30th annual Winter Conference

Keynote address by Paul Kaiser
Intensive, No-Till, Agro-Ecological Vegetable Production: Carbon Farming for Profit

Worcester State University

January 14, 2017
CONFERENCE SCHEDULE

7:30am  
Registration/Exhibitors open. Coffee, tea and snacks: Sheehan Hall

9:00am-5:15pm  
Children/Teen Conference (runs concurrently with workshops and keynote program; closed 12:15-1:15pm)

9:00-10:30am  
Seminar 1/Workshop Session 1

11:00am-12:15pm  
NOFA/Mass Annual Meeting and Keynote Address: Sullivan Auditorium

11:30am-1:30pm  
Catered Lunch: Sheehan Hall

1:30-3:00pm  
Seminar 2/Workshop Session 2

3:00-3:45pm  
Break

3:45-5:15pm  
Seminar 3/Workshop Session 3

6:00pm  
Exhibits Close: Sheehan Hall

6:30-8:00pm  
Post-Conference Dinner with the Kaisers: Sheehan Hall

TABLE OF CONTENTS

Conference Schedule ........................................................................................................... 3
List of Sponsors .................................................................................................................... 4
Welcome Letter ..................................................................................................................... 5
List of Exhibitors .................................................................................................................. 6
NOFA/Massachusetts Membership ...................................................................................... 7
Conference at a Glance ......................................................................................................... 8
Workshops Descriptions by Timeslot .............................................................................. 20
Youth Conference .............................................................................................................. 48
Workshop Grid .................................................................................................................... 55
Presenter Contact Info ...................................................................................................... 60
Campus Map ....................................................................................................................... 73
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- Willsie Equipment Sales, Inc.

Welcome to the 30th annual NOFA/Mass Winter Conference! The day has finally arrived, one more season has passed and we now plunge into the next, hopefully, with a renewed and revamped skillset and a boatload of support and enthusiasm. What a perfect time for us to kick off the upcoming 2017 season by immersing ourselves into an entire day of learning.

Over the last 30 years NOFA/Mass has educated over 20,000 farmers, educators, activists, homesteaders and others at its annual winter conference. We are proud to provide resources and support for new and experienced growers and consumers that care deeply about the food system and its impact socially, economically and politically.

This year, NOFA/Mass is happy to host our keynote speaker and intensive seminar presenters Paul & Elizabeth Kaiser as our featured guests. Their successful operation at Singing Frogs Farm in Sebastopol, CA is an example of a thriving and robust farming model on a small scale. We hope you gain insight from their long experience with agroecological practices and smart economics.

Our 70+ presenters have prepared and packaged their thoughtful work into short sessions to give you the essence of their experiences. Our diverse exhibitors have great products and are a wealth of information for you to browse and interact with.

We’d like to extend a huge thanks to Worcester State University and their wonderful staff for supporting our conference to make it seamlessly easy. We appreciate their partnership and dedication to our similar missions.

**Jason Valcourt**  
Winter Conference Coordinator
NOFA/MASS MEMBERSHIP

There is no time like the present to join NOFA/Mass!

Members enjoy,
• 20% OFF all NOFA/Mass events including on-farm workshops, the NOFA Summer Conference and the NOFA/Mass Winter Conference.
• 10% SAVINGS on the NOFA/Mass Bulk Order, a co-op for buying cover crop seeds, tubers, soil amendments, and supplies.
• A ONE-YEAR SUBSCRIPTION to The Natural Farmer, NOFA’s interstate newspaper on the organic movement, mailed quarterly ($15 value).
• EIGHT FREE classifieds ads on our website each year.
• Organic Certification consult and preferred rates for additional help needed to navigate the process.

Your membership supports our work,
• Matching beginning farmers with knowledgeable, established mentors.
• Assisting local farmers as they navigate the organic certification process.
• Moving carbon from atmosphere to soils for healthier food, more resilient farms, less extreme weather and a more stable climate.
• Revitalizing urban soils to improve local access to nutritious foods and livelihoods.
• Strengthening public policy – by labeling foods containing GMOS and allowing raw milk delivery.
• Educating our community - sharing skills and ideas through our free monthly NOFA/Mass Newsletter, with dozens of events each year and the Organic Gardener’s email forum.

Here are our different membership levels, offered to everyone:
$25 – Low Income
$40 – Individual
$50 – Family, Farm or Organization
$75 – Large Farm/Business
$125 – Premier Business
$250 – Supporting
$1000 – Lifetime

To become a member please visit nofamass.org, stop by the registration table or visit us at the NOFA/Mass exhibit booth.

EXHIBITORS

ADAK Farm Systems*
Agri Dynamics*
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Baystate Organic Certifiers*
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CONFERENCE AT A GLANCE

NOFA AOLCP Credit Approved Workshops
To renew accreditation, Accredited Organic Land Care Professionals (AOLCPs) must earn 4 re-accreditation credits per year. Each 90 minute session you attend counts for 1.5 credits. It is easy to report your credits - just fill out the online form naming NOFA/Mass Winter Conference as the event you attended and have earned your 4 CEU credits.

Obtain the online form at www.organiclandcare.net/reaccreditationform.

Please note, your accreditation fees are due by January 1st, 2018, not when you submit your CEU credits. Call CT NOFA office, 203-888-5146, if you have any questions.

Children/Teen Conference
Check in at Wasylean Hall, First Floor Conference Room. Teens and children (ages 3-12) may participate in a variety of workshops. The fully-supervised children/youth program will run during the keynote and workshops, from 9am to 12:15pm, then close for lunch. Parents are not required to attend the conference but children MUST be picked up during the lunch hour. The program re-opens at 1:15 until 5:15pm. Lunch and snacks are included in price. If your teen/child has dietary restrictions please provide your own snacks.

All-Day Intensive Seminar
Operating An Organic, No-Till, Agro-ecological Vegetable Farm: A Full-Day Intensive Workshop
Sullivan Eager Auditorium

Elizabeth Kaiser: Owner/Operator of Singing Frogs Farm; Masters in the Science of Nursing, Masters in Public Health & former Peace Corps volunteer

Paul Kaiser: Owner/Operator of Singing Frogs Farm; Masters in Sustainable Development & Natural Resources Management & former peace corps volunteer

Int1) Ecological Practices & Benefits (9am- 10:30am)
Not all ‘ecological diversity’ is the same. Learn how to establish and enhance various ‘ecosystem services’ that will benefit your soil and water resources as well as your crop quality and management.

Int2) Bed, Crop, and Transplant Management (1:30pm-3pm)
We will take an in-depth look at establishing and maintaining beds and fields, how to transition from one crop to the next in a no-till system, and the basics of managing an intensive, no-till system.

Int3) Bed Management: Soil, Compost & Mulch (3:45pm-5:15pm)
We will explore more deeply the other tools in our no-till tool box: the practical application of the latest in soil science to protecting and regenerating our soils, the purpose, creation and application of compost, and the contextual factors affecting whether to use mulches, and of what type.

Keynote Address
Sullivan Auditorium
Intensive, No-Till, Agro-Ecological Vegetable Production: Carbon Farming for Profit by Paul Kaiser of Singing Frogs Farm

This year’s keynote speaker will be Paul Kaiser from Singing Frogs Farm in Sonoma County, CA. Paul and his wife Elizabeth have been successfully demonstrating how to produce high volume, high quality vegetables in an inspiring no-till system since 2007.

Lunch
Sheehan Hall
An organic lunch is included for all registrants. This menu will be served kiosk-style from 11:30am to 1:30pm. Full Salad Bar, Hearty beef pot roast, Roasted potatoes(GF), Medley of roasted root vegetables(GF), Honey balsamic tofu(GF), Vegan butternut bisque, Wild organic mushroom soup.

The Pizza Station will serve Margarita flat breads garlic, olive oil, organic herbs and tomatoes, Cheese and pepperoni pizza. Faze 7 our allergy free zone will serve a Cauliflower mash.

For dessert: Warm stone fruit cobbler with fresh whipped cream.

