

**Saturday, February 15: Session I: 9:30 – 11:30 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
6	UA	The Cincinnati Food Hub: Our Harvest Cooperative (E. Vera, K. Gangwer)	
11	LW	Twelve Herbs to Use in Emergencies for People and Animals (A. Rocco)	

**Saturday, February 15: Session II: 1:45 – 3:45 P.M.**

Pg.	Track	Workshop Title/Presenter	Room
9	BS	No More Pennies on the Dollar! Plan and Market to Strengthen Your Farm Business (L. Schaller)	
10	MA	Bridging the Gap Between Chef and Farmer (A. Contrisciani, J.B. King)	
12	HM	Pressure Canning (R. Tayse Baillieul, A. Baillieul)	
14	SF	Developing Locally-Adapted Crop Plants through On-Farm Selection, Breeding, and Seed Saving (A. Huerta)	

**Saturday, February 15: Session I A: 9:30 – 10:25 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Stink Bug Management in Peppers, Berries, and Other Organic Crops (C. Welty)	
3	VC	Biofertilizers for Organic Production (B. McSpadden Gardener)	
4	FC	Weed Management Practices for Organic Field Crops (D. Campbell, D. Doohan)	
5	SL	Turning a Rabbitry into a Hopping Business (N. Carter)	
6	LL	Benefits of Incorporating Forages into the Crop Rotation (B. Hendershot)	
7	SA	Farm-Scale Nut Production and Processing (K. Belsler)	
8	BA	Successful Organic Crop Farming (D. Hinderman)	
9	BS	Recruiting and Retaining Farm Labor (F. Espinoza)	
10	MA	Top Ten Food and Agriculture Marketing Trends (M. Hogan)	
11	OR	Food Labeling: ODA and USDA Organic Requirements (V. Jorgensen, K. Schmidt)	
11	PP	Engaging in Policy to Protect Organic Farms (A. Diffley)	
12	HM	Stocking the Ultimate Pantry (J. Yue)	
13	GL	Grow Youth! Keeping Teenagers Interested in Gardening (R. Beatty)	
14	SF	Agricultural Easements: Preserving Farmland and Providing Expansion Capital (D. King, S. Goodwin)	
14	PO	An Agricultural Liturgy: On Farming and Faith (J. Boyd)	

**Saturday, February 15: Session II A: 1:45 – 2:40 P.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Growing Specialty Cut Flowers (S. and G. Adams)	
4	VC	Organic Transplant Production (D. Seibert, L. Garcia)	
4	FC	Growing, Processing, and Selling Omega-9 Canola Oil (D. and B. Blackledge)	
5	SL	Selecting Heritage Poultry for Production (J. Adkins)	
6	LL	Forage Seed Selection (B. Hendershot)	
6	UA	Rooftop Food Production (T. Clark)	
7	SA	Opportunities for Producing and Marketing Ohio Sheep Milk and Cheese (A. Turner)	
9	BA	Starting Honeybees: The Easiest Livestock You Can Raise (J. Bidigare)	
11	OR	Preparing for an Organic Inspection (M. Gregg)	
11	PP	Fracking and the Waste Dilemma (B. Kunkemoeller)	
12	LW	Twelve Months of Green Living: How to Make the Transition to Living Simply (A. Warmke)	
13	GL	Growing Mediterranean Herbs in Ohio's Un-Mediterranean Climate (J. Baran)	
15	PO	DIY Aquaponics (D. Adams, D. Adams)	

**Saturday, February 15: Session II B: 2:50 – 3:45 P.M.**

**Saturday, February 15: Session I B: 10:35 – 11:30 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Hops: A New Specialty Crop for Ohio (B. Bergefurd)	
3	VC	Growing Great Organic Potatoes (J. and D. Trethewey)	
4	FC	Use of Cover Crop Cocktail Mix to Sustain Organic Production (R. Islam)	
5	SL	Sheep Breeds: Comparison and Benefits (R. High)	
6	LL	Dairy Herd Health: Risk Factors and Transition Cow Management (G. Schuenemann)	
7	SA	Adding Value to Vegetables through Live Fermentation (C. Chmiel)	
8	BA	Small Farm and Garden Safety (J. Suchy, S.D. Jepsen)	
9	BS	Diversification and Success of Your Farm Business (R. Stewart)	
10	MA	Marketing Your Product for Distribution (J. Lowe)	
11	OR	Electronic Organic Record Keeping (J. Eschmeyer)	
11	PP	The Farm Bill: Where It's At and What You Can Do About It (S. Evans)	
12	HM	Creating Sustainability for Your Backyard Poultry (M. Shaw)	
13	GL	Good Bugs and Bad Bugs in the Home Garden (J. Jasinski)	
14	SF	Restoration Agriculture: Designing Your Perennial Farm (M. Shepard)	
15	PO	The Cincinnati Zoo and Green BEAN Delivery: A Growing Partnership on EcOhio Farm (B. Jorg, M. Ewer)	

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Sustainable Sweet Corn Production (M. Kruthaup)	
4	VC	Extending the CSA (T. Alexander)	
4	FC	Managing Weeds in Organic Field Crops (D. Campbell)	
5	SL	The Role of Livestock in Permaculture (J. Rickard, C. Gandy)	
6	LL	Sprouting Fodder (V. Coblenz)	
7	UA	Farm without the Farm (J. Swain)	
7	SA	Scaling Up Production of Organic Hardneck Seed Garlic by Improving Worker Comfort (2:50-3:20 P.M.) (D. and J. Perkins)	
8	SA	Low Tunnel Strategies for Early Vegetable Production (3:20-3:45 P.M.) (R. Favior)	
9	BA	Reading a Soil Test to Fertilize Effectively (T. Stutz)	
11	OR	Records to Manage Your Business (M. Seeley)	
11	PP	Food Safety Modernization Act Update (S. Evans)	
12	LW	Herbal Balance (D. Combs)	
13	GL	Crunching Crop Numbers: How to Plan for a Successful Season (K. Cook)	
15	PO	Building a Sustainable Food System (B. Sippel)	

**Sunday, February 16: Session III: 9:30 – 11:30 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
4	VC	Scaling Up a Startup: Increasing Efficiency in Order to Grow Your Farm (B. and E. Jackle)	
5	FC	Organic Corn Production: Guidelines for Success (A. Sundermeier, D. Shively, J. Schmitz)	
5	SL	Creating a Sustainable Homestead Flock of Poultry (J. Adkins)	
9	BA	Producing Your Whole Diet Sustainably: Grow Biointensive (D. and M. Royer-Miller)	
10	MA	Developing Value-Added Products (A. Trudel)	
14	SF	Alleycropping and Silvopasture: Transitioning to Restoration Agriculture (M. Shepard)	

