

	The Movement	Sustainable Foundations	Gardening	Specialty Crops	Vegetable Crops	Grain Crops	Dairy and Grazing	Animals	The Homestead	Urban Agriculture	Business and Marketing	Potpourri
<b>FRIDAY, FEBRUARY 14</b>												
<b>Session I</b> 8:30-10:00 a.m.	<b>Agricultural Statistics: What They Are, How They Are Used, and Why They Really Matter</b> (Amalie Lipstreu, Jonathan McCracken, Cheryl Turner)	<b>Integral Soil and Plant Management for Health</b> (John Biernbaum)	<b>Your Kitchen Apothecary: Growing and Mixing Fresh and Dried Herbs for Cooking and Health</b> (Mandy Palmer)	<b>Value-Added Production for Small Producers: Canning and Drying</b> (Marcus Nagle)	<b>Growing Year-Round in Hoophouses and High Tunnels</b> (Tommy Becker)	<b>2020 Climate-Smart Organic Grains for Healthy Soils, Healthy Food, and Healthy People</b> (Rafiq Islam, Alan Sundermeier)	<b>Grazing on Leased Land</b> (Meg Grzeskiewicz)	<b>Rotational Browsing: Tips, Tricks, and Tools for Success</b> (Sasha Sigetic)	<b>Is Your Land Climate-Ready?</b> (Laura Lengnick)	<b>Old Problems, New Materials: Problem-Solving in Urban Agriculture</b> (Sherry Chen, David Cook)	<b>Where's the Profit? Farm Enterprise Analysis</b> (Jody Padgham)	<b>Partnering with Ohio's Growing Craft Beer Industry</b> (Betty Bollas)
<b>Session II</b> 10:30 a.m.-12:00 p.m.	<b>Rethinking Plastics in Organic Production</b> (Harriet Behar)	<b>Our Changing Climate: Global Context, Local Lens, Risks, and Adaptations</b> (Aaron Wilson)	<b>Regenerative Farming for Healthier Farms, Food, and Planet</b> (Mary Lou Shaw)	<b>Pawpaw Trees from Seed to Pulp: An Introduction to Cultivation</b> (Sarah Francino, Ron Powell)	<b>Working with Living Soils</b> (Jean-Martin Fortier)	<b>Reducing Weeds, Insects, and Diseases with Soil Health</b> (James Hoorman)	<b>Making Healthy Pasture Soils</b> (Bob Hendershot)	<b>The Complex and Controversial Relationship Between Animal Agriculture and Climate Change</b> (Jeff Schahczenski)	<b>Beating the Feed Bill Blues: Eliminating Inputs on the Small Farm and Homestead</b> (Shawn and Beth Dougherty)	<b>Taking Back Saturdays: Cooperative and Coordinated Marketing of Small-Scale Producers</b> (Angela Blatt, Dana Hilfinger)	<b>Girl Boss with the Milk Money: Ohio's Women Dairy Entrepreneurs</b> (Angel King, Sheila Schlatter, Sarah Taylor, Abbe Turner)	<b>When You Can't Control the Weather: Managing Your Stress on the Farm</b> (Amanda Bohlen, Jami Dellifield, Misty Harmon)
<b>Session III</b> 2:00-3:30 p.m.	<b>Ecological or Industrial Organic? What We Learned From Allowing Hydroponics in the NOP</b> (Harriet Behar, John Biernbaum)	<b>Land Access Innovations for Sustainable Farmers</b> (Bryn Bird, Krista Magaw, Rob Krain)	<b>Restorative Plants: Good for You, Good for the Planet</b> (Barbara Utendorf)	<b>Farm and Forest: The Chestnut Agroecosystem</b> (Amy Miller)	<b>2020 Climate-Smart Organic Vegetables for Healthy Soils, Healthy Food, and Healthy People</b> (Rafiq Islam, Alan Sundermeier)	<b>Hemp! Understanding a Revived Crop</b> (Craig Schluttenhofer)	<b>Generating Cash Flow in Cow-Calf Production</b> (Meg Grzeskiewicz)	<b>Growing Your Pastured Egg Business and Layer Operation</b> (Mike Jones)	<b>The Divine Farmer: An Approach to Personal and Ecological Restoration through Chinese Medicine</b> (Christian Totty)	<b>Building Partnerships in Local Food Systems</b> (Jalisa Dawkins, Michelle White)	<b>Building a Value Ladder: How to Get Customers to Buy More</b> (Corinna Bench)	<b>Sustainable Apiculture in Ohio</b> (Hongmei Li-Byarlay, Chia-Hua Lin)
<b>SATURDAY, FEBRUARY 15</b>												
<b>Session IV</b> 8:30-10:00 a.m.	<b>Whose Voice is Missing? The Need for a Cultural Shift to Achieve Justice in the Food System</b> (Jordan Brown, Carolyn Charles, Leah Cohen)	<b>The Capitalism in Our Food</b> (Eric Holt-Giménez)	<b>Chickens 101: Basics and Beyond</b> (Lisa Samples)	<b>Mad About Saffron: Growing and Cooking With a High-Value Midwest Spice</b> (Kate Hodges, Lauren Hirtle, Rachel Tayse)	<b>Microbial Applications with Effective Microorganisms and Korean Natural Farming Microbial Concoctions</b> (Steve Diver)	<b>Climate-Resilient Grain Production</b> (Laura Lengnick)	<b>High Tannin Forages for Managing Intestinal Parasites in Sheep</b> (James Kotcon)	<b>Livestock Guardian Animals: Lessons from the Field</b> (Paul Dorrance)	<b>Child Care on Family Farms</b> (Shoshannah Inwood, Andrea Rissing)	<b>Regenerating Soil with Keyline and Aerobic Teas</b> (Lisa Helm Hancock, Braden Trauth)	<b>Tax Management for Small Farms</b> (David Marrison, Chris Zoller)	<b>Protecting Your Whole Farm's Revenue Just Got Easier</b> (Jeff Schahczenski)
<b>Session V</b> 10:30 a.m.-12:00 p.m.	<b>Starting the Conversation: Doing the Work to Become an Anti-Racist White Ally</b> (Lindie Keaton, Ri Molnar)	<b>Gain More Benefits from Your Cover Crops</b> (Harriet Behar)	<b>What Bees Are These? Incorporating Wild Bees in Our Garden and Landscapes</b> (Dianne Kadoonaga)	<b>Compostponics: How to Make Compost for Long-Term Containers and Raised Beds</b> (John Biernbaum)	<b>Savvy Tillage</b> (Jeff Poppen)	<b>Growing Organic Grain as the Climate Changes</b> (Eli Dean, Scott Myers, Paul Schmittmeyer, Amalie Lipstreu)	<b>Keeping Your Cattle Healthy</b> (Richard Jeffers)	<b>Did the Butcher Steal My Meat?! Finding, Forming, and Maintaining a Good Relationship with Your Processor</b> (Travis Hood, Lyndsey Teter)	<b>Planning a Regenerative Farm for Climate Crisis Resilience: One Farm's Experiences</b> (Kip Gardener)	<b>Navigating Urban Farming: Land, Laws, and Locals</b> (April Pandora)	<b>Six Steps to Planning Your Promotional Calendar</b> (Corinna Bench)	<b>Living Soil and the Human Microbiome: What Organic Growers Need to Know</b> (Kimberley Kresevic)
<b>Session VI</b> 3:30-5:00 p.m.	<b>Walking Our Talk: Introduction to Food Justice Certification</b> (Jordan Brown, Carolyn Charles, Leah Cohen)	<b>Unlocking the Mysteries of Biodynamics</b> (Jeff Poppen)	<b>Building Your Own Hoophouse Right the First Time</b> (Bruce Kress)	<b>Opportunities in Agroforestry: Forest Farming Medicinal Woodland Herbs and Other Non-Timber Forest Products</b> (Tanner Filyaw)	<b>Organic Vegetable Transplant Production</b> (Steve Diver)	<b>Creating and Connecting Regional Staple Food Networks</b> (Michelle Ajamian, Brandon Jaeger, Lisa Trochia)	<b>Business Strategies for New and Young Farmers</b> (Meg Grzeskiewicz)	<b>Treatment-Free Beekeeping</b> (Tom Cail)	<b>A Hands-On Guide to Solar Applications</b> (Valerie Garrett, Tom Rapini)	<b>Engaging Urban Youth in Gardening and Agriculture</b> (Katie Carey, Beth Urban)	<b>Awesome Customer Service: Considering All Aspects of Customer Engagement</b> (Eric Barrett, Rob Leeds, Christie Welch)	<b>Trust, Transparency, Disruption, and Blockchain in a New Organic Food Economy</b> (Jeff Schahczenski)

