

# Sustainable Agriculture Conference





# Welcome to the CFSA Sustainable Agriculture Conference!

Dear Friends: Welcome to the 38th annual CFSA Sustainable Agriculture Conference! The CFSA staff and Board are so thrilled to be with you this year!

We have worked hard to create what we hope you will find to be a warm and friendly gathering space for the Carolinas' agroecological agriculture community to share insights and stories. Our goal is to provide you with tools and knowledge to help your farm, business, and community thrive.

This year you will have your picks from a smorgasbord of over 80 workshops led by internationally-recognized thought leaders for our movement and successful farmers and entrepreneurs from across the Carolinas and the nation. The trade show is bigger than ever, with more than 63 companies and organizations offering tools and resources to help you thrive. We've brought back the book store, with some leading authors on hand to sign copies of their works and connect with you. And the seed and plant share is back, where you can tap and share knowledge on exciting crop varieties and how to help them grow.

Connecting in person with old friends and new is the heart of the SAC experience, and is the highlight of the event for the CFSA staff. We've got lots of fun activities to amplify the networking, including a grower-buyer meet-up, a photo booth at the Saturday evening reception, trivia, and more. And we've set aside spaces for affinity groups to convene—if you want to join or spark a gathering of like-minded folks, please check with CFSA staff at the registration desk to find out how.

We are glad to be hosting in Downtown Durham again where there are so many opportunities to support restaurants and bars that support local farms.

We've also made enhancements to this year's conference, in response to your input. There's full breakfasts available Saturday and Sunday, and heavy hors d'oeuvres at a longer, later Saturday evening reception, all featuring locally and sustainably sourced foods and beverages. We've expanded the Monday on-farm workshops, with hands-on demos and tours covering scale-appropriate farm equipment, turkey processing, expanding market access, and more.

With the expansion of our organic farming support activities and FarmsSHARE program over the last year, the CFSA staff has grown, and our new team members are excited to meet you. Look for us wearing our 'staff' name tag ribbons and say hello in the halls, or visit us at the CFSA trade show booth to start a customized support plan for your farm or business to grow. Please take the opportunity to plug in to our policy network as we gear up for further advocacy on the upcoming federal farm bill. And we'd love your help spreading the good word about CFSA as we kick off our end-of-the-year fundraising drive, which you can do by signing up to share solicitations for the campaign.

Thanks for being a part of this amazing and unique event! We look forward to forging with you our community's path toward a food system that nurtures plants, people, and the planet!



Roland McReynolds  
CFSA Executive Director

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## Meet this year's cover art artist: Holly Astle



A big thank you to [Holly Astle](#), who created the beautiful cover art! Holly is an illustrator based in Falmouth, Cornwall, UK. She is greatly influenced by her local surroundings of the coast and love of the natural world. We are so excited to feature such beauty on our conference program! We hope you agree with us that it captures the essence of friendship and togetherness that we would like the Sustainable Agriculture Conference to bring to us all.

### PROGRAM CHANGES

It's possible there may be a few changes to the program that were decided after printing. Please visit the sign by the registration desk for updates.

# CFSA Board & Staff

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## Conference Schedule

<b>Saturday, November 11</b> <i>Durham Convention Center</i>	<b>Sunday, November 12</b> <i>Durham Convention Center</i>	<b>Monday, November 13</b> <i>Offsite &amp; On-Farms!</i>
<p>Registration 7 am – 5 pm</p> <p>Trade Show + Seed &amp; Plant Share + Book Store 7:30 am – 5:30 pm</p>	<p>Registration 7 am – 4:30 pm</p> <p>Trade Show + Seed &amp; Plant Share + Book Store 7:30 am – 5 pm</p>	<p><b>Full-Day On-Farm Intensives</b> Times Vary</p> <p><i>Hands-On Turkey Processing</i></p> <p><i>Perennial Strategies for Market Gardening and Beyond</i></p> <p><i>Demystifying Organic Certification</i></p> <p><i>SMART Markets: Market Access &amp; Business Development Across NC</i></p> <p><i>Southeast Seed Growing</i></p>
<p>7:30 - 8:15 am <b>Morning Movement</b> <i>Junior Ballroom B+C</i></p> <p>8 - 8:30 am <b>Dow Scholar Breakfast Meetup</b> <i>Grand Ballroom</i></p> <p>8:15 am - 8:20 am <b>Opening Remarks</b> <i>Grand Ballroom</i></p> <p>7:30 - 9 am <b>Coffee and Breakfast in the Trade Show</b> <i>Grand Ballroom</i></p> <p>8:30 - 9:45 am <b>Workshop Session A</b> <i>See p 9</i></p> <p>10:15 - 11:30 am <b>Workshop Session B</b> <i>See p 12</i></p> <p>11:30 am - 1:30 pm <b>Lunch Break</b></p> <p>12 - 1 pm <b>Policy in the Park</b> <i>Durham Central Park</i></p> <p>1:30 - 2:45 pm <b>Workshop Session C</b> <i>See p 16</i></p> <p>3:15 - 4:30 pm <b>Workshop Session D</b> <i>See p 20</i></p> <p>4:45 - 5:45 pm • <b>Meet the Authors</b> • <b>Trivia in the Tradeshow (Pre-Registration Required)</b> • <b>Grower-Buyer Meetings (Sign-up Required)</b></p> <p>5:45 - 8 pm <b>Reception</b> <i>Junior Ballroom</i></p> <p>6 - 8 pm <b>Photo Booth</b> <i>Junior Ballroom</i></p>	<p>7:30 - 8:15 am <b>Morning Movement</b> <i>Junior Ballroom B+C</i></p> <p>7:30 - 9 am <b>Coffee and Breakfast in the Trade Show</b> <i>Grand Ballroom</i></p> <p>8:30 - 9:45 am <b>Workshop Session E</b> <i>See p 24</i></p> <p>10:15 - 11:30 am <b>Workshop Session F</b> <i>See p 27</i></p> <p>11:30 am - 1:30 pm <b>Lunch Break</b></p> <p>1 - 4 pm <b>Southern Piedmont Climate-Smart Project Market Manager Kickoff Meeting (Invite Only)</b> <i>Junior Ballroom B+C</i></p> <p>1:30 - 2:45 pm <b>Workshop Session G</b> <i>See p 32</i></p> <p>3:15 - 4:30 pm <b>Workshop Session H</b> <i>See p 34</i></p> <p>4:30 - 6:30 pm <b>North Carolina Farmers Market Network Inaugural Meeting (Invite Only)</b> <i>Junior Ballroom B+C</i></p> <p>4:45-4:50 pm <b>Closing Remarks</b> <i>Grand Ballroom</i></p>	<p><b>Morning On-Farm Intensives</b> 9 am - 12 pm</p> <p><i>Foundations of Parasite Control in Sheep &amp; Goats</i></p> <p><i>Healing the Soil Through Regenerative Agricultural Practices</i></p> <p><b>Afternoon On-Farm Intensives</b> 1 - 4:30 pm</p> <p><i>Place-Based Learning: School Trips, Internships, and Summer Camps</i></p> <p><i>Mechanization &amp; Scale-Appropriate Equipment for Small Farms</i></p>

## Saturday Activities

### **Morning Movement 7:30 - 8:15 am | Junior Ballroom B + C**

Rebecca Rabone-Willett & Ryan Willett

Start the morning off right with deep breaths and stretches, specifically for farming bodies! This interactive session, led by Rebecca and Ryan, consists of a yoga class of poses and stretches focusing on specific muscle groups most used by farmers, and is open to all experience levels.

### **Dow Scholar Breakfast Meetup 8-8:30 am | Grand Ballroom**

Calling all Dow Scholars! Come connect with CFSA staff and fellow Dow Scholarship recipients over breakfast. This is a great chance to ask questions about CFSA's technical assistance, meet farmers with shared experiences, and maybe make a workshop buddy. Grab some breakfast and look for the tables marked "Dow Scholars" in the trade show.

### **Policy in the Park 12 - 1pm | Durham Central Park**

Matt Kneece & Roland McReynolds, Carolina Farm Stewardship Association

Pick up a quick lunch to-go and join CFSA's policy team in Durham Central Park to learn about some state and national policy issues affecting food and farming in the Carolinas. This meetup is for everyone, from policy newbies to policy pros! Find us on the lawn at Durham Central Park, across from the farmers market, with a "Policy in the Park" sign.

### **Trivia Night in the Trade Show 4:45-5:45 pm | Grand Ballroom**

Test your sustainable agriculture knowledge at our first-ever conference Trivia Night! Come with your buddies and form your own team, or make new friends on a team assigned by us. The winning team will win a \$100 Visa gift card! This event requires pre-registration. Sponsored by *Firsthand Foods*

### **Meet the Authors & Book Signing 4:45-5:45 pm | Grand Ballroom**

Chat with the conference speakers who are also published authors! This is your chance to talk with Rowen White, Ira Wallace, Chris Smith, Elizabeth Hillborn, Pam Dawling, and Helen Atthowe, who will sign books in the back of the trade show next to the bookstore. The authors' books are available for purchase from the conference bookstore or the authors themselves!

### **Grower-Buyer Meetings 4:45-5:45 pm | Meeting Room 4**

Farmers ready for wholesale can sign up to meet face-to-face with buyers, make connections, and grow sales channels. Buyer descriptions and info sheets are available to see who might be a good fit for your business. Find the buyer info and sign-up sheet at the registration desk to reserve your meeting times.

### **Photo Booth 6 - 8 pm | Junior Ballroom B + C**

Visit the photo booth in the reception room and get complimentary prints or digital pictures as a fun conference memento. Share your pics with the hashtag #CFSA2023! Sponsored by: *Hiwassee Products*

### **Reception 5:45 - 8 pm | Junior Ballroom B + C**

Enjoy some heavy hors d'oeuvres and mini sips of local goodness during this informal gathering before heading to dinner or out for the night. This event is open and free to all conference ticket holders!

## Sunday Activities

### **Morning Movement 7:30 - 8:15 am | Junior Ballroom B + C**

Rebecca Rabone-Willett & Ryan Willett

Rebecca and Ryan return for a second day of yoga poses and stretches.

### **Southern Piedmont Climate-Smart Project Market Manager Kickoff Meeting (Invite-Only) 1-4 pm | Junior Ballroom B + C**

The Southern Piedmont Climate-Smart Project is working with farmers markets throughout the region to discover ways to market value-added, regenerative products. This kick-off meeting welcomes market managers, provides training and guidance for the work happening at their market, and allows the project team the opportunity to hear from the managers about their needs, concerns, and expectations for the project.

### **North Carolina Farmers Market Network Inaugural Meeting (Invite-Only) 4:30-6:30 pm | Junior Ballroom B + C**

The newly-established North Carolina Farmers Market Network (NCFMN) meets to hold their inaugural membership meeting, bringing together farmers market managers and supporters from across North Carolina. The network aims to uplift farmers markets and the people that power them. To learn more, visit: [ncfmn.org](http://ncfmn.org).

### **Southeastern Seed & Plant Share**

Long-time seed-saving champions Lee Barnes and Doug Jones are back with seeds and plants to share! Visit Lee and Doug in the trade show throughout the conference and learn about saving seeds, bring some of your favorite seeds and cuttings to share, and take home some new goodies free of charge.

### **Tradeshow Passport Game**

Have some fun exploring this year's trade show by getting your tradeshow passport stamped each time you connect with one of our 60+ exhibitors. Attendees with twelve or more stamps can submit their completed passport for a chance to win one of three \$75 Visa gift cards! Grab your passport at the check-in table for more details.

### **Book Store**

Make sure you visit the official conference bookstore, created by [Chelsea Green Publishing](http://ChelseaGreenPublishing.com). At the bookstore, you'll find a curated collection of titles on soil health, seed saving, sustainable farming practices, gardening, homesteading, herbal medicine, integrative health, and much more! And—as a special discount for conference attendees—all Chelsea Green titles will be 30% off the cover price!

### **Raffle**

Enter our conference raffle at the Local Food & Drink Tasting Station in the back of the trade show for a chance to win one of two \$100 gift cards to Fifth Season Gardening!

### **Local Food & Drink Tasting Station**

Sample locally made food and drinks during workshop breaks at the back of the trade show throughout the weekend.



