dr. Janel Martinez Ohletz, NC State Extension
Growing in high tunnels offers significant benefits, especially when it comes to weather fluctuations, but managing soil health can be a unique challenge. This workshop will discuss the many benefits of growing in high tunnels and how soil health under tunnels differs from outdoor growing. The session will address how to incorporate soil health into overall tunnel management, major fertility issues to consider, and best practices, including incorporating cover crops into growing rotations.



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Virtual Workshops

Organic Landscaping for Agritourism, Pleasure, & Profit

Leonora Stefanile, Barkwells; Maggie Jensen, Maggie's Farm

This session will cover how to think like a landscaper (and not a farmer!) with basic principles of landscape design to transform your farm into an inviting, colorful space for agritourism using low-input, organic methodology. Topics include growing a colorful vegetable garden, planting for year-round color, establishing a successful native pollinator garden from seed, and utilizing the bare-ground zone under trees to create a luscious shade garden. Presenters will go over organic lawn management, the tools of the trade, and examples of how current farmers have beautified their farms for agritourism activities. Included are landscaping solutions from USDA Zones 7a-10, with tried-and-true strategies from the Western North Carolina bioregion to the Deep South.

Organic Mulches on Small-Scale Farms

Session Sponsor: *USDA Natural Resources Conservation Service (NRCS)*

Nathan Wheeler, RavenRidge Family Farm

Transitioning from systems that use bare soil, black plastic, or tillage methods to organic mulches that build living soil can be challenging. But the benefits can outweigh the costs. Attendees will learn how to efficiently utilize living and once-living organic mulches in small-scale growing systems. This workshop will cover RavenRidge Family Farms' approach to regenerative agriculture, discuss the why's of mulching, and understand the uses of different materials and how they have been successfully applied to a commercial-scale hemp farm.

Permaculture: Land Cycles & Connections

Diane C. Morey, Shady Pines Permaculture

Permaculture is an agricultural system adaptable to any climate or geographical entity, from urban to rural environments. Using methods that combine symbiotic relationships, permaculture reduces out-of-pocket expenses, eliminates waste, increases yields, reduces labor, and protects your financial and natural resources. Learn to "read" the history of the land and its repeating cycles and patterns, and recognize how connections between wind, water, temperature, and soils determine the best options for your site. During the session, attendees will learn a hands-on method that utilizes those concepts and take away new perspectives and ideas while creating a strategy to develop a successful blueprint for the short and long term. Attendees will receive instructions for small- and large-scale plans to support a thriving, adaptable method to grow crops, evaluate appropriate livestock, and calculate labor inputs.

Putting Market Channel Selection Into Practice

Hannah Dankbar, NC State Extension

This workshop will focus on market channel selection with producers and will provide examples of drivers beyond profitability in decision-making. Participants will compare direct and wholesale markets, including the tradeoffs between labor, marketing, volume, and more. The workshop will provide an exercise that educators and growers can use to help guide the market channel assessment process.

Resources & Discussion on Navigating Financial and Mental Crises (Double Session)

Andrew Smolski & Michael Schulman, NC State University; Laketa Smith, Rural Advancement Foundation International; Robin Tutor-Marcom, NC Agromedicine Institute; Dorathy Barker, Operation Spring Plant; Leroy Hardy, Hardy Family Farm; Scott Marlow, Independent Consultant

This two-part workshop engages the audience in a dialogue on developing resources to support farmers navigating financial and mental health crises that often threaten the loss of farm assets and impede the ability to farm. Workshop presenters include farmers, nonprofit organization advocates, and university research and extension professionals collaborating on a SARE-funded project to address this issue. In the first part, presenters will provide background and study results from the collaborative project on the pathways into and out of financial and mental health crises, based on interviews with Black, Indigenous, and white farmers in North Carolina, South Carolina, and Virginia. The second part will consist of breakout groups. Each group will have a representative from the project and will engage in feedback and discussion on the proposed resources to address financial and mental health crises. The goal is to provide space for dialogue and engagement with an inclusive array of stakeholders in the Carolinas.

Saving Our Collective Seed Sovereignty

Session Sponsor: *Southern Exposure Seed Exchange*

LaShauna Austria, Kindred Seedlings Farm; Josie Walker, New Hope Church of God Community Garden

Join this session for a conversation about plant propagation and seed saving and their importance to the legacy of farmers and their respective communities. Enjoy a live demonstration of simple plant propagation methods as part of the conversation, followed by a Q&A with the speakers.



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Seeds Try Their Best To Grow: Food & Farming as a Platform for Sustainable Community Development

Session Sponsor: NC SARE

LaRahna Hughes, Seeds Farm

Farming can provide so much more than just food to our communities. This workshop will talk about using food and farming as a platform for engaging our communities and moving us towards regenerative and sustainable community development. The presenter will use examples from her own experience working in her community and how the principles of seeds, farming, and food translate into lessons for sustainable living.

