

	The Movement	Sustainable Foundations	Gardening	Specialty Crops	Vegetable Crops	Grain Crops	Dairy and Grazing	Animals	Pastures	The Homestead	Urban Agriculture	Business and Marketing	Potpourri
FRIDAY, FEBRUARY 15													
Session I 8:30-10:00 a.m.	Making Good Food Fair for Everyone: Farmers, Farm Workers, and Eaters (Sheryn Bruff, Kip Rondy, Debbie Mines, Sherry Chen)	Sustaining Healthy Woodlands: The Art and Science of Silviculture (John Munsell)	Designing and Managing Food Forests for People and Nature (Catherine Bukowski)	Using Netting to Exclude Spotted Wing Drosophila on Small Fruit (Jay Cooper, Jim Jasinski, Celeste Welty)	An Integrated Approach to Effective Organic Vegetable Weed Management (Mark Williams)	Pollen Drift Contamination of Organic and Non-GMO Corn: Knowing the Risks and Taking Action (Amalie Lipstreu, Peter Thomison)	Organic Dairy in 2020 (Ed Maltby, Abby Youngblood)	Raising Pastured Broilers: From Brooder to Profit (Jonathan Gabis, Leevi Stump)	Pasture for Profit I: Intro to MiG and Getting Started (Bob Hendershot, Martin Joyce)	Key Foods and Herbs for Optimal Brain Health (Barbara Utendorf)	Year-Round Production Using Affordable DIY Infrastructure (Lisa Helm Hancock)	Secrets of SARE Grants: Making a Compelling Case for Your Farm Project (Mike Hogan)	Blockchain: From the Farm to the Table (Ambrose Moses III)
Session II 10:30 a.m. - 12:00 p.m.	Rooting Up (Onika Abraham)	Farm Transitions for Secure and Meaningful Legacies (Scott Stoller, Julia Valliant)	Homes, Landscapes, and Communities Without Toxic Chemicals (Paula Brooks, Jay Feldman)	The Australian Biodynamic Method: Preparations and Cover Crops to Generate Soil (David Chal)	Setting up a New Farm with Lean Thinking (Ben Hartman)	The Successful Organic Grain Farmer: Staying in the Game for the Long Haul (Gary McDonald)	Investing in Your Future: Raising Dairy Calves to Their Potential (Kim Sanders)	Poultry-Centered Regenerative Agriculture Systems (Tony Wells)	Pasture for Profit II: Environmental Impact and Pasture Species (Bob Hendershot, Martin Joyce)	Ten Indispensable Herbs for Farmers (Leah Wolfe)	Agribusiness in Urban Youth through 4-H (Hope Johnson Gordon)	CSAs Around the World (Elizabeth Henderson)	Keys to Healthy Bees (Hongmei Li-Byarlay, Chia Lin)
Session III 2:00-3:30 PM	Organic Crossroads: Demanding Integrity for Our Families and Our Farms (Christie Badger, Jay Feldman, Abby Youngblood, Julia Barton)	Creating On-Farm Habitat for Pollinators and Beneficial Insects (Denise Ellsworth)	Ecologically Mindful Gardening: What, How, and Why (Debra Knapke)	Are You Hip to the Drip? Drip Irrigation 101 for Vegetables and Fruit (John Paul Reitz)	Practical Guidance for Profitable Compost Tea Use (Ben Jackle, Brian McSpadden Gardener)	Why Transition Your Grain to Organic? (Gary McDonald)	Electric Fence for Cattle: Simple, Cheap Strategies (John Wiley)	Silvopasture and Alley Cropping: Benefits, Challenges, and Low Hanging Fruit (John Fike)	Pasture for Profit III: Soil Fertility and Animal Nutrition (Bob Hendershot, Martin Joyce)	Natural Dyes: How Local Color Can Help Regenerate Our Fibershed (Jessalyn Boeke, Sarah Pottle)	Starting and Sustaining a Backyard CSA (Jodi Kushins)	Using the Story of Your Business to Connect with Customers (Bryn Mooth)	Make Cash in the Off Season Teaching Gardening and Horticulture Classes (Melinda O'Brian)
SATURDAY, FEBRUARY 16													
Session IV 8:30-10:00 a.m.	The Welcoming Farm: Attracting, Retaining, and Mentoring Women Farmers, Farmers of Color, and LGBTQ+ Farmers (Sophia Buggs, Joshua Muñoz-Jiménez)	Introduction to the Regeneration Agriculture Alliance (Reginaldo Haslett-Marroquin)	Seed Sovereignty: How to Save Seed and Why You Should (Beth Bridgeman)	Wash Station Design and Food Safety: Save Time, Save Your Back, and Lessen Risks (Cara Fraver, Emily Jackle)	Weed Management Systems Utilizing Walk-Behind Tractors (Joel Dufour)	Weed Control on a 1,200 Acre Row Crop and Grain Farm (Mark Vollmar)	Fertilizing Hay Crops to Improve Return on Investment (Jordan Setlage, Ted Stutz)	Direct Marketing Multi-Species of Organic Livestock (Mac Stone)	Pasture for Profit IV: Organic Pasture Rule, Economics, and Season Extension (Bob Hendershot, Martin Joyce)	Finer Points of Foraging (Bethany Majeski)	Urban Agriculture Advocacy (Sean Nestor)	Using Podcasts to Build Customer Relationships (Mike Badger)	Farming and Gardening with a Disability or an Aging Body (Laura Algerman)
Session V 10:30 a.m. - 12:00 p.m.	Ohio Organic Tradition Town Hall: Staying True to Our Roots for the Next 40 Years (Charlie Eselgroth, Mick Luber, Rachel Tayse, Jess Lamar Reese Holler)	Affordable Land Access and Conservation on Northwest Ohio Farms (Rob Krain, Bryan Lee)	Pruning Your Trees (Bill Johnson)	Biodegradable Mulches: What are the Effects on the Ground, on the Crop, and on Your Pocketbook? (Jenn Debrun, Margarita Velandia, Annette Wszelaki)	Winter Carrots in High Tunnels (Mike Anderson)	Crop Rotation for Resilient Organic Management (Kenton Filbrun, Ed Snavely, Steve Turnow, David Shively)	Grazing Management for Grass-Fed Organic Lamb (William Bryan)	Tiny Pigs of Destiny: Raising KuneKune and American Guinea Hogs on Pasture for High Quality Meat (Chelsea Gandy, Jesse Rickard)	Pasture for Profit V: Design, Infrastructure, and Recordkeeping (Bob Hendershot, Martin Joyce)	Selling Farm-Based Meal Kits to Modern Consumers (Akshay Ahuja)	Testing Soils for Urban Agriculture (Alyssa Zearley)	Better Bosses Get Better Workers: Effective Strategies for Managing Employees (Mike Laughlin, Laura Wies)	OEFFA's Advocacy Agenda: Policy Priorities Past, Present, and Future (Elizabeth Henderson, Amalie Lipstreu)
Session VI 3:30 - 5:00 p.m.	Cross Pollination is Not Only for Plants: Justice and Diversity in Organic Food (Paula Penn-Nabrit, Charles Nabrit, Damon Nabrit, Theima Velez)	Soil Safari: A Live Guided Tour (Nathan Rutz)	Don't Garden Naked! Cover Crops in the Garden (Ann and Jay Brandt)	Selling Cut Flowers to Grocery Stores and Starting a Flower CSA (Nellie Ashmore)	Improving Nutrient Density and Soil Fertility in High Tunnel Crop Production (Dan Kneier)	Organic Corn Farmers: Common Soil Management Practices and the Economic and Agronomic Impacts (Caroline Brock, Subbu Kumarappan)	Stockmanship: Understanding Cow Behavior and Physiology for Low Stress Handling (Doug Murphy)	Soy and Corn-Free Feed: Alternative Ingredients (Jeff Pennay)	Using Multi-Species Synergies to Your Advantage (Paul Dorrance)	Making Herbal Medicine: Tinctures (Cathy Crabb)	Growing Big in Small Spaces (Joshua Jones)	Considering a Value-Added Business? (Angel King)	Ohio Food Policy Network: An Agenda for Statewide Change (Tevis Foreman, Amalie Lipstreu, Michaela Oldfield)

