



CT NOFA

presents

CULTIVATING AN ORGANIC CONNECTICUT



SATURDAY, MARCH 10, 2007

8:30AM - 4:45PM

WINDSOR HIGH SCHOOL, WINDSOR, CT

KEYNOTE SPEAKERS

NANCY JACK TODD AND JOHN TODD

"THE PROMISE OF ECOLOGICAL DESIGN"

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WELCOME!

Welcome to CT NOFA's annual *Cultivating an Organic Connecticut Conference*. We're glad you've decided to join our growing group of farmers, gardeners, organic land care professionals, businesses, and food lovers in our celebration of organic living in Connecticut.

We are pleased to announce a number of important sponsorships that allow us to bring this conference to you— they help us cover rising site and speaker costs and allow us to continue to offer this event to you at an affordable price.

This year our event is brought to you by **United Natural Foods** (www.unfi.com) and we thank them heartily. **Harrington's Organicare** (www.organicare.com) is a new sponsor this year and we welcome back **Sterling Planet** (www.sterlingplanet.com), who is "powering our event" by donating renewably generated electricity equivalent to our usage for the day to the regional grid in addition to their sponsorship support.

This year we again have an array of exciting workshops—including two panel discussions—an expanding organic marketplace, and a hearty potluck lunch all punctuated by an encouraging keynote speech by **Nancy Jack Todd and John Todd**, founders of New Alchemy Institute and Ocean Arks Institute. They will share with us inspiring ways to model our lives after nature (see p.5.)

Enjoy the food, the friends, and our positive vision for the future!

Kindly,

Jennifer Brown

Conference Coordinator



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CONFERENCE SCHEDULE

- 8:30 - 9:30 Registration, Coffee Hour,
Organic Marketplace, & Networking
- 9:30 - 10:45 Workshop I
- 11:00 - 12:30 Keynote: *The Promise of Ecological Design*
By Nancy Jack Todd and John Todd
- 12:30 - 2:00 POTLUCK LUNCH
(The Best Meal You'll Eat All Year! See below.)

Organic Marketplace
Tea Cup Raffle
Book Signings:
Nancy Jack Todd and John Todd
Linda Faillace
- 2:00 - 3:15 Workshop II

POTLUCK LUNCH

We're obsessed with good food—growing it, talking about it, cooking it, and sharing it—it's what NOFA is all about.

Please bring a dish to share with everyone—it need not be local food or even organic—do what you can. Drinks are always welcome if you are unable to cook. Our impressive staff of kitchen volunteers will be on hand to pull it all together for us and make sure hot dishes are hot and salads are dressed.

To help us conserve, please bring your own place setting, napkin, and utensils. Questions? Call 203-888-5146



Our Vision

To be the unparalleled leader in the distribution, development and marketing of natural and organic foods and wellness products by fulfilling the highest standards for quality, consistency, sustainability, product assortments, dependability, value-added support services and integrity in our business and personal relationships.



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KEYNOTE

Nancy Jack Todd and John Todd explore *The Promise of Ecological Design*

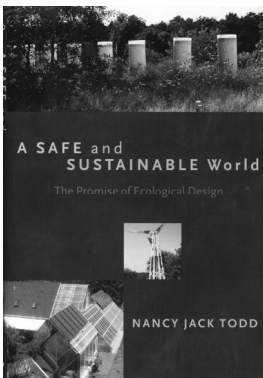


Nancy Jack Todd and John Todd are pioneers of the environmental movement.

In 1969 they co-founded New Alchemy Institute and later co-founded Ocean Arks Institute in 1981. Both organizations work to integrate science and ecology in order to discover how we can be the best stewards of the planet as technology and growth continues.

The Todds are authors and coauthors of numerous publications including *Annals of Earth*, a magazine that aims, “through written communication, to foster the emergence of a lasting planetary culture.”

Their work has focused largely on water quality issues and creative ways to treat our wastewater, including redefining what we consider waste. They are proponents of natural water treatment systems, including living machines and constructed wetlands. By closely studying nature, they have come up with a series of ecological design principles that can be used when designing everything from a garden to a house or a factory.



They place a strong emphasis on education for all ages and will convince you that a sustainable society is possible in the 21st century. Don't miss this inspirational talk!

