



Alabama Sustainable Agriculture Network presents

FOOD & FARM FORUM

December 8-9th
Camp McDowell, Nauvoo, AL

WELCOME TO THE 2017 ASAN FOOD & FARM FORUM!

We are thrilled to host you for this exciting weekend of learning, socializing, brainstorming, and good eating! What follows are logistical and programmatic details that will help you enjoy the weekend to the fullest. Please feel free to ask an ASAN staff person or Forum volunteer at any time, if you have questions.

CHANGING PLACES: Note that certain things like registration and meals take place at different locations during the weekend. Please note the correct location for each session above. Locations for concurrent session presentations/bee-hives are listed in the chart at right, and at the end of each session description.

CHILD CARE: Child care is offered free of charge throughout the weekend, and will be headquartered at the Kremlin, just up the hill from Eppes. Note start/end times for each day, above. Caregivers, you are expected to collect your child (ren) for meals.

MEAL START TIMES: Meals in Stough Dining Hall are served from a buffet line. Meals served in Eppes Dining Hall are served family style, so please make every effort to be on time for the start of these meals.

BEEHIVES: Parts of the Forum are modeled after the folk tradition of the “bee,” in which community members come together to do shared work while socializing, learning, and celebrating. During peer-to-peer sessions designated “bee-hives,” participants are invited to crack pecans, clean garlic, sort turnip seed, and do other tasks while also enjoying productive, engaging dialogue.

MARKET FAIR AND SEED SWAP: On Friday evening before dinner, we will gather for drinks, snacks, and a market featuring Alabama artisans of food, crafts, and more... just in time for the holidays! There will also be a seed swap (and giveaway) hosted by the Sand Mountain Seed Bank and the Southern Exposure Seed Exchange. Be sure to bring seeds to share, cash, and your shopping list!

COMMON SPACES AND QUIET HOURS: Please take advantage of shared kitchens and common spaces in your lodging areas and around camp. Please share space respectfully, label anything you put in the shared fridges, clean up after yourself, and be aware of your volume level throughout the day. Especially, please respect

SCHEDULE AT A GLANCE

THURSDAY DECEMBER 7

6:00-9:00pm Registration open, *Pradat Hall*
6:00-9:00 Those who reserved box dinners may pick them up, *Pradat Hall*
8ish until? Campfire and socializing, *outside of Miss Mary's (Miller Commons)*

FRIDAY DECEMBER 8

8:00-4:00 Registration open, *Stough Lodge porch*
8:00-8:45 Breakfast, *Stough Dining Hall*
8:45-4:00 Child care, *The Kremlin*
9:00-11:15 Concurrent sessions I, *multiple locations (see right)*
11:40-12:40 Lunch, *Stough Dining Hall*
1:00-2:15 Concurrent sessions II
2:30-3:45 Concurrent sessions III
3:45-4:45 Break
3:45-7:45 Exhibits open, *Eppes Dining Hall*
4:45-6:15 “Market Fair” social, expo, and seed swap, *Eppes Dining Hall*
6:30-7:45 Dinner, *Eppes Dining Hall*
After dinner Campfire and socializing, *outside of Miss Mary's (Miller Commons)*
11pm Quiet hours

SATURDAY DECEMBER 9

8:00-4:00 Registration open, *Stough Lodge porch*
8:00-8:45 Breakfast, *Eppes Dining Hall*
8:45-5:10 Child care, *The Kremlin*
9:00-10:15 Concurrent sessions IV
10:35-11:50 Plenary: year in review & vision for 2018 & beyond, *Randall Commons*
12:10-1:10 Lunch, *Eppes Dining Hall*
1:10-2:10 Break
2:10-3:25 Concurrent sessions V
3:40-4:55 Concurrent sessions VI
5:30-7:00 Feast, *Eppes Dining Hall*
After dinner Campfire and socializing, *outside of Miss Mary's (Miller Commons)*
11pm Quiet hours

the 11pm quiet hours. Also note that you are sharing camp not only with other Forum-goers, but with several other events taking place at camp during the weekend.

HIKING TRAILS: Get outside and enjoy this beautiful place! There are some trails labeled on the back of this program, but if you have questions or want a more detailed map, ask at the Camp store.

SATURDAY MORNING PLENARY: Saturday before lunch, we will gather to review ASAN’s year of visioning, share what we heard through our “Cultivate ASAN” events, and invite you to continue visioning with us into 2018 and beyond. Thank you for your contributions and insight!

