



January 30 – 31, February 1, 2004

- **Community Supported Agriculture**
 - **Gardening**
 - **Organic Farming**

KEYNOTE SPEAKERS

co-sponsored by New York Certified Organic

Chuck Benbrook

Former Director of the National Academy of Sciences Board on Agriculture

Thomas Harttung

Danish farmer who has built a multi-farm box business delivering to 30,000 customers weekly

Sheppard Ogden

Author, Teacher, and Founder of The Cook's Garden Seed Company

Friday, January 30

- **CSA Grower's School – All Day**
- **On-Farm & Garden Vegetable Breeding Workshop – All Day**
 - Crop Improvement through Seed Saving, Selection, and Breeding
- **Organic Certification Workshop — Friday Afternoon**

Special Opportunities for Your Input!

- **Farmers' Pledge**
- **NOFA-NY Certified Organic LLC Certification Program**
 - **Genetically Engineered Foods & Crops Strategies**
 - **Dairy Roundtable**

HOLIDAY INN, SYRACUSE/LIVERPOOL, LIVERPOOL, NY

Northeast Organic Farming Association of New York



EARLY REGISTRATION DISCOUNT DEADLINE IS JANUARY 16th!



The interest in local food has been growing for years and seems as though it really may become a significant and dynamic factor in food production. It's hard to say how this has come about, but, most likely, many of our farmers' efforts to produce high quality organic crops are part of the equation, as is consumer interest in fresh foods.

If we can work with the enthusiasm for local food everywhere, perhaps the pattern of international imports of products we can grow right here in the Northeast will change.

Many elements need to come together to make this happen. We must work to sell more farm products directly to consumers, whether they be families, restaurants, schools or other institutions. We need entrepreneurial food processing companies working with New York farmers. We need more gardeners helping to keep people connected to the earth and good food. We need to rediscover and develop regional varieties that work on Long Island and others that grow best in the Finger Lakes and still others that do well in the Catskills.

Join us and help make local food a part of the fabric of every day life.

OUR PRESENTERS

We are proud of our presenters and thank them for setting aside their personal priorities to share their thoughts and expertise with others.

QUESTIONS?

Call Mayra Richter at 518-734-5495 or office@nofany.org

VENDING & EXHIBITING OPPORTUNITIES

If you would like a table in our vendor's show, contact Mayra Richter at 518-734-5495.

KIDS PROGRAM

Day Care for children ages 2 to 4 Activities for children 5 to 11.

RAFFLE

If you can make a donation or have ideas, call Mayra Richter at 518-734-5495.

SATURDAY CELEBRATION

Celebration Dinner, honoring special friends and contributors • Saturday Night Dead of Winter Party • Roundtable Slide Show – How I Spent My Winter Vacation – 10 slides per presenter, slides expected from Mexico, Cuba, Puerto Rico and whatever you bring!

Schedule and Workshops subject to change.



Northeast Organic Farming Association of New York

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The Northeast Organic Farming Association of New York, Inc. is a nonprofit educational organization supported by membership dues and contributions. NOFA-NY is tax exempt under Section 501(c)(3) of the Internal Revenue Code. Charitable contributions are welcome and tax deductible.

Keynote Speakers

Friday evening: 8 p.m.

Chuck Benbrook

New Scientific Insights on the Consequences of How We Grow Food

Chuck Benbrook, former Director of the National Academy of Sciences Board on Agriculture. The talk will highlight Dr. Arpad Pusztai's recent findings on genetically engineered food safety, studies detailing health risks associated with pesticide and drug-dependent agricultural production systems and new insights on food quality in organic production systems.

Saturday morning: 11:30 a.m.

Thomas Harttung

Reconnecting Farms & Urban Households in the 21st Century – A Danish Approach

Thomas Harttung, Danish farmer who has built a multi-farm box business delivering organic vegetables, meats and dairy products to 30,000 customers weekly.

Sunday morning: 11:30 a.m.

