Welcome to MOSES 2022!

Welcome to the 33rd Annual MOSES Organic Farming Conference! This is my first year in La Crosse as a conference organizer rather than an attendee. I am so excited to be with you all. Feel free to introduce yourself if you see me around and about.

When we made the decision to “cultivate community”, this year’s conference theme, and meet in person, we started so many incredible conversations with partners, historical and new. Forty-three of this year’s almost 60 workshops were developed through conversations with affinity groups led by farmers. They identified skills and knowledge related to their operations, but also gave voice to cross cutting issues that affect all production areas. These shaped our keynotes and much of the “Community and Leadership” track. We will continue to rely on affinity groups to influence our programming and content.

As we gather this year, we are centering solidarity with communities of farmers with longstanding traditions and knowledge of land stewardship and deep connections to regeneration of earth’s resources, plants and animals. We are collectively working to create a future of farming that is inclusive and uplifts these traditions. Stop by the MOSES booth to give us feedback on the new Agriculture Solidarity Network launched in partnership with several other farmer-led organizations. This social networking platform will enable us to stay connected after the conference as we head into the 2023 Farm Bill and lend farmer voices to creating a more just food and farming system.

Speaking of our exhibit hall, there are close to 170 booths, the many businesses and nonprofits that make our farm enterprises more successful. The conversations, technical assistance and conference specials add so much to the conference each year.

As we embrace this year’s theme and “cultivate community”, please remember to practice patience and compassion. For many of us, this is the first time in a crowded space in over two years! If you are not wearing a mask for your own health, you are doing it so others in our community feel safe and can learn and participate. It is appreciated.

IF YOU NEED HELP AT MOSES 2022, look for a MOSES team member or volunteer with yellow and green ribbons on our badges, or visit the HELP DESK in the North Hall Lobby. Thank you for gathering at MOSES 2022 to learn and recharge for the next season of farming!

To a healthy, happy, and abundant 2022!

Lori Stern
Executive Director, MOSES
Let’s cultivate community!

Masks are required indoors at MOSES 2022, except while eating or drinking. All conference attendees are expected to follow CDC COVID prevention strategies for events. This includes wearing a well-fitting mask, physical distancing, and washing your hands frequently. Masks and hand sanitizer will be available for your use.

Wear your name badge
Please wear your name badge daily at the conference—don’t leave it at your hotel! It’s your pass to workshops, the Exhibit Hall, and meals—except suppers, which require tickets, purchased when you registered or anytime at Check-In.

Hang your coat
Coat racks are in the North Hall lobby and South Hall Upper Level. Follow the signs.

Get the app
Use the free app to plan your day, see schedule updates, connect with people, and post photos to the social feed. Just search your app store for “MOSES Organic Farming Conference.” Need help with the app? See the Help Desk in North Hall lobby.

Join the conversation
Use #MOSES2022 or talk to us @MOSESconference. We'll post photos on Facebook and Instagram @mosesorganic!

Refresh
Find snack stations on the map on page 34. Fill your own water bottle or get a pre-washed MOSES Conference glass mug with lid for $5 in the MOSES Bookstore or at the Help Desk in North Hall. It’s a great souvenir of your MOSES 2022 experience!

Stash your trash
Help us reduce landfill trash by using the recycling and compost bins. Signs posted above each bin list items accepted.

Let the world know you were here
Get your MOSES Conference T-shirt (just $25) before they sell out! These made-in-the-USA, 100% organic cotton shirts are sold in the MOSES Bookstore in North Hall. Cultivate community!

Wi-Fi: MOSES2022 | Password: community

Schedules & Workshops
Conference at a Glance: Thursday ............................................. 4
Conference at a Glance: Friday ................................................. 5
Conference at a Glance: Saturday .............................................. 6
Keynotes .................................................................................. 7
Workshops by Category .............................................................. 8
Workshops: Friday Session I ..................................................... 10
Workshops: Friday Session II ................................................... 12
Workshops: Friday Session III ................................................ 14
Notes ...................................................................................... 16
Workshops: Saturday Session I ................................................. 18
Workshops: Saturday Session II .............................................. 20
Workshops: Saturday Session III .......................................... 22
Notes ...................................................................................... 24

Tracks
Crop Advisors: CEUs ................................................................. 28
New Organic Stewards .............................................................. 30
In Her Boots Project ................................................................. 31
Organic Research Forum ......................................................... 32

Maps
Conference Center ................................................................. 34
Exhibit Hall ........................................................................... 48

Directories
Exhibitors & Sponsors ........................................................... 50
Workshop Presenters ............................................................. 26

Activities
Roundtable Discussions .......................................................... 36
Film Screenings & Entertainment .......................................... 38
Meetings ............................................................................... 39
Meals .................................................................................... 40

Information
Organic Farmer of the Year ...................................................... 42
2022 Changemakers ............................................................... 44
About MOSES ....................................................................... 46
Conference Information ......................................................... 47
THURSDAY AT A GLANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:00 a.m.</td>
<td>Organic University Check-In Open</td>
<td>Check-In</td>
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<tr>
<td>10:00 a.m.-5:30 p.m.</td>
<td>Organic University Classes</td>
<td></td>
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</tr>
<tr>
<td>11:30 a.m. - 1 p.m.</td>
<td>Organic Lunch</td>
<td>Dining Hall</td>
<td>40</td>
</tr>
<tr>
<td>5:00 - 8:00 p.m.</td>
<td>Exhibit Hall &amp; Bookstore Open</td>
<td>Arena &amp; North Hall</td>
<td></td>
</tr>
<tr>
<td>5:00 - 8:00 p.m.</td>
<td>Conference Check-In Open</td>
<td>Check-In</td>
<td></td>
</tr>
<tr>
<td>5:00 - 8:00 p.m.</td>
<td>Treats and Cash Bar</td>
<td>North Hall Lower</td>
<td></td>
</tr>
<tr>
<td>5:00 - 7:00 p.m.</td>
<td>Organic Supper: Cultivating a Local Food Culture</td>
<td>Dining Hall</td>
<td>40</td>
</tr>
</tbody>
</table>

FIND YOUR WORKSHOP ROOM:

Colors correspond to the map sections in the center of this book.

**SOUTH HALL LOWER: A, B, C, D**
Down the stairs from Check-In

**SOUTH HALL UPPER: E, F**
Up the stairs from Check-In

**NORTH HALL UPPER: G, H, I, J**
Through Concourse or Arena Exhibit Hall

**NORTH HALL LOWER**
Through Concourse or Arena Exhibit Hall

AG SOLIDARITY NETWORK

THE ONLINE FARMER-LED COMMUNITY SPACE TO GROW THE ORGANIC FARMING MOVEMENT

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(770) 361-6092
FRIDAY AT A GLANCE

WORKSHOP SESSION I
Session I-a | 8:15 – 9:45
Camelina Feed for Organic Pigs | Johnston, Lazarus, Li
Emergency Forages for Ruminants | Abel-Caines
Hazelnuts in the Upper Midwest | Lammers, Fischbach
Reducing Tillage in Organic Corn Rotations | Silva
Tips on Avoiding Obstacles and Delays | Adams, Bollinger
Session I-b | 8:30 – 10:00
Add Seedling Sales to Your Veggie Farm | Bishop, Racer
Cover Crops: Opportunities & Challenges | Morrone, Trieber
Land Access: 127 Easy Steps | Beaton, Breckbill, Olson
Online Marketing | Benhardt, Myhre
Safe and Healthy Farmers | Krekelberg

WORKSHOP SESSION II
Session II-a | 10:30 – 12:00
Controlling Intestinal Parasites | Carr, Major, Hernandez, Li
Managing Water on the Farm | Gabriel
Soil Conditioners for Row Crops | Pagliari
Vegetable Crop Rotation on Small Farms | Breckbill, Scheibel
Winter Vegetable Production | Graznak
Session II-b | 10:45 – 12:15
Avoiding Discrimination in Hiring and Firing | Armstrong
Can Farmers Take a Summer Vacation? | Panel
Cultural Practices to Manage Insect Pests | Riggs, Guedot
Meat Processing: Issues to Solutions | Wisneski, Langworthy
Soil Fertility 101 | Patton

WORKSHOP SESSION III
Session III | 3:30 — 5:00
Building A Culture of Connection on the Farm | Breckbill
Crop Insurance for Specialty and Diversified | Hansen, Vaith
Develop a Motivated Workforce | Bishop, Strader
FSMA and Regional Grain Value Chains | Hartman, Rossano
How Farmers can Protect Soil Health, Watersheds, Climate | Koenig
Integrate Livestock into Your Vegetable Production | Cala
Right Animal, Right Place, Right Time | Gabriel
Supporting Local Food Economies | Cornelius, Yancer
What Do I Need to Start a U-Pick? | Wills

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<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
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<td>40</td>
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<td>Continental Breakfast</td>
<td>Dining Hall</td>
<td>39</td>
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<tr>
<td>8 a.m. - 6:30 p.m.</td>
<td>Exhibit Hall &amp; Bookstore Open</td>
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<td>8:15 - 9:45 a.m.</td>
<td>Workshop Session I-a</td>
<td>See next column</td>
<td>10</td>
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<tr>
<td>8:30 - 10:00 a.m.</td>
<td>Workshop Session 1-b</td>
<td>See next column</td>
<td>10</td>
</tr>
<tr>
<td>9:00 - 9:45 a.m.</td>
<td>Roundtable</td>
<td>Broccoli Varieties &amp; Disease Management</td>
<td>Blue Room</td>
</tr>
<tr>
<td>9:00 - 10:00 a.m.</td>
<td>Compeer “Office Hours”</td>
<td>Farm Financial Help</td>
<td>Yellow Room</td>
</tr>
<tr>
<td>9:00 - 5:00 p.m.</td>
<td>Film Screenings</td>
<td>South Hall Upper</td>
<td>38</td>
</tr>
<tr>
<td>10:00 - 10:45 a.m.</td>
<td>In Her Boots</td>
<td>Meet &amp; Greet — Women in Organic Ag</td>
<td>Red Room</td>
</tr>
<tr>
<td>10:00 - 10:45 a.m.</td>
<td>Roundtable</td>
<td>Rye: The Grain that Will Save Our Farms</td>
<td>Blue Room</td>
</tr>
<tr>
<td>10:30 - 11:30 a.m.</td>
<td>Meeting</td>
<td>Farmer Educator Community of Practice</td>
<td>Yellow Room</td>
</tr>
<tr>
<td>10:30 - noon</td>
<td>Workshop Session II-a</td>
<td>See next column</td>
<td>12</td>
</tr>
<tr>
<td>10:45 - 12:15 p.m.</td>
<td>Workshop Session II-b</td>
<td></td>
<td>12</td>
</tr>
<tr>
<td>11:00 - 11:45 a.m.</td>
<td>Roundtable</td>
<td>WI Farm Experimentation Resource Network</td>
<td>Blue Room</td>
</tr>
<tr>
<td>11:00 - 11:45 a.m.</td>
<td>In Her Boots</td>
<td>Running for Office: Women in Policy</td>
<td>Red Room</td>
</tr>
<tr>
<td>11:30 a.m. - 1:30 p.m.</td>
<td>Organic Lunch</td>
<td>Dining Hall</td>
<td>40</td>
</tr>
<tr>
<td>Noon - 12:45 p.m.</td>
<td>Roundtable</td>
<td>What is Regenerative Organic Certified?</td>
<td>Blue Room</td>
</tr>
<tr>
<td>Noon - 1:30 p.m.</td>
<td>Meet the Researchers in Organic Research Poster Gallery</td>
<td>South Hall Upper</td>
<td>32</td>
</tr>
<tr>
<td>12:30 - 1:30 p.m.</td>
<td>Hmoob “Office Hours”</td>
<td>Compeer Farm Financial Help</td>
<td>Orange Room</td>
</tr>
<tr>
<td>12:45 - 1:30 p.m.</td>
<td>Roundtable</td>
<td>Pear Varieties for the Upper Midwest</td>
<td>Blue Room</td>
</tr>
<tr>
<td>1:30 - 2:00 p.m.</td>
<td>Farmer of the Year Award</td>
<td>Room J</td>
<td>42</td>
</tr>
<tr>
<td>1:30 - 3:00 p.m.</td>
<td>KEYNOTE: Re-Setting the Table</td>
<td>Room J</td>
<td>7</td>
</tr>
<tr>
<td>3:30 - 4:30 p.m.</td>
<td>“Office Hours”</td>
<td>Helping Farmers Access USDA Programs</td>
<td>Yellow Room</td>
</tr>
<tr>
<td>3:30 - 4:30 p.m.</td>
<td>In Her Boots</td>
<td>Navigating Children &amp; Work on &amp; off the Farm</td>
<td>Red Room</td>
</tr>
<tr>
<td>3:45 - 4:15 p.m.</td>
<td>Roundtable</td>
<td>Just Transition in Agriculture</td>
<td>Blue Room</td>
</tr>
<tr>
<td>3:30 - 5:00 p.m.</td>
<td>Workshop Session III</td>
<td>See next column</td>
<td>14</td>
</tr>
<tr>
<td>4:30 - 5:15 p.m.</td>
<td>Roundtable</td>
<td>Veterans in Agriculture</td>
<td>Blue Room</td>
</tr>
<tr>
<td>5:00 - 7:00 p.m.</td>
<td>Organic Supper and La Crosse Food &amp; Fun</td>
<td>Dining Hall / La Crosse</td>
<td>40</td>
</tr>
<tr>
<td>5:30 - 6:30 p.m.</td>
<td>PRIVATE — Mentor Meeting</td>
<td>Room A</td>
<td>39</td>
</tr>
<tr>
<td>5:30 - 7:00 p.m.</td>
<td>Regenerative Renegade Screening and Panel</td>
<td>South Hall Upper</td>
<td>38</td>
</tr>
<tr>
<td>5:30 - 7:30 p.m.</td>
<td>New Farmer Mixer</td>
<td>South Hall Upper</td>
<td>30</td>
</tr>
<tr>
<td>6:00 - 8:00 p.m.</td>
<td>HMoob Farmer Networking Event</td>
<td>Offsite</td>
<td>9</td>
</tr>
<tr>
<td>6:00 - 8:00 p.m.</td>
<td>OFGA Grafting Demo and Scionwood Exchange</td>
<td>Room B</td>
<td>39</td>
</tr>
</tbody>
</table>
SATURDAY AT A GLANCE