EVALUATIONS: We greatly appreciate your feedback both on the short session evaluation cards after each session, and on the full-page Forum evaluation included in your registration packet. You may drop off your completed registration form at any time at the registration desk, or give it to any session moderator.

PLEASE JOIN ASAN! ASAN is a membership-based grassroots organization, and it’s through support of our members that we are able to be ever more responsive to the needs of — and representative of the unique character of — our brilliant and dedicated membership. Please join ASAN today, or renew your membership. Forms are available at the registration table, or you can do it online at <http://asanonline.org/join-asan>.

CONCURRENT SESSIONS: WHEN, WHAT, AND WHERE

FRI 9-11:15	Wholesale Readiness	Arts & Crafts
	Practical Permaculture Solutions for Farm & Garden	Stough Meeting Room
	Grow Your Own Herbs for Medicine or Market	Randall Commons
	Organic Seed Saving Fundamentals	Pradat Hall
FRI 1:00-2:15	Soil Health for Sustainable Agriculture	Randall Commons
	Growing Winter Greens	Stough Meeting Room
	BEEHIVE – Farmers Markets	Pradat Hall
	BEEHIVE – Land ownership, land access, and land retention	Stough Living Room
	Fermentation	Arts & Crafts
	FARM TOUR: Livestock	Outside Stough Dining Hall
FRI 2:30-3:45	Environmentally-friendly Organic Approaches for Managing Critical Insect Pests of Vegetables	Stough Meeting Room
	Growing Elderberry for Health and Profit	Randall Commons
	The Fresh Stop Market Movement: a community driven approach to achieving food justice and sovereignty	Eppes Dining Hall
	Advancing Local Food Systems, Organic Agriculture and Improved Food Access through the 2018 Farm Bill	Pradat Hall
	BEEHIVE: LGBTQ Folks in Agriculture (closed session)	Stough Living Room
	Composting	Arts & Crafts
SAT 9:00-10:15	Starting Your Farm <i>Business</i>	Arts & Crafts
	Demystifying the Organic Certification Process	Pradat Hall
	Gardens that Engage: strategies for robust and effective gardens in schools and/or communities	Hall Hall
	Our Story: Cooperative Jackson	Randall Commons
	Functional Foods	Stough Meeting Room
	BEEHIVE: Grassfed beef	Stough Living Room
SAT 2:10-3:25	Native Herbs 101	Randall Commons
	Working Well with Chefs and Restaurants	Stough Meeting Room
	Meat Processing – Needs, Challenges, & Opportunities	Arts & Crafts
	BEEHIVE: People of Color in the food movement (closed session)	Pradat Hall
	FARM TOUR: General interest + educational programs & outreach	Outside Stough Dining Hall
	TOUR: Foraging	Outside Stough Dining Hall
SAT 3:40-4:55	Farmland for the Next Generation and State of America's Farmland: Farms Under Threat	Pradat Hall
	Hydroponics: History, Methods, and a Case Study	Randall Commons
	Decolonize Your Diet	Stough Meeting Room
	BEEHIVE: Farming as a Family	Arts & Crafts
	BEEHIVE: How for-profit farms and nonprofit-operated farms can work together to grow our local food economy	Hall Hall
	TOUR: Natural resources and land use	Outside Stough Dining Hall

FRIDAY 9:00-11:15

WHOLESALE READINESS — Are you considering selling produce wholesale? This session will explore the details of delivering good quality and consistency, handling, grading, food safety standards, logistics, and more with an experienced group of buyers, sellers, and supporters. — *Presenters: Lee McBride (Crotovina), Kristin Woods*

(*Food Safety Alliance*), *Darrell McGuire (Deep South Food Alliance)*, and *Leigh Houghton (The Urban Food Project)*, **Arts & Crafts**

PRACTICAL PERMACULTURE SOLUTIONS FOR FARM & GARDEN — Permaculture offers powerful design tools to address everything from growing food to producing energy to building sustainable build-

ings. This session will focus on some of the most practical design tools from Permaculture for producing nutrient-dense food in a regenerative way, whether in the backyard garden or on a broad-acre farm. — *Presenter: Alan Booker (Eldenbridge Institute), Stough Meeting Room*

GROW YOUR OWN HERBS FOR MEDICINE OR MARKET — Learn how to grow American ginseng and other plants for your personal use or as added-value crops. You'll also learn about the medicinal activity of the plants and ways to use them for yourself and your family. The session will cover American ginseng, black cohosh, false unicorn horn, goldenseal, echinacea, lavender, moringa, and turmeric. — *Presenter: Phyllis Light (Appalachian Center for Natural Health), Randall Commons*