Room	Workshop A Sat 8:30-9:45	Workshop B Sat 10:15-11:30	Workshop C Sat 1:30-2:45	Workshop D Sat 3:15-4:30	Workshop E Sun 8:30-9:45	Workshop F Sun 10:15-11:30	Workshop G Sun 1:30-2:45	Workshop H Sun 3:15-4:30
Junior Ballroom A1	Beyond the Pivot: Effective, Low-Stress Irrigation Techniques (Avery & Laura Fox)	Utilizing Technology to Ensure Sales and Convenience (Zachary Rierson & Stefanie Jeager)	Expanding Food Access For All with Online SNAP Payments for Farmers (Eric Sannerud & Phil Blalock)	Gaia Herbs' Journey to Regenerative Organic Certification® (Kate Renner, Abbie Dillon & Zach West)	Small But Mighty: Managing Farmers Markets as Community Assets (Nora Rodli, Maggie Funkhouser, Lauren Wood, Brett Pinsent, Meredith Favre & Ariana Ayuso)	Holistic Farm Planning and Livelihood Strategies (Andrew Smolski & Silvana Pietrosevoli)	Is the H-2A Visa Program Right for Your Farm? (Catherine Watts, Clem Swift & Kate Renner)	Advantages of Being a Farm: Exemptions & Special Benefits (Harvey Harman)
Junior Ballroom A2	How to Save Seed and Be a Farmer (Chris Smith & Ira Wallace)	Crop Rotations for Vegetables and Cover Crops (Pam Dawling)	Minimizing Inputs with Ecological Farming (Helen Atthowe)	Wholesale Readiness for Organic Growers (Alex Borst, Justin Roller, Sara Runkel & Clem Swift)	Advanced Organic Weed Management for Vegetable Growers (Clem Swift)	Spring and Summer Hoophouses (Pam Dawling)	Precise Nutrient Management for Small-Scale Farms (Kyle Montgomery)	Small Farm Boot Camp Express (Amanda Wilkins, John Lyttle, Meredith Favre & Trevor Hyde)
Junior Ballroom A3	Farmer-Led Mentor, Apprentice, and Training Opportunities in the Carolinas (Billy Mitchell, Olivia & Rocky Ramos, Nicole Delcolgiano, Kathleen Wood, Angel Cruz, & Shiloh Avery)	Oyster Mushroom Cultivation in Bottles (John & Elizabeth Moon)	Meat & Egg Subscription Models (Alex Russel)	Behind the Seeds: A Glimpse Into Varietal Production (Michelle Hochkeppel)	Below the Surface: Digging Into the Science of Soil Health (Janel Ohletz)	Strategies for Curing & Storing Your Harvest for Increased Quality & Shelf Life (Sarah Hinson & Jillian Mickens)	Religious & Cultural Diversity on the Farm (SJ Seldin)	Organic Cucumber Production in High Tunnels (Joe Rowland)
Junior Ballroom D1	Incorporating Livestock to Improve Soil Health (Don Jackson & Gabriel Kenne)	Don't Flush Your Money Away: Building a Composting Toilet on Your Farm (Hector Lopez & Phoebe Gooding)	On-Farm Cover Crops Research in the Carolinas (Justin Duncan, Jason Lindsay & Dorothy Barker)	Value-Added Foods Supporting Health, Equity, and Local Agriculture (Alice Ammerman, Carla Norwood & Gabe Cummings)	Beginning Farmer Success (Nicole Delcolgiano & Mary Bulan)	Urban Agriculture Planning: Working with Local Government, Private Partnerships & Community Support (Justin Nickelson, Tenisio Seanima, Aaron Newton & j. olu baiyewu)	Cost-Effective Ways to Improve Soil Health and Productivity (Nana Kusi, Henry Sintim & Amelia Bruss)	Working With Ethnic Markets from Sustainability and Cultural Perspectives (Kathleen Liang)
Junior Ballroom D2	Ecological Outcomes Monitoring, Part 1: Giving the Land a Voice and the Farmer a Tool to Listen (Ashton Thompson)	Agroforestry Design for Mixed Enterprises (Noah Poulos)	Extending the Harvest: Creating a Four-Season Garden (Ira Wallace)	Native & Low-Input Fruit Production in the Mid-Atlantic (Elizabeth Hilborn)	Southeast Seed Growing and Seed Collectives Roundtable (Chris Smith, Leeza Regensburger, Megan Allen, Jay Bost, Shelby Johnson & Kelli Dale)	Seeds for Preservation and Perseverance: Native American Foodways (Amyrose Foll)	Re-Seeding a Relational Agriculture; Intercultural Collaboration in Service of Agricultural Biodiversity (Rowen White)	Working with Plant Competition (Helen Atthowe)
Junior Ballroom D3	Know Your Numbers (Gabriel Marewski)	Taking Back the Farm Bill: How to Advocate for a Just and Climate-Friendly Food System (Hannah Quigley, Mike Hansen, Kelly Crane and Michael Banner, Brett Rapkin-Citrenbaum & Matt Kneece)	Climate-Smart in Southeast: How Southern Piedmont Farmers Can Guide USDA Sustainable Agriculture Programs (Kristie Wendelberger, Edna Ely-Ledesma, Biswanath Dari, Patrick Brown, Debjani Sibi & Suzanne Girdner)	Brooding for Success (Alyssa Walsh)	Challenges & Opportunities in Niche Meat Processing (Bob Shipley)	Harnessing Beneficial Microbes for Climate Resilience (Mallory Choudoir)	Uncommon Threads: Opportunities in Fiber Hemp for Small-Scale Producers (Patrick Brown, David Suchoff & Courtney Lockemere)	Ask a Farm Lawyer: Your Legal Questions Asked and Answered (Anna & Jonathan Williams)
Meeting Room 1	Farm to Market: An Interactive Workshop for Budding Farmers Market Vendors (Hannah Dankbar)	Growing on a Dime: Resilient Container Gardening with Limited Space & Resources (Shy Palmer)	Navigating Challenging Relationships (Brittany Arsiniega)	Unearthing the Potential of Farm Leases (Christina Rice & Ashton Cooke)	Sow It & Stow It: The Intersection of Food Safety, Security, & Waste Prevention (Chase McIntosh Baillie & Adah Gorton)	Best Practices for Working With Your Processor (Samantha Gasson, Lee Menius, Cecilie May, Carl & Kristine Mitchell)	Certified Naturally Grown Microgreens for Retail and Wholesale (Michael Torbett)	Four Farmers' Value-Added Journey (Samantha Gasson, Samantha Genke, Carolyn Rose-Seed & Paige Jackson)
Meeting Room 2	Growing Wellness with Medicinal Herbs (Lisa Fouladbash)	Paddock Design: Strategies for Maintaining Health & Productivity (Lee Rinehart)	African American Agricultural Traditions (marc williams)	Mechanisms of Biological Fertility (Peter Brezny)	Finding Success with USDA: Farmer Programs, Practices, and Applications (Hillery Goodgame & Jaimie McGirt)	Understanding NRCS: A Deeper and Practical Approach (Hillery Goodgame & Jaimie McGirt)	Pastured Flock Health: Understanding and Preventing Poultry Diseases on Small Farms (Melissa Yates)	Best Practices for Relationship-Building with Chefs (Garrett Corwin & Taylor Halley)
Meeting Room 3	Cut Flowers for Wholesale (Claire Charny)	Hiring, Retaining, and Managing Employees (Katherine Belk & Elliot Seldner)	Farming, But Not My Farm: A Roundtable for Employees, Apprentices & Interns (Casey Roe & Meredith Cohen)	Cultivating Sustainable Growth: 'Grow Slow So You Don't Owe' (Cee Stanley)	Using Native Plants as Cover Crops (Patrick Johnson & Charles Maloney)	Principles of Contour Lines Agroforestry (Thomas Leonard)	Finding Land to Farm and Keeping It in Farming (Noah Ranells & Hannah Bundy)	MANI:ENI:SE (Water is Alive): Advancing the Rights of Nature (Crystal Cavalier-Keck & Jason Keck)
Meeting Room 4	Agritourism vs Agritainment: Insuring Activities & Minimizing Risk on Your Farm (Chris Rubish, Anna Williams & Jonathan Williams)	Practical Tools for Implementing Food Safety on Your Farm (Keisha Rainey, Sara Runkel & Stasia Greenewalt)	How to Launch a Food Product (Eric Hallman & Sue Ellsworth)	Full Circle: Creating a New Pathway to Access and Ownership by Connecting with Land Trusts (Delphine Sellars, Lucille Patterson, Justin Wooley & Natasha Graham)	Harmony in the Fields: Cultivating Wellness through Farming Yoga (Nina Spinelli)	Building Community & Financial Stability Through Agritourism (Tom & Linda Savage)	Practical Uses for Enterprise Budgets (Derek Washburn)	Glorious Green Gardening Guilds (James "Chip" Webb)



## SATURDAY WORKSHOPS

### Workshop Session A – Saturday | 8:30 – 9:45 am

#### Beyond the Pivot: Effective, Low-Stress Irrigation Techniques | Junior Ballroom - A1

Avery & Laura Fox, Hidden Springs Farm

*Avery and Laura are the owners of Hidden Springs Farm, a small-scale farm on seven acres of reclaimed clear-cut land, growing berries, fruits, vegetables, and chickens in Clinton, SC.*

Water management is crucial for the success of any small farm, homestead, or garden. But with all the choices available, how do you know which option is the best for your setup? Avery and Laura share their 25-year journey to refine and optimize water management on their farmstead. They discuss tips, techniques, and devices that growers can adapt to municipal supplies, residential or shallow wells, rain catchment systems, or surface water sources. The session includes hands-on demonstrations, and attendees can examine different types of pipes, lines, fittings, and tanks.

*Session Audience: Beginning farmers, gardeners, and homesteaders.*

#### How to Save Seeds and Be A Farmer | Junior Ballroom - A2

Ira Wallace, Southern Exposure Seed Exchange

*Ira is a seed-saver, writer, educator, and co-manager of Southern Exposure Seed Exchange, a cooperatively-owned seed company, and a co-founder of Acorn Community Farm, an egalitarian community in central Virginia. Ira is a 2023 James Beard Foundation Leadership Award recipient.*

Chris Smith, Utopian Seed Project

*Chris is the founder and executive director of The Utopian Seed Project, a nonprofit working to responsibly grow, research, educate, and celebrate a wide range of crops and varieties to support diversity in food and farming. He is also the author of the James Beard Award-winning book The Whole Okra.*

On-farm seed saving is somewhat of a lost art and can come with challenges, but it has many benefits for growers and the broader sustainable agriculture community. This workshop provides a realistic look at generating income through seed grow-outs for seed companies and whether on-farm seed saving is a good fit for your operation. Ira and Chris discuss seed-saving opportunities and challenges, with examples of farmers succeeding as seed growers. They also cover dual cropping potentials of seed saving and working with seed companies as a contract grower.

*Session Audience: Established farmers and seed savers interested in contract growing and beginning farmers interested in on-farm seed saving.*

*Session Sponsor: Southern Exposure Seed Exchange*

#### Farmer-Led Mentor, Apprentice, and Training Opportunities in the Carolinas | Junior Ballroom - A3

Billy Mitchell, Florida Organic Growers

Nicole Delcogliano, Organic Growers School

Kathleen Wood & Angel Cruz, Center for Environmental Farming Systems

Shiloh Avery, Tumbling Shoals Farm

Olivia & Rocky Ramos, Soil Shine Farm



Southern SARE's vision is an enduring American agriculture of the highest quality. This agriculture is profitable, protects the nation's land and water, and is a force for a rewarding way of life for farmers and ranchers whose quality products and operations sustain their communities and society.

[www.southern.sare.org](http://www.southern.sare.org)

## Workshop Session A – Saturday | 8:30 – 9:45 am

Are you interested in mentoring future farmers? Or are you interested in being an apprentice or being mentored by a successful farmer? If so, this session is for you! In the Carolinas, there are many ways to engage with different types of programs with different pay structures, timelines, and requirements. This session features short presentations from farmers, apprentices, and farm mentees, as well as program leaders at Organic Growers School and Registered Apprenticeships through the Center for Environmental Farming Systems. Presenters will share best practices from their experiences, lessons learned, and new opportunities. Audience members can ask questions and share what they are looking for in a mentor/apprenticeship program.

*Session Audience: Aspiring or beginning farmers interested in apprenticeship programs, and farm managers or owners interested in providing mentorship or starting an apprenticeship program.*

*Session Sponsor: Enlightened Soil Corp*

#### Incorporating Livestock to Improve Soil Health | Junior Ballroom - D1

Don Jackson, Pompey's Rest

*Don is the owner of Pompey's Rest - Jackson Family Pastures, A Greener World Certified Grass-fed and Animal Welfare Approved cattle and meat goat operation focusing on soil health and regenerative practices.*

Gabriel Kenne, University of South Carolina

*Gabriel is a research assistant professor in USC's Department of Environmental Health Sciences, focusing on soil health and how applied science can address real-world public health issues concerning food safety and security.*

Animals are valuable tools for improving soil health, sequestering carbon, and minimizing synthetic inputs. Incorporating livestock into field rotations breaks up cover crop residue, adds natural fertilizer, and speeds up microbial action in the soil, which, if managed well, improves pasture productivity and animal health. Don discusses his rotational grazing techniques to reduce external inputs, improve soil fertility and water-holding capacity, and enhance animal performance on his South Carolina farm. Gabriel discusses the science of why these regenerative practices benefit the land, animals, and surrounding environment, and opportunities for contract grazing to improve cropland. The session includes a demonstration of how you can evaluate your soil's health using basic slake and slump tests with examples from differently managed crop and pastureland.

*Session Audience: Beginning ruminant producers, pasture-based livestock farmers, service providers, educators, and students.*

*Session Sponsor: Juneberry Ridge*

#### Ecological Outcomes Monitoring, Part 1: Giving the Land a Voice and the Farmer a Tool to Listen | Junior Ballroom - D2

Ashton Thompson, Juneberry Ridge

*Ashton is the chief operations officer, and Adam is the livestock manager at Juneberry Ridge, a working regenerative farm, educational facility, and retreat center in Norwood, NC.*

We can call ourselves regenerative farmers, but how do we prove it? In a world dominated by inputs and practices, focusing on

outcomes is essential. Ashton guides you on making observations that can be measured and monitored to answer the question: Is your management actually regenerating the land? In this farmer-focused session, Ashton teaches principles of Ecological Outcome Verification™, the Savory Institute's soil and landscape assessment methodology, which tracks outcomes in biodiversity, soil health, and ecosystem function.

*Session Audience: Beginning to experienced farmers or service providers consulting on regenerating land with animals.*

*Session Sponsor: Happy Dirt*

#### Know Your Numbers | Junior Ballroom - D3

Gabriele Marewski, Farm4Business

*Gabriele is a retired farmer who now coaches start-up agricultural entrepreneurs and coaches for Mountain BizWorks, a non-profit that helps businesses start, grow and thrive in Western NC.*

Now that your plants are in the ground and your business is budding, do you have a plan for tracking and measuring profitability? Gabriele reviews the documents you need for efficient financial management of your business, including production projections, profit and loss statements, cash flow and balance sheets, and what documentation you need to provide for a loan.

*Session Audience: Aspiring and beginning farmers and service providers.*

#### Farm to Market: An Interactive Workshop for Budding Farmers Market Vendors | Meeting Room 1

Hannah Dankbar, NC State Extension

*Hannah is the manager of NC State Extension's Local Food Program, which works to build capacity for local food systems through resource development and training across North Carolina.*

In this three-part session, Hannah starts by describing best practices for selling at a farmers market, including setting up an eye-catching booth, sampling products, engaging with customers, recording sales, food safety practices, and tips for interacting with a farmers market organization. Attendees then take a short walk to the Durham Farmers Market to visit booths, explore the market, and participate in a self-guided activity. The session concludes with attendees meeting in Durham Central Park to discuss the activity and share thoughts and observations.

*Session Audience: Aspiring or new farmers market vendors, market managers, or established vendors looking to up their market game!*

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## Workshop Session A – Saturday | 8:30 – 9:45 am

### Growing Wellness with Medicinal Herbs | Meeting Room 2

Lisa Fouladbash, Sequoia Herbals

*Lisa is a clinical herbalist and gardener in Durham, NC. She founded Sequoia Herbals to help others heal with plants and connect to the land through her classes, consultations and handcrafted products.*

Imagine if you could cultivate wellness alongside your fruits and veggies. Whether making tea to cool your child's fever, nibbling some lemon balm to brighten your mood, or adding nettles to your winter broth, an herbal garden offers nourishment and healing that we can share with our communities. Lisa discusses how to plan and tend your healing garden, using lessons from a local herbalist (with an ever-expanding garden)! Learn how to organically grow your own medicine, including herbs for mood and sleep, immunity, winter wellness, and more!

*Session Audience: Beginning to experienced farmers and gardeners interested in adding medicinal herbs to their gardens.*

### Cut Flowers for Wholesale | Meeting Room 3

Claire Charny, Clear Black Flowers

*Claire is the owner of Clear Black Flowers, a small, specialty cut flower farm in Durham, NC. She is also a member of Piedmont Wholesale Flowers, a cooperative venture connecting local growers and wholesale buyers.*

Selling cut flowers wholesale is appealing if you are looking for an alternative to farmers markets or CSAs, but it can come with its own challenges. From production planning, pricing, and building relationships with buyers, the wholesale flower market is more than growing beautiful blooms. Claire shares her background in growing cut flowers and how she runs her business doing over 80% of sales through wholesale accounts. She discusses what wholesale is and is not, best practices for working with buyers, what is expected from florists and event designers, and whether or not wholesale might be a good fit for your operation. She also talks about working within a cooperative, Piedmont Wholesale Flowers, and how this collective benefits her business and other growers in the area.

*Session Audience: Beginning to established flower growers wanting to expand into or are curious about wholesale.*

### Agritourism vs Agritainment: Insuring Activities & Minimizing Risk on Your Farm | Meeting Room 4

Chris Rubish, High & Rubish

*Chris is an agriculture and farm program specialist with High and Rubish, an independent insurance agency based in Chapel Hill, NC. He also raises cattle on his farm, Blue Heaven Farms, in Orange County.*

Anna Williams & Jonathan Williams, Cedar Grove Law

*Anna and Jonathan are the founders of Cedar Grove Law, a practice providing legal services to farmers, entrepreneurs, family businesses, agribusinesses, and more throughout North Carolina and Tennessee.*

Farmers and landowners in North and South Carolina who host events or activities on their land might be familiar with their state's Agritourism Activity Liability acts, which limit the liability of agritourism professionals in the case of injury or death. But just because an activity might be considered agritourism because it takes place on a farm does not mean that it falls within the definitions of each state's Agritourism Act, nor does it mean your insurance will offer liability protection. If you are thinking of starting an agritourism venture on your land or already host on-farm events, it's essential to understand what the law covers, how to manage risks, and understand you have the insurance protection you need. Chris discusses questions you need to ask your insurance agent before purchasing a policy to ensure you will be covered and to understand what counts as agritourism versus agritainment. Anna and Jon discuss the legal elements you should understand to protect and grow your agritourism business.