Silvopasture for Regenerative Poultry Production

Session Sponsor: Food Animal Concerns Trust (FACT)

Jeff Siewicki, Vital Mission Farm

Pastured poultry can add value to a farm enterprise with more than eggs and meat. In a managed farm ecosystem, they can act as pest control, provide natural fertilizer, and low-impact tillage to the soil. This workshop focuses on raising pastured poultry in woodland habitats and discusses the use of silvopasture and the synergy of trees and poultry to improve productivity, reduce feed costs, and limit the environmental impact of raising livestock.

Simplify & Maximize Your Online Sales

Amy McCann, Local Food Marketplace

For many farms, the number of online sales channels has doubled or tripled since 2020—demanding yet another new skill set for farmers to learn. This session will focus on strategies to maintain and grow your online sales without spending all of your time behind a computer screen.

Small-Scale Grain Production, Processing, & Equipment

Nazirahk Amen, Purple Mountain Organics

As niche crops, small-scale production of grains can fill a void in local markets, help diversify what farmers offer to customers, and expand income streams. The session will focus on various grains, including wheat, barley, buckwheat, rye, corn, and rice, and will cover best practices and specialized, small-scale equipment for cultivating, harvesting, and processing grains for consumption.

Solar Fertility Systems

Patryk Battle, Living Web Farms; Mark Dempsey, Carolina Farm Stewardship Association

Our ever-increasing knowledge of the partnerships between plants and soil organisms point to one amazing but underappreciated driver of soil fertility: sunlight. By converting solar energy into a vast array of compounds, plants use power from the sun to drive nutrient cycling and feed countless beneficial soil microbes that improve their access to nutrients. With this in mind, it is critical to maximize sunlight capture across growing spaces and seasons by having a diversity of plants covering as much area for as much of the year as possible. This workshop covers ways to achieve this, including diverse rotations, undersowing cover crops, farmscaping, relay cropping, and quick-to-harvest market crops—all focusing on maximizing the presence of crops across the landscape and the seasons.


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Virtual Workshops

Streamlining Recordkeeping for Diversified Vegetable Farms

Sophia Friis & Mary Stone, Wild Hope Farm

Planting plan, field activities, harvest log, yield tracking, sales—all of this information is interconnected. The germination success of a single planting could be the reason behind reduced sales (or was it a late frost, tractor mistake, or late harvesting?) With a foundation of good records, you can better understand the different factors that made up one crop's success/failure and learn from your wins/mistakes every year. This workshop will provide attendees with an overview of Wild Hope Farm's detailed recordkeeping system and the free software used to track this information, Airtable. Even if only one streamlined approach is used to keep records on the farm (i.e., planting plan), it will help save time and money.

Strengthening Local Economies With Food Hubs

Moderator: *Kana Miller, Carolina Farm Stewardship Association*
 Panelists: *Davon Goodwin, Sandhills AgInnovation Center; Liz Whiteman, Blue Ridge Women in Agriculture-High Country Food Hub; Benton Montgomery, GrowFood Carolina; Mary Walsh, Swamp Rabbit Cafe & Grocery*

Food hubs are uniquely positioned to supply an alternative marketplace for both producers and consumers. During the COVID-19 pandemic, food hubs were able to quickly pivot and respond to inefficiencies in our food supply chain, providing necessary support to local producers, while also meeting new demand. For many food hubs, this also meant responding to food apartheid needs in their communities by supplying food assistance efforts with locally sourced food. Join this session to hear from four different food hubs representing North and South Carolina and a discussion about using food and financial capital to support their local communities.

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Virtual Workshops

Supporting Local Farms, Reducing Food Waste, & Feeding Communities

Alisha Pruett, The Bulb Mobile Farmers' Market

This workshop explores different ways to support the local food system while addressing food insecurity. Such initiatives include using grant dollars to purchase from local farmers, salvaging usable produce from waste streams, and using community spaces to grow food for donation. The session will focus on specific examples from The Bulb Mobile Market, a nonprofit, donation-based organization that supports local farms and delivers fresh produce to food-insecure communities in Mecklenburg County, NC.

Sustainable Poultry Production & Social Justice

Session Sponsor: NC SARE

Dr. Chyi-lyi (Kathleen) Liang, NCA&T University, Center for Environmental Farming Systems; Dr. Anne Fanatico, Appalachian State University

As populations grow worldwide, it is essential to look at the sustainability of meat production in terms of the environment and social equity. Poultry are efficient converters of feed to meat and add biodiversity on the farm, but how can poultry production be ecologically regenerative? This workshop will look at poultry production on all scales. In large-scale production, how can antibiotics be reduced while maintaining the birds' health and food safety? How does poultry production contribute to social justice in small-scale production? The session aims to bring together producers, consumers, educators, policymakers, and other stakeholders in an interactive dialogue about how poultry production can promote environmental, racial, and social justice. Presenters will review a new project case study exploring the intersection of reduced antibiotics, improved sustainability, and increased social justice in poultry production.