# 2020 OEFFA Conference Workshop Descriptions

## FRIDAY, FEBRUARY 14

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

### **Agricultural Statistics: What They Are, How They Are Used, and Why They Really Matter**

*Amalie Lipstreu, OEFFA, Jonathan McCracken,  
Senator Sherrod Brown, Cheryl Turner, U.S.  
Department of Agriculture National Agricultural  
Statistics Service*

Do you receive surveys in the mail that you toss in the waste basket, or wonder why the USDA is asking the questions they do, how that information is used, and whether your privacy is being protected? Join an informative panel discussion with a USDA statistician, a senior U.S. Senate staffer, and OEFFA's policy director for insight into why these numbers matter and their direct connection to funding and programs.

### **Integral Soil and Plant Management for Health**

*John Biernbaum, Michigan State Horticulture  
and Pear Tree Farm*

The foundation of organic farming is rooted in the details of how we manage our soil for plants, livestock, and ultimately human health. Details and refinements continue to be offered by farmers and educators like Gary Zimmer, Steve Solomon, Dan Kittredge, John Kemp, and others. Professor and researcher John Biernbaum will summarize and integrate some of the key messages and recommendations of these practices using a graphic format that you can use to assess the breadth and depth of your current management strengths and weaknesses.

### **Your Kitchen Apothecary: Growing and Mixing Fresh and Dried Herbs for Cooking and Health**

*Mandy Palmer, Barefoot Hippy Homesteading*  
Culinary herbs and spices have ancient and enduring cultural, nutritional, and gastronomic power. They contribute needed nutrients to a healthy diet, and their natural aromas and flavors enliven our tables. Experienced homesteader and educator Mandy Palmer will discuss basic kitchen herbalism, familiar plants, and easy ways to incorporate them in our foods. Mandy will concoct mixes for tasting and share recipes for making your own natural and toxin-free seasonings.



### **Value-Added Production for Small Producers: Canning and Drying**

*Marcus Nagle, Central State  
University*

Value-added products can significantly help a farm's bottom line, but there are a lot of considerations that go into creating a quality product. Professor Marcus Nagle will focus on detailing two post-harvest processes: canning and drying. Learn about small- and large-scale applications suitable for all levels of experience.

### **Growing Year-Round in Hoophouses and High Tunnels**

*Tomm Becker, Nifty Hoops*

You can grow vegetables year-round in high tunnels without any supplemental heat. Tomm Becker will recommend what crops to grow, when to plant them, and how to manage the unique climate within a hoophouse to extend your profitable season clear through the winter.

### **2020 Climate-Smart Organic Grains for Healthy Soils, Healthy Food, and Healthy People**

*Rafiq Islam and Alan Sundermeier, The Ohio  
State University*

Global climate is changing, and grain growers must change with it. Relying on chemical-heavy

## 2020 OEFFA Conference Workshop Descriptions

agricultural intensification to feed the world has deteriorated soil health, water quality, air quality, food quality, public health, and other ecosystem services, but we can still thrive with ecological production systems that improve soils. Rafiq Islam and Alan Sundermeier will share the latest cutting-edge information on cropping diversity with multifunctional cover crops, electrolyzed and magnetic waters, plant inducers, and soil amendments that can improve the resilience of grain production.