Infused waters: Strawberry lemon, Cucumber mint

Coffee is available for sale at the Dean’s Beans exhibit table.
CONFERENCE AT A GLANCE

**Tea Cup Raffle**
*Sheehan Hall*
Participate in some fun, legal gambling for next to nothing. Lots of great items have been donated by our wonderful presenters, exhibitors, and supporters of NOFA/Mass. Buy a ticket and put it in the cup corresponding to your desired item. **After 4:15pm** winners will be posted on the white board by the raffle table. Tickets are 1 for $1, 6 for $5, 12 for $10, 18 for $15, 24 for $20. All proceeds support our conference scholarship program! More donations/donors will be added after program printing. Good luck and many thanks to these wonderful donors:

- InBalance Chiropractic & Wellness
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- Didi Pershouse
- Dan Pratt
- Rosemary Roman Nolan
- Dave Scandurra
- Sarah Stockwell-Arthen
- Laura Ten Eyck
- Andy Tomolonis

**Post-Conference Dinner**
*Sheehan Hall*
Join us for an intimate evening of conversation and inspiration with Paul and Elizabeth Kaiser. Proceeds from the dinner directly support NOFA/Mass’ work to promote organic farming, carbon sequestration, Beginning Farmers and other initiatives. You will be joined by the Kaisers, NOFA/Mass Board and Staff and other enthusiastic organic supporters. There will be live music, and an inspiring presentation from Paul Kaiser “Weaving Together the Many Beneficial Facets of Agroecology”. 6:30-8:00pm. Tickets available at door.

**Wireless Internet**
1) Select wireless network “WSU” from your network options.
2) Open internet browser and click on “Guest please click here. https://apps.worcester.edu/guest” to obtain a daily login.
3) Fill out the Worcester State University Guest Login Request.
4) After filling out the form, your daily login will be sent via text to your mobile phone.

*All classrooms have wifi login information posted.*
Friday Night Keynote Presentation: $20pp before Feb. 1 • $25 full price
Saturday Full Day Conference: $40pp before Feb. 1 • $45 full price

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- River Valley Co-op, Northampton
- Wild Oats Co-op Market, Williamstown

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SESSION 1 | 9:00 - 10:30am

Increasing Profit through Regenerative Grazing (Intermediate)
Sullivan 104 | WKSP # 1
One of the surest ways of increasing profitability with cattle is to reduce dependence on purchased feed. This workshop will present methods for increasing the productivity of pastures and extending the grazing season—even through the winter—by utilizing cover crops and stockpiling grass for winter grazing.

Ridge Shinn: Founder and CEO of Big Picture Beef and an expert in grass-fed beef production and regenerative grazing.

Pastured Poultry for Pleasure or Profit (Intro-Intermediate)
Sullivan 101 | WKSP # 2
Learn how to raise meat chickens, laying hens and ducks, turkey and geese on pasture for your own household use and enjoyment or for business.

Kristen Kilfoyle: NH Pastured Poultry/Pork Farmer, 2014 Polyface Farm Intern, Mother Earth News Blogger

No-Till Crop Production with Compost/Biochar Blends (Intermediate)
LRC 121 | WKSP # 3
Learn about systems for growing crops with minimal soil disturbance. Following Elaine Ingham’s seminal work on the soil food web and intrigued by the potential for building long-term fertility with the use of biochar, I will share the good, the bad and the ugly of our first two no-till seasons. Outline of techniques, harvest data and a list of suppliers provided.

Dan Pratt: Organic Farming Consultant – 40 years of messing about in the soil have finally given an old fart some new/old ideas.

The Food Safety Modernization Act: What to Expect in MA (Intermediate)
Sullivan 107 | WKSP # 4
Learn how your operation might be affected by the Food Safety Modernization Act, and why addressing food safety risk areas on your farm is good business even if exempt from the law. Learn how MDAR will implement FSMA through its Commonwealth Quality Program (CQP) and about compliance dates, qualifications for exemptions, and benefits to participation in CQP beyond FSMA.

Lisa McKeag: Educator at UMass Extension Vegetable Program. She works with vegetable growers on topics such as IPM and Food Safety.

Michael Botelho: Coordinator for the Massachusetts Department of Agricultural Resources’ (MDAR) Commonwealth Quality Program (CQP).

Vining/Fruiting Crops in Protected Culture (Part 1) (Intermediate)
LRC 114 | WKSP # 5
Though tomatoes are the most popular, many of the specialized techniques used to grow them in protected culture can be applied to the other vining/fruited crops: cucumbers, peppers and eggplant. In this intermediate level workshop, we will talk about the best practices for each crop including spacing, trellising, pruning, whether to graft or not, temperature and more.

Andrew Mefferd: Editor, Growing for Market Magazine

Assessing and Improving Soil Health (Introductory- Intermediate)
Sullivan 108 | WKSP # 6
This presentation will cover the basics of how a healthy soil functions, how to assess the health of your soil, and methods of improving soil health.

Maggie Payne: USDA NRCS Resource Soil Scientist
How can we determine whether a set of farming practices actually increases the amount of carbon subtracted from the atmosphere and added to the soil? Net carbon sequestration means including the carbon balance of all inputs to a field, plus any changes in the amount of carbon present. This workshop will be a discussion of how to usefully and accurately account for soil carbon.

**Brian Caldwell**: Organic farmer since 1978. Researches organic grain, reduced tillage, and cover crops for Cornell University.

**Farm Lease Clinic** (Intro-Intermediate)
**Student Center 3rd Fl Conf. Room** | **WKSP # 8**
A hands-on session on farm leases and leasing. Participants will have the opportunity to go through a lease, troubleshoot leasing issues and concerns, and dive into some of the thornier aspects of renting land to farm.

**Kathryn Ruhf**: Senior Program Director and MA Field Agent. Thirty years’ experience in land access, farm tenure, and lease agreements.

**A Farming Sabbatical: Impossible or Essential?** (All Levels)
**Student Center Fallon Room** | **WKSP # 9**
We have both taken farming sabbaticals with our families in Central/South America during the farming season. These experiences involved years of planning related to both our farms and our families. We will share ways that we were able to make this happen, discuss the challenges and provide ideas for those that are hoping, one of these years, to step away from the farm.

**Don Zasada**: Owner and Manager of Caretaker Farm in Williamstown, MA

**Elizabeth Keen**: Owner and Manager of Indian Line Farm in South Egremont, MA

**Scaling Up for Intermediated Markets** (Intro-Intermediate)
**Sullivan 103** | **WKSP # 11**
Intermediated markets include opportunities in the local supply chain that are not DTC transactions. This workshop will explore different scales of production and how expansion relates to personal and farm goals. It will offer strategies in whole-farm planning, market and crop diversification, and other techniques for lowering risks and increasing farm revenue.

**Andy Pressman**: Andy is a farmer and ATTRA Specialist in small-scale intensive farming systems and whole-farm planning.

**Growing Grain in New England** (Introductory-Intermediate)
**Sullivan 106** | **WKSP # 12**
Grain production is virtually unknown in New England. Yet our climate and soils can produce high yields of delicious grains and beans that add diversity to our crop rotations, CSA shares and local diets. We will cover agronomy, soil impacts, disease management, harvesting, processing and marketing of wheat, barley, corn, beans and other crops.

**Noah Kellerman**: Farmer at Aprilla Farm in Essex, MA. Member of NOFA/Mass board.
NUBIA: Growing Food & Community in Boston with Sayed Mohamed-Nour and Emily Barbour (Introductory)

Sullivan 105 | WKSP # 13

NUBIA, a small refugee-run non-profit in Roxbury, MA, began growing food on a single community garden plot in ‘08, and has since grown to farming on nine sites in Boston. We will describe our journey, including our experience with acquiring and amending urban land, building organizational capacity, growing cultural crops, donating and selling produce, and expanding our programs.

Sayed Mohamed-Nour: Sayed is the Executive Director of NUBIA and began the Seed & Yield urban agriculture program in 2008.

Emily Barbour: Emily has been working at NUBIA since August 2015 as the Office and Program Manager.

Achieving a Living Wage for Farmer & Farm Worker (All Levels)
Sheehan Hall Semi Private | WKSP # 14

What will it take to transform work on organic farms into respected careers, with livable compensation and dignified livelihoods for both farmers and farm workers? In this roundtable discussion, we will discuss the challenges organic farmers face practicing their social justice values, while ensuring that both they & their workers are paid fairly.