2019 OEFFA Conference Workshop Descriptions

FRIDAY, FEBRUARY 15

Session I: 8:30-10:00 a.m.

Making Good Food Fair for Everyone: Farmers, Farm Workers, and Eaters

Sheryn Bruff, OEFFA; Kip Rondy, Green Edge Organic Gardens; Debbie Mines and Sherry Chen, Springfield Ohio Urban Plantfolk

We all deserve fair compensation for our hard work, a healthy balance between our professional and personal life, and good food on our table. But, the food system we have today leaves many people unable to afford organic food, and farmers struggling to pay themselves and their workers a quality wage. It fails both the people who grow the food and the people who need it the most, pitting them against each other, instead of building something truly sustainable for everyone. We all want the same thing: fair food. Join organic farmer Kip Rondy, certification specialist Sheryn Bruff, and Debbie Mines and Sherry Chen for an honest reflection on the challenges we face so that we may better understand each other, and fight, unified, for our common goal.

Sustaining Healthy Woodlands: The Art and Science of Silviculture

John Munsell, Virginia Tech

Silviculture is the art and science of sustainable woodlot management. Several factors, such as stand development and tree density and size, are important considerations when making silvicultural decisions. John Munsell, Associate Professor in the Department of Forest Resources and Environmental Conservation, will present core concepts using hands-on exercises involving forestry equipment and real-world data sets. Gain an understanding of silviculture, and how it can be used to improve forest health

and productivity and to avoid exploitive cutting that reduces genetic quality and biodiversity.

Designing and Managing Food Forests for People and Nature

Catherine Bukowski, Virginia Tech

Researcher and author Catherine Bukowski will discuss the design and management of food forests in backyards and communities. Learn what benefits and resources a community food forest can add to your community, local food system, and landscape. Catherine will discuss best management practices based on her research for *The Community Food Forest Handbook*.

Using Netting to Exclude Spotted Wing Drosophila on Small Fruit

Jay Cooper, Jim Jasinski, Celeste Welty, The Ohio State University

Learn the pros and cons of using insect exclusion netting to keep spotted wing Drosophila (and other pests) off your small fruit crops. Through both lecture and hands-on exercises, the speakers will demonstrate basic concepts of building an insect exclusion structure and the successes and potential pitfalls, based on their own experiences of building and using them. Photos and videos will show the process, and attendees will practice building a small enclosure during the workshop.

An Integrated Approach to Effective Organic Vegetable Weed Management

Mark Williams, University of Kentucky

Developing an effective weed management system can reduce labor costs and increase farm profitability. Mark Williams, Chair of the Department of Horticulture, will present techniques and methods that can be used in an integrated systems-approach to effectively control weeds on an organic farm, including

2019 OEFFA Conference Workshop Descriptions

seedbank management, bed preparation, stale seedbed cultivation, water and nutrient placement, scale-appropriate cultivating tools, and between-row cultivation and in-row cultivation. This presentation is primarily geared towards mid- to large-scale farmers, but smaller-scale systems will be addressed.

