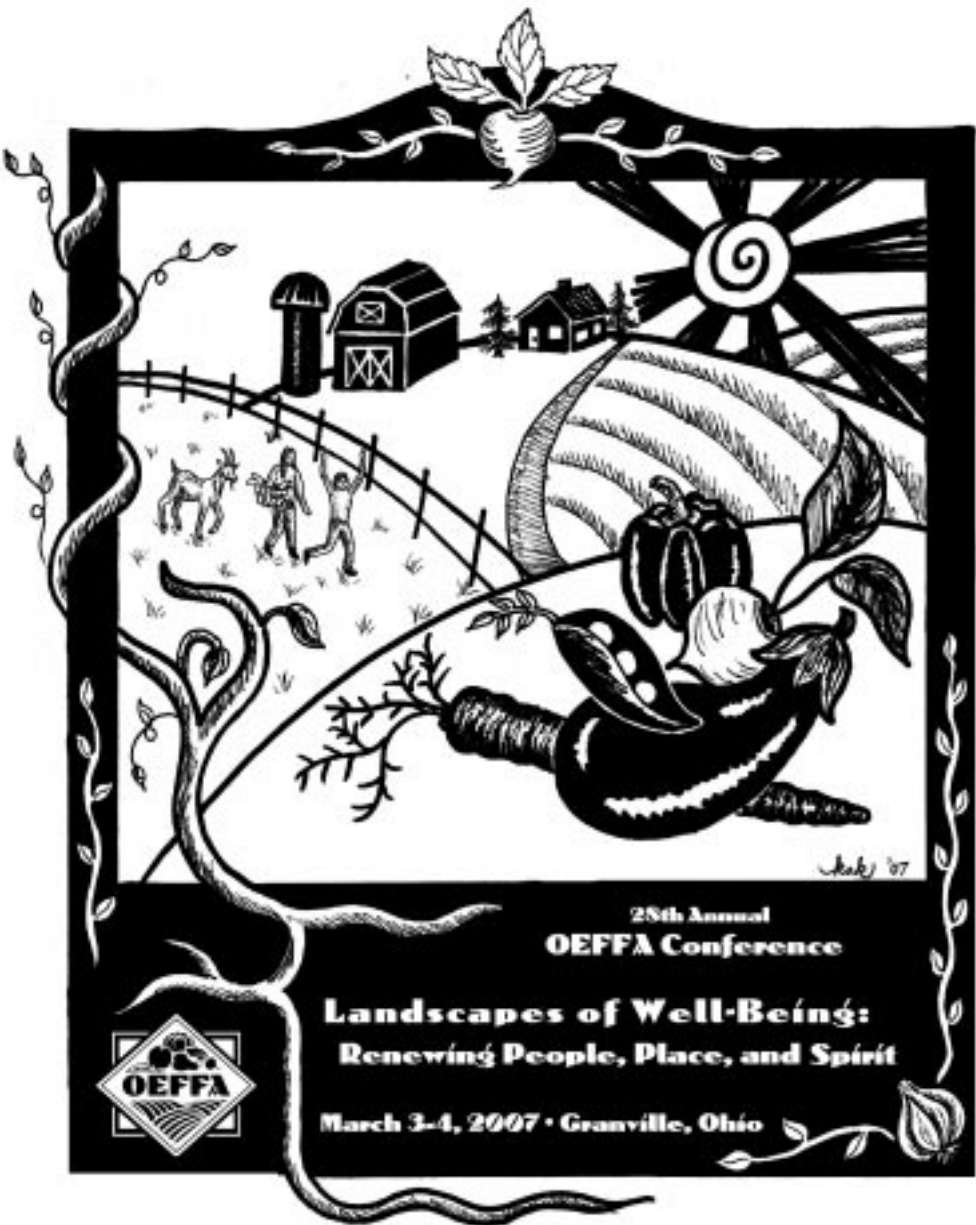


FOOD AND FARMING CONFERENCE!