Jen Salinetti: Jen serves on the board of the Berkshire Coop Market and is NOFA’s representative to the board of the Agricultural Justice Project

Louis Battalen: Serves on the NOFA Interstate Council’s Fair Trade Committee and is NOFA’s representative to the Domestic Fair Trade Association

Urban Food Justice: A Model for Mobile Markets (Introductory)
Sullivan 126 | WKSP # 15

Learn about food justice and how successful management of farmers markets in food-insecure neighborhoods can strengthen local agriculture. Then take a tour of the Regional Environmental Council’s (REC) Mobile Market and learn how mobile markets are paving the way to even greater food access.


The Up-to-Date Advantages of Heirloom Vegetables (Introductory)
Sullivan 116 | WKSP # 17

Heirloom vegetables connect us to the past, but preserving them is not the only reason for growing them. They are the result of many years of careful selection by home gardeners. Discover versatile antique vegetables and see how they extend the season, are adapted to New England, store well, lend themselves to seed-saving, and bring robust flavors to the table.

Christie Higginbottom: Garden Historian, Old Sturbridge Village

Water & Regenerative Land Management (Introductory)
LRC116 | WKSP # 18

Solutions to climate change can be found in plain sight. Those who work with the land know that climate change is a symptom of distorted carbon, water and energy cycles. Regenerative land management is the practice of restoring those cycles. This talk will center on how restoring water cycles to their natural state can help damaged lands recover.

Judith D. Schwartz: Author-Water In Plain Sight: Hope for a Thirsty World (St. Martin’s Press) and Cows Save the Planet (Chelsea Green)
Growing Community on a Suburban Permaculture Homestead (Introductory)

Sullivan 102 | WKSP # 19

You don’t need a large property or a lot of money in order to live close to the land, surrounded by your friends. In this case study, hear how we’ve used the permaculture design process to establish a vibrant homestead on one acre. Learn how we invested in relationships with our community and utilized social capital to make it possible.

Ashley Schenk: Co-founded Broadfork Permaculture, a co-operative landscape design company in Western Mass, and builds earthen ovens.

Healthy Bees Require Management (Intermediate)

Sullivan 120 | WKSP # 20

Basic beekeeping practices have worked for a hundred years. Today new threats require adjusting best management practices to include prevention, an understanding of honeybee needs, and an awareness of those environmental conditions that increase risks to a colony. Bonita & Dan will offer an overview of how they have successfully raised bees for the past fifteen years.

Dan Conlon: Owner Warm Colors Apiary

Bonita Conlon: Owner Warm Colors Apiary

Landscaping to Support Beneficial Insects in New England (Intro-Intermediate)

Sullivan 119 | WKSP # 21

Learn how, through careful plant selection and landscaping strategies, you can support healthy populations of important beneficial insects in your New England backyard, woods, organic farm, school or churchyard. Life cycles and habitat needs of native bees, butterflies, moths, and pest predators such as parasitic flies and wasps will be explained.

Ellen Sousa: Native plant nursery owner, garden coach, designer, and author at Turkey Hill Brook Farm, Spencer MA.

Making Kefir and Kefir Cheese (Introductory)

Sullivan 110 | WKSP # 22

I started making raw milk kefir in January 2008 and it was the catalyst that got me out of a wheelchair. Learn about making kefir from raw milk, facts about what milk to use, and how to make simple kefir cheese. May have a few grains to share with participants. Will have samples to taste. Handouts offered.

Pam Raymond: Pam and David raise grass fed beef, broilers, pigs, and layers for their own use, and organic vegetable/herb gardens.

Nanoparticles in Food: The New GMOs (All Levels)

Sullivan 122 | WKSP # 23

Release into the food supply first, assess risks later. Just as GMOs quietly entered the market place, so too did nanoparticles in food. What is the truth behind the use of this microscopic technology? Where does the FDA stand? What are its implications for health and welfare of the public?

Darryl Benjamin: Darryl Benjamin is a writer, educator, and farm-to-table advocate. His new book is Farm to Table: The Essential Guide.

Natural Dyeing with Wool (Introductory, Intermediate)

Sheehan Hall FAZE 7 Dining Kiosk | WKSP # 24

Want to do some natural dyeing but don’t have botanicals available in the winter? Join us as we use natural dyes in powder form! Just be sure to wear old clothes or bring an apron.

Betsy Alspach: Betsy is co-owner of Eagle Lake Fibers and has been happily spinning for 20 years.

Christine McCluskey: Christine is co-owner of Eagle Lake Fibers has been spinning and dyeing for several years.
Successful Rotational Grazing using Electric Netting (Introductory)
Sullivan 104 | WKSP # 25
Rotational grazing of animals can double your stocking rates and keep your animals and grasses healthier. Learn about the different options for electric netting and tricks on how to make these systems more effective and easier to use.

David Kennard: David Kennard of Wellscroft Fence Systems has helped thousands of farmers protect and graze livestock for over 40 years.

Keeping Happy Healthy Hogs (Introductory)
Sullivan 106 | WKSP # 26
An introduction to raising organic hogs efficiently and humanely. Learn your options for breeding, feeding, housing, and marketing pork that you and your customers can feel good about eating.

Alice Percy: Fedco Organic Growers Supply; former owner/operator of Treble Ridge Farm

Microorganisms: the Unseen Workers of the World (All levels)
Student Center Foster Room | WKSP # 27
The microbiome of the soil quietly provides essential ecosystem benefits related to flows of water, carbon and nutrients—all related to climate resiliency. If you understand the principles for keeping those tiny workers happy, you can develop unique carbon-farming practices to meet your own goals, and improve the health of your customers, your watershed, and your world.

Didi Pershouse: Author of The Ecology of Care. Curriculum Developer at Soil Carbon Coalition. Founder of Center for Sustainable Medicine

On-Farm Composting for Effective Green Waste ‘Disposal’ (Intermediate-Advanced)
Sullivan 102 | WKSP # 28
Learn practices to more effectively recycle your culls, trimmings, weeds, and any green waste. Learn weekly, monthly and seasonal tasks, sense diagnostics for assessing pile health, and how to identify potential feedstocks from both the farm and the wider community to enhance your compost production and quality.

Andrew Brousseau: Is an earth scientist and co-owner of Black Earth Compost.

Practical Ways of Building Soil Carbon & Farm Viability (All levels)
Student Center Fallon Room | WKSP # 29
We will discuss the latest techniques, tools, and methods for growing annual vegetables in ways which build soil carbon and are practical for small farmers to adopt.

Jack Kittredge: Farmer, Carbon analyst, writer
Julie Rawson: Farmer, NOFA/Mass Exec. Director

Intensive No-Till Vegetable Production (Intermediate, Advanced)
LRC117 | WKSP # 30
Learn methods for intensively growing vegetable crops without disturbing the soil through tillage or cultivation. Bryan will present the techniques he uses: multi-cropping, mowing, solarizing, weed-free composting, mulching, broadcast seeding, and weed control. This system has been commercially utilized at his Tobacco Road Farm for more than 5 years.

Bryan O’Hara: Has grown vegetables at Tobacco Road Farm in Lebanon, CT for 25 years.

The Basics of Biochar (Introductory)
Sullivan 109 | WKSP # 31
Curious about what scientific research can tell us about biochar and crop performance? Professor Emily Cole will explain the chemical, biological, and physical characteristics of biochar, and present results from a multi-year UMass field study on how soil biology and crop yields respond to biochar application.

Emily Cole: Assistant Professor of Environmental Science, Westfield State University
Seedling Production for Spring Revenue (Introductory, Intermediate)
LRC116 | WKSP # 32
In this workshop, I will discuss how I added seedling production to my existing small-scale vegetable market garden, with minimal capital investment, to boost spring income. I will cover the basics of how I produce, manage and track the seedlings in my greenhouse, to how and to whom I market the plants.
Laura Meister: Farmer/Owner, Farm Girl Farm

Advanced Vining/Fruiting Crops in Protected Culture (Part 2) (Advanced)
LRC114 | WKSP # 33
This workshop will cover some of the more advanced techniques for greenhouse and hoop house growers of fruiting crops- crop steering, balancing sources and sinks, CO2 augmentation, active plants, pre-day and pre-night treatments for tomatoes, cucumbers, peppers and eggplant.
Andrew Mefferd: Editor, Growing for Market Magazine

SARE-Research on Disease Control in Winter Spinach Tunnels (Intermediate- Advanced)
Sullivan 126 | WKSP # 34
Review key diseases of spinach and their management, report on a SARE-Partner project comparing OMRI-approved fungicides for efficacy in improving stand and reducing disease, and have a Q&A with Danya who is an experienced producer of winter greens for wholesale and other markets. We can also answer questions about doing on-farm research and applying for grants.
Susan Scheufele: Sue is a UMass Extension Educator specializing in outreach and applied research on vegetable pest management.
Danya Teitelbaum: Danya owns Queen’s Greens Farm, a diverse vegetable farm with a focus on year round production of greens.