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Location</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m. - 3:30 p.m.</td>
<td>Conference Check-In Open</td>
<td>Check-In</td>
<td></td>
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<tr>
<td>7:30 - 9:30 a.m.</td>
<td>Continental Breakfast</td>
<td>Dining Hall</td>
<td>40</td>
</tr>
<tr>
<td>7:45 - 8:30 a.m.</td>
<td>Roundtable</td>
<td>Regenerative Farming &amp; Local Fiber Production</td>
<td>Blue Room</td>
</tr>
<tr>
<td>8 a.m. - 5:00 p.m.</td>
<td>Exhibit Hall &amp; Bookstore Open</td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15 - 9:45 a.m.</td>
<td>Workshop Session I-a</td>
<td>See next column</td>
<td>18</td>
</tr>
<tr>
<td>8:30 - 10:00 a.m.</td>
<td>Workshop Session 1-b</td>
<td>See next column</td>
<td>20</td>
</tr>
<tr>
<td>8:45 - 9:30 a.m.</td>
<td>Roundtable</td>
<td>A Discussion and Update on Kernza</td>
<td>Blue Room</td>
</tr>
<tr>
<td>9:00 - 10:00 a.m.</td>
<td>In Her Boots</td>
<td>WiWiC: Women Landowner Meetup</td>
<td>Red Room</td>
</tr>
<tr>
<td>9:45 - 10:30 a.m.</td>
<td>Roundtable</td>
<td>Q&amp;A: Crop Insurance for Organic Producers</td>
<td>Blue Room</td>
</tr>
<tr>
<td>9:00 - 3:30 p.m.</td>
<td>Film Screenings</td>
<td>South Hall Upper</td>
<td>38</td>
</tr>
<tr>
<td>10:30 - 11:00 a.m.</td>
<td>Changemaker Award</td>
<td>Room J</td>
<td>44</td>
</tr>
<tr>
<td>10:30 - noon</td>
<td>KEYNOTE: Solidarity Economy</td>
<td>Room J</td>
<td>7</td>
</tr>
<tr>
<td>11:30 a.m. - 1:30 p.m.</td>
<td>Organic Lunch</td>
<td>Dining Hall</td>
<td>40</td>
</tr>
<tr>
<td>Noon - 1:30 p.m.</td>
<td>Meet the Researchers in Organic Research Poster Gallery</td>
<td>South Hall Upper</td>
<td>32</td>
</tr>
<tr>
<td>12:30 - 1:15 p.m.</td>
<td>Roundtable</td>
<td>Raising Capital for Your Farm</td>
<td>Blue Room</td>
</tr>
<tr>
<td>12:30 - 1:15 p.m.</td>
<td>In Her Boots</td>
<td>Fierce Farm Finances</td>
<td>Red Room</td>
</tr>
<tr>
<td>12:30 - 1:30 p.m.</td>
<td>Meeting</td>
<td>Student Networking for Organic Ag</td>
<td>Room B</td>
</tr>
<tr>
<td>1:00 - 2:00 p.m.</td>
<td>Compeer “Office Hours” Farm Financial Help</td>
<td>Yellow Room</td>
<td>39</td>
</tr>
<tr>
<td>1:30 - 3:00 p.m.</td>
<td>Workshop Session II-a</td>
<td>See next column</td>
<td>22</td>
</tr>
<tr>
<td>1:30 - 2:15 p.m.</td>
<td>Roundtable</td>
<td>BIPOC Farmers Listening Session</td>
<td>Blue Room</td>
</tr>
<tr>
<td>1:45 - 3:15 p.m.</td>
<td>Workshop Session II-b</td>
<td>See next column</td>
<td>22</td>
</tr>
<tr>
<td>2:30 - 3:15 p.m.</td>
<td>Roundtable</td>
<td>Real Organic Project</td>
<td>Blue Room</td>
</tr>
<tr>
<td>3:00 - 3:45 p.m.</td>
<td>In Her Boots</td>
<td>Saving Seeds: How To and Other Qs</td>
<td>Red Room</td>
</tr>
<tr>
<td>3:30 - 5:00 p.m.</td>
<td>Workshop Session III</td>
<td>See next column</td>
<td>14</td>
</tr>
</tbody>
</table>
Emily Kawano  
SATURDAY KEYNOTE | 10:30 A.M. | ROOM J  
Solidarity Economy: System Change for a Regenerative Food System

Is it possible to build a regenerative food system within the capitalist system or is it necessary to move beyond capitalism to a post-capitalist system such as the solidarity economy? The solidarity economy is a global movement to build an economy and world that centers the welfare of people and planet. It is grounded in real world practices that align with values of solidarity, participatory democracy, equity in all dimensions, sustainability, and pluralism: a world in which many worlds fit.

Emily Kawano is Founder and Co-Coordinator of the U.S. Solidarity Economy Network and has served for 8 years on the Board of RIPESS (the Intercontinental Network for the Social Solidarity Economy). She is the co-director of Wellspring Cooperative, which is developing a network of worker cooperatives in inner city Springfield, MA. She received her Ph.D in economics from the University of Massachusetts, Amherst and served as the director of the Center for Popular Economics, a collective of progressive economists that helps to demystify the economy. She taught economics at Smith College and worked as the AFSC’s National Economic Justice Representative.
WORKSHOPS BY CATEGORY

**BUSINESS, MARKETING & MANAGEMENT**

- **Online Marketing**
  Friday I-b | 8:30 a.m. | Room I

- **Avoiding Discrimination in Hiring and Firing (especially the inadvertent kind!)**
  Friday II-b | 10:45 a.m. | Room A

- **Crop Insurance for Specialty and Diversified Operations**
  Friday III | 3:30 p.m. | Room F

- **Strategies for Adding Value to Farm Products**
  Saturday I-a | 8:15 a.m. | Room D

- **From Dream to Reality: Buying Your First Farm**
  Saturday I-a | 8:15 a.m. | Room K

- **Farm Enterprise Feasability: Will this New Business Idea Work for my Farm?**
  Saturday III – 3:30 p.m. | Room B

- **Reduce Legal Liability for Food Crops in Agroforestry Systems**
  Saturday III | 3:30 p.m. | Room G

**CERTIFICATION & LABELING**

- **Tips on Avoiding Obstacles and Delays in the Organic Certification Process**
  Friday I-a | 8:15 a.m. | Room D

- **Conversations with Conventional Neighbors**
  Saturday 1-b | 8:30 a.m. | Room G

- **Farmers Built the Organic Label and We Must Work to Shape Its Future**
  Saturday II-b | 1:45 p.m. | Room C

- **FMSA and Food Safety: Updates and New Strategies to Protect Your Food and Farm**
  Saturday III | 3:30 p.m. | Room C

**HEALTH & HOMESTEADING**

- **Safe and Healthy Farmers, Safe and Healthy Farms**
  Friday I-b | 8:30 a.m. | Room A

- **Can Farmers Take a Summer Vacation?**
  Friday II-b | 10:45 a.m. | Room F

- **Building a Culture of Connection on the Farm**
  Friday III | 3:30 p.m. | Room H

- **Putting Up Your Harvest with Fermentation**
  Saturday II-b | 1:45 p.m. | Room H

- **Add Farm-Stays to Your Farm Business**
  Saturday III | 3:30 p.m. | Room A

**FIELD CROPS**

- **Reducing Tillage in Organic Corn Rotations: How Can We Make it Work?**
  Friday I | 8:15 a.m. | Room K

- **Food Safety Modernization Act & Regional Grain Value Chains**
  Friday III | 3:30 p.m. | Room G

- **Cover Crops, Climate, and Carbon Markets: How They Intersect**
  Saturday II-a | 1:30 p.m. | Room E

- **Marketing Your Organic Grains Rotation Through the OFARM Family of Member Co-ops**
  Saturday II-b | 1:45 p.m. | Room K

- **Seed Endophytes, Rhizopahy, Nutrient Density, Nitrogen Efficiency and Fixation in Corn**
  Saturday III | 3:30 p.m. | Room K

**LEADERSHIP & COMMUNITY**

- **Land Access: 127 Easy Steps to Finding Farmland**
  Friday I-b | 8:30 a.m. | Room E

- **Meat Processing: Issues to Solutions**
  Friday II-b | 10:45 a.m. | Room D

- **Supporting Local Food Economies and Connecting Across the Supply Chain**
  Friday III | 3:30 p.m. | Room I

- **Minnesota Tribal Conservation Collaboration**
  Saturday I-a | 8:15 a.m. | Room C

- **Farm Bill Listening Session with NSAC**
  Saturday II-a | 1:30 p.m. | Room D

- **Midwest Agricultural Practices, Community Health, and the Environment**
  Saturday III | 3:30 p.m. | Room H

- **The Solidarity Economy: What Is It and How Does It Show Up In Your Life, Work, and Community?**
  Saturday III | 3:30 p.m. | Room I

**FARMING SYSTEMS**

- **Emergency Forages for Ruminants: Buckwheat Silage In-House**
  Friday I-a | 8:15 a.m. | Room F

- **Managing Water on the Farm**
  Friday II-a | 10:30 a.m. | Room J

- **Integrate Livestock into Your Vegetable Production**
  Friday III | 3:30 p.m. | Room C

- **Agrophenology: Nature Based Planting Calendar**
  Saturday 1-b | 8:30 a.m. | Room J

**FIELD CROPS**

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  Saturday III | 3:30 p.m. | Room K
MOSES has partnered with DATCP to provide interpretation, a HMoob farmer networking space, plus events and resources.

HMoob Farmer Resource Room: Orange Room
Find interpreters, meet other HMoob farmers, find resources and have a quiet place to relax in the Orange Room: a dedicated space for HMoob Farmers. Sponsored by DATCP, the Wisconsin Department of Agriculture, Trade and Consumer Protection.

Farm Financial Help "Office Hours"
Friday, Feb 25 | 12:30 - 1:30 p.m.
Join Sai Thao from Compeer for one-on-one financial consultations in the Orange Room.

HMoob Farmer Networking
Friday, Feb 25 | 6:00 - 8:00 p.m.
At the Hmoob Cultural & Community Agency: 1815 Ward Avenue La Crosse, WI 54601. Free dinner provided from the local restaurant: Hmong Golden Egg Rolls.

Resources for HMoob farmers partially funded by NIFA, USDA Beginning Farmer and Rancher Development Program (2020-49400-32787).

LIVESTOCK
Camelina Feed for Organic Pigs Research Results
Friday I-a | 8:15 a.m. | Room H

Controlling Intestinal Parasites in Organic Pigs
Friday II-a | 10:30 a.m. | Room K

Right Animal, Right Place, Right Time
Friday III | 3:30 p.m. | Room K

Got Pork? Need Profits? Try Alternative Feeds
Saturday I-a | 10:30 a.m. | Room F

Organic Management of Parasites in Pastured Small Ruminants
Saturday I-b | 8:30 a.m. | Room A

Dairy Genetics to Improve Organic Cattle Health, Fly Resistance & A2 Milk
Saturday II-a | 1:30 p.m. | Room I

Regenerative Poultry: A System-Level Transformation Strategy
Saturday II-a | 1:30 p.m. | Room B

Prescriptive Grazing with Goats
Saturday II-b | 1:45 p.m. | Room A

SOILS
Cover Crops: Opportunities and Challenges of Single and Mixed-Species
Friday I-b | 8:30 a.m. | Room B

Soil Conditioners for Row Crops
Friday II-a | 10:30 a.m. | Room C

Soil Fertility 101
Friday II-b | 10:45 a.m. | Room E

How Farmers Can Help Protect Our Soil Health, Watersheds, and Climate
Friday III | 3:30 p.m. | Room D

Effective and Responsible Use of Compost for Vegetable Growers
Saturday I-b | 8:30 a.m. | Room H

Market Farming
Add Seedling Sales to Your Vegetable Farm
Friday I-b | 8:30 a.m. | Room C

Winter Vegetable Production: The Ins, Outs, and How-To’s
Friday II-a | 10:30 a.m. | Room B

Vegetable Crop Rotation on Small Farms
Friday II-a | 10:30 a.m. | Room G

Develop a Motivated Workforce
Friday III | 3:30 p.m. | Room B

Grafted Tomatoes: Propogation Techniques and Use in Organic Production
Saturday I-b | 8:30 a.m. | Room B

New Tools for Mid-Scale No-Till Vegetable Production
Saturday II-a | 1:30 p.m. | Room G

Specialty Crops
Hazelnuts in the Upper Midwest: The Time is Now
Friday I-a | 8:15 a.m. | Room G

Cultural Practices to Manage Insect Pests in Berries
Friday II-b | 10:45 a.m. | Room H

What Do I Need to Start a U-pick?
Friday III | 3:30 p.m. | Room A

Managing Soil Health and Fertility in Perennial Fruits
Saturday I-a | 8:15 a.m. | Room E

Additional Tracks
NEW ORGANIC STEWARDS
ORGANIC RESEARCH FORUM
SARE FARMER FORUM
MOSES has partnered with DATCP to provide interpretation, a HMoob farmer networking space, plus events and resources.

HMoob Farmer Resource Room: Orange Room
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FRIDAY WORKSHOP SESSION I

8:15 a.m. — Room F

EMERGENCY FORAGES FOR RUMINANTS: BUCKWHEAT SILAGE IN-HOUSE RESEARCH

With indications that extreme weather conditions may be the new norm, there is a need to explore a variety of options to extend or replace forages in dairy and beef rations. This workshop focuses on growing buckwheat (Fagopyrum esculentum) as forage. An impressive list of top quality attributes rank this plant as a super crop from a sustainability standpoint. Seed availability, agronomic conditions, harvest, preservation, and animal feeding recommendations will be discussed.

Dr. Silvia Abel-Caines is currently the Staff Ruminant Nutritionist for Organic Valley and a certified grazing planner in Illinois.

8:15 a.m. — Room K

REDUCING TILLAGE IN ORGANIC CORN ROTATIONS: HOW CAN WE MAKE IT WORK?