### **Grazing on Leased Land**

*Meg Grzeskiewicz, Rhinestone Cattle Co.*

Operating on leased land requires different management practices and business skills than on owned land. Ranch manager Meg Grzeskiewicz will explain how to write an effective lease contract; build low-cost, portable cattle infrastructure; plan successful and profitable production; and develop a healthy long-term relationship with your landowners.

### **Rotational Browsing: Tips, Tricks, and Tools for Success**

*Sasha Sigetic, Black Locust Livestock and Herbal*  
Sasha Sigetic will discuss the difference between browse and grazing adapted plants, how to use these very different growth patterns in your grazing plan, and the tools and tricks to execute it successfully.

### **Is Your Land Climate-Ready?**

*Laura Lengnick, Cultivating Resilience*

OEFFA keynote speaker, author, and resilience consultant Laura Lengnick will explain how to reduce the risks to your land associated with climate change and extreme weather. Learn how to identify key climate risks at your farm and about management practices that reduce those risks while also enhancing the general resilience of your land.

### **Old Problems, New Materials: Problem-Solving in Urban Agriculture**

*Sherry Chen, Springfield Ohio Urban Plantfolk,  
David Cook, Plastic Lumber Store*

Join Sherry Chen and David Cook as they explore common urban farming challenges and potential solutions for water capture, storage, and shade, while accounting for theft, vandalism, and squatting. David will share new eco-friendly materials utilized in Springfield structures which are indestructible, weatherproof, and made of recycled materials. Sherry will discuss select problem-solving solutions that have been applied in various Springfield settings, as well as designs she has created. Audience discussion and sharing is encouraged.

### **Where's the Profit? Farm Enterprise Analysis**

*Jody Padgham, Wild Crescent Farm*

Some diversified farm activities might bring in good profits while others have lower financial impact. Enterprise analysis is a powerful tool to financially analyze individual or groups of products, providing a foundation for pricing and decision-making for improved profitability. Jody Padgham, Wisconsin farmer and co-author of *Fearless Farm Finances*, will explore how these simple analyses can help your bottom line.

### **Partnering with Ohio's Growing Craft Beer Industry**

*Betty Bollas, Fibonacci Brewing Company*

It's a great time to learn about one of the fastest growing industries in Ohio and how to build lasting partnerships that can help expand your business. Ohio craft breweries rank fourth in the nation for beer production, their annual economic impact is almost \$1 billion, and they support more than 8,000 jobs. Many in the industry also support local small farms and businesses. Cincinnati area brewer Betty Bollas will share the great things that can happen

## 2020 OEFFA Conference Workshop Descriptions

when craft beer connects with the local food movement!

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

### **Rethinking Plastics in Organic Production**

*Harriet Behar*

Plastics are everywhere in our daily lives, and are heavily used in agriculture. The ease of use and beneficial characteristics are obvious. Plastic mulch makes weed control easier, warms the soil, can provide some insect management, and keeps crops cleaner. Plastic harvest and storage totes are light weight and easier to clean than wooden ones. Greenhouse, high tunnel, and low tunnels use plastic to grow crops under protection. Silage bags and hay wrap provide choices to livestock producers when harvesting high moisture crops. This workshop will explore if we can find more ecological solutions. Biodegradable mulch film, reusing or recycling plastics, and farming methods that are less reliant on plastic, such as living mulches, will be discussed.

### **Our Changing Climate: Global Context, Local Lens, Risks, and Adaptations**

*Aaron Wilson, The Ohio State University*

Weather doesn't have to be relegated to small talk! Join us as we discuss the challenges that our changing climate presents to the agricultural community in Ohio and throughout the Midwest. We will explore the differences between weather and climate, the role of increasing greenhouse gases, and global changes that spur local impacts. How is local climate changing, and is it something that we should only be concerned about for the future? Think big as we brainstorm the various ways the agricultural community can adapt and build resilience to these changes, mitigate greenhouse gas emissions, and enrich our soils for a better tomorrow.

### **Regenerative Farming for Healthier Farms, Food, and Planet**

*Mary Lou Shaw, Milk and Honey Farm*

Regenerative agriculture is key to having financially viable farms, nutritious food, increased topsoil, and reduced greenhouse gas emissions. Homesteader and physician Mary Lou Shaw will explain how the soil food web is the basis for all life and how nurturing it through cover crops, compost, and grazing can give our farms and gardens increased resiliency and profits. Learn specific ways to work with this underground life and how regenerative agriculture positively affects our health.

### **Pawpaw Trees from Seed to Pulp: An Introduction to Cultivation**

*Sarah Francino, The Ohio State University, Ron Powell, Fox Paw Ridge Farm*

Not only is the pawpaw the state fruit of Ohio, it is an up and coming orchard crop which is uniquely suited to the midwest. Researcher Sarah Francino and Dr. Ron Powell will discuss OSU projects and Ron's experience with planting pawpaws in orchards, woodland production, and on-farm research. Learn the basic information to plant your own pawpaw trees!



### **Working with Living Soils**

*Jean-Martin Fortier, The Market Gardener*

Join award-winning author Jean-Martin Fortier of Les Jardins de la Grelinette for a look at the soil management techniques that enliven his agro-ecological approach to market gardening. He will discuss specific strategies, including perma-beds, using Ramial chipped wood, applying compost teas, and going beyond no-till.

## 2020 OEFFA Conference Workshop Descriptions

### **Reducing Weeds, Insects, and Diseases with Soil Health**

*James Hoorman, Hoorman Soil Health Services*

Healthy soils produce healthy plants and healthy people. Improving soil health allows plants to out-compete weeds and changes the soil microbial population to promote healthy, aerobic soils that have less insects and diseases. Consultant Jim Hoorman will discuss how cover crops promote beneficial organisms such as mycorrhizae and metarrhizium fungi that help plants resist these pests.