Is it Worth it to Grow Bok Choi? (Intermediate-Advanced)
Sheehan Hall Dining Room | WKSP # 35
The only way to find out is to make enterprise budgets for specific crops within your diversified farm. Derek will walk participants through the steps involved in enterprise analysis. Chris will describe the practical realities of analyzing their bok choi and arugula crops, including performing data collection in the field, conclusions drawn, and how the resulting analysis will inform future planning.
Derek Christianson: Owner-operator of Brix Bounty Farm in Dartmouth MA; Derek grows 7 acres of non-irrigated crops on sandy loam soil.
Chris Kantlehner: Farmer, White Barn Farm in Wrentham, MA.

Principles of Biological Systems & Implications (Intermediate)
Sullivan 107 | WKSP # 36
This workshop, applicable to all growing scales, will provide an overview of the conditions plants need to flourish. We will discuss practical strategies for maintaining air, water, life, minerals and food in the soil all year long, as well as the broader implications of such practices.
Dan Kittredge: Executive Director, Bionutrient Food Association

Gardening Across Generations and Cultures: A Teaching Model (Introductory)
Sullivan 119 | WKSP # 36
We present a model for an intergenerational and cross-cultural urban teaching garden. WSU students work with elementary school students at a multilingual magnet school and elderly residents of a public housing project to foster a collaborative environment to learn about sustainability and contribute diverse knowledge and practice across generations and cultures.
Pam Saffer: Director, Garden for All Ages
Enrique Torres: Student Coordinator for the Garden
Gaining Power & A Seat at the Table  (All Levels)
Student Center 3rd Fl Conf. Room | WKSP # 38
How can farmers exert more agency within the food distribution system? Showcasing successful models, such as Farm Fresh Rhode Island’s farm-to-business delivery system, Market Mobile, we will explore various distribution models with attention to improving farmer access to the local food marketplace while increasing both farmer profits and food access for all populations.

Michelle Cruz:  Cruz is the Business Development & Outreach Manager at Farm Fresh RI, CEO of Natural Creola, and co-founder-Urban FACTS
Georgina Sarpong:  Sarong is the Farmers Markets Program Manager at Farm Fresh RI, chef and co-founder of Urban FACTS

Enhanced Productivity for Spring and Summer Gardens (Intro-Intermediate)
Sullivan 120 | WKSP # 39
High productivity depends on getting an early start and choosing crops compatible with seasonal weather patterns. Crop varieties, fertility inputs, watering schedules, and seedling trays plus seed-staring mixes also play a key role. In 2016, our spring & summer garden yielded 6797 pounds of produce — without a greenhouse — on one-eleventh of an acre, our best year ever.

Steve Walach:  Teaches organic gardening in middle schools for 17 years & teaches master gardeners at Bristol CC.

Resilient Water Systems For Drought and Flood (Intermediate, Advanced)
Sullivan 110 | WKSP # 40
More than ever erratic weather patterns leave us with too much or too little water. We need to plan for uncertainty and design for resilience. We’ll consider rainwater collection, hillside structures like swales and terraces, keyline, ponds, tanks, stormwater planning, and greywater.

Jono Neiger:  A dedicated teacher and practitioner of design for sustainability and permaculture.

Stand-Alone Solar-Powered Automated Drip Irrigation System (Introductory)
Sullivan 116 | WKSP # 41
We’ll cover design considerations for a small-but-scalable, cost effective drip irrigation system powered by the sun, fed by rain barrels, controlled by a micro-controller, and programmed by you. If you are interested in the basics of off-the-shelf irrigation systems, small battery-tied solar kits, Arduino micro-controllers, and can cut and paste on a computer, join us!

David Schmidt:  Has over a decade of experience working the field of energy and sustainability management. He is also a home gardener.

Organic Blueberry Production (Intro- Intermediate)
LRC121 | WKSP # 42
This workshop will cover the elements of organic blueberry production for beginning or intermediate growers. The concepts of site/soil requirements, plant nutrition, plant spacing and early care, mulching, pruning and pest management will be covered.

Sonia Schloemann:  Sonia has been an Educator with UMass Extension for 30 years focusing on sustainable production and IPM for berries.

Indoor Mushroom Cultivation (All Levels)
Sullivan 101 | WKSP # 43
Learn how to set up your very own grow room and start transforming local waste from your community into food, medicine, compost, and a means to clean up environmental pollution. Transform a basement, barn, or other area into a space to grow Oyster, Shitake and Lionsmane mushrooms. Start growing mushrooms today!

Alex Dorr:  Spawn Production and Clean-Room certified by Aloha Medicinals; has worked with Fungi Ally (Hadley, MA) and taught fungi workshops across the country.
Herbal Antibiotics & Antivirals for Colds, Flus & Prevention (Intro-Intermediate)
Sullivan 105 | WKSP # 44
As pharmaceutical antibiotics lose ground in fighting illness, powerful traditional plant medicines come forward. We will review how plant medicines work differently than pharmaceutical antibiotics, and discuss Stephen Harrod Buhner’s work on herbal antivirals, antibiotics, and Lyme disease. We will also sample herbs, discuss their use, and identify which can be wild-crafted or grown in our area.
Sarah Stockwell-Arthen: Herbalist for 25 years, growing and preparing plant medicines at Hilltown Herbals. Student of Harrod Buhner’s work.

Healthy Cooking with Culinary Professionals (Intermediate)
Sheehan Hall FAZE 7 Dining Kiosk | WKSP # 45
This workshop will teach you how to prepare creative meals with focus on health and wellness. This class will provide guidance on sourcing local produce, using seasonal varieties, and utilizing more of your CSA share or farmers market offerings. You will also gain ideas on what to prepare, how to prep, cook, and even season properly.
Rich Perna: Passionate about cooking with organic foods that are locally sourced. District Manager, Chartwells Higher Ed.

Farming with Beneficial Insects (All Levels)
Sullivan 108 | WKSP # 46
Learn about supporting beneficial insects that provide pest control in this workshop. Conservation biological control is a science-based pest management strategy that seeks to integrate beneficial insects back into cropping systems for natural pest control, ultimately reducing or eliminating the need for pesticides.

The Beekeeper’s Year (Intro-Intermediate)
Sullivan 122 | WKSP # 47
The Beekeeper’s Year will provide a step by step guide to the beekeeper’s duties throughout the year and walk beginning beekeepers through the necessary management steps in a first and second year hive. We will discuss the difference between a full hive inspection and a less invasive inspection, why each are important, and when they should be conducted.
Angela Roell: Angela Roell is a founding member of Yard Birds Farm, a 21 acre honeybee farm and education center in Western Mass.

SESSION 3 | 3:45 - 5:15pm
The Independent Farmstead: Feeding the Farm from the Farm (Intro-Intermediate)
Student Center Fallon Room | WKSP # 48
The other Three Sisters—ruminants, pigs and poultry—move homesteading to a new level of independence on the integrated farmstead, as ruminants convert solar energy into milk, meat and manure, with pigs and chickens on the job storing surplus nutrients, cleaning up wastes, and building soil fertility for an overall increase of health, diversity and resilience.
Shawn Dougherty: Homesteader, grass farmer, dairyman; author of The Independent Farmstead, CGP 2016
Beth Dougherty: Homesteader, grass farmer, dairywoman; author of The Independent Farmstead, CGP 2016

Goats Are A Girl’s (And the Soil’s) Best Friend (Intro-Intermediate)
Sullivan 120 | WKSP # 49
If you love goats, this intensive workshop is for you! Learn about natural goat care, running a home dairy, making delicious goat milk products, and building the health of your garden soil with goat manure. We will cover basic goat health needs, natural herd management practices (including herbal remedies), low-tech dairying, simple recipes, and composting.
Melissa Hoffer: I own Red Goat Farm, a small farm where I raise dairy goats, grow organic vegetables and fruits and keep bees naturally.
**Oxen in the Field & Woodlot** *(Introductory)*  
*Sullivan 107 | WKSP # 50*

Ever thought of working alongside a thousand-pound pet capable of massive strength? How bout a pair of them? This workshop is an introduction to oxen and the draft power they can provide. We’ll talk about the potential benefits these large bovines could bring to your farm, woodlot, homestead and life.

