

OHIO'S LARGEST SUSTAINABLE FOOD AND FARM CONFERENCE

35TH
ANNUAL



FEBRUARY
15-16

GRANVILLE
OHIO

AFFIRMING OUR ROOTS. BREAKING NEW GROUND



OEFFA CONFERENCE 2014

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OEFFA's 35TH ANNUAL CONFERENCE

FEBRUARY 15-16

AFFIRMING OUR ROOTS. BREAKING NEW GROUND

GRANVILLE, OH

Welcome to OEFFA's 35th Annual Conference!

Each summer, OEFFA staff engage in a sport called "Name that Conference!" Some years, one title easily stands out from the long list of possibilities and a winner emerges quickly. This last summer was different. We accumulated the longest list ever and puzzled over the 2014 conference title. We created many paired phrases and recombined and reordered them. Why such angst? Perhaps because holding the 35th annual OEFFA conference is a major milestone and we wanted badly to give it a title that would honor the occasion.

When we finally said it the first time, we knew we had it: *Affirming Our Roots, Breaking New Ground*. For 35 years, OEFFA has been steadfastly committed to its root cause of creating and promoting farms and food which are good for the environment, communities, and families. While staying true to that mission, with great excitement we look to the future to create new opportunities for farmers, food entrepreneurs, and those that support them.

Over the next two days we will celebrate OEFFA's successes and, as always, feast on delicious homegrown food and the equally hearty food for thought featured in our workshops, keynote sessions, and exhibit area. If this is your first time attending the OEFFA conference, we welcome you warmly! May you, like so many before you, find a new and comfortable home as you get to know OEFFA and its members. If you are returning to the conference from earlier years, we wish you a productive weekend of deepening your knowledge, improving your skills, and renewing old friendships.

On behalf of the staff, board, and volunteers, thank you for joining us and for being part of OEFFA's very special 35th annual conference. Let us collectively envision the next 35 years and mark this weekend as the moment when we committed to work together to achieve that vision for the future.



Carol Goland, Ph.D.
OEFFA Executive Director



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SCHEDULE AT A GLANCE

Saturday, February 15

8:00-9:00 a.m. Registration and Volunteer Check-In; Raffle-Rama Begins

9:00 a.m. Exhibit Hall and Book and Raffle Room Open

9:00-9:15 a.m. Welcome Announcements [Auditorium]

Carol Goland, OEFA Executive Director

Mary Ida Compton, OEFA Board President

Senator Sherrod Brown, Remote Greeting

9:30-11:30 a.m. Workshop Session I

Long Workshop (Session I, 9:30-11:30 a.m.)

Short Workshop (Session I A, 9:30-10:25 a.m.)

Short Workshop (Session I B, 10:35-11:30 a.m.)

11:30 a.m.-12:30 p.m. Exhibit Hall and Book and Raffle Room Break

12:30-1:30 p.m. Lunch [Dining Area]

1:45-3:45 p.m. Workshop Session II

Long Workshop (Session II, 1:45-3:45 p.m.)

Short Workshop (Session II A, 1:45-2:40 p.m.)

Short Workshop (Session II B, 2:50-3:45 p.m.)

3:30 p.m. Raffle-Rama Winners Drawn [Book and Raffle Room]

4:00-5:15 p.m. Keynote Session and Stewardship Award Announcement [Auditorium]

Atina Diffley Presented by Northstar Café

Farmers as Role Models and Leaders: Protecting Nature and Creating Social Change

Introduced by Jake Tretheway, Maplestar Farm

5:15-6:15 p.m. Business Meeting* [Auditorium]

6:15-7:15 p.m. Dinner [Dining Area]

6:30 p.m. Exhibit Hall and Book and Raffle Room Close

7:30-9:15 p.m. Contra Dance with the Back Porch Swing Band* [Dining Area]

Film Screening—*Network Theory** [Auditorium]

Sunday, February 16

8:30-9:15 a.m. Non-Denominational Service [Room B]

9:00 a.m. Exhibit Hall and Book and Raffle Room Open

9:30-11:30 a.m. Workshop Session III

Long Workshop (Session III, 9:30-11:30 a.m.)

Short Workshop (Session III A, 9:30-10:25 a.m.)

Short Workshop (Session III B, 10:35-11:30 a.m.)

11:30 a.m.-12:15 p.m. Exhibit Hall and Book and Raffle Room Break

12:15-1:15 p.m. Lunch [Dining Area]

1:30-2:30 p.m. Workshop Session IV

2:45-4:15 p.m. Keynote Session, Service Award Announcement, and Closing Remarks [Auditorium]

Kathleen Merrigan Presented by Chipotle Mexican Grill

Dysfunctional DC Matters: Ten Reasons to Stay Engaged in Federal Agricultural Policy

Introduced by Bruce McPherson, Vice President for Agricultural Administration and Dean of the College of Food, Agricultural, and Environmental Science, Ohio State University

3:00 p.m. Exhibit Hall and Book and Raffle Room Close

*OEFA members are invited to attend the business meeting and the evening entertainment at no cost. The Exhibit Hall and Book and Raffle Room are also free and open to the public from 5:15-6:30 p.m. on Saturday. All other conference events require advance paid registration.

TEEN CONFERENCE

(Ages 12-15)

Saturday: 8:30 a.m.-12:30 p.m., 1:30-6:15 p.m.*

Sunday: 9:00 a.m.-12:15 p.m., 1:15-4:15 p.m.*

Teenagers will have the opportunity to create an individualized schedule and will choose from a variety of options such as attending workshops, volunteering, food preparation, and hands-on projects like building rocket stoves, felting wool wall hangings, or creating a video documentary of the conference. A full schedule of each day's activities is available at the registration area and Teen Conference classroom.

KIDS' CONFERENCE

(Ages 6-12)

Saturday: 8:30 a.m.-12:30 p.m., 1:30-6:15 p.m.*

Sunday: 9:00 a.m.-12:15 p.m., 1:15-4:15 p.m.*



This year's Kids' Conference, organized by Christa Hein of Bring the Farm to You (www.bringthefarmtoyou.com), will be a fun and artistic learning adventure! Kids will become "real food advocates" as they design t-shirts, bumper stickers, and magnets with art teachers Cynthia Walters and Rebecca Kardas. Musician Joanie Calem will get the kids up and moving with her interactive music,

movement, and story program. The children will become "soil sleuths" with Denise Natoli Brooks from the Licking County Soil and Water Conservation District and they'll make candles with Celia Kahle from Story Creek Studios. Kat Christen, Antioch College's Farm Manager, will lead the kids in a seed art activity that's for the birds and local artist and musician Vanessa Prentice will guide them through some unconventional fruit and veggie art. Kids will indulge in their own homemade butter and ice cream with the help of Joy Lloyd from Snowville Creamery and Christa Hein. Games, puppets, and creative free play will round out this fun and engaging Kids' Conference.

JOYFUL CHILD PLAYROOM

(Ages 5 and under)

Saturday: 8:30 a.m.-12:30 p.m., 1:30-6:15 p.m.*

Sunday: 9:00 a.m.-12:15 p.m., 1:15-4:15 p.m.*

The Joyful Child Playroom is organized by Megan DeLaurentis.

***Attention Parents: Please be sure to pick up your children at the designated times! Only children and teens that have pre-registered for these activities may participate.**

NCR-SARE-FARMERS-FORUM



OEFA is excited to welcome the North Central Regional Sustainable Agriculture Research and Education (NCR-SARE) program's Farmers Forum to this year's conference. The forum will feature 21 farmers, educators, veterinarians, students, and others funded by NCR-SARE grants who will share information about their sustainable agriculture research, demonstration, and education projects.

The Farmers Forum will be offered as a special conference track, with additional projects featured in other tracks. Look for the SARE logo next to each Farmers Forum workshop description.

SATURDAY ♦ EVENING ENTERTAINMENT

Join us Saturday night from 7:30-9:15 p.m. for two great entertainment options:

Contra Dance with the Back Porch Swing Band

If you're looking for a band with swingin' rhythm and old timey flavor, look no further! Stretch those legs, join us for dancing in the Dining Area, and get to know your fellow OEFFA members a little better. The Back Porch Swing Band will lead novice and experienced dancers alike in a romping good time.

Film Screening - *Network Theory*



Join us in the Auditorium for a screening of *Network Theory*. Filmed in Appalachian Ohio, the film features a worker-owned restaurant, a pizzeria, a community cannery, a farm, and an urban garden to demonstrate the emerging power of collaborative, cross-regional networks to create a community-based food economy and stimulate large-scale change. Discussion with the filmmaker, Brad Masi, will follow the screening.

NON ♦ DENOMINATIONAL ♦ SERVICE

Sunday: 8:30-9:15 a.m. Room B

Join us for spiritual nurturing and community, with plenty of time for questions and discussion. Pastor Charlie Frye will explore the concept of dominion, and how that mandates our role to steward our natural resources and livestock, and strongly underlines the link to sustainable agriculture. Charlie will also discuss why God instructed Adam and Eve to leave alone the tree of the knowledge of good and evil, as well as the uses of mystery and its connection to stewarding our natural resources.

Charlie, a past president of the OEFFA board, served as a United Methodist pastor for 30 years. He and his wife Nancy have been OEFFA members for more than 30 years and live on 50 acres in Ashland County, which includes a garden and 40 heirloom fruit trees, blueberries, and asparagus plants.

If you are interested in attending a denominational service, a list of area places to worship is available at the registration table.

VOLUNTEERS

The OEFFA conference is a unique event. Staff rely on the dedicated work of volunteers like you to help us plan and run the conference.

Your participation is crucial to an enjoyable and educational weekend event. If you find a problem, see someone who needs a helping hand, or can in some small way help to make things run smoothly, please pitch in and help resolve the situation.



We also need volunteers to help tear down on Sunday, February 17, immediately following the end of the conference. Many hands make light work!

CONFERENCE ♦ RECORDINGS

With more than 100 workshops offered, how do you choose? You don't have to! Conference recordings provided by Dove Conference Services will give you the choice of purchasing individual workshops and keynote presentations or the complete set for one low price on CD or MP3.

Order on-site by visiting the Dove booth located by the registration area. Order online after the event at www.dovecds.com/oeffa or call (800) 233-DOVE Ext. 116.

OEFFA ♦ MERCHANDISE



Do you love this year's conference artwork, courtesy of Kevin Morgan Studios? Then take it home! A small quantity of limited edition **posters** signed by the artist will be available for sale in the Book and Raffle Room while supplies last.



Glass mason jar coffee mugs (complete with a cuppow lid!) and **water bottles** will also be for sale at the bagel table near the registration area. Other OEFFA merchandise, including **t-shirts**, **baseball caps**, **aluminum signs**, and **organic logo stickers** will be available for sale at the OEFFA booth in the Book and Raffle Room.

MEETING ♦ ANNOUNCEMENTS

Lake Effect Chapter Meeting

Saturday: 11:45 a.m.-12:00 p.m., Room D

Join OEFFA's Lake Effect chapter for a brief conversation about the chapter's goals in 2014. Northeast Ohio members in particular are encouraged to come and meet other passionate sustainable agriculture advocates in their area and learn more about the chapter and its activities. Come ready to engage!

Food Hub Networking Meeting

Saturday: 11:45 a.m., Room C

Join Leslie Schaller of ACEnet for an informal networking meeting of food hub stakeholders. Anyone who is involved in food hub development, regional branding, and collaborative distribution, or just getting started in thinking through these models in their community, is encouraged to come and meet their colleagues engaging in this important work all over Ohio.

We Value Your Opinion!

Please remember to turn in your conference evaluation form to the registration area or mail your form to OEFFA, 41 Crosswell Rd. Columbus, OH 43214. Two submitted forms will be selected at random to receive a great prize.



ATINA DIFFLEY

Saturday, February 15—4:00-5:15 p.m.

Farmers as Role Models and Leaders: Protecting Nature and Creating Social Change

Organic farmer, consultant, activist, and author Atina Diffley and her husband, Martin, operated Gardens of Eagan in Eagan, Minnesota, one of the Midwest's first certified organic produce farms, and now provide consulting through their business, Organic Farming Works.

She is a co-editor of *Wholesale Success: A Farmer's Guide to Food Safety, Post-Harvest Handling, Packing, and Selling Produce*, a publication of Familyfarmed.org, and is their lead trainer on food safety, post-harvest handling, and wholesale marketing issues.

Diffley's autobiographical memoir, *Turn Here Sweet Corn: Organic Farming Works*, explores the Diffleys' unbreakable commitment to their land, the impacts of suburban sprawl and pipeline development in their community, and the struggles and triumphs that farmers face every day.

Diffley was named Successful Farmer of the Year in 2008 by EcoFarm and Organic Farmer of the Year in 2004 by the Midwest Organic and Sustainable Education Service (MOSES). She currently serves on the board for the Organic Seed Alliance and the Minnesota Institute of Sustainable Agriculture.

Her keynote address will explore how farmers are the crucial link between the land and the people who take their nourishment from the land. Diffley will argue that as stewards of the soil and water, farmers can be powerful advocates for the environment. She will discuss how farmers can help role model, educate, and lead in order to protect nature and create social change.

On Saturday at 9:30 a.m., Diffley will lead a one hour workshop, *Engaging in Policy to Protect Organic Farms*. She will describe how she led a successful legal and citizen campaign against Koch Industries to reroute a crude oil pipeline to protect organic farmland and create an Organic Mitigation Plan.



KATHLEEN MERRIGAN

Sunday, February 16—2:45-4:00 p.m.

Dysfunctional DC Matters: Ten Reasons to Stay Engaged in Federal Agricultural Policy

Kathleen Merrigan served as U.S. Deputy Secretary of Agriculture from 2009 to 2013. Before joining the U.S. Department of Agriculture (USDA), Merrigan spent six years as a top aide to Senator Patrick Leahy, former chair of the Senate Agriculture, Nutrition, and Forestry Committee. There, she helped write the original law that created the National Organic Program to establish organic standards and a certification process for organic farms and processors. From 1999 to 2001, she helped to implement the new organic rules as head of the USDA's Agricultural Marketing Service, the agency which oversees the organic program.

As Deputy Secretary, Merrigan oversaw the day-to-day operations of the USDA. She played a vital role in developing the department's *Know Your Farmer, Know Your Food* initiative, championed a national Farm to School program and funding for farmers to build hoop houses, and served as a strong advocate for the organic program, organic farmers, and local food systems.

Merrigan holds a Ph.D. from the Massachusetts Institute of Technology and spent eight years as director of the Agriculture, Food, and Environment graduate program at Tufts University. She has also been engaged in agricultural policy through positions at the Henry A. Wallace Institute for Alternative Agriculture, the Texas Department of Agriculture, and the Massachusetts State Senate. She is currently a consultant and professional speaker at Merrigan Consulting.

During her keynote address, Merrigan will explore why engaging in federal agricultural policy still matters despite political gridlock, identify targets for policy reform, and explain how producers and conscientious eaters can achieve real social change.