Pollen Drift Contamination of Organic and Non-GMO Corn: Knowing the Risks and Taking Action

Amalie Lipstreu, OEFFA; Peter Thomison, The Ohio State University

With genetically modified organism (GMO) corn plantings so prevalent across the state, corn growers interested in obtaining non-GMO corn premiums need to develop plans to minimize pollen contamination. Pollen from corn containing transgenic traits may contaminate (by cross-pollination) nearby non-GMO corn. Ohio growers of identity preserved (IP) non-GMO corn should become more familiar with planting practices that limit pollen drift from nearby GMO corn fields. For growers concerned about maintaining organic integrity, OEFFA's Amalie Lipstreu will address proposed actions by the National Organic Standards Board to assess the level of contamination in corn seed and the implications for organic producers in terms of seed saving, testing, and more. They'll also discuss options for providing farmers restitution for contamination.

Organic Dairy in 2020

Ed Maltby, Northeast Organic Dairy Producers Alliance; Abby Youngblood, National Organic Coalition

Sixteen years after the U.S. Department of Agriculture National Organic Program program started, the organic dairy industry has grown from a niche market to a commodity. With the growth has come financial, regulatory, and

sociological changes that mirror the industrial bias of the conventional dairy market. Changes in ownership of major brands and the further consolidation of the supply side of organic dairy offers both challenges and opportunities. This presentation will give a context of the current situation in organic dairy and show some ways forward by 2020 that hopefully will learn from history rather than repeat it.

Raising Pastured Broilers: From Brooder to Profit

Jonathan Gabis, Leevi Stump, Greenacres Foundation

Pasture-based agriculture can be intimidating for new and transitioning farmers, but it can provide many benefits both economically and ecologically. Jonathan Gabis and Leevi Stump will provide step-by-step instructions for raising broilers on pasture, including brooding, watering and feeding systems, raising in pasture, and more. Learn additional practices that offer economical alternatives that can work on your farm.

Pasture for Profit I: Intro to MIG and Getting Started

Bob Hendershot, Green Pasture Services; Martin Joyce, Ohio Department of Agriculture-Division of Soil and Water Conservation

During this five-part series, Bob Hendershot, 2010 Stinner Award winner and retired Grazing Management Specialist for the Natural Resources Conservation Service, and Martin Joyce from the Division of Soil and Water Conservation will help make your farm environmentally and economically sound. Graziers who attend all five sessions will receive a certificate of completion. This session will cover the basics of what management intensive grazing (MIG) is, as well as how to plan and get started.

2019 OEFFA Conference Workshop Descriptions

Key Foods and Herbs for Optimal Brain Health

Barbara Utendorf, Wilmington College

The health of your brain is paramount to physical and psychological well-being. Barbara Utendorf, a professor of neuroscience and nutrition, will review key foods and herbs to help support optimal brain health.

Year-Round Production Using Affordable DIY Infrastructure



*Lisa Helm Hancock, Dayton
Urban Grown*

Instead of scaling up in size, increase your number of sales days per year, and take advantage of the high demand for local winter produce. If Eliot Coleman can do it in Maine, we can do it here in Ohio! Lisa Helm Hancock has been growing vegetables year-round in downtown Dayton for four seasons using unheated DIY hoopouses and low tunnels. She will discuss DIY infrastructure, growing techniques, resources, and plant varieties to help you feel confident to start your own winter production.

Secrets of SARE Grants: Making a Compelling Case for Your Farm Project



*Mike Hogan, The Ohio State
University*

Mike Hogan, co-coordinator for the Ohio U.S. Department of Agriculture Sustainable Agriculture Research and Education (SARE) program, will share the secrets to developing a compelling SARE farmer grant proposal. Come with your ideas for a proposal and Mike will help you flesh out your idea into a fundable proposal.

Blockchain: From the Farm to the Table

Ambrose Moses III, Central State University
Originally developed to document bitcoin transactions, blockchain is a secure and

sophisticated system of recordkeeping with huge implications for many sectors including agriculture and food systems. Extension educator Ambrose Moses will introduce blockchain technology in a non-technical, but relevant presentation and discuss ways food businesses are already using it, innovative uses on the horizon, and potential applications for small farms.

Session II: 10:30 a.m.-12:00 p.m.

Rooting Up

Onika Abraham, Farm School NYC

Taking the themes addressed in her keynote talk, "Unearthing our Roots," Onika Abraham will facilitate a deeper, more personal exploration of our own roots in agriculture, land, and ancestral knowledge and how we might apply them to our collective work of healing the land and our communities.

Farm Transitions for Secure and Meaningful Legacies



*Scott Stoller, Stollers Organic
Dairy; Julia Valliant, Indiana
University*

Look at—and listen to—Midwestern farmers' actual stories of transitioning to a next-generation successor. Dairy owner and operator Scott Stoller of Sterling, Ohio will share his family's proactive and intentional approach to planning for succession in order to preserve the legacy of the family farm. Julia Valliant will lead this discussion and also share stories she has collected through an North-Central Region Sustainable Agriculture Research and Education program project about farms transitioning to a non-heir beginning farmer to maintain the business entity, help a new farmer get started, bring a new family to the community, or to

2019 OEFFA Conference Workshop Descriptions

secure a particular future for the land. Enjoy a discussion about succession planning and learn steps you can take to clarify elements of your own farm's legacy.