ORGANIC SEED SAVING FUNDAMENTALS — Beginning with why seed saving matters then covering basic biology and techniques for saving organic seeds including managing pollination and isolation and basic techniques of harvesting, threshing and cleaning your seed crop. No prior seed growing experience is required. — *Presenter: Ira Wallace (Southern Exposure Seed Exchange), Pradat Hall*

FRIDAY 1:00-2:15

SOIL HEALTH FOR SUSTAINABLE AGRICULTURE — A healthy soil retains and uses available water and nutrients better than a poor soil does, and is the first line of defense against crop nutrient deficiencies, pests, and diseases. This can mean keeping crops alive in times of drought, or raising crops with fewer/without expensive inputs (fertility, pest/disease control). Learn how to understand and invest in improve your soil's health. — *Presenter: Tibor Horvath (NRCS), Randall Commons*

GROWING WINTER GREENS — Learn some of the best practices for producing greens through the fall into winter and thru till spring, with row covers, cold frames, greenhouses, and outside in the deep south. We will discuss tips for growing kale, collards, mustards, turnip greens and Asian greens, as well as lettuce and other salad greens with herbs. — *Presenter: Ira Wallace (Southern Exposure Seed Exchange), Stough Meeting Room*

FERMENTATION — Learn the history of fermentation, an overview of how and why it's done, the benefits it offers for health and food preservation, and swap ideas for recipes! — *Presenter: Lindsay Whiteaker (Harvest Roots Ferments), Arts & Crafts*

BEEHIVE: FARMERS MARKETS – Farmers markets have tremendous potential to support local farms and other local businesses, promote more (and more equitable) access to fresh healthy food, and create strong community bonds. But these things don't just happen on their own! Discuss best practices for planning, starting, managing, and evaluating the success of your farmers market; challenges and pitfalls; effective strategies for outreach, governance, volunteer management, and community engagement; and resources available to support your efforts. – *Facilitator: Sagdrina Jalal (Georgia Farmers Market Association), Pradat Hall*

BEEHIVE: LAND OWNERSHIP, LAND ACCESS, AND LAND RETENTION – A dynamic conversation around land access for rural and urban farmers, the responsibilities and challenges of land ownership, and land retention through estate planning and cooperative land trusts. – *Facilitator: M. Dominique Villanueva (Fountain Heights Farms), Stough Living Room*

TOUR: LIVESTOCK – A brief overview of the McDowell Farm School's livestock and associated systems and management for pastured poultry, laying hens, woodland hogs, dairy goats, meat rabbits and a barn cat. All designed with education and accessibility in mind. – *Tour leader: James Walawender (McDowell Farm School), Meet at Stough Dining Hall Porch*

FRIDAY 2:30-3:45

ORGANIC APPROACHES FOR MANAGING CRITICAL INSECT PESTS OF VEGETABLES – Starting with an overview of major insect pest issues commonly seen on organic vegetable farms in Alabama, this session will also cover pest management approaches including trap crops, bioinsecticides, pest exclusion systems, and biological control agents. Participants will receive new extension publications free of charge. Help is available after the session for discussing individual pest management plans. – *Presenter: Ayanava Majumdar (ACES and SARE), Stough Meeting Room*

THE FRESH STOP MARKET MOVEMENT: A COMMUNITY DRIVEN APPROACH TO FOOD JUSTICE AND SOVEREIGNTY – This session will introduce a CSA/ farmers market hybrid model and, using the seven principals of Kwanzaa as a guide, discuss how this model can support sustained revenue for farmers and equitable food access in communities. – *Presenter: Sagdrina Jalal (Georgia Farmers Market Association), Eppes Dining Hall*

GROWING ELDERBERRY FOR HEALTH AND PROFIT – Learn about the past, present and future of elderberry, “the medicine chest of the people.” Learn about the latest growing practices, and what to do with the bounty. – *Presenter: Terry Durham (River Hills Harvest Elderberry), Randall Commons*

ADVANCING LOCAL FOOD SYSTEMS, ORGANIC AG AND IMPROVED FOOD ACCESS THROUGH THE 2018 FARM BILL – The Farm Bill, which is set for renewal in 2018, has a tremendous impact on farming livelihoods, how food is grown, and what kinds of foods are grown. This in turn affects local economies, the environment, food consumers, and public health. These are some pretty good reasons to become involved in advocating for a farm bill that supports health and sustainability! Join in this session to learn more about why and how to take action. – *Presenter: Marty Mesh (Florida Organic Growers), Pradat Hall*