### **Making Healthy Pasture Soils**

*Bob Hendershot, Green Pasture Services*

Retired U.S. Department of Agriculture Natural Resources Conservation Service State Grassland Conservationist Bob Hendershot will discuss grazing management practices that can be adopted to improve the health of pasture land soils. Improving the soils will improve the quality of the plants being grazed, and thus improve the performance and health of the grazing animals.

### **The Complex and Controversial Relationship Between Animal Agriculture and Climate Change**

*Jeff Schahczenski, National Center for  
Appropriate Technology*

From water consumption, to deforestation, to manure runoff, to bovine methane emissions, many environmental activists raise concerns about the environmental impact of animal agriculture. At the same time, many ecological farmers point out that well-managed animals can provide fertility, control weeds and other pests, productively use erodible or otherwise marginal land, “recycle” food waste, and build soil organic matter to sequester carbon. NCAT’s Jeff Schahczenski will review the studies, delve into the data, and lead a comprehensive discussion of the facts to provide a wholistic,

science-based view of farm animals and their role in a climate-friendly food system.

### **Beating the Feed Bill Blues: Eliminating Inputs on the Small Farm and Homestead**

*Shawn and Beth Dougherty, The Sow's Ear Farm  
and Pottery*

A decade ago, after getting tired of feed bills and discouraged by how expensive “home-grown” food can be, Shawn and Beth Dougherty decided to make their farm inputs-free. Learn how they use integrated intensive grazing practices to raise beef, dairy, sheep, hogs, and poultry, and run a small dairy and community supported agriculture program. Unlock the potential of daily solar energy to feed the whole farm.

### **Taking Back Saturdays: Cooperative and Coordinated Marketing of Small-Scale Producers**

*Angela Blatt and Dana Hilfinger, The Ohio State  
University Initiative for Food and Agricultural  
Transformation*

Small-scale diversified vegetable growers can tire of running a farmers’ market booth every Saturday and managing the individualized needs of dozens of crops. A coordinated, cooperative approach amongst farmers could help alleviate these issues. In this session, Dana Hilfinger and Angela Blatt will share what they’ve learned from a pilot project in Mansfield that developed a cooperative of Richland County growers to coordinate crop plans and collectively market product. They’ll include a few ideas for how this model could be used in other communities and facilitate a discussion with session participants to collectively brainstorm the needs of small-plot growers that could be addressed through coordinated, cooperative aggregation and marketing efforts.

## 2020 OEFFA Conference Workshop Descriptions

### **Girl Boss with the Milk Money: Ohio's Women Dairy Entrepreneurs**

*Angel King, Blue Jacket Dairy, Sheila Schlatter, Canal Junction Farm, Sarah Taylor, Jedidiah Farm, Abbe Turner, Lucky Penny Farm*

This interactive panel discussion will feature business building advice told through the stories and voices of four Ohio women in dairy. Are you a female farmer considering starting a new agricultural enterprise or expanding an existing operation? Join this workshop for tips and tricks for success, balancing farm and family, and how to fail fast and bounce back when things don't work out as planned. Handouts will be provided.

### **When You Can't Control the Weather: Managing Your Stress on the Farm**

*Amanda Bohlen, Jami Dellifield, and Misty Harmon, The Ohio State University Extension*

Farming is filled with challenges—like the weather—which are beyond the farmer's control. It is important for your own health, the health of your family, and the health of your business, to have tools for managing the stress of farming's ups and downs. Amanda Bohlen, Misty Harmon, and Jami Dellifield will draw on Amanda's family's experience with difficult change on their farm, as well as their expertise in mental health, to facilitate an interactive workshop that will equip you with effective strategies for taking care of yourself in hard times.

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

### **Ecological or Industrial Organic? What We Learned From Allowing Hydroponics in the NOP**

*Harriet Behar, John Biernbaum, Michigan State Horticulture and Pear Tree Farm*

Allowing hydroponics and the discrepancies between certifiers in the National Organic

Program (NOP) are two of several key issues that threaten the foundations of organic agriculture and the livelihood of organic farmers. Harriet Behar, former chair of the National Organic Standards Board (NOSB), and John Biernbaum, NOSB Hydroponics Task Force Member, will review the NOP process that allowed hydroponics, what is currently being allowed with hydroponics, and how hydroponics are addressed internationally. They'll also discuss what the process has taught organic advocates and what we can do to stand up for important matters of organic integrity.



### **Land Access Innovations for Sustainable Farmers**

*Bryn Bird, Bird's Haven Farms, Krista Magaw, Tecumseh Land Trust, Rob Krain, Black Swamp Conservancy*

Are you looking for stable land on which to grow your business, but purchase or short-term lease aren't viable options? Join farmer Bryn Bird and land conservationists to explore the ways in which working with a land trust may offer creative solutions. They will share how land trusts around Ohio support beginning farmers through the Black Swamp Conservancy's new food and farm initiative, Granville township land trust efforts to preserve agricultural land, and innovative partnerships with Tecumseh Land Trust.

### **Restorative Plants: Good for You, Good for the Planet**

*Barbara Utendorf, Wilmington College*

Many plants truly carry health-restoring properties. Further, when sustainably cultivated and cared for, they are ecologically beneficial. It's a win-win! Barbara Utendorf, an experienced grower and college professor of nutrition, neuroscience, and holistic health, will review key plants that are restorative for people and the planet.

## 2020 OEFFA Conference Workshop Descriptions

### **Farm and Forest: The Chestnut Agroecosystem**

*Amy Miller, Route 9 Cooperative*

Chestnut production is a hot topic for those interested in sustainable agriculture, but is it the ecological silver bullet that environmentally conscious farmers crave? Amy Miller will explore the pros and cons of common chestnut production, including such topics as “conventional” farming versus polyculture, agroforestry, and organic production. Find out whether chestnut production is right for your agricultural system and your specific goals.