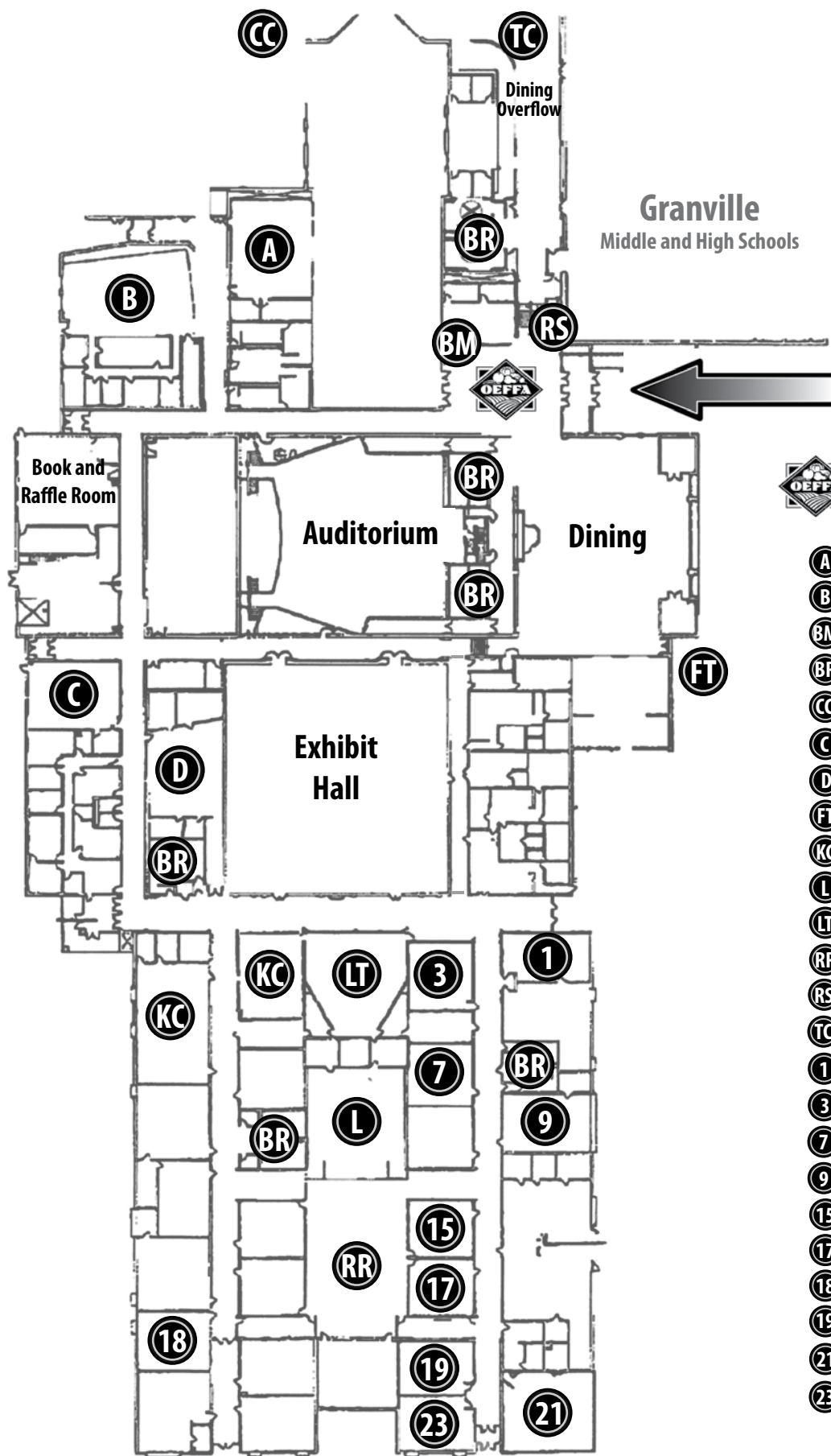
On Sunday at 10:35 a.m., Merrigan will lead a one hour workshop, *Show Me the Money: Farming Federal Programs*. She will explain what federal programs are available to farms, nonprofits, and businesses seeking assistance to build local and regional food systems.

Presented by Northstar Café



Presented by Chipotle Mexican Grill





ENTRANCE



Registration and Information

- (A)** Room A
- (B)** Room B
- (BM)** Bagel and Mug Sales
- (BR)** Bathroom
- (CC)** Child Care (ages 0-5)
- (C)** Room C
- (D)** Room D
- (FT)** Food Truck
- (KC)** Kids Conference (ages 6-12)
- (L)** Library
- (LT)** Little Theatre
- (RR)** Resource Room
- (RS)** Recording Service
- (TC)** Teen Conference (ages 12-15)
- (1)** Room 1
- (3)** Room 3
- (7)** Room 7
- (9)** Room 9
- (15)** Room 15
- (17)** Room 17
- (18)** Room 18, Media Room
- (19)** Room 19
- (21)** Room 21
- (23)** Room 23

EXHIBIT HALL

SATURDAY: 9:00 a.m.-6:30 p.m. **SUNDAY:** 9:00 a.m.-3:00 p.m.



The Exhibit Halls will feature dozens of businesses, non-profits, and government agencies from across Ohio and the U.S. offering an array of food, books, farm and garden products, tools, information, and services. For a complete list of exhibitors, see pg. 40.

Learn More about Reducing Your Workers Compensation Payments

OEFFA announces a partnership with the Frank Gates Company to help OEFFA members reduce their payments to the Ohio Bureau of Workers Compensation. Please stop by the Frank Gates booth in the Exhibit Hall to find out more about how you can save by participating in OEFFA's Group Rating Program.

Learn More about Solar Electric Workshops Sponsored by OEFFA

OEFFA will be partnering with Blue Rock Station to offer two solar photovoltaic (PV) courses on June 16-20 in Columbus and November 10-14 in Wooster. With prices for PV systems falling and demand exploding, systems are suddenly economical for nearly every home or farm. During these five-day training courses, you will learn how to design and install photovoltaic systems. At the end of the week, you can sit for an internationally recognized certification examination. Visit Blue Rock Station's booth in the Exhibit Hall to learn more about the workshops.

BOOK AND RAFFLE ROOM

SATURDAY: 9:00 a.m.-6:30 p.m. **SUNDAY:** 9:00 a.m.-3:00 p.m.

OEFFA'S BOOK TABLE

New and used books will be available for sale. Donate your gently used farm and food books at OEFFA's book table during the conference. Sales support OEFFA's work and make affordable books available to others.

BOOK SIGNINGS



On Saturday, meet author and blogger **Gene Logsdon**, who will be signing copies of his new book, *Gene Everlasting: A Contrary Farmer's Thoughts on Living Forever*.



Keynote speaker **Atina Diffley** will be available on Saturday from 11:30 a.m.-12:30 p.m. and from 5:30-6:30 p.m. to sign her book, *Turn Here Sweet Corn: Organic Farming Works*.



Mark Shepard will be signing his book, *Restoration Agriculture: Perennial Permaculture for the Farm*, Sunday from 11:30 a.m.-12:15 p.m. and throughout the weekend at his booth in the Exhibit Hall.



Saturday Only—Winners drawn at 3:30 p.m.

Find a variety of wonderful products and services up for raffle. Items include books, cheese, seeds, gift certificates, and so much more!

Winners will be drawn at 3:30 p.m. Saturday, and winners' names will be posted in the Book and Raffle Room and outside the Auditorium by 4 p.m. Prizes must be picked up by the end of the day Saturday.

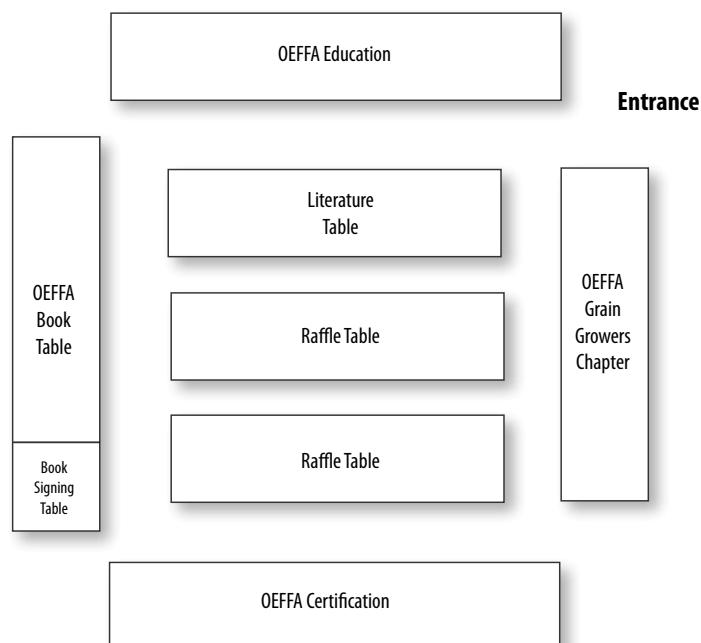
Purchase raffle tickets and deposit as many as you want in the container(s) of the item(s) you'd like to win. Raffle tickets cost \$1 each, 6 for \$5, or 25 for \$20 and are available in the Book and Raffle Room. The more tickets you buy, the better your chances to win! All sales will support OEFFA's educational work.

OEFFA INFORMATION AND CERTIFICATION ASSISTANCE

OEFFA Education Program and OEFFA Certification staff will be available for questions throughout the weekend. Visit the OEFFA tables to:

- Receive organic certification assistance. Get your certification questions answered. Find out more about the organic certification process, organic standards, and certification guidelines. Get one-on-one help with your paperwork;
- Learn more about OEFFA, our educational work, and becoming a member;
- Learn more about OEFFA's grassroots policy work and how you can make a difference;
- Meet OEFFA's Grain Growers Chapter and learn how you can get involved; and
- Voice your opinions and ideas to help us improve our work.

BOOK AND RAFFLE ROOM MAP



Booth placement subject to change

EXHIBIT HALL MAP

SATURDAY: 9:00 a.m.-6:30 p.m. **SUNDAY:** 9:00 a.m.-3:00 p.m.

Entrance

Entrance

Jorgensen Farms		Snowville Creamery	Whole Foods Market	OSU School of Environment and Natural Resources	Green Field Farms Co-op	Organic Valley CROPP Cooperative		Columbus Irrigation
HyR BRIX Fertilizer								Fox Run Produce and Education Center
Humane Society of the United States	Frank Gates	High Mowing Organic Seeds		Hinton Apiaries	Sustainable Poultry Network	Albert Lea Seed House	Living Soil Ohio	Landmark Distribution Group
Fertrell	USDA NASS	HardScrabble Enterprises/ Radioactive Waste Alert		Ohio Rights Group	Rural Life Center	Blue River Hybrids	Rural Action	Ohio Farmers Union
Holmes Laboratory	USDA NRCS	Ag Inputs Plus		KSU Ohio Employee Ownership Center	We're All Nuts	CSU WCIRM	Shagbark Seed and Mill	Hiland Supply/ Agri-Dynamics
Nature Safe	Ohio SWCD	Forest Agriculture Enterprises		Ohio Produce Growers and Marketers Association	Elite Nutrition	Ohio Farmers Market Managers Network	Serendipity	Water Your Landscape/ Favorite Garden Tools
Herbal Lodge	Center Seeds	Terra Biotics		Natural Approach Farm Store	Jubilee Gardens	Iroquois Valley Farms	Zane State College	Great Lakes Organic Feed Mill
Ohio Earth Food	Zimmerman's High Tunnels	OSU Sustainable Agriculture Team		D.I.Y. Sprouts	Cisco Companies	Slow Food Columbus	SunOpta	Antioch College
Ridgway Hatchery	OSU OARDC OFFER			NCAT/ ATTRA	Blue Rock Station/ Willow Farmer	Swainway Urban Farm/City Folks Farm Shop	Ohio AgrAbility Program	
Mockingbird Meadows								Earth Tools
			Grean BEAN Delivery	SARE	Canal Junction Farmstead Cheese/Ohio Cheese Guild	Raisin Rack Natural Food Market	DNO Produce	

Entrance

Entrance

Booth placement subject to change

2014 OEFFA CONFERENCE SPONSORS



PRESENTING SPONSORS

CHIPOTLE MEXICAN GRILL

Presenting Kathleen Merrigan

Chipotle is committed to using ingredients raised responsibly—with respect for the farmers, the animals, and the environment. We take pride in sourcing as many of our high quality ingredients as we can from local and family farmers who are committed to sustainable agriculture. It is an active process of working back along the food chain. It means going beyond distributors to discover how our vegetables are grown, and being cognizant of how our pigs, cows, and chickens are raised. For more on our dedication to sustainability, visit www.chipotle.com.

NORTHSTAR CAFÉ

Presenting Atina Diffley

Northstar Café and Third and Hollywood are Columbus restaurants featuring imaginative menus of New American cuisine with a healthful emphasis on organic ingredients, smart service, and award winning design. Learn more at www.thenorthstarcafe.com or www.thirdandhollywood.com.

SUSTAINERS

JENI'S SPLENDID ICE CREAM

Every day we're surrounded by an ice cream-making crew of artists, writers, photographers, bakers, big-brain mathletes, travelers with omnivorous cultural appetites, and world-class experience gatherers. We create ice creams we fall madly in love with, that we want to bathe in, that make us see million-year-old stars. We devour it out of Mason jars, coffee mugs—whatever we can get our hands on. Handmade American ice cream = Bliss with a big B. Every single thing we put in our ice cream is legit. Generic chemist-built ice cream bases and powdered astronaut-friendly gelato mixes? No, ma'am. We build every recipe from the ground up with luscious, Snowville milk and cream from cows that eat grass. With that exquisite base, we explore pure flavor in whatever direction moves us at any moment, every day, all year. Learn more at www.jenis.com.

UNFI FOUNDATION

The UNFI Foundation funds innovative non-profit programs emphasizing sustainable agriculture and organic farming as well as initiatives designed to increase organic food production and consumption. We are committed to support organizations that increase organic food production and consumption, provide timely research, organize conferences, promote transparent labeling and seed biodiversity, teach sustainable farming practices, and educate consumers on the importance of healthy food choices. Learn more at www.unfifoundation.org.

BAIRNRAISERS

Granville Exempted Village Schools (Licking Co.)
Mustard Seed Market and Café (Cuyahoga Co.)
Northridge Organic Farm (Licking Co.)
Organic Valley (WI)
Snowville Creamery (Meigs Co.)
Whole Foods Market Columbus (Franklin Co.)

CULTIVATORS

Albert Lea Seed Company (MN)
Around the World Gourmet (Franklin Co.)
Canal Junction Farmstead Cheese (Paulding Co.)
Casa Nueva (Athens Co.)
Earth Tools (KY)
Eban's Bakehouse (Franklin Co.)
Edible Cleveland (Cuyahoga Co.)
Green BEAN Delivery (OH/IN)
Lucky Cat Bakery (Licking Co.)
OSU School of Environment and Natural Resources (Franklin Co.)
Raisin Rack Natural Food Market (Franklin and Stark Co.)
Stauf's Coffee Roasters (Franklin Co.)
Swainway Urban Farm (Franklin Co.)

SEEDERS

Andelain Fields (Clark Co.)	King Family Farm (Athens Co.)
Curly Tail Organic Farm (Knox Co.)	Law Office of David G. Cox (Franklin Co.)
C-TEC (Licking Co.)	Metro Cuisine (Franklin Co.)
DNO Produce (Franklin Co.)	Two Caterers Contemporary Cuisine (Franklin Co.)
Eden Foods (MI)	Whole Hog BBQ (Delaware Co.)
Glass Rooster Cannery (Delaware Co.)	

FRIENDS

Bad Dog Acres (Delaware Co.)	Lucky's Market (Franklin Co.)
Bexley Natural Market (Franklin Co.)	Marshy Meadows Farm (Ashtabula Co.)
Bluebird Farm (Harrison Co.)	Nourse Farms (MA)
CaJohns Fiery Foods (Franklin Co.)	Middlefield Original Cheese (Geauga Co.)
Carriage House Farm (Hamilton Co.)	Pâtisserie Lallier (Franklin Co.)
Charlie's Apples at Windy Hill Farm (Licking Co.)	Schmidt Family Farms (Medina Co.)
Fedco Seeds (ME)	Stonyfield Farm (NH)
Flying J Farm (Licking Co.)	Stutzman Farms (Holmes Co.)
Green Field Farms (Wayne Co.)	Sunsprout Farms of Central Ohio (Franklin Co.)
Hartzler Dairy Farm (Wayne Co.)	Wayward Seed Farm (Union Co.)
The Hills Market (Franklin Co.)	