COMPOSTING -- This session will cover everything necessary to start or improve your own compost pile, including the materials necessary to compost, the process of making a hot pile, and the different ways to compost. – *Presenters: Antwon Dickerson, Demarcus Winborn, and Myron Pierre (West End Community Garden), Arts & Crafts*

BEEHIVE: LGBTQ FOLKS IN AGRICULTURE – Navigating and finding space in the food/ agriculture movement can be difficult and even dangerous for folks in the LGBTQ+ community, perhaps especially in the Deep South. What about our experiences and identities makes us an asset and an essential part of this movement, both in the US and in Alabama specifically? What unique perspectives do we bring? What unique challenges do we face? **(Closed group for folks who identify as LGBTQ+.)** – *Facilitator: Katie Willis, Stough Living Room*

SATURDAY 9:00-10:15

STARTING YOUR FARM BUSINESS -- Are you treating your farm like a real business? We'll talk about the basic steps you need to take to get a business started, tools that you can use to think through your business model, and what it takes to build a successful farm business. – *Presenters: Karen Wynne (Crotovina), Lindsay Whiteaker (Harvest Roots Farm), and Matthew Lawrence (Marble Creek Farmstead), Arts & Crafts*

DEMYSTIFYING THE ORGANIC CERTIFICATION PROCESS – Thinking about getting certified, but don't know where to start? Unsure if certification is right for you? Have questions about the USDA organic standards? Florida Organic Growers' Marty Mesh will succinctly explain the National Organic Program crop and livestock requirements, the certification process, and tips for filling out an application, and Margaret Ann Snow of Snow's Bend Farm will share her personal experience with the certification process. This interactive presentation is great for crop and livestock producers, ag professionals, and organic food enthusiasts. – *Presenters: Marty Mesh (Florida Organic Growers) and Margaret Ann Snow (Snow's Bend Farm), Pradat Hall*

GARDENS THAT ENGAGE: STRATEGIES FOR ROBUST AND EFFECTIVE GARDENS IN SCHOOLS AND/OR COMMUNITIES – Ever consider starting a garden at your school or in your community? Join this discussion to learn about the do's, don'ts, wins and woes of school and community gardening. – *Panel featuring WE Gardens, Jones Valley Teaching Farm, Prichard Housing garden, and Schoolyard Roots, moderated by Beth Anne Dunagan (EAT South), Hall Hall*

OUR STORY: COOPERATIVE JACKSON -- Cooperation Jackson's emerging Freedom Farms Urban Farming cooperative is part of a plan to transform our relation to the food system that keeps our communities unhealthy and disenfranchised- starting from Jackson, MS and moving out from there. Cooperation Jackson sees having control of a sustainable food production system as a key component to our communities' ability to be resilient and healthy within a socio-political system that sees us as disposable. Join the co-anchors of Freedom Farms Coop in a discussion about how they are aiming to transform our food systems and how they are connected to a deeper struggle for liberation. – *Presenters: Brandon King and Fasanya Kneice (Cooperation Jackson), Randall Commons*

FUNCTIONAL FOODS – The food we eat literally becomes our body, and even though our food is digested in the stomach and intestines, it has impacts on every one of our organs. Learn all about different foods and ingredients and how they feed different organs and organ systems, and learn to manage your diet so as to build whole-body health. – *Presenter: Yawah Awolowo (Mahalah Farms), Stough Meeting Room*

BEEHIVE: GRASSFED BEEF – Discuss challenges and opportunities in raising cattle on

pasture in Alabama, breeding, pasture management, health problems, local end-buyer marketing opportunities, and more. – *Facilitator: Collins Davis (Bluewater Creek Farm), Stough Living Room*

SATURDAY 2:10-3:25

NATIVE HERBS 101 - Learn about Native herbs that can either be easily grown or foraged to help improve your health. Participants will learn about how to use them, their effect on the body, and best remedy approach for the herbs. – *Presenter: Phyllis Light (Appalachian Center for Natural Health), Randall Commons*

WORKING WELL WITH CHEFS AND RESTAURANTS – Developing a farmer-chef relationship takes time, good communication, and sometimes luck. Hear lessons learned from years of selling to over 20 restaurants about what works and what doesn't. – *Presenter: David Snow (Snow's Bend Farm), Stough Meeting Room*

MEAT PROCESSING: NEEDS, CHALLENGES, & OPPORTUNITIES – Meat processing is a constant challenge for small scale producers. Discuss what's new, what's working, and next steps to build a better processing infrastructure for the state and region. – *Presenters: Karen Wynne (Crotovina) and Matthew and Jesie Lawrence (Marble Creek Farmstead), Arts & Crafts*