Approaches to reducing tillage in organic corn rotations have remained elusive. We will discuss results of research and farmer experiences to guide practical and workable solutions to minimize the need for tillage and cultivation when growing organic corn for silage and grain, both in the corn phase and in other phases of the rotation.

Erin Silva is a professor in the Department of Plant Pathology at the University of Wisconsin, Madison.

8:15 a.m. — Room H

CAMELINA FEED FOR ORGANIC PIGS RESEARCH RESULTS

Utilizing grains harvested from winter cover crops as a feed ingredient for pigs can potentially protect the environment, increase the value of cover crops, and reduce feed costs of pig production. Organized by Iowa Organic Association, this workshop will discuss how supplementing camelina press-cake in pig diets influences pig growth, carcass traits and pork quality. Costs and returns of winter camelina production and organic pig production, and how to meet nutrient requirements of pigs will also be discussed.

Lee Johnston works for the University of Minnesota Extension. William Lazarus works in farm management research and extension. Dr. Yuzhi Li is an associate professor at the University of Minnesota.

8:15 a.m. — Room D

TIPS ON AVOIDING OBSTACLES AND DELAYS IN THE ORGANIC CERTIFICATION PROCESS

Join Mike Bollinger and Kristen Adams for a discussion about preparing for your inspection, tips for successful recordkeeping, and understanding the certification process. These two presenters bring their unique perspectives and share their experiences to give you a practical guide to organic certification.

Mike Bollinger is co-owner of River Root Farm, an organic vegetable farm and greenhouse operation in Decorah, IA. Kristen Adams is the Certification Services Director at MOSA Certified Organic.

8:15 a.m. — Room G

HAZELNUTS IN THE UPPER MIDWEST: THE TIME IS NOW

Hazelnuts have long been envisioned as a sustainable crop for the Upper Midwest, but significant hurdles slowed things down. With recent improvements in germplasm, harvesting, and post-harvest processing capacity the crop is finally ready to take off. Jason will provide an overview of where things are at and how growers can get started. Information will also be provided on how hazelnuts can be part of an integrated agroforestry system. Pete will share results of recent SARE-funded pigs and poultry feeding trials examining how to utilize undersized hazelnuts as a value-added feedstuff.

Jason Fischback is the Emerging Crops Outreach Specialist with UW-Madison Extension. Dr. Pete Lammers teaches multiple courses and conducts applied animal nutrition research at the University of Wisconsin-Platteville.

In all we do, let us be generous, fair & loving to Spaceship Earth and all its inhabitants. For we’re ALL-ONE Or n One! All-One!
8:30 a.m. — Room C

ADD SEEDLING SALES TO YOUR VEGETABLE FARM

Hear from two Midwest farmers about their plant start enterprise and how it compliments/incorporates into their vegetable farm. This workshop will cover planning, sales, marketing, successes and challenges, and how they’ve adjusted over their 10 years of selling plant starts.

Katie Bishop owns and operates PrairiErth Farm with her family - a 400+ acre organic vegetable and grain farm in Central IL. Anna Racer and her husband Pete Skold own and operate Waxwing Farm in Webster, MN.

8:30 a.m. — Room B

COVER CROPS: OPPORTUNITIES & CHALLENGES OF SINGLE AND MIXED-SPECIES

This presentation will outline results of the USDA NIFA study on cover crop impact in row-crop production, held on 14 organic farms in Michigan. The study analyzed how soil types and soil health impacts weeds, biomass and soil fertility. A collaborating farmer, Paul Trieber, will share his experience with this project and as an organic field crop farmer in Michigan, having tried cover crop combinations under different systems and for different purposes on his farm.

Vicki Morrone has been an organic field crop and vegetable outreach specialist at Michigan State University since 2002. Paul Treiber is a fourth generation farmer from the thumb of Michigan.

8:30 a.m. — Room E

LAND ACCESS: 127 EASYS STEPS TO FINDING FARMLAND

Whether you’ve identified the land you want to farm or are just starting your search, this session will share tools and best practices to help you in the process. Learn about creative and community-oriented solutions to land accession with the Farmland Access Hub team, which brings together many partners to provide new farmers with an integrated, supportive process to help them gain affordable and secure access to farmland. More information is at gotfarmland.org.

John Beaton is the founder of Fairhaven Farm, a diversified vegetable farm business in Northern Minnesota. Hannah Breckbill raises organic vegetables, pastured pork, and grass-fed lamb cooperatively at Humble Hands Harvest in Decorah, IA. Brett Olson is co-founder and the Creative Director at Renewing the Countryside.

8:30 a.m. — Room I

ONLINE MARKETING

Your web assets should be your hardest working employee! Join Katie Myhre and Hannah Bernhardt for an interactive workshop that will help you customize your farm’s online marketing strategy. In this workshop, we’ll ask farmers to reflect on what they want out of their farm business marketing and discuss how to choose the right tools/online marketing channels to complement their business plans and personal strengths.

Hannah Bernhardt owns and operates Medicine Creek Farm in northeast Minnesota and with a background in marketing and communications, she direct-markets her products 100% online through her website and social media. Katie Myhre has been helping farmers, food businesses, farmers markets, and food hubs in Minnesota go online for nearly 8 years.

8:30 a.m. — Room A

SAFE AND HEALTHY FARMERS, SAFE AND HEALTHY FARMS

With several challenges in agriculture in recent years, farm families are experiencing a high amount of stress. Some days, it can seem impossible to stay above it all. In this workshop, learn about the role stress can play in safety and health. A safe and healthy farm starts with a safe and healthy farmer! This session will include conversation about wellness, self-care, and strategies to help yourself and others cope with stress.

Emily Krekelberg grew up on her family’s dairy farm near Le Sueur, Minnesota and now works for University of Minnesota Extension as the Extension Educator for Farm Safety & Health.
CONTROLLING INTESTINAL PARASITES IN ORGANIC PIGS
Organized by the Iowa Organic Association. Managing swine intestinal parasites continues to be an obstacle for organic pig farmers. Researchers from the University of Minnesota, Rodale Institute, and Kutztown University will share their experiences obtained from a USDA-sponsored project to explore manure and pasture management strategies to control parasites in organic pigs, including methods to evaluate parasite infection in pigs, effects of parasite infection on growth performance and carcass traits of pigs, and composting and biofumigation as strategies to control parasites.

Rick Carr directs farm operations at Rodale Institute. Before joining Rodale, he conducted research on a large certified organic farm in Argentina. Sara Major is a research technician at the Rodale Institute, where she works primarily on their pastured hog parasite research project. Alexander Hernandez is currently an Associate Professor at Kutztown University and teaches undergraduate students the art of conducting original research. Dr. Yuzhi Li is an associate professor of alternative/organic swine production and swine behavior/welfare at the University of Minnesota’s West Central Research and Outreach Center.

SOIL CONDITIONERS FOR ROW CROPS
Soil conditioners are products applied to soils with the intention of improving soil quality and also soil function. Some products are said to improve nutrient availability, diversify microbial communities in the soil, and improve conditions for plant growth. The main intent is always to increase yield and profit for the grower. However, do those products always work? Are they worth the cost? In this workshop, we will learn more details about those products, how and when they work, and how to decide whether they would be a good fit for your row-crop farm.

Paulo Pagliari is an associate professor and nutrient management specialist at the University of Minnesota.

VEGETABLE CROP ROTATION ON SMALL FARMS
In this workshop, presenters will share their rotation strategies on their respective farms, including tractor-tillage, cover cropping, hand-tool management, plasticulture, silage tarping, and no-till. Hannah and Jordan participated in a SARE project to study their transitions to no-till production and will offer their results as well.

Hannah Breckbill raises organic vegetables, pastured pork, and grass-fed lamb cooperatively at Humble Hands Harvest in Decorah, IA. Jordan Scheibel has owned and operated Middle Way Farm just north of Grinnell, Iowa since 2013.

WINTER VEGETABLE PRODUCTION - THE INS & OUTS & HOW TO’S
Winter vegetable production in zone 6a/b can be fabulous and also very challenging. Timing is everything — even more so with growing and maintaining a constant stream of beautiful veggies during the long cold dark days of winter. But it is also a great source of cash flow and your customers will love you for keeping them in beautiful delicious organic veggies all year long! In this workshop, join 2021 Farmer of the Year, Liz Graznak, to discuss some of the most important things about winter vegetable production that she has learned over the years.

Liz Graznak runs Happy Hollow Farm, a certified organic vegetable CSA and market farm in a sea of conventional row crop production in north-central Missouri.

MANAGING WATER ON THE FARM
With a changing climate, the midwest is likely to see periods of excessive water as well as drought. In this workshop, discover approaches to assessing the water in your fields and pastures and learn methods to divert, slow, spread, and sink water into the soil. Learn when ditches, ponds, swales, and other methods are appropriate and how to plan for both too much and too little water on the farm.

Steve Gabriel is an ecologist, forest farmer, and educator living in the Finger Lakes Region of New York.
10:45 a.m. — Room A

**AVOIDING DISCRIMINATION IN HIRING AND FIRING (ESPECIALLY THE INADVERTENT KIND!)**

Many farmers don’t realize how the law defines discrimination, and whether their hiring and management practices could hold up to the scrutiny. By learning how the law sees discrimination, you can avoid legal problems and spot better ways to ensure you are attracting the best workforce possible. Join us to learn the legal mechanics of discrimination under federal and select state laws and take away lots of practical tips about how to adapt interview and management practices to meet the law’s standards.

**Rachel Armstrong** is the founder and Executive Director of Farm Commons, a non-profit known for it’s innovative approach to farm law risk reduction, and has authored many publications on farm law matters for farmers.

10:45 a.m. — Room H

**CULTURAL PRACTICES TO MANAGE INSECT PESTS IN BERRIES**

In this workshop, we will discuss practical cultural practices that work in managing insect pests in berry crops. We will focus on mulches and physical exclusion with an emphasis on spotted-wing drosophilas but will also discuss other insect pests.

**Christelle Guédot** is the fruit crop entomology and extension specialist with the UW Fruit Program, and an assistant professor in the UW-Madison Department of Entomology. **Dale-Ila Riggs** is owner/operator of The Berry Patch, a small scale, first generation, family farm in Stephentown, NY.

10:45 a.m. — Room D

**MEAT PROCESSING: ISSUES TO SOLUTIONS**

The meat processing sector has been rapidly consolidating in recent years and many small- and mid-scale processors have struggled to hold on. This workshop will share some of the issues impacting producers and processors in the meat sector. Learn about the industry landscape, contributing policies on the federal and state level, and opportunities to develop and strengthen local processing. We will share the story of community power being built through a mobile unit that provides processing access and addresses food sovereignty concerns.

**Kyle Wisneski** is the Farm Supervisor at the Tsyunhehkw^ (joon-hehkwa) Farm on the Oneida Nation. **Lauren Langworthy** is the Director of Special Projects at Wisconsin Farmers Union.

10:45 a.m. — Room E

**SOIL FERTILITY 101**

Soils are a complex, dynamic ecosystem essential to producing healthy foods. In this workshop, you’ll gain an understanding of soils’ key biological, chemical, and physical properties and processes related to soil fertility, soil health, and crop productivity. We will also explore crop management and soil testing strategies that can help farmers capitalize on soils’ natural ability to provide plant-available nutrients.

**Jamie Patton** is an Outreach Specialist for northeast Wisconsin with the Nutrient and Pest Management Program (NPM), UW-Madison.

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3:30 p.m. — Room H
BUILDING A CULTURE OF CONNECTION ON THE FARM
Do you like to bring community members onto your farm? Do you want to connect them to the work that you do, to the land, and to each other? If so, this workshop is for you! Hannah will share her techniques and learnings from hosting the Queer Farmer Convergence, and we will all compare notes for hosting done right!

Hannah Breckbill raises organic vegetables, pastured pork, and grass-fed lamb cooperatively at Humble Hands Harvest in Decorah, IA.

3:30 p.m. — Room F
CROP INSURANCE FOR SPECIALTY AND DIVERSIFIED OPERATIONS
Adverse weather can happen when you least expect it. But what does that mean for your small grains, your apples, your alfalfa? This workshop will explore what crop insurance options are available to the specialty and diverse farmer. You’ll gain an understanding of different multi-peril policies, how to insure by written agreement, using your crop contract to your advantage, as well as the specifics on the newly announced Micro Farm policy, Whole Farm Revenue Protection, and livestock coverage.

Kate Hansen is a policy associate with the Center for Rural Affairs. Megan Vaith is the founder of Northbourne Organic Crop Insurance, LLC.

3:30 p.m. — Room B
DEVELOP A MOTIVATED WORKFORCE
Motivating and managing employees is essential to most diversified vegetable farms, and rare is the farmer who comes to farming with those labor management skills. Whether you have worked with employees for many years or are in the early stages of hiring staff, this workshop will equip you with practical tools to make your farm an employer of choice.

Katie Bishop owns and operates PrairiErth Farm with her family - a 400+ acre organic vegetable and grain farm in Central IL. Claire Strader is the Organic Vegetable Educator for FairShare CSA Coalition and Dane County Extension.

3:30 p.m. — Room G
FOOD SAFETY MODERNIZATION ACT & REGIONAL GRAIN VALUE CHAINS
The Artisan Grain Collaborative and Vermont Law School have worked together to create a resource on how the Food Safety Modernization Act (FSMA) Preventive Controls Rule applies to grain production, storage, handling, and processing. In this workshop, learn how FSMA may apply to your own farm businesses and receive 1:1 technical assistance on thinking through compliance.

Alyssa Hartman is the first full-time staff member and executive director of Artisan Grain Collaborative. Margaret Rossano of Vermont Law School is co-creator of Understanding FSMA's Preventive Controls Rule: A Guide for Grain Businesses.

3:30 p.m. — Room D
HOW FARMERS CAN HELP PROTECT OUR SOIL HEALTH, WATERSHEDS & CLIMATE
This workshop will highlight the impact our farming practices have on our soils, water, climate and human health. In addition, attendees can expect to dive into practical solutions to address those issues with an emphasis on perennial agriculture—specifically rotational grazing.