BOOK SIGNING
WITH
NANCY JACK TODD
AND JOHN TODD
DURING LUNCH

We're Going to Earth Day!



Saturday
April 21, 2007

11-4:00 pm

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WORKSHOP DETAILS

A wealth of workshops awaits you on the next few pages. Enjoy the variety—we hope you find something of interest.

Organic Land Care Professionals: Look for this code (OLC) at the beginning of an entry to see if the workshop counts towards reaccreditation hours.

Classroom and Workshop Changes: In a fit of optimism we have tried to make all relevant arrangements well in advance, including listing the location of each workshop at the end of each entry. However, the best laid plans always need to be tweaked, so **please pick up an addendum at the registration table.** The addendum will reflect the up-to-the-minute classroom location for each workshop and will report which workshops have been added or deleted. Also check the classroom door before you go in for which workshop is happening in that particular room.

Evaluations: Your feedback is critical. (Really!) You will receive an evaluation form at the beginning of the day. Please humor us and fill it out as you go and drop it in the box at the registration table on your way out. Thank you!

ORGANIC MARKETPLACE

ENJOY SHOPPING AND LEARNING WHILE
SUPPORTING LOCAL FARMERS AND ARTISANS

Believe it or not, there is a thriving cottage industry based around organic farming and sustainable living in Connecticut. Please support the small, local businesses in our Organic Marketplace and vote with your dollars.

Apple Cider * Apples * Honey * Maple Syrup * Eggs * Wool * Yarn * Potatoes * Turnips * Onions * Sweet Potatoes * Baskets * Felted Hats * Soap * Salves * Tinctures * Jams * Herbal Products * Lacto-Fermented Products * Organic Cleaning Products * Books * Pear Cider * Fair Trade Goods * Educational Displays * More!



WORKSHOP I 9:30 - 10:45 A.M.

Mad Sheep: The True Story behind the USDA's War on a Family

Farm Join **Linda Faillace**, author of *Mad Sheep*, for a discussion about sheep dairying; mad cow disease and scrapie; farmer's rights; NAIS; food security; and USDA corruption. Hear how her dream to breed sheep and make cheese on her Vermont farm turned into a nightmare and be energized by her stamina and determination. (Beg/Inter/Adv/Teens) **Linda Faillace** is a writer, shepherdess, songwriter, and owner of a country store dedicated to supporting local farmers and locally grown food. She has studied mad cow disease since the early 1990s and is a champion of organic and sustainable farming, farmer's rights, and strong local communities. AUDITORIUM

Seasonal Cooking Don't let anyone tell you that you can only enjoy local food during summer. Here in CT we're blessed with wondrous food throughout the year. Chef John will share some of his best recipes and stories for cooking in all seasons—including March—a time chefs call "the loneliest season." (Beg/Inter/Adv/Teens) **John Turenne** owns and operates Sustainable Food Systems, LLC, a consulting and technical services company whose mission is to help organizations consider social, ecological, and delicious differences in their business through the way they think about food. He is nationally recognized for his innovative leadership approach in an extensive culinary career that has encompassed over 25 years. CULINARY ARTS ROOM

Managing Good and Bad Bugs (OLC) Would you like to know how to encourage good bugs (beneficial insects) and discourage bad bugs in your vegetable garden or on your farm? This workshop will cover the basics and give you greater insight into the dramas playing out in your vegetable patch. (Beg/Inter) CT NOFA board member **Kim Stoner, Ph.D.**, has been a vegetable entomologist at the Connecticut Agricultural Experiment Station since 1987, is an active organic community gardener, and an Organic Land Care Committee member. C101

Farmland Preservation 101 This workshop reviews technical information about agricultural easements, tax considerations, and eligibility criteria for conservation programs available in Connecticut. Grants and incentive-based programs for farm viability are covered. All attendees receive a copy of the newly updated American Farmland Trust's (AFT) guide: *Conservation Options for Connecticut Farmland*. (Beg/Inter) **Jiff Martin** has four years experience in farmland preservation advocacy and outreach in Connecticut. Prior to joining AFT, she worked on sustainable food and agriculture policy at Hartford Food System. She also operates a small-scale cut flower retail business known as Mischief Bouquets in local farmers markets. C102