Sheppard Ogden

Retaking the Genetic Commons - How Farmers & Gardeners Hold the Key to Transforming Agriculture

Sheppard Ogden, teacher, founder and president of The Cook's Garden seed company, until last year, as well as an author of four books, including *Straight Ahead Organic*.

Friday, Jan. 30th Full Day Training Workshops

CSA Grower's School

Friday, 7:30 a.m. – 5 p.m. Lunch Included

(Also 13 CSA workshops on Sat. & Sun.)

More than 40 cumulative years of CSA experience is shared among the 4 instructors who will be providing an intensive training in Community Supported Agriculture. These growers each have a distinctive and successful operation and have tutored others over the years. Workshop attendees are asked to fill out a questionnaire describing their interest and current level of expertise. Detailed bios, an outline of the materials to be covered during the training and attendee questionnaire can be accessed on our website or call to have a packet mailed. Combining this intensive training with the many CSA workshops on dozens of relevant CSA and production topics being offered on Saturday and Sunday, will get prospective CSA growers off on the right foot.

Grower's School trainers:

Janet Britt, Buttermilk Falls Organic Farm LLC, Schaghticoke, NY • Scott Chaskey, Quail Hill Farm, Amagansett, NY • David Hambleton, Sisters Hill Farm, Stanfordville, NY • Shane LaBrake, Ecosystem Farm, Accokeek, MD

On-Farm & In the Garden Vegetable Breeding Workshop: Crop Improvement through Seed Saving, Selection, and Breeding

Friday, 30, 9:00 a.m. – 5 p.m. Lunch Included

How can you make your vegetable varieties perform better for you on your farm? Are you not quite satisfied with your current varieties? Do you wish that some of your greens were more frost hardy? Have you ever noticed one amazing squash plant out of a hundred and wish you could reproduce it? Through seed saving, selection, and straightforward breeding techniques you can improve your own varieties. Become part of Northeast gardeners and farmers who are working to make our region's agriculture more viable, delicious and exciting. For details, see our website or call for a packet. Presenters include Cornell breeders, NOFA-NY farmers participating in the project and more.

Partial List of Presenters

Mark Hutton- University of Maine • Rowen White- Hampshire College • Mark Henning- Cornell University Department of Plant Breeding • Frank Kutka- Cornell University Department of Plant Breeding • Bryan Connolly- Backyard Breeder/Seedsaver-CT

Organic Certification Workshop

Friday 1-4 p.m.

Is certification so burdensome that farmers are just walking away? NO! Good record keeping is an asset in any business and keeping your records so that you can also easily keep the records required for third party verification of your farming practices can and is being done by hundreds of NYS farmers and thousands more across the country.

Join Lisa Englebert, Carol King and Amie Cristo, NOFA-NY Certified Organic LLC's staff, who have worked with small farmers, large farmers, large-scale food processors, seed producers, dairy farmers and coffee roasters to get these operations certified. 2004 applications and guidelines will be for sale at the annual conference and staff will be available throughout the weekend for individual questions as well.

5 Varieties Roundtables

Join us with the names and sources of your best varieties, whether its a new hybrid you just tried this year or whether you've been growing it for 10 years and it has not been surpassed by any other variety. Roundtable leaders are well-versed in their topic and will move the roundtable discussion along.

Saturday, Jan. 31st, 8:30 a.m.

Genetically Engineered Foods & Crops

In the last several years, NOFA-NY has been part of a very small coalition of NY groups that has informed its membership and legislators of the importance of allowing for consumer choice by seeking labeling to distinguish natural from genetically engineered foods (now in any processed food product containing soy or corn that is not certified organic). We have also supported the passage of a moratorium on planting genetically engineered crops until their environmental and agricultural impacts are assessed. Both efforts have gone nowhere. Can we build a wider coalition and move forward on these or other issues? Come share your ideas and enthusiasm for this key topic.

College-based CSAs – Two Approaches

Land owned by colleges and the inspiration of farming can combine to create a much-needed connection to farming, inexpensive land in populated areas, excellent learning

opportunities for students and more.