Serge Koenig has been a Sauk County natural resource professional for twenty-seven years.

3:30 p.m. — Room C
INTEGRATE LIVESTOCK INTO YOUR VEGETABLE PRODUCTION
Join MOSES Organic Specialist Rodrigo Cala as he shares lessons learned using the systems approach on his organic farm, integrating livestock grazing as part of his vegetable production rotation. This rotational grazing system provides many benefits, including weed control of tough weeds such as quackgrass. You’ll also learn about his sheep production system, which includes Katahdin hair breed sheep.

Rodrigo Cala owns and operates Cala Farm Origenes with his brother and is a farmer-owner of Shared Ground Farmers’ Co-op and an agricultural trainer with the Latino Economic Development Center.
3:30 p.m. — Room K

RIGHT ANIMAL, RIGHT PLACE, RIGHT TIME

Livestock of all shapes and sizes offer potential for landscape restoration, but can also do damage! In this workshop, we will discuss both opportunities and challenges that different livestock offer and when to leverage them to benefit the landscape.

Steve Gabriel is an ecologist, forest farmer, and educator living in the Finger Lakes Region of New York.

3:30 p.m. — Room I

SUPPORTING LOCAL FOOD ECONOMIES ACROSS THE SUPPLY CHAIN

Local food producers have a nearly unprecedented opportunity from pandemic nutrition support programs like the $400 million USDA Local Food Purchase Assistance (LFPA) Program. This session will overview those programs while highlighting the innovative Tribal Elder Food Box pilot distribution as a successful example leveraging contribution from numerous partners to connect across the supply chain.

Dan Cornelius works for Intertribal Ag Council and the University of Wisconsin Law School. April Yancer is a Farm to School Coordinator at the Wisconsin Department of Agriculture.

3:30 p.m. — Room A

WHAT DO I NEED TO START A U-PICK?

People are looking for outdoor experiences and for fresh, delicious organic produce. Adding a u-pick enterprise to your existing farm or starting a farm focused on u-pick is a great way to meet both of these opportunities. This session will cover what you need to consider when starting a u-pick, including infrastructure, location, marketing, field layout, insurance, finances, and much more. In addition I’ll discuss specifics for offering u-pick blueberries and strawberries based on my experiences from our farm over the past 9 years.

Aaron Wills and his wife Molly own and operate Little Hill Berry Farm in Northfield, Minnesota, a diversified organic fruit farm.
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SATURDAY WORKSHOP SESSION I

8:15 a.m. — Room J

AGROPHENOLOGY: NATURE BASED PLANTING CALENDAR

Lately using a standard calendar to determine when to plant crops has become less reliable due to more variable and extreme weather patterns. Instead, learn about planting your crops as they relate to wild indicator species timing to create a nature-based planting calendar! In this workshop, we will explore this Agrophenology research and implementation approach and work with you on identifying whether this is something you might want to do on your farm.

David Abazs and his wife Lise run Round River Farm, an off-the-grid diversified vegetables and fruit farm, and is the Executive Director of the Northeast Regional Sustainable Development Partnership at the University of Minnesota.

8:15 a.m. — Room C

MINNESOTA TRIBAL CONSERVATION COLLABORATION

This panel will discuss the innovative approaches to food sovereignty of the Minnesota Tribal Nations before, during, and after the pandemic. Topics covered: defining tribal food sovereignty, developing tribal food codes, updates on tribal food programs. Also addressing the needs of land, funding, policy - challenges and barriers. In this workshop, we will also introduce programs to help support the tribes through Minnesota Department of Agriculture and a tribal collaborative effort funded by Natural Resources Conservation Services.

Nikki Crowe is the Tribal Conservation Collaboration Coordinator for the Tribes in Minnesota. Panel includes representatives of the Tribes in Minnesota.

8:15 a.m. — Room D

STRATEGIES FOR ADDING VALUE TO FARM PRODUCTS

Are you looking to add value to fruits and vegetables that you grow, perhaps by canning or drying? Are you looking to process meat or dairy from your farm? Adding value to your farm commodities can be a great way to diversify. This workshop will outline strategies for adding value to farm commodities while considering three important questions: What are the rules in my state? How do I ensure that the foods that I make are safe for sale? Where do I go for help?

Barbara Ingham is a faculty member in the Food Science Department at the University of Wisconsin-Madison.

8:15 a.m. — Room E

MANAGE SOIL HEALTH AND FERTILITY IN PERENNIAL FRUITS

Soil health and fertility can be challenging to manage in long-lived perennial fruit crops. This workshop will outline examples and lessons learned from two farms which employ different management practices and grow a variety of tree fruit and berry crops. Covering both site preparation before planting as well as ongoing management of established plants, topics will include soil and leaf tissue tests, mulches, groundcover plants, tillage, soil amendments, fertility sprays, and site-specific decisions.

Rachel Henderson and her husband Anton Ptak own and operate Mary Dirty Face Farm, a certified organic, mixed-fruit orchard and also raise pastured livestock, including hogs, lambs, and poultry, as well as custom grazing cattle. She has been a remote Organic Specialist with MOSES since 2018. Chris McGuire and his wife Juli operate Two Onion Farm, a diversified fruit farm.

8:15 a.m. — Room K

FROM DREAM TO REALITY: BUYING YOUR FIRST FARM

You’ve dreamed about buying a farm... but what does it take to turn that dream into soil? In this workshop, we’ll explain the mechanics of purchasing a farm and cover frequently asked questions including: What does a prospective farm buyer’s personal finances need to look like? Is buying the right choice or is leasing a better option? How do you find the right farm in the right neighborhood? What financing options are available to a first-time farm buyer? This workshop will tackle all of these questions and any other questions you’ve always wanted to ask about buying a farm.

Paul Dietmann is is Senior Lending Specialist at Compeer Financial is co-author of the books Fearless Farm Finances and Financial Risk Management for Specialty Crop Farmers, and author of Turning Grain Into Dough: Farm Financial Management for Organic Grain and Crop Rotation.
8:15 a.m. — Room G

CONVERSATIONS WITH CONVENTIONAL NEIGHBORS

Conversations about farming organically with neighbors, parents, or family members who farm conventionally can sometimes be tricky. Maybe they suddenly have herbicide resistant weeds in their fields and are open to other options that organic farmers use, like the Weed Zapper. Others may be exploring cover crops and how they affect the bottom line on organic farms. In this session you’ll look at ways to have constructive and respectful conversations with conventional farmers in your neighborhood.

Dave Bishop and his family own and operate PrairiErth Farm in central IL. Sarah Hoerner is an Agricultural Loan Officer at Flanagan State Bank in Graymont, IL. Dave Ross is currently Brand Manager for Great Harvest Organics. John White has farmed for 8 years and operates a row-crop operation in New Holland, Ill. Recently he has incorporated livestock and cover crops on his farm.

8:30 a.m. — Room F

GOT PORK? NEED PROFITS? TRY ALTERNATIVE FEEDS

Organized by Iowa Organic Association. Tom Frantzen and Ron Rosmann, longtime iowa organic farmers, will share their experiences and documentations from their farms using alternative swine diets. Some of them include hybrid rye, oats, barley, peas, alfalfa, red clover, and apple cider vinegar. Doing replicated trials for a number of years, both farms on opposite sides of the state, have had positive performances.

Tom Frantzen along with his wife Irene and their son and daughter-in-law, James and Amanda, own and operate a 320-acre diverse certified organic farm in northeast iowa since 1974. Ron Rosmann, his wife Maria, and two of their three sons, operate a 700-acre diversified organic crop and livestock farm in Western iowa.

8:30 a.m. — Room H

EFFECTIVE AND RESPONSIBLE USE OF COMPOST FOR VEGETABLE GROWERS

Many vegetable growers use compost for nutrient management and soil building. While adding organic matter to the soil provides many benefits, we are also beginning to see negative effects of compost and composted manure use—including excessive phosphorus build-up in the soil. This impacts plant health and water stewardship. In this presentation, you will hear from farmers and Extension educators about effective and responsible compost and composted manure use on vegetable farms. We will also address food safety best practices when using manure.

KaZoua Berry is the farm education manager at Big River Farms in Marine on St. Croix. Erik Heimark is an Agriculture and Industrial Arts Teacher in Aitkin, Minnesota and co-owner of Maple Ridge Produce. Natalie Hoidal is an Extension Educator at the University of Minnesota, working with vegetable crops and local foods throughout the state. Annalisa Hultberg is a statewide Educator in Food Safety at the University of Minnesota Extension.

8:30 a.m. — Room B

GRAFTED TOMATOES: PROPAGATION TECHNIQUES & USE IN ORGANIC PRODUCTION

In this workshop, Tricia Jenkins will cover general information about grafting and how to implement it on your farm. The workshop will highlight: why grafting is important: yields and disease management for organic production rootstock varieties and rootstock/scion compatibility grafted plant propagation options for grafting: including services KSU is offering resource lists for attendees in terms of buying in, having custom grown, or doing grafting themselves.

Tricia Jenkins does research for Kansas State University that focuses on grafted vegetable cropping systems and improving the postharvest quality of specialty crops.

8:30 a.m. — Room A

ORGANIC MANAGEMENT OF PARASITES IN PASTURED SMALL RUMINANTS

Parasite management in pastured goats and sheep is one of the primary limitations for organic production of these high-value livestock species. Cherrie Nolden has raised goats for 12 years, sheep for 20 years, and has produced low-input, chemical-free flocks and herds of sheep and goats. In this workshop, Cherrie will discuss the organic production system components of genetic selection, pasture management, nutritional management, organic treatments, and winter production considerations that can enable a small ruminant producer to ditch the chemical dewormers and other chemical treatments.

Cherrie Nolden and her husband are forage-based farmers in Dodgeville, Wisconsin specializing in multi-species grazing.

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Wisconsin Economic Development Corporation
1:30 p.m. — Room E

**COVER CROPS, CLIMATE, & CARBON MARKETS: HOW THEY INTERSECT**

With increasing variation in weather—such as wet springs and summer drought—it is necessary to examine climate-smart farming practices that can help sequester carbon and decrease nitrogen runoff. This workshop will highlight soil and crop research results from Iowa State University and the University of Wisconsin on reduced tillage and other organic methods that help build soils to resist climate change. In addition, which carbon markets are out there and which carbon markets have proven to be worth exploring will be presented.

*Kathleen Delate* is a Professor of Organic Agriculture in the Departments of Agronomy and Horticulture at Iowa State University. *Erin Silva* is a professor in the Department of Plant Pathology at the University of Wisconsin, Madison.

1:30 p.m. — Room I

**DAIRY GENETICS TO IMPROVE ORGANIC CATTLE HEALTH, FLY RESISTANCE & A2 MILK**

The influences of genotype and breed composition on behavior, health, and fly infestation are minimally known and could have important implications for both the health of cows and pasture use recommendations. In this workshop, we will discuss a large organic study that evaluated health of organic dairy calves and cows, developed a fly scoring system, and evaluated genetics of fly resistance and genetics of A2 of organic dairy cows. Recommendations will be provided to improve organic dairy cattle through genetic strategies.

*Brad Heins* is an Associate Professor of Dairy Management at the University of Minnesota’s West Central Research Center in Morris, Minnesota.

1:30 p.m. — Room G

**NEW TOOLS FOR MID-SCALE NO-TILL VEGGIE PRODUCTION**

In this workshop, Andrew Adamski will share the benefits you’ll see to your soil, crops, and bottom line when you utilize a power harrow and deep shank ripper for no-till bed prep on your farm. This SARE-funded project is geared towards mid-scale vegetable farmers looking for practical no-till solutions for their farming operations. Learn from Adam’s trials and tribulations so you can make an informed choice about the tools, methods, boons and challenges you’ll face once you ditch the tiller.

*Andrew Adamski* is the owner and operator of Full Circle Community Farm, a regenerative organic farm in Northeast Wisconsin.

1:30 p.m. — Room D

**FARM BILL LISTENING SESSION WITH NSAC**

With the 2023 Farm Bill on its way, join us for a discussion and interactive listening session about the future of federal food and farm policy. After an overview of the Farm Bill with our Farm Bill 101 talk, we want to hear from you about what’s working well—and where improvements and investments are needed—when it comes to federal programs, with a particular focus on climate crisis, advancing racial equity, local farm economies, and investing in sustainable practices. Hear from the team at the National Sustainable Agriculture Coalition about what’s happening in Washington, DC, and how you can be heard in the coming farm bill debate.

*Cathy Day* has worked on agriculture and climate change for most of the last 20 years. *Billy Hackett* staffs the NSAC Farming Opportunities and Fair Competition Committee.

1:30 p.m. — Room B

**REGENERATIVE POULTRY: A SYSTEM-LEVEL TRANSFORMATION STRATEGY**

This workshop will be an intro to key management aspects of regenerative poultry addressing larger issues associated with systems development and strategies at this level, as well as some basic information about what regenerative poultry means from an Indigenous perspective. This regenerative approach includes poultry processing, branding, product aggregation, collective farm-level supply-chain management, products marketing and distribution. Interested participants can follow up with a more in-depth free training in March!

*Reginaldo Haslett-Marroquin* lives in Northfield, Minnesota where his family operates Salvatierra Farms home to Tree-Range® Chicken and Eggs plus training and development under Regenerative Poultry Solutions, Inc.  
*Tony Wells* is the Business Services Director at the Regenerative Agriculture Alliance (RAA) and is also a beginning poultry and perennial farmer in Kenyon, Minnesota. *Jennifer Zepeda* works for Regenerative Poultry Solutions, Inc. and advocates for supporting local and organic farmers.

1:45 p.m. — Room C

**FARMERS BUILT THE ORGANIC LABEL & WE MUST WORK TO SHAPE ITS FUTURE**

Many still believe that organic represents one of the strongest and most transparent labels, while others argue that loopholes and increasing pressure from industrial agribusinesses have watered down the organic label. In this workshop, we will discuss: the state of the USDA organic program; efforts by the organic community to put organic back on solid footing; how farmers can take back the organic label; ways we can create a more diverse and inclusive movement prepared to meet future challenges.