**Sunday, February 16: Session IV: 1:30-2:30 P.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Nut Growing (P. Hagen)	
4	VC	Growing Specialty Greens for Market (M. Herbruck)	
5	FC	Soybean Variety Performance Evaluation in Organic Production Systems (D. Rossman)	
5	SL	Learn from My Mistakes with Livestock (L. Graham)	
6	LL	Year-Round Grazing (B. Rickard)	
7	UA	Ohio City Farm: Multiple Languages of Empowerment (M. Fitzpatrick, K. Powers, G. Durica)	
8	SA	Using Grape Pomace as a Natural De-wormer in Sheep (1:30-2:00 P.M.) (S. LeShure)	
8	SA	Training Farmers to Perform Artificial Insemination in Sheep (2:00-2:30 P.M.) (D. Brown, C. Zimmerly)	
9	BA	Why Healthy Soil is So Important (E. Hessler)	
10	BS	Inside the Mind of a Mission-Driven Lender (D. McCann)	
10	MA	Marketing Your Products and Yourself at Farmers' Markets (B. Knorr)	
11	PP	Debunking GE Labeling Myths (A. Auciello)	
12	LW	Biophilia: Our Affinity with Nature (D. Knapke)	
13	HM	American Dreams: Kneaded into a Loaf (L. Van Meter)	
13	GL	Shiitake Mushroom Cultivation (P. Goland)	
14	EN	The Good, the Bad, and the Ugly of Green Remodeling (N. Leone)	
14	SF	Keyline Design (B. Trauth)	
15	PO	Utilizing SARE Grants and Resources to Achieve Your Farm Goals (M. Hogan)	

**Sunday, February 16: Session III A: 9:30 – 10:25 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	All Summer Strawberries For You-Pick Farms (D. Schooner)	
6	LL	Non-Antibiotic Alternatives for Bovine Mastitis Therapy (B. Norby)	
7	UA	Starting an Urban CSA Using Backyards and Lots (J. Hotchkiss)	
8	SA	Growing the Market for Urban Farmers (9:30-10:00 A.M.) (M. Jose, A. Matthews)	
8	SA	Reclaiming Our Food Markets (10:00-10:25 A.M.) (M. Bongue)	
9	BS	Marketing the Farm (F. Davis)	
11	PP	Ohio's Clean Energy and Energy Efficiency Future (T. Demeter)	
12	LW	Lifestyle Approaches for Preventing and Treating Diabetes (R. Metcalf)	
12	HM	Cooking and Eating GMO-Free Meals (K. Leatham)	
13	GL	Float Trays: The Easy Way to Start Seeds (C. Tailer)	
14	EN	A Way To Increase Your Horsepower While Reducing Your Carbon Footprint (A. Dragovich)	
15	PO	Enacting Change through Student Collaboration (S.K. Piper)	

**Sunday, February 16: Session III B: 10:35 – 11:30 A.M.**

Pg.	Track	Workshop Title/Presenter	Room
3	SC	Food Safety and Post-Harvest Handling (M. Tomaszewski)	
6	LL	SWAT Fly Management (N. Conrad)	
7	UA	Urban Farming Challenges: Zoning and Municipal Codes (M. Ogle, N. Stanich)	
8	SA	Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems (K. Savage, G. Delanoy)	
9	BS	Introduction to Cooperatives (B. Cohen)	
11	PP	Show Me the Money: Farming Federal Programs (K. Merrigan)	
12	LW	Growing You on Your Farm (L. Graham)	
13	HM	Creative Dehydrating for a Healthier Life (J. Seabrook)	
13	GL	Multi-Tasking in the Garden: Edible Ornamentals (D. Knapke)	
14	EN	Solar Electricity for the Very, Very Beginner (J. Warmke)	
15	PO	Not If, But When: Being Prepared For Disasters (L. Dixon)	

## WORKSHOP TRACKS

Pg.

3	Specialty Crops (SC)
3	Vegetable Crops (VC)
4	Field Crops (FC)
5	Small Livestock (SL)
6	Large Livestock (LL)
6	Urban Agriculture (UA)
7	NCR-SARE Farmers Forum (SA)
8	Basics (BA)
9	Business (BS)
10	Marketing (MA)
10	Organic Certification (OR)
11	People and Policy (PP)
11	Living Well (LW)
12	In the Home (HM)
13	Gardening and Landscaping (GL)
14	Energy (EN)
14	Sustainable Foundations (SF)
14	Potpourri (PO)

# WORKSHOPS BY TRACK

## SPECIALITY CROPS

### Stink Bug Management in Peppers, Berries, and Other Organic Crops

*Celeste Welty*

The brown marmorated stink bug is a new species that is invading Ohio, with a taste for peppers and raspberries as well as sweet corn, peaches, soybeans, and many other crops. Information on its biology and how to monitor it, prevent it, and control it will be presented by OSU Extension entomologist Celeste Welty. **[Session I A]**

### Hops: A New Specialty Crop for Ohio

*Brad Bergefurd*

With the growing interest in microbreweries, hops are making a tremendous comeback as a specialty crop in Ohio. Join Brad Bergefurd for a workshop that will cover the history of hops, hop cultivars, innovative production techniques, insect and disease control methods, harvesting, processing, and marketing. Brad is a farmer and Extension horticulture specialist with OARDC. **[Session I B]**

### Growing Specialty Cut Flowers

*Steve and Gretel Adams*

Over the last seven years, Steve and Gretel Adams of Sunny Meadows Flower Farm have built their cut flower business from the ground up. They will share the systems they have developed for an efficient and profitable business. Learn how you can expand into growing flowers for florists, grocery stores, wholesalers, farmers' markets, and weddings. **[Session II A]**



### Sustainable Sweet Corn Production

*Marissa Kruthaup*

SARE grant recipient Marissa Kruthaup will review her research on an heirloom and organic corn project she conducted on her family farm. She will also discuss the process through which she received the grant and answer questions about the SARE program. **[Session II B]**

### All Summer Strawberries For You-Pick Farms

*Don Schooner*

Ohio strawberries are so delicious, it's too bad their season is so short—or, is it? Don Schooner explains how to grow strawberries for harvest all summer long. Learn about varieties, planting practices, pest management, harvesting, and other issues that will help you improve your you-pick operation. **[Session III A]**

### Food Safety and Post-Harvest Handling

*Matt Tomaszewski*

A sustainable farmer since 1999, Matt Tomaszewski will discuss food safety considerations for vegetable farming operations, including post-harvest handling practices. Attendees will leave with information to apply on their own farms. **[Session III B]**

### Nut Growing

*Paul Hagen*

Nut trees can be a perennial crop for your farm. Paul Hagen of the Ohio Nutgrowers Association explains how to select, graft, plant, and care for nut trees that thrive in Ohio, including black and English walnuts, butternuts, hickories, filberts, and pawpaws. Paul will also cover harvesting, curing, and cracking nuts and will provide samples. **[Session IV]**

