

# Workshops at the 2003 NOFA/Massachusetts Annual Winter Conference

## Plants

**Ryan Voiland** - Growing Great Organic Carrots

**Jane Litwin Taylor** - How to Begin Organic Cut Flower Production: For Creativity & Profit

**Bruce Fulford** - Compost & Greenhouses

**Ed Stockman** - Extending the Growing Season

## Landscaping

**Andrea Knowles** - Organic Pest Management

**Lauren Chase-Rowell** - Characteristics of a Sustainable Landscape

**Don Bishop** - Invasive Plants

**Sue Crimmins** - Using Native Plants and Wetland Plants

## Discussion Groups

**John Howell** - Irrigation

**Rich Bonnanno** - Weed Control

**Ruth Hazzard** - Pest Control of Organic Vegetables

## How-Tos

**Ed Stockman** - Meet the NOFA/MASS Organic Extension Educator

**Dan Rosenberg** - Traditional Pickle-Making/Lacto-Fermentation

**Tom Hidas** - The Basics of Wok Cooking: Stir-Frying Vegetables, Fried Rice and Noodle Lo Mein

**Rich Bonnanno** - Calibrating Backpack Sprayers

## Animals

**Judy Gillan** - Portable Slaughterhouses

**Mike Gagnon** - Raising Pigs

**Pat Stewart** - Small Holders Alliance? What's That?

**Jack Kittredge & Julie Rawson** - Home Butchering of Poultry, w/ Hands-On Chicken Slaughter

**Suzanne Lupien** - Operating a Small (2-3 cow) Dairy

**Lynda Simkins** - Raising Organic Turkeys

**Dan Conlon** - Honeybees & Pollination

## Marketing

**Andrew Rodgers** - School Food Sales Pilot Project

**Dick & Jean Hoyt** - Running a Farm and Bed & Breakfast

## Policy

**Jack Kittredge** - GE in Agriculture: Stopping it at the Local Level

**Patti Wood** - Community Activism & Pesticide Reduction

**Don Franczyk** - How to Apply for Certification

**Don Franczyk** - Update on NOP

**Misse Doe** - Connecting College Farms w/ Young Farmers

## Health

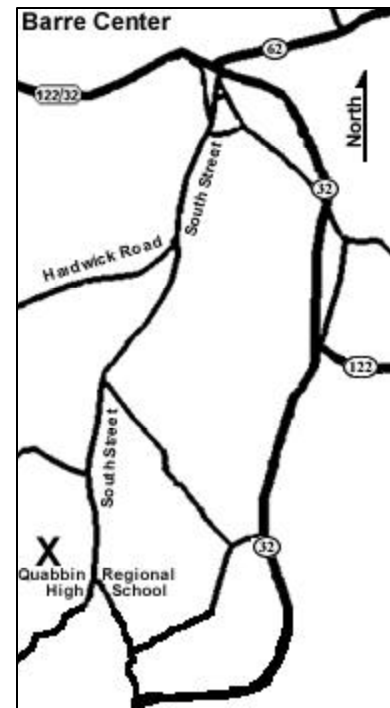
**Patti Wood & Bill Cooke** - West Nile Virus Update

**Linda Ugelow** - Raw Milk

**Bob Leroy** - Nutrition & Health Benefits of our Wintertime Storage Crops

**DIRECTIONS:** Barre lies approximately 35 miles northwest of Worcester. The three major roads that lead into the center of Barre are: Route 32, Route 122, and Route 62. There are lots of ways to get to the center of Barre, and from there to Quabbin Regional High School (QRHS). Here are a few:

- **From west on Massachusetts Turnpike (I-90):** Take exit 8. Follow Route 32 North toward Barre. About 1 mile north of the Barre town line, go straight onto South Street (Rt 32 bears right). QRHS is about 1.5 miles on the left.
- **From west on Route 2:** Take Route 32 South (Athol exit, #17). Barre is about 14 miles south of Route 2.
- **From Worcester:** Route 122 intersects Route 9 near Elm Park in Worcester. Barre is about 35 miles northwest on 122.
- **In Barre:** The center of Barre is a spider's web of roads. Regardless of which way you came in, go to the south end of the town common (between St. Joseph's Church and the Barre Savings Bank). The main road heading out of town is South Street. Follow it for about 1.3 miles. QRHS is on the right. Drive behind the school and park in back.



Quabbin Regional High School is located at 800 South Street, Barre, MA. The telephone number is (978) 355-4651

## Greetings!

NOFA/MASS will hold its 16<sup>th</sup> Winter Conference and Annual Meeting at Quabbin Regional High School in Barre, MA on Saturday, January 25, 2003. This one-day event is for farmers, landscapers, gardeners, consumers, organic enthusiasts, and teachers. It will feature 40+ workshops, a potluck lunch, the NOFA/Mass annual meeting, a children's program, a farmers' market, raffle, and exhibits. Quabbin Regional's expanded facilities are ideal for this event, allowing us to offer numerous workshops throughout the day - giving you many hard choices to make! It promises to be a great day - I hope you can join us!

*Edwin McGlew, Coordinator*



### WORKSHOPS

The 40+ workshops have been selected in order to offer you a wide variety of topics from which to choose. Each of them promises to be packed with useful information, but vary in level from beginner to advanced. Whether you like an interactive style, a chance for hands-on learning, or a more traditional classroom format, you can find what you're looking for. Several workshops will offer contact hours for those with pesticide applicator licenses.