**Sophie Courser**: Sophie trains a pair of oxen at Alprilla Farm in Essex MA, where she also raises veggies, grains and beef cattle.

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**Cover Crop Mixtures for Soil Health** *(Intermediate, Advanced)*  
*Sullivan 101 | WKSP # 51*

Cover cropping is a best practice for soil health. Does scientific research prove the benefits of multi-species cover crop mixtures? How can we design cover crop mixtures tailored to our specific production system? What kind of challenges do they present? Local research on mixtures of winter-killed cover crops, including forage radish, will be presented.

**Julie Fine**: Graduate Student, UMass Amherst, Stockbridge School of Ag. Julie’s research is focused on cover crops and soil health.

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**Using Biochar in Organic Growing Systems** *(Introductory)*  
*Sullivan 109 | WKSP # 52*

This workshop will introduce the unique properties of biochar and explain how it benefits existing organic farming practices. This workshop will cover how to differentiate biochar products and the importance of source material. Several methods of adding biochar to existing farming practices will be discussed.

**Hugh McLaughlin, PhD, PE**: Hugh McLaughlin is the CTO of NextChar and an expert on the properties and utilization of biochar.

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**Carbon Farming: A Roundtable Discussion** *(Intermediate-Advanced)*  
*Student Center 3rd Fl Conf. Room | WKSP # 53*

Are you working toward or actively implementing practices that increase soil carbon sequestration? Farmers Jack and Casey will kick off a moderated, participant-driven discussion with a focus on practical strategies for on-farm tillage reduction. Other topics may include cover-cropping innovations, ways to integrate mulches, and other ideas.

**Allison Houghton (Moderator)**: NOFA/Mass Education Dir., urban grower.

**Jack Kittredge**: Farmer, Carbon analyst, writer

**Casey Townsend**: Farmer at Natick Community Farm

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**Magic Numbers: Arithmetic for Farm Viability** *(All Levels)*  
*Student Center Foster Room | WKSP # 54*

Farmers commonly use simple numerical methods as guideposts for everyday decision-making. Join us to discuss three examples of such tools: the ”magic numbers”, the simplified enterprise budget, and the labor budget spreadsheet. Anyone interested in making a living farming is encouraged to join this participatory workshop & to bring his or her own farm budget.

**Chris Yoder**: Organic vegetable farmer at the 5 acre Vanguarden Farm in Dover, MA & Board member for Waltham Fields Community Farm

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**Advanced Seed Saving for the Farm & Garden** *(Intermediate, Advanced)*  
*Sullivan 104 | WKSP # 55*

This workshop will cover ways to integrate seed saving and amateur plant breeding into the market farm or home garden. We will quickly brushstroke over the politics behind the state of seed to emphasize the need to re-incorporate this lost art into our growing. Areas of focus will include brassicas, cucurbits, and corn.

**Bill Braun**: Farmer and seed grower at Ivory Silo Farm in Westport, MA, NOFA/Mass Board.
**WORKSHOPS BY TIMESLOT**

**Growing Drought Resistant Vegetable Crops** *(Intermediate, Advanced)*  
LRC117 | WKSP # 56

What kinds of management decisions lead to drought resilience in vegetable crops? Derek will discuss crop selection, calibrated mineral applications to support efficient photosynthesis, root system development, and cell wall development, as well as metrics and methods for triage—when to walk away from a crop in dry conditions, and when to intervene.

*Derek Christianson*: Owner-operator of Brix Bounty Farm in Dartmouth MA; Derek grows 7 acres of non-irrigated crops on sandy loam soil.

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**Organic Certification: Boon or Bother?** *(Introductory)*  
Sullivan 106 | WKSP # 57

How much of a hassle is it to get certified? What documentation do you really need to keep in order for your annual inspection? Baystate Organic Certifiers has all the answers you need to decide whether to become officially “organic,” whether you are a farmer, husbandry person, specialty producer or processor.

*Don Persons*: Has farmed certified and non-certified, now an organic inspector.

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**Prison Garden Ethics** *(Introductory)*  
Sullivan 110 | WKSP # 58

A conversation with prison garden educators of The New Garden Society. Each year, The New Garden Society trains 100+ students in MA state prisons and youth detention facilities in the art and science of growing plants. Join us to discuss prison gardens and greenhouses as tools for healing, expanded healthy food access and skill-building for our incarcerated neighbors.

*Renee Portanova*: Co-Founder and Director the New Garden Society

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**Backyard Organic Farming** *(Introductory)*  
LRC116 | WKSP # 61

Learn how to run your own micro-scale commercial farm enterprise, or just become better at providing fresh foods for your family. Presenters Andy and Val Tomolonis ran a small-scale diversified organic CSA from their 1-acre suburban plot, supplying organic veggies, fruit, vegetables, berries and eggs for eight families per year.


*Valerie Tomolonis*: Backyard farmer, beekeeper. Co-managed Mother Cluckers CSA. Also makes and markets natural soaps, lip balms, jams, etc.

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**Starting a Permaculture-based Edible Landscaping Business**  
Sullivan 116 | WKSP # 60

In this collaborative presentation, Dave, Noah and Lilani will discuss how they started their permaculture-based landscaping businesses, with special attention to crucial considerations such as organizational structures (sole proprietorship, co-op, etc.) financing, marketing/branding, key lessons learned, and more.

*Dave Scandurra*: Edible Landscapes of Cape Cod. Dave started Edible Landscapes of Cape Cod in the early spring of 2012.

*Noah Mckenna*: Noah is co-founder/member/owner of Restoring Roots Landscape Co-op based in Jamaica Plain MA.

*Lilani Davidson*: Educator, co-founder/ co-owner of Broadfork Permaculture (cooperative) in Montague MA.

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**Food Forest Design - Planning an Urban Forest Garden** *(Introductory)*  
Sheehan Hall Dining Room | WKSP # 59

This interactive workshop will start with a visual walk through of the Boston Food Forest site at Boston Nature Center as we learn to identify patterns found in nature. We will then dive into basics of companion planting and polycultures – practicing how to design using niches. We will then brainstorm and discuss challenges specific to urban areas, including damaged soils.

*Orion Kriegman*: Director of Boston Food Forest Coalition

*Dan Schenk*: Forest Garden Coordinator at Boston Nature Center

*Judith D. Schwartz*
Get The Max From Your Garden -
Season Extension Strategies (Introductory)

Sullivan 102 | WKSP # 62
Season extension is very doable without the expense of big greenhouses or fancy equipment. Learn to use variety choice, seedlings instead of direct seeding, succession plantings, and simple methods of covering crops - in both spring and fall - to extend your season. Explore some simple building projects to add to your repertoire of season extension strategies.

Amy Frances LeBlanc: Tomato, garlic grower, market gardener, enthusiastic cook. Farm is in the foothills, Zone 4, season extension is a must!

Year-round Indoor Salad Gardening (Introductory)

LRC114 | WKSP # 63
In a few simple steps you can grow all the fresh salad greens you need for the winter months or throughout the entire year without a lot of special equipment. No lights, no pumps, no greenhouse needed. I will demonstrate the technique, show pictures of my Indoor Salad Garden and serve a salad to everyone to try.

Peter Burke: An avid gardener himself, author Peter Burke has been teaching garden classes since 2006 throughout the Northeast.

Jake Burke: Studied Sustainable Ag & Food Systems at Hampshire College; has been co-teaching with Peter for ten years.