Leslie Cox, Hampshire College, Northampton, MA • Dan Guenther, Vassar College, Poughkeepsie Farm Project, Poughkeepsie, NY

Teikie, the Original Japanese Version of CSA

The Japanese form of CSA started over 30 years ago. Elizabeth visited Japan recently and has some fresh observations on their approach to CSA.

Elizabeth Henderson, Peacework Farm, Newark, NY

Vegetable Rotation Tools & Planning

Growing 60 different vegetables to keep variety in the CSA share can be a challenge, as can the absolutely necessary rotation of crops that fights disease and pest problems. Biodynamic grower John-Paul Courtens now uses an Excel spreadsheet to plan rotations for the vegetables for 1,100 shareholders.

John-Paul Cortens, Roxbury Farm, Kinderhook, NY

Small-Scale Food Processing Business Development

Hudson Valley Hometown Foods is developing convenience frozen and vacuum packaged 20 minute meals, fruit desserts and fruit smoothies from local farm products.

Anna Dawson, Kinderhook, NY

My Whimsical Organic Garden

After 35+ years of gardening, with small solar greenhouse, one gardener—blacksmith / mechanic by profession—shares his story of art and gardening

David Dokter, Phelps, NY

Saturday 10:00 a.m.

Meeting Skills – Improving Everyone's Experience

Running a meeting efficiently & gracefully can make people feel good about attending business meetings where decisions need to be made with lots of input from participants.

Dennis Lehman, meetings consultant & CSA member, Peacework Farm, Newark, NY

Labor on the CSA

Growing a wide variety of vegetables requires significant labor. These farmers have addressed labor needs in different ways over the years.

Jean-Paul Courtens, Roxbury Farm, Kinderhook, NY • Willie Denner, Little Seed Garden, Chatham, NY

Breeding Grains

In on-farm trials, some varieties of open-pollinated corn are proving to have higher grain feed quality than most hybrids and some are competitive with hybrids for silage production. Synthetic varieties of corn are also possible, as is small scale hybrid seed production. The hullless trait in oats and barley could simplify processing and open the market up for selling oats from local farms to local stores. Bring along your list of traits needed in organic farming and we will discuss them and basic breeding techniques.

Frank Kutka, graduate student, Cornell Univ

The Growing Organic Processing Vegetable Market

What are the opportunities and challenges for grain, bean and dairy farmers who would like to incorporate a vegetable crop into their rotation? Come hear farmers discuss the possibilities for 2004. Klaas & Mary-Howell Martens have been increasing their acreage of organic processing vegetables in recent years and see an expanding market. Brett Kreher transitioned several hundred acres to organic practices several years ago and is continuing to transition additional acres.

Klaas & Mary-Howell Martens, Penn Yan, NY • Brett Kreher, Kreher's Poultry Farm, Clarence, NY.

Whole Farm Approach to Weed Control

A classic on the integration of cash crops, cover crops, tillage techniques and compost applications to dramatically reduce weed pressure. With the development of this approach came the time to experiment with alternative tillage methods and refine management practices that improve soil health.

Eric and Anne Nordell, Beech Grove Farm, Trout Run, PA

Organic Gardening - The Right Concepts & Resources to get you Growing

Last year, Cornell University created an organic gardening course, with a detailed curriculum. Our presenter taught it in the summer of 2003 and will present it in a nutshell.

Marguerite Wells, Cornell University Student Organic Farm Manager

Variety Roundtable: Winter Squash & Melons

Gone are the days of dominance of Butter-nut Squash and Cantalope. Gardeners who cook, chefs and farm stands are all talking about the distinctive flavors of cooking squashes and luscious varieties of melons. For these, we are reaching back to heirloom and Native American varieties and looking to European and Middle Eastern traditions. Share your experiences, assisted by moderator Melissa Jacobs, Sacred Seed Co., who specializes in native and heirloom varieties, and also hear about grower's experience with the new commercial varieties recently bred for powdery mildew resistance (the disease reduces yield and sweetness), and old favorites.

Saturday 2:00 p.m.