CONFERENCE CHAMPIONS

Jennifer and Troy Boren, Perry Clutts, Steve Edwards, Jan Jaeger, Randy Moore, Mardy Townsend

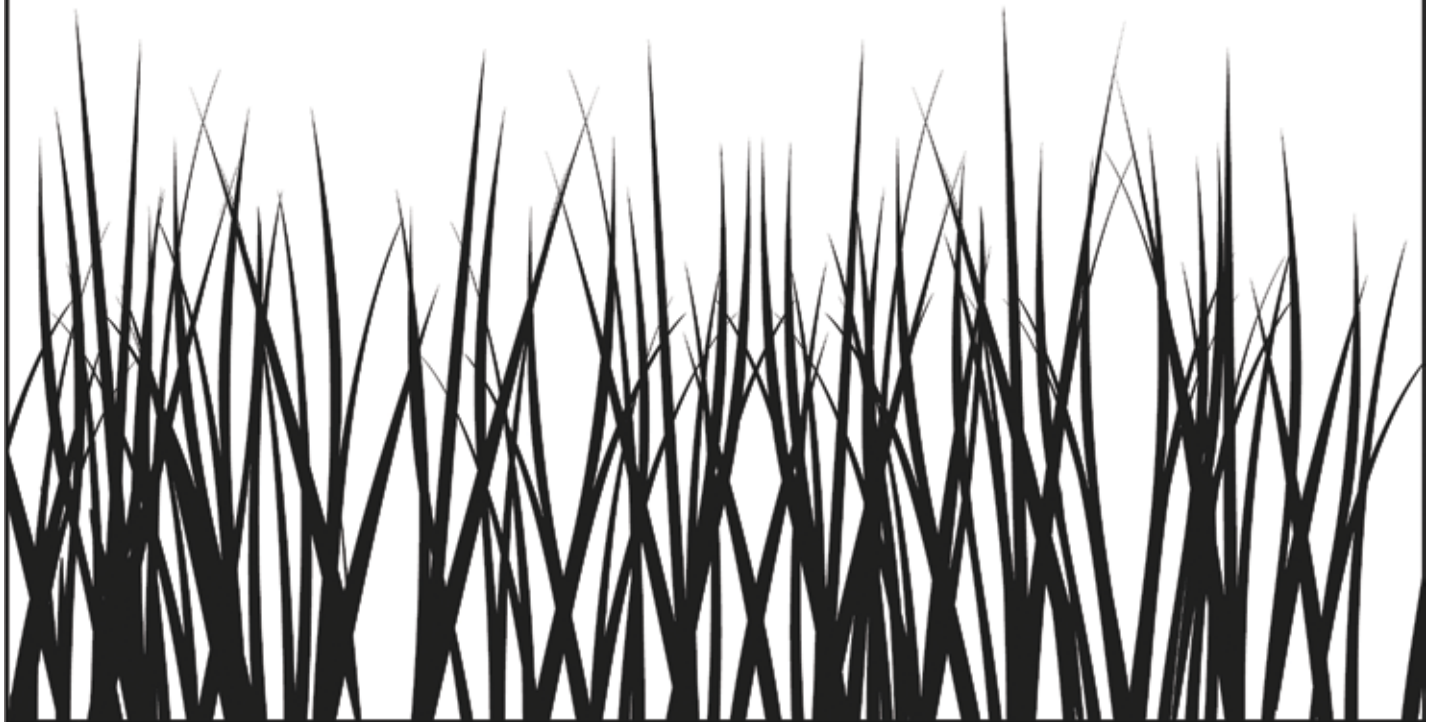
food is life

Northstar

www.thenorthstarcafe.com

THIRD &
HOLLYWOOD

www.thirdandhollywood.com



WEEKEND MENU

All on-site preparations led by Chef Greg Ensen, AVI Foodsystems, Executive Chef and Resident Director of Granville Exempted Village Schools

SATURDAY LUNCH · 12:30 · 1:30 P.M.



Mushroom Spelt Soup+—Prepared by The Hills Market (Franklin Co.) featuring **mushrooms*** from Swainway Urban Farm (Franklin Co.), **spelt berries*** from Shagbark Seed and Mill (Athens Co.), **garlic*** from Bluebird Farm (Harrison Co.), **onions** and **carrots** from DNO Produce (Franklin Co.), **kale*** from Green BEAN Delivery (Franklin Co.), **olive oil** and **spices*** from Eden Foods (MI), and **bay leaves*** from Whole Foods Market (Franklin Co.)

Chicken Salad Sandwich—Prepared by Mustard Seed Market (Summit Co.) with **chicken** from Andelain Fields (Clark Co.) and Gerber Poultry (Wayne Co.), **Swiss cheese*** from Middlefield Original Cheese (Geauga Co.), and **vegetables** from DNO Produce (Franklin Co.)

— OR —

Bean Spread+—Prepared by Casa Nueva (Athens Co.) with **beans*** from Shagbark Seed and Mill (Athens Co.) and served with **pita bread+** from Around the World Gourmet (Franklin Co.) and **bean sprouts** from Sunsprout Farms of Central Ohio (Franklin Co.)

Chips and Salsa+**—Provided by Shagbark Seed and Mill (Athens Co.) and Casa Nueva (Athens Co.)

Hot and Sweet Peppers and Pickles—Provided by Glass Rooster Cannery (Delaware Co.)

Ice Cream and Sorbet+—Provided by Jeni's Splendid Ice Cream (Franklin Co.)

Cookies+ — Provided by Crumbs Bakery (Athens Co.)

SATURDAY DINNER · 6:15 · 7:15 P.M.

Pulled Pork—Prepared by Whole Hog BBQ (Delaware Co.) with **pork** from Curly Tail Organic Farm (Knox Co.) and King Family Farm (Athens Co.) Served with choice of **barbeque sauce** from CaJohns Fiery Foods (Franklin Co.)

— OR —

Cowboy Beans+—Prepared by Two Caterers Contemporary Cuisine (Franklin Co.) featuring **black beans*** from Shagbark Seed and Mill (Athens Co.), **cannellini beans*** and **barley malt syrup*** from Eden Foods (MI), and **onions**, **brown sugar***, and **spices*** from Whole Foods Market (Franklin Co.)

Cornbread—Prepared by Lucky Cat Bakery (Licking Co.) featuring **cornmeal** from Carriage House Farm (Hamilton Co.), **butter** from Hartzler Dairy Farm (Wayne Co.), **eggs*** from Green Field Farms (Wayne Co.), and **milk** from Snowville Creamery (Meigs Co.). Served with **honey** from Schmidt Family Farms (Medina Co.) and **jam** from Glass Rooster Cannery (Delaware Co.)

Root Vegetables+—Featuring **sweet potatoes*** from Northridge Organic Farm (Licking Co.), **turnips***, **beets***, **potatoes***, and **winter radishes*** from Wayward Seed Farm (Union Co.), and **olive oil*** from Eden Foods (MI)

Sautéed Greens+—Featuring **greens*** from Whole Foods Market (Franklin Co.), **garlic** from Bluebird Farm (Harrison Co.), and **olive oil*** from Eden Foods (MI)

Gingerbread Cake—Prepared by the students at C-TEC (Licking Co.) featuring **flour** from Flying J Farm (Licking Co.), **eggs*** from Green Field Farms (Wayne Co.), **butter** from Hartzler Dairy Farm (Wayne Co.), and **molasses*** and **spices*** from Whole Foods Market (Franklin Co.). Served with **applesauce** made by volunteers at Glass Rooster Cannery (Delaware Co.) with **apples** from Charlie's Apples at Windy Hill Farm (Licking Co.) and **whipped cream** made with **whipping cream** from Snowville Creamery (Meigs Co.)



* = organic + = vegan ^ = gluten-free

SUNDAY LUNCH · 12:15 · 1:15 P.M.

Vegetarian Lasagna—Prepared by the students at C-TEC (Licking Co.) made with **tomato sauce** prepared by volunteers at Glass Rooster Cannery (Delaware Co.) and featuring **tomatoes*** and **butternut squash*** from Northridge Organic Farm (Licking Co.), **mozzarella** and **Italian cheeses*** from Organic Valley (WI), **pasta*** from Bexley Natural Market (Franklin Co.), and **parmesan cheese** and **parsley** from Whole Foods Market (Franklin Co.)

Meatballs—Prepared by volunteers at Two Caterers Contemporary Cuisine (Franklin Co.) featuring **ground beef*** from Marshy Meadows Farm (Ashtabula Co.)

Garlic Bread—Featuring **bread** from Lucky Cat Bakery (Licking Co.). Served with **garlic butter spread** prepared by the students of C-TEC (Licking Co.) with **garlic*** from Bluebird Farm (Harrison Co.) and **butter** from Hartzler Dairy Farm (Wayne Co.)

Salad—Featuring **salad greens*** and **toppings*** from Green BEAN Delivery (Franklin Co.), **microgreens*** from Swainway Urban Farm (Franklin Co.), and **salad dressing+** provided by Casa Nueva (Athens Co.)

Cranberry Walnut Coconut Oatmeal Cookies^—Provided by Eban's Bakehouse (Franklin Co.)

Chocolate Sables—Provided by Pâtisserie Lallier (Franklin Co.), featuring **butter** made from Snowville Creamery (Meigs Co.) **whipping cream**.

BEVERAGES

Milk—Provided by Snowville Creamery (Meigs Co.)

Soymilk*—Provided by Eden Foods (MI)

Herbal Iced Tea—Provided by Bad Dog Acres (Delaware Co.)

(Menu subject to change)



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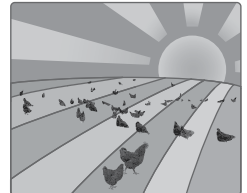
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CHIPOTLE

MEXICAN GRILL

WORKSHOP SCHEDULE

Saturday, February 15

(Workshops are subject to change)

Session I: 9:30-11:30 A.M.

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

Session I A: 9:30-10:25 A.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Stink Bug Management in Peppers, Berries, and Other Organic Crops (C. Welty)	LT
16	VC	Biofertilizers for Organic Production (B. McSpadden Gardener)	7
18	FC	Weed Management Practices for Organic Field Crops (D. Campbell, D. Doohan)	D
18	SL	Turning a Rabbitry into a Hopping Business (N. Carter)	RR
20	LL	Benefits of Incorporating Forages into the Crop Rotation (B. Hendershot)	9
21	SA	Farm-Scale Nut Production and Processing (K. Belser)	A
23	BA	Successful Organic Crop Farming (D. Hinderman)	15
23	BS	Recruiting and Retaining Farm Labor (F. Espinoza)	3
24	MA	Top Ten Food and Agriculture Marketing Trends (M. Hogan)	Aud
24	OR	Food Labeling: ODA and USDA Organic Requirements (V. Jorgensen, K. Schmidt)	23
25	PP	Engaging in Policy to Protect Organic Farms (A. Diffley)	21
27	HM	Stocking the Ultimate Pantry (J. Yue)	1
27	GL	Grow Youth! Keeping Teenagers Interested in Gardening (R. Beatty)	L
29	SF	Agricultural Easements: Preserving Farmland and Providing Expansion Capital (D. King, S. Goodwin)	17
29	PO	An Agricultural Liturgy: On Farming and Faith (J. Boyd)	19

Session I B: 10:35-11:30 A.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Hops: A New Specialty Crop for Ohio (B. Bergefurd)	21
16	VC	Growing Great Organic Potatoes (J. and D. Trethewey)	9
18	FC	Use of Cover Crop Cocktail Mix to Sustain Organic Production (R. Islam)	RR
18	SL	Sheep Breeds: Comparison and Benefits (R. High)	15
20	LL	Dairy Herd Health: Risk Factors and Transition Cow Management (G. Schuenemann)	3
21	SA	Adding Value to Vegetables through Live Fermentation (C. Chmiel)	A
23	BA	Small Farm and Garden Safety (J. Suchy, S.D. Jepsen)	23
23	BS	Diversification and Success of Your Farm Business (R. Stewart)	1
24	MA	Marketing Your Product for Distribution (J. Moorhead, S. Barrish)	7
24	OR	Electronic Organic Recordkeeping (J. Eschmeyer)	17

25	PP	The Farm Bill: Where It's At and What You Can Do About It (S. Evans)	L
27	HM	Creating Sustainability for Your Backyard Poultry (M. Shaw)	D
27	GL	Good Bugs and Bad Bugs in the Home Garden (J. Jasinski)	LT
29	SF	Restoration Agriculture: Designing Your Perennial Farm (M. Shepard)	Aud
29	PO	The Cincinnati Zoo and Green BEAN Delivery: A Growing Partnership on EcOhio Farm (B. Jorg, M. Ewer)	19

Session II: 1:45-3:45 P.M.

Page	Track	Workshop Title/Presenter	Room
24	BS	No More Pennies on the Dollar! Plan and Market to Strengthen Your Farm Business (L. Schaller)	7
24	MA	Bridging the Gap Between Chef and Farmer (A. Contrisciani, J.B. King)	1
27	HM	Pressure Canning (R. Tayse Baillieu, A. Baillieu)	C
29	SF	Developing Locally-Adapted Crop Plants through On-Farm Selection, Breeding, and Seed Saving (A. Huerta)	L

Session II A: 1:45-2:40 P.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Growing Specialty Cut Flowers (S. and G. Adams)	21
16	VC	Organic Transplant Production (D. Seibert, L. Garcia)	D
18	FC	Growing, Processing, and Selling Omega-9 Canola Oil (D. and B. Blackledge)	15
18	SL	Selecting Heritage Poultry for Production (J. Adkins)	19
20	LL	Forage Seed Selection (B. Hendershot)	3
20	UA	Rooftop Food Production (T. Clark)	9
21	SA	Opportunities for Producing and Marketing Ohio Sheep Milk and Cheese (A. Turner)	A
23	BA	Starting Honeybees: The Easiest Livestock You Can Raise (J. Bidigare)	LT
24	OR	Preparing for an Organic Inspection (M. Gregg)	23
25	PP	Fracking and the Waste Dilemma (B. Kunkemoeller)	17
25	LW	Twelve Months of Green Living: How to Make the Transition to Living Simply (A. Warmke)	Aud
27	GL	Growing Mediterranean Herbs in Ohio's Un-Mediterranean Climate (J. Baran)	RR
29	PO	DIY Aquaponics (D. Adams, D. Adams)	B

Session II B: 2:50- 3:45 P.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Sustainable Sweet Corn Production (M. Kruthaup)	15
16	VC	Extending the CSA (T. Alexander)	17
18	FC	Managing Weeds in Organic Field Crops (D. Campbell)	RR
18	SL	The Role of Livestock in Permaculture (J. Rickard, C. Gandy)	D
20	LL	Sprouting Fodder (V. Coblentz)	3
21	UA	Farm without the Farm (J. Swain)	LT
21	SA	Scaling Up Production of Organic Hardneck Seed Garlic by Improving Worker Comfort (2:50-3:20 P.M.) (D. and J. Perkins)	A
21	SA	Low Tunnel Strategies for Early Vegetable Production (3:20-3:45 P.M.) (R. Faivor)	A

23	BA	Reading a Soil Test to Fertilize Effectively (T. Stutz)	Aud
25	OR	Records to Manage Your Business (M. Seeley)	23
25	PP	Food Safety Modernization Act Update (S. Evans)	19
25	LW	Herbal Balance (D. Combs)	21
27	GL	Crunching Crop Numbers: How to Plan for a Successful Season (K. Cook)	9
29	PO	Building a Sustainable Food System (B. Sippel)	B

WORKSHOP SCHEDULE

Sunday, February 16

(Workshops are subject to change)

Session III: 9:30 - 11:30 A.M.