Taking Care of The Most Important Tool: Your Body

Beatriz Rodriguez, NC AgrAbility, NCA&T University

Bodies move and serve as tools to push, pull, lift, reach, crouch, and carry-all daily farm activities-but ones that can come with a physical cost. Often, mostly when farmers are young, they take for granted the strength and flexibility of their bodies and believe some conditions are inevitable with age. Overexertion, repetitive motions, static postures, and other risk factors can cause injuries, pain, and discomfort that can turn into a permanently disabling condition. Preventing or managing musculoskeletal disorders such as tendonitis, carpal tunnel, and other injuries or long-term body damage is possible while still engaging in the labor-intensive work of farming. This workshop aims to create awareness of the fragility of the human body, arguably the most valuable tool on the farm, and how farmers can protect their bodies for long-term sustainability.

Transforming Water Management With Keyline Design

Session Sponsor: Earth Tools

Eliza Lawdley, Panther Creek Forest Farm

Keyline design is a landscaping technique that uses natural features to maximize water usage benefits and promote agroforestry practices such as silvopasture, forest gardening, passive irrigation, and woody crop production. Attendees will learn about the basic principles of keyline design and see examples of two projects completed in partnership with Mark Shepard of Restoration Agriculture Development. These projects include establishing large-scale water management systems using windbreaks and grassy swale terraces and installing keyline design systems across 16 acres.

Ujamaa Cooperative Farmers Alliance: Seeds of Resistance & Resilience

Amirah Mitchell, Ujamaa Cooperative Farmers Alliance & Truelove Seeds; Ira Wallace, Southern Exposure Seed Exchange; Dr. Turner Coggins, Jr., Bertie Education, Entrepreneurial, Empowerment Center & College of Southern Maryland

People of Color are integral to the story and work of food and farming in the United States but are too often excluded from farm management or ownership. Join this session to learn about the emerging BIPOC-led Ujamaa initiative, born from years of organizing and new opportunities that came with the increase in gardening due to the pandemic. Ujamaa is raising a new seed company, cooperatively owned by its seed farmer members, and challenges the Whiteness of the seed industry by cooperative ownership that centers on seeds' importance to Black, Brown, and Indigenous communities. Learn how you can become a part of Ujamaa as a farmer or supporter.



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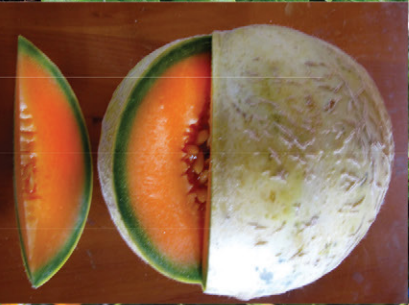
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Virtual Workshops

Using EONS Landscape Theory to Create Sustainable Landscapes for the Southeast

Session Sponsor: SC SARE

Nathan Miller, Piedmont Virginia Community College

This session will focus on creating sustainable landscapes in the southeastern U.S. with curb appeal using the presenter's landscape theory EONS in his newly published book *Simply Sustainable Landscapes*. EONS is an acronym for Edible, Ornamental, and Native plants with Sustainable methods. Attendees will see example landscapes and gain an understanding of how the theory works.

There will be a live Q&A following the session.

Using Multifunctional Agriculture to Improve Profitability & Sustainability

Session Sponsor: Whole Foods Market

Dr. Chyi-lyi (Kathleen) Liang, NCA&T University, Center for Environmental Farming Systems

Multifunctional agriculture, a combination of regenerative agriculture and sustainable practices from social, economic, and environmental aspects, is a relatively new concept to consumers, service providers, and small and minority farmers in rural and urban areas. The workshop aims to support small-scale farmers, limited-resource farmers, and under-served communities that often do not have access to information to create new opportunities. The workshop will include identifying needs, establishing multifunctional agriculture strategies, deciding what strategies work best, and preparing, planning, and responding to challenges and potential financial implications. The information and training offered via this workshop will stimulate conversations and discussions to improve everyone's understanding of innovative methods to enhance the health and prosperity of farmers, farm families, consumers, communities, and ecosystems.

Value Adding Herbs & Flowers: Opportunities, Recipes, & Regulations

Session Sponsor: Whole Foods Market

Kim Butz, Carolina Farm Stewardship Association

Which herbs grow best in the Carolinas? What can you create with them? Are flowers just for bouquets? There is a large market for many value-added products made from farm-grown herbs and flowers. This workshop will explore the basics when it comes to the many uses of herbs and flowers. From teas, salves, and tinctures to vinegars, honey, and, yes, lollipops, we will navigate new ways to create health and wealth. Whether interested in adding new, unique value streams, what laws govern this sector, or how to create a safe product, this session explores the endless possibilities of value-adding herbs and flowers.