Homes, Landscapes, and Communities Without Toxic Chemicals

Paula Brooks, Jay Feldman, Beyond Pesticides
[Description coming soon]

The Australian Biodynamic Method: Preparations and Cover Crops to Generate Soil

David Chal, Greenacres Foundation

Due to a challenging climate and poorer soils, everyday Australian farmers have embraced biodynamics because it works. Currently, more than 2 million acres are being farmed biodynamically there. David Chal will look at the philosophy and the basic techniques biodynamic farmers have developed to ensure high quality results, in particular, using cover crops and properly applied biodynamic sprays as the primary driver of soil health and fertility.

Setting Up a New Farm with Lean Thinking

Ben Hartman, Clay Bottom Farm

In 2017, farmer and author Ben Hartman and his wife Rachel sold their rural farm of 10 years and bought nine acres of bare land inside the city limits of Goshen, Indiana, within 1.5 miles of all of their customers. They first built a large state-of-the-art greenhouse, and then a "barn-house" that includes a propagation house, spray station, wash-pack room, tractor storage, and their residence. They began earning money by March. Hear their story and Ben's five "lean" farm design concepts that any farm can use to make it easier to reach sales goals while working a reasonable workday with time to spend with family and friends.

The Successful Organic Grain Farmer: Staying in the Game for the Long Haul

Gary McDonald, Organic Resources

Successful organic farming is a long game, requiring commitment to the land and continuous improvement. Long-time organic farmer and consultant Gary McDonald will discuss practical strategies for feeding and building your soil and accessing land for sustainable growth.

Investing in Your Future: Raising Dairy Calves to Their Potential

Kim Sanders, Black Hollow Dairy

After 30 years of raising calves off the cow, Black Hollow Dairy switched to using nurse cows for their calf raising program. Kim Sanders will discuss the advantages they've observed with this method and how to incorporate a nurse cow program on your farm.

Poultry-Centered Regenerative Agriculture Systems

Tony Wells, Main Street Project

Tony Wells will offer an overview of how the Main Street Project team has tackled the re-design of the poultry industry sector with an eye for scale, while restoring poultry to its original jungle-like habitat. Through this process, producers have not only reduced labor and restored native species to the landscape, but have also built the foundation for a new industry sector to emerge.

Pasture for Profit II: Environmental Impact and Pasture Species

Bob Hendershot, Green Pasture Services; Martin Joyce, Ohio Department of Agriculture-Division of Soil and Water Conservation

During this five-part series, Bob Hendershot, 2010 Stinner Award winner and retired Grazing Management Specialist for the Natural

2019 OEFFA Conference Workshop Descriptions

Resources Conservation Service, and Martin Joyce from the Division of Soil and Water Conservation will help make your farm environmentally and economically sound. Graziers who attend all five sessions will receive a certificate of completion. This session will cover the environmental impact of grazing, and help attendees better understand the growth habits of pasture plants and how to select the best species for their farm

Ten Indispensable Herbs for Farmers

Leah Wolfe, Trillium Center

Every herbalist has a short list of herbs that they use more than any other. Herbalist Leah Wolfe shares the ten indispensable herbs she commonly finds in Ohio. She uses herbs to improve health, nourish the garden, and nourish livestock. She'll provide a framework for how to identify or grow these herbs, how to use them safely, and how to identify a good herbalist when you need to know more.

Agribusiness in Urban Youth through 4-H

Hope Johnson Gordon, Cincinnati Public Schools/Hopes Fulfilled, Steven Blue, Chaney Dozier, Travis Kincaid, Lucas King, Zakiyah Willis, and Kierra Woods, Withrow University High School

[Description coming soon]

CSAs Around the World

Elizabeth Henderson, NOFA-NY

Community Supported Agriculture (CSA) programs are part of the international peasant and small holder movement for agroecology, food sovereignty, and economic solidarity with networks in countries around the world. Hear a report from the Urgenci 7th International CSA Symposium, November 2018, in Greece. The focus of this workshop will be what we in the

U.S. can learn from outstanding examples in other countries.

Keys to Healthy Bees

Hongmei Li-Byarlay, Central State University;

Chia Lin, The Ohio State University

In this workshop, Hongmei Li-Byarlay and Chia Lin will present lectures on two important aspects related to honey bee health: minimizing Varroa mite infestation and providing floral resources for honey bees. Hongmei will introduce their new bee research program, focusing on pollinator health and selecting better honeybee stocks as Varroa mite control. Chia will discuss the foraging preferences of honey bees in Ohio based on recent studies by the OSU Bee Lab. Hands-on activities include observations of parasitic bee mites and mite-biting behavior under a microscope, as well as a simple pollen identification technique.

Session III: 2:00 - 3:30 p.m.

Organic Crossroads: Demanding Integrity for Our Families and Our Farms

Christie Badger, Independent Organic Inspector;

Jay Feldman, Beyond Pesticides; Abby

Youngblood; National Organic Coalition; Julia Barton, OEFFA

[Description coming soon]

Creating On-Farm Habitat for Pollinators and Beneficial Insects

Denise Ellsworth, The Ohio State University Bee Lab

Learn how to evaluate your farm and garden for its attractiveness to pollinators, and how you can enhance that habitat in this workshop with Denise Ellsworth, Director of the Honey Bee and Native Pollinator Education Program. Discover plants, planting elements, and other habitat additions that favor pollinators.

2019 OEFFA Conference Workshop Descriptions

Ecologically Mindful Gardening: What, How, and Why

Debra Knapke, The Garden Sage

People are becoming increasingly sensitive to their impact on the earth and its inhabitants; water quality issues, soil degradation, and climate change are just a few of the warning bells. Author, horticulturist, and garden designer Debra Knapke believes there is power in creating gardens that are based on ecological models. Learn the different garden types and how to care for them, along with how to set goals that take into account available money and time.