Seed Saving Basics Learn how to save seeds from various plant families, including information on isolation, hand pollination, harvesting, seed fermentation, drying, and seed cleaning. We also discuss the importance of saving seed to developing strains that are particularly suited to gardening in the northeast. (Beg/Inter) **Bryan Connolly** is a teacher, market gardener, plant breeder, and seed saver. He started The Northeast Seed Conservancy which is focusing on saving seed of heirloom squash on the brink of extinction. He is also the author of *The Wisdom of Plant Heritage: Organic Seed Production and Saving*. C103

Green Building Whether you are renovating, remodeling, or building new, this presentation will answer two fundamental questions about "Green Building." Where do you start to create a safe, non-toxic environment for your family and co-workers? And, how do you create alchemy between "green" materials, energy efficiency, and nature without breaking the bank? (Inter) **Dr.**

WORKSHOP I 9:30 - 10:45 A.M.

Mitch Kennedy, ND, runs a private family practice in Avon, CT; is the first naturopathic physician credentialed to practice at the University of Connecticut Health Center; and is a LEED certified Green Building consultant. Projects include a vitamin manufacturing facility, medical clinics, casinos, and private homes. C104

Permaculture: Moving Towards Sustainability (OLC) Permaculture is a holistic perspective, design system, and network to create a more sustainable society. This workshop will explore integration of perennial polycultures, low maintenance food systems, self-renewing fertility, animals, alternative energy and waste systems to begin establishment of ecologically designed landscapes and communities. (Beg/Inter) **Jono Neiger** is an ecologist, activist, land steward, permaculture designer, and educator. He operates Regenerative Design in Western Massachusetts. C105

A season at Fort Hill Farm Take a walk through a season at Fort Hill Farm. Both eaters and growers will enjoy this slide show of happenings at this 20 acre organic vegetable farm. Learn about growing organic vegetables, CSAs, farmers markets, and more! (All ages/levels) **Paul Bucciaglia** has been a student of agriculture as a gardener, lab rat, and farmer pretty much since he mastered tricycle riding. Paul currently operates Fort Hill Farm on rented land in New Milford, CT. C106

Reading The Landscape: The Art & Science of Seeing (OLC) What is the landscape telling us? What skills can we develop to see beyond the obvious and comprehend the landscape in a new way? There are hints and clues everywhere, we only need to know how to "read" them. We will explore ecological concepts of site analysis that will help our planned spaces fit into the landscape rather than on it. We will explore how "surface thinking" is counter-intuitive to organic landscape principles. (Beg/Inter) **Mike Nadeau** is the owner of Plantscapes, Inc., a garden design/build/maintenance company in Fairfield, CT. He is an active member of NOFA's Organic Land Care Committee and a tireless advocate for organic gardening. C201

Grow Your Own Historic Garden (OLC) Would you like to have a garden for the time period of your home, or just establish a garden of more native plantings? This workshop will help you to learn about where plants came from and at what time period. From Native American culture to the present, things have changed. **Bettylou Sandy** has been the owner of Bettylou's Gardening since 1987, providing gardening consultation for the do-it-yourselfer, as well as personal training in gardening skills. Bettylou is an entertaining speaker at many garden clubs and civic organizations and is currently teaching at Manchester Community College. She is an Accredited Organic Land Care Professional. C202

Traditional Pickle-Making/Lacto-Fermentation Come learn about lacto-fermentation, the original and healthy way of making pickles, sauerkraut, kimchi, and many other traditional foods. We'll discuss the history, microbiology, and basic procedures of this ancient practice, as well as the health benefits associated with eating these foods. I'll demonstrate preparing small batches in mason jars and have some finished samples on hand for tasting. (Beg/Inter/Teens)

Dan Rosenberg is founder and owner of Real Pickles, a 5-year old business producing raw lacto-fermented vegetables in western Massachusetts. Through the business, Dan works to promote local/regional agriculture and healthy traditional foods. Based in Montague, MA, Dan is also an organic gardener and educator. C203

WORKSHOP II **2:00 - 3:15 P.M.**

PANEL DISCUSSION! How to Start a Revolution: Stories from the Frontlines of Local Food in CT

Producers, retailers, and food service directors are learning quickly that promoting 'local food' requires a savvy retail marketing strategy and a commitment to quality products. Come learn from experts on the frontlines of promoting local food. Hear what works, what doesn't, and what's next in the local food movement. (Beg/Inter/Adv) AUDITORIUM

Jiff Martin, Panel Facilitator, American Farmland Trust

Tim Cipriano, Food Service Director of Bloomfield Public Schools

Rick Hermanot, Ekonk Hill Turkey Farm

Robin Chesmer, Farmer's Cow

Melina Shannon-Dipietro, Yale Sustainable Food Project.