Page	Track	Workshop Title/Presenter	Room
16	VC	Scaling Up a Startup: Increasing Efficiency in Order to Grow Your Farm (B. and E. Jackle)	21
18	FC	Organic Corn Production: Guidelines for Success (A. Sundermeier, D. Shively, J. Schmitz)	17
18	SL	Creating a Sustainable Homestead Flock of Poultry (J. Adkins)	L
23	BA	Producing Your Whole Diet Sustainably: Grow Biointensive (D. and M. Royer-Miller)	RR
24	MA	Developing Value-Added Products (A. Trudel)	9
29	SF	Alleycropping and Silvopasture: Transitioning to Restoration Agriculture (M. Shepard)	B

Session III A: 9:30-10:25 A.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	All Summer Strawberries For You-Pick Farms (D. Schooner)	C
20	LL	Non-Antibiotic Alternatives for Bovine Mastitis Therapy (B. Norby)	15
21	UA	Starting an Urban CSA Using Backyards and Lots (J. Hotchkiss)	D
21	SA	Growing the Market for Urban Farmers (9:30-10:00 A.M.) (M. Jose, A. Matthews)	A
23	SA	Reclaiming Our Food Markets (10:00-10:25 A.M.) (M. Bongue)	A
24	BS	Marketing the Farm (F. Davis)	LT
25	PP	Ohio's Clean Energy and Energy Efficiency Future (T. Demeter)	19
25	LW	Lifestyle Approaches for Preventing and Treating Diabetes (R. Metcalf)	3
27	HM	Cooking and Eating GMO-Free Meals (K. Leatham)	1
27	GL	Float Trays: The Easy Way to Start Seeds (C. Tailer)	Aud
29	EN	A Way To Increase Your Horsepower While Reducing Your Carbon Footprint (A. Dragovich)	23
30	PO	Enacting Change through Student Collaboration (S.K. Piper)	7

Session III B: 10:35-11:30 A.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Food Safety and Post-Harvest Handling (M. Tomaszewski)	15
20	LL	SWAT Fly Management (N. Conrad)	3
21	UA	Urban Farming Challenges: Zoning and Municipal Codes (M. Ogle, N. Stanich)	C
23	SA	Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems (K. Savage, G. Delanoy)	A

24	BS	Introduction to Cooperatives (B. Cohen)	19
25	PP	Show Me the Money: Farming Federal Programs (K. Merrigan)	LT
25	LW	Growing You on Your Farm (L. Graham)	23
27	HM	Creative Dehydrating for a Healthier Life (J. Seabrook)	1
27	GL	Multi-Tasking in the Garden: Edible Ornamentals (D. Knapke)	Aud
29	EN	Solar Electricity for the Very, Very Beginner (J. Warmke)	D
30	PO	Not If, But When: Being Prepared For Disasters (L. Dixon)	7

Session IV: 1:30 – 2:30 P.M.

Page	Track	Workshop Title/Presenter	Room
16	SC	Nut Growing (P. Hagen)	B
18	VC	Growing Specialty Greens for Market (M. Herbruck)	L
18	FC	Soybean Variety Performance Evaluation in Organic Production Systems (D. Rossman)	15
20	SL	Learn from My Mistakes with Livestock (L. Graham)	23
20	LL	Year-Round Grazing (B. Rickard)	21
21	UA	Ohio City Farm: Multiple Languages of Empowerment (M. Fitzpatrick, K. Powers, G. Durica)	LT
23	SA	Using Grape Pomace as a Natural De-Wormer in Sheep (1:30-2:00 P.M.) (S. LeShure)	A
23	SA	Training Farmers to Perform Artificial Insemination in Sheep (2:00-2:30 P.M.) (D. Brown, C. Zimmerly)	A
23	BA	Why Healthy Soil is So Important (E. Hessler)	Aud
24	BS	Inside the Mind of a Mission-Driven Lender (D. McCann)	3
24	MA	Marketing Your Products and Yourself at Farmers' Markets (B. Knorr)	9
25	PP	Debunking GE Labeling Myths (A. Auciello)	19
27	LW	Biophilia: Our Affinity with Nature (D. Knapke)	C
27	HM	American Dreams: Kneaded into a Loaf (L. Van Meter)	1
27	GL	Shiitake Mushroom Cultivation (P. Goland)	RR
29	EN	The Good, the Bad, and the Ugly of Green Remodeling (N. Leone)	7
29	SF	Keyline Design (B. Trauth)	17
30	PO	Utilizing SARE Grants and Resources to Achieve Your Farm Goals (M. Hogan)	D

WORKSHOP TRACKS

Page	Track	Page	Track
16	Specialty Crops (SC)	24	Marketing (MA)
16	Vegetable Crops (VC)	24	Organic Certification (OR)
18	Field Crops (FC)	25	People and Policy (PP)
18	Small Livestock (SL)	25	Living Well (LW)
20	Large Livestock (LL)	27	In the Home (HM)
20	Urban Agriculture (UA)	27	Gardening and Landscaping (GL)
21	NCR-SARE Farmers Forum (SA)	29	Energy (EN)
23	Basics (BA)	29	Sustainable Foundations (SF)
23	Business (BS)	29	Potpourri (PO)



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

Celeste Welty

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

Hops: A New Specialty Crop for Ohio

Brad Bergefurd

With the growing interest in microbreweries, hops are making a tremendous comeback as a specialty crop in Ohio. Join Brad Bergefurd for a workshop that will cover the history of hops, hop cultivars, innovative production techniques, insect and disease control methods, harvesting, processing, and marketing. Brad is a farmer and Extension horticulture specialist with OARDC. **[Session I B, Room 21]**

Growing Specialty Cut Flowers

Steve and Gretel Adams

Over the last seven years, Steve and Gretel Adams of Sunny Meadows Flower Farm have built their cut flower business from the ground up. They will share the systems they have developed for an efficient and profitable business. Learn how you can expand into growing flowers for florists, grocery stores, wholesalers, farmers' markets, and weddings. **[Session II A, Room 21]**

Sustainable Sweet Corn Production



Marissa Kruthaup

SARE grant recipient Marissa Kruthaup will review her research on an heirloom and organic corn project she conducted on her family farm. She will also discuss the process through which she received the grant and answer questions about the SARE program. **[Session II B, Room 15]**

All Summer Strawberries For You-Pick Farms

Don Schooner

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

For workshop schedule and times, see pg. 14.



Denotes NCR-SARE Farmers Forum Workshop

Food Safety and Post-Harvest Handling

Matt Tomaszewski

A sustainable farmer since 1999, Matt Tomaszewski will discuss food safety considerations for vegetable farming operations, including post-harvest handling practices. Attendees will leave with information to apply on their own farms. **[Session III B, Room 15]**

Nut Growing

Paul Hagen

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

VEGETABLE CROPS

Biofertilizers for Organic Production

Brian McSpadden Gardener

Many new products have been introduced into the market to enhance plant growth and health. Brian McSpadden Gardener, OSU professor and director of the OFFER program, will provide an introduction to these products and how they work, along with data on their benefits. **[Session I A, Room 7]**

Growing Great Organic Potatoes

Jake and Dawn Trethewey

Jake and Dawn Trethewey of Maplestar Farm have been growing organic potatoes for eight years to sell at their roadside stand, CSA, and farmers' markets. Learn their methods for pre-planting preparations, selecting the right varieties, planting, weed and pest control, fertility, and harvest. **[Session I B, Room 9]**

Organic Transplant Production

Doug Seibert and Leslie Garcia

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

Extending the CSA

Todd Alexander

Todd Alexander will offer a glimpse into how Central Roots Farm, a small urban farm located in Cleveland, combines crop planning, storage crops, and season extension infrastructure on their sub-acre plot to support a 35 member, 27 week CSA program. Todd will discuss and share his strategies, including their farm crop plan, planting dates, and how they incorporate a high tunnel. **[Session II B, Room 17]**

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

Ben and Emily Jackle

Ben and Emily Jackle began growing vegetables and cut flowers on Mile Creek Farm seven years ago on less than an acre and since then, even with a limited budget, have grown to eight acres. Other farmers hoping to scale up will learn how they systematized production in the greenhouse and field. **[Session III, Room 21]**

continued on pg. 18

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Growing Specialty Greens for Market

Matt Herbruck

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

F I E L D ♦ C R O P S

Weed Management Practices for Organic Field Crops

Dave Campbell and Doug Doohan

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

Use of Cover Crop Cocktail Mix to Sustain Organic Production

Rafiq Islam

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

Growing, Processing, and Selling Omega-9 Canola Oil

Dan and Bonnie Blackledge

Six years ago, Dan and Bonnie Blackledge decided to grow a non-GMO, Omega-9 variety of canola, and worked closely with Michigan State University on test plots, fertility, and marketing. They will share their experiences, including their method for pressing the canola into oil, and the steps they have taken to begin selling the oil. **[Session II A, Room 15]**

Managing Weeds in Organic Field Crops

Dave Campbell

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

Organic Corn Production: Guidelines for Success

Alan Sundermeier, Dave Shively, and Jake Schmitz

Join Jake Schmitz of Organic Valley, organic grain grower Dave Shively, and OSU Extension educator Alan Sundermeier for a discussion of organic corn variety test plot results and how to select the best corn varieties for your farm. They will share practical corn production advice, including controlling weeds, managing for nitrogen and soil nutrients, choosing equipment, and marketing your corn. **[Session III, Room 17]**

Soybean Variety Performance Evaluation in Organic Production Systems

Dan Rossman

The availability of non-GMO soybean varieties is critical to the future of organic field crop producers. With support from the CERES Trust and SARE, Dan Rossman and a team of Michigan State University educators and specialists have begun a six year project to identify and evaluate the performance of non-GMO soybeans from across the Midwest. Dan will provide an update on the project. **[Session IV, Room 15]**

S M A L L ♦ L I V E S T O C K

Turning a Rabbitry into a Hopping Business

Nick Carter

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

Sheep Breeds: Comparison and Benefits

Roger High

This workshop will provide a discussion of the major breeds of sheep in the United States and the advantages and disadvantages of each. Roger High, Extension sheep specialist and Director of the Ohio Sheep Improvement Association and Ohio Sheep and Wool Program, will cover meat-type, wool-type, dual-purpose, dairy, hair-type, and heritage breeds. **[Session I B, Room 15]**

Selecting Heritage Poultry for Production

Jim Adkins

In this hands-on workshop, Jim Adkins explains the "Hogan Selection Principles" of selecting birds for meat production and rate of growth. Jim has raised more than 50 breeds and varieties of poultry and founded the International Center for Poultry. Learn how to select the best birds to improve your flock. **[Session II A, Room 19]**

The Role of Livestock in Permaculture

Jesse Rickard and Chelsea Gandy

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

Creating a Sustainable Homestead Flock of Poultry

Jim Adkins

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

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Learn from My Mistakes with Livestock

Lindsay Graham

Lindsay Graham, owner of Graham Farms and Omega Meats, has 10 years of experience producing and marketing pastured livestock, including pork, beef, and chicken. In that time, he has tried various methods and experiments, including chicken tractors and free range, breeding and farrowing, fencing, rotational grazing, and guard dogs. He'll talk about what worked and what didn't. [Session IV, Room 23]

LARGE ♦ LIVESTOCK

Benefits of Incorporating Forages into the Crop Rotation

Bob Hendershot

Retired state grassland conservationist, Grazing Lands Conservation Initiative Coordinator, and Ohio State Conservationist Hall of Fame member Bob Hendershot will discuss the benefits of including forage plant species and legumes into a crop rotation. In addition to healthier, more productive livestock, long-term benefits include improved weed and pest management control. [Session I A, Room 9]

Dairy Herd Health: Risk Factors and Transition Cow Management

Gustavo Schuenemann

Proper transition after calving is paramount for the economic success and sustainability of certified organic dairy herds. Many conditions can negatively impact milk yield, reproductive performance, and overall animal well-being. Dr. Gustavo Schuenemann, Extension dairy specialist, will provide practical information on how to identify risks and will explain preventive practices and treatments. [Session I B, Room 3]

Forage Seed Selection

Bob Hendershot

Learn how to select the most appropriate forage species and varieties based on your farm's soil type, soil fertility levels, and your goals and objectives in this workshop by retired state Grassland Conservationist, Grazing Lands Conservation Initiative Coordinator, and Ohio State Conservationist Hall of Fame member Bob Hendershot. [Session II A, Room 3]

Sprouting Fodder

Vernon Coblenz

Interest in sprouting grains for feed is on the rise, and more and more farmers are considering adding sprouted fodder to their systems. Organic dairyman Vernon Coblenz will share some reasons to start sprouting, along with how he developed a simple, affordable setup. Join Vernon to learn how to make hay when the sun doesn't shine. [Session II B, Room 3]

Non-Antibiotic Alternatives for Bovine Mastitis Therapy



Bo Norby

Michigan State University professor and veterinarian Bo Norby will provide information on non-antibiotic treatment options for bovine mastitis, including new research on the topic. [Session III A, Room 15]

SWAT Fly Management

Norm Conrad

Flies can negatively impact animal operations by reducing rate of weight gain, lowering feed conversion, increasing the incidence of disease, and raising overall management costs. NCAT/ATTRA specialist Norm Conrad will explain the "10 Commandments of Fly Control" using SWAT: Sustainable with Appropriate Technologies. Come prepared to participate. [Session III B, Room 3]

Year-Round Grazing

Bruce Rickard

For the last four years, Bruce Rickard has grazed cattle all year long, feeding only incidental amounts of hay. His feed costs have fallen dramatically and the cattle have never looked better. Bruce will share his methods for cattle feeding on grass, and also explain the importance of a whole farm perspective on the role of cattle in managing grasslands. [Session IV, Room 21]

URBAN ♦ AGRICULTURE

The Cincinnati Food Hub: Our Harvest Cooperative

Ellen Vera and Kristin Gangwer

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

Rooftop Food Production

Trisha Clark

The Crest Gastropub is home to the first, full rooftop food production operation in Columbus, and what they don't grow themselves for their menu, they locally source. Farm Director Trisha Clark will discuss how they worked with architects, the city, and Rain Brothers Irrigation to make their rooftop urban farm successful. Attendees can enjoy samples of the restaurant's tasty dishes and enter a raffle for a gift card. [Session II A, Room 9]



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Farm without the Farm

Joseph Swain

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

Starting an Urban CSA Using Backyards and Lots

Julie Hotchkiss

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

Urban Farming Challenges: Zoning and Municipal Codes

Megan Ogle and Nick Stanich

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

Ohio City Farm: Multiple Languages of Empowerment

Margaret Fitzpatrick, Kelly Powers, and Greg Durica

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

NCR♦SARE♦FARMERS♦FORUM

Farm-Scale Nut Production and Processing



Kurt Belser

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

Adding Value to Vegetables through Live Fermentation



Chris Chmiel

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

Opportunities for Producing and Marketing Ohio Sheep Milk and Cheese



Abbe Turner

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

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



Daniel and Julie Perkins

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

Low Tunnel Strategies for Early Vegetable Production



Rebekah Faivor

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

Growing the Market for Urban Farmers



Matthew Jose and Amy Matthews

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

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For workshop schedule and times, see pg. 14.



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Reclaiming Our Food Markets



Monica Bongue

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

Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems



Kevin Savage and Gary Delanoy

Teachers Kevin Savage and Gary Delanoy have found that aquaponics provide students with a dynamic system for exploring basic and advanced topics in biology, chemistry, physics, environmental science, and sustainable agriculture. They will discuss how their students' research reinforces classroom concepts and independent study, and benefits the aquaponics community at large. [Session III B, Room A]

Using Grape Pomace as a Natural De-Wormer in Sheep



Shirron LeShure

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

Training Farmers to Perform Artificial Insemination in Sheep



Don Brown and Craig Zimmerly

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

Successful Organic Crop Farming

Daryl Hinderman

As the Grower Pool Coordinator for Organic Valley, Daryl Hinderman helps farmers thrive. He'll share steps to becoming a successful organic crop farmer, from planning to marketing. Learn efficient methods for record keeping, production planning, and budgeting, and explore options for tillage, fertility, weed management, harvesting, and cover cropping. [Session I A, Room 15]

For workshop schedule and times, see pg. 14.