*Alice Runde* is the Coalition Manager at the National Organic Coalition and has a Masters in Agricultural Development. *Kate Mendenhall* helped found the Organic Farmers Association.
1:45 p.m. — Room A

**GOATSCAPING! PRESCRIPTIVE GRAZING WITH GOATS**

In this workshop, Adam Ledvina will share his family farm’s transition through the years from row crop and fallow ground to a sustainable profitable silvopasture operation. Other topics include: the importance of choosing the right breed for your farm and business goals equipment needed including fencing, water systems, feed, hay, forage options, and meds time-saving strategies. This workshop will also highlight how Adam’s simple plan of having “a few goats to clear the weeds” quickly turned into what will be over 1000 baby goats this spring!

Adam Ledvina owns and operates Iowa Kiko Goats and Blue Collar Goatscaping based out of Tama County (Chelsea) Iowa.

1:45 p.m. — Room H

**PUTTING UP YOUR HARVEST WITH FERMENTATION**

Fermenting vegetables is a tradition that is starting to re-gain popularity. By preserving your harvest in this way, not only do you only use less energy, but you also add nutritional value and beneficial bacteria. In this workshop, you’ll learn the basics of fermenting vegetables so you can enjoy your bountiful harvest and better health all year long. This workshop will also cover how to incorporate fermented foods as value-added products on your farm.

Laura Poe Mathes is a private practice registered dietitian and educator focusing on helping clients restore their microbiome and heal their gut through principles of traditional diets, including nose-to-tail eating and fermented foods.

1:45 p.m. — Room K

**MARKETING YOUR ORGANIC GRAINS ROTATION THROUGH THE OFARM FAMILY OF MEMBER CO-OPS**

This workshop will be an informal conversation between OFARM member copp farmers and their marketing agents. It will be interactive to allow as much time as needed to answer questions raised by those in attendance. The primary emphasis of this workshop will center around marketing but there will be opportunities to entertain other issues relating to the organic grain sector including import issues, NOP actions, and how these impact prices and markets.

Stephen Boyda and his wife Kim manage his family’s farm that has been in their family since 1903 where they focus on soil health with crop rotation, cover crops, and incorporating cattle. Will Ortman operates a diverse grain and livestock operation located in southeastern South Dakota.

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ADD FARM-STAYS TO YOUR FARM BUSINESS

Learn about the triumphs and challenges in adding low-infrastructure farm stays through Airbnb, Hipcamp and Harvest Host from these experienced farmers. Kelsey and Kriss will share how hosting has helped broaden their farm’s financial portfolio, build community around the farm, and allowed them to reach consumers with real-time information about sustainable agriculture.

Kriss Marion runs a vintage camper farm stay on her diversified small operation in Driftless Wisconsin, splitting her days between farm chores, activism, public service in local government and her day job in communications for Wisconsin Women in Conservation via Wisconsin Farmers Union. Kelsey Love Zaavedra has a degree in Biodynamic Agriculture and Horticulture and is owner of Heirloomista, a five-acre farm in the St. Croix River Valley.

REDUCE LEGAL LIABILITY FOR FOOD CROPS IN AGROFORESTRY SYSTEMS

Integrating crop and livestock production offers efficient, effective, and environmentally beneficial food production... but it also creates unique food safety and liability concerns. This workshop will give you clear answers about what we know, what we don’t, and how to move forward through legal uncertainty. We’ll also be highlighting the power of coordinated action to help create certainty in uncertain times.

Rachel Armstrong is the founder and Executive Director of Farm Commons.

SEED ENDOPHYTES, RHIZOPHAGY, NUTRIENT DENSITY, NITROGEN EFFICIENCY AND FIXATION IN CORN

Breeding corn for 50 seasons for organic/biodynamic conditions by the Mandaamin Institute has led to plants that partner with seed borne endophytes. These endophytes cause rhizophagy, which helps the plants to obtain nutrients from the soil and lead to grain enriched in minerals and essential amino acids. Trials showed that some nitrogen fixing hybrids from the program respond negatively to direct manuring but positively to systems that build soil organic matter. Conventional corn does not appear to have these relationships. However, given the right parentage, environments, and selection, corn can generate such partnerships that overall results indicate paradigm shifts are needed in how breeders view and work with crops and how farmers fertilize soil and crops.

Walter Goldstein works at Mandaamin Institute.

FARM ENTERPRISE FEASIBILITY: WILL THIS NEW BUSINESS IDEA WORK FOR MY FARM?

Deciding whether your farm should add an enterprise often takes more than the proverbial bar napkin sketch... it takes good data organized into a decision-making framework. But how can I pull together reliable information on something I’ve never tried before? Join us to learn about practical tools for market research, industry analysis, and financing that can inform your plan to grow that new crop, raise another livestock species, or go to market with a value-added product.

Andy Larson joined Food Finance Institute as Farm Outreach Specialist in January 2021 and works with entrepreneurial farm businesses in Wisconsin to build farm financial management capacity and access the capital they need to grow.

FSMA AND FOOD SAFETY: UPDATES AND STRATEGIES TO PROTECT YOUR FOOD AND FARM

Join this engaging workshop to hear important updates about the FSMA Produce Safety Rule (PSR) and get a deeper understanding of practical, science-based ways to keep your customers safe and comply with any federal or state food safety regulations. Topics covered will apply to all farm sizes, and to those who are new to farming or experienced farmers. In addition, you will receive a template food safety plan on a jump drive and newly updated factsheets and resources.

David Abazs and his wife Lise run Round River Farm, an off-the-grid diversified vegetables and fruit farm. Annalisa Hultberg is a statewide Educator in Food Safety at the University of Minnesota Extension.
3:30 p.m. — Room H

MIDWEST AGRICULTURAL PRACTICES, COMMUNITY HEALTH, AND THE ENVIRONMENT

Midwest Healthy Ag is a research project initiated by farmers with Regeneration Midwest. This project looks at ag production systems, at both the level of the individual farm and across whole clusters of counties, and how different farming practices have impacted community health. In this workshop, we will present some initial results from interviews of 94 farmers across six Midwest states as well as analysis of ag and health census data from all 1055 Midwest counties.

Carolyn Betz is the project researcher at Midwest Healthy Ag, whose career has spanned 35 years at the University of Wisconsin-Madison and the Wisconsin Department of Natural Resources. Robert Wallace is the co-director of Midwest Healthy Ag and is an evolutionary epidemiologist based at the Agroecology and Rural Economics Research Corps in St Paul.

3:30 p.m. — Room I

THE SOLIDARITY ECONOMY: WHAT IS IT AND HOW DOES IT SHOW UP IN YOUR LIFE, WORK & COMMUNITY?

In this workshop, Emily Kawano will share how the solidarity economy shows up in your lives and work. You will explore ways to expand or strengthen engagement in the solidarity economy — and learn why it can be a powerful transformative framework and tool for yourself, your community, our larger society and Mother Earth.

Emily Kawano is a founder and co-coordinator of the U.S. Solidarity Economy Network and served for 8 years on the Board of RIPESS (the Intercontinental Network for the Social Solidarity Economy). She is the co-director of Wellspring Cooperative, which is developing a network of worker cooperatives in inner city Springfield, Massachusetts.
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WORKSHOP PRESENTERS

David Abazs
Round River Farm, University of Minnesota Extension, Finland, MN
dwabazs@umn.edu

Ariana Abbrescia
University of Wisconsin, Madison, WI
abbrevscia@wisc.edu

Silvia Abel-Caines
Organic Valley/ CROPP Cooperative, Hanover Park, IL
silvia.abel-caines@organicvalley.com

Kristen Adams
MOSA Organic, Viroqua, WI
kadams@mosaorganic.org

Andrew Adamski
Full Circle Community Farm, Seymour, WI
andrew@fullcircle.farm

Rachel Armstrong
Farm Commons, Duluth, MN
rachel@farmcommons.org

Cori Bazemore-James
University of Minnesota, Minneapolis, MN
cbazemor@umn.edu

John Beaton
Fairhaven Farm, Saginaw, MN
johnbeatonbyo@gmail.com

Kat Becker
Cattail Organics, Athens, WI
cattailorganicfarm@gmail.com

Hannah Bernhardt
Medicine Creek Farm, Finlayson, MN
hannah@medicinereeffarm.com

Kazoua Berry
The Food Group/Big River Farms, Saint Paul, MN
Kberrier@thefoodgroupmn.org

Carolyn Betz
Midwest Healthy Ag, Madison, WI
cbetz@midwesthealthyag.org

Dave Bishop
PrairiErth Farm, Atlanta, IL
dave@prairierthfarm.com

Katie Bishop
PrairiErth Farm, Atlanta, IL
prairierth@gmail.com

Mike Bollinger
River Root Farm, Decorah, IA
mike@riverrootfarm.com

Stephen Boyda
E & V Peeks Family Farm, Marysville, KS
sboya@ymc.com

Cree Bradley
Chelsea Morning Farm / Worksong Services, Two Harbors, MN
chelseamorningfarm@gmail.com

Hannah Breckbill
Humble Hands Harvest, Decorah, IA
breckbill@gmail.com

Christina Burkhouse
Hungry Turtle Farm and Learning Center, Amery, WI
chrisburkhouse@yahoo.com

Rodrigo Cala
Cala Farm, Saint Paul, MN
calafarm@gmail.com

Rick Carr
Rodale Institute, Kutztown, PA
rick.carr@rodaleinstitute.org

Dan Cornelius
Intertribal Agriculture Council, Stoughton, WI
dan@indianag.org

Cathy Day
NSAC, Washington, DC
cday@sustainableagriculture.net

Paul Dietmann
Compeer Financial, Prairie du Sac, WI
paul.dietmann@compeer.com

Jason Fischbach
NW-Madison Division of Extension, Washburn, WI
jason.fischbach@wisc.edu

Tom Franzten
Franten Family Farms, New Hampton, IA
tomirenefrantzen@gmail.com

Steve Gabriel
Wellspring Forest Farm, Trumansburg, NY
steve.gabrielfarmer@gmail.com

Amanda Gevens
University of Wisconsin, Madison, WI
agevens@wisc.edu

Liz Graznak
Happy Hollow Farm, Jamestown, MO
egrnaznak@gmail.com

Russell Groves
University of Wisconsin, Madison, WI
groves@wisc.edu

Joel Gruver
Western Illinois University, Macomb, IL
j-gruver@wiu.edu

Christelle Guedot
University of Wisconsin Madison, Madison, WI
gueudot@wisc.edu

Billy Hackett
National Sustainable Agriculture Coalition, Washington, DC
bhatt@csacallaerts.com

Kate Hansen
Center for Rural Affairs, Nebraska, IA
kateh@cfra.org

Alyssa Hartman
Artisan Grain Collective, Madison, Wis.
ahartman@graincollaborative.com

Reginaldo Haslett-Marroquin
Salvatierra Farm/Regenerative Ag Alliance, Northfield, MN
info@regenpoultry.com

Erik Heimark
Maple Ridge Produce, Aitkin, MN
mapleridgeproduce@gmail.com

Brad Heins
University of Minnesota, Morris, MN
heins0106@umn.edu

Rachel Henderson
Mary Dirty Face Farm, Menomonie, WI
rachelhenderson@mossorganic.org

Alexander Hernandez
Kutztown University of Pennsylvania, Kutztown, PA
ahernandez@kutztown.edu

Sarah Hoerner
Flanagan State Bank, Graymont, IL
srepair@fsbfamily.com

Natalie Hoidal
University of Minnesota, Hastings, MN
hultb006@umn.edu

Annalisa Hultberg
University of Minnesota, St Paul, MN
hultb006@umn.edu

Barbara Ingham
University of Wisconsin-Madison, Madison, WI
bingham@wisc.edu

Sarah Janes Ugoretz
FairShare CSA Coalition, Fitchburg, WI
sarah@csacoalition.org

Tricia Jenkins
Kansas State University, Olathe, KS
tmjenkin@ksu.edu

Tamara Johnson
Johnson Family Pastures, Frederic, WI
farmer@johnsonfamilypastures.com

Lee Johnston
University of Minnesota, Morris, MN
johnstl@umn.edu

Emily Kawano
US Solidarity Economy Network, Belchertown, MA
emilykawano@gmail.com

Joy Kirkpatrick
University of Wisconsin Center for Dairy Profitability, Madison, WI
joy.kirkpatrick@wisc.edu

Serge Koenig
Sauk County Land Resources and Environment Dept., Baraboo, WI
serge.koenig@saukcountyywi.gov
Emily Krekelberg
University of Minnesota Extension, Rochester, MN
krek0033@umn.edu

Pete Lammers
UW-Platteville, Platteville, WI
lammersp@uwplatt.edu

Lauren Langworthy
Wisconsin Farmers Union, Wheeler, WI
llangworthy@wisconsinfarmersunion.com

Andy Larson
Food Finance Institute, Pecatonica, IL
andrew.larson@business.wisconsin.edu

Tiffany LaShae
University of Minnesota, St. Paul, MN
tlashae@umn.edu

William Lazarus
University of Minnesota, Morris, MN
wlazarus@umn.edu

Adam Ledvina
Iowa Kiko Goats, Chelsea, IA
adamledvina22@gmail.com

Yuzhi Li
University of Minnesota, Morris, MN
yuzhili@umn.edu

Les Macare
Racing Heart Farm, Colfax, WI
racingheartfarm@gmail.com

Sara Major
Rodale Institute, Kutztown, PA
sara.major@rodaleinstitute.org

Kriss Marion
Circle M Market Farm, Blanchardville, WI
maidmarion@circlemfarm.com

Laura Poe Mathes
Viroqua Nutrition Counseling, Viola, WI
laurapoem@gmail.com

Chris McGuire
Two Onion Farm, Belmont, WI
twoonionfarm@gmail.com

Kate Mendenhall
Organic Farmers Association, Spirit Lake, IA
kate@organicfarmersassociation.org