## VEGETABLE CROPS

### Biofertilizers for Organic Production

*Brian McSpadden Gardener*

Many new products have been introduced into the market to enhance plant growth and health. Brian McSpadden Gardener, professor and OARDC OFFER Director, will provide an introduction to these products and how they work, along with data on their benefits. **[Session I A]**

### Growing Great Organic Potatoes

*Jake and Dawn Trethewey*

Jake and Dawn Trethewey of Maplestar Farm have been growing organic potatoes for eight years to sell at their roadside stand, CSA, and farmers' markets. Learn their methods for pre-planting preparations, selecting the right varieties, planting, weed and pest control, fertility, and harvest. **[Session I B]**

## Organic Transplant Production

*Doug Seibert and Leslie Garcia*

Learn to grow your own organic seedlings in this workshop from OEFFA Stewardship award winners Doug Seibert and Leslie Garcia of Peach Mountain Organics. They will cover organic transplant production start to finish including selecting trays and soil mix, seeding, watering, lighting, and potting. Doug and Leslie will also touch on insects and soil chemistry problems in the greenhouse. **[Session II A]**

## Extending the CSA

*Todd Alexander*

Todd Alexander will offer a glimpse into how Central Roots Farm, a small urban farm located in Cleveland, combines crop planning, storage crops, and season extension infrastructure on their sub-acre plot to support a 35 member 27 week CSA program. Todd will discuss and share his strategies, including their farm crop plan, planting dates, and how they incorporate a high tunnel. **[Session II B]**

## Scaling Up a Startup: Increasing Efficiency in Order to Grow Your Farm

*Ben and Emily Jackle*

Ben and Emily Jackle began growing vegetables and cut flowers on Mile Creek Farm seven years ago on less than an acre and since then, even with a limited budget, have grown to eight acres. Other farmers hoping to scale up will learn how they systematized production in the greenhouse and field. **[Session III]**

## Growing Specialty Greens for Market

*Matt Herbruck*

Matt Herbruck of Birdsong Farm will discuss the production of leafy greens for market. Hear about his methods for direct seeding, transplanting, cultivation, season extension, and harvesting. Matt will explain how with careful planting coordination and selection of varieties, farmers can produce a continuous supply of greens nearly year-round. An organic farmer for 18 years, Matt markets his produce through his own 60 member CSA, farmer's markets, and various wholesale accounts. **[Session IV]**

## FIELD CROPS

### Weed Management Practices for Organic Field Crops

*Dave Campbell and Doug Doohan*

Dave Campbell of Lily Lake Organic Farm in Illinois and Doug Doohan of OSU's OFFER program will discuss some of the strategies they have been developing and refining for organically managing weeds in field crops. Learn about the relationship between weeds and Calcium balance in the soil, and how appropriate tillage tools and proper timing and use of weed control equipment can give you success in the battle against weeds. **[Session I A]**



### Use of Cover Crop Cocktail Mix to Sustain Organic Production

*Rafiq Islam*

Many farmers use cover crops as an important component of their organic production system to provide nitrogen and recover other nutrients from the soil. Rafiq Islam, OSU Extension soil and water specialist, will provide information about the use of particular cover crop blends for maximum benefits. **[Session I B]**



### Growing, Processing, and Selling Omega-9 Canola Oil

*Dan and Bonnie Blackledge*

Six years ago, Dan and Bonnie Blackledge decided to grow a non-GMO, Omega-9 variety of canola, and worked closely with Michigan State University on test plots, fertility, and marketing. They will share their experiences, including their method for pressing the canola into oil, and the steps they have taken to begin selling the oil. **[Session II A]**

### Managing Weeds in Organic Field Crops

*Dave Campbell*

Managing weeds in organic field crops is a challenge every year, especially during unusually cool, wet growing seasons. Dave Campbell of Lily Lake Organic Farm shares strategies he's developed over three decades for staying ahead of weeds, including crop rotations, cover crops, and appropriate tillage. **[Session II B]**

### Organic Corn Production: Guidelines for Success

*Alan Sundermeier, Dave Shively, and Jake Schmitz*

Join Jake Schmitz of Organic Valley, organic grain grower Dave Shively, and OSU Extension educator Alan Sundermeier for a discussion of organic corn variety test plot results and how to select the best corn varieties for your farm. They will share practical corn production advice, including controlling weeds, managing for nitrogen and soil nutrients, choosing equipment, and marketing your corn. **[Session III]**



### Soybean Variety Performance Evaluation in Organic Production Systems

*Dan Rossman*

The availability of non-GMO soybean varieties is critical to the future of organic field crop producers. With support from the CERES Trust and SARE, Dan Rossman and a team of Michigan State University educators and specialists have begun a six year project to identify and evaluate the performance of non-GMO soybeans from across the Midwest. Dan will provide an update on the project. **[Session IV]**

## SMALL LIVESTOCK



### Turning a Rabbitry into a Hopping Business

*Nick Carter*

Nick Carter completed a SARE research grant in 2012 to determine the profitability of a meat rabbitry, not only for the farmer, but for the whole food supply chain—the processors, distributors, and retailers. In this session, Nick will share what he discovered, where he succeeded, and where he failed. Attendees will learn how to bring rabbit meat to the consumer market, what profits to expect, and where to begin. **[Session I A]**

### Sheep Breeds: Comparison and Benefits

*Roger High*

This workshop will provide a discussion of the major breeds of sheep in the United States and the advantages and disadvantages of each. Roger High, Extension sheep specialist and Director of the Ohio Sheep Improvement Association and Ohio Sheep and Wool Program, will cover meat-type, wool-type, dual-purpose, dairy, hair-type, and heritage breeds. **[Session I B]**

### Selecting Heritage Poultry for Production

*Jim Adkins*

In this hands-on workshop, Jim Adkins explains the “Hogan Selection Principles” of selecting birds for meat production and rate of growth. Jim, who has raised more than 50 breeds and varieties of poultry and founded the International Center for Poultry, will bring several birds so attendees can learn how to properly handle fowl. Learn how to select the best birds to improve your flock. **[Session II A]**

### The Role of Livestock in Permaculture

*Jesse Rickard and Chelsea Gandy*

Animals perform important functions in nature, such as creating prairie ecosystems, enriching the soil, and eliminating waste by closing nutrient loops—and since Permaculture uses nature as its guide, it makes sense to include livestock in your operation. Jesse Rickard and Chelsea Gandy, assistant farm managers of Fox Hollow Farm, will discuss how they use chickens, hogs, and grazing animals to create and maintain Permaculture systems. **[Session II B]**

### Creating a Sustainable Homestead Flock of Poultry

*Jim Adkins*

Jim Adkins has raised more than 50 breeds and varieties of poultry over the last 30 years, is a judge for the American Poultry Association, and founded the International Center for Poultry. This workshop covers building a sustainable flock, including choosing varieties, husbandry, and disease control. Learn how to breed your birds to increase your own flock without relying on outside breeders. Jim will bring several birds for a demonstration on how to examine poultry for health, egg production, and meat qualities. **[Session III]**