Dehydrate Everything (Introductory)

Sullivan 108 | WKSP # 64
Dehydrating is easy, fun, saves money and is very healthy. At this workshop, I will show two types of dehydrators, and explore methods to dehydrate using the oven or car windshield. I will also share samples, answer questions, and take away the mystery of dehydrating food and craft items.

Carrie Novak: I have been a long term gardener and in the past two years have begun dehydrating nearly everything that I can think of.

Daniel Novak: I assist my wife in her gardening endeavors and enjoy helping her sample her dehydrated creations.

Ease Stress and Anxiety with Herbal Preparations (Introductory)

LRC121 | WKSP # 65
The northeast supports the growth of wild and cultivated herbs that calm the nervous system and repair the body from stress. Incorporating locally abundant herbs into our lives can invite prolonged relaxation for the body, mind, and spirit. Demonstrations of herbal teas, elixirs, honeys, and oils. Taste tests, recipes and references for sourcing herbs included.

Hannah Jacobson-Hardy: Community herbalist and wellness coach of Sweet Birch Herbals and owner of Full Moon Ghee.

Sustainable Hops Production for Home & Market (Introductory)

Sullivan 103 | WKSP # 66
Participants in this workshop will learn about the history, botany, and uses of the hop plant and what makes it an essential ingredient in beer. Participants will learn about current practices in the hop industry as well as techniques for propagation, cultivation, harvest, processing of hops on a small scale, for home use and marketing of hops to small brewers.

Laura Ten Eyck: Laura Ten Eyck co-authored The Hop Growers Handbook

Dietrich Gehring: Dietrich Gehring co-authored The Hop Growers Handbook

Growing Cut Flowers for CSA & Market (Introductory)

Sullivan 105 | WKSP # 67
Cut flowers can make a great addition to a CSA offering as well as to farmers market. Christina will present the basics of chemical free, local flower production in New England, including varieties, timing, tools, cultivation and mulching strategies, integration into crop rotation strategy, post-harvest handling, pricing and marketing.

Christina Dedora: Christina runs Blue Skys Farm, a 2-acre CSA and market farm, specializing in chemical-free flowers, vegetables & herbs.
Soap Making 101 (Introductory)
Sheehan Hall Faze 7 Dining Kiosk | WKSP # 68
Learn to make soaps using only pure essential oils, natural minerals and botanical ingredients to scent, color, and texture our finished products. Each student will get a crash course in aromatherapy and will go home with two or more bars of soap customized to your taste in class, plus complete instructions for doing larger batches at home.

Rosemary Roman Nolan: Teacher & entrepreneur with over a decade of experience sharing ways to make natural bodycare products.

Helping Family & Friends to Identify & Avoid GMOs (All Levels)
Sullivan 119 | WKSP # 69
You know how to avoid GMOs, but some of the people you care most about don’t share your concerns. Workshop participants will learn strategies, and information to effectively influence others to avoid GMO foods. Participants will share their own experiences. This important workshop is for anyone interested in protecting their family and friends from the dangers of GMOs.

Ed Stockman: Biologist, fourth generation farmer and co-founder of Mass Right To Know GMOs

Bee Hive Anatomy (Intro-Intermediate)
Sullivan 122 | WKSP # 70
Hive Anatomy will cover the various honeybees and the roles they play in the hive, the social structure of the bee hive, important roles workers play throughout their lives and the role of pollen, propolis, wax and honey within the hive. Equipment needs for start up will also be discussed.

Angela Roell: Angela Roell is the founder of Yard Birds Farm, a honeybee farm and education center in Western Massachusetts.

Action for Pollination Legislation (All Levels)
Sullivan 126 | WKSP # 71
Join with Rep. Carolyn Dykema, a champion for pollinators in the State House, organizer Martin Dagoberto and other guests, to hear the status of state-level legislation to protect pollinators. How can we use grassroots power to challenge the pesticide companies and other special interests who threaten our pollinators? Bee at this workshop to help us figure it out!

Carolyn Dykema: State Representative for 8th Middlesex District, chief sponsor of the proposed Pollinator Protection Act

Martin Dagoberto: Community organizer for food sovereignty and social justice, agroecology researcher, and bee advocate
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LOCAL SPECIALTY CROP TRADE SHOW

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www.bostonlocalfood.org
YOUTH CONFERENCE

All age groups check in to Wasylean Hall at 8:45. Allow time to leave parent information.

CHILDREN (Ages 3-8) | Wasylean Hall

9:00-10:30  Seed and Plant Material Collage
10:30-10:45  Snack Break
10:45-12:15  Paint a Farm
12:00-12:15  Clean Up/Parent Pick-up
12:15-1:15  Closed for Lunch
1:15  Drop Off
1:30-3:00  Music Time with Tad
3:00-4:30  Parade Crafts and Smoothies
3:30  Parade
4:30-5:15  Movie: The Magic School Bus in a Beehive & Clean up
5:15  Parent Pick-up

Seed and Plant Material Collage
After introducing ourselves to one another we will use seeds and plant materials to express ourselves through art collage.

Marie Patrice Masse, M.Ed. passionate teacher, grower, learner, The Seed Snatcher on Facebook.

Paint a Farm
We're going to read a book about a farm, sing, and make a big painting of a farm together! Our artwork will be hung up at the conference for everyone to enjoy.

Rachel Asarnow, Artist, organic gardener and teacher who teaches children and adults.

Music Time with Tad
Children will sing fun songs with Tad and his guitar, move to the beat and play percussion instruments.

Tad Hitchcock, Professional musician and music teacher. Loves moving and singing with young children and they love him!

Parade Crafts and Smoothies
We will make fun things to wear in the parade and noise makers or signs to carry. We will then march around the exhibit area once and back to our room for some smoothies.

Katie Rozenas, Avid environmentalist who loves working with children, farmers markets and goats.

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YOUTH CONFERENCE

YOUTH (Ages 9-12) | Student Center

9:00-10:30  Meet, Jam and Dance
10:30-10:45  Snack Break
10:45-12:15  WHAT’S THE BUZZ? Bees and Beekeeping
12:00-12:15  Clean Up/Parent Pick-up
12:15-1:15  Closed for Lunch
1:15  Drop Off
1:30-3:00  Learn Mindfulness through Song, Movement & Writing
3:00-4:30  Parade Crafts and Smoothies
3:30  Parade
4:30-5:15  Movie: The Magic School Bus in a Beehive or Composting Workshop (with teens) and Clean up
5:15  Parent Pick-up

Jam and Dance
We will begin with introductions, then play fun percussion jams and dance to dances from Amidon dance collections often used by music teachers.

Valerie Walton, Professional musician and music teacher who loves to teach dances and goof around with boomwhackers and percussion instruments.

WHAT’S THE BUZZ? Bees and Beekeeping
Learn about honeybees & their importance to the diversity of our food supply and also learn skills in working with bees wax.

Mel Gadd, Beekeeper who runs a beekeeping program at Drumlin Farm Wildlife Sanctuary

Learn Mindfulness through Song, Movement & Writing
We will improvise movements to accompany our singing of Dr. Sara’s adaptation of a song by Thich Nhat Hanh, then practice breath awareness by placing beanie babies on our bellies and watching them rise and fall. Then we will write Daily Details using our senses to inform our writing.

Sarah Epstein, Dr. Sara Epstein is a licensed psychologist and mindfulness practitioner. She also writes mindfulness songs and poems.

Parade Crafts and Smoothies
We will make fun things to wear in the parade and noise makers or signs to carry. We will then march around the exhibit area once and back to our room for some smoothies.

Katie Rozenas, Avid environmentalist who loves working with children, farmers markets and goats.
TEEN (Ages 13-17) | Student Center

Please note that teens are not supervised at all times by an adult. It is our hope that their activities will be monitored by the parents but that they will join us for the activities that we have arranged for them.

8:45 Arrival
9:00-10:30 Thinking About a Back Yard Dairy Goat?
10:30-10:45 Snack Break
10:45-12:15 Dispelling Myths of the Acorn: From Tree to Table
12:00-12:15 Clean Up/Parent Pick-up
12:15-1:15 Closed for Lunch
1:15 Drop Off
1:30-3:00 Re Purposed T-shirts!
3:00-3:45 Check out the exhibits and Join the Parade!
3:30 Parade
3:45-5:15 Introduction to Composting
5:15 Help clean up and Parent Pick-up

Thinking About a Back Yard Dairy Goat?
Our family has a small herd of dairy goats. We will present a basic workshop for kids, teens and beginners about what you need before you bring home your new goat(s). We will discuss basic health and well-being, housing and fencing considerations, feeding, to pasture or not to pasture (and what to do if you don’t have pasture), benefits to owning goats and what NOT to do.