Pass the Cheese, Please – An Afternoon of Cheesemaking This extended workshop will introduce you to the joys of making your own cheese. Two of Connecticut's finest cheesemakers join forces to teach you about making soft goat's milk cheeses and raw milk cheeses from Jersey cows. **This workshop will run from 2:00 p.m. to 4:45 p.m.**

Elizabeth MacAlister runs Cato Corner Farm in Colchester, CT, with her son Mark Gillman. She milks a herd of 40 Jersey cows and her farmstead cheeses have won numerous awards, including being designated as "One of America's Top Cheeses" by Saveur magazine.

Paul Trubey is shepherd of a herd of Oberhasli and La Mancha goats at Beltane Farm in Lebanon, CT. Ninety percent of his award-winning goat cheeses are sold directly to consumers at farmers markets and shops throughout the state. CULINARY ARTS ROOM

How to Make and Use Compost (OLC) This workshop will focus on how to make good compost in your backyard and the various uses of compost in improving your soil. See Angela's bio on page 12. C101

Is All 'Fair Trade' Fair? More and more businesses now offer products advertised as "Fair Trade." How can a consumer know that the label is legitimate? Liz will discuss how fair trade works to benefit cooperative artisans and farmers, and will explain how consumers can distinguish between what's fair and what's not. (All levels/ages) **Liz Rider** has managed the New Haven Ten Thousand Villages for nine years, and has seen the fruits of fair trade in action firsthand on visits to artisan cooperatives in India and South America. C102

Heating with Biodiesel This introductory level workshop will cover topics such as the economic impact of biodiesel, environmental benefits and concerns of heating with biodiesel, and a short discussion of governmental regulations for the industry. (Beg) **Richard M.**

Hosley is President of Hale Hill Farm Biofuels. After obtaining a degree in geology with a focus on mining engineering, Rick has managed a third generation energy distribution business for 21 years. His concerns include putting America's farmers to work. In January, 2006 after a year of research on his own fleet of trucks, Rick opened Biofuels. C103

WORKSHOP II **2:00 - 3:15 P.M.**

Humanure: Compost Your Waste and Complete the Cycle When it is time for you to stop defecating into drinking water, the Humanure system is a low cost, easy way to get started. Learn the whys and the how for when you need to deal with your human wastes. **Bill Duesing** is the author of *Living on the Earth*. He coordinates CT NOFA, grows chickens and garlic on the Old Solar Farm, and talks about soil. (Teens/Beg) C104

Cultivating a Healthy Back while Gardening (OLC) Gardening can relieve stress and provide needed physical activity, but it can also be hard on the knees and back. To maximize the pleasure and minimize the pain, this workshop will provide tips on preventive exercises, body awareness while gardening, and will recommend products that can contribute to a pain-free gardening season. (Beg/Inter/Teens) An avid gardener and volunteer at Holcomb Farm CSA, **Heather Lerch** is familiar with the aches that can come from gardening. She has over 12 years of experience in the health and fitness field and is currently the Wellness Director at the Farmington Valley YMCA. C105

City Chicks: Keeping Hens in Cities & Suburbs Keeping backyard hens is a growing hobby. Chickens are low-maintenance, entertaining, and provide fresh eggs. Meg will share the "ins and outs" of keeping hens on small lots in cities and suburbs. She will discuss food, shelter, egg production, hardy breeds, how to deal with neighbors, and city/town regulations. (Beg/Teen) **Meg Taylor** is a biology teacher, naturalist, and hobby farmer. She has worked and taught on organic farms throughout the Northeast and currently keeps a small flock of fancy breed hens on her suburban homestead outside of Boston. Meg is also on her town's Agricultural Commission and a member of an organic CSA farm. C106