### Learn from My Mistakes with Livestock

*Lindsay Graham*

Lindsay Graham, owner of Graham Farms and Omega Meats, has 10 years of experience producing and marketing pastured livestock, including pork, beef, and chicken. In that time, he has tried various methods and experiments, including chicken tractors and free range, breeding and farrowing, fencing, rotational grazing, and guard dogs. He’ll talk about what worked and what didn’t. **[Session IV]**

## LARGE LIVESTOCK

### Benefits of Incorporating Forages into the Crop Rotation

*Bob Hendershot*

Retired state grassland conservationist, Grazing Lands Conservation Initiative coordinator, and Ohio State Conservationist Hall of Fame member Bob Hendershot will discuss the benefits of including forage plant species and legumes into a crop rotation. In addition to healthier, more productive livestock, long term benefits include improved weed and pest management control. **[Session I A]**

### Dairy Herd Health: Risk Factors and Transition Cow Management

*Gustavo Schuenemann*

Proper transition after calving is paramount for the economic success and sustainability of certified organic dairy herds. Many conditions can negatively impact milk yield, reproductive performance, and overall animal well-being. Dr. Gustavo Schuenemann, Extension dairy specialist, will provide practical information on how to identify risks and will explain preventive practices and treatments. **[Session I B]**

### Forage Seed Selection

*Bob Hendershot*

Learn how to select the most appropriate forage species and varieties based on your farm's soil type, soil fertility levels, and your goals and objectives in this workshop by retired state Grassland Conservationist, Grazing Lands Conservation Initiative coordinator, and Ohio State Conservationist Hall of Fame member Bob Hendershot. **[Session II A]**

### Sprouting Fodder

*Vernon Coblentz*

Interest in sprouting grains for feed is on the rise, and more and more farmers are considering adding sprouted fodder to their systems. Organic dairyman Vernon Coblentz will share some reasons to start sprouting, along with how he developed a simple, affordable setup. Join Vernon to learn how to make hay when the sun doesn't shine. **[Session II B]**



### Non-Antibiotic Alternatives for Bovine Mastitis Therapy

*Bo Norby*

Michigan State University professor and veterinarian Bo Norby will provide information on non-antibiotic treatment options for bovine mastitis, including new research on the topic. **[Session III A]**

### SWAT Fly Management

*Norm Conrad*

Flies can negatively impact animal operations by reducing rate of weight gain, lowering feed conversion, increasing the incidence of disease, and raising overall management costs. NCAT/ATTRA specialist Norm Conrad will explain the "10 Commandments of Fly Control" using SWAT, Sustainable with Appropriate Technologies. Come prepared to participate. **[Session III B]**

### Year-Round Grazing

*Bruce Rickard*

For the last four years, Bruce Rickard has grazed cattle all year long, feeding only incidental amounts of hay. His feed costs have fallen dramatically and the cattle have never looked better. Bruce will share his methods for cattle feeding on grass, and also explain the importance of a whole farm perspective on the role of cattle in managing grasslands. **[Session IV]**

## URBAN AGRICULTURE

### The Cincinnati Food Hub: Our Harvest Cooperative

*Ellen Vera and Kristin Gangwer*

Our Harvest Cooperative is a worker-owned farm and food hub cooperative. Come learn from CEO Ellen Vera and Food Hub manager Kristin Gangwer how they are creating quality, green, union, cooperative jobs with good wages and healthcare; promoting sustainable, organic, fair trade products; and cultivating new growers—all while improving local, healthy food access for Cincinnati area residents. This workshop will focus on progress made in 2013, plans for 2014, and ways farmers, local food artisans, and consumers can be involved. **[Session I]**

### Rooftop Food Production

*Trish Clark*

The Crest Gastropub is home to the first, full rooftop food production operation in Columbus, and what they

don't grow themselves for their menu, they locally source. Farm Director Trish Clark will discuss how they worked with architects, the city, and Rain Brothers Irrigation to make their rooftop urban farm successful. Attendees can enjoy samples of the restaurant's tasty dishes and enter a raffle for a gift card. **[Session II A]**

### **Farm without the Farm**

*Joseph Swain*

Joseph Swain of Swainway Urban Farm will discuss steps that can be taken to combat some of the perceived challenges to prospective farmers. He will share the strategic actions he took to get into the business of growing food. Intensive, small-scale production for the beginning farmer and backyard gardener will be covered including set up, space use, and crop selection. Come with your questions and concerns and leave with renewed determination to succeed. **[Session II B]**

### **Starting an Urban CSA Using Backyards and Lots**

*Julie Hotchkiss*

Is it possible to run a community supported agriculture (CSA) program out of urban backyards and vacant lots? Yes, it is! Julie Hotchkiss, member of Enright Ridge Urban Eco-Village CSA and co-author of *Starting Your Urban CSA: A Step-by-Step Guide to Creating a Community Supported Agriculture Project in your Urban Neighborhood*, will share how the CSA feeds 70 families 26 weeks of the year using 1.5 acres of yards, lots, and green space within the city. Learn how to find sites and set up the business, including distribution and communications. Her manual, co-written with Jim Schenk, will be available for purchase. **[Session III A]**

### **Urban Farming Challenges: Zoning and Municipal Codes**

*Megan Ogle and Nick Stanich*

Farming in the city requires jumping through certain hoops that are not a concern in rural areas. Megan Ogle and Nick Stanich share the trials and tribulations they experience on their farm, located half a mile from downtown Columbus. Learn tips to comply with zoning, permitting, and codes, and getting along with the neighbors, while successfully growing produce. **[Session III B]**

### **Ohio City Farm: Multiple Languages of Empowerment**

*Margaret Fitzpatrick, Kelly Powers, and Greg Durica*

The Ohio City Farm is one of the country's largest contiguous urban farms at nearly six acres. Kelly Powers of Cleveland Crops, Greg Durica of the Cuyahoga Metropolitan Housing Authority, and Margaret Fitzpatrick of Refugee Response will discuss how their three organizations work together on the farm and cooperate to share knowledge. **[Session IV]**

## **NCR-SARE FARMERS FORUM**



### **Farm-Scale Nut Production and Processing**

*Kurt Belser*

Kurt Belser takes an in-depth look at the re-localization of nut production and processing for farmers in the Midwest. Kurt will discuss appropriately scaled machinery, potential markets, value-added products, and growing techniques for hazelnuts, chestnuts, black walnuts, and hickory nuts. **[Session I A]**



### **Adding Value to Vegetables through Live Fermentation**

*Chris Chmiel*

Learn the basics of fermenting vegetables and marketing them as a value-added product, including how to meet Ohio Department of Agriculture food safety requirements. SARE grant recipient Chris Chmiel of Integration Acres will present this workshop on an age-old practice that is enjoying a major come back. **[Session I B]**