Morgan Robertson-DuBois, Farm kid; Goat ownership ambassador
Desiree Robertson-DuBois, Farm Manager, Chestnut Hill Farm: Crazy goat lady in training

Dispelling Myths of the Acorn: From Tree to Table
Ever think to yourself, “I wish I could eat all those acorns littered on the ground?” Learn about North America’s most under-utilized wild food, how and when to harvest, and most importantly, how to process the acorn in this workshop. This workshop will be a combination of introductory lecture and hands-on: We will utilize ancestral and modern methods to process acorns.

Myles Green, Forager, beekeeper, gardener

Re Purposed T-shirts!
We’re going to turn old tees into new clothing and accessories. You can work from instructions, or your own ideas. I’ll have shirts, scissors and sewing stuff. Please also feel free to bring things from home. We’ll discuss ways clothing impacts the environment and the people who create it.

Rachel Asarnow, Artist, organic gardener and teacher who teaches children and adults.

Introduction to Composting
Come learn what it takes to build a great compost pile, how to tell if your compost is ready for use in your garden, and general best composting practices.

Emma Brown and Andy Brooks, Certified Master Composters
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<table>
<thead>
<tr>
<th>Room</th>
<th>WKSP #</th>
<th>WKSP Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>LRC114</td>
<td>5</td>
<td>Vining/fruiting crops in protected culture</td>
</tr>
<tr>
<td>LRC116</td>
<td>18</td>
<td>Solutions in Plain Sight: Water &amp; Regenerative Land Management</td>
</tr>
<tr>
<td>LRC117</td>
<td>16</td>
<td>Cultivating The Mycocosm: Fungal Explorations in your Woods &amp; Garden</td>
</tr>
<tr>
<td>LRC121</td>
<td>3</td>
<td>No-Till Crop Production with Compost/Biochar Blends</td>
</tr>
<tr>
<td>Sullivan 101</td>
<td>2</td>
<td>Pastured Poultry for Pleasure or Profit</td>
</tr>
<tr>
<td>Sullivan 102</td>
<td>19</td>
<td>Growing Community on a Suburban Permaculture Homestead</td>
</tr>
<tr>
<td>Sullivan 103</td>
<td>11</td>
<td>Scaling Up for Intermediated Markets</td>
</tr>
<tr>
<td>Sullivan 104</td>
<td>1</td>
<td>Increasing profit through regenerative grazing</td>
</tr>
<tr>
<td>Sullivan 105</td>
<td>13</td>
<td>NUBIA: Growing Food and Community in Boston</td>
</tr>
<tr>
<td>Sullivan 106</td>
<td>12</td>
<td>Growing Grain in New England</td>
</tr>
<tr>
<td>Sullivan 107</td>
<td>4</td>
<td>The Food Safety Modernization Act: What to Expect in MA</td>
</tr>
<tr>
<td>Sullivan 108</td>
<td>6</td>
<td>Assessing and Improving Soil Health</td>
</tr>
<tr>
<td>Sullivan 109</td>
<td>7</td>
<td>Ghost Acres &amp; Carbon Sequestration</td>
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<td>Making Kefir and Kefir Cheese</td>
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<td>The Up-to-Date Advantages of Heirloom Vegetables</td>
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<td>Landscaping to Support Beneficial Insects in New England</td>
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<td>Healthy Bees Require Management</td>
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<td>Nanoparticles in Food: The New GMOs</td>
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<td>A Farming Sabbatical: Impossible or essential?</td>
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<td>Sheehan Hall</td>
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<td>Achieving a Living Wage for Farmer &amp; Farm Worker</td>
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<td>Sheehan Hall</td>
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<td>Natural Dyeing with Wool</td>
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# Workshop Grid

## Session 2 | 1:30-3:00PM

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<td>Advanced growing vining/fruiting crops in protected culture</td>
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<td>Seedling Production for Spring Revenue</td>
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<td>Intensive No-Till Vegetable Production</td>
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<td>Indoor Mushroom Cultivation</td>
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<td>On-Farm compost pile for effective green waste ‘disposal’</td>
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<td>Successful Rotational Grazing using Electric Netting</td>
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<td>Herbal Antibiotics &amp; Antivirals for Colds, Flus &amp; Prevention</td>
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<td>26</td>
<td>Keeping Happy Healthy Hogs</td>
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<td>36</td>
<td>Principles of Biological Systems &amp; Implications</td>
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<td>Farming with Beneficial Insects</td>
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<td>The Basics of Biochar</td>
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<td>Resilient Water Systems For Drought and Flood</td>
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<td>Stand-alone solar-powered automated drip irrigation system</td>
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<td>Gardening Across Generations and Cultures: A Teaching Model</td>
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<td>Enhanced Productivity for Spring and Summer Gardens</td>
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<td>The Beekeeper’s Year</td>
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<td>SARE-Research on Disease Control in Winter Spinach Tunnels</td>
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<td>Int2</td>
<td>(Full Day Intensive): Bed Management</td>
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<td>Gaining power and a seat at the table</td>
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<td>Microorganisms: the Unseen Workers of the World</td>
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<td>Practical Ways of Building Soil Carbon and Farm Viability</td>
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<td>Sheehan Hall Dining Room</td>
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<td>Is it Worth it to Grow Bok Choi?</td>
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<td>Healthy Cooking with Culinary Professionals</td>
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## Session 3 | 3:45-5:15AM