### **2020 Climate-Smart Organic Vegetables for Healthy Soils, Healthy Food, and Healthy People**

*Rafiq Islam and Alan Sundermeier, The Ohio State University*

Global climate is changing, and vegetable growers must change with it. Relying on chemical-heavy agricultural intensification to feed the world has deteriorated soil health, water quality, air quality, food quality, public health, and other ecosystem services, but we can still thrive with ecological production systems that improve soils. Rafiq Islam and Alan Sundermeier will share the latest cutting-edge information on cropping diversity with multifunctional cover crops, electrolyzed and magnetic waters, plant inducers, and soil amendments that could improve the resilience of your farm’s vegetable production.

### **Hemp! Understanding a Revived Crop**

*Craig Schluttenhofer, Central State University*

Hemp has the potential to provide great opportunities to Ohio farmers. Craig Schluttenhofer will explain the basics of hemp and its production. Learn how to initiate hemp production on your farm.

### **Generating Cash Flow in Cow-Calf Production**

*Meg Grzeskiewicz, Rhinestone Cattle Co.*

Traditional cow-calf production is asset-rich and cash-poor by nature. Up to 70 percent of forage consumed does not directly generate sale revenue. Ranch manager Meg Grzeskiewicz will discuss alternative breeding stock enterprise designs that boost liquidity and efficiently convert a finite amount of grass to cash.

### **Growing Your Pastured Egg Business and Layer Operation**

*Mike Jones, Tierra Verde Farms*

Poultry farmer Mike Jones will discuss the challenges and joys of chicken egg production. Learn best practices for selecting breeds, feeds, housing, and water systems. Get ideas on matching production and sales and meeting seasonal challenges, as well as thwarting predators.

### **The Divine Farmer: An Approach to Personal and Ecological Restoration through Chinese Medicine**

*Christian Totty, LOAM Acupuncture & Herbal Medicine*

Traditional Chinese medicine is rooted in observation of nature and the cycle of the seasons. It provides a unique and relevant perspective on our relationship with the land as farmers and powerful tools for nurturing our whole selves in this strenuous work. In addition to introducing a radical, yet approachable, framework to farming and agriculture, acupuncturist Christian Totty will share practical mind-body techniques, including breath work and qigong, for both personal and ecological restoration.

# 2020 OEFFA Conference Workshop Descriptions

## **Building Partnerships In Local Food Systems**

*Jalisa Dawkins, Columbus Public Health,  
Michelle White, Clintonville Farmers Market*

In order to see widespread, systems level change, strong public and private partnerships are critical. Local Food Systems Strategies Manager Jalisa Dawkins and Ohio Farmers Market Network Vice President Michelle White will share lessons learned through their unique local food system partnership. Jalisa and Michelle will describe the progress that's been made since the *Columbus and Franklin County Local Food Action Plan* was commissioned five years ago. Learn about the importance of soliciting diverse feedback when making a local food plan and developing relationships to carry out the work. They'll provide strategies for recruiting stakeholders, ensuring clear communication, and creating coordination among government, public and private organizations, businesses, and communities.

## **Building a Value Ladder: How to Get Customers to Buy More**

*Corinna Bench, Shared Legacy Farms*

What does a customer currently buy FIRST from your farm? What's next after that? How are customers progressing through your farm's product suite? What if you could engineer a process to get them to buy MORE? Farmer, podcaster, and marketing expert Corinna Bench will discuss how to develop a "suite" of products, put them in a certain order, and move your customers through them.

## **Sustainable Apiculture in Ohio**

*Hongmei Li-Byarlay, Central State University,  
Chia-Hua Lin, The Ohio State University*

Learn about two important aspects related to honey bee colony health: Varroa mite control and floral resources. Hongmei Li-Byarlay will provide hands-on activities to learn about mite-resistant behavior in honey bees, a much-

anticipated solution for the devastation caused by varroa mites. Hongmei will also discuss how beekeepers are taking advantage of new strains of bees to decrease hive mortality. Chia-Hua Lin will discuss foraging preferences of honey bees based on recent studies in Ohio. Attendees will have the opportunity to learn simple pollen analysis techniques as a tool to identify floral resources utilized by honey bees.

## SATURDAY, FEBRUARY 15

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

## **Whose Voice is Missing? The Need for a Cultural Shift to Achieve Justice in the Food System**

*Jordan Brown and Carolyn Charles, The Family Garden, Leah Cohen, Agricultural Justice Project*

Learn about the Agricultural Justice Project (AJP) and its stakeholder-driven, cross-sector approach to increasing justice in the food system, and how that intersects with the organic movement. This approach, as well as AJP's stringent standards, offers a pathway to revolutionary food system change by addressing the root systemic causes of injustice. Hear stories and video clips from the AJP and Little Bean Productions social media campaign, "Hungry for Justice: Whose Voice is Missing?," amplifying the voices and experiences of farmworkers, family-scale farmers, processing workers, fast food workers, and eaters. Join this workshop to consider how those experiences reflect racial, economic, and health disparities, as well as the concentration of power and market share in the food system.

## **The Capitalism in Our Food**

*Eric Holt-Giménez*

Our food system isn't broken. It's working exactly as a capitalist food system is supposed

## 2020 OEFFA Conference Workshop Descriptions

to; it concentrates power and wealth and passes off the social and environmental externalities onto the rest of us. Understanding how capitalism works—and the pivotal role of the food system that grounds it—is essential if we want to cool the planet, end hunger, and build a food system that works fairly for everyone. This interactive workshop will share the analytical tools of political economy to guide a strategic reflection on what is to be done.