Ensuring the Health of Connecticut's Rivers Margaret Miner will present background on Rivers Alliance of CT and a statewide overview of CT Rivers, specifically the key water quantity challenges that they face. Eric Hammerling will give a local review of water quality and quantity issues in the Farmington River Watershed and the activities of the Farmington River Watershed Association. (Beg/Inter/Adv/Teens) **Margaret Miner** has been the Executive Director of Rivers Alliance of Connecticut since 1999. She is on the Board of the Connecticut League of Conservation Voters and is Co-chairman of the State Water Planning Council Advisory Committee. **Eric Hammerling** has been the Executive Director of the Farmington River Watershed Association since 2003. He has an M.S. in Environmental Science/Range Management from the University of California at Berkeley, a B.A. degree in History from the University of Michigan, Ann Arbor, and 15+ years of experience with national and regional conservation. C201

National Animal ID—A Badly Designed Program Learn about the campaign NOFA/Mass is conducting to get the state of Massachusetts to stop cooperating with the USDA's National Animal Identification System. Besides being costly and obtrusive for small farmers, there are far better ways to accomplish the public health goals it purports to seek. **Jack Kittredge** operates a small family farm in Barre, Massachusetts with his wife and one son where they raise 450 chickens and 10 pigs each year on pasture. He is also the Social Action Coordinator for NOFA/Mass. **Ben Grosscup** works for the NOFA/Mass Social Action program, organizing with farmers and advocates for sustainable agriculture throughout Massachusetts. He has been coordinating advocacy efforts against NAIS, and assisting local campaigns to oppose genetic engineering at town meetings. (Beg/Inter/Adv) C203

WORKSHOP III**3:30 - 4:45 P.M.****PANEL DISCUSSION! Sustainable Fisheries**

Our stocks of fish and seafood are being depleted worldwide and our waters are often polluted. Is seafood safe to eat? Which seafood should we be eating or not eating? What are the pros and cons of farmed fish? Can New England fisherman and shellfisherman make a living? Come listen to panelists talk about initiatives to slow or stop the trend of stock depletion in New England, the current state of the CT seafood industry, and research associated with fish farming. We learn about new and alternative approaches to managing commercial fisheries in New England. (Beg/Inter)AUDITORIUM

John Turenne, Panel Facilitator, Sustainable Food Systems, LLC

Bob Pomeroy, Associate Prof. at Connecticut Sea Grant College & Fisheries Extension Specialist at UConn-Avery Point

Larry Williams, shellfisherman and owner of Jessie D., Inc. in Milford

Nancy Balcom, extension educator with Connecticut Sea Grant and UConn

Greg Belanger, CEO of Flying Fish Market in Branford

The Dirt on Soil: A Sustainable Approach to Assessment and Remediation

(OLC)Participants will learn what the basic soil properties are (physical, chemical, and biological) and how they affect overall characteristics of a site. They will learn basic assessment techniques including measuring percolation rates and determining root resistance potential, and they will become acquainted with current remediation techniques used on organic sites in CT. (Inter/Adv)

Dr. Angela A. Rivenshield is an independent consultant in sustainable land care, with a focus on organic urban soil reclamation. She has both a Doctorate and Master of Science in Urban Edaphology from Cornell University. C101

Biosecurity of Backyard Flocks This workshop explain the basics of keeping your backyard flock safe from various avian influenzas. We discuss the details of various influenzas, the history of pandemic flus, and the implications for backyard production. Information will be available on public health issues surrounding avian flus but the workshop will focus on care of flocks. (Beg/Inter) **Mary Lis, M.S., D.V.M., Ph.D.**, is Connecticut's State Veterinarian. She is the official epidemiologist for animal and poultry diseases; coordinates state and federal governmental agencies and livestock producers to control diseases; and oversees and guides the development and management of disease control programs performed by the agency. C102

Winter Vegetable Gardening We'll discuss techniques for production of winter hardy vegetables using unheated hoop tunnels and row covers. Many details will be presented, including structures, materials, plant selection and timing, cultivation, irrigation, site selection, wind protection, harvesting, storage and marketing. (Inter/Adv) **Bryan O'Hara** has been growing winter hardy vegetables commercially for 15 years. C103

Sustainable Management of your Connecticut Woods (OLC) This workshop uses Bill's experience managing 35 acres of woods on the farm he and his wife own in North Granby. Active forest management began in 1936. Participants learn how to achieve their goals with spe-