*Session Audience: Farmers and landowners looking to start agritourism ventures or who have existing insurance policies but want to know more about what is covered.*



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## Workshop Session B – Saturday | 10:15 – 11:30 am

### Utilizing Technology to Ensure Sales and Convenience | Junior Ballroom - A1

Zachary Rierson, Rierson Farms & Piedmont Fresh  
*Zachary is the co-founder of Rierson Farms in Thomasville, NC, and the food hub manager at Piedmont Fresh, an online farmers market that offers meat, fruits, vegetables, and value-added foods sourced from local producers in the NC Triad.*

Stefanie Jaeger, Local Food Marketplace  
*Stefanie is the director of sales and customer success at Local Food Marketplace, an online sales platform that provides software for farmers and food hubs.*

When efficiency and convenience are at the forefront of consumers' minds, creating hassle-free access to local food is as vital as producing it. Zachary and Stefanie discuss utilizing community partnerships, peer-farmer relationships, and sales software to create seamless transactions from grower to buyer. Using Local Food Marketplace as an example, they will describe the success and challenge of designing Piedmont Fresh's current distribution plan and offer advice for other food hubs or farmer cooperatives who want to create a robust one-stop-shop for customers.  
*Session Audience: Established farmers looking to sell to food hubs or start farmer cooperatives, and food hub managers wanting to streamline or update their online sales platform.*

### Crop Rotations for Vegetables and Cover Crops | Junior Ballroom - A2

Pam Dawling, Twin Oaks Community  
*Pam has grown vegetables at Twin Oaks Community in central Virginia for over 25 years, and is the author of two books: Sustainable Market Farming: Intensive Vegetable Production on a Few Acres, and The Year-Round Hoophouse. She also writes for Growing for Market and Mother Earth News and blogs at sustainablemarketfarming.com.* This workshop offers ideas to design a planting sequence that maximizes utilizing cover crops and reduces pest and disease likelihood. Pam discusses formal rotations and ad hoc systems for shoe-horning minor crops into available spaces. She also discusses cover crops suitable at various times of the year, particularly winter cover crops between vegetable crops in successive years. Pam provides examples of undersowing cover crops in vegetable plantings and no-till options.

*Session Audience: Beginning farmers and growers wanting to increase soil health with limited space, and established farmers looking to add cover crops to their rotations.*

*Session Sponsor: North Carolina SARE*



### Oyster Mushroom Cultivation in Bottles | Junior Ballroom - A3

John & Elizabeth Moon, Green Box Mushrooms  
*John and Elizabeth are owners of Green Box Mushrooms, an indoor growing facility that produces non-GMO and all-natural oyster mushrooms year-round in Gainesville, Georgia.*

John and Elizabeth provide an overview of indoor mushroom bottle cultivation, using their shipping container grow facility as an example of a successful year-round production system. They discuss the advantages and disadvantages of growing in bottles versus bags, which varieties work best, and the startup costs of establishing a bottle cultivation enterprise.

*Session Audience: Farmers and mushroom growers who want to begin bottle cultivation or learn more about growing mushrooms indoors and with limited space.*

### Don't Flush Your Money Away: Building a Composting Toilet on Your Farm | Junior Ballroom - D1

Hector Lopez & Phoebe Gooding, Hawk's Nest Healing Gardens  
*Hector and Phoebe own Hawk's Nest Healing Gardens, a small urban farm that grows vegetables and herbs, focusing on healing our bodies, our community, and the land in Durham, NC.*

Hector and Phoebe wanted to increase agritourism events on their urban farm, but they didn't have public restrooms to accommodate visitors and wanted to avoid footing the cost of installing plumbing or renting a portajohn. What they did have was the space and resources to construct a composting toilet using lumber from trees on the land. Hector and Phoebe share their journey of building a permitted outdoor composting toilet, working with a local sawmill, and the costs of building on-farm infrastructure.

*Session Audience: Landowners and farmers looking to use lumber from their property or build permitted composting toilets and other small infrastructure.*

### Agroforestry Design for Mixed Enterprises | Junior Ballroom - D2

Noah Poulos, Wild East Farm  
*Noah is the co-founder of Wild East Farm, a 44-acre working farm and agricultural education center focused on producing pastured livestock and perennial foods in Marion, NC.*

Agroforestry can be applied to almost any farm at any scale, regardless of the farm's enterprises. Noah discusses scalable agroforestry design principles using Wild East Farm as a case study in methods to integrate woody crops into annual vegetables, pastured livestock, and existing forestry. Through this interactive workshop, Noah guides you through mocking up preliminary designs for your farm and leaves you with an idea of the tools, technology, and resources necessary to get started integrating agroforestry into your new or existing farm.

*Session Audience: Landowners who want to establish or expand agroforestry design principles on their farms.*

*Session Sponsor: The Barnes-Berry Family Trust*

## Workshop Session B | 10:15 – 11:30 am

### Taking Back the Farm Bill: How to Advocate for a Just and Climate-Friendly Food System | Junior Ballroom - D3

Hannah Quigley, National Sustainable Agriculture Coalition  
Brett Rapkin-Citrenbaum, North Carolina Food System Advocacy Coalition  
Matt Kneese, Carolina Farm Stewardship Association  
Mike Hansen, Ozark Akerz  
Michael Banner, Island CultureZ  
Kelly Crane, Farmer Foodshare

How does the most significant piece of federal agriculture policy impact you? How can you be part of working for sustainable, resilient, and socially-just farm policy? This interactive workshop will explore the farm bill, how this piece of legislation funds programs critical to food systems in the Carolinas, what to expect this year and beyond, and how to get involved in making change. Participants share their experiences with USDA programs, identify partners that can support navigating federal policy, and learn how their experience and voice are among the most powerful tools in influencing the farm bill. You will leave with tangible next steps for using your power to take action this year.

### Growing on a Dime: Resilient Container Gardening with Limited Space & Resources | Meeting Room 1

Shy Palmer, Reclamation FARMacy  
*Shy is the passionate founder of Reclamation FARMacy, committed to cultivating a more equitable and just food system by empowering Black, Indigenous, and people of color with the knowledge and skills necessary to thrive in agriculture.*

This workshop dispels the myth that gardening is limited to folks with abundant space and resources. Shy demonstrates budget-friendly ways to create a growing space virtually anywhere. BIPOC gardeners and members of limited-resourced communities with minimal access to land will find this workshop especially beneficial. Participants engage in interactive breakout sessions and a hands-on activity.

### Paddock Design: Strategies for Maintaining Health & Productivity | Meeting Room 2

Lee Rinehart, National Center for Appropriate Technology  
*Lee is a sustainable agriculture specialist with NCAT's ATTRA Sustainable Agriculture Program, focusing on organic livestock, grazing and pasture ecology, soil health, and cover crops.*

Lee discusses the principles of adaptive multi-paddock grazing, and their practical implementation, focusing on building soil health and raising healthy livestock. While all farms are different in size and topography, Lee draws from his work with farms across the United States to provide guidance on paddock considerations, necessary equipment, and fencing and water systems options. He shares ideas for when and how to move livestock based on paddock layout to maintain the health and productivity of animals and plants and improve pasture resiliency.

*Session Audience: Beginning to experienced pasture-based livestock growers and service providers.*

*Session Sponsor: Organic Valley*

### Hiring, Retaining, and Managing Employees | Meeting Room 3

Katherine "Peanut" Belk, Wild Hope Farm  
*Katherine is the business operations manager at Wild Hope Farm, a Certified Organic vegetable and flower farm in Chester, SC.*  
Elliot Seldner, Fair Share Farm  
*Elliot is the co-owner of Fair Share Farm, a Certified Naturally Grown produce farm in Pfafftown, NC.*

While every farm structures its labor force differently, employee management is challenging for almost all farm managers. Conversations around pay, benefits, work hours, and expectations are often avoided when discussing farm employment because they can be awkward and difficult, especially as farm managers serve as HR in addition to farm production responsibilities. As Wild Hope Farm's business grew, its labor structure underwent many iterations, from apprenticeships to salaried workers to a mix of domestic & H-2A employees. Katherine invites you to join a productive conversation about the successes and failures of building career farmers, offer your insights, and share your experiences around labor and employee management.

*Session Audience: Farm owners and managers.*



## Workshop Session B | 10:15 – 11:30 am

### Practical Tools for Implementing Food Safety on Your Farm | Meeting Room 4

Sara Runkel & Keisha Rainey, Carolina Farm Stewardship Association  
Sara and Keisha are part of CFSA's local food systems team, providing food safety training, market access education, and business consulting to farmers across North and South Carolina.

Stasia Greenewalt, Local Food Hub

Stasia is the director of grower services at Local Food Hub, a nonprofit working to strengthen local food systems by advocating for fairness in farming, advancing equitable access to local food, and supporting small, independent farmers based in Virginia.

Are you a produce grower struggling to implement food safety practices on your farm? You may have a food safety plan but don't know where to start, or you are struggling to keep up with everything required in your GAP audit. Some of the most common challenges growers face when implementing a food safety plan are related to recordkeeping, worker training, and cleaning and sanitation. In this interactive workshop, Stasia outlines the resources and tools to help make recordkeeping more efficient and effective, introducing a new recordkeeping app FarmDoc she created to help farmers comply with GAP, HGAP, and PSR required records. Sara and Keisha will discuss employee training resources and strategies and lead a hands-on demonstration of cleaning and sanitizing tools and procedures for food contact surfaces. Come prepared to ask questions and share any tips you may have on these topics.  
*Session Audience: Farmers seeking GAP certification and beginning to experienced farmers looking to implement more food safety practices.*

### Ecological Outcomes Monitoring, Part 2: Putting Tools Into Practice | Durham Central Park

\*This session will meet in the lobby and walk together as a group at 10:20 a.m. to Durham Central Park.

Ashton Thompson & Adam Barringer, Juneberry Ridge  
Ashton is the chief operations officer, and Adam is the livestock manager at Juneberry Ridge, a working regenerative farm, educational facility, and retreat center in Norwood, NC.

Join Ashton and Adam for a walk around Durham Central Park to see how land stewards can use the methods of Ecological Outcome Verification™ to measure soil health, biodiversity, and ecosystem function in any green space.



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## Workshop Session C – Saturday | 1:30 – 2:45 pm

### Expanding Food Access For All with Online SNAP Payments for Farmers | Junior Ballroom - A1

Eric Sannerud, Farm Generations Coop & GrownBy  
*Eric is the National Coop Organizer at Farm Generations Coop, a cooperatively-owned online marketplace (GrownBy) for farmers selling local food. He farms flowers with his wife in Milaca, MN.*  
Phil Blalock, MarketLink  
*Phil has been the Executive Director of the National Association of Farmers Market Nutrition Programs (NAFMNP) for over 30 years and has extensive experience in Electronic Benefits Transfer technologies and markets.*

Until recently, farmers could not accept SNAP payments online and relied on an in-person terminal system. Guided by the belief that all people deserve healthy fresh food, the teams at MarketLink and GrownBy worked with USDA to take a giant step forward for food access by designing a pilot program for farmers to accept SNAP online. Amy and Eric review the basics of the SNAP program, how the new SNAP online program works, and the steps required to become a SNAP-authorized online vendor.

*Session Audience: Farmers who sell online and want to apply to accept SNAP payments.*

### Minimizing Inputs with Ecological Farming | Junior Ballroom - A2

Helen Atthowe, Woodleaf Farm  
*Helen is a writer, researcher, and farmer at Woodleaf Farm based in Montana. She has been working in land stewardship, food systems, and conservation for over 35 years and is the author of the new book The Ecological Farm.*

Ecological farming uses a systems-thinking approach to balance profitable yields with minimum soil disturbance, combining soil-building techniques for microbial abundance and diversity and habitat-building for enhanced biological control. Helen shares results from her on-farm research about optimum carbon-to-nitrogen ratios, application timing for no-till residues, cover crops, and living mulches, and her experience using low-input methods for over 40 years. She connects how these details affect beneficial insects and pest, disease, and weed populations to build a resilient and abundant farm.

*Session Audience: Beginning to advanced market growers and orchardists, service providers, researchers, educators, and students.*  
*Session Sponsor: North Carolina SARE*

### Meat & Egg Subscription Models | Junior Ballroom - A3

Alex Russell, Chucktown Acres  
*Alex is the owner of Chucktown Acres, a diversified livestock and produce farm in McClellanville, SC.*

Protein subscriptions are a powerful and simple way to increase your farm's revenue and make recurring meat sales. Alex walks you through the setup and practical applications to establish a protein CSA subscription and discusses the pros and cons of converting your customers to a subscription model versus selling a-la-carte online, at a farmers market, or through bulk order programs such as MeatSuite. Bring your questions and experiences to share with other producers.

*Session Audience: Livestock farmers who raise eggs or meat for sale and want to start a protein subscription or are looking for ways to improve their online sales.*  
*Session Sponsor: Reedy Fork Farm*



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## Workshop Session C – Saturday | 1:30 – 2:45 pm

### On-Farm Cover Crops Research in the Carolinas | Junior Ballroom - D1

Justin Duncan, National Center for Appropriate Technology  
*Justin is a sustainable agriculture specialist with NCAT's ATTRA Sustainable Agriculture Program, focusing on cover crops, niche market ethnic specialty crops, and drought mitigation techniques for Southern farmers.*

Dorothy Barker, Operation Spring Plant  
*Dorothy is the co-founder and executive director of Operation Spring Plant, a grassroots nonprofit that supports Black and other marginalized farmers as stewards, environmentalists, owners, and operators of small family farms, based in Henderson, NC.*

Jason Lindsay, Southeastern African American Farmers' Organic Network  
*Jason is the Farm Practice and Resource Coordinator for SAAFON, a regional network for Black farmers dedicated to ecologically sustainable practices in the Southeast.*

In partnership with Operation Spring Plant and SAAFON, NCAT has launched a Southern SARE-funded research project on cover crops, working with farmers in the Carolinas. The session will discuss the process of performing on-farm trials through the lens of the current SSARE project to investigate the relationship between cover crops and weed suppression. Dorothy and Jason discuss important cover crop considerations from the viewpoint of two grassroots organizations working with farmers in the Carolinas. Justin reviews the process of choosing the ideal cover crops for your operation, alternative uses of cover crops, and the multiple means of profit beyond soil improvement.

*Session Audience: Aspiring and beginning farmers, service providers, students, educators.*

### Extending the Harvest: Creating a Four-Season Garden | Junior Ballroom - D2

Ira Wallace, Southern Exposure Seed Exchange  
*Ira is a seed-saver, writer, educator, and co-manager of Southern Exposure Seed Exchange, a cooperatively-owned seed company, and a co-founder of Acorn Community Farm, an egalitarian community in central Virginia. Ira is a 2023 James Beard Foundation Leadership Award recipient.*

Extending vegetable production in late fall and winter supports a farm's income and increases production in small spaces like urban farms and gardens. This workshop focuses on the second half of the all-season garden, starting with summer planting for an abundant fall and winter harvest. Ira discusses stretching succession plantings through late summer into fall and extending harvests through winter and into the "hungry days" of spring using row covers, cold frames, low tunnels, and deep mulches.