28th Annual
OEFFA Conference

**Landscapes of Well-Being:
Renewing People, Place, and Spirit**

March 3-4, 2007 • Granville, Ohio



*Special thanks to our sponsors:
Mustard Seed Market, Organic Valley, OCIA Ohio Chapter 1,
North Central Region USDA-SARE, Rural Action, Greenacres Farm,
Wild Oats, Simply Living, Gerber & Sons, MT Business Technologies, SWACO*



Ohio Ecological Food & Farm Association

PO Box 82234

Columbus, Ohio 43202

614/421-2022; fax 614/421-2011

Return Service Requested

**Landscapes of Well-Being:
Renewing People,
Place, and Spirit**



- Nutritionist Sally Fallon
- Permaculturist Mark Shepard
- Over 40 workshops
- Kids' Conference and Playroom
- Exhibit Area
- Contra Dance
- Local and Organic Meals

March 3-4, 2007
www.oeffa.org

*Pre-Conference Event:
~ A Day with Sally Fallon ~
"Health and Vitality
Through Nourishing
Traditional Diets"
March 2, 2007
Granville, Ohio
(Location TBA)*



~ KEYNOTE SPEAKERS ~

Each of us has the ability to sculpt our lives into a personal landscape of well-being. Join us as people from all walks of life gather in Granville this March to learn from the masters and share with one another. Participants will spend the weekend learning ways to preparing nutritious meals, ways to raise good food in small or large quantities, possibilities for alternative energy, ways to create desired economies and communities, marketing strategies, and more. Join us and renew your spirit!



WWW.OEFFA.ORG

VOLUNTEERS

In exchange for four hours of work, volunteers may pre-register for both days of the conference for only \$45--or \$35 for students. (Meals not included.) For more information, call OEFFA at 614/421-2022. Pre-registration required. Limited opportunities.

~ Sally Fallon ~

Sally Fallon is author of the popular book *Nourishing Traditions: The Cookbook that Challenges Politically Correct Nutrition and the Diet Dictocrats*. In this book she boldly accuses current diet trends of robbing Americans of their health and vitality, while enriching the powerful food processing industry which is based in large part on refined carbohydrates and vegetable oils derived from corn and soybeans.

Sally draws on a wealth of scientific and anthropological findings to refute the notion that Americans should cut back on animal fats and cholesterol-rich foods, pointing out that they are vital factors in the diet, and are necessary for normal growth, proper function of the brain and nervous system, protection from disease, and optimum energy levels. Sally also talks about the importance of traditional broths as a source of minerals and as an aid to digestion; of proper preparation of grain, nuts, and legumes to neutralize enzyme inhibitors and mineral-blocking substances; and of ancient techniques for food preservation that enhance nutrient content while supplying beneficial digestive flora on a daily basis.

According to Sally, Americans need to return to organic farming, pasture-fed livestock, and whole traditional foods, properly prepared, if people are to regain their health and vitality and gain the benefits of an economy that returns added value to the independent farmer, rather than to large-scale food processing conglomerates.

Sally's work is widely respected for providing accurate and understandable explanations of complicated subjects in the field of nutrition and health. She received a BA in English from Stanford University, and an MA from UCLA. She is currently President of the Weston A. Price Foundation, and has her own publishing company.



~ Mark Shepard ~

Most American farms today are totally dependent on off-farm inputs for fertility, seeds, financing, health care, and--most significantly--energy. A long-term result of this pattern has been the creation of one of the most economically and ecologically vulnerable farming systems in the world. Mark Shepard, a lively farmer and educated permaculture practitioner, will share ways that farmers and others can turn this trend around, why it's so important, and how it can be done in an ecologically sound manner that mimics nature's example.

Mark is the owner and manager of New Forest Farm in Viola, WI, where he lives with his family. Mark and his wife bought a typical row-crop farm in 1995 and have converted it to a perennial agricultural ecosystem where trees, shrubs, vines, canes, perennial plants, and fungi have been planted in association with one another to produce food, fuel, medicines, and beauty. New Forest Farm, which demonstrates the increasing value (both environmentally and economically) of a permaculture based farming operation, is one of the first generation of permaculture farms in the USA, and was one of Wisconsin's original Organic Valley Farms.

Mark is a 1985 graduate of Unity College in Maine, serves as the vice-president of the Southwest Badger Resource Conservation and Development Council, and was named the Wisconsin RC&D Council Member of the Year for 2006. He was certified as a Permaculture designer in 1993, and teaches agroforestry and permaculture across North America through his permaculture and agroforestry consulting business, Forest Agriculture Enterprises.