Building Community Spirit Among CSA Members

CSAs are built on a dynamic partnership between farmers and farm members. Building the community that supports the farm is an essential part of successful CSAs and takes skill, time and energy. Learn the essential steps from longtime CSA farmer and advocate Elizabeth Henderson and working CSA member, Dennis Lehman.

Elizabeth Henderson, farmer, Peacework Organic Farm, Newark, NY • Dennis Lehman, member, Peacework Organic Farm CSA

Fund Raising for the CSA

Two farmers share their expertise at both grant-writing and more traditional fundraising (getting people to give \$\$ to the CSA) and will share what they have learned about this topic—including how difficult it is emotionally!

Jen and John Bokaer-Smith, West Haven Farm, Ithaca, NY

Details of a Multi-Farm Box Delivery System

There are many aspects to a business of this size and complexity. Thomas Harttung, our keynote speaker, will provide details to how the system is operated.

Thomas Harttung, Copenhagen, DN

Alternative Tillage Techniques

Originally pursued to conserve moisture on their dry land farm, the benefits of organic no-till and ridge till techniques have also turned out to save time in wet years as well as dry periods. In 2003, soils could be prepared in the short windows of time between rains and soil quality and weed control were maintained.

Eric and Anne Nordell, Beech Grove Farm, Trout Run, PA

Dairy Roundtable

Is integrity an issue for the expanding organic dairy farming community as more farmers transition to organic production? What are the most important issues facing organic dairy farmers? Share your thoughts with NODPA representatives and NOFA-NY representatives and discuss what we can do to assure the consumer that they are getting the best product the organic dairy industry can produce.

Moderators will include Kathie Arnold, Twin Oaks Farm; Maureen Knapp, Cobblestone Farm; Chuck Blood, Rocky Top Acres and Bill Casey, Casey Farm.

51 Ways to use Herbs in Your Landscape

Herbs are beautiful, low maintenance and extremely useful in a variety of situations. Find out how you can use herbs to enhance your organic landscape.

Michael Warren Thomas, certified nurseryman, arborist and radio show host

Stump the Chumps – Expert Gardening Panel Available to Answer Any Question

Is it disease, is it pests, is it that lame variety or what? A terrific line-up of knowledgeable people will be on hand to answer all questions from the audience.

Variety Roundtable: Brassicas

To borrow a line from a children's rhyme, "When they are good, they are very, very good and when they are bad, they are horrid." Our two moderators, Shane LaBrake & Mark Dunau, know a lot about brassicas and will share their varieties successes and failures and look to roundtable participants to expand the pool of varietal experience among participants.

Saturday 3:30 p.m.

When the Time Comes to Leave, What will become of the Farm?

Sam and Elizabeth Smith will speak about their experience of preserving Caretaker Farm in perpetuity and how it relates to worldwide concerns for land reform, land tenure, and the agrarian life.

Sam & Elizabeth Smith, Caretaker Farm, Williamstown, MA

Starting a CSA from Scratch with no Farmer in Sight

When the Fransican Sisters of Allegany wanted to start a CSA they were starting at the very beginning. They found Joan Petson and began the process of locating land and locating a grower. Their story now includes several successful seasons and a great community resource.

Joan Petson, Allegany Co. Cornell Cooperative Ext. • Sister Francis Cartillo, Sisters of Allegany • Mark Prince, farm manager, Canticle Farm CSA

Pests – Prevention & Interventions for the Scariest Six – Striped Cucumber Beetles, Squash Bugs, Flea Beetles, Tarnished Plant Bugs, Leaf Hoppers & Grey Aphids

Pests are a major cause of crop loss in organic (and conventional) systems. The culprits aren't necessarily the same as those faced by conventional growers. This workshop will focus on preventative steps and on emergency organic interventions.

Brian Caldwell, NOFA-NY Farm Education Coordinator • Abby Seaman, IPM Specialist

Most Provocative Ideas for Needed Organic Research – Panel with Audience Roundtable

What do farmers want to know and need to know and what are the upshots of current research that researchers are finding? Listen to this panel and join in with your ideas from this past growing season.