Vegetable Variety Selection for Carolina Growers

Blake Thaxton, Johnny's Selected Seeds

The Carolinas and the Southeast can be challenging to sustainable vegetable farming due to the climate. When growing a crop to harvest, farmers need the best varieties available on the market. This session will discuss how variety selection can help start a successful crop by managing diseases and pests, with examples from Johnny's Selected Seeds' research farm and farms across the US. The workshop will discuss how Johnny's research process is run and serves Carolina growers' particular needs through variety selection.

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Santa Fe Natural Tobacco Company is proud to support the work of the Carolina Farm Stewardship Association and its Annual Sustainable Conference. Together, we're expanding organic agriculture in the Carolinas.



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On-Farm Intensives (Nov. 15)

Morning Intensives | 8:30 am–12 pm

Achieving Quality & Long Shelf Life Through Good Handling Practices | Red's Quality Acre, Durham, NC

Session Sponsor: *National Farmers Union Foundation Local Food Safety Collaborative*

Chloe Johnson & Geoff Seelen, Carolina Farm Stewardship Association; Dave Henderson, Red's Quality Acre

Join CFSA staff and the farmers of Red's Quality Acre to walk through proper food safety and good handling practices in a newly updated wash-pack area at a small, sustainable farm in Durham, NC. You'll see a great example of a post-harvest setup. Workshop leaders will talk about best post-harvest handling practices that minimize the risk of contamination, increase shelf life and maintain the quality of produce. Important topics covered include: washing produce with an antimicrobial, best methods of drying produce, best packaging for proper respiration, and cold storage solutions. Whether looking to be GAP certified or just improve post-harvest practices, this workshop will demonstrate proper techniques and help attendees envision the wash-pack area of their dreams!

Deep Dive into Irrigation | Lomax Research & Education Farm, Concord, NC

Nathan Wheeler, RavenRidge Family Farm; Dylan Alexander, Carolina Farm Stewardship Association

Understanding and constructing efficient irrigation systems is crucial to water management on any scale farm or garden. This workshop will start with the when and why of using irrigation, and basic components of an irrigation system, then lead into more detailed topics of psi, pgh, filtration, pumps, and tubing options, along with the various types of water delivery methods. Attendees will participate in a hands-on segment to assemble and configure different components of irrigation systems and take a tour of Lomax Farm to learn more about what it takes to install or replace an entire farm's irrigation system. The workshop will also touch on irrigation maintenance, winterizing systems, using rainwater, purging air from lines, checking pressures, splicing damaged sections, and planning and generating a parts list to assemble an effective irrigation system.

Organic No-Till for Small-Scale Farms | Faithfull Farms, Chapel Hill, NC

Session Sponsors: *mesur.io & Brooks Contractor*

Howard Allen, Faithfull Farms; Jesse Frost, Rough Draft Farmstead; Mary Carroll Dodd, Red Scout Farm; Mark Dempsey, Carolina Farm Stewardship Association

This workshop brings together leading growers in small-scale no-till systems to demonstrate and discuss successes, challenges, and techniques for building soil health, reducing compaction, managing water, increasing yields, and enhancing biodiversity. Workshop leaders will discuss overcoming barriers to transitioning to conservation tillage systems, and challenges once a no-till system is established. Presenters will demonstrate flipping and prepping beds, cover cropping methods, tarping for weed suppression and termination, irrigation, equipment, and tools, as well as the best no-till methods for growing in high tunnels. Whether looking to transition to a no-till system, or ready to improve your skills, join this session and the growing community of small-scale no-till growers to share resources, learn best practices, and master techniques.

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Afternoon Intensives | 1 pm–4:30 pm

Grazing Management & Pasture Health | Caywood Farm, Rougemont, NC

Session Sponsors: *Food Animal Concerns Trust (FACT) & Organic Valley Matt Poore & Johnny Rogers, Amazing Grazing, Center for Environmental Farming Systems; Neil Frank, Caywood Farm; Lee Miller & Duke Bass Connections Regenerative Grazing to Mitigate Climate Change project team members, Duke University*

How can livestock farmers and ranchers increase profitability, improve animal health and wellbeing, and enhance environmental stewardship through good grazing practices? Join the CEFS' Amazing Grazing team for an interactive intensive that will demonstrate how pasture-based production systems can achieve these three principles, and be good for farmers, good for their neighbors, and good for consumers. Topics will include an introduction to grazing management, pasture soil health, trouble-shooting temporary electric fences, understanding livestock forage demand, and pasture allocations. Attendees will also hear from a student-led collaborative project that is working to facilitate the expansion of regenerative grazing systems in North Carolina and the Southeast and to create a robust ecosystem of financing, policy, and technical expertise through collaboration with key community partners necessary to encourage and support this expansion.