### **Opportunities for Producing and Marketing Ohio Sheep Milk and Cheese**

*Abbe Turner*

The United States imports more than 66 million pounds of sheep cheese annually, representing a great opportunity for Ohio dairy farmers and cheese makers. Farmer, artisan cheese maker, and SARE grant recipient Abbe Turner of Lucky Penny Farm and Creamery, will discuss how farmers can develop the production capacity to take advantage of this growing market. **[Session II A]**



### **Scaling Up Production of Organic Hardneck Seed Garlic by Improving Worker Comfort**

*Daniel and Julie Perkins*

Dan and Julie Perkins of Good Earth Farm

received a SARE grant to design and fabricate a planting, weeding, and harvesting cart that reduces stooping, crawling, and kneeling in organic seed garlic production. Dan and Julie will share their research and results. **[Session II B, 2:50-3:20 P.M.]**



### **Low Tunnel Strategies for Early Vegetable Production**

*Rebekah Faivor*

Low tunnels are a relatively easy way to extend the season and increase production. Rebekah Faivor, farmer and graduate student, will discuss the best low tunnel configuration and how it can be used to plant and harvest vegetables earlier. **[Session II B, 3:20-3:45 P.M.]**



### **Growing the Market for Urban Farmers**

*Matthew Jose and Amy Matthews*

Founding members of IndyGrown, Matthew Jose of Big City Farms and Amy Matthews of South Circle Farm, will discuss IndyGrown's efforts to increase the market presence of produce grown in Indianapolis and to increase collaboration among existing and emerging urban farmers. Attendees will learn about the strategies employed by IndyGrown including what has succeeded, what has fallen short, and what lies ahead. **[Session III A, 9:30-10:00 A.M.]**



### **Reclaiming Our Food Markets**

*Monica Bongue*

Farm Roots Connection is a new cooperative community supported agriculture (CSA) program that focuses on distribution and marketing of northeast Ohio farm products, with the goal of increasing connections between small farmers and urban customers. The project is funded in part by grants from SARE and the Ohio Cooperative Development Center. Monica Bongue will explain how this multi-farm CSA was formed and how its progressing. **[Session III A, 10:00-10:25 A.M.]**



### **Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems**

*Kevin Savage and Gary Delanoy*

Teachers Kevin Savage and Gary Delanoy have found that aquaponics provide students with a dynamic system for exploring basic and advanced topics in biology, chemistry, physics, environmental science, and sustainable agriculture. They will discuss how their

students' research reinforces classroom concepts and independent study, and benefits the aquaponics community at large. **[Session III B]**



### **Using Grape Pomace as a Natural De-Wormer in Sheep**

*Shirron LeShure*

Graduate student Shirron LeShure will discuss using grape pomace, an agricultural by-product of wine and juice making, as a natural way to de-worm sheep. She will share the results of current studies on sheep and discuss the potential benefit of including grape pomace in integrated pest management practices to help in controlling parasites. **[Session IV, 1:30-2:00 P.M.]**



### **Training Farmers to Perform Artificial Insemination in Sheep**

*Don Brown and Craig Zimmerly*

Don Brown and Craig Zimmerly DVM of the Ohio Heartland Sheep Improvement Association will share the progress of their 2013 SARE project and offer some do's and don'ts they have learned so far. They will discuss breeding soundness of rams, how CIDR inserts work, collecting semen with an artificial vagina and other methods, and their experience with six different extenders. Don is a retired Extension educator and Craig is a veterinarian and member of the American Association of Small Ruminant Practitioners. **[Session IV, 2:00-2:30 P.M.]**

## **BASICS**

### **Successful Organic Crop Farming**

*Daryl Hinderman*

As the grower pool coordinator for Organic Valley, Daryl Hinderman helps farmers thrive. He'll share steps to becoming a successful organic crop farmer, from planning to marketing. Learn efficient methods for record keeping, production planning, and budgeting, and explore options for tillage, fertility, weed management, harvesting, and cover cropping. **[Session I A]**

### **Small Farm and Garden Safety**

*Jeff Suchy and S. Dee Jepsen*

The health and safety of farm employees is essential to a well-functioning farm. Join in the conversation during this workshop developed to meet the needs of small-

scale growers and walk away with fact sheets, training modules, and an interactive collection of safety information. OSU lecturer and owner of Darby Meadow Farm, Jeff Suchy, and Extension educator and state agricultural safety leader, S. Dee Jepsen, will explain how and where to access and use safety and health information. **[Session I B]**

### **Starting Honeybees: The Easiest Livestock You Can Raise**

*Jim Bidigare*

Bee wrangler Jim Bidigare of Cherry Creek Farm introduces the basics of beekeeping. He'll cover starting a honeybee colony at your home or farmstead, what equipment you'll need, and how to increase forage, harvest honey, and manage disease. **[Session II A]**

### **Reading a Soil Test to Fertilize Effectively**

*Ted Stutz*

It is essential to understand soil test results in order to buy and apply inputs to effectively balance your soil's nutrient needs. Ted Stutz of Ohio Earth Food will teach attendees to read soil test language and consider what products are available to most efficiently maximize the growing power of their soil. He will also explain how to check inputs for certified organic compliance, and how and when they should be applied. **[Session II B]**

### **Producing Your Whole Diet Sustainably: Grow Biointensive**

*Dan and Margo Royer-Miller*

Grow Biointensive is a solution for those who wish to grow food for an individual or family, while having a positive impact on their land. Come learn Biointensive principles, and how simple and fulfilling this method can be! Dan and Margo Royer-Miller completed a three year apprenticeship at Ecology Action and are intermediate level certified teachers. **[Session III]**

### **Why Healthy Soil is So Important**

*Eric Hessler*

Farming success depends on soil health, soil microbiology, and how the plant's root system interacts with the soil. Eric Hessler of Landmark Distributions Group will talk about how to assess your soil environment and discuss how production can be improved with different inputs. **[Session IV]**

## **BUSINESS**

### **Recruiting and Retaining Farm Labor**

*Francisco Espinoza*

Looking for ways to improve and strengthen your recruitment efforts? Francisco Espinoza, Extension labor education specialist, shares tips for working with state and local agencies. Keep your workers healthy and happy and learn what agencies offer off-farm job and social aid for your workers. **[Session I A]**

### **Diversification and Success of Your Farm Business**

*Richard Stewart*

Carriage House Farm is a diversified Ohio Century Farm focused on meeting the demand for local food and helping to develop the region's food culture. Manager Richard Stewart will describe the benefits and pitfalls of a diverse operation with many different products and markets, and share methods of managing such a system. **[Session I B]**