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<td>Year-round Indoor Salad Gardening</td>
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<td>61</td>
<td>Backyard Organic Farming</td>
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<td>Growing Drought Resistant Vegetable Crops</td>
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<td>Ease Stress and Anxiety with Herbal Preparations</td>
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<td>Cover Crop Mixtures for Soil Health</td>
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<td>Sullivan 102</td>
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<td>Get The Max From Your Garden - Season Extension Strategies</td>
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<td>Sustainable, Small-Scale Production for Home &amp; Market</td>
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<td>Advanced Seed Saving for the Farm and Garden</td>
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<td>Growing Cut Flowers for CSA &amp; Market</td>
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<td>Organic Certification: Boon or Bother?</td>
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<td>Oxen in the Field &amp; Woodlot</td>
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<td>Dehydrate Everything</td>
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<td>Using Biochar in Organic Growing Systems</td>
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<td>Starting a Permaculture-based Edible Landscaping Business</td>
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<td>Goats Are A Girl’s (And the Soil’s) Best Friend</td>
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<td>Bee Hive Anatomy</td>
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<td>Action for Pollination Legislation</td>
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<td>(Full Day Intensive): Bed Management: Soil, Compost &amp; Mulch</td>
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<td>53</td>
<td>Carbon Farming: A Roundtable Discussion</td>
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<tr>
<td>Student Center Foster Room</td>
<td>54</td>
<td>Magic Numbers: Arithmetic for Farm Viability</td>
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<tr>
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<td>48</td>
<td>The Independent Farmstead: feeding the farm from the farm</td>
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<tr>
<td>Sheehan Hall Dining Room</td>
<td>59</td>
<td>Food Forest Design - Planning an Urban Forest Garden</td>
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<tr>
<td>Sheehan Hall FAZE 7 Dining Kiosk</td>
<td>68</td>
<td>Soapmaking 101</td>
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<td><strong>Noel Allen</strong>, 9 Castle St, #1, Worcester, MA 01604  508-799-9139 Ext 105, <a href="mailto:farmersmarket@recworcester.org">farmersmarket@recworcester.org</a></td>
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<td><strong>Betsy Alspach</strong>, 12 Highland St., South Easton, MA 02375  <a href="mailto:Betsyalspach@yahoo.com">Betsyalspach@yahoo.com</a></td>
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<td>Youth</td>
<td><strong>Rachel Asarnow</strong>, 1 Tower Drive, Maplewood, NJ 07040  617-718-2152, <a href="mailto:rachel.asarnow@gmail.com">rachel.asarnow@gmail.com</a></td>
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<td><strong>Emily Barbour</strong>, 617-982-3731, <a href="mailto:e.barbour@nubianet.net">e.barbour@nubianet.net</a></td>
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<td><strong>Louis Battalen</strong>, 125 Tatro Road, Ashfield, MA 01330  413-625.9048, <a href="mailto:louis@topoftheforest.com">louis@topoftheforest.com</a></td>
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<td><strong>Darryl Benjamin</strong>, 4 Isabel Circle, Montpelier, VT 05602  802-585-5855, <a href="mailto:darryl@realfoodseminars.com">darryl@realfoodseminars.com</a></td>
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<td><strong>Michael Botelho</strong>, Massachusetts Department of Agricultural Resources (MDAR), 251 Causeway St, Suite 500, Boston, MA 02114  617-626-1721, <a href="mailto:Michael.Botelho@state.ma.us">Michael.Botelho@state.ma.us</a></td>
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<td><strong>Bill Braun</strong>, Westport, MA, <a href="mailto:williamjbraun@gmail.com">williamjbraun@gmail.com</a></td>
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<td><strong>Andy Brooks</strong>, 17 Dalrymple St, Jamaica Plain, MA 02130  <a href="mailto:bootstrapcompost@gmail.com">bootstrapcompost@gmail.com</a></td>
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<td><strong>Andrew Brousseau</strong>, <a href="mailto:abrousseau@gmail.com">abrousseau@gmail.com</a></td>
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<td><strong>Emma Brown</strong>, 456 Medford St #5, Somerville, MA 02145  <a href="mailto:emma@bootstrapcompost.com">emma@bootstrapcompost.com</a></td>
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<td><strong>Peter Burke</strong>, 2930 Dugar Brook Road, Calais, VT 05648  802-477-2464, <a href="mailto:tdgarden@aol.com">tdgarden@aol.com</a></td>
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<td><strong>Jake Burke</strong>, 2930 Dugar Brook Road, Calais, VT 05648  802-477-2262, <a href="mailto:jpburkus@gmail.com">jpburkus@gmail.com</a></td>
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<td><strong>Brian Caldwell</strong>, MS, 519 Bradfield Hall, Ithaca, NY, 14853  607-280-3652, <a href="mailto:bac11@cornell.edu">bac11@cornell.edu</a></td>
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<td><strong>Derek Christianson</strong>, 858 Tucker Road, Dartmouth, MA 02747  508-992-1868, <a href="mailto:derekchristianson@gmail.com">derekchristianson@gmail.com</a></td>
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<td><strong>Emily Cole</strong>, Ph.D., <a href="mailto:ecole@westfield.ma.edu">ecole@westfield.ma.edu</a></td>
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<td><strong>Dan Conlon</strong>, 2 South Mill River Rd., South Deerfield, MA 01373  413-665-4513, <a href="mailto:warmcolors@verizon.net">warmcolors@verizon.net</a></td>
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<td><strong>Sophie Courser</strong>, <a href="mailto:sophie.courser@gmail.com">sophie.courser@gmail.com</a></td>
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<td><strong>Martin Dagoberto</strong>, 508-361-0136, <a href="mailto:radoptimist@gmail.com">radoptimist@gmail.com</a></td>
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<td><strong>Lilani Davidson</strong></td>
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<td><strong>Christina Dedora</strong>, <a href="mailto:blueskysfarm@gmail.com">blueskysfarm@gmail.com</a></td>
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<td><strong>Alex Dorr</strong>, 891 Bay Rd, Amherst MA 10002, <a href="mailto:bear198@hotmail.com">bear198@hotmail.com</a></td>
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<td><strong>Shawn Dougherty</strong>, 210 Burge Rd., Toronto, OH, 43964  740-537-5178, <a href="mailto:shawnandbeth@att.net">shawnandbeth@att.net</a></td>
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<td><strong>Beth Dougherty</strong>, 210 Burge Rd., Toronto, OH, 43964  740-537-5178, <a href="mailto:shawnandbeth@att.net">shawnandbeth@att.net</a></td>
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<td><strong>Sara Epstein</strong>, 5 Davey Lane, Winchester, MA 01890  781-864-9088, <a href="mailto:sara@drsaraepstein.com">sara@drsaraepstein.com</a></td>
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<td><strong>Julie Fine</strong>, 413-531-0425, <a href="mailto:jsfine@umass.edu">jsfine@umass.edu</a></td>
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<td><strong>Maria Smith</strong></td>
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<td><strong>Jarrod Fowler</strong>, <a href="mailto:jarrod@xerces.org">jarrod@xerces.org</a></td>
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<td><strong>Mel Gadd</strong>, 43 Cottage Street, Cambridge, MA 02139  617-504-3263, <a href="mailto:melbeekeeper24@gmail.com">melbeekeeper24@gmail.com</a></td>
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<td><strong>Dietrich Gehring</strong>, 287 Altamont Rd., Altamont, NY 12009, 518-577-1484</td>
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<td><strong>Christie Higginbottom</strong>, 26 Craig Street, Rochdale, MA 01542  <a href="mailto:cjh-garden@earthlink.net">cjh-garden@earthlink.net</a></td>
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<td><strong>Melissa Hoffer</strong>, 763 Old Stage Road, Barre, MA 01005  978-505-8545, <a href="mailto:Melissa.hoffer@gmail.com">Melissa.hoffer@gmail.com</a></td>
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<td><strong>Allison Houghton</strong>, <a href="mailto:ahoughton@nofamass.org">ahoughton@nofamass.org</a></td>
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<td><strong>Grant Ingle</strong>, Ph.D.</td>
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<td><strong>Hannah Jacobson-Hardy</strong>, PO Box 50, Montague, MA 01351  413-695-9568, <a href="mailto:sweetbirchherbals@gmail.com">sweetbirchherbals@gmail.com</a></td>
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<td><strong>Paul Kaiser</strong>, MSD, MNRM, 1301 Ferguson Rd, Sebastopol, CA 95472 707-829-1389, <a href="mailto:info@singingfrogsfarm.com">info@singingfrogsfarm.com</a></td>
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<td>Int1-3</td>
<td><strong>Elizabeth Kaiser</strong>, MSN, MPH, 1301 Ferguson Rd, Sebastopol, CA 95472 707-829-1389, <a href="mailto:info@singingfrogsfarm.com">info@singingfrogsfarm.com</a></td>
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<td><strong>Chris Kantlehner</strong>, <a href="mailto:info@whitebarnfarm.org">info@whitebarnfarm.org</a></td>
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<td><strong>Elizabeth Keen</strong>, 57 Jug End Road, South Egremont, MA 01230 413-528-8301, <a href="mailto:elizabeth@indianlinefarm.com">elizabeth@indianlinefarm.com</a></td>
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<td>12</td>
<td><strong>Noah Kellerman</strong>, 94 John Wise Ave, Essex, MA 01929 978 273 9339, <a href="mailto:noah@alprillafarm.com">noah@alprillafarm.com</a></td>
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<td><strong>Kristen Kilfoyle</strong>, 662 Bradford Road, Newport, NH 03773 <a href="mailto:kristen.kilfoyle@gmail.com">kristen.kilfoyle@gmail.com</a></td>
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<td>29/53</td>
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<td>36</td>
<td><strong>Dan Kittredge</strong>, 24 Hillside Road, North Brookfield, MA 01535 978-257-2627, <a href="mailto:dan@bionutrient.org">dan@bionutrient.org</a></td>
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<td>59</td>
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<td>62</td>
<td><strong>Amy Frances LeBlanc</strong>, P.O. Box 273, East Wilton, Maine 04234 207-778-2685, <a href="mailto:amy@whitehillfarm.com">amy@whitehillfarm.com</a></td>
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<td>Youth</td>
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<td>4</td>
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<td><strong>Noah McKenna</strong>, 857-498-2732, <a href="mailto:Noah@restoringroots.net">Noah@restoringroots.net</a></td>
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<td>52</td>
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<td>5/33</td>
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<td>64</td>
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<td><strong>Bryan O’Hara</strong>, 373 Tobacco St., Lebanon, CT 06249</td>
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<td>45</td>
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<td>Chris Yoder</td>
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