Taryn Mueller
University of Minnesota, Minneapolis, MN
muellert@umn.edu

Katie Myhre
Quilt Strategy, Minneapolis, MN
katie@quiltsstrategy.com

Jennifer Nelson
Humble Pie Farm, Plum City, WI
jennifer@mosesorganic.org

Cherrie Nolden
1dr Acres Farm, Dodgeville, WI
wonderacres@yahoo.com

Brett Olson
Renewing the Countryside, Hammond, MN
brett@rtcinfo.org

Will Ortmann
Berrrybrook Organics, Marion, SD
willortman@yahoo.com

Paulo Pagliari
University of Minnesota, New Ulm, MN
pagli005@umn.edu

Jamie Patton
University of Wisconsin, Clintonville, WI
jipatton2@wisc.edu

Anna Racer
Waxwing Farm, Webster, MN
Anna.racer@gmail.com

Dale-Ila Riggs
The Berry Patch, Stephentown, NY
theberrypatch@gmail.com

A-daé Romero-Briones
First Nations Development Institute,
Lodi, CA
abrones@firstnations.org

Ron Rosmann
Rosmann Farm, Harlan, IA
ron.rosmann@gmail.com

David Ross
Great Harvest Organics, Carmel, IN
dave.ross@beckshybrids.com

Margaret Rossano
Vermont Law School, South Royalton, VT
margaretrossano@vermontlaw.edu

Lauren Rudersdorf
Raleighs Hillside Farm, Broadhead, Wis.
raleighsfloralfarm@gmail.com

Alice Runde
National Organic Coalition, Decorah, IA
alice@nationalorganiccoalition.org

Jennifer Rupprecht
Earth-Be-Glad Farm, Lewiston, MN
ebgfarm@hbc.com

Tony Wells
Regenerative Agriculture Alliance, Kenyon, MN
tony@regenagalliance.org

Erin Silva
University of Wisconsin-Madison,
Madison, WI
emsilva@wisc.edu

Karen Stettler
Land Stewardship Project, Fountain City, WI
kstettler@landstewardshipproject.org

Claire Strader
UW Extension & FairShare CSA Coalition, Madison, WI
claire@csacoalition.org

Paul Treiber
Fertile Valley Seed Farm, Unionville, MI
pntreiber@airadv.net

Megan Vaith
Northbourne Organic Crop Insurance,
Scotland, SD
northbournecropins@goldenwest.net

Rob Wallace
Midwest Healthy Ag, Saint Paul, MN
rwallace@midwesthealthyag.org

Tony Wells
Regenerative Agriculture Alliance, Kenyon, MN
tony@regenagalliance.org

John White
White Farm, New Holland, IL
jwhite7292@gmail.com

Aaron Wills
Little Hill Berry Farm, Northfeld, MN
info@lilithillberryfarm.com

Kyle Wisneski
Oneida Nation
kwisneski@oneidanation.org

April Yancer
DATCP, Madison, Wis.
april.yancer@wisconsin.gov

Phoebie Young
University of Minnesota, Minneapolis, MN
you2530@umn.edu

Kelsey Love Zaavedra
Heirloomista, North Branch, MN
Kelsey@heirloomista.com

Jennifer Zepeda
Regenerative Poultry Solutions, North Branch, MN
jennifer@regenpoultry.com

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CROP ADVISORS CEUs

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Each workshop is worth 1.5 CEUs.
CM = Crop Management
NM = Nutrient Management
PD = Professional Development
IPM = Integrated Pest Management
SW = Soil & Water Management
S = Sustainability

ORGANIC UNIVERSITY

Thursday | 10 a.m. to 5:30 p.m.
Labor Management on Diversified Vegetable Farms (PD 7.5)
Silvopasture in Practice (CM 7.5)
Vegetable Plant Pathology Bootcamp (PM 7.5)
Weed Management Practices to Fit Your Farm: System-Specific Strategies for Organic Row Crops (CM 7.5)

Friday Session I

Session I-a | 8:15 a.m.
Emergency Forages for Ruminants: Buckwheat Silage In-House Research (CM 1.5)
Hazelnuts in the Upper Midwest: The Time Is Now (CM 1.5)
Reducing Tillage in Organic Corn Rotations — How Can We Make It Work? (SW 1.5)
Tips on Avoiding Obstacles and Delays in the Organic Certification Process (CM 1.5)

Session I-b | 8:30 a.m.
Cover Crops: Opportunities & Challenges of Single and Mixed-Species (SW 1.5)
Online Marketing (CM 1.5)

Friday Session II

Session II-a | 10:30 a.m.
Managing Water on the Farm (SW 1.5)
Soil Conditioners for Row Crops (NM 1.5)
Vegetable Crop Rotation on Small Farms (CM 1.5)
Winter Vegetable Production — The Ins & Outs & How To’s (CM 1.5)

Session II-b | 10:45 a.m.
Cultural Practices to Manage Insect Pests in Berries (PM 1.5)
Soil Fertility 101 (SW 1.5)
Avoiding Discrimination in Hiring and Firing (especially the inadvertent kind?) (PD 1.5)

Friday Session III

Session III | 3:30 p.m.
Crop Insurance for Specialty and Diversified Operations (CM 1.5)
Develop a Motivated Workforce (PD 1.5)
Food Safety Modernization Act & Regional Grain Value Chains (CM 1.5)
How Farmers can Help Protect our Soil Health, Watersheds & Climate (SW 1.5)
Integrate Livestock into Your Vegetable Production (CM 1.5)

Saturday Session I

Session I-a | 8:15 a.m.
Managing Soil Health and Fertility in Perennial Fruits (NM 1.5)

Session I-b | 8:30 a.m.
Effective and Responsible Use of Compost for Vegetable Grower (NM 1.5)
Grafted Tomatoes: Propagation Techniques & Use in Organic Production (CM 1.5)

Saturday Session II

Session II-a | 1:30 p.m.
New Tools for Mid-Scale No-Till Veggie Production (CM 1.5)
Cover Crops, Climate, & Carbon Markets — How They Intersect (SW 1.5)
Farm Bill Listening Session with NSAC (CM 1.5)

Saturday Session III

Session III | 3:30 p.m.
FSMA and Food Safety: Updates and Strategies to Protect Your Food and Farm (CM 1.5)
Reduce Legal Liability for Food Crops in Agroforestry Systems (PD 1.5)

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NEW ORGANIC STEWARDS

MOSES partners with Renewing the Countryside to provide beginning farmers—those who’ve been farming 10 years or less—with programs, support, and resources.

VISIT OUR BOOTHS
Introduce yourself at the MOSES booth and pin your farm name to our big map so you can get in touch with the beginning farmers near you. Learn about all that MOSES and Renewing the Countryside offer to support your beginning farm.

HELPING BEGINNING FARMERS ACCESS USDA PROGRAMS “OFFICE HOURS”
Friday | 3:30 - 4:30 p.m. | Yellow Room
Renewing the Countryside answers questions and provides one-on-one support to navigate the application process for EQIP through NRCS and FSA beginning farmer loans.

NEW FARMER MIXER
Friday | 5:30 - 7:30 p.m.
Join us in the mezzanine bar at La Crosse Distilling to connect with other beginning farmers. Wear your conference badge for 10% off drinks and food.

FUTURE PROGRAMS
New Farmer U
Join MOSES and The Land Connection in Fall 2022 for a weekend retreat to boost your farm business skills! New Farmer U covers farm financial and business management for intermediate and beginning farmers—those with 3-6 years of farming experience—or anyone who’s ready to plan for future success. Visit mosesorganic.org/NewFarmerU for updates!

MOSES Farmer-to-Farmer Mentorship Program
In this year-long program, newer farmers are paired 1-to-1 with a more experienced grower in order to move their farm forward, focusing on a specific production, business, or quality of life aspect of their farm. The MOSES Farmer-to-Farmer Mentorship Program connects farmers and facilitates education to empower strong, resilient organic communities throughout our region. Applicants must have been operating their farm business for at least one year. Applications open in August 2022. Learn more at mosesorganic.org/mentor-program

RECOMMENDED WORKSHOPS
These workshops are ideal for beginning farmers. Full descriptions are available on Pages 10-23.

TIPS ON AVOIDING OBSTACLES AND DELAYS IN THE ORGANIC CERTIFICATION PROCESS
Friday I-a | 8:15 a.m. | Room D

LAND ACCESS: 127 EASY STEPS TO FINDING FARMLAND
Friday I-b | 8:30 a.m. | Room E

VEGETABLE CROP ROTATION ON SMALL FARMS
Friday II-a | 10:30 a.m. | Room G

SOIL FERTILITY 101
Friday II-b | 10:45 a.m. | Room E

RIGHT ANIMAL, RIGHT PLACE, RIGHT TIME
Friday III | 3:30 p.m. | Room K

WHAT DO I NEED TO START A U-PICK?
Friday III | 3:30 p.m. | Room A

INTEGRATE LIVESTOCK INTO YOUR VEGETABLE PRODUCTION
Friday III | 3:30 p.m. | Room C

FROM DREAM TO REALITY: BUYING YOUR FIRST FARM
Saturday I-a | 8:15 a.m. | Room K

EFFECTIVE AND RESPONSIBLE USE OF COMPOST FOR VEGETABLE GROWERS
Saturday I-b | 8:30 a.m. | Room H
For over 10 years, the award-winning MOSES In Her Boots Project has been providing resources, training, networking, and collaboration opportunities for the women who are transforming our food system. Questions or ideas for In Her Boots? Contact Lori Stern, MOSES Executive Director, lori@mosesorganic.org.

**IN HER BOOTS MEETINGS**

All In Her Boots Meetings will be held in the Red Room. Want to gather woman-identified farmers for a conversation? Sign up outside the Red Room and post your meeting on the conference app.

**MEET AND GREET: WOMEN IN ORGANIC & SUSTAINABLE AG**

**Friday | 10:00 - 10:45 a.m.**

Join us for an informal gathering to meet other woman-identified farmers from your state, region, and maybe even your hometown. Women new to farming and the MOSES Conference: come and connect!

**RUNNING FOR OFFICE: WOMEN IN POLICY LEADERSHIP**

**Friday | 11:00 - 11:45 a.m.**

Kriss Marion, Circle M Market Farm BnB, Lafayette County Supervisor, District 8
Why is it important to have women in political leadership? How do we get more women in office? What are the challenges? Where has there been success?

**NAVIGATING CHILDREN AND WORK ON AND OFF THE FARM: A DISCUSSION ABOUT WHAT COULD MAKE THINGS EASIER**

**Friday | 3:30 - 4:30 p.m.**

Florence Becot, PhD, National Farm Medicine Center
Come hear about examples of programs and policies that are used to support women raising children in other countries including programs tailored for women farmers and participate in a discussion about what could work for you.

**WISCONSIN WOMEN IN CONSERVATION: WOMEN LANDOWNER MEET UP**

**Saturday | 9:00 - 10:00 a.m.**

Host: Esther S. Durairaj, Michael Fields Agricultural Institute
Facilitators: Kirsten Slaughter, Wisconsin Farmers Union; Sara George, Renewing the Countryside; Jennifer Nelson, MOSES; Elena Byrne, Renewing the Countryside; Noemy Serrano, Michael Field Agricultural Institute
Join our Wisconsin Women in Conservation (WiWiC) to network and be in community with women who value and implement conservation practices on our land. Join us to share stories, learn how to increase your network, and work towards a conservation plan to ensure stewardship and create opportunities for funding. Let us know what you would like to learn more about conservation and soil health!

**FIERCE FARM FINANCES**

**Saturday | 12:30 - 1:15 p.m.**

Tera Johnson
Share your stories of financial resilience and learn about resources for accessing capital for your farm.

**SAVING SEEDS: HOW TO AND OTHER QUESTIONS**

**Saturday | 3:00 - 3:45 p.m.**

Seed saving is often thought of as an act of rebellion. Learn about resources to help you save seeds and get questions answered on selection to certification.

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In addition to the above, Ag Resource Inc. offers a wide range of supplies and equipment for fruit and vegetable growers. Their website is www.agresourceincmn.com, and you can reach them at 218-847-9351 or dgbari@tekstar.com.
The Organic Research Forum showcases research studies on organic farming practices, and brings together researchers and farmers to discuss goals and future research needs. The Organic Research Forum is a project of MOSES.

Advisory Committee:
Brad Heins, University of Minnesota
Krista Isaacs, Michigan State University
Esther S. Durairaj, Michael Fields Agricultural Institute

RESEARCH FORUM WORKSHOPS
The Organic Research Forum includes workshops where researchers and the organic farmers involved present the findings and implications of recent work.

Look for this icon on pages 10-24 for workshop descriptions.