*Session Audience: Beginning farmers and gardeners and those looking to increase their knowledge of basic season extension practices.*  
*Session Sponsor: Earth Tools*

### Climate-Smart in the Southeast: How Southern Piedmont Farmers Can Guide USDA Sustainable Agriculture Programs | Junior Ballroom - D3

Kristie Wendelberger, Climate-Smart Project Director, Rodale Institute  
Edna Ely-Ledesma, Assistant Professor, University of Wisconsin  
Biswanath Dari, Agriculture and Natural Resources Specialist, North Carolina Agricultural and Technical State University  
Patrick Brown, Owner/Consultant, The Connect Group  
Debjani Sihi, Assistant Professor, Emory University  
Suzanne Girdner, Director of Programs, Georgia Organics  
Rodale Institute and 12 partner organizations across the Southeast are collaborating with 500 Southern Piedmont vegetable farmers and 30 farmers markets through the Climate-Smart Commodities Program. The five-year project aims to gather information on how sustainable agriculture practices improve carbon sequestration and soil health on southern farms and how these practices economically impact growers. It also seeks to identify barriers to transition to climate-smart practices and ways to market value-added produce to consumers. The project results will guide recommendations to the USDA on ways to support organic growers in implementing sustainable practices and furthering their economic success.

Session presenters discuss the project's specifics, how farmers can participate, and what project participants will gain from the \$25 million project designed to help southeastern farmers thrive economically and socially while mitigating the impacts of climate change. The USDA-NRCS funds this project through the Partnerships for Climate-Smart Commodities Program.

*Session Audience: Vegetable farmers and farmers market managers within the "Southern Piedmont Boundary," service providers, and educators. (To find if you fall within the boundary, see a map here: <https://rodaleinstitute.org/science/southern-piedmont-climate-smart-project/>).*

### Navigating Challenging Relationships | Meeting Room 1

Brittany Arsiniega, Rambling Rosa Farm  
*Brittany and her husband, Mike, own Rambling Rosa Farm, a seven-acre diversified vegetable farm and animal sanctuary in Easley, SC. Brittany is also the Head of Legal for good2grow LLC, a children's snack and beverage company based in Atlanta.*

Navigating interpersonal relationships can be among the most difficult things business owners and small farmers face. Farm-related relationship challenges come in many forms: inter-generational disputes with family, romantic partnerships among farm owners or staff, and disagreements between business partners, volunteers, contractors, or employees. These situations can be stressful for those involved; some even escalate to legal action, which takes away from the ability to focus on your core mission. Drawing on her background in law and firsthand experience as a farm owner, Brittany invites attendees to discuss the sources of interpersonal conflict they've encountered in their businesses and suggest ways to address and mitigate that conflict, both from a legal perspective and a "human" perspective.

*Session Audience: Farm business owners, farm employees, landowners, and advocates.*



## Workshop Session C – Saturday | 1:30 – 2:45 pm

### African American Agricultural Traditions | Meeting Room 2

marc williams, Botany Everyday

*marc is an ethnobiologist, educator, and facilitator of Botany Every Day, an online resource for folks wanting to gain a deeper understanding of human connections to and dependence upon nature.*

Through this workshop, marc explores a multitude of agricultural and herbal contributions from African Americans to the food traditions of the United States. He focuses on crops brought to the United States from Africa, traditional diets combining those plants with the native plants of the Americas, and the food-as-medicine practices that have grown from this synthesis. He discusses the benefit of reclaiming the good parts of these lifestyles that have often been left behind and forgotten, both in the rush to modern urbanity and away from the challenging past often associated with what an agrarian life entails. He rounds out the presentation with potential for alternative crops, increased diet diversity, and better health, given the knowledge shared.

*Session Audience: All attendees.*

*Session Sponsor: Gullah Farmers Cooperative Association*

### Farming But Not My Farm: A Roundtable for Farm Employees, Apprentices & Interns | Meeting Room 3

Casey Roe, Casey Roe Marketing

*Casey has been involved in agriculture and food systems since 2010 with experience in university, farm owner and farm manager roles.*

*Since 2018, Casey has worked with food and farm businesses as a marketing consultant through her company Casey Roe Marketing.*

Meredith Cohen, One Soil Farm

*Meredith Cohen has been farming since 2013. She first learned to farm while living in Jewish community at the Adamah Farm Fellowship, and then moved back home to NC and worked as a crew member on two local farms before starting One Soil Farm (on leased land) in 2018.*

*She managed to purchase land in 2021, and is currently finishing her second season farming on that land. She is still figuring everything out all the time.*

Farm employees face unique challenges, from advocating for fair wages and working conditions to purchasing their own land and learning how to manage a farm business. Ask almost any farm owner at the conference how they 'got into farming,' many will tell you that they started working on a farm as an intern, farmhand, or apprentice. But how did they make the leap from employee to farm owner? With land prices soaring and available land shrinking, what are affordable pathways to farm ownership? And if farm ownership is not the end goal, what are ways into sustainable agriculture careers that allow you to use your experience and expertise to drive meaningful change in the food system and environment? This session is a participant-driven discussion to share experiences and offer resources to address challenges, discuss viable options for career transitions (whether into land/farm ownership or others), and build a support network with other farm employees and organizations.

*Session Audience: This is a session specifically for farm workers, interns, apprentices, and other employees of farms who do not own the land or the business.*

### How to Launch a Food Product | Meeting Room 4

Eric Hallman & Sue Ellsworth, Piedmont Food Processing Center  
*Eric is the executive director of the Piedmont Food Processing Center (PFPC), a non-profit shared kitchen and food business incubator in Hillsborough, NC.*

*Sue is the manager of the Piedmont Food Processing Center and the founder of WE Power Food, a collective of entrepreneurs who support women food producers through strong networks and resource-sharing.*

Are you considering launching a value-added food product but need help figuring out where to start? Drawing on their experience with helping launch hundreds of food products, Eric and Sue address the process of bringing new products to market and avoiding the common mistakes of beginning food entrepreneurs. In this overview they will take some of the mystery out of the regulations and provide you with the information to successfully launch your product.

*Session Audience: Food entrepreneurs and growers interested in selling to value-added food producers.*



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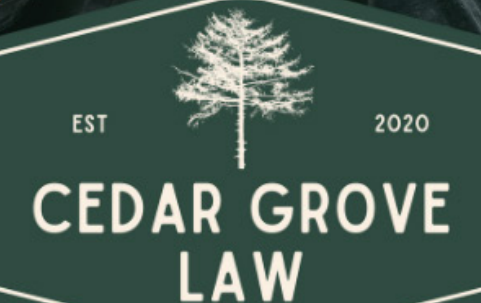
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## Workshop Session D – Saturday | 3:15 – 4:30 pm

### Gaia Herbs' Journey to Regenerative Organic Certification® | Junior Ballroom - A1

Kate Renner, Zach West & Abbie Dillon, Gaia Herbs  
*Kate, Zach & Abbie are farmers and operations managers at Gaia Herbs, a 350-acre farm and herbal product company based in Brevard, NC.*

Along the journey to becoming the first Regenerative Organic Certified® farm in the Carolinas, operations managers at Gaia Herbs learned many lessons, including the different ways “regenerative agriculture” is defined and how the standards vary based on certifiers. Kate, Zach, and Abbie share the farm’s journey to ROC®, emphasizing certification standards for social fairness, navigating the first audit, and resources for additional knowledge and guidance.

*Session Audience: Farmers and farm managers interested in regenerative certification standards and Certified Organic farms interested in becoming Regenerative Organic Certified® and service providers.*

*Session Sponsor: Advancing Eco Agriculture*

### Wholesale Readiness for Organic Growers | Junior Ballroom - A2

Sara Runkel, Carolina Farm Stewardship Association  
*Sara is on CFSA's local food systems team, providing food safety training, market access education, and business consulting to farmers across North and South Carolina.*

Alex Borst, Happy Dirt

*Alex is the purchasing manager at Happy Dirt, a farmer and staff-owned produce distributor based in Durham, NC.*

Justin Roller, Swamp Rabbit Cafe & Grocery

*Justin is the food hub manager at Swamp Rabbit Cafe & Grocery, a food hub, grocery store, bakery, and gathering space that supports local, sustainable farmers and food artisans in Greenville, SC.*

Clem Swift, Clem's Organic Gardens

*Clem is the owner of Clem's Organic Gardens, which produces Certified Organic vegetables for wholesale on eight acres in Pisgah Forest, NC.*

Are you thinking about expanding your sales channels beyond direct-to-consumer? Wholesale markets allow growers to diversify market channels and provide consistent sales while reducing the time and labor involved in marketing. However, wholesale buyers often have unique requirements that farmers must prepare for to be successful. In this workshop, panelists discuss what it takes to be ‘wholesale ready,’ from selling to grocers versus distributors to food safety certifications, packaging, volume expectations, and best practices for communicating with wholesalers. They also discuss the benefits of being Certified Organic and what items wholesale buyers seek most.

*Session Audience: Established farmers wanting to expand into wholesale markets.*

*Session Sponsor: Vitalis Organic Seeds*

### Behind the Seeds: A Glimpse Into Varietal Production | Junior Ballroom - A3

Michelle Hochkeppel, High Mowing Organic Seeds

*Michelle is a commercial grower representative at High Mowing*

*Organic Seeds and has been working on farms for the past decade.*

Have you ever wondered why a seed variety is no longer available? Are you curious how seed companies decide which varieties to offer? Michelle explains the complexities of seed variety development in the organic seed industry and the importance of grower feedback. Hear how your input drives variety development that allows farmers to thrive.

*Session Audience: Beginning to advanced farmers, seed growers, and gardeners.*

### Value-Added Foods Supporting Health, Equity, and Local Agriculture | Junior Ballroom - D1

Alice Ammerman, Equiti Foods – Good Bowls

*Alice is the Director of the UNC Center for Health Promotion and Disease Prevention and the founder of Equiti Foods, a mission-driven company supporting the local food economy and promoting healthy food access in the community.*

Carla Norwood & Gabe Cummings, ByWay Foods

*Carla and Gabe are the director and associate director of Working Landscapes, a nonprofit rural development organization based in Warren County, NC. ByWay Foods, a venture of Working Landscapes, is a rural food hub that supplies locally-grown, fresh-cut produce and prepared foods for schools, agencies, senior services, and other food service customers.*

Alice, Carla, and Gabe discuss the challenges and opportunities of food system collaborations that involve sourcing locally grown food for value-added products that make healthy food more accessible, convenient, and affordable. They describe how ByWay Foods, a food hub in an economically-distressed county, sources from local, small, and BIPOC/woman-owned farms and works with Equiti Foods to make healthy frozen meals using regionally-appropriate recipes for southeastern taste preferences.

*Session Audience: Growers looking to sell to food hubs, value-added food entrepreneurs, food equity advocates, and food distributors.*

*Session Sponsor: GrownBy*

### Native & Low-Input Fruit Production in the Mid-Atlantic | Junior Ballroom - D2

Elizabeth Hilborn, Bee Well Vet

*Elizabeth has been growing fruit for over 40 years and is a veterinarian and owner of Bee Well Vet, a honey bee-exclusive mobile veterinary service for apiaries and beekeepers in central North Carolina.*

The eastern United States can be a challenging environment for fruit production. High peak temperatures, warm nights, low chill hours, and high humidity maintain pest and disease-rich conditions for fruit growers. But there’s hope! Many native and low-input tree fruits and fruiting shrubs thrive in our Carolina climate. Most are pollinator-dependent, but not all need insect pollinators to set a crop. Elizabeth reviews current knowledge of native and low-care perennial fruits for homestead and market production, focused on the Mid-Atlantic and Upper South.

*Session Audience: Aspiring and beginning fruit growers looking to understand fruit management, harvesting, and packaging and experienced growers wanting to add low-input fruit production to their operations.*

## Workshop Session D – Saturday | 3:15 – 4:30 pm

### Brooding for Success | Junior Ballroom - D3

Alyssa Walsh, Resaca Sun Feeds

*Alyssa is the Senior Livestock Nutritionist at Resaca Sun Feeds, a retailer of locally grown and Non-GMO Project Verified animal feed based in Resaca, Georgia.*

Brooding is the liftoff phase of chick development, and what happens in the brooder will determine how well your chickens will perform throughout their life. During the first 14 days of life, a chick’s skeletal, muscular, neurological, and digestive systems quickly develop, so farmers must take extra care. While Alyssa focuses her presentation on broiler production, the principles are the same for pullets and turkeys, with the results of a successful brooding phase being optimizing weight gain, decreasing disease, and reducing mortality.

*Session Audience: Poultry farmers, specifically pastured broiler producers, raising birds in a brooder.*

### Unearthing the Potential of Farm Leases | Meeting Room 1

Christina Rice & Ashton Cooke, Land Loss Prevention Project  
*Christina and Ashton are staff attorneys at Land Loss Prevention Project, a Durham-based non-profit dedicated to preserving land ownership and advocating for financially-distressed and limited-resource farmers.*

This workshop explores the fundamentals of preparing, reviewing, and revising farm leases, including common legal issues and special considerations such as heirs property, regenerative agriculture, and equity-sharing provisions. Christina and Ashton discuss best practices related to term negotiations, successful lease management, and how to create a beneficial and profitable partnership between the landowner and the lessee. As a participant, you can review sample language and discuss what may work best for your farm business.

*Session Audience: Landowners or farmers seeking land leases and those currently in land lease agreements.*

*Session Sponsor: Land Loss Prevention Project*

### Mechanisms of Biological Fertility | Meeting Room 2

Peter Brezny, Psycho Chicken Eco Farm

*Peter is a regenerative agriculture consultant, educator, and the founder of Psycho Chicken Eco Farm, an ecologically-minded vegetable farm and homestead in West Asheville, NC.*

We hear all the time about how important soil health is, and it’s an easy concept to get behind because plants grow better with an active microbiological ecosystem to support them. But have you ever wondered why? Recent research has finally brought to light microbial interactions between plants and soil, and in this session, Peter breaks down the science of how fertilizers impact soil health and plants’ nutritional value, highlighting Dr. James White’s research on endophytic bacteria. He digs into how and why healthy bacteria impact plant nutrition and how that ultimately influences the nutritional value and flavor of the plants we grow.

*Session Audience: Beginning to advanced growers, educators, and students interested in how recent research on biological fertility can be applied to any farming operation.*

*Session Sponsor: Vermont Compost Company*

### Cultivating Sustainable Growth: ‘Grow Slow So You Don’t Owe’ | Meeting Room 3

Clarenda “Farmer Cee” Stanley, Green Heffa Farms

*Farmer Cee is the CEO of Green Heffa Farms, an organic medicinal plants and herb farm that produces plant-based wellness products based in Liberty, NC. The business was the first Black-owned/Black woman-owned US farm to attain Certified B Corporation status.*

In a world driven by instant gratification, consumer consumption, and rapid results, the timeless wisdom of patience often gets overlooked, especially in the realm of small-scale farming. This session empowers small farmers with the knowledge and strategies to embrace a deliberate and thoughtful approach to agricultural growth. Farmer Cee delves into how she has employed slow and sustainable farming, emphasizing how growing your farming business with intention can lead to long-lasting success. Farmers can make informed decisions that align with their values, resources, and environment by taking a step back from the pressure of rapid expansion. The session covers a range of topics to equip

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## Workshop Session D – Saturday | 3:15 – 4:30 pm

participants with the tools they need to foster healthy, gradual growth in their farming ventures.  
*Session Audience: Aspiring and beginning farmers, educators, students, and service providers.*

### Full Circle: Creating a New Pathway to Access and Ownership by Connecting with Land Trusts | Meeting Room 4

Delphine Sellars, Lucille Patterson, Justin Wooley & Natasha Graham, Urban Community AgriNomics  
*Delphine, Lucille, Natasha and Justin are directors at UCAN, a community-based organization, farm, and education center focused on reducing food insecurity, creating access to open green spaces, improving health outcomes, and increasing academic success through agricultural career paths.*

Delphine, Lucille, Natasha and Justin share how a small minority-founded nonprofit, UCAN, worked with Triangle Land Conservancy to reclaim an old farmstead and former plantation and transform it into Catawba Trail Farm, an agricultural education center and community garden. Hear about the five-year journey of UCAN, the successes and pitfalls, how they brought their vision to life, and future plans for the farm.