Growing Your Farm's Potential With Agritourism |

Windy Hill Farm and Botanist & Barrel, Cedar Grove, NC
Annie Baggett, NCDA&CS; Chiara Gledhill, Windy Hill Farm; Lyndon Smith, Botanist & Barrel

Visiting farms encourages learning and engagement for local consumers and creates new opportunities for farmers to diversify and expand their revenue stream. This farm tour will introduce you to two working farms, Windy Hill Farm, specializing in beef cattle and dairy goats, as well as u-pick and special events, and Cedar Grove Blueberry Farm, a certified organic u-pick operation that features an on-site cidery and tasting room. Learn what it takes to host an on-farm event, manage a u-pick operation and value-added business, and how to navigate challenges of agritourism through the ongoing pandemic. Attendees will be led through activities on asset valuation, developing a unique story for their business, and using marketing strategies for their own agritourism operations.

Hands-On Caterpillar Tunnel Construction | Union County Agricultural Center, Monroe, NC

Session Sponsor: *Brooks Contractor Gena Moore, Carolina Farm Stewardship Association & Aaron Moore, NC Cooperative Extension*

Caterpillar tunnels are a cost-effective and useful tool for many farmers; they can be easily built, moved, and operated while also providing countless benefits to vegetable and small fruit producers. Proper construction of tunnels is important for ensuring maximum efficacy, structural integrity, and longevity for years of use. This workshop will provide attendees with hands-on experience building a caterpillar tunnel, the necessary tools and equipment needed for construction, as well as an overview of how these structures can improve production.

Introduction to Mushroom Cultivation on the Farm | Mushroom Mountain, Easley, SC

Tradd Cotter, Mushroom Mountain

Mushrooms are in high demand at markets, restaurants, and gourmet grocers. While they take a different set of skills to grow than traditional crops, mushrooms might be a logical option for diversifying your income. This workshop for beginners will cover the cultivation of gourmet and medicinal mushrooms on logs and substrates such as straw and woodchips. Up first, the basics of log selection, inoculation, incubation, and fruiting of a wide variety of mushrooms, including shiitake, oyster, lion's mane, reishi, nameko, and more. The intensive will then explore substrate selection, treatment methods, growing requirements, and the best management practices for optimal indoor mushroom production. Attendees will leave with a working knowledge of how to get started, including location set-up, cultivation and harvest techniques, maintaining logs/substrate, and storage.





LEGAL ASSISTANCE | EDUCATION | TECHNICAL ASSISTANCE



The Land Loss Prevention Project is a non-profit organization providing comprehensive legal services, technical assistance and community education to farmers, landowners, and homeowners in North Carolina.

HOW CAN WE SUPPORT YOU?

- We offer free legal assistance to eligible BIPOC and limited resource family farmers and landowners facing issues involving land tenure and use, including those in jeopardy of losing their farms, land and/or homes.
- We assist individuals threatened by predatory lending and other erosive practices.
- We provide limited resource farmers with risk management protections using business law.
- We provide legal assistance to disproportionately affected communities facing environmental racism and threatened by housing and land security issues.
- We educate the public about ways to prevent land loss and retain land through the creation of wills and the use of estate planning.
- We offer technical assistance and training to attorneys and advocates.
- We share referrals to private attorneys who are qualified to assist individuals with issues affecting land and property rights at no cost or at a reduced rate.



All-Day Intensives | 9 am-4 pm

Southeast Seed Growing Intensive | Franny's Farm, Leicester, NC

Session Sponsor: *Seven Springs Farm Supply*
Jared Zystro, Organic Seed Alliance; Chris Smith, Utopian Seed Project, Ira Wallace, Southern Exposure Seed Exchange;
Jason Roland, Organically Roland Farm; Gabrielle Carter, Tall Grass Food Box; Melissa Desa; Working Food

This one-day on-farm workshop will focus on creating a foundational understanding of seed growing in the Southeast. The workshop will cover some of the basics of seed saving, including the technical, practical, and economic aspects of the craft, and aims to be as hands-on as possible with opportunities to process a wide range of seeds with different methods and technologies. Speakers will discuss seed contracts and working with seed companies, the first-hand experience of being a contract seed grower, the importance of seed saving and cultural preservation, as well as knowledge, information, and stories of seed growing and seed saving from different regions around the country.

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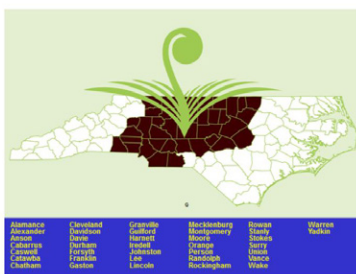
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Networking, Round Tables, & Meetups

Here are some opportunities you can ask questions, meet like-minded folks, and dig in deeper:

Ask the Author

Interested in buying any of these books? Check out “Speaker Books” on the virtual conference platform!