Landscapes of Well-Being: Renewing People, Place, and Spirit

March 3-4, 2007 • Granville, Ohio

WORKSHOP SAMPLER

Over 40 educational workshops will be led by knowledgeable members of the organic and sustainable ag community. Presenters will include successful farmers and gardeners, keynote speakers, extension agents, educators, and consultants from in and around Ohio and beyond. A full list of workshops will be posted on the OEFFA website.

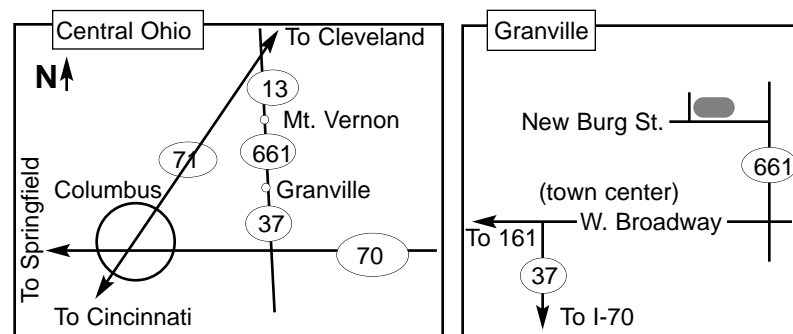


- Farmers' Markets • Tree Grafting • Strawbale Designs • The Oiling of America
- Organic Grain Production • Dairy Nutrition and Holistic Medicine • Mico-Tourism
- OEFFA Apprentice Program • Organic Certification • Local Control in Ohio: Who Decides?
- Net Metering with Energy Co-ops • Designing Your Nourishing Traditions Farm •
- Wildcrafting • Minerals for the Genetic Code • Wind and Solar Power •
- A Campaign for Raw Milk • Maximizing Pasture • Agriculture in Nature's Image

Workshop Credit for Teachers! Teachers attending the March 3-4 workshops may receive attendance certificates for consideration by their Local Professional Development Committees. Teachers, pre-register and notify Brad Moffitt, Ohio Ag. Ed. Services, ODE (Brad.Moffitt@ode.state.oh.us) that you'll be attending.

GRANVILLE, OHIO

The conference will be held in the charming town of Granville, Ohio, about thirty minutes northeast of Columbus. The high-school, where the conference (but not the pre-conference) will be held, offers rooms for large group sessions, workshops, exhibitors, dining, kids' activities, and entertainment, all under one roof. (Visit www.oeffa.org for more detailed maps and directions).



KIDS WELCOME

Participants are encouraged to bring the family! The OEFFA kid's conference offers a variety of exciting workshops for ages 6-12. Younger children are invited to spend time in the centrally located Playroom, which we are excited to have organized this year by Rebecah Freeling, founder and teacher of Briar Rose Children's Center, a Waldorf pre-school in Columbus.

(There will be no charge for participation in these programs if a parent or sibling over the age of 12 volunteers four hours during the two days.)

LOCAL AND ORGANIC MEALS

No warmed over frozen food trays here! Quality meals made from fresh, organic, locally produced meats, dairy products, vegetables, and grains will be on the menu at the 2007 OEFFA conference. Meals are being planned based on the availability of locally sourced ingredients, many of which will come from OEFFA member farms and producers. Please check our website for a full menu.

A limited number of food tickets will be available for sale at the conference, so if you plan to eat with us, we recommend that you buy your meal tickets in advance.

PRE-CONFERENCE: Health and Vitality Through a Nourishing Traditional Diet

Spend a day with author and speaker Sally Fallon as she shares a wealth of knowledge about life-supporting foods from around the world. Sally will help participants gain a better understanding of the role of certain ingredients and how the body processes them, and will present practical steps to gaining health and vitality through personal food choices.

Friday, March 2nd, 2007
Granville, Ohio • (Location TBA)

10:00AM-5:30PM

Lunch included



CONFERENCE REGISTRATION FORM

Name/s: _____
 Address: _____
 Town: _____ State: _____ Zip: _____
 Telephone: (____) _____ County: _____
 Email Address _____

Conference Registration

OEFFA Members	Early Bird Fee	Registration Fee (After 2/16)	
Single Adult Registration	\$85 x _____	\$100 x _____	= \$ _____
Couple Adult Registration	\$140x _____	\$160 x _____	= \$ _____
Student Registration	\$40 x _____	\$50 x _____	= \$ _____
Saturday Only Registration	\$60 x _____	\$70 x _____	= \$ _____
Sunday Only Registration	\$55 x _____	\$65 x _____	= \$ _____
Volunteer (see "Volunteers")	\$45/\$35 x _____	\$45/\$35 x _____	= \$ _____

Registering couples may only register as a couple if they share an OEFFA family membership or have two single memberships that have the same mailing address.