*Session Audience: Community gardeners and farmers in need of land, landowners interested in conservation easements, and advocates for land access and food equity.*



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# SUNDAY WORKSHOPS

## Workshop Session E – Sunday | 8:30 – 9:45 am

### Small But Mighty: Managing Farmers Markets as Community Assets | Junior Ballroom - A1

Nora Rodli, Program Coordinator, North Carolina Farmers Market Network  
 Maggie Funkhouser, Market Manager, Carrboro Farmers Market  
 Lauren Wood, Double Up Food Bucks Coordinator, MountainWise  
 Brett Pinsent, Market Manager, Cary Farmers Market  
 Meredith Favre, Local Foods Coordinator, NC State Cooperative Extension  
 Ariana Ayuso, Market Manager, Cobblestone Farmers Market  
 Farmers markets have community, economic, and environmental benefits in addition to being critical sources of revenue for small-scale farmers and are beloved institutions in the local food movement. But what does it take to manage and keep a market running smoothly? How can vendors, shoppers, and community members support farmers markets outside of a few hours every week? In this panel session, members of the newly established North Carolina Farmers Market Network share how the organization came together during the pandemic to support one another and what they have accomplished in their inaugural year as a nonprofit. Market managers share their behind-the-scenes experiences and offer ideas for strengthening local markets in your community.  
 Session Audience: All attendees.

### Advanced Organic Weed Management for Vegetable Growers | Junior Ballroom - A2

Clem Swift, Clem's Organic Gardens  
 Clem is the owner of Clem's Organic Gardens, which produces Certified Organic vegetables for wholesale on eight acres in Pisgah Forest, NC.  
 Clem discusses weed control methods for annual vegetable production, sharing video footage of various weed control tools and a wide range of strategies that make these tools maximally effective. He discusses simple to advanced tractor-scale cultivation strategies and smaller-scale strategies associated with organic no-till methods.  
 Session Audience: The principles discussed will apply to experienced farmers and beginning or prospective farmers planning a new endeavor. Experienced farmers are encouraged to share their weed control experiences during the discussion.

### Below the Surface: Digging Into the Science of Soil Health | Junior Ballroom - A3

Janel Ohletz, North Carolina Composting Council  
 Janel is an agronomist and board member of the NC Composting Council, a volunteer-run organization dedicated to developing, expanding, and promoting composting and compost use in domestic and industry settings.

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You know that adding organic matter, like compost, benefits the soil, but do you know why? Soil health education often focuses on what farmers should do to their land above the ground (cover cropping, no-till methods, composting) rather than what these practices are actually doing beneath the soil. Janel covers the basics of the physical, chemical, and biological properties at work in the dynamic space we call soil. Participants gain a new understanding of these relationships and why agronomists, technical assistance providers, and experienced growers recommend practices such as adding lime, using compost and minimizing soil disturbance.  
 Session Audience: Beginning to experienced farmers, service providers, educators, and students.  
 Session Sponsor: North Carolina Composting Council

### Beginning Farmer Success | Junior Ballroom - D1

Nicole Delcolgiano, Organic Growers School  
 Nicole is the Director of Programs at Organic Growers School and teaches the year-long Farm Beginnings® program to new and beginning farmers. She and her husband have been farming at Green Toe Ground Farm in Yancey County, NC, since 2001.  
 Mary Saunders Bulan, Rural Advancement Foundation International-USA  
 Mary is the Farmer Services Director for the Farmers of Color Network at RAFI-USA. She and her partner run a small herb, flower, and vegetable farm in Western North Carolina.  
 Are you drawn to a career in sustainable farming for increased independence, active days outside, and access to fresh food, fiber, and flowers grown the way you want, but want to know what it takes to sustain a farm business for the long term? Farm sustainability, at its deepest level, requires passion, commitment, clear objectives, access to resources, mentorship, training, and skill-building opportunities. Nicole and Mary outline resources available and demystify barriers to new farmers, particularly farmers of color, by presenting strategies to successfully start and grow their farms.  
 Session Audience: Aspiring and beginning farmers.  
 Session Sponsor: Organic Growers School

### Southeast Seed Growing and Seed Collectives Roundtable | Junior Ballroom - D2

Chris Smith, The Utopian Seed Project  
 Shelby Johnson, Appalachian Seed Growers Collective  
 Leeza Regensburger, Appalachian Seed Growers Collective  
 Megan Allen, Care of the Earth Community Farm  
 Kelli Dale, Southern Farmers Seed Co-op and NC Seed Stewards  
 Jay Bost, Seed Growers Network  
 This panel begins with short introductions from seed savers, educators, cooperatives, and farmers actively working with a range of collective models, followed by a guided discussion with time for sharing and questions on Southeast seed growing. The session aims to build community, encourage increased regional seed production, and discuss challenges and opportunities in Southeastern seed work.  
 Session Audience: Anyone interested in engaging in seed work in the Southeast.  
 Session Sponsor: Organic Seed Alliance

### Challenges & Opportunities in Niche Meat Processing | Junior Ballroom - D3

Bob Shipley, Shipley Farms & Watauga Butchery  
 Bob owns Shipley Farms, an NC Century Farm and family operation producing pasture-raised beef in the mountains of Vilas, NC. In 2020 the Shipleys opened Watauga Butchery, a USDA-inspected custom meat processor in the Appalachian Mountains.  
 For pasture-based livestock farmers, accessibility to processing is the most significant barrier to entry for selling direct-to-consumer. Without consistent and reliable processing, farmers cannot scale their flocks or herds to make their business profitable. When the pandemic created shutdowns and pushed processing wait times to 12 months, many local producers had no legal outlet to get their products to market. Bob Shipley was one of them, so he came together with other farmers in 2020 to open Watauga Butchery, a USDA-inspected processing facility that serves local niche meat producers in the region. Bob discusses what led to the opening of Watauga Butchery, the resources available to farmers looking to open farmer-owned processing facilities, and how to get involved with advocacy that helps niche meat producers.  
 Session Audience: Beginning to established livestock producers, service providers, and food industry professionals.

### Sow It & Stow It: The Intersection of Food Safety, Security, & Waste Prevention | Meeting Room 1

Chase McIntosh Baillie, Clemson University Extension  
 Chase is a food systems and safety agent with Clemson Cooperative Extension, providing expertise to South Carolina farmers and food systems workers to reduce the risk of foodborne illness outbreaks.  
 Adah Gorton, SC Department of Health & Environmental Control  
 Adah is a food waste prevention specialist for Don't Waste Food SC, a collaborative outreach campaign dedicated to sharing knowledge, coordinating resources, and working together to reduce food waste in South Carolina.  
 Food safety and food waste are like peas and carrots – where you find a discussion of one; you'll find the other. This interactive session follows produce from stem to kitchen, with several pit stops, demonstrating how small-scale growers (whether for personal use or distribution) and consumers can maintain safety and security while wasting as little as possible. Chase and Adah bust food handling and storage myths, help attendees conquer fears, and demonstrate user-friendly and accessible uses for extra food (including samples!). At the end of the session, you'll be able to identify the best handling, short-term storage, and long-term storage practices for fruits and vegetables and various new strategies to utilize your food.  
 Session Audience: Beginning farmers, service providers, homesteaders, chefs, and culinary professionals.  
 Session Sponsor: South Carolina SARE

### Finding Success with USDA: Farmer Programs, Practices, and Applications | Meeting Room 2

Hillery Goodgame, Blue Heron Urban Farms & Sanctuary  
 Hillery is the founder and owner of Blue Heron Urban Farms and Sanctuary, a regenerative farm, orchard, and animal refuge in Atlanta, GA.



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Jaimie McGirt, Rural Advancement Foundation International  
*Jaimie is the Agricultural Conservation and Market Access Manager at RAFI-USA.*

Knowing what you want to grow your farm into and how the USDA understands this can be two different things. Hillery and Jaimie share the farmer's perspective on USDA programs that serve growers directly through loans, conservation enhancements, cost-share assistance (EQIP and CRP), and grants. Participants leave with instructions, form templates, next steps, and confidence in USDA programs and services.

*Session Audience: All farmers, land stewards, and service providers.*

### Using Native Plants as Cover Crops | Meeting Room 3

Patrick Johnson, Diversity Permaculture

*Patrick is a certified permaculturalist, small fruit and vegetable farmer, teacher, and design consultant with Diversity Permaculture.*

Charlie Maloney, Dayspring Farm

*Charlie has farmed for over 30 years at Dayspring Farm in King & Queen County, Virginia, and is a consultant with Diversity Permaculture.*

When you think of cover crops, a handful of familiar ones likely come to mind. Is the partridge pea one of them? Native to the eastern United States, the partridge pea (*Chamaecrista fasciculata*) is an herbaceous annual legume whose large yellow flowers attract pollinators and whose long seed pods interest birds while fixing nitrogen and improving soil health. Patrick and Charlie report on a two-year SSARE-funded research project studying the use of partridge peas as a cover crop and discuss the potential of other plants for similar benefits.

*Session Audience: Beginning or established farmers who want to learn the benefits of using native plants as cover crops.*

*Session Sponsor: North Carolina SARE*

### Harmony in the Fields: Cultivating Wellness through Farming Yoga | Meeting Room 4

Nina Spinelli, Yama Yoga

*Nina is a certified yoga instructor and health coach and owns Yama Yoga, Health & Wellness in Lexington, SC.*

Join this empowering and rejuvenating workshop designed for farmers seeking balance, well-being, and connection with the land and their bodies. Nina explores the transformative power of yoga and its relevance to the farming community, delving into

various yoga practices that can benefit farmers physically, mentally, and emotionally. Participants will learn strategies for stress management, relaxation, and self-compassion, fostering resilience, preventing burnout, and exploring self-care practices that allow farmers to nurture their well-being, both on and off the farm. By incorporating mindfulness and intention into yoga, participants will learn how to bring awareness and appreciation to their relationship with the land they steward.

*Session Audience: Attendees from all backgrounds and levels of experience.*

## Workshop Session F – Sunday | 10:15 – 11:30 am

### Holistic Farm Planning and Livelihood Strategies | Junior Ballroom - A1

Andrew Smolski & Silvana Pietrosevoli, NC State University  
*Andrew is a postdoctoral research scholar at NC State University in the Department of Agricultural and Human Sciences, focusing on environmental sociology, agri-food systems, development, and social movements. Silvana is a research associate at NC State University's Animal Sciences Department, focusing on animal welfare, pastured livestock systems, and sustainable production.*

Farms are complex operations integrating the enterprise and household. They rely on various assets to build and operate them, such as financial, human, social, environmental, and built capital. In this session, Andrew and Silvana work with farmer participants to build capacity around using community capital to propose livelihood strategies for sustaining farms. The session features small group brainstorming and large group discussions using a guide for holistic farm planning based on research conducted over two years with niche meat farmers in North Carolina.

*Session Audience: Beginning to experienced farmers looking to build more personal sustainability into their operation.*

### Spring and Summer Hoophouses | Junior Ballroom - A2

Pam Dawling, Twin Oaks Community

*Pam has grown vegetables at Twin Oaks Community in central Virginia for over 25 years, and is the author of two books: Sustainable Market Farming: Intensive Vegetable Production on a Few Acres, and The Year-Round Hoophouse. She also writes for Growing for Market and Mother Earth News and blogs at sustainablemarketfarming.com.*

Hoophouses are ideal for growing hot-weather crops that struggle outdoors because of temperature, bugs, or diseases. In addition to growing food crops, spring and summer hoophouses are valuable for germinating seeds and growing plant starts, sowing cover crops to improve soil health, and producing flowers. Pam discusses how to cool hoophouses, tackle soil-borne diseases, and use the structures for other purposes, such as curing crops and drying seeds.

*Session Audience: Farmers looking to add hoophouses to their operation or established growers who want to extend and improve hoophouse growing into the spring and summer seasons.*

*Session Sponsor: CT Greenhouse*

### Strategies for Curing & Storing Your Harvest for Increased Quality & Shelf Life | Junior Ballroom - A3

Sarah Hinson, Wild Hope Farm

*Sarah is the CSA and Market Manager at Wild Hope Farm, a Certified Organic vegetable and cut flower farm in Chester, SC.*

Jillian Mickens, Open Door Farm

*Jillian is co-owner of Open Door Farm, a 40-acre diversified vegetable and flower farm specializing in winter produce and storage crops in Cedar Grove, NC.*

Diversified farmers that grow dozens of crops for market or CSAs face a unique challenge: How should crops be cured and stored when they require different temperatures, humidities, and shelf lives to maintain the highest quality for customers? Post-harvest, curing, and storage can be particularly challenging for farmers with limited

on-site infrastructure, and farmers seeking organic or food safety certifications have additional factors to consider. Sarah discusses the strategies used at Wild Hope Farm and invites farmers to join a conversation about curing and storage challenges, share farm hacks, and provide tips for success.

*Session Audience: Beginning to established growers, farm managers, and service providers.*

*Session Sponsor: Cedar Grove Law*

### Urban Agriculture Planning: Working with Local Government, Private Partnerships & Community Support | Junior Ballroom - D1

Justin Nickelson, Farm Services Specialist, The Conservation Fund  
j.olu baiyewu, City of Atlanta Urban Agriculture Director, AgLanta  
Tenisio Seanima, East Point Urban Agriculture Manager, East Point Grown

Aaron Newton, North Carolina Farms Fund Program Manager, The Conservation Fund

As urban agriculture gains more federal and local government acknowledgment and support from food system stakeholders, community members have opportunities to encourage municipalities to develop city agricultural plans. This session explores emerging opportunities to access public/private lands for urban agriculture production, supporting local growers and improving food access, cultivating environmentally resilient practices, and branding local food destinations through the connection between government entities, private partnerships, and community interest. In the first half of the session, Justin moderates a panel of guest presenters discussing the history and nuanced approaches to achieving urban agriculture development within their respective cities and governments. In part two of this session, speakers offer a more detailed discussion about their processes for engaging local government, constituents, and partners within urban ag development and city agriculture planning.

*Session Audience: All attendees.*

*Session Sponsor: Self-Help Credit Union*

### Seeds for Preservation and Perseverance: Native American Foodways | Junior Ballroom - D2

Amyrose Foll, Cultivate Charlottesville & Virginia Free Farm

*Amyrose is the Urban Agriculture Collective Director of Cultivate Charlottesville, a nonprofit that engages with youth and the community to build a healthy and just food system. She is also the executive director of Virginia Free Farm, whose mission is to provide free nutritious, responsibly-produced healthy food to neighbors in need.*

Food sovereignty is the right to choose what food to eat, where it comes from, and how it is grown. In the past five centuries, Native foodways were used as control -- a weapon to wage war on our population -- and more recently as a blight on our health. By taking control of our seed, in some cases bringing varieties back from the brink of extinction, and growing our own fresh fruits and vegetables, we are not only preserving our cultural heritage and revitalizing our foodways but becoming a testament to the resilience of our ancestor's legacy of farming. Native people have faced disassociation from traditional foods through environmental



## Workshop Session F – Sunday | 10:15 – 11:30 am

degradation, legislation preventing traditional harvesting, relocation to unfamiliar areas different from traditional homelands, and climate change. Amyrose discusses the resiliency of Native foodways and how gardening can be a great way to connect back to your culture no matter where you come from or your walk of life.

Session Audience: All attendees.

### Harnessing Beneficial Microbes for Climate Resilience | Junior Ballroom - D3

Mallory Choudoir, NC State University

Mallory is an assistant professor and soil microbiome extension specialist at NC State University. The goal of her research program is to translate microbiome science and microbial ecology to sustainable agroecosystems in North Carolina.