Denotes NCR-SARE Farmers Forum Workshop

Small Farm and Garden Safety

Jeff Suchy and S. Dee Jepsen

The health and safety of farm employees is essential to a well-functioning farm. Join in the conversation during this workshop developed to meet the needs of small-scale growers and walk away with fact sheets, training modules, and an interactive collection of safety information. OSU lecturer and owner of Darby Meadow Farm, Jeff Suchy, and Extension educator and state agricultural safety leader, S. Dee Jepsen, will explain how and where to access and use safety and health information. [Session I B, Room 23]

Starting Honeybees: The Easiest Livestock You Can Raise

Jim Bidigare

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

Reading a Soil Test to Fertilize Effectively

Ted Stutz

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

Producing Your Whole Diet Sustainably: Grow Biointensive

Dan and Margo Royer-Miller

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

Why Healthy Soil is So Important

Eric Hessler

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

B U S I N E S S

Recruiting and Retaining Farm Labor

Francisco Espinoza

Looking for ways to improve and strengthen your recruitment efforts? Francisco Espinoza, Extension labor education specialist, shares tips for working with state and local agencies. Keep your workers healthy and happy and learn what agencies offer off-farm job and social aid for your workers. [Session I A, Room 3]

Diversification and Success of Your Farm Business

Richard Stewart

Carriage House Farm is a diversified Ohio Century Farm focused on meeting the demand for local food and helping to develop the region's food culture. Manager Richard Stewart will describe the benefits and pitfalls of a diverse operation with many different products and markets, and share methods of managing such a system. [Session I B, Room 1]

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WORKSHOP ♦ DESCRIPTIONS ♦ BY ♦ TRACK

continued

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

Leslie Schaller

Beginning farmers and expanding farm operations need tools and strategies to increase farm revenue. Leslie Schaller of ACEnet will cover the basics of market assessment, financial management, and customer development for a stronger bottom line. Come ready to share some of your challenges and opportunities. Interactive group work will prepare you to implement new ideas by spring 2014. [Session II, Room 7]

Marketing the Farm

Floyd Davis

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

Introduction to Cooperatives

Bob Cohen

Learn the basics of cooperatives, hear about some successful examples, and consider the advantages and disadvantages of pursuing marketing or purchasing through a cooperative. Bob Cohen is a program director at the Cooperative Development Center at Kent State University and the CEO of the Braintree Business Development Center. [Session III B, Room 19]

Inside the Mind of a Mission-Driven Lender

Dave McCann

Ever wonder what a Community Development Financial Institution considers when evaluating a loan application? What makes a lender agree to finance a farm or enterprise? Dave McCann has more than 36 years of commercial and nonprofit agricultural lending experience and will discuss how business strength is evaluated differently in this brave new world of finance. [Session IV, Room 3]

M A R K E T I N G

Top Ten Food and Agriculture Marketing Trends

Mike Hogan

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

Marketing Your Product for Distribution

Jill Moorhead and Steve Barrish

Jill Moorhead and Steve Barrish of Eat Well Distribution will provide an overview of natural foods distribution and explain services that a small distributor like Eat Well can offer. If you want to compete on a national scale, John has information about what retailers are looking for, what steps you can take, and how to increase your products' success once they hit retail. [Session I B, Room 7]

Bridging the Gap Between Chef and Farmer

Alfonso Contrisciani and J.B. King

Chef Alfonso Contrisciani and J.B. King will describe what is necessary to establish a farm to table system within your community, including sourcing and procurement systems, quantity planning, ordering and delivery schedules, and the development of timelines for consistent product availability. Enjoy samples prepared by Chef Alfonso using modern methods of cooking to break down collagen and elastin while maximizing flavor. [Session II, Room 1]

Developing Value-Added Products

Ann Trudel

Value-added products can increase profitability and earn a farm recognition. With five Good Food Awards, two Ohio House of Representative resolutions, and one Central Ohio Signature Food Award, Ann Trudel of Ann's Raspberry Farm and Specialty Crops knows this first hand. She will share her experiences and discuss practical issues such as sourcing containers and additional ingredients, labeling, processing facilities, pricing, and advertising. [Session III, Room 9]

Marketing Your Products and Yourself at Farmers' Markets

Beth Knorr

Presenting a professional image at farmers' markets—attractive displays and excellent customer service—can greatly improve your profitability. Beth Knorr manages markets in the Cuyahoga Valley National Park and the greater Akron area, and serves on the Farmers' Market Management Network board. She will discuss how to draw new customers to your booth, make them feel special, and keep them coming back. [Session IV, Room 9]

ORGANIC ♦ CERTIFICATION

Food Labeling: ODA and USDA Organic Requirements

Val Jorgensen and Kate Schmidt

Be sure your products are labeled properly! Val Jorgensen of Jorgensen Farms and Kate Schmidt of OEFFA will explain state and federal labeling laws and provide examples for appropriately labeled produce and value-added products, including infused honey, herbal teas, pesto, and cooked lamb sausage. [Session I A, Room 23]

Electronic Organic Recordkeeping

Jeff Eschmeyer

Learn how to easily keep your certification records organized with Jeff Eschmeyer of Harvest Sun Farm, who has created an efficient system of spreadsheets and electronic records. He'll explain his system and provide advice for starting your own. [Session I B, Room 17]

Preparing for an Organic Inspection

Michelle Gregg

What is involved in an annual on-site organic inspection, and how do you efficiently prepare? Inspector Michelle Gregg will share her experiences as an organic farm manager, along with tips for organizing your records for an audit. Attendees will receive record templates, be able to access online records systems, and participate in a round table discussion. [Session II A, Room 23]

Records to Manage Your Business

Mark Seeley

Organic inspector and certified organic farmer Mark Seeley will explain how organic records can be used as a basis for analyzing your farm business and profitability. Most farmers may not enjoy recordkeeping, but good records are important for long term planning, acquiring grants or loans, and streamlining inspections. Mark will provide examples of efficient systems. [Session II B, Room 23]

PEOPLE • AND ♦ POLICY

Engaging in Policy To Protect Organic Farms

Atina Diffley

When notorious polluters Koch Industries proposed a crude oil pipeline that would cross their certified organic farm, Martin and Atina Diffley intervened in the legal process... and won. Atina will share details of the threat, their legal argument, how they engaged their community, and how they negotiated an organic mitigation agreement, believed to be the first of its kind and a model to protect organic land. [Session I A, Room 21]

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

Shavaun Evans

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

Fracking and the Waste Dilemma

Brian Kunkemoeller

The fracking process produces large amounts of waste—solids, liquids, and gases that can be toxic or even radioactive. Brian Kunkemoeller of the Sierra Club's Ohio Chapter will expose Ohio's fracking waste stream and suggest actions you can take to protect Ohio's water, soil, and air. [Session II A, Room 17]

Food Safety Modernization Act Update

Shavaun Evans

The Food Safety Modernization Act (FSMA) is the first major overhaul of our nation's food safety practices since 1938. Farmers and grassroots advocates have been working to ensure the proposed FSMA rules are fair for sustainable agriculture producers and local food systems. Shavaun Evans of the National Sustainable Agriculture Coalition provides an update on what advocates are hoping to see in the final rules and what you can do to make your voice heard. [Session II B, Room 19]

Ohio's Clean Energy and Energy Efficiency Future

Trish Demeter

Trish Demeter of the Ohio Environmental Council will discuss legislation regarding Ohio's renewable and efficiency standards. She will share results of public opinion polling which shows support for renewable energy and energy efficiency. Learn about incentives that currently exist for consumers, farmers, and small businesses. [Session III A, Room 19]

Show Me the Money: Farming Federal Programs

Kathleen Merrigan

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

Debunking GE Labeling Myths

Alison Auciello

Monsanto and others have spent a lot of money to defeat proposals to label genetically engineered (GE) foods, perpetuating myths about the costs of implementation and safety of GE foods. Join this discussion, led by Alison Auciello of Food and Water Watch, to debunk these myths and more. [Session IV, Room 19]

LIVING ♦ WELL

Twelve Herbs To Use in Emergencies for People and Animals

Alicia Rocco

Alicia Rocco suggests 12 herbs to keep on hand for emergencies, including bleeding, burns, wounds, infection, inflammation, muscle and joint pain, muscle spasms, insect bites, poison ivy, and more. Get hands-on experience making a poultice and a cough syrup. [Session I, Room C]

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

Annie Warmke

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

Herbal Balance

Dawn Combs

In today's society, it's easy to get our hormones out of balance, which can cause issues such as infertility, insomnia, imbalanced cycles, weight gain, and menopausal symptoms. Author, herbalist, and owner of Mockingbird Meadows Honey and Herb Farm Dawn Combs will discuss how medicinal herbs can reestablish the balance our bodies need. [Session II B, Room 21]

Lifestyle Approaches for Preventing and Treating Diabetes

Rebecca Metcalf

Diabetes has become an epidemic in America and our diet is a major culprit. Join family nurse practitioner Rebecca Metcalf for a look at how our bodies process the foods we eat. Learn how your dietary choices directly affect your metabolism and blood sugar. Rebecca will explore how diet, exercise, sleep, stress management, and supportive relationships can be used to help prevent or control diabetes. [Session III A, Room 3]

Growing You on Your Farm

Lindsay Graham

The most important crop on your farm is you, and nurturing yourself is just as important as nurturing your plants or livestock. Farmer and life coach Lindsay Graham will help you identify your building blocks and what drives you. Learn the three important decisions you make every second of your life, and how being aware of them can help you to break old habits and patterns. [Session III B, Room 23]

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For workshop schedule and times, see pg. 14.



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Biophilia: Our Affinity with Nature

Debra Knapke

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

I ♦ N ♦ T ♦ H ♦ E ♦ H ♦ O ♦ M ♦ E

Stocking the Ultimate Pantry

Jim Yue

Jim Yue of the Upper Arlington Whole Foods Market will teach you how to build a better, easy-to-cook-from pantry using his “key three” ingredients: beans, grains, and spices. During this class you’ll also have the opportunity to try some of his favorite staple items. [Session I A, Room 1]

Creating Sustainability for Your Backyard Poultry

Mary Lou Shaw

Author and homesteader Mary Lou Shaw will outline the basics of keeping small-scale poultry, including hatching eggs, housing, feed, and handling illness. [Session I B, Room D]

Pressure Canning

Rachel Tayse Baillieul and Alex Baillieul

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

Cooking and Eating GMO-Free Meals

Kitty Leatham

Kitty Leatham, owner of Green Chef Catering and an Integrative Nutrition Health Coach, will address the controversy and possible dangers of eating genetically modified foods, how to identify and avoid them, and how to eat “clean-up” foods that can neutralize the negative effects of GMOs in your body—all while preparing a delicious, local, GMO-free meal for attendees to sample! [Session III A, Room 1]

Creative Dehydrating for a Healthier Life

Jeanine Seabrook

Worried about your family’s eating habits? Concerned about the preservatives in processed foods? Join Jeanine Seabrook, teacher and co-owner of Glass Rooster Cannery, for a discussion on home dehydration methods used to create low calorie, high energy snacks full of nutrition and packed with flavor. Enjoy samples and leave inspired! [Session III B, Room 1]

American Dreams: Kneaded into a Loaf

Lauren Van Meter

Explore a world of bread that will inspire you to take bread making back into your own hands. Lauren Van Meter of Whole Foods Market will discuss the history and components of bread making while demonstrating how to hand-knead your own wholesome dough, and bake it into a luscious crackling loaf. [Session IV, Room 1]

GARDENING ♦ AND ♦ LANDSCAPING

Grow Youth! Keeping Teenagers Interested in Gardening

Ril Beatty

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

Good Bugs and Bad Bugs in the Home Garden

Jim Jasinski

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

Growing Mediterranean Herbs in Ohio’s Un-Mediterranean Climate

Janell Baran

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

Crunching Crop Numbers: How to Plan for a Successful Season

Kate Cook

Kate Cook, Garden Manager for Carriage House Farm, will discuss the basics of garden planning, with an emphasis on concepts like succession planting. Learn how to make realistic estimates for spatial planning and how to design a seasonal garden workflow calendar to help achieve a successful growing season. [Session II B, Room 9]

Float Trays: The Easy Way to Start Seeds

Christine Tailer

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

Multi-Tasking in the Garden: Edible Ornamentals

Debra Knapke

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

Shiitake Mushroom Cultivation

Paul Goland

Shiitake mushrooms make a tasty addition to your garden or homestead, and can be a profitable product for farmers’ markets and wholesaling to restaurants. Paul Goland will demonstrate several log inoculation techniques and will discuss getting started and maintaining a gourmet edible mushroom cultivation system. [Session IV, Resource Room]

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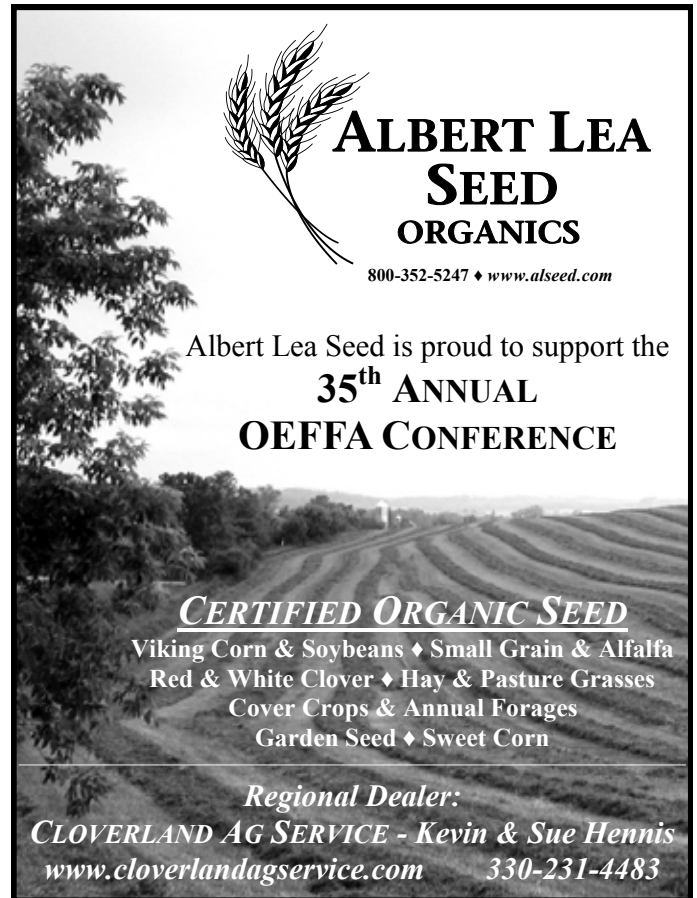
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A Way To Increase Your Horsepower While Reducing Your Carbon Footprint

Alex Dragovich

In the mid 1990s, Alex Dragovich began using a team of horses and found many benefits to his small family farm. Horses can be used to do work around the farm, while cutting fuel consumption and reducing your carbon footprint. Alex will discuss when he chooses to use his tractor and when and how he uses his teams of horses to do other jobs. [Session III A, Room 23]

Solar Electricity for the Very, Very Beginner

Jay Warmke

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

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

Nick Leone

A green remodel requires many considerations, from energy efficiency, to cost, to procuring natural and/or locally sourced building materials. Nick Leone, an engineer and environmental educator, recently survived a down-to-the studs green renovation of a century farmhouse with his sanity (and his marriage!) intact. Join Nick to learn about the ins and outs of green remodeling. [Session IV, Room 7]

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Agricultural Easements: Preserving Farmland and Providing Expansion Capital

Denise King and Steve Goodwin

The Ohio Department of Agriculture's Office of Farmland Preservation works with Ohio-based land trusts to preserve farm land. Director Denise King and Steve Goodwin of the Appalachia Ohio Alliance will discuss ongoing projects and share information about how to get involved. [Session I A, Room 17]

Restoration Agriculture: Designing Your Perennial Farm

Mark Shepard

Mark Shepard, author and manager of New Forest Farm, will offer a critique of annual crop-based staple food production, while laying the ecological framework and reasons for designing a perennial staple food crops farm. Attendees will gain the basic skills to begin the transition from annuals to a permanent, perennial agriculture incorporating everything from nuts and berries, to livestock, fruits, and vegetables. Mark's talk will introduce the concept of ecosystem mimicry, Keyline water management, and will help you to chart a path forward to a truly ecologically designed farm. [Session I B, Auditorium]

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

Alfredo Huerta

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

Alleycropping and Silvopasture: Transitioning to Restoration Agriculture

Mark Shepard

Mark Shepard, author and manager of New Forest Farm, will introduce the simple agroforestry practices of alleycropping and silvopasture as a method of transitioning your farm to long-lived perennial crops including nuts, berries, fruits, and livestock. Attendees will learn detailed information on the establishment, maintenance and harvest of long-lived woody crops while simultaneously maintaining current cash flow. Plenty of photos will be used to show what your farm will look like as it grows and changes through the years, increasing in fertility, diversity, and resiliency. [Session III, Room B]

Keyline Design

Braden Trauth

Designing sustainable agricultural systems that will last for millennia requires basic knowledge of ecosystem resilience. Water catchment and control is essential to build this resilience. Braden Trauth of *ThisLand.org* explains the fundamentals and methods of Keyline design, a reliable system to contour your land to maximize its water resources. [Session IV, Room 17]

P O T P O U R R I

An Agricultural Liturgy: On Farming and Faith

Jared Boyd

Urban farmer, writer, and pastor Jared Boyd explores the role of the body in work, the role of work in worship, and the role of sustainable agriculture in pursuing what Biblical authors call "new creation." Jared couches this discussion within his pursuit of a new "monastic" expression devoted to issues of food, the land, and expanding the boundaries of who gets to eat the "good stuff." [Session I A, Room 19]

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

Brian Jorg and Matt Ewer

The Cincinnati Zoo and Green BEAN Delivery have been growing a partnership on EcOhio, the zoo's more than 600 acre farm in Warren County. The land provides reclaimed wetland, hay production for zoo animals, and food production for communities throughout the region. Brian Jorg of the Cincinnati Zoo and Matt Ewer of Green BEAN Delivery will describe how these two sustainably-minded organizations support one another's missions, and are dedicated to bringing the best out of EcOhio, a green oasis in a sea of suburbia. [Session I B, Room 19]

DIY Aquaponics

Dan Adams and Don Adams

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

Building a Sustainable Food System

Ben Sippel

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

continued on pg. 30

For workshop schedule and times, see pg. 14.



