

WELCOME TO THE ALABAMA SUSTAINABLE AGRICULTURE NETWORK'S

# 2018 FOOD & FARM FORUM

# DRAFT PROGRAM

## OPTIONAL PRE-FORUM SESSION: THURSDAY 3:00-5:30PM

Getting Along: The Basics of Group Decision-Making (must register)

## CONCURRENT SESSIONS

### FRIDAY 9:15-11:30AM

The Permaculture Approach to Perennial Crops

Value-Based Marketing: Digging Deeper into the Needs of Your Customer

Fermentation 101

Leadership Development Intensive for Farmers Market Managers

TOUR: McDowell Farm/Programs/Property at a Glance

### FRIDAY 1:15-2:35PM

Farm Hacks - Building our Way to Sustainability

Off Farm Processing – Using a Processing Plant

When Do You Know if You're Ready for Wholesale?

Sustainable Woodland Management for Small Farms and Landowners

Make Compost Not Waste!

Growing Weeds as Food Crops: Turn Weeding into Profits

Global Growers: Incubating multi-cultural sustainable agriculture and a thriving local food ecosystem

### FRIDAY 2:50-4:10PM

Traditional Ecological Knowledge Applied to Alabama Foodways

Hydroponic Farming in Shipping Containers

Farm Truck 912: Expanding Food Justice in Your Community

Cooperative Farm Marketing

Improving Soil and Water Health, for Healthy Crops, Farms, and Ecosystems

Women Farmers Roundtable

Putting Solar to Work on the Farm Using Passive Solar Structures and Off-Grid Solar Photovoltaic

### SATURDAY 1:20-2:40PM

Free The Land & Feed The People: Cooperation Jackson's Freedom Farms Coop Struggle For Food-Sovereignty

On Farm Processing of Poultry and Rabbits

Regenerative Earthworks: Working with Water in the Landscape

Vegan Made Easy

Pests and Weeds - How are you managing them? A farmers' roundtable discussion

Carpentry Life Skills

### SATURDAY 2:55-4:15PM

Rural Organizing for Sustainable Communities

Making Space for Youth: Youth Leadership Development in Food and Ag Work

Introduction to Herbal Tincturing

Growing a New Market with Microgreens

FARM TOUR: Livestock focus

## SCHEDULE AT A GLANCE

### THURSDAY DECEMBER 6

3:00-5:30	Pre-Forum session (must register separately)
6:00-9:00	Registration open
6:00-9:00	Box dinner pickup (must reserve)
8ish until?	Campfire and socializing

### FRIDAY DECEMBER 7

8:00-9:00	Breakfast
9:15-11:30	Concurrent sessions I
11:45-12:00	Welcome and announcements
12:00-1:00	Lunch
1:15-2:35	Concurrent sessions II
2:50-4:10	Concurrent sessions III
4:10-4:45	Break
4:45-6:15	Market Fair social, expo, job fair, and seed swap
6:30-7:45	Dinner
After dinner	Campfire, stargazing, socializing

### SATURDAY DECEMBER 8

8:00-9:00	Breakfast
9:15-11:40	Plenary sessions: elders panel, session on equity, ASAN year in review, review of ASAN core values
11:40-11:55	Group photo
12:00-1:00	Lunch
1:20-2:40	Concurrent sessions V
2:55-4:15	Concurrent sessions VI
5:45-7:15	Feast
After dinner	Social time

### THURSDAY 3:00-5:30PM

**GETTING ALONG: THE BASICS OF GROUP DECISION-MAKING (MUST REGISTER)** — Making choices with other people can be an unexpected challenge, whether you're trying to manage a nonprofit board, run a staff meeting, or create a democratically run cooperative. At this session we'll learn and share tools for making group decisions deliberatively, structuring effective meetings, and paying attention to power dynamics. — *Lindsey Mullen, Wild Ground*

### FRIDAY 9:15-11:30AM

**THE PERMACULTURE APPROACH TO PERENNIAL CROPS** — For many people the thought of growing food calls up images of a vegetable garden or a large field of an annual crop such as wheat or corn. But some of the highest yields for work invested come from perennial crops harvested from trees, shrubs, canes, and vines. Permaculture offers a variety of ways to work with perennials, including food forests, poly-culture orchards, and silvopasture systems, all of which make a great complement to the annual crops you probably already grow. — *Alan Booker (Eldenbridge Institute)*