Farm (and Other F Words) | Tuesday, Nov. 9, 1-2:30 PM

Sarah Mock, Agriculture Writer and Researcher

Why do some small farms work, and others fail? How much good has the local, sustainable food movement done for small family farmers in the past several decades? What are the pathways to a more equitable food system moving forward? Join to explore key questions about farm economics and America’s agricultural history and discuss possible paths towards growing farms differently. Learn more about Sarah’s book, *Farm (and Other F Words): The Rise and Fall of the Small Family Farm*.

Growing Tea in the Carolinas | Saturday, Nov. 13, 2-3 PM

Christine Parks, Camellia Forest Nursery & Tea Garden

Are you a small-scale grower or gardener that has questions about the cultivation, harvest, or preparation of *Camellia sinensis*? This is your opportunity to meet the author of *Grow Your Own Tea*, the co-owner of Camellia Forest Tea Gardens in Chapel Hill, NC. If you’re interested in this session, don’t miss Christine’s on-demand workshop that will debut earlier that week (Tuesday, Nov. 9 at 11 AM).

Using EONS Landscape Theory to Create Sustainable Landscapes for the Southeast | Thursday, Nov. 11, 5-5:30 PM

Nathan Miller, Piedmont Virginia Community College

Want to learn more about the landscape theory EONS (Edible, Ornamental, and Native plants with Sustainable methods)? Come meet Nathan to ask questions about his newly published book *Simply Sustainable Landscapes*. If you’re interested in this session, don’t miss Nathan’s on-demand workshop that will debut earlier the same day (Thursday, Nov. 11 at 11 AM).

Breakouts (Live Q&As)

Some on-demand workshops have live Q&As with the speakers after the session so attendees can speak directly and ask questions about their presentations.

Building Soil & Farm Resilience With Small-Scale No-Till Methods | Tuesday, Nov. 9, 5-6 PM

Mark Dempsey, Carolina Farm Stewardship Association; Mary Carroll Dodd, Red Scout Farm

Creating a Pest Management Plan | Friday, Nov. 5, 2-3 PM

Nathan Vannette, Growing Green Family Farm

Fighting Food Apartheid With Farmers Markets |

Saturday, Nov. 6, 2-3 PM

April Jones, Pinehurst Farmers Market

This follow-up breakout session will discuss best practices for starting a neighborhood market, conflict resolution, and ways your farmers market can work toward increasing food access through farmers’ markets.

Functional Marketing for Local Regenerative Producers | Saturday, Nov. 6, 3:30-4:30 PM

Heidi Anderson, TheFarmBoard

Join the live breakout session to follow where the presenter will lead attendees through an easy-to-follow planning recipe that sets farmers up to solve common sales challenges such as mitigating financial and product loss risks due to unpredictable sales, establishing a reputation, and attracting and retaining customers.

Organic Landscaping for Agritourism | Saturday, Nov. 13, 11-11:30 AM

Leonora Stefanile, Barkwells; Maggie Jensen, Maggie’s Farm

Solar Fertility Systems | Wednesday, Nov. 10, 5-6 PM

Patryk Battle, Living Web Farms; Mark Dempsey, Carolina Farm Stewardship Association

Streamlining Recordkeeping for Diversified Vegetable Farms | Friday, Nov. 5, 5-6 PM

Sophia Friis & Mary Stone, Wild Hope Farm

Sustainable Poultry Production & Social Justice |

Sunday, Nov. 14, 10:30-11:30 AM

Dr. Chyi-Iyi (Kathleen) Liang, NCA&T University, Center for Environmental Farming Systems; Dr. Anne Fanatico, Appalachian State University

Networking, Round Tables, & Meetups

Meetups

As a substitute for meeting folks in the hallways between sessions or in line waiting for coffee, we're offering several meetups to help you all connect.

Cocktails With the CFSA Policy Team | Saturday, Nov. 13, 6:30-7:30 PM

Facilitated by Roland McReynolds, Nick Wood, Matt Kneece, & Jared Cates, CFSA

Whether related to climate change and conservation programs, nutrition and food assistance, farm credit and rural economic development, food safety regulations, research, or organic certification, policy shapes all corners of sustainable agriculture and food systems. CFSA's policy team works on the local, state, and federal level, from regional food councils to the North and South Carolina general assemblies, to national coalitions, advocating for small-scale organic agriculture in the Carolinas. Join this session with CFSA's policy team to hear about what priorities CFSA has been working on in 2021 and what state and federal policies will impact agriculture looking ahead to 2022.

Farmer-Veterans of the Carolinas | Wednesday, Nov. 10, 6-7 pm

Facilitated by Kara Rutter, Project Victory Gardens, Katie Donahoe, Growing Minds Project & Marvin Frink, Briarwood Cattle Farm

Join this meetup for an informal networking session to share stories and resources, and meet new farmer-veterans in your area and around the Carolinas!