### **Chickens 101: Basics and Beyond**

*Lisa Samples, Cedar Crest Farm and Feed*

In this fun, interactive workshop, Lisa Samples will lead participants through the basics of what it takes to begin and thrive with a backyard flock. Photos, videos, and audio will allow you to experience a typical day on the farm. Learn why backyard chicken keeping is an easy way to "raise your food, raise your awareness."

### **Mad About Saffron: Growing and Cooking with a High-Value Midwest Spice**

*Kate Hodges, Foraged & Sown, Lauren Hirtle and Rachel Tayse, OEFFA*

Can you grow saffron in Ohio? Yes! Kate Hodges, Rachel Tayse, and Lauren Hirtle will share research about their experience growing and marketing saffron in Ohio, including hands-on demonstration of tools and techniques. Additionally, they will cook up a few simple recipes to share a taste of "red gold."

### **Microbial Applications with Effective Microorganisms and Korean Natural Farming Microbial Concoctions**

*Steve Diver, University of Kentucky Horticulture Research Farm*

Researcher and professor Steve Diver will review the key concepts and practices associated with beneficial fermentative anaerobic transformation of organic wastes and

biomass resources which results in biofertilizers, pest controls, and organic bokashi composts. Steve has worked with microbial inoculant technology since 1995 and will share tips including on-farm recipes, production of microbial inoculants, byproducts, and application guidelines using effective microorganism and Korean Natural Farming as a road map.

### **Climate-Resilient Grain Production**

*Laura Lengnick, Cultivating Resilience*

OEFFA keynote speaker, author, and resilience consultant Laura Lengnick will discuss growing cash grains while managing the new production risks associated with climate change. Learn about management changes that you can make to reduce climate risk and enhance the resilience of your grain operation despite climate change and weather extremes.

### **High Tannin Forages for Managing Intestinal Parasites in Sheep**

*James Kotcon, West Virginia University*

Intestinal parasites are the limiting factor in organic sheep production. Forages with high levels of condensed tannins have been used to suppress intestinal parasites, but little is known about how they work or the best management practices. Professor James Kotcon will present results from a recently completed four-year, U.S. Department of Agriculture funded research trial at WVU that showed significant improvement in sheep health under organic management. He'll also describe a second three-year trial initiated to graze sheep on pastures of birdsfoot trefoil.

## 2020 OEFFA Conference Workshop Descriptions



### **Livestock Guardian Animals: Lessons from the Field**

*Paul Dorrance, Pastured  
Providence Farmstead*

As consumer demand for pasture-based meats continues to skyrocket, so too will farmer demand for methods to keep livestock safe outside of confinement. A good fence goes a long way towards peace of mind, but today's predators are getting more bold, more crafty, and more prevalent. Exacerbating this issue is the reality that the vast majority of farmers hold an off-farm job to make ends meet, further removing them from the historic role of in-place shepherd and full-time caretaker. Paul Dorrance will offer solutions for successfully protecting livestock in a pasture-based system.



### **Child Care on Family Farms**

*Shoshanah Inwood and Andrea  
Rissing, The Ohio State University*

Raising children on the farm brings much joy, but it can be challenging to balance both child and farm business needs. Come and connect with other parents to discuss the trials of raising a family on the farm and identify strategies and solutions that can help balance individual household and business needs.

### **Regenerating Soil with Keyline and Aerobic Teas**

*Lisa Helm Hancock, Dayton Urban Grown,  
Braden Trauth, Cincinnati Permaculture  
Institute*

Our compacted clay soils in much of Ohio make it a challenge to increase organic matter and to get it worked in deeply. Tilling can break up the soil but damages soil structure, as smaller particles usually compact even worse than before. Learn how the keyline plow can open thin, deep trenches in the ground that allow air and water to infiltrate, creating the perfect place to introduce soil life in the form of aerobic

compost tea, charged biochar, and diverse cover crops. Rebuild soil structure and regenerate aerobic life in the soil, helping plants grow deeper roots for stronger, healthier, more resilient crops, not to mention sequestering carbon to reduce global warming!

### **Tax Management for Small Farms**

*David Marrison and Chris Zoller, The Ohio State  
University Extension*

Yes, even small farms need to pay taxes. Educators Chris Zoller and David Marrison will teach the basics of farm taxes and how small farmers can structure their recordkeeping system to make tax time easier. Learn about Schedule F, differences between hobby and for profit farms, and other local, state, and federal tax issues you need to know.

### **Protecting Your Whole Farm's Revenue Just Got Easier**

*Jeff Schahczenski, National Center for  
Appropriate Technology*

Started in 2001, the federal crop insurance program is now utilized by well over 50 percent of certified organic farmers. The U.S. Department of Agriculture Risk Management Agency has made significant progress in serving organic agriculture broadly. Despite significant changes in the number of organic crop production policies and improved yield and price projections used to calculate premiums and indemnities nationwide, there is still limited geographic availability of organic policies. Jeff Schahczenski will explain the one exception—the Whole Farm Revenue Protection (WFRP) policy—which is available in every county in every state. Get practical information on the newest version of WFRP and how it can be an important tool for organic farmers to mitigate risk.

## 2020 OEFFA Conference Workshop Descriptions

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

### **Starting the Conversation: Doing the Work to Become an Anti-Racist White Ally**

*Lindie Keaton and Ri Molnar, Showing Up for Racial Justice Greater Dayton Chapter*

Ri Molnar and Lindie Keaton offer a workshop intended for white people, but open to all, that will illuminate the systemic nature of racism and how that impacts our daily lives. Bringing the unconscious to the surface, participants will be encouraged to share their learning and growth in a supportive atmosphere.

### **Gain More Benefits from Your Cover Crops**

*Harriet Behar*

Row crop, vegetable, and perennial crop farmers: you can gain diverse benefits by considering a variety of methods and species in your cover cropping rotation. The time of year the cover crop will be growing, the above and below ground growth with possible nitrogen fixation, and protection and improvement of soil and water quality are all considerations. Problem weeds, such as thistle and grasses, can be managed with specific cover crop strategies. Using mixes of different species can loosen compaction, scavenge nutrients, provide grazing after the cash crop has been harvested, and provide habitat for beneficial insects. Former National Organic Standards Board chair Harriet Behar will consider specific crop production challenges and cover crop solutions, as well as describe a variety of seeding and termination methods.