Denotes NCR-SARE Farmers Forum Workshop



Enacting Change through Student Collaboration

S.K. Piper

S.K. Piper is the current sustainability manager for Denison Dining and she previously served as Bon Appetit Foundation's Midwest fellow doing education and outreach about food system sustainability. She explains how involving students in various aspects of the local food movement can catalyze change. [Session III A, Room 7]

Not If, But When: Being Prepared For Disasters

Lori Lee Dixon

Disasters do not respect persons, places, or times, so it's essential to be prepared. Learn the basics on how to "hold down the fort" during the first 72 hours of a disaster from Lori Lee Dixon, coordinator of Licking County's Emergency Response Team. Lori is a retired firefighter who has been teaching safety for more than 30 years. She believes that learning to be prepared should be enjoyable and rewarding. [Session III B, Room 7]

Utilizing SARE Grants and Resources to Achieve Your Farm Goals

Mike Hogan

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

For workshop schedule and times, see pg. 14.



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WORKSHOP ♦ PRESENTERS

Dan and Don Adams, *DIY Aquaponics*, Earthineer, 1175 Kentucky Hwy 16, Glencoe, KY 41046, (859) 814-7368, danieladams@earthineer.com, www.earthineer.com

Steve and Gretel Adams, *Growing Specialty Cut Flowers*, Sunny Meadows Flower Farm, 3555 Watkins Rd., Columbus, OH 43232, (614) 296-1637, sunnymeadowsflowerfarm@gmail.com, www.oursunnymeadows.com

Jim Adkins, *Selecting Heritage Poultry for Production, Creating a Sustainable Homestead Flock of Poultry*, Sustainable Poultry Network, 642 Moffitt Hill Rd., Old Fort, NC 28762, (209) 890-5326, jim@centerforpoultry.com, www.sustainablepoultrynetwork.com

Todd Alexander, *Extending the CSA*, Central Roots Farm, W. 25th and Franklin Ave., Cleveland, OH 44113, (330) 283-5717, centralrootsfarm@gmail.com, www.centralroots.com

Alison Auciello, *Debunking GE Labeling Myths*, Food and Water Watch, 103 William H. Taft Rd., Cincinnati, OH 45219, (513) 394-6257, auciello@fwwatch.org, www.foodandwaterwatch.org

Alex and Rachel Tayse Baillieul, *Pressure Canning*, Harmonious Homestead, 1224 E. Cooke Rd., Columbus, OH 43224, (614) 598-3559, racheletayse@gmail.com, www.harmonioushomestead.com

Janell Baran, *Growing Mediterranean Herbs in Ohio's Un-Mediterranean Climate*, Blue Owl Garden Emporium/Blue Owl Hollow Tree Farm, 6000 Porter Rd. NE, Newark, OH 43055, (740) 345-4689, boge@blueowlgarden.com, www.blueowlgarden.com

Steve Barrish, *Marketing Your Product for Distribution*, Eat Well Distribution, 1145 Chesapeake Ave. Ste. L, Columbus, OH 43212, (614) 298-1619, steve@eatwelldistribution.com, www.eatwelldistribution.com

Ril Beatty, *Grow Youth! Keeping Teenagers Interested in Gardening*, Mountain Top Ministries, 3842 Delphos Ave., Dayton, OH 45417, (937) 287-8183, mtministries3842@aol.com

Kurt Belser, *Farm-Scale Nut Production and Processing*, The Wingnuttery, 42963 Carsey Rd., Albany, OH 45710, (740) 856-5331, thewingnuttery@gmail.com

Brad Bergefurd, *Hops: A New Specialty Crop for Ohio*, Ohio State University Extension Scioto County, Ohio State University South Centers, 1864 Shyville Rd., Piketon, OH 45661, (740) 289-3727 Ext. 136, bergefurd.1@osu.edu, www.southcenters.osu.edu

Jim Bidigare, *Starting Honeybees: The Easiest Livestock You Can Raise*, Cherry Creek Farm, 9095 North St. NW, Newark, OH 43055, (740) 587-2000, treetops2000@hotmail.com

Dan and Bonnie Blackledge, *Growing, Processing, and Selling Omega-9 Canola Oil*, B & B Farms, 6361 Cannonsburg Rd., Belmont, MI 49306, (269) 568-1020, dblackledge317@msn.com, www.canolaoilproducts.com

Monica Bongue, *Reclaiming Our Food Markets*, Farm Roots Connection Cooperative, 2289 N. Reedsburg Rd., Wooster, OH 44691, (330) 465-1399, muddyforkfarm@gmail.com, farmrootsconnection.com

Jared Boyd, *An Agricultural Liturgy: On Farming and Faith*, Central Vineyard Church, 2999 Indianola Ave., Columbus, OH 43202, (614) 302-8615, jaredpatrickboyd@gmail.com

Don Brown, *Training Farmers to Perform Artificial Insemination in Sheep*, 31024 Township Rd. 11, Fresno, OH 43824, (330) 897-4320, don.pllc@gmail.com

Dave Campbell, *Weed Management Practices for Organic Field Crops, Managing Weeds in Organic Field Crops*, Lily Lake Organic Farm, 4N852 Wooley Rd., Maple Park, IL 60151, (630) 365-2019, lilylakeof@aol.com

Nick Carter, *Turning a Rabbitry into a Hopping Business*, Meat the Rabbit, 7930 Prairie View Dr., Indianapolis, IN 46256, (317) 460-1173, nick@meattherabbit.com, www.meattherabbit.com

Chris Chmiel, *Adding Value to Vegetables through Live Fermentation*, Integration Acres, 9794 Chase Rd., Albany, OH 45710, (740) 698-6060, info@integrationacres.com, www.integrationacres.com

Trisha Clark, *Rooftop Food Production*, The Crest Gastropub, 2855 Indianola Ave., Columbus, OH 43202, (614) 738-0819, trisha.thecrest@gmail.com, www.thecrestgastropub.com

Vernon Coblenz, *Sprouting Fodder*, Blue Sky Farm, 8160 County Rd. 192, Holmesville, OH 44633, (330) 279-2079

Bob Cohen, *Introduction to Cooperatives*, Kent State University Cooperative Development Center, 113 McGilvrey Hall, Kent, OH 44242, (419) 610-5924, rcohen7@kent.edu, www.oeokent.edu

Dawn Combs, *Herbal Balance*, Mockingbird Meadows, 16671 Burns Rd., Marysville, OH 43040, (614) 354-5162, dcombs@mockingbirdmeadows.com, www.mockingbirdmeadows.com

Norm Conrad, *SWAT Fly Management*, National Center for Appropriate Technology (NCAT)/National Sustainable Agriculture Information Service (ATTRA), 900 Rutter Ave. Ste. 16, Forty-Fort, PA 18704, (479) 587-3471, normc@ncat.org, www.attra.nact.org

Alfonso Contrisciani, *Bridging the Gap Between Chef and Farmer*, Oliver Farms/Hocking College, 3301 Hocking Pkwy, Nelsonville, OH 45764, (740) 753-7602, contrisciania@hocking.edu, www.hocking.edu

Kate Cook, *Crunching Crop Numbers: How to Plan for a Successful Season*, Carriage House Farm, 10251 Miamiview Rd., North Bend, OH 45052, (513) 235-7868, katecook@gmail.com, www.carriagehousefarmllc.com

Floyd Davis, *Marketing the Farm*, Red Basket Farm, 6311 Mayburn Barclay Rd., Kinsman, OH 44428, (330) 469-0810, redbasketfarm@aol.com, www.redbasketfarm.com

Gary Delanoy, *Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems*, Cincinnati Hills Christian Academy, 11525 Snider Rd., Cincinnati, OH 45249, (513) 247-0900, gary.delanoy@chca-oh.org, www.chca-oh.org

Trish Demeter, *Ohio's Clean Energy and Energy Efficiency Future*, Ohio Environmental Council, 1207 Grandview Ave. Ste. 201, Columbus, OH 43212, (614) 487-7506, tdemeter@theoec.org, www.theoec.org

Atina Diffley, *Engaging in Policy to Protect Organic Farms*, Organic Farming Works, 25498 Highview Ave., Farmington, MN 55024, (651) 454-6188, atina@organicfarmingworks.com, www.atinadiffley.com

Lori Lee Dixon, *Not If, But When: Being Prepared For Disasters*, Licking County Community Emergency Response Team, 155 E. Main St., Newark, OH 43055, (740) 670-5573, lceoc@county.com

Doug Doohan, *Weed Management Practices for Organic Field Crops*, Ohio State University Extension/Ohio Agricultural Research and Development Center (OARDC), 205 Gourley Hall, Wooster, OH 44691, (330) 202-3593, doohan.1@osu.edu

Alex Dragovich, *A Way To Increase Your Horsepower While Reducing Your Carbon Footprint*, Mud Run Farm, 14126 Millersburg Rd., Navarre, OH 44662, (330) 268-2600, acdrag@yahoo.com

Greg Durica, *Ohio City Farm: Multiple Languages of Empowerment*, Cuyahoga Metropolitan Housing Authority, W. 24th St. and Bridge Ave., Cleveland, OH 44113, duricag@cmha.net, www.ohiocityfarm.com

Jeff Eschmeyer, *Electronic Organic Recordkeeping*, Harvest Sun Farm, 5601 Lock Two Rd., New Knoxville, OH 45871, (419) 753-2156, jeff@harvestsunfarm.com, www.harvestsunfarm.com

Francisco Espinoza, *Recruiting and Retaining Farm Labor*, Ohio State University Extension, PO Box 9223, Toledo, OH 43697, (419) 787-2515, espinoza.9@osu.edu

Shavaun Evans, *The Farm Bill: Where It's At and What You Can Do About It*, Food Safety Modernization Act Update, National Sustainable Agriculture Coalition, 110 Maryland Ave. NE, Washington, DC 20002, sevens@sustainableagriculture.net, www.sustainableagriculture.net

Matt Ewer, *The Cincinnati Zoo and Green BEAN Delivery: A Growing Partnership on EcOhio Farm*, EcOhio Farm/Green BEAN Delivery, 431 Elliott Ave., Cincinnati, OH 45215, (513) 761-2326, info@greenbeanohio.com, www.greenbeandelivery.com

Rebekah Faivor, *Low Tunnel Strategies for Early Vegetable Production*, Michigan State University, A430 Plant and Soil Sciences Building, East Lansing, MI 48824, (989) 323-0341, struckr1@msu.edu

Margaret Fitzpatrick, *Ohio City Farm: Multiple Languages of Empowerment*, The Refugee Response, W. 24th St. and Bridge Ave., Cleveland, OH 44113, maggie@refugeeresponse.org, www.ohiocityfarm.com

Chelsea Gandy, *The Role of Livestock in Permaculture*, Fox Hollow Farm, 20060 Gilmore Rd., Fredericktown, OH 43019, (740) 694-8528, farm@foxhollowfarmnaturally.com, www.foxhollowfarmnaturally.com

Kristin Gangwer, *The Cincinnati Food Hub: Our Harvest Cooperative*, The Cincinnati Food Hub/Our Harvest Cooperative, 4211 Williamson Pl., Cincinnati, OH 45223, (513) 620-4642, kristin@ourharvest.coop, www.ourharvest.coop

Doug Seibert and Leslie Garcia, *Organic Transplant Production*, Peach Mountain Organics, 1560 Richland Rd., Spring Valley, OH 45370, (937) 862-5259, pmofarms@sbcglobal.net

Paul Goland, *Shiitake Mushroom Cultivation*, Hardscrabble Enterprises, PO Box 1124, Franklin, WV 26807, (304) 358-2921, hardscrabble@mountain.net

Steve Goodwin, *Agricultural Easements: Preserving Farmland and Providing Expansion Capital*, Appalachia Ohio Alliance, PO Box 1151, Logan, OH 43138, (740) 817-1759, swgoodwin@earthlink.net, www.appalachiaohioalliance.org

Lindsay Graham, *Growing You on Your Farm, Learn from My Mistakes with Livestock*, Graham Farms/Omega Meats, 11415 Pollock Rd., Grand Rapids, OH 43522, (419) 392-6868, omegameats@gmail.com, www.omegameatsohio.com

Michelle Gregg, *Preparing for an Organic Inspection*, Living Tree Organics, PO Box 481, Bellville, OH 44813, (740) 507-1064, michelledgregg@gmail.com, www.livingtreeorganics.com

Paul Hagen, *Nut Growing*, Time Is Energy Farm, H-616 Rd. 15, Holgate, OH 43527, (419) 966-2537, paulhagen1@hotmail.com

Bob Hendershot, *Benefits of Incorporating Forages into the Crop Rotation, Forage Seed Selection*, Green Pasture Services, 25995 State Rte. 159, Circleville, OH 43113, (740) 477-1114, bobhendershot2011@gmail.com

continued on pg. 34

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WORKSHOP PRESENTERS

continued

Matt Herbruck, *Growing Specialty Greens for Market*, Birdsong Farm, 11316 Wheeler Rd., Garrettsville, OH 44231, (330) 527-2653, matt@birdsongfarmohio.com, www.birdsongfarmohio.com

Eric Hessler, *Why Healthy Soil is So Important*, Landmark Distribution Group, 12966 Prospect Rd., Strongsville, OH 44149, (440) 638-4540, matt@landmarkdgroup.com, www.landmarkdgroup.com

Roger High, *Sheep Breeds: Comparison and Benefits*, Ohio Sheep Improvement Association, 280 N. High St., PO Box 182383, Columbus, OH 43218, (614) 246-8299, rhhigh@ofbf.org, www.ohiosheep.org

Daryl Hinderman, *Successful Organic Crop Farming*, Organic Valley CROPP Cooperative, 1 Organic Way, LaFarge, WI 54639, (608) 632-9299, daryl.hinderman@organicvalley.coop, www.organicvalley.coop

Mike Hogan, *Top Ten Food and Agriculture Marketing Trends, Utilizing SARE Grants and Resources to Achieve Your Farm Goals*, Ohio State University Extension, 831 College Ave., Lancaster, OH 43130, (740) 653-5419, hogan.1@osu.edu, www.directmarketing.osu.edu