CAMELINA FEED FOR ORGANIC PIGS RESEARCH RESULTS
Friday I | 8:15 a.m. | Room H
Lee Johnston, William Lazarus, Yuzhi Li

EMERGENCY FORAGES FOR RUMINANTS: BUCKWHEAT SILAGE IN-HOUSE RESEARCH
Friday I | 8:15 a.m. | Room H
Silvia Abel-Caines

REDUCING TILLAGE IN ORGANIC CORN ROTATIONS: HOW CAN WE MAKE IT WORK?
Friday I | 8:15 a.m. | Room K
Erin Silva

COVER CROPS: OPPORTUNITIES & CHALLENGES OF SINGLE AND MIXED-SPECIES
Friday I | 8:30 a.m. | Room B
Vicki Morrone, Paul Triebel

CONTROLLING INTESTINAL PARASITES IN ORGANIC PIGS
Friday II | 10:30 a.m. | Room K
Rick Carr, Diane DeWitte, Sara Major, Alexander Hernandez, Yuzhi Li

VEGETABLE CROP ROTATION ON SMALL FARMS
Friday II | 10:30 a.m. | Room G
Hannah Breckbill, Jordan Scheibel

CULTURAL PRACTICES TO MANAGE INSECT PESTS IN BERRIE
Friday II | 10:45 a.m. | Room H
Dale-Ita Riggs, Christelle Guédot

GRAFTED TOMATOES: PROPAGATION TECHNIQUES & USE IN ORGANIC PRODUCTION
Saturday I | 8:30 a.m. | Room B
Tricia Jenkins

COVER CROPS, CLIMATE, & CARBON MARKETS: HOW THEY INTERSECT
Saturday II | 1:30 p.m. | Room E
Kathleen Delate, Erin Silva

DAIRY GENETICS TO IMPROVE ORGANIC CATTLE HEALTH, FLY RESISTANCE & A2 MILK
Saturday II | 1:30 p.m. | Room I
Brad Heins

NEW TOOLS FOR MID-SCALE NO-TILL VEGETABLE PRODUCTION
Saturday II | 1:30 p.m. | Room G
Andrew Adamski

Standing for Agriculture Working for Farmers
www.mfu.org
**RESEARCH POSTER GALLERY**

**Effects of Salix Extract to Reduce Pain and Inflammation in Disbudded Dairy Calves**
Madi Bacon, Hannah Phillips, Marcia Endres, Brad Heins
University of Minnesota

**Reducing Tillage in Organic Corn Through Strategic Management**
Ben Brockmueller, Erin Silva, Brian Luck, Jessica Drewry
University of Wisconsin-Madison

**Evaluation of Organic Corn Production Using 60" Row Spacing**
Megan Broome, Rachel McLaughlin, Erin Silva, Ben Brockmueller, University of Wisconsin-Madison

**Living mulch plasticulture systems for organic zucchini (Cucumis pepo L.) production do not effect total yield and may have benefits for pest and weed control**
Dylan Bruce, University of Wisconsin-Madison

**Identifying Appropriate Broccoli Cultivars for Late Spring Planting**
Anne Carey and Ajay Nair, Iowa State University

**Participatory Tomato Improvement for Organic Systems, Focused on Production and Culinary Traits**
Ambar Carvall, University of Wisconsin-Madison

**Evaluation of Pasture Biomass with Satellite Imagery and an Electronic Plate Meter and Comparing Different Pastures with Kernza Production**
Leticia Dourado Clemente, Brad Heins, University of Minnesota

**Microbial Decomposition and Nitrogen Dynamics in Organic Vegetable Summer Cover Crop**
Gabriela Hidrobo, Borsa Mohamed, Marie Schaedel, Adria Fernandez, Julie Grossman, University of Minnesota

**Agroforestry Based Control for Cedar-Apple Rust Disease and Browsing Deer in Organic Apple Orchards**
Daniel Kelly, Blue Heron Orchard

**Cordon Trellis Method For Growing Currants and Gooseberries**
Chris McGuire, Two Onion Farm

**Cooperative Development and Demonstration of No-till Vegetable Production in Iowa**
Linda Sturm-Flores, Rodale Institute Midwest Organic Center

**Organic Celery: Here’s the Juice**
Owen Washam, University of Wisconsin-Madison

**Farmer Identity and the Acceptance of Regenerative Practices by Commodity Farmers: A Case Study**
Ann Williams, Cassidy Dellorto-Blackwell, Anya Knecht, The Land Connection

**Is Organic Farming Risky? Evaluation of Whole-Farm Revenue Protection in Organic and Non-Organic Production Systems**
Jeff Schahczenski and Eric Belasco
National Center for Appropriate Technology and Montana State University

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FRIDAY ROUNDTABLES

Scheduled roundtables will be held in the Blue Room.

Sit in on a 45-minute discussion about a farming topic dear to you. These take place throughout the day, giving you the chance to ask questions and share your insights.

Want to gather farmers for a conversation? Sign up outside the Yellow Room and post your meeting on the conference app.

9:00 - 9:45 a.m.
BROCCOLI VARIETIES AND DISEASE MANAGEMENT
Natalie Hoidal, UMN Extension

Learn about our 2021 broccoli trials conducted at the Southern Research and Outreach Center in Waseca MN, and at 86 partner farms and gardens. We screened 18 early and 18 late varieties for tolerance to Black Rot and Alternaria, heat stress, and other factors. Growers can share their favorite varieties and learn from one another about broccoli management.

10:00 - 10:45 a.m.
RYE: THE GRAIN THAT WILL SAVE OUR FARMS
Gary Zimmer, Rye Revival

It’s the cold-hardiest grain, has a prolific root system, naturally fights weeds, and is an excellent green manure. It also requires significantly fewer inputs than other winter crops, so why aren’t we growing more of it? Discuss hurdles and market opportunities for producing this delicious, nutritious grain on your own farms.

12:00 - 12:45 p.m.
WHAT IS REGENERATIVE ORGANIC CERTIFIED?
Angela Jackson, Regenerative Organic Alliance

How is Regenerative Organic Certified™ (ROC™) different from other organic certifications and claims? Join the Regenerative Organic Alliance staff for a Q&A and open discussion about the ROC™ standards for soil health and land management, animal welfare, and farm worker fairness.

12:45 - 1:30 p.m.
CHOOSING THE BEST PEAR VARIETIES FOR THE UPPER MIDWEST
David Sliwa, Plum Ridge Farm

This roundtable will be an opportunity to look at which pear varieties are currently being grown in the Upper Midwest and to evaluate their performance. We will also explore fire blight resistant varieties released by USDA and Canadian breeding programs. Our goal will be to identify which pear varieties/rootstock combinations constantly produce high quality fruit, are disease resistant and are healthy under a wide range of weather and site conditions. Whether you’re growing pears or considering doing so, this roundtable is a chance to share information and to ask questions.

3:45 - 4:15 p.m.
JUST TRANSITION THROUGH AGROECOLOGY & FOOD SOVEREIGNTY
John Peck, Family Farm Defenders and Representatives from Mississippi Association of Cooperatives

Just Transition is a useful framework for social change that many grassroots movements are now adopting. We will explore how agroecological practices and food sovereignty principles can help bring about a just transition in agriculture. In particular, we will talk about how this approach can address climate chaos, land/water/seed grabbing, settler colonialism, and other forms of systemic injustice and capitalist exploitation that pervade our food/farm system.

4:30 - 5:15 p.m.
VETERANS IN AGRICULTURE
Joe Koch, Farmer Veteran Coalition

Join folks from Farmer Veteran Coalition to connect with other farmer Veterans. Learn about opportunities for Veterans and transitioning military members who have an interest in farming as a profession, access resources for farmer Veterans, and hear what other Veterans went through to become the farmers/ranchers that they are today.
7:45 - 8:30 a.m.  
**REGENERATIVE FARMING SUPPORTING LOCAL FIBER PRODUCTION**  
Tracey Schwalbe, Springstead Farm/Heartland Threads Fibershed  
LindaDee Derrickson, Bluffwood Landing/Heartland Threads Fibershed  
Heartland Threads is a nonprofitfibershed organization in Southern Wisconsin and Northern Illinois that is developing a network of individuals involved in sustainable and regenerative farming practices in local fiber production. This roundtable is a chance to network with others to discuss the humane treatment of fiber animals while building soils and supporting local textile creation.

8:45 - 9:30 a.m.  
**A DISCUSSION AND UPDATE ON KERNZA**  
Carmen Fernholz, MOSES Organic Specialist and A-Frame Farm  
This roundtable discussion will center around the current development and status of Kernza as a viable rotation crop. The session will also include information about the Perennial Promise Growers Cooperative that is up and running as well as market reports and growing and harvesting information about this grain.

9:45 - 10:30 a.m.  
**Q&A: CROP INSURANCE FOR ORGANIC PRODUCERS**  
Kate Hansen, Center for Rural Affair  
Megan Vaith, Northbourne Organic Crop Insurance LLC  
Crop Insurance is a risk management strategy used by operations across the country, but organic producers have a unique set of considerations and options available to them. Join crop insurance agent Megan Vaith and policy specialist Kate Hansen for a discussion and Q&A on crop insurance specifically for organic operations.

12:30 - 1:15 p.m.  
**RAISING CAPITAL FOR YOUR FARM**  
Andy Ambriole and Raya Carr, Iroquois Valley  
Money is always complicated, and one of the hardest things farmers face is raising the equity they need to get started and purchase land. This roundtable will talk through a wide range of sources of equity and equity-like capital that work for farms.

1:30 - 2:15 p.m.  
**BIPOC FARMERS LISTENING SESSION**  
Tiffany LaShae, Farmer/Activist and Kazoua Berry, Big River Farms  
BIPOC Farmers - come share the experiences and challenges you’ve faced with accessing farmer support services. Farmer Support Organizations - come share programs and initiatives intended to decrease barriers for BIPOC farmers. Your input will help guide a resource designed to increase awareness, accessibility and equity in the utilization of farmers support resources.

2:30 - 3:15 p.m.  
**REAL ORGANIC PROJECT**  
Ariel Pressman and Abby Lundrigan, Real Organic Project  
Stop by for a great opportunity to meet with Real Organic Project staff about their farmer led and free add-on certification for farmers that grow crops in healthy living soil and raise animals on real pasture. Real Organic Project is a farmer led movement, 850 farms strong, to bring integrity to the certified organic farm and food community.
FILM SCREENINGS & ENTERTAINMENT

FILM SCREENINGS
This year, we are showing some of the most popular long and short format films of the last decade, and a couple of new additions we wanted to share. Stop by the screening room in South Hall Upper Level to see the schedule and revisit an old favorite, or just enjoy a break from the action.

Friday | 5:30 p.m.
SCREENING OF REGENERATIVE RENEGADES & PANEL DISCUSSION
Justin Halstead, Matt Maier
Moderated by Alan Lewis
Join us as we screen Regenerative Renegades, a film collaboration from our friends at Natural Grocers and Thousand Hills. Learn how producers improve soil health and sequester CO2 by returning the animals to the land in a managed way. Dig into the research and the collective consciousness behind a unique group of ranchers that make up the resilient, regenerative, renegade way at Thousand Hills. By working with nature and not against it, they have found a renewed joy in farming and a method that renews the land and our planet’s health. Regenerative Renegades gives us a clear choice when choosing beef—through our consumer dollars, we can choose to continue down the path of depletion, or we can support agriculture that regenerates the land, combats climate change, and improves our economic vitality.

Justin Halstead has been on a mission to educate on health and sustainability using the power of story. He produced, directed, and edited “Regenerative Renegades.” Justin has filmed, lived, and worked in organic and regenerative systems in the United States, New Zealand, Germany, and the UK. Matt Maier was raised on a multi-species farm near Clearwater, MN. After a 15-year career working in conventional food marketing, he returned to the family farm and now is the owner and Chief Regenerative Renegade of Thousand Hills. Alan Lewis navigates government affairs and food and agriculture policy for Natural Grocers, a Colorado based health food chain founded in 1955 with over 160 stores in 20 states.

ENTERTAINMENT

LA CROSSE DISTILLING COMPANY
MOSES 2022 attendees can present their badge at the distillery all weekend for 10 percent off!

Saturday | 8:00 p.m. | Cavalier Theatre
HORSES & HAND GRENADES AT THE CAVALIER THEATRE
MOSES 2022 attendees get $5 off tickets with code MOSES22. Purchase tickets at https://bit.ly/3okXSoD
HMoob Farmer Networking Event
6:00 - 8:00 p.m. | Offsite
At the Hmoob Cultural & Community Agency: 1815 Ward Avenue La Crosse, WI 54601. Free dinner provided from the local restaurant: Hmong Golden Egg Rolls.

PRIVATE — Mentor Meeting
5:30 – 6:30 p.m. | Room A
For farmers enrolled in the MOSES Farmer-to-Farmer Mentorship Program

Grafting Workshop and Scionwood Exchange
6 - 8 p.m. | Room B
The Organic Fruit Growers Association explains grafting and shares scionwood.

SATURDAY

Student Networking for Organic Sustainable Ag
12:30 - 1:30 p.m. | Room B
College students from any school are welcome at this meeting hosted by students from University of Wisconsin-Madison.

Compeer “Office Hours” Farm Financial Help
1 - 2 p.m. | Yellow Room
Compeer offers one-on-one consultation.

Informal Gathering of Friends of Patrick Kerrigan
7:00 p.m. | Offsite
Join us at La Crosse Distilling Company — Wear your best Pat inspired attire, share a couple of drinks and some laughs. Sláinte!

GET THE APP!
See all the meetings and create your own conference schedule with notices so you won’t miss a thing!
ORGANIC MEALS

CONFERENCE DINING MENU
Your conference admission includes continental breakfast and lunch on Friday and Saturday. Limited tickets are available to purchase Thursday and Friday supper. Menu items are subject to change.

Have dietary restrictions? All ingredients will be listed for our friends who are gluten-free, vegan, or have food allergies.

Continental Breakfast
Hard boiled eggs, whole fruit, granola, dairy and soy yogurt, hot oatmeal with toppings, assorted juices, tea, cofee, and water

Break Food
Whole fruit from Co-op Partners and People's Food Co-op, Blue Farm corn chips, salsa, corn relish, Organic Valley cheeses, Westby Co-op cheese curds, mini Clif bars, assorted beverages

Thursday Lunch
Almond crusted salmon florentine, roasted yukon potatoes, peas, carrots, and green beans, caesar salad
Dessert: Cheesecake bars

Vegan: Tofu with red curry coconut sauce, roasted yukon potatoes, peas, beans and carrots

Thursday Supper: Limited tickets available for $30
Galbi Jjim, white rice, kimchi, snowpea pods, carrots, broccoli, and peppers

Vegan: Dubu Jorim (Korean braised tofu) with kimchi and rice

Friday Lunch
Baked chicken, pasta primavera with gluten-free or regular penne, italian green salad with pepperoncini, black olives, sundried tomatoes, red onion, shaved parmesan, croutons, and italian dressing
Dessert: cookies

Vegan: Italian salad, egg-free noodles with vegan chicken, mushroom, and tomato bolognese, garlic toast with vegan butter

Friday Supper: Limited boxed suppers available for $21
Roasted pork shoulder or butt with thyme pan gravy and red wine reduction, honey glazed carrots, yukon mashed potatoes, beet salad with bleu cheese, red onion, pecans, and honey dijon dressing

Vegan: Roasted beets, butternut squash, quinoa, cranberries, maple syrup, and mixed greens

Saturday Lunch
Swedish meatballs, egg noodles, green salad, roasted zucchini, carrots, onion, and cauliflower
Dessert: Raspberry or strawberry crisp

Vegan: Roasted cauliflower steak with butternut squash puree and wild rice

Gluten-Free and Food Allergies: All ingredients will be listed.

CONFERENCE FOOD DONORS
Thanks to these fine folks for donating the good stuff for our meals!