**VALUE-BASED MARKETING: DIGGING DEEPER INTO THE NEEDS OF YOUR CUSTOMER** — Too often our customers are bombarded with buy now sales tactics. In order to attract the customers you want, your farm should be more than that. In this session we will discuss getting to know your customer and sharing your values with them in a way that will make them want to take part in the success of your local food business. We'll be helping each other brainstorm ways to relate to our customers and make our marketing more effective. This session is not for the beginning farmer. It is for the farm who has done some marketing in the past and seeks to improve. — *Hope Lowery (Cottonwood Farm) and Kristin Woods (Alabama Cooperative Extension, Jim's Farm)*

**FERMENTATION 101** — Come learn how to ferment with Harvest Roots Ferments! Create delicious, probiotic kraut and pickles at home with your garden or locally farmed abundance. — *Pete Halupka (Harvest Roots Ferments)*

**LEADERSHIP DEVELOPMENT INTENSIVE FOR FARMERS MARKET MANAGERS** — More detailed description coming soon!

**TOUR: MCDOWELL FARM/PROGRAMS/PROPERTY AT A GLANCE** — A general tour of the McDowell teaching farm and related facilities with an emphasis on programming and outreach. — *Andrew Shea (McDowell Farm School)*

## FRIDAY 1:15-2:35

**FARM HACKS - BUILDING OUR WAY TO SUSTAINABILITY** — Farm equipment can be expensive to buy – and not always effective! We'll cover building or modifying some farm basics like produce and wash stations, dry racks and cold storage. Have something you've built or love? Please come with your ideas, email us photos, or bring the hack itself! This will be a hands on and interactive session to share ideas on how to make equipment work for your farm. — *Billy Mitchell (National Farmers Union) and Darrell McGuire (Deep South Food Alliance)*

**OFF FARM PROCESSING – USING A PROCESSING PLANT** — Panel discussion led by a meat processor with farmers that use processors. Learn about custom, state, and USDA inspected processing. Here about how to work with your processor to ensure you get the best result. Learn about common mistakes and issues, tips for success, how a cut sheet works, and more. Processing is a partnership and is often one of the most expensive parts of raising and selling meat. Getting

the relationship right is critical if you are to be successful in your direct or wholesale livestock operation. — *Panel moderated by Matthew and Jesie Lawrence (Marble Creek Farmstead, Marble City Meats)*

**WHEN DO YOU KNOW IF YOU'RE READY FOR WHOLESAL?** — This informational panel will help you decide if you're ready to take the next step for your farm and start selling into wholesale markets. Topics include: wholesale buyer requirements, food safety standards, grading specifications, and more. You'll also listen to firsthand stories from farmers, buyers, and food hub/brokers to gain aspects into the wholesale produce industry. — *Panel moderated by Carey Martin and Natalie Bishnoi (Farm Food Collaborative, Food Bank of North Alabama)*

**SUSTAINABLE WOODLAND MANAGEMENT FOR SMALL FARMS AND LANDOWNERS** — Small woodlands are often undervalued in their potential and may assist landowners in services ranging from home wood production, forest gardening, game management, silvopasture, to potential for restoration projects and more. Learn how to assess the potential of your woodland, determine the products and services you want your forest to provide, and set management goals to get you there. We'll discuss working with the existing forest and some approaches to – and misconceptions about – sustainable forestry methods. — *Levi Brown*

**MAKE COMPOST NOT WASTE!** — Whether you are new or advanced, there are many variations to choose from: vermicomposting? 3-bin system? Bokashi style? We will discuss the how's and why's and find out what works best in your system. — *Matt Nesbitt*

**GROWING WEEDS AS FOOD CROPS: TURN WEEDING INTO PROFITS** — Clinical Herbalist Cameron Strouss will cover some stupidly easy to grow weeds that can be sold as food staples. She will cover their uses, some recipes and you will be able to try most of the plants discussed! — *Cameron Strouss (Deep Roots Apotheke & Clinic)*