Julie Hotchkiss, *Starting an Urban CSA Using Backyards and Lots*, Enright Ridge Urban Ecovillage Community Supported Agriculture Project, PO Box 5206, Cincinnati, OH 45205, jnhotchkiss@enright-csa.org, www.enright-csa.org

Dr. Alfredo Huerta, *Developing Locally-Adapted Crop Plants through On-Farm Selection, Breeding, and Seed Saving*, Miami University, 392 Pearson Hall, Department of Biology, Oxford, OH 45056, (513) 529-4257, huertaaj@miamioh.edu, www.saveseedsnow.org

Rafiq Islam, *Use of Cover Crop Cocktail Mix to Sustain Organic Production*, Ohio State University South Centers, 1864 Shyville Rd., Piketon, OH 45661, (614) 292-4900, islam.27@osu.edu, www.southcenters.osu.edu/soil

Ben and Emily Jackle, *Scaling Up a Startup: Increasing Efficiency in Order to Grow Your Farm*, Mile Creek Farm, 10786 Mile Rd., New Lebanon, OH 45345, (937) 687-8762, milecreekfarm@gmail.com, www.milecreekfarm.com

Jim Jasinski, *Good Bugs and Bad Bugs in the Home Garden*, Ohio State University Extension Integrated Pest Management Program, 1512 S. US Hwy 68 Ste. B100, Urbana, OH 43078, (937) 484-1526, jasinski.4@osu.edu

S. Dee Jepsen, *Small Farm and Garden Safety*, Ohio State University, 590 Woody Hayes Dr., Columbus, OH 43210, (614) 292-6008, jepsen.4@osu.edu, www.fabe.osu.edu

Brian Jorg, *The Cincinnati Zoo and Green BEAN Delivery: A Growing Partnership on EcOhio Farm*, EcOhio Farm/Cincinnati Zoo and Botanical Garden, 3400 Vine St., Cincinnati, OH 45220, (513) 617-2758, brian.jorg@cincinnati-zoo.org, www.cincinnati-zoo.org

Val Jorgensen, *Food Labeling: ODA and USDA Organic Requirements*, Jorgensen Farms, 5851 E. Walnut St., Westerville, OH 43081, (614) 855-2697, info@jorgensen-farms.com, www.jorgensen-farms.com

Matthew Jose, *Growing the Market for Urban Farmers*, Big City Farms/IndyGrown, 529 1/2 N. Highland Ave., Indianapolis, IN 46202, (317) 694-4299, matthew@bigcityfarmsindy.com, www.bigcityfarmsindy.com

Denise King, *Agricultural Easements: Preserving Farmland and Providing Expansion Capital*, Ohio Department of Agriculture Office of Farmland Preservation, 8995 E. Main St. Ste. 101, Bromfield Administration Building, Reynoldsburg, OH 43068, (614) 728-4203, denise.king@agri.ohio.gov, www.agri.ohio.gov/divs/farmland/farmland.aspx

J.B. King, *Bridging the Gap Between Chef and Farmer*, King Family Farm, 3940 Factory Rd., Albany, OH 45710, (740) 698-3940, kingfamilyfarm@aol.com, www.kingfamilyfarm.com

Debra Knapke, *Multi-Tasking in the Garden: Edible Ornamentals, Biophilia: Our Affinity with Nature*, The Garden Sage, Columbus, OH 43235, dknapke@columbus.rr.com, www.heartland-gardening.com

Beth Knorr, *Marketing Your Products and Yourself at Farmers' Markets*, Countryside Conservancy, 2179 Everett Rd., Peninsula, OH 44264, (330) 657-2542, farmersmarket@cvcountryside.org, www.cvcountryside.org

Marissa Kruthaup, *Sustainable Sweet Corn Production*, Kruthaup Family Farm, 4637 Middleboro Rd., Morrow, OH 45152, (513) 543-5236, kruthaupm@gmail.com, www.kruthaupfarm.terapad.com

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Brian Kunkemoeller, *Fracking and the Waste Dilemma*, Sierra Club Ohio Chapter, 131 N. High St. Ste. 605, Columbus, OH 43215, (614) 461-0734 Ext. 310, brian.kunkemoeller@sierraclub.org, www.ohiosierraclub.org

Kitty Leatham, *Cooking and Eating GMO-Free Meals*, Green Chef Catering, 116 Locust Pl. Granville, OH 43023, kitty.leatham@gmail.com

Nick Leone, *The Good, the Bad, and the Ugly of Green Remodeling*, 4445 County Line Rd., Hubbard, OH 44425, (330) 534-0709, nickleone@zoominternet.net

Shirron LeShure, *Using Grape Pomace as a Natural De-Wormer in Sheep*, Ohio State University Ohio Agricultural Research and Development Center (OARDC), Animal Science Department, 1680 Madison Ave., 111 Gerlaugh Hall, Wooster, OH 44691, (330) 263-3903, leshure.1@osu.edu

Amy Matthews, *Growing the Market for Urban Farmers*, South Circle Farm, 2048 S. Meridian St., Indianapolis, IN 46225, amy@southcirclefarm.com, www.southcirclefarm.com

Dave McCann, *Inside the Mind of a Mission-Driven Lender*, Natural Capital Investment Fund, 1098 Turner Rd., Shepherdstown, WV 25443, (304) 876-2815, dmccann@conservationfund.org, www.ncifund.org

Brian McSpadden Gardener, *Biofertilizers for Organic Production*, Ohio State University Ohio Agricultural Research and Development Center (OARDC) Ohio Food and Farming Education and Research (OFFER) Program, 1680 Madison Ave., Wooster, OH 44691, (330) 202-3565, mcsadden-garden.1@osu.edu

Kathleen Merrigan, *Show Me the Money: Farming Federal Programs*, Merrigan Consulting, Chevy Chase, MD 20815, (301) 395-1311, katmerrigan@gmail.com

Rebecca Metcalf, *CFNP, Lifestyle Approaches for Preventing and Treating Diabetes*, Spirit of Health, 503 Wiggan St., Gambier, OH 43022, (740) 427-2414, rebeccametcalf@gmail.com

Jill Moorhead, *Marketing Your Product for Distribution*, Eat Well Distribution, 1145 Chesapeake Ave. Ste. L, Columbus, OH 43212, (614) 298-1619, jill@eatwelldistribution.com, www.eatwelldistribution.com

Bo Norby, *Non-Antibiotic Alternatives for Bovine Mastitis Therapy*, Michigan State University, Department of Large Animal Clinical Sciences, 736 Wilson Rd., East Lansing, MI 48824, (517) 432-5199, norby@cvm.msu.edu

Megan Ogle, *Urban Farming Challenges: Zoning and Municipal Codes*, Franklinton Gardens, 909 W. Rich St., Columbus, OH 43222, megan.ogle@franklintongardens.org, www.franklintongardens.org

Daniel and Julie Perkins, *Scaling Up Production of Organic Hardneck Seed Garlic by Improving Worker Comfort*, Perkins' Good Earth Farm, 8301 W. 1000 N, Demotte, IN 46310, (219) 869-5831, perkinsgoodearthfarm@gmail.com, www.perkinsgoodearthfarm.com

S.K. Piper, *Enacting Change through Student Collaboration*, Denison University Dining Services, 100 Smith Ln., Granville, OH 43023, (740) 403-2002, pipers@denison.edu, www.denison.cafebonappetit.com

Kelly Powers, *Ohio City Farm: Multiple Languages of Empowerment*, Cleveland Crops, W. 24th St. and Bridge Ave., Cleveland, OH 44113, powers.kelly@cuyahogabdd.org, www.ohiocityfarm.com

Bruce Rickard, *Year-Round Grazing*, Fox Hollow Farm, 20060 Gilmore Rd., Fredericktown, OH 43019, (740) 694-8528, bruce@foxhollowfarmnaturally.com, www.foxhollowfarmnaturally.com

Jesse Rickard, *The Role of Livestock in Permaculture*, Fox Hollow Farm, 20060 Gilmore Rd., Fredericktown, OH 43019, (740) 694-8528, farm@foxhollowfarmnaturally.com, www.foxhollowfarmnaturally.com

Alicia Rocco, *Twelve Herbs to Use in Emergencies for People and Animals*, Natural Approach Farm Store, 3944 Whitacre Ave. SE, Minerva, OH 44657, (330) 868-5353, info@naturalapproachtohealth.com, www.naturalapproachtohealth.com

Dan Rossman, *Soybean Variety Performance Evaluation in Organic Production Systems*, Michigan State University Extension, 214 E. Center St. Ste. 11, Ithaca, MI 48847, (989) 875-5233, rossman@anr.msu.edu

Dan and Margo Royer-Miller, *Producing Your Whole Diet Sustainably: Grow Biointensive*, Circle of the Sun Farm and Education Center, royermillers@yahoo.com, www.royermillers.blogspot.com

Kevin Savage, *Instruction and Community Outreach Utilizing Recirculating Aquaponics Systems*, Cincinnati Hills Christian Academy, 11525 Snider Rd., Cincinnati, OH 45249, (513) 247-0900, kevin.savage@chca-oh.org, www.chca-oh.org

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Leslie Schaller, *No More Pennies on the Dollar! Plan and Market to Strengthen Your Farm Business*, Appalachian Center for Economic Networks, 94 Columbus Rd., Athens, OH 45701, (740) 592-3854 Ext. 115, leslies@acenetworks.org, www.acenetworks.org

Kate Schmidt, *Food Labeling: ODA and USDA Organic Requirements*, OEFA Certification, 41 Crosswell Rd., Columbus, OH 43214, (614) 262-2022, kate@oeffa.org, www.oeffa.org

Jake Schmitz, *Organic Corn Production: Guidelines for Success*, Organic Valley CROPP Cooperative, 1 Organic Way, La Farge, WI, (270) 779-1526, jake.schmitz@organicvalley.coop, www.organicvalley.coop

Don Schooner, *All Summer Strawberries For You-Pick Farms*, Schooner Farms, 14890 State Rte. 235, Weston, OH 43569, (419) 261-0908, dschooner@ibnature.com, www.schoonerberries.com

Gustavo Schuenemann, *Dairy Herd Health: Risk Factors and Transition Cow Management*, Ohio State University, College of Veterinary Medicine, Department of Veterinary Preventive Medicine, 1920 Coffey Rd., Columbus, OH 43210, (614) 292-6924, schuenemann.5@osu.edu

Jeanine Seabrook, *Creative Dehydrating for a Healthier Life*, Glass Rooster Cannery, 1673 S. State Rte. 605, Sunbury, OH 43074, (614) 499-2958, jeannie@glassroostercannery.com, www.glassroostercannery.com

Mark Seeley, *Records to Manage Your Business*, Full Circle Farms, 1427 S. Lakeview Ave., Sturgis, MI 49091, (913) 575-8322, fullcirclefarms@gmail.com

Mary Lou Shaw, *Creating Sustainability for Your Backyard Poultry*, Milk and Honey Farm, 9336 Madison Rd. NE, Washington Courthouse, OH 43160, (740) 831-4054, tomandmarylou933@gmail.com

Mark Shepard, *Restoration Agriculture: Designing Your Perennial Farm, Alleycropping and Silvopasture: Transitioning to Restoration Agriculture*, New Forest Farm/Restoration Agriculture Institute/Forest Agriculture Enterprises, PO Box 24, Viola, WI 54664, (608) 627-8733, forestag@mwt.net, www.newforestfarm.net

Dave Shively, *Organic Corn Production: Guidelines for Success*, Shively Farm, 4142 Rd. J, McClure, OH 43534, (419) 278-2701, dshively01@gmail.com

Ben Sippel, *Building a Sustainable Food System*, Sippel Family Farm/Kokoborrego Cheese, 6398 State Rte. 19, Mt. Gilead, OH 43338, (614) 563-1139, sippelfamilyfarm@brightchoice.net, www.sippelfamilyfarm.com

Nick Stanich, *Urban Farming Challenges: Zoning and Municipal Codes*, Franklinton Gardens, 909 W. Rich St., Columbus, OH 43222, nick.stanich@franklintongardens.org, www.franklintongardens.org

Richard Stewart, *Diversification and Success Of Your Farm Business*, Carriage House Farm, 10251 Miamiview Rd., North Bend, OH 45052, (513) 967-1106, rstewart@zoomtown.com, www.carriagehousefarmllc.com

Ted Stutz, *Reading a Soil Test to Fertilize Effectively*, Ohio Earth Food, 5488 Swamp St. NE, Hartville, OH 44632, (330) 877-9356, ted.stutz@ohioearthfood.com, www.ohioearthfood.com

Jeff Suchy, *Small Farm and Garden Safety*, Ohio State University, 590 Woody Hayes Dr. Rm. 209, Columbus, OH 43210, (614) 292-1731, suchy.3@osu.edu, www.fabe.osu.edu

Alan Sundermeier, *Organic Corn Production: Guidelines for Success*, Ohio State University Extension, 639 Dunbridge Rd. Ste. 1, Bowling Green, OH 43402, (419) 354-9050, sundermeier.5@osu.edu

Joseph Swain, *Farm without the Farm*, Swainway Urban Farm, 285 Canyon Dr., Columbus, OH 43214, (614) 557-8902, joseph@swainway.com, www.swainway.com

Christine Tailer, *Float Trays: The Easy Way to Start Seeds*, Straight Creek Valley Farm, 6489 Straight Creek Rd., Georgetown, OH 45121, (513) 205-0054, christine@straightcreekvalleyfarm.com, www.straightcreekvalleyfarm.com

Matt Tomaszewski, *Food Safety and Post-Harvest Handling*, 6128 Wingrove Rd., Athens, OH 45701, (813) 451-4796, farmermt@gmail.com

Braden Trauth, *Keyline Design*, *This-Land.org*, 1869 Robley Ave., Cincinnati, OH 45223, bradentrauth@yahoo.com, www.this-land.org

Jake and Dawn Trethewey, *Growing Great Organic Potatoes*, Maplestar Farm, 10382 Washington St., Auburn Township, OH 44023, (440) 991-7432, maplestar@windstream.net, www.maplestarfarm.com

Ann Trudel, *Developing Value-Added Products*, Ann's Raspberry Farm, 6645 Blair Rd., Fredericktown, OH 44319, (740) 263-9760, annraspberryfarm@gmail.com, www.annraspberryfarm.com

Abbe Turner, *Opportunities for Producing and Marketing Ohio Sheep Milk and Cheese*, Lucky Penny Farm, 632 Temple Ave., Kent, OH 44240, (330) 715-4140, abbe@luckypennyfarm.com, www.luckypennyfarm.com

Lauren Van Meter, *American Dreams: Kneaded into a Loaf*, Whole Foods Market, 3670 W. Dublin Granville Rd., Columbus, OH 43235, (614) 760-5556, lauren.vanmeter@wholefoods.com, www.wholefoodsmarket.com

Ellen Vera, *The Cincinnati Food Hub: Our Harvest Cooperative*, The Cincinnati Food Hub/Our Harvest Cooperative, 4211 Williamson Pl., Cincinnati, OH 45223, (513) 620-4642, ellen@ourharvest.coop, www.ourharvest.coop

Annie Warmke, *Twelve Months of Green Living: How to Make the Transition to Living Simply*, Blue Rock Station, 1190 Virginia Ridge Rd., Philo, OH 43771, (740) 674-4300, annie@bluerockstation.com, www.bluerockstation.com

Jay Warmke, *Solar Electricity for the Very, Very Beginner*, Blue Rock Station, 1190 Virginia Ridge Rd., Philo, OH 43771, (740) 674-4300, jay@bluerockstation.com, www.bluerockstation.com

Celeste Welty, *Stink Bug Management in Peppers, Berries, and Other Organic Crops*, Ohio State University Department of Entomology, Rothenbuhler Lab, 2501 Carmack Rd., Columbus, OH 43210, (614) 292 2803, welty.1@osu.edu, www.bugs.osu.edu/welty