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Blue Farm Chips
Clover Meadow Winery
Co-op Partners Warehouse/
Wedge Community Co-op
Driftless Organics
Equal Exchange
Four Elements Organic Herbals
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Gourmet’s Delight Mushroom Farm
Igl Farms
Maple Valley
Meadowlark Organics
Mountain Rose Herbs
Once Again Nut Butters
One Love Bread
Organic Prairie
Organic Valley/CROPP Cooperative
Peace Coffee
People’s Food Co-op
Singing Dog Vanilla
Sno Pac Foods, Inc.
Westby Cooperative Creamery
ORGANIC COFFEE
Grown in harmony with the land.

FAIR TRADE
Cultivating lasting relationships with our farmer partners.

FRESH ROASTED
To bring out the best in every bean.

BIKE DELIVERY
Caffeinated pedal power. Yes, even in winter.

IN IT FOR GOOD
Committed to doing what’s right for people and planet.

MAKING IT HAPPEN
Fueling connection, community, and creativity one mug at a time.

PEACE COFFEE
ESTD 1996

Certified B Corporation
Dave Campbell has dedicated his life to the organic movement. From farmer advocacy, to research, to system integrity, to teaching, Dave has touched every major pillar of the organic movement. In recognition of his lifelong dedication to organic farming, Dave has been selected as the 2022 Organic Farmer of the Year.

Campbell is known and admired throughout the Midwest farming community for his work as an exceptional mentor and a vocal advocate for integrity in the organic movement. He has been a dedicated mentor through the MOSES Farmer-to-Farmer Mentor Program since the beginning of the program. Former mentees describe Dave as “a true teacher and mentor at heart.”

Campbell began learning about organic farming from his father, who started farming organically in 1967. With his father’s guidance, he began selling organic meat to a local health food store under a de-facto two-party organic certification. Campbell continued working on his father’s organic farm throughout his school years and into college. After graduating with a teaching degree, Campbell decided to go into partnership with his father on the family’s organic dairy farm in Illinois and later, in Wisconsin.

In 1988, Dave and his wife Mary returned to Illinois to start Lily Lake Organic Farm, on land that had been farmed by Mary’s family since 1834. They immediately began transitioning the land to organic and by 1990 the entire farm was certified. Today, the 224-acre farm is rooted in Campbell’s knowledge and experience growing small grains, row crops, and forages organically in northern Illinois and southern Wisconsin for the past 40 years.

At Lily Lake Organic Farm, Campbell has maintained a sharp focus on soil health, adding more cover crops and reducing tillage, especially in the spring. Two years ago, Campbell enrolled in the NRCS EQIP program, supporting more biodiversity and pollinator habitat areas on the farm.
Beyond his own farm, Campbell has dedicated his life to advancing integrity in the organic movement. He has served as the Vice President and Certification Chair for the Illinois Chapter of the Organic Crop Improvement Association (OCIA), and has served on the boards and advisory councils of organizations such as the Midwest Organic Services Association (MOSA), Midwest Organic and Sustainable Education Service (MOSES), Midwest Cover Crop Council, NCR-SARE, and currently, the Midwest Organic Farmers Cooperative (MOFC).

Dave’s giving back to the organic community through field days is another key to his legacy. Throughout the years, Lily Lake Organic Farm has hosted countless farmers, agronomists, university professors, and other organic partners. In 2018, his MOSES/OGRAIN Organic Field Day included information on growing buckwheat, how to incorporate it into a rotation, and its benefits as a cash and cover crop. That field day also included a project where he put a field with a Canada thistle issue into a fallow period. During this fallow, he grew sorghum/sudangrass to suppress the Canada thistle. Dave is always willing to share what he learns, and many of his results help other organic farmers improve their operations.

“When the challenge to produce nutrient dense organic crops with a very minimal amount of weeds inspires me. I have found it to be very satisfying for the past 36 years, both in grain and hay/dairy operations, to be able to accomplish what naysayers said could not be done.”

As Dave looks to the future, he’s making some changes. While scaling back his production, he will stay busy serving on boards, creating training programs, and presenting workshops. This winter, Dave will be working on a Train-the-Trainer pilot program alongside Rodale Institute, which is designed for Rodale Institute’s Organic Consultants. He also has plans to delve more into organic crop consulting. On a personal level he hopes to spend more time traveling to visit his children and grandchildren, and walking and hiking in the outdoors.

Please take a moment to congratulate 2022 Organic Farmer of the Year, Dave Campbell, the next time you see him.
Urban Growers Collective provides hands-on job training and career laddering at eight urban farms totaling 11 acres for youth, beginning BIPOC farmers, and men who are at high risk for gun violence. The impact of this organization far outstrips its square footage. We are proud to name Urban Growers Collective a 2022 Changemaker.

The purpose of the MOSES Changemaker designation is to recognize emerging leaders in the organic farming and food movement who creatively overcome systemic challenges in order to nurture a thriving agricultural future for all. Food insecurity is just one dimension of the system that the Urban Growers Collective is trying to dismantle.

Laurell Sims left her hometown of Chicago in 2001, when urban farming was just becoming popular. At the turn of the millennium, the non-profits of this Midwestern city realized that if something happened to the highways flowing into the metropolis, there was perhaps a day’s worth of food in the whole town.

Sims, Co-founder of the Urban Growers Collective, reflects that, more than two decades later, food security is still a major issue in Chicago, made even worse by the pandemic. “For so long we siloed food insecurity, lack of housing or unstable housing, access to employment, lack of quality education, and economic development all as separate problems,” says Laurell. “But they are all interconnected. Addressing them as one system also helps tackle issues like gun violence.”

TheUrban Growers Collective works to create solutions with Chicago communities to get folks what they need. Produce from the farms is available at farmers’ markets, in their “Collective Supported Agriculture” program and through their Fresh Moves Mobile Market. Job training efforts directly help tackle systemic instabilities in the city.
The results are impressive. In 2021 alone, the Urban Growers Collective employed 188 teenagers, who together earned more than eighty thousand dollars for their efforts. The organization grew, packed, and distributed more than five thousand food security boxes and made 13,626 hot meals for folks with limited means to cook. The organization underwrote $169,686 worth of vouchers for people to use at the Fresh Moves Mobile Market sites, providing even better access to the produce grown locally. Despite the pandemic, UGC was able to hold 38 workshops, with nearly four hundred attendees and thirteen thousand dollars given as scholarships. Fourteen incubator farmers helped grow the produce that flowed through all of these efforts.

Laurell is inspired by the teens she works with in the Youth Corps job training program, which is based on STEAM (science, technology, engineering, art, and math) curriculum. Through this program, the team at Urban Growers Collective mentors teens—usually through their entire high school career—as they grow into adults. “They learn in so many ways from their farming experience, from cooking quesadillas to taking care of the goats. They know how important it is to be connected to community.” explains Laurell.

Urban Growers Collective also runs mobile markets that reach senior citizens, who often want fresh produce but can’t always access due to limited finances or mobility.

Urban Growers Collective has deliberately cultivated a different style of management: decisions are made as a team and there is much more horizontal leadership. A great deal of planning has also gone into planning for change as people progress in their careers, making room for the next generation of leaders.

Urban Growers Collective has gained enormous wisdom about how to build stability and resilience in the process of dismantling the structural inequality that has been made worse and even more visible with COVID-19.

“We’ve had to build better systems of resilience. We’ve gotten better at relying on each other. But we need to keep empowering people, growing food, and investing in the neighborhoods that have been left behind.”

AWARD PRESENTATION:
Saturday at 10:30 a.m.
Room J

Chicago’s city motto is “city in a garden” and Urban Growers Collective is making that vision a reality for all residents.
ABOUT MOSES

MOSES is committed to maximizing an organic, regenerative, farming ecosystem across the Midwest to provide right-livelihoods for human scale farmers, food justice for eaters, and protect the environment.

This is our 33rd Organic Farming Conference. However, we are busy throughout the year.

FARMER SELF-ORGANIZING
Our programs are shaped and often led by farmers who know best what they need for information and resilience.

AG SOLIDARITY NETWORK
A new and collectively launched social network and organizing platform for production and farmer affinity groups. Check out the features and make connections with farmers across the Midwest at the MOSES booth or visit agsolidaritynetwork.com to learn more!

FARMER MENTAL HEALTH: PEER SUPPORT
Farmer and rural mental health services is a critical need, particularly in the last two years of social distancing. This project trains farmers to be supportive peers.

ON-FARM ORGANIC SPECIALISTS
We have an amazing group of farmers ready to answer your questions about production and farm business. Get answers to your questions about farming and organic rules:
Organic Answer Line: 888-90-MOSES
mosesorganic.org/ask

FARMER-TO-FARMER MENTORING
This year-long program pairs experienced and new organic farmers to encourage successful organic farms.

TRAINING AND ECOSYSTEM SERVICES

ORGANIC FIELD DAYS
These on-farm events showcase what works, giving farmers ideas to put in practice on their own farms.

WISCONSIN WOMEN IN CONSERVATION
This project, in collaboration with Michael Fields Agricultural Institute, acknowledges that 35% of all producers are women, many of whom have been and still are underserved by conservation funding and support agencies. This project works with women conservation coaches to change that.

PODCASTS
MOSES hosts two farmer podcasts; the Organic Farming Podcast with host Chuck Anderas and the award-winning re-launch of In Her Boots with host Tiffany LaShae.

SUPPORTING LOCAL, FAMILY SCALE, ORGANIC FARMS AND ENTERPRISES

GRASSROOTS ORGANIZING FOR SMALL TO MID-SIZE FARMS
MOSES is a represented member in both the National Sustainable Agriculture Coalition and the National Organic Coalition. We are working with these organizations to amplify the voices of organic farmers in the Midwest and support farmers in organizing in advance of the 2023 Farm Bill.

NEW FARMER U
This annual educational retreat covers farm financial and business management for intermediate beginning farmers or anyone who is ready to plan for future success.

ACCESS TO LAND AND CAPITAL

FARMLAND ACCESS PROGRAM & THE WISCONSIN LAND ACCESS HUB
Finding quality, affordable land is challenging. Wisconsin Farmland Access Navigators trained to guide beginning farmers through the process of finding property and securing land tenure. The Wisconsin Land Access Hub is a group of professionals that assist in land acquisition and are aware of the challenges and needs of beginning farmer land seekers.

FARMER ADVANCEMENT PROGRAM
With a focus on advanced beginning farmers and social disadvantaged farmers, this program is enhancing mentorship and support, creating a wholistic approach to building a more just system of agriculture and agricultural funding.

RESOURCES

WEBSITE
Find information about organic farming practices and organic certification at mosesorganic.org. The Farming by Topic section has how-to articles and related resources.

FEARLESS FARM FINANCES
This resource book is packed with instructions, tips and tools for setting up and managing a farm’s financial system. Get it in the MOSES Bookstore or online. The free Fearless Farm Finances course teaches you how to master your farm’s finances!

GUIDEBOOK FOR ORGANIC CERTIFICATION
A 32-page guide to organic certification and production

ORGANIC BROADCASTER NEWSPAPER
This bi-monthly newspaper provides practical information and news about organic farming to more than 15,000 readers. We offer it without charge to farmers.

ORGANIC FACT SHEETS
Easy-to-follow explanations about complex certification requirements or topics related to organic farming

MIDWEST ORGANIC RESOURCE DIRECTORY
Connect with everything you need to grow—buyer, suppliers, processors, certification agencies, and more.
CONFERENCE INFORMATION

CHILDREN IN WORKSHOPS
So other conference attendees can hear the presenter, please keep your children quiet and supervised during workshops. If your child needs attention, please leave the workshop room.

TEEN SPACE BY WISCONSIN FARMERS UNION CAMP STAFF
Friday: 8 a.m. to 7 p.m. | Saturday: 8 a.m. to 6 p.m.
Ages 10-17 (drop in)
The staff of Farmers Union’s Kamp Kenwood leads educational activities in our Teen Space.

MOMS SPACE
Nursing moms have a quiet room behind the Arena Exhibit Hall. See the map on page 32.

GENDER-NEUTRAL RESTROOM
Several restrooms are designated as gender-neutral. See the map on page 32.

LOST AND FOUND + FIRST AID
See staff at Check-In if you need help.

VOLUNTEERS
A great crew of volunteers helps make the MOSES Conference run smoothly. If you need help navigating the conference center, just look for someone wearing a green “volunteer” ribbon or yellow “staff” ribbon—we’re happy to help you find your way!

SCHOLARSHIP FUNDS
Giving to the MOSES Conference Scholarship Fund is a great way to encourage the success of organic and sustainable farmers. More than 100 people received scholarships this year!

In addition to the main Conference Scholarship Fund, we also manage two funds that honor our friends and organic pioneers:
   The David J. Engel Memorial Scholarship Fund
   The Chris Blanchard Scholarship Fund

Contribute to a scholarship at mosesorganic.org/donate

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PARKING
The City of La Crosse has made free parking available in several nearby ramps and lots. View these parking locations on the map in the conference app or get a print copy at the Help Desk.

HOTEL SHUTTLES
Explore La Crosse has arranged with many area hotels to shuttle guests to and from the MOSES Conference. See the schedule in the conference app or pick up a sheet at Check-In.

INTERNET ACCESS
To access Wi-Fi in the La Crosse Center, select MOSES2022, and enter the password: community.

WORKSHOP AUDIO RECORDINGS
This year, select workshop audio recordings will be for free on the Ag Solidarity Network in April. Visit agsolidaritynetwork.com to learn more.

GREEN INITIATIVES
MOSES is committed to environmentally sound practices for this conference. Composting and recycling stations are located throughout the conference center. We contract with Purple Cow Organics and Hilltopper Refuse and Recycling to ensure our compostables and recyclables stay out of the incinerator/landfill.

Please help us maintain this environmental commitment by placing waste in the appropriate containers.

We provide drinking water to fill your own reusable container or our washed-&-ready conference commemorative glass mugs with lids for just $5—available in the MOSES x ACRES Bookstore and at the Help Desk in the North Hall.

The MOSES Conference App is another way we’re working to reduce the amount of paper and printing we must do for this event. You can find the app in your phone’s app store. Just search for MOSES Organic Farming Conference.
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