### **No More Pennies on the Dollar! Plan and Market to Strengthen Your Farm Business**

*Leslie Schaller*

Beginning farmers and expanding farm operations need tools and strategies to increase farm revenue. Leslie Schaller of ACEnet will cover the basics of market assessment, financial management, and customer development for a stronger bottom line. Come ready to share some of your challenges and opportunities. Interactive group work will prepare you to implement new ideas by spring 2014. **[Session II]**

### **Marketing the Farm**

*Floyd Davis*

Floyd Davis, owner of Red Basket Farm and former manager of the Geauga Growers Association's Produce Auction, will discuss marketing your farm to restaurants, Farm to School programs, and other institutional buyers. He will share ideas about pricing structure, developing relationships, and delivering products. **[Session III A]**

### **Introduction to Cooperatives**

*Bob Cohen*

Learn the basics of cooperatives, hear about some successful examples, and consider the advantages and disadvantages of pursuing marketing or purchasing through a cooperative. Bob Cohen is a program director

at the Cooperative Development Center at Kent State University and the CEO of the Braintree Business Development Center. **[Session III B]**

### **Inside the Mind of a Mission-Driven Lender**

*Dave McCann*

Ever wonder what a Community Development Financial Institution considers when evaluating a loan application? What makes a lender agree to finance a farm or enterprise? Dave McCann has more than 36 years of commercial and nonprofit agricultural lending experience and will discuss how business strength is evaluated differently in this brave new world of finance. **[Session IV]**

## **MARKETING**

### **Top Ten Food and Agriculture Marketing Trends**

*Mike Hogan*

What is the next big food trend? OSU Extension sustainable agriculture coordinator Mike Hogan looks at the latest industry forecasts and academic trend data. Learn what the trends may be and how you can take advantage of them. **[Session I A]**

### **Marketing Your Product for Distribution**

*John Lowe*

John Lowe is the CEO of Jeni's Splendid Ice Creams and Eat Well Distribution. He will provide an overview of natural foods distribution and explain services that a small distributor like Eat Well can offer. If you want to compete on a national scale, John has information about what retailers are looking for, what steps you can take, and how to increase your products' success once they hit retail. **[Session I B]**

### **Bridging the Gap Between Chef and Farmer**

*Alfonso Contrisciani and J.B. King*

Chef Alfonso Contrisciani and J.B. King will describe what is necessary to establish a farm to table system within your community, including sourcing and procurement systems, quantity planning, ordering and delivery schedules, and the development of timelines for consistent product availability. Enjoy samples prepared by Chef Alfonso using modern methods of cooking to break down collagen and elastin while maximizing flavor. **[Session II]**

### **Developing Value-Added Products**

*Ann Trudel*

Value-added products can increase profitability and earn a farm recognition. With five Good Food Awards, two Ohio House of Representative resolutions, and one Central Ohio Signature Food Award, Ann Trudel of Ann's Raspberry Farm and Specialty Crops knows this first hand. She will share her experiences and discuss practical issues such as sourcing containers and additional ingredients, labeling, processing facilities, pricing, and advertising. **[Session III]**

### **Marketing Your Products and Yourself at Farmers' Markets**

*Beth Knorr*

Presenting a professional image at farmers' markets— attractive displays and excellent customer service—can greatly improve your profitability. Beth Knorr manages markets in the Cuyahoga Valley National Park and the greater Akron area, and serves on the Farmers' Market Management Network board. She will discuss how to draw new customers to your booth, make them feel special, and keep them coming back. **[Session IV]**

## **ORGANIC CERTIFICATION**

### **Food Labeling: ODA and USDA Organic Requirements**

*Val Jorgensen and Kate Schmidt*

Be sure your products are labeled properly! Val Jorgensen of Jorgensen Farms and Kate Schmidt of OEFFA will explain state and federal labeling laws and provide examples for appropriately labeled produce and value-added products, including infused honey, herbal teas, pesto, and cooked lamb sausage. **[Session I A]**

### **Electronic Organic Record Keeping**

*Jeff Eschmeyer*

Learn how to easily keep your certification records organized with Jeff Eschmeyer of Harvest Sun Farm, who has created an efficient system of spreadsheets and electronic records. He'll explain his system and provide advice for starting your own. **[Session I B]**

### **Preparing for an Organic Inspection**

*Michelle Gregg*

What is involved in an annual on-site organic inspection, and how do you efficiently prepare? Inspector Michelle Gregg will share her experiences as an organic farm manager, along with tips for organizing your records for

an audit. Attendees will receive record templates, be able to access online records systems, and participate in a round table discussion. **[Session II A]**

### **Records to Manage Your Business**

*Mark Seeley*

Organic inspector and certified organic farmer Mark Seeley will explain how organic records can be used as a basis for analyzing your farm business and profitability. Most farmers may not enjoy recordkeeping, but good records are important for long term planning, acquiring grants or loans, and streamlining inspections. Mark will provide examples of efficient systems. **[Session II B]**

## **PEOPLE AND POLICY**

### **Engaging in Policy To Protect Organic Farms**

*Atina Diffley*

When notorious polluters Koch Industries proposed a crude oil pipeline that would cross their certified organic farm, Martin and Atina Diffley intervened in the legal process... and won. Atina will share details of the threat, their legal argument, how they engaged their community, and how they negotiated an organic mitigation agreement, believed to be the first of its kind and a model to protect organic land. **[Session I A]**

### **The Farm Bill: Where It's At and What You Can Do About It**

*Shavaun Evans*

We've seen a lot of twists and turns with the re-authorization of the Farm Bill over the past few years. Shavaun Evans of the National Sustainable Agriculture Coalition will discuss all you need to know about this massive piece of legislation, especially how the bill will effect you and your farm, and how you can take action to improve future farm and food policy. **[Session I B]**

### **Fracking and the Waste Dilemma**

*Brian Kunkemoeller*

The fracking process produces large amounts of waste—solids, liquids, and gases that can be toxic or even radioactive. Brian Kunkemoeller of the Sierra Club's Ohio Chapter will expose Ohio's fracking waste stream and suggest actions you can take to protect Ohio's water, soil, and air. **[Session II A]**

### **Food Safety Modernization Act Update**

*Shavaun Evans*

The Food Safety Modernization Act (FSMA) is the first major overhaul of our nation's food safety practices since 1938. Farmers and grassroots advocates have been working to ensure the proposed FSMA rules are fair for sustainable agriculture producers and local food systems. Shavaun Evans of the National Sustainable Agriculture Coalition provides an update on what advocates are hoping to see in the final rules and what you can do to make your voice heard. **[Session II B]**

### **Ohio's Clean Energy and Energy Efficiency Future**

*Trish Demeter*

Trish Demeter of the Ohio Environmental Council will discuss legislation regarding Ohio's renewable and efficiency standards. She will share results of public opinion polling which shows support for renewable energy and energy efficiency. Learn about incentives that currently exist for consumers, farmers, and small businesses. **[Session III A]**

### **Show Me the Money: Farming Federal Programs**

*Kathleen Merrigan*

Using the *Know Your Farmer, Know Your Food* Compass, former USDA Deputy Secretary Kathleen Merrigan will explore what federal programs are available to farms, nonprofits, and businesses seeking assistance to build local and regional food systems. **[Session III B]**

### **Debunking GE Labeling Myths**

*Alison Auciello*

Monsanto and others have spent a lot of money to defeat proposals to label genetically engineered (GE) foods, perpetuating myths about the costs of implementation and safety of GE foods. Join this discussion, led by Alison Auciello of Food and Water Watch, to debunk these myths and more. **[Session IV]**

## **LIVING WELL**

### **Twelve Herbs To Use in Emergencies for People and Animals**

*Alicia Rocco*

Alicia Rocco suggests 12 herbs to keep on hand for emergencies, including bleeding, burns, wounds, infection, inflammation, muscle and joint pain, muscle spasms, insect bites, poison ivy, and more. Get hands-

on experience making a poultice and a cough syrup.