Are You Hip to the Drip? Drip Irrigation 101 for Vegetables and Fruit



John Paul Reitz, Fedco Organic Growers Supply

Not enough rain for your crops to thrive? For many growers, drip irrigation is the most efficient way to deliver water where plants need it most. Homesteader John Paul Rietz will discuss the many advantages of drip vs. overhead irrigation, and about how to lay out your own drip system (large or small). There will be live demonstration of how to assemble the essential parts of a system for annual vegetables and flowers as well as for young trees and other perennials.

Practical Guidance for Profitable Compost Tea Use

Ben Jackle, Mile Creek Farm; Brian McSpadden Gardener, Sustane Natural Fertilizers

To get the most value out of compost teas, their composition, stability, and utility need to be fully understood. Organic farmer Ben Jackle and Brian McSpadden Gardener will discuss how to source materials, brew, and manage

environmental variables in order to manipulate the chemical and biological components of compost teas. They will also discuss application and present the results of a side-by-side comparison of crops treated with compost tea and those that were not.

Why Transition Your Grain to Organic?

Gary McDonald, Organic Resources

Long-time organic farmer and consultant Gary McDonald will explain why there has never been a better time to transition your grain farm to certified organic. Learn how to design a process for transition, demystify the paperwork, and outline practical strategies for managing land in each year of transition.

Electric Fence for Cattle: Simple, Cheap Strategies



John Wiley, Up the Lane Farm

Here's the shocking truth about electric fences: it's the electricity itself that keeps the cattle in, not the wire. Experienced beef grazer, John Wiley will discuss how effective electric fencing can be cheaper, more flexible and forgiving, and easier to install. Learn from his practical, experience-based approach to designing a simple and effective electric fence system that suits cattle and the environment—not the psychology of the farmer.

Silvopasture and Alley Cropping: Benefits, Challenges, and Low Hanging Fruit

John Fike, Virginia Tech

Learn the benefits, challenges, and low hanging fruit in silvopasture and alley cropping systems. John Fike, Associate Professor in the School of Plant and Environmental Sciences, will provide real-world examples of producers engaged in best practices. Participants will consider design

2019 OEFFA Conference Workshop Descriptions

and application for example farms in small groups.

Pasture for Profit III: Soil Fertility and Animal Nutrition

Bob Hendershot, Green Pasture Services; Martin Joyce, Ohio Department of Agriculture-Division of Soil and Water Conservation

During this five-part series, Bob Hendershot, 2010 Stinner Award winner and retired Grazing Management Specialist for the Natural Resources Conservation Service, and Martin Joyce from the Division of Soil and Water Conservation will help make your farm environmentally and economically sound. Graziers who attend all five sessions will receive a certificate of completion. This session will discuss how to maximize your pasture's soil quality and meet your animals' nutritional requirements

Natural Dyes: How Local Color Can Help Regenerate Our Fibershed

Jessalyn Boeke, Sarah Pottle, Rust Belt Fibershed
Have you ever wondered about how synthetic dyes and other fiber-producing processes impact our ecology, economy, and community? Jessalyn Boeke and Sarah Pottle, Natural Dyers at Drift Lab Textile Co. will discuss which dye plants grow best in our region and how to extract color, and will demonstrate how to apply plant dyes to fiber, including local alpaca and sheep's wool. Participants will each get a how-to guide on natural dyeing and samples of fiber dyed during the session.

Starting and Sustaining a Backyard CSA



Jodi Kushins, Over the Fence Urban Farm

After learning to grow more food than her family could eat and put up, art educator and urban

homesteader Jodi Kushins expanded her backyard garden into a farm that feeds and fosters her community. Learn how she transformed her backyard into a community supported agriculture (CSA) supported micro-farm and get ideas on how you can too.

Using the Story of Your Business to Connect with Customers

Bryn Mooth, Edible Ohio Valley/Writes4Food
Nobody cares about the story behind a brand of laundry detergent or toilet paper. But consumers do care about where their food comes from and what's in it. Farms and food companies have a powerful teaching and marketing tool at their disposal: storytelling. Journalist, writer, and editor Bryn Mooth explains why storytelling is especially effective for local food businesses, and shares how to identify your story and communicate it to your customers.

Make Cash in the Off Season Teaching Gardening and Horticulture Classes

Melinda O'Briant, Turner Farm
Bring in some much need cold hard cash in the winter and early spring by teaching gardening, cooking, or flower arranging classes. Too shy? Host a class or tour at your farm, and bring in a speaker from another farm. Melinda O'Briant of Turner Farm will share lessons from her experience grossing \$8,700 teaching evergreen wreath making between Thanksgiving and Christmas and \$2,500 hosting gardening classes and leading farm tours in the late winter and early spring. People will pay well to have a farm experience!

2019 OEFFA Conference Workshop Descriptions

SATURDAY, FEBRUARY 16

Session IV: 8:30-10:00 a.m.

The Welcoming Farm: Attracting, Retaining, and Mentoring Women Farmers, Farmers of Color, and LGBTQ+ Farmers



Sophia Buggs, Lady Buggs Farm; Joshua Muñoz-Jiménez, Pokeweed Farm
[Description coming soon]

Introduction to the Regeneration Agriculture Alliance

Reginaldo Haslett-Marroquin, Main Street Project

Achieving Regeneration International's goal of a global transition to regenerative agriculture and land use requires systemic change throughout the food value chain. Reginaldo Haslett-Marroquin will illuminate Regeneration International's Regeneration Alliance model and how it supports current efforts to organize both the grassroots movement to build markets, such as the Main Street Project, and the demand for regenerative products from different industry sectors. Learn about current efforts to build industry-level infrastructure capable of supporting faster deployment of promising regenerative brands and standards with large-scale potential in the food system.