### **What Bees Are These? Incorporating Wild Bees in Our Garden and Landscapes**

*Dianne Kadonaga, Sunny Glen Garden*

There are 500 native species of Ohio bees with lifestyles that are very different from honeybees. Understanding them can help us find ways to tweak our garden, landscaping, and

farming practices to be more inclusive and supportive of wild bees. Pollinator specialization advocate Dianne Kadonaga will explain how mulching, tilling, winter clean up, and other common practices destroy native bee habitat. Learn what you can do instead to enhance survival of these vital creatures. Dianne will bring native bee specimen collections, share free tools and resources, and demonstrate how you can contribute to citizen science bee projects.

### **Compostponics: How to Make Compost for Long-Term Containers and Raised Beds**

*John Biernbaum, Michigan State Horticulture and Pear Tree Farm*

Whether you grow in containers and raised beds because the local soil is not an option or you are interested in an alternative to buying soil or expensive bags of peat-based media, you may want to make nutrient rich, biologically active growing media with long-term stability. Professor and researcher John Biernbaum will explain how to hot compost local fall leaves, ramial wood chips, straw, hay/grass, garden residue, food scraps, and coffee grounds with added minerals, plus how to blend composts and make and use vermicompost for routine fertility management.

### **Savvy Tillage**

*Jeff Poppen, Barefoot Farmer*

Barefoot Farmer Jeff Poppen will discuss how important careful tillage is and how to use all the tractor implements necessary in farming organic vegetables. He will use videos, pictures, and descriptions of the different tractor implements used on his farm to demonstrate when, how, and why to use them carefully and consciously without disrupting soil life too much.

## 2020 OEFFA Conference Workshop Descriptions

### **Growing Organic Grain as the Climate Changes**

*Eli Dean, Timberlane Farms, Scott Myers, Woodlyn Acres Farm, Paul Schmitmeyer,*

*Nourishing Meadows, Amalie Lipstreu, OEFFA*  
2019's wet spring was devastating for Ohio's organic grain farmers, many of whom could not plant corn. Unfortunately, climate change will continue making these extremes our new normal. Join three Ohio organic grain farmers for a real-world conversation about the changes they are seeing, how they handled this season, what they already doing to foster resilience on their own farms, and how organic grain farmers can lead us towards a climate friendly agricultural system.

### **Keeping Your Cattle Healthy**

*Richard Jeffers, Sunny Mead Land and Cattle*

Richard Jeffers has a lifetime of experience raising high quality beef. He will explain what to look for in selecting cattle and how to keep them healthy and productive. Learn how to grow good forages that are most efficient in converting grass to beef.



### **Did the Butcher Steal My Meat?! Finding, Forming, and Maintaining a Good Relationship with Your Processor**

*Travis Hood, This Old Farm Meats and Processing, Lyndsey Teter, Six Buckets Farm*

The relationship between farmers and butchers, though integral, often starts clouded with mistrust and a lack of understanding. Hog farmer Lyndsey Teter and hog farmer-turned-processor Travis Hood will break the fog with tips and tricks for finding a processor, and building and maintaining that relationship for the benefit of all in local niche meat markets. By providing insight into the world of carcass yields, cut sheets, and small plant processing, they will make you the butcher's favorite client.

### **Planning a Regenerative Farm for Climate Crisis Resilience: One Farm's Experiences**

*Kip Gardener, Creekview Ridge Farm*

Farmers use regenerative practices to increase biodiversity and foster carbon sequestration, but only recently have regenerative farmers started to think about the impacts of climate change on current systems and practices, which could make planning difficult. Kip Gardner will describe how he is implementing a basic agroforestry model, but with specific practices that are aimed at being resistant to extreme temperature variations, drought, or excessive precipitation. Learn the practices and the principles behind his system, and see examples from his farm, as well as from other farms, regions, and types of growing systems.



### **Navigating Urban Farming: Land, Laws, and Locals**

*April Pandora, Eden Urban Gardens*

Urban farming presents unique challenges and opportunities. Learn from certified organic urban farmer April Pandora how to carefully assess and acquire land and access and install water in the city. She'll help you understand and find solutions to local laws and how to strategically build relationships with supportive partners, while responsibly responding to unsupportive neighbors.

### **Six Steps to Planning Your Promotional Calendar**

*Corinna Bench, Shared Legacy Farms*

How do you plan your farm promotions for next year? Are you tired of shooting from the hip and doing a lot of things that "feel" like marketing, but you're not sure they're working? In this workshop, she will walk through the Customer Value Journey grid tool. You'll learn how to plan several strategies that target

## 2020 OEFFA Conference Workshop Descriptions

multiple audiences so that your prospects and customers move even deeper into your brand.

### **Living Soil and the Human Microbiome: What Organic Growers Need to Know**

*Kimberley Kresevic, InSoil Health*

For millennia, plants have nurtured a diverse microbiome in humans and have reliably contributed to our health and wellness. As the human diet transitions away from natural farming towards factory-produced foods, our microbiota is changing; chronic illnesses like diabetes, cardiovascular disease, cancer, and arthritis are steadily rising. Registered Nurse Kimberley Kresevic will describe current research on the human microbiota relevant to organic growers. Learn about the fundamental role of healthy food in preventing, and even reversing, the most debilitating diseases of our time.