Diverse communities of soil-dwelling and plant-associated bacteria, fungi, and other microbes carry out critical beneficial functions in agroecosystems. Mallory explains the roles of microbes in soil health and sustainable production, discusses microbes as solutions to climate change challenges, and outlines strategies for optimizing soil microbiomes. Divided into short lectures followed by small breakout groups, this session includes an interactive “Fact or Fiction” quiz-style game to clarify misconceptions about agricultural microbiomes.

Session Audience: Beginning to advanced farmers, educators, researchers, and service providers.

Session Sponsor: Center for Environmental Farming Systems

### Best Practices for Working With Your Processor | Meeting Room 1

Samantha Gasson, Food Animal Concerns Trust

Samantha is the Human Farming Program Manager for FACT, a nationwide organization promoting humane farming and providing access to healthy, humanely produced food through advocacy, education, and direct support for farmers. She is also co-owner of Bull City Farm in Durham, NC.

Lee Menius, NC Choices

Lee is the Technical Program Coordinator for NC Choices, an initiative of CEFS and NC Cooperative Extension that promotes sustainable food systems by advancing the local, niche, and pasture-based meat supply chain in North Carolina.

Cecilie May

Cecilie is a butcher, educator, and former plant manager at Piedmont Custom Meats, a USDA-inspected processing facility serving the Southeast.

Carl & Kristi Mitchell, Mitchell's Meat Processing

Carl and Kristi own Mitchell's Meat Processing, a USDA-inspected meat processing plant in Walnut Cove, NC.

The past several years have put extra strain on local, niche meat processors, often causing bottlenecks and disruptions in the local meat supply chain, causing breakdowns of relationships between livestock growers and abattoirs. This panel of industry experts discusses best practices for doing business with a local meat processor, including scheduling, drop-off and pickup procedures, filling out cut sheets, and knowing what to expect when you pick up your meat. Bring your questions for the panel and any insights about your experience to share with the group.

Session Audience: Beginning to established livestock farmers wanting a better understanding of how to best ask for what they need from processors and food system professionals wishing to understand more about niche meat processing.

Session Sponsor: Food Animal Concerns Trust

### Understanding NRCS: A Deeper and Practical Approach | Meeting Room 2

Hillery Goodgame, Blue Heron Urban Farms & Sanctuary

Hillery is the founder and owner of Blue Heron Urban Farms and Sanctuary, a regenerative farm, orchard, and animal refuge in Atlanta, GA.

Jaimie McGirt, Rural Advancement Foundation International  
Jaimie is the Agricultural Conservation and Market Access Manager at RAFI-USA.

When it comes to USDA's NRCS (Natural Resource Conservation Service), it can feel like “Apply apply apply, deny deny deny” for the historically underserved farmer or rancher. Join Hillery and Jaimie in a highly interactive session to get a farmer and fact-based perspective on applying to and succeeding with NRCS programs like EQIP and CSP. Leave with a deeper understanding of the language NRCS speaks, what to do before applying, how the application process works, and how all of this might improve your chances of receiving financial assistance.

Session Audience: All farmers, land stewards, and service providers.

Session Sponsor: Natural Resources Conservation Service



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## Workshop Session F – Sunday | 10:15 – 11:30 am

### Principles of Contour Lines Agroforestry | Meeting Room 3

Thomas Leonard, Contour Lines Corp

Thomas is the Director of Contour Lines USA, a nonprofit that has planted over 2 million trees to restore ecosystems using regenerative agroforestry practices in the US, Guatemala, and Honduras.

Contour Lines Corp provides free trees to farmers in exchange for the implementation of soil conservation practices. This session will focus on the science and strategies behind the soil-conserving techniques that Contour Lines recommends for their agroforestry projects in the US. These projects are designed to limit planting and maintenance expenses and to improve the survival rate of seedlings. Thomas discusses contour farming, berms and swales, nitrogen-fixing support trees, chop and drop mulching, and integrating cover crops into agroforestry systems.

Session Audience: Beginning to experienced farmers, educators, students, and service providers.

### Building Community & Financial Stability Through Agritourism | Meeting Room 4

Tom & Linda Savage, Allied Organic Farms

Tom and Linda own Allied Organic Farms, a small family farm specializing in ethnic vegetable production and agritourism events in Hurdle Mills, NC.

Farms are exceptional places for bringing people together to celebrate, learn, and build community, and farmers have the unique opportunity to give back to the public while benefiting financially. Tom and Linda share their experience hosting agritourism events on their farm, from workshops, corporate retreats, weddings, family reunions, farm dinners, and the annual Christmas light show. They discuss what goes into planning, marketing, pricing, building partnerships, and insurance requirements for using your farm as a gathering and event space.

Session Audience: Beginning to experienced farmers interested in adding agritourism to their operation or expanding on-farm events and service providers.

Session Sponsor: Weaver Street Market



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September 2023 - March 2024

**2024 Beginning Program**  
Applications open January 2024

**SCNewFarmer.org**  
COOPERATIVE EXTENSION  
College of Agriculture, Forestry and Life Sciences



## Workshop Session G – Sunday | 1:30 – 2:45 pm

### Is the H-2A Visa Program Right for Your Farm? | Junior Ballroom - A1

Catherine Watts, Labor Services International  
*Catherine is a labor services consultant at Labor Services International, a consulting firm that assists employers in navigating the H-2A program from start to finish.*

Clem Swift, Clem's Organic Gardens  
*Clem is the owner of Clem's Organic Gardens, which produces Certified Organic vegetables for wholesale on eight acres in Pisgah Forest, NC.*

Kate Renner, Gaia Herbs  
*Kate is the Farm Operations Assistant Manager at Gaia Herbs, a 350-acre farm and herbal product company based in Brevard, NC. Have you struggled with hiring and retaining employees throughout the year and wondered whether the H-2A Visa Program is the solution to your employment woes? As farm businesses face growing labor challenges, many smaller diversified operations are considering the H-2A visa program, or temporary agricultural workers program, to ensure a seasonal workforce and fill employment gaps. In this session, Catherine covers the basics of the H-2A program, including costs, requirements, regulations, how and when to apply, and debunks common myths. Attendees hear from farm operators Clem Swift and Kate Renner, who share their experience managing H-2A employees and what decisions led to hiring through the program.*

*Session Audience: Farm managers and owners.*

### Precise Nutrient Management for Small-Scale Farms | Junior Ballroom - A2

Kyle Montgomery, Advancing Eco Agriculture  
*Kyle is a sales consultant at Advancing Eco Agriculture, a consulting and soil health products company that works with farmers to create customized crop management plans using regenerative practices. He is also a farmer and founded a sustainable vegetable farm in Mt. Airy, NC.*

What are some of the most significant limiting factors in the nutrition of crops? How could marketable yields be significantly increased with minor changes to a fertility program? In this session, Kyle explores precision nutrient management for small-scale and organic growers who seek a clearer understanding of their crops' specific demands throughout the growing season. During this deep dive into crop nutrition, you'll learn how to harness the power of biology and understand the interactions between different minerals within plants.

*Session Audience: Advanced farmers, educators, and service providers.*

### Religious & Cultural Diversity on the Farm | Junior Ballroom - A3

SJ Seldin, Jewish Farmer Network & Yesod Farm+Kitchen  
*SJ Seldin (they/them) is a farmer, educator, and community weaver at Yesod Farm+Kitchen, a 15-acre community farm located on ancestral Cherokee homelands near Asheville, NC, that seeks collective liberation with land through Jewish farming, mutual aid, and growing relationships across differences. They are also the co-founder and outgoing board chair of the Jewish Farmer Network, which cultivates a vibrant community among thousands of Jewish farmers by exploring and celebrating Jewish agricultural heritage and wisdom.*

Workplaces that lack sensitivity to religious diversity take a significant toll on the mental health, sense of belonging, and job security of non-Christian farmers. Jewish farmers, particularly those in more remote and rural areas, often find themselves in employment situations that do not support their religious observance. A 2021 listening session revealed that many Jewish farmers feel unable to request time off to observe Jewish holidays – when work is explicitly religiously prohibited – without having their bosses and managers question their commitment to the farm. In this session, SJ discusses ways farm managers and farm workers can advocate for and support religious and cultural diversity in agricultural work.

*Session Audience: Farm workers wanting to self-advocate for holidays and other accommodations for religious observance, and farm managers to learn how to support crew members of diverse faiths.*

### Cost-Effective Ways to Improve Soil Health and Productivity | Junior Ballroom - D1

Nana Kusi, South Carolina State University  
*Nana is an extension agronomist at SC State University, specializing in soil fertility and nutrient management.*

Henry Sintim, University of Georgia  
*Henry is a soil fertility and plant nutrition specialist and researcher at UGA, focusing on adaptive nutrient management strategies to increase the efficiency, productivity, and profitability of row crops with minimal ecological footprints.*

Amelia Bruss, Carolina Farm Stewardship Association  
*Amelia is CFSA's soil health technician and provides farmers with technical assistance on conservation planning, organic production, transition, and certification.*

Healthy soils have many ecological benefits, including increased biodiversity, erosion prevention, improved water quality, and reduced pest pressure. Economic benefits also come with more resilient, healthier, and productive soils, including reduced inputs costs, lowered risks, and higher yields, but implementing soil health practices can be a significant investment for beginning farmers. This session discusses cost-effective practices that beginning farmers can implement, including cover cropping, inter-cropping, no-till methods, and appropriate tools, equipment, and management strategies to start building healthy soil.

*Session Audience: Beginning farmers and gardeners.*

*Session Sponsor: South Carolina State University*

### Re-Seeding a Relational Agriculture; Intercultural Collaboration in Service of Agricultural Biodiversity | Junior Ballroom - D2

Rowen White  
*Rowen is a Mowhawk seedkeeper, farmer, author and mentor, and is the founder of Sierra Seeds, a seed stewardship cooperative based in Nevada County, California.*

Join Mohawk Seedkeeper Rowen White as she shares stories from the Indigenous Land and Seed Sovereignty movement, which embodies the vision of sustainable relational agriculture and shares the depth of the cultural dimension of plant biodiversity in North America. She shares the collective vision of intercultural healing that emerges when we center Indigenous leadership,



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## Workshop Session G – Sunday | 1:30 – 2:45 pm

ecological knowledge, cultural memory, and sovereignty of living in relationship with the cultural inheritance of land, seeds, and other non-human kin. Her stories from her work at the Indigenous Seedkeepers Network paints an uplifting picture of cultural and climate sanity for the regenerative land stewardship movement in these times of great transformation.

### Uncommon Threads: Opportunities in Fiber Hemp for Small-Scale Producers | Junior Ballroom - D3

Patrick Brown, Hempfinity

*Patrick is the owner of Hempfinity, an organically-grown CBD product and hemp fiber company. He is a fourth-generation farmer growing industrial hemp, produce, and livestock on his family's farm in Warren County, NC.*

David Suchoff, NC State University

*David is an assistant professor and the Alternative Crops Extension Specialist at NC State University, leading research and an extension program focused on organic commodities and alternative crops.*

Courtney Lockmere, Piedmont Fibershed

*Courtney is the director of Piedmont Fibershed, a nonprofit community organization dedicated to building a regional fiber system centered around local fibers, dyes, and labor in the Piedmont of North Carolina.*

The floral hemp bubble has burst, leaving producers wondering if fiber hemp is next. But with a growing interest from the textile industry and new investment from regional processors, there are opportunities for fiber hemp growers in the Carolinas. In this session, David covers current research, preliminary findings, and the future of fiber hemp research. Patrick provides an overview of the challenges and opportunities for fiber hemp from a grower's perspective and his experience working with processors and textile companies. Courtney discusses end-use applications and the work of Piedmont Fibershed to cultivate a small-scale regional hemp industry.

*Session Audience: Established farmers interested in growing fiber hemp and current hemp growers, service providers, and students.*

*Session Sponsor: High Mowing Seeds*

### Certified Naturally Grown Microgreens for Retail and Wholesale | Meeting Room 1

Michael Torbett, Terra Vita Farm

*Michael is the owner of Terra Vita Farm, a Certified Naturally Grown farm and apiary that produces microgreens, seasonal produce, herbs, cut flowers, mushrooms, and honey in Wilmington, NC.*

Microgreens can be a quick way for farms to add income during winter months and increase production with limited growing space. Michael has grown microgreens since 2016 and shares how he provides a year-round supply for the farmers market, CSA, and over 40 restaurants in his area. He discusses growing methods and the soil used, various harvesting options, and post-harvest packaging. As a Certified Naturally Grown (CNG) operation, Terra Vita Farm produces food with high standards in the organic movement. Michael also shares his experience with the peer-review process and the benefits of being a CNG farm.

*Session Audience: Beginning to advanced farmers looking to add microgreens to an existing operation and farmers interested in Certified Naturally Grown certification.*

### Pastured Flock Health: Understanding and Preventing Poultry Diseases on Small Farms | Meeting Room 2

Melissa Yates, USDA - APHIS

*Melissa is a veterinarian and veterinary medical officer and poultry specialist at the USDA's Animal and Plant Health Inspection Service.*

If you raise pastured poultry and believe your flock is not at risk of contracting highly pathogenic avian influenza (HPAI), consider this: the majority of reported cases of this disease during the 2022-2023 HPAI outbreak come from "non-commercial" small-scale farms and homesteads. All poultry growers need to understand basic biosecurity measures to help prevent introducing diseases, including HPAI, into their flocks. Melissa provides updates on the local and national situation regarding the 2022-2023 HPAI outbreak, information on recognizing poultry diseases, and when and who to contact, depending on what you observe about your flock's health. *Session Audience: Anyone raising poultry on pasture for meat, eggs, or companionship.*

### Finding Land to Farm and Keeping It in Farming | Meeting Room 3

Noah Ranells & Hannah Bundy, NC FarmLink

*Noah is the Eastern Region Director of NC FarmLink, an NC State Extension program connecting farmers, landowners, and service providers across North Carolina. He also owns Fickle Creek Farm, a small diversified farm producing pasture-raised meats and sustainably-grown vegetables in Efland, NC.*

*Hannah is the Program Assistant for NC FarmLink and previously served as the Horticulture Agent for NC Cooperative Extension in Rutherford County, NC. She is currently pursuing her MSW at Western Carolina University.*

For aspiring and beginning farmers or established farmers looking for a new location, finding land that fits all your needs can be challenging. And, even if you find a seemingly perfect piece of land, it might not be the best fit for a farming operation or have hidden disadvantages. Noah and Hannah introduce online tools to help with your farm search process, including a handy checklist, and guide you through online apps to assess prospective farm properties regarding soil, neighbors, easements, topography, sunlight, cropping history, and land value. They also discuss the financial considerations farmers should understand when assessing their ability to support a farm purchase or lease and exciting new models for land access. The session also covers basic farm succession and transfer concepts, including lifelong financial planning tips, trusts and LLCs, wills and heirs property, conservation easements and gifts, life estates, and end-of-life care.

*Session Audience: Aspiring and beginning farmers looking to purchase or lease land and landowners curious about farm transition and succession.*

*Session Sponsor: Barnes-Berry Family Trust*

## Workshop Session G – Sunday | 1:30 – 2:45 pm

### Practical Uses for Enterprise Budgets | Meeting Room 4

Derek Washburn, NC State University

*Derek is a farm management extension associate with NC State University and manages the NC Farm School, an entrepreneurial program that helps aspiring farmers access resources and develop a sound business plan through seminars, field trips, and strategic planning.*

Have you ever created beautiful enterprise budgets only to see them sit unused when it comes time to plan for the season? Financial tools such as enterprise budgets help producers decide which crops to grow and how to allocate their resources to meet production and economic goals. But like other useful farm tools, they're only as valuable as their implementation. Using an open-sourced online budget tool as an example, Derek walks through the steps of practical implementation of enterprise budgets for organic growers, specific to farmers in the Carolinas.