Moderator- Anu Rangarajan, PhD, Cornell University • Klaas Martens, Penn Yan, NY • Laurie Drinkwater, PhD, Cornell University • Janet Theis, PhD, Cornell University • Lou Lego, Elderberry Pond Farm, Auburn, NY

Trees and Shrubs for Landscaping

The right choices and the right locations make the difference in having a low maintenance, low input landscape.

Michael Warren Thomas, certified nurseryman, arborist and radio show host

Variety Roundtable: Tomatoes

Can you ever grow enough varieties of tomatoes? Do you and others taste test a bunch of new varieties every year? Join moderator Trina Pilonero, who grows more than 100 varieties of tomato transplants for gardeners and farmers and share your best and worst varieties.

Sunday, February 1st, 8:30 a.m.

Farmers' Pledge

The Farmers' Pledge was developed as an alternative to the USDA National Organic Program, which requires third party verification by an accredited organization or state in order to use the word "organic" in marketing. The Farmers' Pledge goes beyond a commitment to growing without synthetic pesticides, herbicides and fertilizers, to make commitments to social responsibility and local marketing. After its first full year and 68 participants, its time to hear from farmers about whether it needs fine-tuning.

CSAs for Low Income People

Organic food and fresh vegetables are important for everyone. Two organizations in NYS are helping to connect farmers and low income populations and the connection is community supported agriculture.

Ben Shute, Hunger Action of NYS • Kristy Apostolides, Just Food, New York, NY • Cheryl Rogowski, W. Rogowski Farm, Pine Island, NY

Restaurant-Supported Agriculture

Vermont Fresh has been building on the concept of restaurant-supported agriculture for several years and is tackling some of the significant challenges with success. How can farmers and restaurateurs work more closely together to bring the best locally grown foods to the table?

Lindsey Ketchel, Vermont Fresh, Burlington, VT

Compost Tea — Latest Research and Information

Are you spraying pathogens on your vegetable's foliage or are the beneficial microorganisms you have brewed going to work preventing fungal disease and providing micronutrients. Find out what the research is and isn't showing and get ideas about how to proceed with your own on-farm or in-the-garden experiments so you can quantify impacts.

Brian Caldwell, NOFA-NY Education Coordinator

Alison Horner, Cornell University.

Where Have All The Flowers Come From

Ever wish you could climb up the supply chain and see where your seeds come from? You can now, as you follow a grower who went into the seed business and around the world to Europe, India and Asia in search of the source of the flower seed you grow. You'll see places most people never get to go and hear just how your seeds are selected and produced. Great slides!

Sheppard Ogden, author, founder and former president of The Cook's Garden seed company.

Season Extension, Working Techniques

How can you put the concepts refined by Elliot Coleman into use in the field using inexpensive materials? What about being able to move season extension structures around? These practices have been used on a windy, high elevation site to beat the seasons.

Ted Blomgren, CCE Capital Dist. Vegetable Program

Organic Lawns & Landscaping – Principles and Practice

Lawns are completely ingrained in the American psyche and can be beautifully maintained organically. Organic principles help answer questions that may not have been answered without chemicals before.

Al Festaiuit, Organic Lawn & Garden Co., Buffalo, NY

Variety Roundtable: Roots

How many varieties of celeriac have you tried? Are your beet varieties sweet enough to sell like hot cakes? Is a potato a clone or a root? Join moderator John Gorzynski, Gorzynski's Ornerly Farm, and share your favorite root crop varieties.

Sunday 10 a.m.

NOFA-NY Certified Organic LLC Certification Program How are we doing?

The USDA's NOP went into full force in October of 2002. In 2003, NOFA-NY Certified Organic LLC certified 242 farms and 30 processors/handlers (non-farm processors, like bakeries and coffee roasters). Come discuss how we can improve our services and other aspects of certification.

A Big Garden or a Small CSA – Growing for 40 families & folding in other employment

Demented gardeners started a 6-member CSA years ago that has slowly grown to its current 40 members. Income obviously must be supplemented with other home businesses, but the CSA is vital in other ways. *Lynn Thor & Stu McCarty, Whistle Stop Gardens, Tunnel, NY*

Obtaining Farm Land – Possible Ownership Structures & Funding Strategies for High Cost Areas

Farm land is most costly and in shortest supply around high density population centers, right where fresh vegetables and open space are needed the most. Making farm land available and affordable where people live is an important component of agriculture and food security. These presenters will review some of the working models that have made this possible.