WORKSHOP III**3:30 - 4:45 P.M.**

cific forest practices. The workshop uses the skill focus developed by the Goodwin Collaborative in eastern Connecticut. (Beg/Inter/Ages 11+) **Bill Bentley** is the principal of Salmon Brook Associates in North Granby CT. He is Professor Emeritus of Forest Policy and Management at the SUNY College of Environmental Science and Forestry, Syracuse NY. He managed Forestry Research for Crown Zellerbach, worked with the Ford Foundation in India, and was with Winrock International. C104

Earthworms and Soil Health (OLC) This workshop is designed to provide an introduction into the different types of earthworms and their value to the gardener. We will discuss their importance in enhancing soil fertility and suppressing root diseases. Data from greenhouse trials and research field plots will be presented. (Beg/Inter/Adv) **Dr. Elmer** is a plant pathologist who specializes in root diseases caused by the fungal pathogens *Fusarium* and *Verticillium*. He has had been employed at the Connecticut Agricultural Experiment Station for 20 years. For the past three years Dr. Elmer has been exploring the ability of earthworms to suppress root diseases of asparagus, tomatoes and eggplants. C105

The Slow Food Movement: Terra Madre 2006 and Slow Food Nation

Join members of the Yale Sustainable Food Project for a discussion on their trip to Slow Food International's global gathering of food lovers and producers in Turin, Italy called Terra Madre 2006. Learn about the upcoming Slow Food Nation, a similar gathering being planned in San Francisco in 2008 to address issues related to food communities in the U.S. (All levels) The **Yale Sustainable Food Project** aims to strengthen education related to food and agriculture, positively shape the regional agricultural economy through institutional purchasing, and serve as a national model for sustainability on college campuses and for schools. C106

Solar Greenhouses: Aggressive Growing From Passive Heat

Greenhouses can be an enjoyable and productive way to produce plants but are often expensive to run. This workshop will show growers how to make the most out of their greenhouse and reduce the need for external heating sources. (Inter) **Robert Durgy** has been horticultural diagnostician at the Home and Garden Education Center since the summer of 2004. As horticultural diagnostician, Rob concentrates on pest control and fertility management in home lawns and gardens. He is also the leader of the organic farming and gardening program at the University of Connecticut. C201

Introduction to Biodynamics: Principle and Practices

This workshop will sketch an outline of biodynamic's worldview, leading to discussion of the individual preparations used, their constituents, and applications on farm and garden. Please bring your sense of humor. (Beg/Inter) **Bill Hill** has run Warrups Farm—a small diversified organic farm—since the early 1980s. The farm has been certified organic since 1991. Bill served on CT NOFA's organic farm certification committee for several years in the '90s. He has been using biodynamic practices on farm since 2000. C202

The Bee's Knees—Become a Hobbyist Beekeeper

Honey bees are important pollinators for agriculture; they are also the front line sentries for a healthy local ecosystem. Learn how to become a hobbyist beekeeper and promote a healthier environment. (Beg/Inter/Teens) **Vincent Kay** is a commercial beekeeper and owner of the Swords into Plowshares Honey company. He has been keeping bees company for over 25 years. C203

LOOKING FOR VOLUNTEERS!

BECOME PART OF OUR TEAM FOR THE DAY

An event like this takes a lot of time and effort on the part of many people. If you like working with a positive, eager team of folks, then consider helping us on the day of the event. We need greeters, registration assistants, vendor helpers, workshop assistants, a recycling coordinator, kitchen assistants, raffle attendants, and a clean up crew. Volunteer just two hours of your time and receive \$10 off your registration fee. Then join us after the event in West Hartford for a post-conference celebration.

Sign up to volunteer with your registration on the following page. Denise D'Agostino will contact you with details.

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Register Now!

	<u>Before 2/15</u>	<u>After 2/15 & Day of</u>
_____ NOFA Members	\$35	\$40
_____ Non- Members	\$50	\$55
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Total Enclosed: _____

Full and partial scholarships are available.

For inquiries, send a letter of application to the address below. To contribute to the scholarship fund, include your donation with your registration fee.

Free childcare will be available for children ages 3 -12 with pre-registration.

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- Don't forget your potluck dish and a place setting.
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- Register by 2/15 to get the early-bird discount.

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