**GLOBAL GROWERS: INCUBATING MULTICULTURAL SUSTAINABLE AGRICULTURE AND A THRIVING LOCAL FOOD ECOSYSTEM** — Launched in 2010 as a community farm partnership with American and East African refugees living in metro Atlanta, today Global Growers works to increase the number of food producers who create access to healthy, sustainably-grown food and to prepare farmers to be competitive

in their local market place. Integrating cultures within agricultural traditions, increasing farmable land and growers, and building markets are key areas of focus. This session will share some of the challenges and successes of its growth, as well as some "how-to" strategies for building land access, developing farmer resources, and building a multi-channel farm sales distribution enterprise with a collective of talented and under-resourced farmers. — *Susan Pavlin (Taproot, Global Growers)*

## FRIDAY 2:50-4:10

**TRADITIONAL ECOLOGICAL KNOWLEDGE APPLIED TO ALABAMA FOODWAYS** — Across the world, TEK (traditional ecological knowledge) has become a buzzword. Insight into how indigenous people have used local resources sustainably for long periods is valued more than ever, as modern research often catches up with age-old practices. This presentation features American Indian agricultural practices and foodways specific to Alabama's ecoregions. Learn how TEK can help us sustainably grow food, improve our diets, and boost self-reliance in modern Alabama. — *Sehoy Thrower*

**HYDROPONIC FARMING IN SHIPPING CONTAINERS** — This session will discuss the history of alternative agriculture, examples of urban agriculture, and the technology developed by the Shipshape Urban Farms team. The audience will also learn how to build a low cost home hydroponic system. — *Dale and Angela Speetjens (Shipshape Urban Farm)*

**FARM TRUCK 912: EXPANDING FOOD JUSTICE IN YOUR COMMUNITY** — Ever think about starting a farm truck in your community? Farm Truck 912 has been operating in Savannah, GA for three years. Learn about the evolution of Farm Truck 912, including its mission, inception, economics/costs, infrastructure, successes, challenges, and new directions the truck is being taken. — *Mark Bowen (Forsyth Farmers Market)*

**COOPERATIVE FARM MARKETING** — Laurie and Will Moore of Moore Farms and Friends, LLC in Woodland, AL have operated their Heritage Family Farm as the hub of a multi-farm cooperative marketing network since 2008. They have experimented with different business models, grower agreements and marketing opportunities over the years and will share their ups and downs and advice for planning this kind of marketing structure. This is a very interactive session so bring your questions! — *Laurie Moore (Moore Farms and Friends)*

## IMPROVING SOIL AND WATER HEALTH, FOR HEALTHY CROPS, FARMS, AND ECOSYSTEMS

— This session will open with an outdoor demonstration of soil health using a rainfall simulator, to illustrate how water absorption and retention varies with different farming methods. Participants will learn how ground cover, soil microbes, roots, and other organisms foster soil organic material that is key for a healthy soil. The second portion of the session will focus on water health. As a lapse in stewardship, we have created situations in which the very water that we use to grow healthy foods is contaminated physically, chemically, and biologically. We'll discuss best management practices for sensible water usage, water remediation (if needed) for healthy and safe crops, and best management for potential on-farm contamination of the water cycle. — Tibor Horvath (USDA-NRCS) and Raymon Shange (Tuskegee University, Carver Integrative Sustainability Center)

**WOMEN FARMERS ROUNDTABLE** — Description coming soon. — *Facilitated by Lindsey Mullen (Wild Ground)*

**PUTTING SOLAR TO WORK ON THE FARM USING PASSIVE SOLAR STRUCTURES AND OFF-GRID SOLAR PHOTOVOLTAIC** — Understand the seasonal path of the sun and apply that knowledge to orient and design buildings that stay cool in the summer and heat themselves in the winter. Learn to build stand-alone DC power solar PV systems to run fans, pumps, LED lights and charging ports by using solar PV panels, linear current boosters, charge controllers and batteries. Then if desired, add battery based inverters to power AC loads particularly in larger PV systems. — *Daryl Bergquist (Earth Steward Solar Consulting)*

## SATURDAY 1:20-2:40PM

**FREE THE LAND & FEED THE PEOPLE: COOPERATION JACKSON'S FREEDOM FARMS COOP STRUGGLE FOR FOOD-SOVEREIGNTY** — Cooperation Jackson's emerging Freedom Farms Cooperative is a part of a plan to transform our relation to the food system in ways that keeps our communities malnourished and dependent- starting from Jackson, MS, and moving out beyond. They see having control of a sustainable food production system as a key component to our communities' ability to be self-determined, well and thriving. During the course of this session, terms and concepts like Agro-ecology, Afro-ecology, and Just Transition will be discussed. Join co-anchor brandon king of Freedom Farms Coop and see how they are aim-

ing to transform our food systems and how they are connected to a deeper struggle for liberation. — *brandon king (Cooperation Jackson)*