Ellie Kastanopolous, Equity Trust, Inc., Voluntown, CT • Scott Chaskey, Quail Hill Farm of the Peconic Land Trust, Amagansett, NY

Organizations Helping to Build CSAs

The group of people who support a farm through formation of a CSA come together in many ways. Several organizations have developed programs that build CSAs and build community around the concept of food availability, labor equity and interdependence. *Lindsey Ketchel, Intervale Fdn., Burlington, VT • Ruth Katz, Just Food, NYC • Cornell Coop Ext. in Greene Co. – Mick Bessire*

Soil Quality-Latest Research with Implications for Growing Methods

A team of researchers is both conducting and closely following research on soil quality. For growers, the question is whether recent research is helpful in thinking through management questions and current production methods.

Ted Blomgren, CCE, Moderator • Carol MacNeil, PhD, Cornell University • Harold Van Es, PhD, Cornell University • David Wolfe, PhD, Cornell University • Mary-Howell Martens, Penn Yan, NY

Strategizing on Farm Politics

Federal and state farm and food policies continue to hamstring the small farmer. Some feel as though the federal organic program is a recipe for corporate takeover of organic crop production. Farmers discuss what they are doing and who their strategic partners are along with their goals for 2004 and beyond.

Liana Hoodes, moderator, National Campaign for Sustainable Agriculture • Mark Dunau, Mountain Dell Farm, Hancock, NY • Elizabeth Henderson, Peacework Organic Farm, Newark, NY

Transplant Success – It Doesn't Start with Soilless Mix

Growing your own transplants can be incredibly rewarding for the vigor, health and varieties you can produce. If you really enjoy it, you may end up growing transplants for others as well, as has gardener Trina Pilonero, who now grows certified organic transplants for farmers and for home gardeners frequenting farmers markets.

Trina Pilonero, Silver Heights Farm, Jeffersonville, NY

Variety Rountable: Lettuces & their Friends

So many varieties, so little space! Salad with Arugula, Radicchio, tender butter crunch varieties or sturdy Romaines and then the leaf lettuces. Moderator Lisa Bloodnick will start off the roundtable describing her favorites and those of her customers from years at the farmer's market.

Directions to Conference Site:

Holiday Inn, Syracuse/Liverpool
441 Electronics Parkway, Liverpool
315-457-1122

New York Thruway

– Get off exit 37 and the Holiday Inn will be in front of you.

From 690 West or East

– take 690 to I-81 N, to exit #25 on I-81. Take right off exit onto 7th North St. and take to end about 1/2 mile where you will see Holiday Inn.

From Syracuse

– Take I-81 north to exit 25, take right on 7th North St. and take to end about 1/2 mile where you will see Holiday Inn.

Earlybird registrants (registration received by January 16) — Take a chance on coming for free.

Once again, every Earlybird registrant will be placed in a drawing. One winner will be chosen and their winnings will be full reimbursement of their registration, meals and lodging. The drawing will be based on registration forms. So, if a family of four registers on one registration form and wins, we pay what is on the registration form. The drawing will be held at Sunday lunch.

Overnight Accomodations

The room rate for the conference is \$72.00, whether the room is occupied by mom, dad and the kids, 4 students or a couple of room-mates!

Jim Barnett Memorial Farmer Education Scholarship Fund

In honor of the memory of Jim Barnett, the NYS Natural Food Associates, Inc., together with Jim's family and friends have created the Jim Barnett Memorial Farmer Education Scholarship Fund. Farmers wishing to register for a NOFA-NY event or workshop for which NOFA-NY charges a fee can apply for a scholarship to defray the cost of the scheduled event. Fees will be paid out of the Farmer Education Scholarship Fund. Call BEFORE sending in registration!

??????? QUESTIONS???????

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