First-Time Conference Goers | Friday, Nov. 5, 6:30-7:30 PM

Facilitated by Kana Miller, Carolina Farm Stewardship Association

Whether this is your first virtual conference or first-ever Sustainable Agriculture Conference, we invite you to join CFSA staff for an informal meetup to answer your questions and get to know other attendees!

Grower-Buyer Meetup | Wednesday, Nov 10, 10-11:30 am

Facilitated by Geoff Seelen, Carolina Farm Stewardship Association

Connect with wholesale buyers during this facilitated meetup session. Pre-registration is requested so that session facilitators can pair growers with appropriate buyers. Growers can pre-register here.

Networking Bingo | Friday, Nov. 5, 5-8 PM

We're bringing back this networking hit from our 2019 conference, but with a virtual twist and a \$75 prize! Fill out your BINGO card by chatting with attendees in the designated video rooms and completing tasks that will introduce you to new people and connect you with other conferencegoers!

Networking for All Things Farmers Market | Monday, Nov. 8, 5-6 pm

Facilitated by Claire McLendon, CFSA; Hannah Dankbar, NC Cooperative Extension; Lisa Misch, RAFI-USA

Do you sell at a farmer's market? Are you on the board? Do you manage or staff one? Come swap experiences and make connections across the world of farmers' markets. This informal networking session will focus on breakout rooms and small group discussion by interest.

Speed Networking | Monday, Nov. 8 & Friday, Nov. 12, 6:30-7 PM

Facilitated by Katie Murray, Ashley See, Rachel Clark, Carolina Farm Stewardship Association

Want to get to know a lot of attendees quickly? We've got you! Join speed networking for facilitated introductions and conversations between everyone who attends.

Virtual Seed Swap | Monday, Nov. 8, 3:30-4:30 pm

Seeds are more than just things we put into some soil. Seeds are full of stories, history, and carry the love that was put into saving it year on year. Please join seed savers Lee Barnes and Angie Lavezzo in this year's virtual seed swap where we invite you to share stories of seeds in your family, and beyond. As a group, we can connect over a passion for heirlooms and trade seeds via good ol' snail mail. Lee and Angie are both happy to answer questions about seed-saving techniques, and we invite you to share your own tips and tricks as well.

North Carolina SARE

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Empowering sustainability through positive, focused investments in research and education.

N.C. SARE – advancing farming systems that are profitable, environmental sound, and good for communities through a research and education grants program. Examples of programs eligible for funding include:

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NC AgrAbility Partnership is funded by the National Institute of Food and Agriculture NIFA, a federal agency within the United States Department of Agriculture SDA. The program collaborates with organizations and institutions across the state to help eliminate or minimize obstacles that limit independence and productivity in agricultural-related occupations and daily life. We welcome experienced and new beginning farmers and provide assistance, referrals, and resources to those affected by mental, cognitive, physical, age-related, or chronic illnesses and disabilities.

NC AgrAbility provides:

- Educational activities and workshops about preventing injuries in agriculture.
- Educational materials to help you accommodate to the farming activities and learn how to manage disabilities in agriculture.
- Direct services: by evaluating needs of farmers at their farm.

For more information, contact NC AgrAbility Director, Beatriz M. Rodriguez, at: 336 285 4680 or bmrodrig@ncat.edu

Networking, Round Tables, & Meetups

Round Tables

We're hosting several themed discussions. These are facilitated conversations to connect attendees and experts that give everyone a chance to contribute.

2023 Farm Bill Listening Session | Friday, Nov. 12, 3-4:30 PM

Facilitated by Nichelle Harriott, National Sustainable Agriculture Coalition

With the 2023 Farm Bill on its way, join staff from the National Sustainable Agriculture Coalition (NSAC) for a discussion and interactive listening session about the future of federal food and farm policy. This session is a chance for attendees to share their thoughts about what's working well—and where improvements and investments are needed—when it comes to federal programs. This session will cover the current political landscape regarding sustainable agriculture, equitable food and farm policy, and potential opportunities and challenges. It will include a discussion with participants on building movement solidarity around farm bill priorities for Carolina farmers and ranchers through NSAC and CFSA's advocacy. Come ready to share the challenges you have faced on your operations, ideas on what programs can better serve farmers, and what policy priorities should be a focus this next farm bill cycle, with a particular focus on federal support for climate change action, equity, and investing in local farm economies and sustainable practices.

Accessing Financing for Farm Businesses | Monday, Nov. 8, 1-2 PM

Facilitated by Emily Sloss, Self Help Credit Union

What have been challenges or barriers to accessing credit? What have been valuable resources in building your farm business? Are there gaps in the financial services currently available to you? Join this facilitated discussion to answer your questions around farm financing.

Big Opportunities With Small Ruminants | Wednesday, Nov. 10, 3:30-4:30 pm

Facilitated by Aaron Moore & Rachel Owens, NC State Extension

Small ruminants are quickly gaining popularity among farmers and homesteaders here in the Carolinas. These animals make great additions to a working farm or homestead, however, they require specialized care and breeding to maintain a healthy herd or flock. Join these extension agents to discuss the opportunities and the challenges for raising sheep and goats. Whether you're new to livestock or a seasoned herdsman we'd love to hear from you during this session.