Jim Yue, *Stocking the Ultimate Pantry*, Whole Foods Market, 1555 W. Lane Ave., Columbus, OH 43221, (614) 481-3400, tiffany.dixon@wholefoodsmarket.com, www.wholefoodsmarket.com

Craig Zimmerly, *Training Farmers to Perform Artificial Insemination in Sheep*, Country Road Veterinary Services, 6732 Dover Rd., Apple Creek, OH 44606, (330) 698-3701, zimmerly.4@buckeyemail.osu.edu



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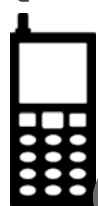
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American Organic Seed, PO Box 385, Warren, IL 61087, (855) 945-2449, request@gristmillinc.com, www.gristmillinc.com (Literature Table)

Antioch College, Rick Kraince, 1 Morgan Place, Yellow Springs, OH 45387, (937) 768-8042, rkraince@antiochcollege.org, www.antiochcollege.org

Blue River Hybrids, 27087 Timber Rd., Kelly, IA 50137, (800) 370-7979, info@blueriverorgseed.com, www.blueriverorgseed.com

Blue Rock Station, Jay and Annie Warmke, 1190 Virginia Ridge Rd., Philo, OH 43771, (740) 674-4300, annie@bluerockstation.com, www.bluerockstation.com

Canal Junction Farmstead Cheese / Ohio Cheese Guild, Brian Schlatter, 18637 Rd. 168, Defiance, OH 43512, (419) 399-2350, cjcheese07@yahoo.com, www.canaljunctioncheese.com

Center Seeds, Eric Beecher, PO Box 117, St. Mary's, OH 45885, (855) 667-3943 Ext. 2, eric@centerseeds.com, www.centerseeds.com

Cisco Companies, 602 N. Shortridge Rd., Indianapolis, IN 46219, (317) 357-7013, www.ciscoseeds.com

City Folks Farm Shop, Shawn Fiegelist, 4760 N. High St., Columbus, OH 43214, (614) 946-5553, shawn@cityfolksfarmshop.com, www.cityfolksfarmshop.com

Colorado State University Western Center for Integrated Resource Management (WCIRM), 1311 S. College Ave. Suite 202, Ft. Collins, CO 80523, www.wcirm.colostate.edu

Columbus Irrigation Co., Dan Kamburoff, 1654 State Rte. 60, Ashland, OH 44805, (419) 281-7000, dan.cic@zoominternet.net, www.columbusirrigation.com

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Earth Tools, 1525 Kays Branch Rd., Owenton, KY 40359, (502) 484-3988, officemanager.earthtools@gmail.com, www.earthtoolsbcs.com

Edible Cleveland, Noelle Celeste, 1894 Woodward Ave., Cleveland Heights, OH 44118, (216) 285-0130, noelle@ediblecleveland.com, www.ediblecleveland.com (Literature Table)

Elite Nutrition, Rhoda Graber, 8868 N. 650 E, Odon, IN 47562, (812) 687-7498, elitenutrition@live.net

Fertrell, James Schlitz, PO Box 265 Bainbridge, PA 17502, (717) 367-1566, www.fertrell.com

Forest Agriculture Enterprises, Mark Shepard, PO Box 24, Viola, WI 54664, (608) 627-8733, forestag@mwt.net, www.forestag.com

Fox Run Produce and Education Center, Amy Vanorio, PO Box 174, Falmouth, KY 41040, (859) 242-1037, foxrunproduce@yahoo.com, www.foxrunproduce.com

Frank Gates Service Company, Steve Spain, 5000 Bradenton Ave. Dublin, OH 43017, (614) 766-8757, sspain@frankgates.com, www.frankgates.com

Great Lakes Organic Feed Mill, Dan Bewersdorff, 6425 W. Grand River Ave., Saranac, MI 48881, (616) 920-8623, dbewersdorff@herbrucks.com, www.herbrucks.com

Green BEAN Delivery, 2935 E. 14th Ave., Columbus, OH 43219, (614) 352-2850, kellyr@greenbeandelivery.com, www.greenbeandelivery.com

Green Field Farms Co-Op, 6464 Fredericksburg Rd. Wooster, OH 44691, (330) 263-0246, info@gffarms.com, www.gffarms.com

Hardscrabble Enterprises, Paul Goland, PO Box, 1124 Franklin, WV 26807, (304) 358-2921, hardscrabble@mountain.net

Herbal Lodge, Nathan Wright, 11557 Pickerel Lake Rd., Petosky MI 49770, (231) 622-9063, nathan@herballodge.com, www.herballodge.com

High Mowing Organic Seeds, Brigitte Derel, 76 Quarry Rd., Wolcott, VT 05680, (802) 472-6174, brigitte@highmowingseeds.com, www.highmowingseeds.com

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Holmes Laboratory, Gary Horrisberger, 3559 US Rte. 62, Millersburg, OH 44654, (330) 893-2933, gary@wif7.com, www.holmeslab.com

Humane Society of the United States, John Dinon, 1532 Claybourne Dr., Toledo, OH 43614, (567) 868-6036, jdinon@humanesociety.org, www.humanesociety.org/rural

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Jorgensen Farms, Val Jorgensen, 5851 E. Walnut St., Westerville, OH 43081, (614) 855-2697, info@jorgensenfarms.com, www.jorgensen-farms.com

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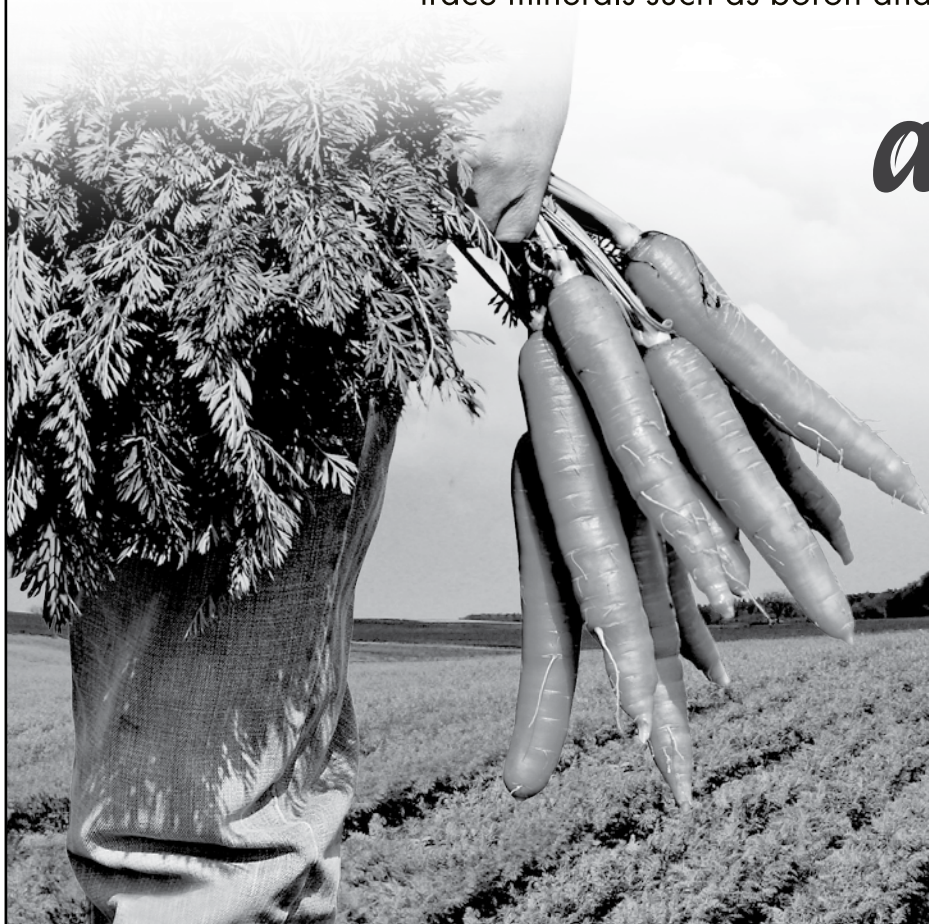
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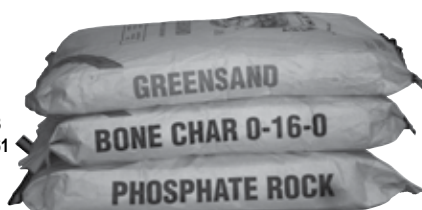
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Landmark Distribution Group, Matt Smith, 12966 Prospect Rd., Strongsville, OH 44149, (440) 638-4540, matt@landmarkgroup.com, www.landmarkdgroup.com

Living Soil Ohio, Lynn Staffeldt, 17001 Smith Rd., Fredericktown, OH 43019, gllstaffeldt@gmail.com

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National Center for Appropriate Technology (NCAT)/National Sustainable Agriculture Information Service (ATTRA), PO Box 3838, Butte, MT 59702, (406) 494-4572, www.ncat.org

Natural Approach Farm Store, Alicia Rocco, 3944 Whitacre Ave. SE, Minerva, OH 44657, (330) 205-7844, aliciarocco@frontier.net, www.naturalapproachtohealth.com

Nature Safe Natural and Organic Fertilizers, Kimberly Stockelman, 4221 Alexandria Pk., Cold Springs, KY 41076, (859) 781-2010, kstockelman@darlingii.com, www.naturesafe.com

Nourse Farms, 41 River Rd., South Deerfield, MA 01373, (413) 665-2658, info@noursefarms.com, www.noursefarms.com (Literature Table)

OEFFA Grain Growers Chapter, Daryl Moyer, 1841 N. Township Rd. 165, Tiffin, OH 44883, (419) 447-2718, dmoyer@bright.net

Ohio AgrAbility Program, 590 Woody Hayes Dr., Columbus, OH 43210, (614) 292-6008, www.agrability.osu.edu

Ohio Earth Food, Ted Stutz, 5488 Swamp St. NE, Hartville, OH 44632, (614) 949-7846, ted.stutz@ohioearthfood.com, www.ohioearthfood.com

Ohio Farmers Market Managers Network, PO Box 527, Worthington, OH 43085, www.ofmmn.org

Ohio Farmers Union, Linda Borton, 1011 N. Defiance St., Ottawa, OH 45875, (419) 523-5300, lborton@ohfarmersunion.org, www.ohfarmersunion.org

Ohio Federation of Soil and Water Conservation Districts, Mindy Bankey, PO Box 24518, Columbus, OH 43224, 614-784-1900, mindybankey@ofswcd.org, www.ofswcd.org

Ohio Produce Growers and Marketers Association, 2130 Stella Ct., Columbus, OH 43215, (614) 487-1117, www.opgma.org

Ohio Rights Group, Lauren Berlekamp, 1021 E. Broad St., Columbus, OH 43205, (614) 300-0529, lberlekamp@gmail.com, www.ohiorightsgroup.org

Ohio State University Ohio Agricultural Research and Development Center (OARDC) Organic Food and Farming Educational Research (OFFER) Program, Brian McSpadden-Gardener, 1680 Madison Ave., Wooster, OH 44691, (330) 202-3528, mcspadden-garden.1@osu.edu, www.oardc.ohio-state.edu/offer

Ohio State University School of Environment and Natural Resources, Ryan Hottle, 2021 Kottman Hall Rm. 210, Columbus, OH, (740) 258 8450, hottle.7@osu.edu, www.senr.osu.edu

Ohio State University Sustainable Agriculture Team, Mike Hogan, 831 College Ave. Ste. D, Lancaster, OH 43130, (330) 324-6341, hogan.1@osu.edu, www.fairfield.osu.edu

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Ridgway Hatchery, Micky Ridgway, 615 N. High St., PO Box 306, La Rue, OH 43332, (800) 323-3825, ridgwayegg@aol.com, www.ridgwayhatchery.com

Rural Action, Bob Fedyski, 9030 Hocking Hills Dr., The Plains, OH 45780, (740) 677-4047, bob@ruralaction.org, www.ruralaction.org

Serendipity, Sally Bulford, 10600 Mt. Olive Rd. Hopewell, OH, (740) 787-2871, sbulford@earthlink.net

Shagbark Seed and Mill, Michelle Ajamian, 88 Columbus Cir., Athens, OH 45701, (740) 590-1501, info@shagbarkmill.com, www.shagbarkmill.com

Slow Food Columbus, Bear Braumoeller, 425 N. Front St. Apt. 705, Columbus, OH 43215, (614) 221-2098, www.slowfoodcolumbus.org

Snowville Creamery, Warren Taylor, 32623 State Rte. 143, Pomeroy, OH 45769, (740) 968-2340, info@snowvillecreamery.com, www.snowvillecreamery.com

SunOpta, John Simmons, 26 E. Sanilac Rd. Sandusky, MI 48471, (810) 648-5600, john.simmons@sunopta.com, www.sunopta.com

Sustainable Agriculture Research and Education (SARE) Program, Sean McGovern, 1122 Patapsco Building, University of Maryland, College Park, MD 20742, smcgovern@sare.org, www.sare.org

Sustainable Poultry Network, Jim Adkins, 642 Moffitt Hill Rd., Old Fort, NC 28762, (209) 890-5326, jim@centerforpoultry.com, www.sustainablepoultrynetwork.com

Swainway Urban Farm, Joseph Swain, 285 Canyon Dr., Columbus, OH 43214, (614) 557-8902, joseph@swainway.com, www.swainway.com

Terra Biotics, PO Box 1262, Massillon, OH 44648, (877) 519-8873, info@terrabioticsinc.com, www.terrabiotics.com

Thorvin Inc., PO Box 730, New Castle, VA 24127, (540) 864-5108, echandler@thorvin.com, www.thorvin.com (Literature Table)

U.S. Department of Agriculture National Agricultural Statistics Service (NASS), Cheryl Turner, 8995 E. Main St. Reynoldsburg, OH 43068, (614) 728-2100, cheryl.turner@nass.usda.gov, www.nass.usda.gov

U.S. Department of Agriculture Natural Resources Conservation Service (NRCS), Diane Johnson, 200 N. High St. Rm. 523, Columbus, OH 45215, (614) 255 2463, diane.johnson@oh.usda.gov, www.oh.nrcs.usda.gov

Water Your Landscape/Favorite Garden Tools, Richard Cartwright, PO Box 210, Oldenburg, IN 47036, (812) 212-9674, wateryourlandscape@gmail.com, www.favoritegardentools.com

We're All Nuts, Ken Stern, 5922 O'Meara Pl., Cincinnati, OH 45213, (513) 473-1860, sternkenneth@gmail.com

Whole Foods Market, Tiffany Dixon, 3670 W. Dublin-Granville Rd. Columbus, OH 43235, (614) 760-5556, tiffany.dixon@wholefoods.com, www.wholefoods.com

Willow Farmer, Howard Peller, PO Box 156, Roseville, OH 43777, (740) 697-0027, hp@columbus.rr.com, www.howardpeller.com

Zane State College, Casey Brooks, 1355 Newark Rd., Zanesville, OH 43701, (740) 588-1240, cbrooks@zanestate.edu, www.zanestate.edu

Zimmerman's High Tunnels, Dan Healy, 11693 Sims Rd., Versailles, MO 65084, (414) 961-9876, greenhousedan7@gmail.com, www.zimmermanshightunnels.com



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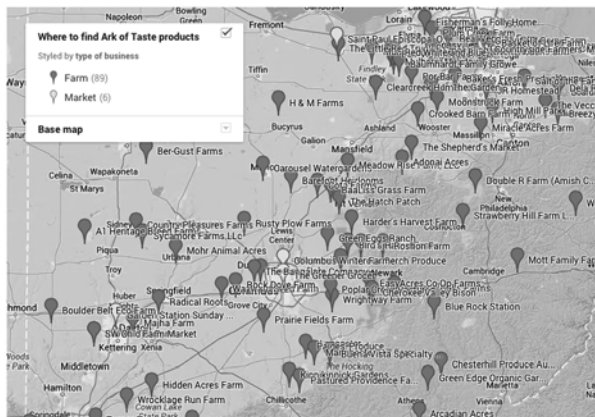
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