**[Session I]**

### **Twelve Months of Green Living: How to Make the Transition to Living Simply**

*Annie Warmke*

Goat farmer and writer Annie Warmke of Blue Rock Station, Ohio's premier green living center, is a pioneer in the sustainable living movement. She understands that making dreams into reality can sometimes seem daunting. Annie will talk about the steps necessary to make the change to living sustainably and strategies for making them happen. **[Session II A]**

### **Herbal Balance**

*Dawn Combs*

In today's society, it's easy to get our hormones out of balance, which can cause issues such as infertility, insomnia, imbalanced cycles, weight gain, and menopausal symptoms. Author, herbalist, and owner of Mockingbird Meadows Honey and Herb Farm Dawn Combs will discuss how medicinal herbs can reestablish the balance our bodies need. **[Session II B]**

### **Lifestyle Approaches for Preventing and Treating Diabetes**

*Rebecca Metcalf*

Diabetes has become an epidemic in America and our diet is a major culprit. Join family nurse practitioner Rebecca Metcalf for a look at how our bodies process the foods we eat. Learn how your dietary choices directly affect your metabolism and blood sugar. Rebecca will explore how diet, exercise, sleep, stress management, and supportive relationships can be used to help prevent or control diabetes. **[Session III A]**

### **Growing You on Your Farm**

*Lindsay Graham*

The most important crop on your farm is you, and nurturing yourself is just as important as nurturing your plants or livestock. Farmer and life coach Lindsay Graham will help you identify your building blocks and what drives you. Learn the three important decisions you make every second of your life, and how being aware of them can help you to break old habits and patterns. **[Session III B]**

### **Biophilia: Our Affinity with Nature**

*Debra Knapke*

Why do we feel the pull to create and work with the land? E.O. Wilson stated that we have "the urge to affiliate with other forms of life" and in essence need to connect with the others in our world. Teacher and garden designer Debra Knapke will explore "why we garden" and "how we garden." Learn how gardening weaves us into the web of life and how leaving nature behind may cause us to lose a part of ourselves.

**[Session IV]**

## ***IN THE HOME***

### **Stocking the Ultimate Pantry**

*Jim Yue*

Jim Yue of the Upper Arlington Whole Foods Market will teach you how to build a better, easy-to-cook-from pantry using his "key three" ingredients: beans, grains, and spices. During this class you'll also have the opportunity to try some of his favorite staple items.

**[Session I A]**

### **Creating Sustainability for Your Backyard Poultry**

*Mary Lou Shaw*

Author and homesteader Mary Lou Shaw will outline the basics of keeping small-scale poultry, including hatching eggs, housing, feed, and handling illness.

**[Session I B]**

### **Pressure Canning**

*Rachel Tayse Baillieul and Alex Baillieul*

Do you want to put up vegetables, stock, and meats but are intimidated by the hiss and heat of a pressure canner? Rachel and Alex Baillieul of Harmonious Homestead will alleviate all your concerns so you can confidently pressure can. Alex will cover the science behind pressure cooking and Rachel will demonstrate how to pressure can at home. **[Session II]**

### **Cooking and Eating GMO-Free Meals**

*Kitty Leatham*

Kitty Leatham, owner of Green Chef Catering and an Integrative Nutrition Health Coach, will address the controversy and possible dangers of eating genetically modified foods, how to identify and avoid them, and how to eat "clean-up" foods that can neutralize the negative effects of GMOs in your body—all while

preparing a delicious, local, GMO-free meal for attendees to sample! **[Session III A]**

### **Creative Dehydrating for a Healthier Life**

*Jeanine Seabrook*

Worried about your family's eating habits? Concerned about the preservatives in processed foods? Join Jeanine Seabrook, teacher and co-owner of Glass Rooster Cannery, for a discussion on home dehydration methods used to create low calorie, high energy snacks full of nutrition and packed with flavor. Enjoy samples and leave inspired! **[Session III B]**

### **American Dreams: Kneaded into a Loaf**

*Lauren Van Meter*

Explore a world of bread that will inspire you to take bread making back into your own hands. Lauren Van Meter of Whole Foods Market will discuss the history and components of bread making while demonstrating how to hand-knead your own wholesome dough, and bake it into a luscious crackling loaf. **[Session IV]**

## **GARDENING AND LANDSCAPING**

### **Grow Youth! Keeping Teenagers Interested in Gardening**

*Ril Beatty*

Interested in getting teenagers hooked on gardening? Ril Beatty of Mountain Top Ministries' Grow Straight program will talk about his successful teen gardening program and the Five Rivers MetroParks' City Beets program. He will discuss aspects of the programs, including behavior management, life skills, structured programming, curriculum, team games, building self esteem, cooking activities, and teaching entrepreneurship. **[Session I A]**

### **Good Bugs and Bad Bugs in the Home Garden**

*Jim Jasinski*

Jim Jasinski of the OSU Extension Integrated Pest Management Program will demonstrate how to identify both beneficial and pest insects in the home garden, including some new pests such as spotted wing drosophila and the brown marmorated stink bug. He will also offer recommendations for control. **[Session I B]**

### **Growing Mediterranean Herbs in Ohio's Un-Mediterranean Climate**

*Janell Baran*

Growing Mediterranean herbs in Ohio can be challenging, but not impossible. Lavender, rosemary, sage, thyme, oregano, tarragon, and other lesser-known herbs can all be grown as perennials, given the proper attention. Janell Baran, owner of Blue Owl Garden Emporium, raises hundreds of culinary herbs from all around the globe, and will discuss management strategies from planting to harvest. **[Session II A]**

### **Crunching Crop Numbers: How to Plan for a Successful Season**

*Kate Cook*

Kate Cook, Garden Manager for Carriage House Farm, will discuss the basics of garden planning, with an emphasis on concepts like succession planting. Learn how to make realistic estimates for spatial planning and how to design a seasonal garden workflow calendar to help achieve a successful growing season. **[Session II B]**