Non-Members (Become a member for lower rates!)

Single Adult Registration	\$125 x _____	\$140 x _____	= \$ _____
Couple Adult Registration	\$195 x _____	\$210 x _____	= \$ _____
Student Registration	\$55 x _____	\$65 x _____	= \$ _____
Saturday Only Registration	\$80 x _____	\$90 x _____	= \$ _____
Sunday Only Registration	\$70 x _____	\$80 x _____	= \$ _____

Registering couples may only register as a non-member couple if they share the same address.

Children Under 13

	# of Children	# of Days	
First Child	_____	x _____	x \$15 = \$ _____
Additional Children	_____	x _____	x \$10 = \$ _____

Total Number of Children ages 6-12: _____ Total Number of Children Ages 0-5: _____

If you plan to volunteer instead of paying for childcare, check here. (See "Kids Welcome")

Conference Food

	# Vegetarian	# Meat	
Saturday Lunch, Adult, \$10.00 @	_____	_____	= \$ _____
Children 6-12 \$5.00 @	_____	_____	= \$ _____
Saturday Dinner, Adult \$12.00 @	_____	_____	= \$ _____
Children 6-12 \$5.00 @	_____	_____	= \$ _____
Sunday Lunch Adult, \$10.00 @	_____	_____	= \$ _____
Children 6-12 \$5.00 @	_____	_____	= \$ _____

Pre-Conference Registration (Granville Location TBA)

OEFFA member, \$65; Non-Member, \$80 = \$ _____

Membership (new or renewal)

Individual, \$35; Family, \$50; Family Farm, \$50; Nonprofit, \$50; Business, \$100; Student, \$10 = \$ _____

Total = \$ _____



Please make checks payable to OEFFA. Registrations will not be confirmed. Refunds are issued as gift certificates. No refunds will be issued after February 16.

Mail to: OEFFA, PO Box 82234, Columbus, Ohio 43202
 or register on-line at www.oeffa.org

A PLACE TO STAY

For Special Conference Rates:

The Place Off the Square
 50 N. 2nd Street
 Newark
 740/322-6455
 (\$69, 8.6 mi.)

Courtyard by Marriott
 500 Highland Blvd,
 Newark
 740/344-1800
 (\$79, 4.3 mi.)

Other Hotels:

The Buxton Inn
 313 E Broadway,
 Granville
 740/587-0001
 (\$85-\$105, 0.86 mi.)

See the OEFFA website for a list of other places to stay.

The Weekend Schedule

(subject to change)

Saturday, March 3rd

- 8:00-9:00 Registration
- 9:00-9:15 Welcome
- 9:30-11:30 Workshop Session I
 - 9:30-11:30 - Long Workshops
 - 9:30-10:25 - Short Workshop Session 1A
 - 10:35-11:30 - Short Workshop Session 1B
- 11:45-12:45 Lunch (networking at regional tables)
- 1:00-2:00 Keynote Session - Sally Fallon
 "How to Keep Value Added on the Farm... Where It Belongs"
- 2:15-3:15 Workshop Session II
- 3:30-4:30 Exhibitor Hall Break (book signing)
- 4:45-5:45 Workshop Session III
- 6:00-7:00 Dinner
- 7:30-8:30 Contra Dance: Back Porch Swing Band

Sunday, March 4th

- 7:30-8:15 Personal Meditation
- 8:15-9:15 Business Meeting
- 9:30-11:30 Workshop Session IV
 - 9:30-11:30 - Long Workshops
 - 9:30-10:25 - Short Workshop Session IV A
 - 10:35-11:30 - Short Workshop Session IV B
- 11:30-12:15 Exhibit Hall Break
- 12:30-1:30 Lunch (networking at topic tables)
- 1:45-2:45 Workshop Session V
- 3:00-4:00 Keynote Session - Mark Shepard
 "An Ecological Look at Energy on the Farm"
- 4:00-4:15 Closing Remarks

**All OEFFA members are invited to attend the business meeting and the dance. All other conference events require registration fee.*