Seed Sovereignty: How to Save Seed and Why You Should

Beth Bridgeman, Antioch College

Seventy-eight percent of the world's commercial seed is now owned by three companies, and up to 97 percent of genetic diversity has been lost since 1900. Beth Bridgeman will offer an historical understanding of the evolution of seed patenting and seed law

in the U.S., a broad framework and understanding of why we need to save seeds, methods for saving seed, and how to build community around seed-saving.

Wash Station Design and Food Safety: Save Time, Save Your Back, and Lessen Risks

Cara Fraver, National Young Farmers Coalition; Emily Jackle, Mile Creek Farm

Cara Fraver and Emily Jackle will introduce the Food Safety Modernization Act's Produce Safety Rule, then dive deeper into the requirements and suggestions related to washing and packing spaces. Local farmers will discuss the spaces they've improved or designed. In addition to food safety, this session will touch on upping efficiency, body-saving innovations, cost-saving measures, and more.

Weed Management Systems Utilizing Walk-Behind Tractors

Joel Dufour, Earth Tools

For small-scale organic market vegetable farms, weed control is a constant challenge. Joel Dufour, owner and operator of Earth Tools, North America's largest walk-behind tractor dealer, will explore options for managing weeds with walk-behind tractor-based tools. He'll discuss the pros and cons, physical limitations, bed layout, and any other questions you may have regarding this subject.

Weed Control on a 1,200 Acre Row Crop and Grain Farm

Mark Vollmar, Vollmar Family Farms

Good organic weed control starts the year before production and continues through canopy with timely, smart practices. Fourth generation farmer Mark Vollmar will walk you through the experience-tested steps he practices on his 1,200 acre farm.

2019 OEFFA Conference Workshop Descriptions

Fertilizing Hay Crops to Improve Return on Investment

Jordan Settlage, Settlage and Settlage; Ted Stutz, Ohio Earth Food

Learn how to determine whether the fertilizer you are using on hay is worth the money. Ted Stutz and Jordan Settlage share the data collected in a two-year field trial on Settlage's dairy farm. They will consider the return on tonnage and quality of feed in light of the investment of fertilizer as a means for making decisions on fertilizer and application equipment.

Direct Marketing Multi-Species of Organic Livestock



Mac Stone, Elmwood Stock Farm

Not only can managing several species of food

animals on one farm be tricky, but things can also go wrong at the processor. Mac Stone discusses the ins and outs of raising healthy animals, and how to optimize their value by gaining the cooperation of the processor. Mac will also discuss customer education and marketing.

Pasture for Profit IV: Organic Pasture Rule, Economics, and Season Extension

Bob Hendershot, Green Pasture Services; Martin Joyce, Ohio Department of Agriculture-Division of Soil and Water Conservation

During this five-part series, Bob Hendershot, 2010 Stinner Award winner and retired Grazing Management Specialist for the Natural Resources Conservation Service, and Martin Joyce from the Division of Soil and Water Conservation will help make your farm environmentally and economically sound. Graziers who attend all five sessions will receive a certificate of completion. This fourth session

will guide attendees through the organic pasture rule, important economic considerations, and share strategies for adding more days to the grazing season.

Finer Points of Foraging

Bethany Majeski, Cleveland Metroparks

Interest in harvesting wild foods has gained popularity in recent years. Most instruction on the subject revolves around where and how to find wild edibles, with less attention being given to the finer points of sustainability and etiquette. Cleveland Metroparks naturalist Bethany Majeski will discuss how and why foraging can be a blessing or a curse on a landscape, as well as rules and regulations for harvesting on public lands, and techniques for foraging thoughtfully, with love for the land.

Urban Agriculture Advocacy

Sean Nestor, Urban Agriculture Alliance of Lucas County

[Description coming soon]

Using Podcasts to Build Customer Relationships

Mike Badger, Pastured Poultry Talk

Many farmers already market their products via email, Facebook, Instagram, blogs, and videos, but podcasts offer a unique opportunity to build relationships with consumers. Mike Badger of the Pastured Poultry Talk podcast explains how you can speak directly into the ears of your customers as they drive to work, work out at the gym, or otherwise listen on the go. Learn how to get started and who you could be reaching!

2019 OEFFA Conference Workshop Descriptions

Farming and Gardening with a Disability or an Aging Body

Laura Akgerman, Ohio AgrAbility

You do not have to stop farming and gardening just because you have a disability, or age-related stiffness and mobility issues are catching up with you. Learn good habits, techniques, tools, and Universal Design solutions to continue gardening with a disability, arthritis, low vision, and other age or health related conditions. Special attention will be given to decreasing the risk of secondary injury; working smarter, not harder; and modifying your garden and the way you work to fit your ability, now and in the future.

Session V: 10:30 a.m.-12:00 p.m.