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

### **Walking Our Talk: Introduction to Food Justice Certification**

*Jordan Brown and Carolyn Charles, The Family Garden, Leah Cohen, Agricultural Justice Project*

Can a workplace have a comprehensive approach to justice and equity? Learn more about Food Justice Certification, which involves fair pricing, health and safety, conflict resolution, and employment policies. Strengthen your farm team in the face of climate change and food safety requirements. Demonstrate to your customers and staff that you follow best practices for running a fair, safe business. Food Justice Certified farmers Jordan Brown and Carolyn Charles, along with Leah Cohen, will lead attendees through creating a safety plan, useful ergonomic exercises, and lively discussion. Leave with a template for composing labor policies that meet the standards of Food Justice Certification.

### **Unlocking the Mysteries of Biodynamics**

*Jeff Poppen, Barefoot Farmer*

Biodynamics is the integration of scientific understanding and the spirit of nature, made manifest in thoughtful attention to landscape, climate, and culture. "Barefoot Farmer" Jeff Poppen will give a brief overview of what Biodynamics is and share how to make and apply Biodynamic preparations.



### **Building Your Own Hoophouse Right the First Time**

*Bruce Kress, Adaptive Process*

This workshop will cover what Bruce Kress wishes someone had told him before he built his first hoophouse. Even though a hoophouse looks simple, the wind must be carefully considered, and there are many factors that will affect cost, performance, frustration, and longevity. Grain farmer and engineer Bruce Kress will share his hoophouse experiences that hopefully will help you think through the many options and considerations of this wonderful season extender. If you're planning to cut costs by assembling your own hoophouse, he'll help you carefully weigh the options.

### **Opportunities in Agroforestry: Forest Farming Medicinal Woodland Herbs and Other Non-Timber Forest Products**

*Tanner Filyaw, Rural Action*

Tanner Filyaw, Non-Timber Forest Product (NTFP) Program Manager at Rural Action, will discuss the basic principles of forest farming, including common production methods, growing site selection and evaluation, planting techniques, and marketing strategies. Learn how to propagate, cultivate, process, and market specific NTFP crops including ginseng, goldenseal, ramps, black cohosh, bloodroot, and pawpaw.

# 2020 OEFFA Conference Workshop Descriptions

## **Organic Vegetable Transplant Production**

*Steve Diver, University of Kentucky Horticulture  
Research Farm*

Researcher and professor Steve Diver will review the key cultural practices and crop production inputs—such as plug tray options, potting mixes, homemade potting mixes, soil amendments, and liquid organic fertilizers—that drive a successful organic transplant production system. This workshop will share lessons learned, based on raising thousands of flats of organic seedlings and evaluating new composts, vermicomposts, and media components every year. Tips will include how to amend a commercial potting mix with dramatic growth improvements.

## **Creating and Connecting Regional Staple Food Networks**

*Michelle Ajamian and Brandon Jaeger,  
Shagbark Seed & Mill, Lisa Trocchia, Prescott  
College*

Join us in nurturing interconnected regional staple food networks. Michelle Ajamian and Dr. Lisa Trocchia of the Appalachian Staple Foods Collaborative, along with Shagbark co-owner Brandon Jaeger, will map participants' existing networks to capture collective assets and knowledge, grow existing networks, identify new ones, and highlight points of intersection. Those actively engaged in re-localizing farms, bakeries, mills, breweries, tortillerias, school food programs, restaurants, and more will leave the workshop with a renewed sense of connection and possibility!



## **Business Strategies for New and Young Farmers**

*Meg Grzeskiewicz, Rhinestone  
Cattle Co.*

Young and beginning farmers may not have access to loans, inherited assets, or local mentorship. Ranch manager Meg Grzeskiewicz

will propose startup plans that don't require big capital investments. Learn how new producers can find clear direction in enterprise economic analysis, as well as how to build their knowledge and reputation.

## **Treatment-Free Beekeeping**

*Tom Cail, White Clover Meadows*

Organic farmer Tom Cail will explain how hive modifications, selective breeding, and crop rotation helped his hives flourish without the assistance of pesticides or antibiotics. Hear how he was able to split the four hives that survived last year's difficult winter to create eleven more hives.

## **A Hands-On Guide to Solar Applications**

*Valerie Garrett and Tom Rapini, A's and O's  
Farm*

Solar prices have dropped dramatically, allowing homes and farms to turn to renewable energy to automate tasks, especially remote tasks, with electricity. Electric fences, water pumps, greenhouse fans, lighting and electric vehicles are just a few of the applications farmers Tom Rapini and Valerie Garrett will discuss. This will be a full hands-on workshop with hardware demonstrations. Work in small groups to assemble simple solar, battery, motor, and lighting circuits.

## **Engaging Urban Youth In Gardening and Agriculture**

*Katie Carey and Beth Urban, Highland Youth  
Garden*

Are you ready to take your garden or market farm to the next level by engaging local youth? As Highland Youth Garden approaches its 10th anniversary, Katie Carey and Beth Urban will share the history of how they designed, recruited for, and completed a successful gardening youth program. Learn how a similar

## 2020 OEFFA Conference Workshop Descriptions

program could fit your operation's capacity and needs.

### **Awesome Customer Service: Considering All Aspects of Customer Engagement**

*Eric Barrett, Rob Leeds, and Christie Welch, The Ohio State University Extension*

Every contact with each customer defines the farm brand and affects the future of the farm business. Extension educators Eric Barrett, Rob Leeds, and Christie Welch will lead attendees in practicing the art of scripted customer service, empowering them with spontaneity to make sure customers leave happy. Attendees will receive a workbook with activities and a template to create their own customer service plan.

### **Trust, Transparency, Disruption, and Blockchain in a New Organic Food Economy**

*Jeff Schahczenski, National Center for Appropriate Technology*

Blockchain technology as applied to agriculture product supply chains offers promises of a new and disruptive form of algorithmic economic trust, even referred to as a “trust machine.” Can blockchain technology usher in a transformation to a new transparent “sharing” organic food supply economy? Jeff will explore, through the comparative examination of three case studies of lamb supply chains, how blockchain is and is not living up to its many promises of improved transactional efficiency, transparency, and trust in food products with multiple attributes, such as certified organic.