*Session Audience: Beginning to advanced farmers looking for financial management tools to decide what and how much to grow.*

*Session Sponsor: Farm Credit Associations of NC*

### Advantages of Being a Farm: Exemptions & Special Benefits | Junior Ballroom - A1

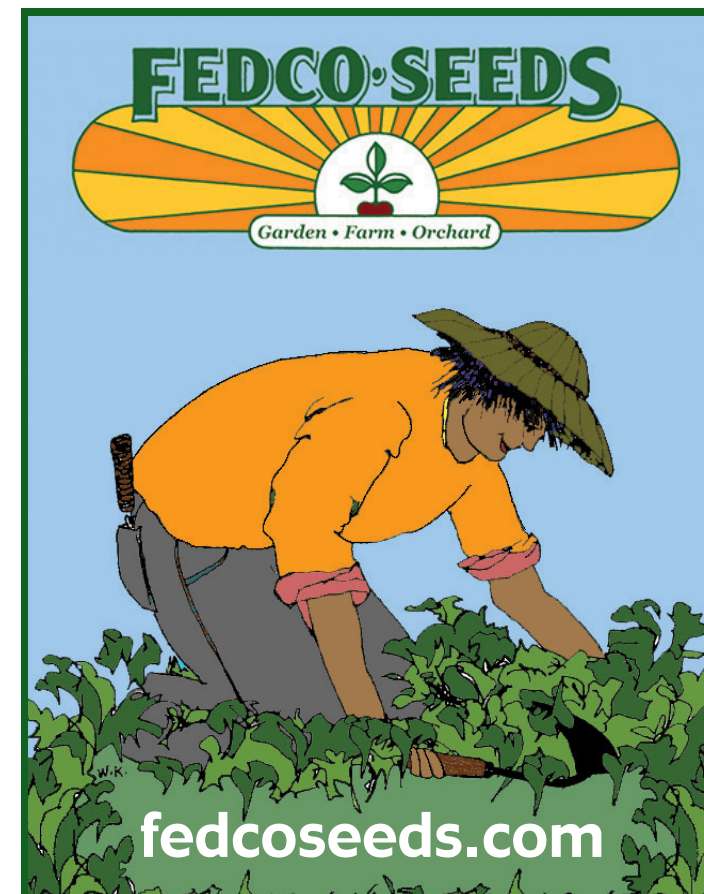
Harvey Harman, Deep River Folk School & Sustenance Farm

*Harvey is the director of the Deep River Folk School, a partnership between Sustenance Farm and the 501(c)(3) non-profit Living Well Earth Stewards, which serves its mission of helping people become more empowered and self-sufficient while building community.*

Bona fide farms and farm owners benefit from tax, zoning, liability, and building exemptions and exclusions. While many farmers know about the farm-use tax exemption (savings on local, yearly real estate taxes), many lesser-known and underutilized benefits and exemptions are available to bona fide farms and farmers. Harvey covers the wide variety of benefits and discusses how to become a bona fide farm to use these many advantages and exemptions. In many cases, making fuller use of these benefits leads to more farms being able to sustain themselves long-term and decreases stresses related to farming. The main focus will be on North Carolina laws and benefits and parallel laws in South Carolina.

*Session Audience: Beginning to experienced farmers, service providers.*

*Session Sponsor: SC New and Beginner Farmer Program, Clemson Extension*



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## Workshop Session H – Sunday | 3:15 – 4:30 pm

### Small Farm Boot Camp Express | Junior Ballroom - A2

Amanda Wilkins, John Lyttle, Meredith Favre & Trevor Hyde, NC Cooperative Extension

*Amanda, John, Trevor, and Meredith are Extension agents working in Lee, Wake, and Durham counties and manage Small Farm Boot Camp programs, a series of workshops that provide technical knowledge and skills needed to start farming.*

Join NC Cooperative Extension Agents to learn about their sustainable, small-scale agriculture, local food systems, and the educational programs used to support them. Attendees will hear about NC Cooperative Extension's new and in-demand program for emerging farmers: Small Farm Boot Camp. Amanda, John, Meredith, and Trevor lead attendees through an interactive workshop, offering time for discussion and opportunities for hands-on participation. Demonstrations and activities focus on dealing with your soil challenges, marketing, and local food system analysis.

*Session Audience: Beginning and aspiring farmers in NC and those interested in exploring farming, market gardeners, homesteaders, aspiring and beginning farmers, educators, and service providers.*

### Organic Cucumber Production in High Tunnels | Junior Ballroom - A3

Joe Rowland, Carolina Farm Stewardship Association

*Joe is CFSA's Organic Initiatives Coordinator and manages the organic research trials at the Lomax Research & Education Farm. He also farms in Gold Hill, NC, growing fruits and vegetables, edible nursery crops, and stewarding a permaculture orchard and food forest.*

Joe discusses the preliminary findings from year one of CFSA's SARE-funded organic high tunnel cucumber project at the Lomax Farm. The project trials six varieties of cucumbers grown on two different trellises to determine the impact on disease occurrence and severity and the overall marketable yield. Three participating farms in the Carolinas have replicated this trial to give us an understanding of what works best throughout the region. Learn about the results of this project and how you can participate in the 2024 season.

*Session Audience: Beginning to experienced farmers, service providers, and educators.*

*Session Sponsor: Seven Springs Farm Supply*

### Four Farmers' Value-Added Journey | Meeting Room 1

Samantha Gasson, Bull City Farm

*Samantha is the co-owner of Bull City Farm, a pasture-based livestock and education farm in Durham, NC. She also serves as the Human Program Manager for the Food Animal Concerns Trust.*

Samantha Genke, Boxcarr Handmade Cheese

*Samantha is the co-owner of Boxcarr Handmade Cheese, a family-owned award-winning cheese company in Cedar Grove, NC.*

Carolyn Rose Seed, MamaSprings

*Carolyn is the owner of MamaSprings, a family-run, urban farm located in East Durham, NC, growing seasonal vegetables, microgreens, and cut flowers.*

Paige Jackson, Grass Grazed Farm

*Paige is the co-owner of Grass Grazed Farm, a regenerative livestock farm specializing in grass-fed beef, pastured pork, poultry, and eggs in Rougemont, NC.*

What do sausage, cheese, and dried flowers have in common? They are all value-added products that farmers can create to diversify their offerings and increase revenue. This panel of value-added producers shares their experiences creating new food and craft enterprises using elements from their farms. Samantha Gasson discusses making sausages from her pastured pork, Samantha Genke talks about her family's journey to establish a creamery with their dairy goats, and Carolyn shares her process of creating beautiful dried flower magnets, wreaths and ornaments from her garden's blooms.

*Session Audience: Farmers interested in value-adding, food and flower entrepreneurs.*

*Session Sponsor: Freshlist*

### Working With Ethnic Markets from Sustainability and Cultural Perspectives | Junior Ballroom - D1

Kathleen Liang, North Carolina A&T University

*Kathleen is a W.K. Kellogg Distinguished Professor of Sustainable Agriculture and Director of the Center for Environmental Farms Systems at N.C. A&T University.*

Many small agricultural producers want to grow specialty crops and livestock to serve diverse populations. There are myths and challenges to identifying markets and opportunities, particularly for producers unfamiliar with cultural and sustainable aspects. Kathleen sheds light on ethnic markets - what they are, what they serve, who they serve, and strategies to collaborate, communicate, and identify opportunities to achieve a win-win solution for both growers and consumers.

*Session Audience: Beginning to advanced farmers and managers who want to sell to new markets, grow new crops or livestock, and develop new relationships with market venues.*

*Session Sponsor: N.C. A&T University*



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## Workshop Session H – Sunday | 3:15 – 4:30 pm

### Working with Plant Competition | Junior Ballroom - D2

Helen Atthowe, Woodleaf Farm

*Helen is a writer, researcher, and farmer at Woodleaf Farm based in Montana. She has been working in land stewardship, food systems, and conservation for over 35 years and is the author of the new book The Ecological Farm.*

How much of your time in the field is spent removing weeds or suppressing unwanted plants from growing? Weeds are nature's way of covering bare soil and maintaining ecosystem function, yet much of a grower's efforts involve working against these natural systems. If appropriately managed, weeds can benefit growers by keeping a living root in the ground year-round, providing habitat for beneficial insects thus helping with pest suppression, and providing nutrient-rich plant residue to complement soil nutrient cycling. Helen explains how to develop a weed-tolerant system based on climate, soil, and crop production needs and the considerations of which weeds are too competitive and which ones can coexist with your food and flower crops.

*Session Audience: Beginning to advanced market growers and orchardists, service providers, researchers, educators, and students.*

*Session Sponsor: N.C. A&T University*

### Ask a Farm Lawyer: Your Legal Questions Asked and Answered | Junior Ballroom - D3

Anna Williams & Jonathan Williams, Cedar Grove Law

*Anna and Jonathan are the founders of Cedar Grove Law, a practice providing legal services to farmers, entrepreneurs, family businesses, agribusinesses, and more throughout North Carolina and Tennessee.*

Are you curious why a farmer might need an attorney or what common issues farmers seek legal counsel for? Do you have legal questions about your farm or business but want an anonymous way of asking? Anna and Jon lead a Q&A-style discussion and analyze questions solicited before and during the presentation. They also present actual issues and common legal challenges from farmers, landowners, and agribusiness professionals that they encounter throughout the year.

*Session Audience: All attendees.*

### Best Practices for Relationship-Building with Chefs | Meeting Room 2

Garrett Corwin, Piedmont Microgreens

*Garrett is the owner of Piedmont Microgreens, an urban farm providing over 30 varieties of microgreens to dozens of local restaurants, groceries, and institutions in Durham, NC.*

Taylor Halley, The Wine Feed

*Taylor is the executive chef at The Wine Feed, a wine store and wine bar with a food service in Durham, NC.*

Are you interested in selling to local restaurants but have questions about reaching out to chefs and maintaining relationships to ensure steady income? Drawing from his experience working with over 60 chefs and wholesale buyers to sell microgreens, Garrett discusses identifying and communicating with restaurant clients, anticipating their needs, and what information you should be tracking to help you gain a competitive advantage. Taylor provides tips on managing expectations with chefs and the information you should have readily available to share during an in-person meeting.

*Session Audience: Beginning to advanced farmers who want to start selling to restaurants and microgreens growers.*

*Session Sponsor: Freshpoint*

### MANI:ENI:SE (Water is Alive): Advancing the Rights of Nature | Meeting Room 3

Crystal Cavalier-Keck & Jason Keck, 7 Directions of Service

*Crystal and Jason are the co-founders of 7 Directions of Service, an Indigenous-led environmental justice and community organizing collective based on Occaneechi-Saponi homelands in rural North Carolina.*

Rights of Nature laws are new conservation laws rooted in Indigenous values, which recognize ecosystems, and the human and natural communities that depend on them as having legally-enforceable rights to exist, regenerate, flourish, and be free from pollution. These rights strengthen environmental and community protections by evolving the status of nature from "property" to a rights-bearing entity, like a person. Crystal and Jason discuss how these rights relate to agriculture and how farmers can be the voice for lands, waters, and the more-than-human world. Hear how they work with a bipartisan network of community members, grassroots organizations, Indigenous mentors, elected officials, and legal experts to advance the Rights of Nature in North Carolina and how you can join the movement.

*Session Audience: All attendees.*

### Glorious Green Gardening Guilds | Meeting Room 4

James "Chip" Webb, Vine & Fig Tree Farms

*Chip is the co-founder of Vine & Fig Tree Farms, a historic agritourism destination specializing in heirloom apples and native fruits in Winston-Salem, NC.*

A guild is an association of people for mutual aid in pursuit of a common goal, and it's no mistake that we use the same word for a community of plants and fungi designed for mutual benefit and fruitfulness. Guided by this definition for both people and plants, Chip examines the components of a gardening "community" harnessing the regenerative powers of seeds, the mutually beneficial contributions of diverse plant members, and land stewardship. Chip shares his goal of building and strengthening communities of growers with common goals through an agricultural education experience of building a plant guild. Participants design and plan a garden guild featuring fruit trees, understory plants, nutrient accumulators, nitrogen-fixers, the fungal web, pollinator attractors, and other plant contributors.

*Session Audience: All attendees.*

*Session Sponsor: Sow True Seed*

## Workshop Session H – Sunday | 3:15 – 4:30 pm



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## MONDAY ON-FARM INTENSIVES

### Full-Day

#### SMART Markets: Market Access & Business Development Across NC | Faithfull Farms, Chapel Hill, NC

Howard Allen, Faithfull Farms  
Berry Hines, Bee Blessed Pure Honey  
Lynette & Richard Hewlin, 4Ever Vista Farms  
Jordyn Apple-Hughes, Feast Down East  
Davon Goodwin, Sandhills AgInnovation Center  
Jaimie McGirt, Mary Bulan, & Angel Woodrum RAFI-USA  
Nicole Delcolgiano, Organic Growers School

Are you a beginning farmer trying to identify market opportunities or an established farmer looking for other market outlets? This interactive and multi-faceted workshop covers increasing market opportunities for crops or value-added products and improving your marketability. Participants tour Faithfull Farms with Howard Allen, listen and engage with a panel of NC farmers accessing and creating market avenues, and join smaller “mini” sessions based on topic. Choose from market access planning for beginners or diversifying market access for established farmers. Topics include selling wholesale and working with food hubs, retail and direct-to-consumer sales, collaborative marketing, farm branding, and legacy storytelling.

*Session Audience: Beginning to established farmers.*  
*Session Sponsor: Brooks Contractor*

#### Hands-On Turkey Processing | Jireh Family Farm, Durham, NC

Valarie & Immanuel Jarvis, Jireh Family Farm  
*Valarie & Immanuel own Jireh Family Farm, an urban farm specializing in pastured and grass-fed meats and eggs, educational classes, and on-farm events.*

During this full-day on-farm workshop, attendees gain hands-on experience in all steps of poultry processing, from humane slaughter to plucking, evisceration, cleaning, cooling, and packaging. Valerie and Immanuel guide participants through each step at Jireh Family Farm’s newly built processing facility, discuss the challenges and opportunities of processing on-farm, and share the resources available to help small-scale producers set up processing facilities on their farms. Each registrant leaves with the knowledge and skills to process independently, as well as a freshly processed turkey!

*Session Audience: Poultry farmers who want to start processing their birds on-farm and those who want the experience of processing their own local, pasture-raised turkey just in time for the holidays.*  
*Session Sponsor: Carolina SARE*

Space is limited to 10 participants.  
The registration cost includes lunch and a turkey (average 17 lbs).

#### Demystifying Organic Certification | N.C. A&T University Farm Pavilion

Speakers from Carolina Farm Stewardship Association, Clemson University, NC State Extension, N.C. A&T University, QCS, Where Food Comes From, and Certified Organic Farmers.

Are you considering USDA Organic Certification but need more clarification about the requirements and process? Becoming a Certified Organic farm is a significant commitment, but it can have tremendous advantages, from increased market competitiveness, improved recordkeeping, and additional access to funding and technical assistance. This full-day workshop brings together industry leaders from certifiers, Extension, farmers, and CFSA staff to walk participants through the process, dispel myths, and answer questions about the USDA National Organic Program. The workshop provides an overview of the regulations and the certification process, including completing an organic system plan, recordkeeping requirements, land management practices, post-harvest handling and storage protocol, and what to expect during an inspection. Presenters also share resources that will help farmers successfully navigate the certification process.