Ohio Organic Tradition Town Hall: Staying True to Our Roots for the Next 40 Years

Charlie Eselgroth, Buckskin Valley Farms and Dairy; Mick Luber, Bluebird Farm; Rachel Tayse, Foraged & Sown; Jess Lamar Reese Holler, OEFFA Growing Right Oral History Project

This “town hall” session looking back on 40 years of ecological farming in Ohio brings together three producers who entered Ohio's organic food and farm community in different decades, to allow us a panoramic discussion about the issues that challenged and animated our movement at the beginning, and those that are most urgent now. Each farmer will briefly discuss the critical concerns that faced the movement when they began farming and will trace out how that issue or challenge has shifted over the decades. Additionally, from the vantage of very different geographies and types of production, we'll consider major concerns for the movement, looking ahead to our next 40 years. Please come with your own stories and experiences, and join the conversation!

Affordable Land Access and Conservation on Northwest Ohio Farms



Rob Krain, Black Swamp Conservancy; Bryan Lee, U.S. Department of Agriculture Natural Resources Conservation Service

[Description coming soon]

Pruning Your Trees

Bill Johnson

Bill Johnson initially learned pruning from another farmer, and he has learned more as he has practiced over the years. Now he loves to share his knowledge so other people can proactively care for their trees. Learn tips on how to prune your trees so they can grow and prosper and give you years of beauty and function.

Biodegradable Mulches: What are the Effects on the Ground, on the Crop, and on Your Pocketbook?

Jenn Debruyn, Margarita Velandia, Annette Wszelaki, University of Tennessee

Plastic or polyethylene mulches provide many advantages, but are not without disadvantages, such as cost, labor, and environmental issues. This multi-disciplinary team will discuss how biodegradable mulches are a promising alternative to traditional plastic mulches, if they provide similar advantages, but also cause no harm to the environment, reduce landfill waste, and reduce overall labor costs, particularly costs for removal and disposal.

Winter Carrots in High Tunnels

Mike Anderson, Whitebarn Organics

High tunnels provide enough protection to grow a range of produce crops through the Ohio winter. Carrots, along with lettuce, spinach, chard, and a range of other cool season crops

2019 OEFFA Conference Workshop Descriptions

will continue growing all winter. Mike Anderson will look at the winter carrot production cycle and consider how carrots perform compared with other winter crop options.

Crop Rotation for Resilient Organic Management

Kenton Filbrun, Sonlight Acres; Ed Snavely, Curly Tail Organic Farm; Steve Turnow, Turnow Ventures; David Shively, Shively Farm

A well-planned crop rotation can help build soil, mitigate pests and diseases, and manage weeds. Join experienced organic grain growers as they share the different crop rotations on each of their operations and the ways in which it serves them. Bring your questions and ideas and take part in the conversation.

Grazing Management for Grass-Fed Organic Lamb

William Bryan, West Virginia University Organic Crop Livestock Research Farm

After managing grazing livestock for much of his life in four countries, William Bryan has learned that pasture management is both science and art. He will discuss how they come together in organic grass-fed lamb production and how he has met the challenge of controlling parasites without synthetic chemicals.

Tiny Pigs of Destiny: Raising KuneKune and American Guinea Hogs on Pasture for High Quality Meat

Chelsea Gandy, Jesse Rickard, Fox Hollow Farm
Jesse Rickard and Chelsea Gandy raise hogs, sheep, cattle, and chickens on pasture on their livestock farm in Knox County. To resolve the problem of expensive organic hog feed sapping profits, they turned to smaller heritage breeds with exceptional foraging ability. They will discuss their experiences, sharing what has and hasn't worked.

Pasture for Profit V: Design, Infrastructure, and Recordkeeping

Bob Hendershot, Green Pasture Services; Martin Joyce, Ohio Department of Agriculture-Division of Soil and Water Conservation

During this five-part series, Bob Hendershot, 2010 Stinner Award winner and retired Grazing Management Specialist for the Natural Resources Conservation Service, and Martin Joyce from the Division of Soil and Water Conservation will help make your farm environmentally and economically sound. Graziers who attend all five sessions will receive a certificate of completion. This final session will dig into paddock layout and design, fencing and water systems, grazing charts, measuring pasture growth, and keeping quality records.

Selling Farm-Based Meal Kits to Modern Consumers

Akshay Ahuja, Greenacres Foundation

Cooking knowledge has plummeted over the last fifty years, and yet most farms continue to sell meat and produce with little guidance on how to prepare it. Meanwhile, companies like Hello Fresh and Blue Apron make millions selling "meal kits" to people who want to cook at home, but don't yet have the time or skills to do it well. Akshay Ahuja will share ideas on how to reach this audience and keep them happy, including tips on creating farm-based meal kits, providing the right kind of recipes, and collaborating with local processors.

Testing Soils for Urban Agriculture

Alyssa Zearley, The Ohio State University
Soil, Water, and Environmental Lab researcher Alyssa Zearley will teach participants how to conduct easy field tests to evaluate their soils, and what they should be looking for when considering soil health. She will focus on the

2019 OEFFA Conference Workshop Descriptions

particular challenges related to urban agriculture, including what to do about lead in soil. Participants are encouraged to bring their own soil samples (about 1 cup). Soil will also be provided.

Better Bosses Get Better Workers: Effective Strategies for Managing Employees



Mike Laughlin, Northridge Organic Farm; Laura Wies

Good employee management starts with hiring and can last through many years of employment with a little effort. Mike Laughlin and his former employee Laura Wies discuss how to keep good employees by engaging staff and setting appropriate expectations—both for the employer and the employees. They will also address strategies for when an employee just isn't working out.

OEFFA's Advocacy Agenda: Policy Priorities Past, Present, and Future

Elizabeth Henderson, NOFA-NY; Amalie Lipstreu, OEFFA

OEFFA has been working on state and federal policy for more than six years, and that work was shaped by members and leaders back in 2010. Come and learn about our current policy priorities and help shape an agenda for the years to come. Your feedback is essential so that OEFFA truly represents our members.