BEEHIVE: PEOPLE OF COLOR IN THE FOOD MOVEMENT – The work of People of Color within the food movement is deep and plentiful. Yet too often our work and voices go ignored, under-represented, or co-opted by others. Join us for an intimate conversation focused on building solidarity, maintaining your identity, food sovereignty, and creative resistance. **(Closed group for folks who identify as people of color.)** – *Facilitator: M. Dominique Villanueva (Fountain Heights Farms), Pradat Hall*

TOUR: FORAGING -- Once a necessity for folks in this part of the country, the use of present, available flora, fauna and fungi is a time-honored folk tradition that modern people are increasingly disconnected from. Tour participants will explore and forage the surrounding fields and forest to discover the folkways of the so-called "free state of Winston county." – *Tour leader: Andrew Shea (McDowell Farm School), Meet at Stough Dining Hall Porch*

TOUR: GENERAL INTEREST + EDUCATIONAL PROGRAMS AND OUTREACH - A general tour of the McDowell teaching farm and related facilities with an emphasis on programming and outreach. – *Tour leader: Kelsey Evans (McDowell Farm School), Meet at Stough Dining Hall Porch*

SATURDAY 3:40-4:45

FARMLAND FOR THE NEXT GENERATION & STATE OF AMERICA'S FARMLAND: FARMS UNDER THREAT - This session will discuss to of the American Farmland Trust's programs, which (1) help beginning farmers and ranchers secure land from retiring farmers and ranchers as well as institutional and non-operating landowners, and (2) harness advanced spatial analyses and the most accurate data available to understand past land use changes since 1982, assess a range of future threats to America's agricultural lands to 2040 and recommend effective policies that help conserve farmland. – *Presenter: Billy Van Pelt (American Farmland Trust), Pradat Hall*

HYDROPONICS: HISTORY, METHODS, AND A CASE STUDY -- The session will focus on the history of alternative agricultural methods, and the basics of hydroponics including several methods of production. The discussion will end with an example of a system Angela built during college. – *Presenters: Dale and Angela Speetjens (Shipshape Urban Farms), Randall Commons*

DECOLONIZE YOUR DIET – Discuss what it means to "decolonize" your diet as an individual consumer or grower. Learn examples of native vegetation that can be substituted for common crops. Learn about foodways that were refined for thousands of years in our ecoregion and beyond. We'll discuss how indigenous ingenuity can be applied to modern practices to improve pest issues, ecological services, soil fertility, and more. – *Presenter: Sehoj Thrower (Poarch Band of Creek Indians), Stough Meeting Room*

BEEHIVE: FARMING AS A FAMILY - The dynamics of a family farm can really shift once children show up on the scene. Share personal experiences, perspectives, and creative solutions to balancing the responsibilities of farm and family. – *Facilitator: Margaret Ann Snow (Snow's Bend Farm), Arts & Crafts*

BEEHIVE: BETTER TOGETHER: HOW FOR-PROFIT FARMS AND NONPROFIT-OPERATED FARMS CAN WORK TOGETHER TO GROW OUR LOCAL FOOD ECONOMY -- Just about every region of our state has a nonprofit organization focused on food and farming, and many manage gardens or farms. How are these nonprofit groups connecting to local farmers? What do farmers think about nonprofit organizations running farms in their community? Are there ways we could all work together better to grow and promote more local food? Bring your ideas and participate in this discussion. – *Facilitator: Caylor Roling (E.A.T. South), Hall Hall*

TOUR: NATURAL RESOURCES AND LAND USE -- An overview of the scope and management of Camp McDowell's 1100+ acre property and use of its resources. Special attention will be on curbing waste streams, recycling facilities, and our efforts related to solar, hydro-electricity and geo-thermal. Also featuring Camp's electric jeep and bicycle collection. – *Tour leader: Andrew Shea (McDowell Farm School), Meet at Stough Dining Hall Porch*



SAVING FARMS FOR THE FUTURE

American Farmland Trust has led the fight to save family farms for over 35 years. Today, we remain the nation's leading advocate for family farmers and the farmland that provides our communities with clean water, air and fresh local food.

Join us in our mission to protect America's family farms. Visit us online at farmland.org/SouthernFarm to get your FREE No Farms No Food® car magnet today.



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Potential realized.

As part of a shared set of values and practices, EBSCO businesses focus on Continuous Improvement to better our team members and our businesses. We are thankful for organizations that share our same commitment, striving to improve our communities.

We are honored to support Alabama Sustainable Agriculture Network.



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