*Session Audience: Fruit and vegetable producers who already use organic practices but want to become certified and service providers or educators interested in the certification process.*

*This workshop is supported through the United States Department of Agriculture (USDA) Transition to Organic Partnership Program (TOPP). TOPP is a program of the USDA Organic Transition Initiative and is administered by the USDA Agricultural Marketing Service (AMS) National Organic Program (NOP).*

#### Perennial Strategies for Market Gardening and Beyond | Bountiful Backyards, Graham, NC & Full Plate Farm, Snow Camp, NC

Keith Shaljian & Kate DeMayo, Bountiful Backyards  
*Keith and Kate are the owners of Bountiful Backyards, a full service edible landscaping cooperative that works with beginning and experienced gardeners to create beautiful abundant edible landscapes in tune with nature at the residential, neighborhood, and community scale since 2007. In 2021, they moved from a ½-acre city lot in Durham to four acres outside Saxapahaw and have been building out Bountiful Acre, a mixed market garden alongside mixed perennial polycultures of edible and useful plants.*

Matt Ballard, Full Plate Farm  
*Matt is the owner of Full Plate Farm, a large two-acre market garden in Snow Camp, NC. He also serves as the Program Manager for the Farm at Penny Lane, a therapeutic farm that works with individuals with mental illness to grow nutritious food for themselves and others.*

This on-farm intensive features two Southern Alamance County market gardens that cooperatively blend perennial systems with organic market gardening. In the morning, Keith and Kate offer an intimate look at Bountiful Acre, their one-acre mixed use market garden. In the afternoon, Matt gives a tour of Full Plate Farm’s mixed annual market garden system and increasing reliance on perennial crops such as blueberries and blackberries. At both sites, you’ll see how to implement abundant perennial crops, mixed plantings, and productive annual market gardening with minimal inputs and time availability. This workshop focuses on five key areas:

### Full-Day

- (1) Practical Permaculture design: site demographics and basic farm/landscape design components (stormwater, soil, micro-ecology, establishing production goals);
  - (2) Soil health and ecology: compost, vermicompost, foliar sprays and teas, organic fertilizers, and mineral amendments;
  - (3) Incorporating perennial fruits and flowers into the market garden operation;
  - (4) Small-scale orchards, berries, and uncommon fruits for the garden and landscape; and
  - (5) Cooperative economics: shared resources, community building, and creative partnerships on a limited time and resource budget.
- Session Sponsor: Seven Springs Farm Supply*

#### Southeast Seed Growing | Loy Farm at Elon University

Chris Smith, The Utopian Seed Project  
Rowen White, Sierra Seeds  
Ira Wallace, Southern Exposure Seed Exchange  
Amyrose Foll, Virginia Free Farm  
Leeza Regensburger, Appalachian Seed Growers Collective  
Megan Allen, Care of the Earth Community Farm  
Jay Bost, Seed Growers Network  
Shelby Johnson, Appalachian Seed Growers Collective  
Jared Zystro, Organic Seed Alliance

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. We’ll

have plenty of small group opportunities to dig deeper into specific challenges and opportunities of seed growing in the Southeast. The WNC Seed Growers Collective will be showcasing their mobile seed processing trailer as an example of shared resources within regional seed hubs. Discussion topics will include contracts and working with seed companies, practical on farm seed saving, 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.

*Session Sponsor: Organic Seed Alliance*



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## Half-Day Morning

### Foundations of Parasite Control in Sheep & Goats | NCSU Small Ruminant Unit, Raleigh, NC

Aaron Moore, N.C. A&T Cooperative Extension

Aaron is an extension agent for small farms in Union County and raises ruminants and pastured poultry on his family's farm in Monroe, NC.

Rachel Owens, NC State Extension

Rachel is a livestock extension agent in Union County and enjoys working with the small ruminant producers.

Sandra Vergara, Elodie Farms

Sandra is co-owner of Elodie Farms, 24-acre former tobacco farm, where she and her husband, Tom, raise a small herd of mixed-breed goats and host monthly farm dinners, farm for tours and private events.

The barber pole worm is one of the most significant health challenges for raising sheep and goats in the Southeast, but producers can manage it with informed identification and a comprehensive integrated pest management program. This two-part intensive starts with an overview of common parasites of small ruminants with a focus on the barber pole worm. During this training participants learn how to create an integrated pest management plan to prevent and, if needed, treat for this significant pest. Topics include biology, diagnosis, management, and proper dewormer protocols. During the second half, Aaron and Rachel train participants in hands-on identification of barber pole worms in small ruminants using the FAMACHA scoring method. At the end of the workshop, all participants receive FAMACHA Certification, a resource packet, and a scoring card.

Session Sponsor: Food Animal Concerns Trust (FACT)

### Healing the Soil Through Regenerative Agricultural Practices | Union Grove Farm, Chapel Hill, NC

Laura Kavanaugh, Meredith Sabye & Martin Crompton, Union Grove Farm Vineyard

What does it take to steward land that was once a conventionally-farmed dairy through its next chapter as a regeneratively-managed vineyard? How can farmers not only heal the soil but make it productive and resilient without heavy reliance on synthetic inputs? This workshop at Union Grove Farm Vineyard provides an interactive farm tour demonstrating how regenerative methods are successfully working to rebuild biodiversity and rehabilitate the farm's soil from decades of conventional farming practices, with a focus on composting. Attendees spend time in the vermicompost lab, hosting over 50,000 red wiggler worms, and explore the farm's large compost beds and Johnson-Su system to see how the farm creates premium soil amendments on-site. Participants also see how the farm further enhances soil health by integrating livestock through the rotational grazing of over 200 Katahdin sheep.

Session Audience: Aspiring to experienced farmers, service providers, students, and apprentices.

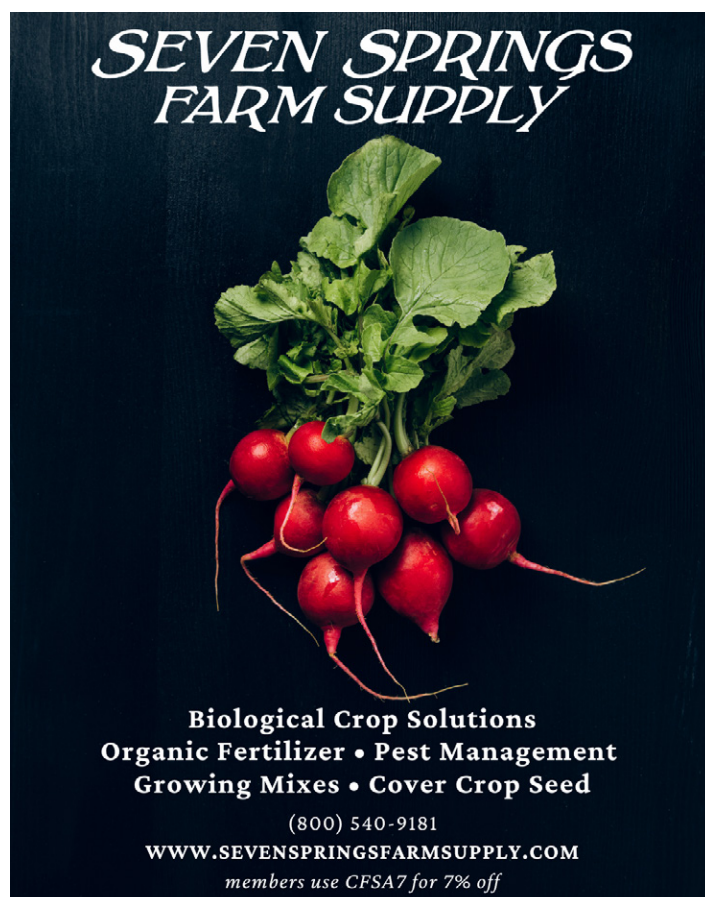
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## Half-Day Afternoon

### Place-Based Learning: School Trips, Internships, and Summer Camps | The Hub Farm, Durham, NC

Hannah Ball-Damberg & Geoff Seelen, The Hub Farm

Hannah and Geoff are Farm Educators at the Durham Public Schools Hub Farm, a 30-acre outdoor learning center in Durham, NC, featuring farm, forest, wetland, and aquatic habitats.

Raina Bunnag, Durham's Innovative Nutrition Education Program (DINE)

Raina is a nutrition specialist at the Durham County Department of Public Health, and educator for DINE, a unique school and community-based nutrition education program that serves the people of Durham, NC through all stages of life.

The Hub Farm has hosted field trips for students at Durham Public Schools for over ten years. Over the past three summers, educational opportunities at the Hub Farm have expanded to include camps for rising 1st through 3rd graders and paid internships for high school rising upperclassmen. These outdoor-focused programs provide opportunities for students from Pre-K to High School and beyond to learn in new ways, improving student engagement, social/emotional development, and educational outcomes. Paid interns jumpstart their professional development, develop soft-skills, and receive mentoring from experienced farmers and educators alike. Hannah and Geoff give a tour of the Hub Farm, helping attendees brainstorm ways to create opportunities that benefit farm operations and student education. They are joined by the Durham Public Schools Farm to School (F2S) committee, a team of district staff and community partners focused on food and garden experiences in schools. The F2S committee will share partnership successes and opportunities, and lead food and garden-centered activities that can be adapted across various educational settings.

Session Audience: Farmers interested in hosting classes, summer camps, or internships, educators who run outdoor education programs, and students.

Session Sponsor: Brooks Contractor

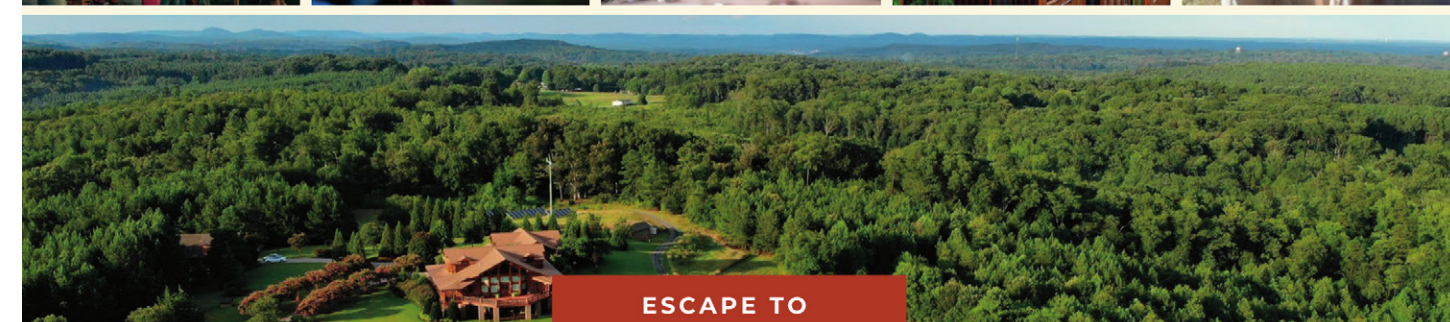
### Mechanization & Scale-Appropriate Equipment for Small Farms | Open Door Farm, Cedar Grove, NC

Jillian & Ross Mickens, Open Door Farm

Jillian and Ross are the owners of Open Door Farm, a 40-acre diversified vegetable and flower farm specializing in winter produce and storage crops in Cedar Grove, NC.

How can we make farming easier? On our bodies? Our psyches? Our employees? Our budgets? There is a virtuous movement toward less machine-intensive agriculture, but there are also ways to farm sustainably and responsibly using tractors and implements to simplify and facilitate prepping, planting, harvesting, and washing processes. Join Jillian and Ross at Open Door Farm as they share their experience moving from no-till systems and time-consuming post-harvest processes to more streamlined, efficient mechanization with scale-appropriate equipment from the field to the pack shed. They demonstrate how to field prep with a tractor and transform brushy grass to a usable state for planting, including the special implements, and discuss what to look for when purchasing equipment. Participants see a plastic mulch layer in action and have the opportunity to try out a water wheel transplanter. In the pack shed, Jillian and Ross demonstrate the farm's barrel washer, wash line, and rotary table that has revolutionized their post-harvest process.

Session Sponsor: Johnny's Selected Seeds



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### Discover Juneberry Ridge

Juneberry Ridge is a regenerative farm and nature retreat in Norwood, NC, about a one hour drive east of Charlotte. Our farm started over ten years ago as a place to escape from the city and practice sport clay shooting. Today, we're shooting for the moon, inviting guests to relax with us, stay in our wooded cabins, walk our trails, and enjoy chef prepared, regenerative farmed culinary experiences.

Things are a little different here. In all we do, we strive to work in harmony with nature. As an education center, we share knowledge about soil health, edible landscapes, and much more. As a venue for weddings, team retreats, and community events, we welcome our guests to a different way of thinking. **It's how we're changing the way the world grows.**



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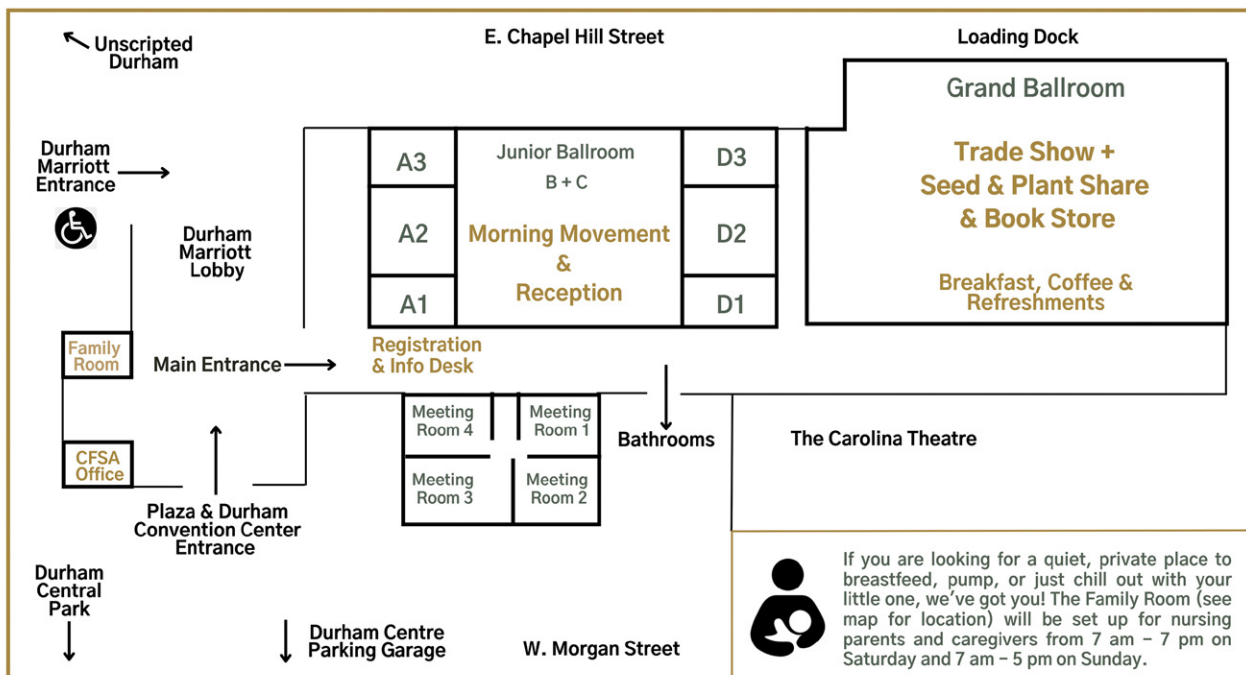
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Have questions on any of this?

Contact us at [info@carolinafarmstewards.org](mailto:info@carolinafarmstewards.org)!

This program was designed and compiled by Chelsea Amato, a Durham-based graphic designer. Find more of their work at [chelseeamato.com](https://chelseeamato.com).