**ON FARM PROCESSING OF POULTRY AND RABBITS** — Learn the important lessons about on farm poultry and rabbit processing from food safety, equipment, set up, process flow to regulations, labeling, and where you can and cannot sell your meat. This panel of experienced on farm processors will give good detail and answer your questions. — *Panel moderated by Matthew and Jesie Lawrence (Marble Creek Farmstead, Marble City Meats)*

**REGENERATIVE EARTHWORKS: WORKING WITH WATER IN THE LANDSCAPE** — If you don't get the water right as you design your landscape, then you will end up fighting all sorts of problems throughout the lifetime of your farm or homestead. This session will look at a variety of Permaculture tools for repairing the hydrology of a property and creating long-term water security. Concepts covered include sub-soil water storage, ponds, swales, diversion drains, berms and basins, stormwater management, and rain-water storage in tanks and cisterns. — *Alan Booker (Eldenbridge Institute)*

**VEGAN MADE EASY** — Beginner to intermediate session focusing on small transitions. Session will cover products that can be used to easily revamp your pantry/fridge with more plant-based products. We will also cover a few quick simple recipes that can help more experienced plant-based consumers freshen up their dishes. — *Adyre Mason (The Veggie)*

**PESTS AND WEEDS - HOW ARE YOU MANAGING THEM? A FARMERS' ROUNDTABLE DISCUSSION** — Was an insect really bugging you this year? Are you looking for new ways to manage pests? How 'bout weeds? This workshop is farmer-to-farmer discussion of successes and challenges for pest and weed management. Share what's worked for you. Bring your questions and find out what answers other farmers have to offer. — *Caylor Roling (EAT South)*

**CARPENTRY LIFE SKILLS** — Tips and tricks as well as a few essential elements of basic carpentry focused on helping your farm infrastructure feel stable and sturdy while getting the job done right. We will cover important design features for elevating your wood game with bat boxes, top bar beehives, and proper fence construction. Perfect for beginners or anyone looking to pick up some tricks of the trade. — *Wade Austin (WH Austin Design Build)*

## SATURDAY 2:55-4:15PM

**RURAL ORGANIZING FOR SUSTAINABLE COMMUNITIES** — Ensure your vote counts and learn how to rally support from your neighbors to effect lasting change. This session led by Hometown Action engages participants in planning effective organizing techniques to improve their geographic community and other networks. — *Kathleen Kirkpatrick (Hometown Action)*

**MAKING SPACE FOR YOUTH: YOUTH LEADERSHIP DEVELOPMENT IN FOOD AND AG WORK** — It's critical that we include youth in food and agriculture work -- as inheritors of the food system we are building, but also because they are full of ideas, experiences, and simply put, are dope people! Discuss how we, as adults, can foster an environment that supports young people's natural capabilities, ideas, experiences, and dopeness, and how we can support the youth we work with. Together, we will explore environmental factors, as well as adult privilege. — *Mark Bowen (Forsyth Farmers Market)*

**INTRODUCTION TO HERBAL TINCTURING** — Learn the basics of tincturing wild-harvested or farm grown herbs and mushrooms. We will cover both the folk and scientific method for tincturing. Extractions in alcohol, vinegar, and vegetable glycerine will be discussed along with the benefits of each type of extraction. We will talk about our family favorite tinctures to have on hand in our medicine cabinet as well as possibilities for preserving herb and mushroom crops as tinctures for resale. — *Joanna Mann (Walden Farmacy)*

**GROWING A NEW MARKET WITH MICRO-GREENS** — Want to be a farmer but don't have the large investment of land and money? Learn how to start a profitable micro-greens business with very little of either. We'll cover benefits of growing microgreens, whether you're an experienced farmer or have never farmed before. You'll learn tricks on how to forge relationships with potential buyers, use free marketing to reach your target audience, and more! — *Danica Abejon (Sweet City Micros)*

**FARM TOUR: LIVESTOCK FOCUS** — Description coming soon! — *Aubrey Gallegos (McDowell Farm School)*