Session VI: 3:30 - 5:00 p.m.

Cross Pollination is Not Only for Plants: Justice and Diversity in Organic Food

Paula Penn-Nabrit, Charles Nabrit, Damon Nabrit, The CMN Memorial Garden; Thelma Velez, The Ohio State University

OEFFA's 40th conference theme is multi-dimensional by design, with the keynote

speakers identifying difficult issues and challenging some peoples' perception of the fairness and diversity of our food system. If you'd like to explore some of those dimensions in greater detail, please join experienced facilitators for an interactive, facilitated discussion and engage in some new or expanded ideas about justice in agriculture from diverse ideological and practical perspectives. Come and share your thoughts and feelings in a supportive environment so we can grow together.

Soil Safari: A Live Guided Tour

Nathan Rutz, Rust Belt Riders Composting

Healthy plants need healthy soil, and healthy soil needs healthy microbes! Bring a cup of soil or a compost sample from your farm, and Nathan Rutz of Cleveland will project an image, live from the microscope, so you can meet the nematodes, protozoa, fungi, and bacteria in your soil that make nutrients available naturally, for free, every day.

Don't Garden Naked! Cover Crops in the Garden

Ann and Jay Brandt, Walnut Creek Seeds

Have you ever wondered how you can experience the benefits of cover crops in your backyard garden or farm market garden? Ann and Jay Brandt will discuss utilizing cover crops on a smaller scale, incorporating them into a rotation, selection of species, planting, and termination.

Selling Cut Flowers to Grocery Stores and Starting a Flower CSA

Nellie Ashmore, That Girl's Flowers

Nellie Ashmore will discuss how to expand your cut flower business beyond farmers' markets. Learn how she sells bouquets and sunflowers to

2019 OEFFA Conference Workshop Descriptions

grocery stores and through her flower community supported agriculture program.

Improving Nutrient Density and Soil Fertility in High Tunnel Crop Production

Dan Kneier, Hocking College

This workshop will help farmers and gardeners better understand how to adjust their approach to soil fertility in a high tunnel environment. Dan Kneier will discuss how to approach the soil from a physical, chemical, and biological perspective, adding some of the latest scientific understanding to agricultural practices utilized for centuries. He will also demonstrate a few tools used to better quantify how we are achieving better crop health and nutrient density, and how these strategies result in better crop vigor, as well as the plants ability to self manage pest, disease, and weed threats.

Organic Corn Farmers: Common Soil Management Practices and the Economic and Agronomic Impacts

Caroline Brock, Subbu Kumarappan, The Ohio State University

Caroline Brock and Subbu Kumarappan will share the results of their survey of over 1,600 certified organic corn growers about their soil management practices. Help interpret the data and engage in a discussion on the economic and agronomic ramifications of the various practices, especially the use of high Calcium supplements to achieve an ideal base cation saturation ratio level of Calcium, Potassium, and Magnesium. The results should help farmers, educators, and policymakers better understand the organic farming community

Stockmanship: Understanding Cow Behavior and Physiology for Low Stress Handling

Doug Murphy, Murphy's Grass Farm

Cattle are large, strong, and sometimes stubborn animals. Dairy farmer Doug Murphy believes that If we understand what they see and what they want, we can convince them to do what we want them to do with increased safety and efficiency and less stress, improving not just the cattle's and the farmer's physical and mental health, but the farm's productivity and profitability.

Soy and Corn-Free Feed: Alternative Ingredients

Jeff Pennay, The Fertrell Company

Animal Nutrition Team member Jeff Pennay will discuss the alternatives to soy and corn in poultry feed, and explain why there is a growing interest in them. He will present the facts Fertrell has discovered about these alternatives. Learn about the optional inputs, the potential short comings, and the cost associated with alternatives.

Using Multi-Species Synergies to Your Advantage

Paul Dorrance, Pastured Providence Farmstead



Diversity in vegetable agriculture is widely

recognized as a benefit to the land and plants, as well as a critical risk-mitigation tool. Paul Dorrance applies this same concept to animal agriculture, discussing how multiple species like cattle, sheep, chickens, and hogs can work together to bring ecological and marketing benefits to a diversified pasture based farm.

Making Herbal Medicine: Tinctures

Caty Crabb, Appalachian Ohio School of Herbal Medicine

Clinical herbalist Caty Crabb demonstrates how to make your own high quality, fresh and dry plant tinctures. Get step-by-step instructions for

2019 OEFFA Conference Workshop Descriptions

making medicine from plants and learn how easy, effective, empowering, and fun it can be.

Growing Big in Small Spaces

Joshua Jones, Turner Farm

Organic farmer Joshua Jones will discuss how to increase yields and improve overall garden health in small backyard and urban gardens. Learn how intensive planting techniques, plant selection, selective harvesting, succession planting, and trellising can increase yields, while improving soil quality and reducing labor.

Considering a Value-Added Business?

Angel King, Blue Jacket Dairy

Many producers who have an exciting idea for a value-added food venture have not yet made the jump, because they wonder how to even get started. Artisan cheesemaker Angel King will help you navigate the maze of food-related issues to consider, so you will be motivated to jump through the hoops and make your business dream a reality. Delicious samples of cheese will be an added value to this session!

Ohio Food Policy Network: An Agenda for Statewide Change

Tevis Foreman, Produce Perks Midwest; Amalie Lipstreu, OEFFA; Michaela Oldfield, Greater Cincinnati Regional Food Policy Council

[Description coming soon]