Eating Together Faithfully: Connecting Churches to Food Justice | Thursday, Nov. 11, 1-2 PM

Jimmy McKinnell, Life Around the Table

This workshop will introduce participants to Eating Together Faithfully, a framework for conversation designed to walk church communities through various food and faith topics. The framework aims to motivate congregations to participate in food justice both individually and as communities of faith. Participants will experience part of the framework in small group discussions as we share and learn from each other about how faith mobilizes us to work towards a more equitable and just food system.

Exploring the Intersection Between Research, Education, & Fostering New Farming Enterprises | Friday, Nov. 12, 5-6 PM

Facilitated by Gena Moore, Carolina Farm Stewardship Association
Description coming soon

Farm Transition or Second Career Farmers: Successes & Challenges | Thursday, Nov. 11, 3:30-4:30 PM

Description coming soon

Making Money While Reaching Goals | Wednesday, Nov. 10, 11 AM - 12 PM

Session Sponsor: Farm Credit Associations of NC

Gary Matteson, Farm Credit Council

Hope is not a strategy. Plan for the things you want to accomplish on your farm, the money you intend to make, and the money you will need to spend. In this session, business consultants and lenders will help you think about the future of your farm operation in general terms that you can understand, setting the stage for understanding financial goals. A realistic plan brings confidence to you, your partners, your investors, and your family.

Strategies for Attracting Pollinators | Saturday, Nov. 6, 3:30-4:30 PM

Facilitated by Angie Lavezzo, Carolina Farm Stewardship Association
This discussion will go over the benefits of attracting pollinators and beneficial insects to your farms and gardens for boosting natural pest control, increasing yields, and overall beauty. Topics up for discussion are plant choice and placement, habitat creation, providing food and water sources, and general maintenance. Please bring your experiences to share, and questions to go over. Just listening is welcome too!

Transformative Agriculture: Breaking the Chains of Unsustainable Agriculture | Monday, Nov 8, 12:30-2:30

Facilitated by LaShauna Austria, Seeds of Change Consulting & Kindred Seedlings Farm; Monique Bethel; Jared Cates, Carolina Farm Stewardship Association

Join a conversation that will increase your knowledge and awareness about food equity, food sovereignty, and food justice. We will explore innovative ways to transform our food systems to be equitable and resilient.

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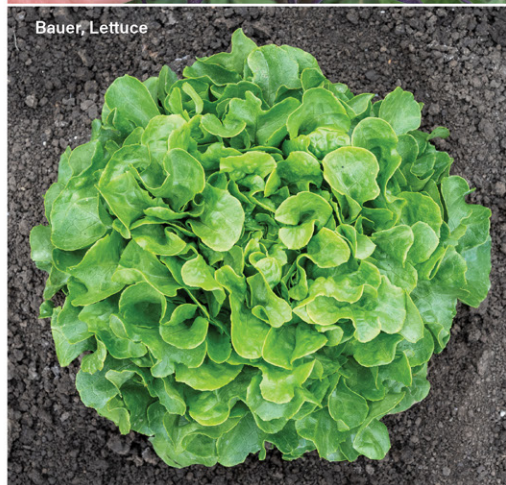
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Marzito, Tomato



Bauer, Lettuce



Mini Me, Cucumber

Support CFSA

Together we are building a sustainable regional food system that is good for consumers, growers, and the land, but we need your help! Make an impact in the fight for sustainable food systems by making a philanthropic contribution to CFSA. As a 501(c)(3) non-profit organization, we rely on your support.

Show your support for local agriculture and sustainable food systems by making a charitable gift to CFSA today!

Ways to Support

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Payable to: Carolina Farm Stewardship Association

Address: PO Box 448 Pittsboro, NC 27312

Remember: please include a note or a memo if your gift should be directed to a specific fund

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A recurring donation is the easiest, most effective way to give and ensures your donation goes even further by allowing us to plan for the long-term! Donors may change the donation amount or cancel at any time. No strings attached. Set up your donation to recur monthly or quarterly in any amount. All recurring donations will be charged directly to your card on file. Those who choose to make recurring donations are considered part of our Perennial Givers Guild
Are You a North Carolina State Employee?

CFSA is an approved State Employees Combined Campaign (SECC) charity. All North Carolina state employees and retirees are eligible to make a tax-deductible contribution to CFSA directly through their paychecks. The 2021 SECC runs through December 31.

All gifts to CFSA are tax-deductible. Donations in any amount are welcome and appreciated, but all donations over \$25 for new members or \$39 for existing members confers CFSA membership

**Show your support for
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CFSA today!**

Become a CFSA Member

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 42 years.**