### REGISTRATION

Take advantage of the "early bird" discount by mailing your registration form by January 11. NOFA members of any state, and MOFGA members, get a \$5 discount on registration. Certified farmers (2 per farm) from any state get a \$10 discount. Children's Program registration must be received by **January 18th**. Be sure to stop at the registration desk to pick up your registration packet prior to attending the workshops. Contact **Elaine Peterson** for further registration information: (978) 928-4707 or [hhollow@worldnet.att.net](mailto:hhollow@worldnet.att.net) or check out the website at [www.nofamass.org](http://www.nofamass.org).

### CHILDREN'S PROGRAM

Children ages 3-12 may participate in the Children's Program for a variety of games, crafts, and hands-on activities. Registration forms, including children's names and ages, must be received by **January 18th**. This program will run during the workshops only (8:30 - 12:00 & 2:00 - 5:30). **Children will go outside if weather permits**, so parents should dress them accordingly. Snacks will be provided. However, **if your child has dietary restrictions, please provide your own snacks**. If you have questions, call Karen Dusek, the Children's Program coordinator, at (508) 947-6744.

### COFFEE & TEA

Will be available from 7:30 to 12:00. Proceeds will benefit NOFA/Mass.

### POTLUCK LUNCH

Your culinary contributions have made this a very popular component of the conference. In case you are unfamiliar with NOFA's style of potluck, you are asked to **bring enough food to serve 6-8 people of hearty appetite**. That could mean a large casserole or a hot vegetable dish, a bowl of potato or pasta salad, a tossed green salad, etc. Please do not bring soup. Depending on the first letter of your last name, please bring the following type of dish:

**A-M** Hot Main Course

**N-S** Cold Salad

**T-Z** Fruit or Dessert

In our attempt to save on natural resources, we ask that you **bring your own place setting**. (mug, plate, silverware). The potluck is a wonderful opportunity to share a meal with other NOFA folks who really care about what they eat. It isn't practical for us to label all ingredients in each potluck dish. Therefore, if you have dietary restrictions, you'll want to bring a sack lunch.

### FARMERS' MARKET & EXHIBITS

At the Farmers' Market we hope to offer a wide assortment of locally produced items. This is a great opportunity for farmers to sell some of their stored items or take orders for the coming year, and for everyone else to support those who support us all. There will also be exhibits that present ideas or products we think you'll find interesting. If you would like to display your products, please call Dawn M. Pavone at (978) 348-1723, email her at [pavonegang@net1plus.com](mailto:pavonegang@net1plus.com) or so indicate on the registration form.

### TEA CUP RAFFLE

How it works: a container will be placed next to each of the items to be raffled away. Conferees purchase as many tickets as they like and place them in the cup next to the prize(s) of their choice. Odds of winning depend on how many tickets there are in each cup, and how many of those tickets are yours. Winners will be chosen during the annual meeting. You must pick up your item(s) by the end of the day.

### ANNUAL MEETING

NOFA/Mass President Jonathan von Ranson will facilitate. There will be committee reports, awards, voting for next year's Board of Directors, and a chance for members to share their ideas about where NOFA/Mass should go and how it can get there.

### VOLUNTEERS

Your helping hands will make this conference the best one ever! Some of the tasks in need of your help are: making signs before the conference, early morning set up and registration, coffee counter, children's conference, kitchen help, and late day cleanup. Please mark the registration form, or contact Edwin McGlew at (413) 247-9264 or [emcglew@pssci.umass.edu](mailto:emcglew@pssci.umass.edu), if you are able to assist. Thank you.

### OVERNIGHT ACCOMMODATIONS

For those of you who need a place to stay either Friday or Saturday night, there are a number of folks in the Barre area who have generously offered to provide overnight accommodations. There are also a few B&B's and hotels in the vicinity. Please contact Edwin McGlew for info at (413) 247-9264 or [emcglew@pssci.umass.edu](mailto:emcglew@pssci.umass.edu)



NOFA/Mass Winter Conference  
and Annual Meeting  
Early Registration Deadline - January 11



Northeast Organic Farming Association of Massachusetts  
411 Sheldon Road  
Barre, MA  
01005

## 2003 NOFA/Mass Winter Conference & Annual Meeting

Saturday, January 25, 2003

Quabbin Regional High School

Barre, MA

The **Northeast Organic Farming Association of Massachusetts** is a community including farmers, gardeners, landscapers and consumers working to educate members and the general public about the benefits of local organic systems based on complete cycles, natural materials, and minimal waste for the health of individual beings, communities and the living planet.

At the 16th NOFA/Mass Winter Conference & Annual Meeting, which is co-sponsored by UMass Vegetable Extension Program and CISA (Community Involved in Sustaining Agriculture), individuals ranging from **novice farmers and landscapers**, to the **professional market farmers**, as well as **consumers** who are **organic enthusiasts**, will be able to learn more about the methods and efforts that go into organic farming. In addition to the workshops, a farmers' market, day-long children's program, potluck lunch and a raffle will be offered.

The Conference will offer over 40 workshops, which will include topics such as:

- Community Activism and Pesticide Reduction
- Growing Great Organic Carrots
- Update on the National Organic (Certification) Program
- Raising Organic Turkeys
- School Food Sales Pilot Project
- Extending the Growing Season

For more information or to register, contact: Elaine Peterson, 92 New Westminster Rd., Hubbardston, MA, 01452, (978) 928-4707, hhollow@worldnet.att.net or check out the website at [www.nofamass.org](http://www.nofamass.org). Walk-in registrations accepted, however, Children's Program Registration deadline is **January 18**. An "early bird" discount is offered to individuals who register before January 11.

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