### **Float Trays: The Easy Way to Start Seeds**

*Christine Tailer*

Homesteader Christine Tailer will demonstrate how easy it is to start literally hundreds, if not thousands of seeds, in simple float trays. Borrowing the idea from neighboring tobacco farmers, Christine has been happily starting every plant in her half acre vegetable garden this simple and cost effective way. **[Session III A]**

### **Multi-Tasking in the Garden: Edible Ornamentals**

*Debra Knapke*

Garden designer Debra Knapke thinks it's time to recognize the edible trees, shrubs, perennials, and herbs in our gardens as multi-taskers. Many plants have important roles beyond just being attractive or edible to humans, including being biodynamic accumulators, nectary plants, beneficial insect attractors, and more. Come and discover another side of the plants you thought you knew. **[Session III B]**

### **Shiitake Mushroom Cultivation**

*Paul Goland*

Shiitake mushrooms make a tasty addition to your garden or homestead, and can be a profitable product for farmers' markets and wholesaling to restaurants. Paul Goland will demonstrate several log inoculation techniques and will discuss getting started and

maintaining a gourmet edible mushroom cultivation system. **[Session IV]**

## **ENERGY**

### **A Way To Increase Your Horsepower While Reducing Your Carbon Footprint**

*Alex Dragovich*

In the mid 1990s, Alex Dragovich began using a team of horses and found many benefits to his small family farm. Horses can be used to do work around the farm, while cutting fuel consumption and reducing your carbon footprint. Alex will discuss when he chooses to use his tractor and when and how he uses his teams of horses to do other jobs. **[Session III A]**

### **Solar Electricity for the Very, Very Beginner**

*Jay Warmke*

This workshop's for you if you're thinking about installing solar for your home or business. It is now cheaper to install a solar electric system than it is to continue to pay the electric company, and systems are becoming so simple that you may even be able to install it yourself (or with a little help from your friends). Author and co-owner of Blue Rock Station Jay Warmke explains the myths and realities of an industry that is reshaping our energy future. **[Session III B]**

### **The Good, the Bad, and the Ugly of Green Remodeling**

*Nick Leone*

A green remodel requires many considerations, from energy efficiency, to cost, to procuring natural and/or locally sourced building materials. Nick Leone, an engineer and environmental educator, recently survived a down-to-the studs green renovation of a century farmhouse with his sanity (and his marriage!) intact. Join Nick to learn about the ins and outs of green remodeling. **[Session IV]**

## **SUSTAINABLE FOUNDATIONS**

### **Agricultural Easements: Preserving Farmland and Providing Expansion Capital**

*Denise King and Steve Goodwin*

The Ohio Department of Agriculture's Office of Farmland Preservation works with Ohio-based land trusts to preserve farm land. Director Denise King and Steve Goodwin of the Appalachia Ohio Alliance will

discuss ongoing projects and share information about how to get involved. **[Session I A]**

### **Restoration Agriculture: Designing Your Perennial Farm**

*Mark Shepard*

[Workshop Description Coming Soon] **[Session I B]**

### **Developing Locally-Adapted Plants through On-Farm Selection, Breeding, and Seed Saving**

*Alfredo Huerta*

Participatory Plant Breeding (PPB) is a relatively new approach to improve local variety development and empower farmers to become seed independent. Dr. Alfredo Huerta, a biology professor at Miami University and founder of Save Seeds Now! will explain the methodology. He will also relate the progress of a PPB project in southwest Ohio and provide information about how to participate in future projects. **[Session II]**

### **Alleycropping and Silvopasture: Transitioning to Restoration Agriculture**

*Mark Shepard*

[Workshop Description Coming Soon] **[Session III]**

### **Keyline Design**

*Braden Trauth*

Designing sustainable agricultural systems that will last for millenia requires basic knowledge of ecosystem resilience. Water catchment and control is essential to build this resilience. Braden Trauth of ThisLand.org explains the fundamentals and methods of Keyline design, a reliable system to contour your land to maximize its water resources. **[Session IV]**

## **POTPOURRI**

### **An Agricultural Liturgy: On Farming and Faith**

*Jared Boyd*

Urban farmer, writer, and pastor Jared Boyd explores the role of the body in work, the role of work in worship, and the role of sustainable agriculture in pursuing what Biblical authors call "new creation." Jared couches this discussion within his pursuit of a new "monastic" expression devoted to issues of food, the land, and expanding the boundaries of who gets to eat the "good stuff." **[Session I A]**

**The Cincinnati Zoo and Green BEAN Delivery: A Growing Partnership on EcOhio Farm**

*Brian Jorg and Matt Ewer*

The Cincinnati Zoo and Green BEAN Delivery have been growing a partnership on EcOhio, the zoo's more than 600 acre farm in Warren County. The land provides reclaimed wetland, hay production for zoo animals, and food production for communities throughout the region. Brian Jorg of the Cincinnati Zoo and Matt Ewer of Green BEAN Delivery will describe how these two sustainably-minded organizations support one another's missions, and are dedicated to bringing the best out of EcOhio, a green oasis in a sea of suburbia. **[Session I B]**

**DIY Aquaponics**

*Dan Adams and Don Adams*

Aquaponics combines aquaculture, for raising fish, and hydroponics, for growing plants. Homesteader and founder of Earthineer.com Dan Adams and gardener and Earthineer.com engineer Don Adams will cover the basics. Learn how you can build your own starter system. **[Session II A]**

**Building a Sustainable Food System**

*Ben Sippel*

Based on his 13 years of experience, farmer Ben Sippel will take a critical look at the status of the food system. Ben will highlight the key challenges that local food systems face and provide practical solutions for producers and consumers. **[Session II B]**

**Enacting Change through Student Collaboration**

*S.K. Piper*

S.K. Piper is the current sustainability manager for Denison Dining and she previously served as Bon Appetit Foundation's Midwest fellow doing education and outreach about food system sustainability. She explains how involving students in various aspects of the local food movement can catalyze change. **[Session III A]**

**Not If, But When: Being Prepared For Disasters**

*Lori Lee Dixon*

Disasters do not respect persons, places, or times, so it's essential to be prepared. Learn the basics on how to "hold down the fort" during the first 72 hours of a disaster from Lori Lee Dixon, coordinator of Licking County's Emergency Response Team. Lori is a retired

firefighter who has been teaching safety for more than 30 years. She believes that learning to be prepared should be enjoyable and rewarding. **[Session III B]**

**Utilizing SARE Grants and Resources to Achieve Your Farm Goals**

*Mike Hogan*

Many Ohio farmers and landowners have received SARE grants to explore new ways of doing business more efficiently. Ohio coordinator Mike Hogan will provide details about the program and offer basic grant-writing tips. Particular attention will be given to the SARE Farmer and Rancher Grant Program. **[Session IV]**



\* Denotes NCR-SARE Farmers Forum workshop