



The Alabama Sustainable
Agriculture Network (ASAN)
presents the

•2020•
**FOOD
AND
FARM**
**FORUM & Youth
Food and
Farm Forum**

Dec 3-13, 2020

Welcome to the Forum!

Dear friend,

What a year it has been. The Forum is always a space at the end of the year to gather together, celebrate our wins, reflect on our struggles, learn and grow together, and heal and recharge ourselves for the year ahead. And just as events of 2020 have made us need and want such a space all the more, COVID has also forced us to completely reimagine how we create it.

Our staff and Forum planning committee have been HARD at work since the spring, pulling this event together — we are so thrilled and honored to welcome you as you become part of it.

Please review the information on these first two pages, to help you make the most of what the Forum has to offer.

Many thanks,
The ASAN staff, board, and Forum planning committee

PROGRAM OVERVIEW AND EXPECTATIONS:

The Forum this year features 24 sessions spread out over the course of 12 days. We know there are a lot of demands on everyone's time right now. Our hope is simply that you will participate in as much of the Forum as you can; that may be one session or all 24!

ACCESSING THE SESSIONS: All sessions will take place on Zoom, and all have different access information / meeting IDs. When you register online you will receive a confirmation email from Eventbrite with your tickets, and shortly afterward you should receive another email from a program called Sched. (Sched is what we are using to organize the Forum schedule and Zoom links.) **Follow the link in the Sched email to set up an account for yourself — be sure to save your username and password!** Once your Sched account is set up, you will have the option to select the Forum sessions you will attend and sync them with your calendar app (Google Calendar, Outlook and iCal) — this is not required. Otherwise, you are all ready for Forum! **When Forum begins, go to <http://asanforum2020.sched.com> and login to your account.** There, you will be able to access all the session login info.

ACCESSIBILITY: We want this year's virtual Forum to be as fun and accessible as possible, especially as we all adapt to new technology.

- **ZOOM 101 ORIENTATION** — See page 4!
- **VIRTUAL HELPDESK:** Having trouble connecting to Zoom? Not sure how to navigate the schedule? We're here to help! If at any point you run into technical difficulty while trying to join a session, please fill out this brief form with your name and phone number and one of our Virtual Help Desk volunteers will call to help. Help desk volunteers are available just before and at the beginning of each session. Should you need support outside of these times, please email info@asanonline.org.
- **CLOSED CAPTIONING:** For folks who are hard of hearing, neurodivergent, or just prefer it, subtitles will be available for every single session at the Forum. There is a button in the zoom menu to toggle closed captions on/off. Ask the helpdesk if you need help!

COMMUNITY AGREEMENTS

ASAN and the Forum aim to create *community*. Even though that community is coming together online this year, still, in order for it to be a reflection of our deepest values and best selves, we must adhere to some shared agreements about HOW we come together and how we engage. Below are the agreements that guide and govern the space we are all creating and holding, together.

Be present and engaged

- Take full advantage of this opportunity to be together, even if it virtual! Be active in the chat, connect with folks after the session, etc.
- As much as possible, be present with your video on, and give the session your full attention. (That said, see below.)

Take care: of yourself and one another

- COVID has us (even more so than normal) wearing many hats and stretching ourselves in many directions. We understand if you need to multi-task, caregive, cook a meal, wrangle the kids, etc. Do what you can, and do what you need to take care of your needs!
- Practice patience as care - the virtual Forum is a brave new world for all of us, so please extend patience to yourself, your fellow attendees, and the hardworking ASAN team who is working tirelessly behind the scenes!

Lean into discomfort

- Meet new people, try on new ideas, and do your best to attend at least one session outside your comfort zone / wheelhouse

Move up move up!

- If you are a person who tends to talk more / dominate a group, you are invited to move up your listening.
- If you are a person who tends to observe, you are invited to move up your sharing.

Be slow and spacious in your thoughts and words

- Embrace "yes, and..." rather than "yes, but." Make room for multiple truths and multiple perspectives.
- Listen to understand ... not just to respond or to challenge.

Acknowledge intention / address impact

- We hope and will assume that we all have good intentions...
- ... and we invite one another to name harm when it occurs, so that it can be addressed (one on one, or in a group setting).

Have fun! Learn something! Enjoy one another!

PRONOUNS: We will invite you to display your pronouns alongside your name, in Zoom. (We'll show you how!) It is not required. For those who are unfamiliar, your pronouns are the words people use to refer to you when they don't use your name. You might use she/her, or he/him, or they/them — or a combination, or other pronouns entirely. Sharing pronouns is a way of allowing everyone to define for themselves, how they want to be recognized in a group.

SCHEDULE AT A GLANCE

Weds 12/2	3:00-4:00	Zoom 101 Orientation
Thu 12/3	6:00-8:00pm	Campfire 1 - "We've Already Survived the Apocalypse": Resilience Lessons for These Times
Fri 12/4	11:30-1:00pm	Adaptation and resilience during and after COVID
Sat 12/5	10:00-11:00am	Community Unwind
Sat 12/5	12:00-1:30pm	Social Media 101 for Farmers and Small Businesses
Sat 12/5	2:00-3:30pm	The Nuts and Bolts of Starting and Running a Co-op
Sat 12/5	5:00-6:30PM	*Youth Campfire: Neighbors, Farmers, and Mutual Aid
Sun 12/6	1:00-2:30pm	Seed Saving Why and How
Sun 12/6	3:00-4:30pm	Show & Tell: Tools and Equipment
Mon 12/7	11:00am-1:00pm	"So You Think You Want To Grow Hemp" Now What?
Mon 12/7	2:00-3:30pm	Water Works: Irrigation & Water Conservation Systems
Mon 12/7	7:00-8:00pm	*Youth Session 1: Talk and Chew: A Discussion on Food Justice and Healthy Cooking
Tue 12/8	12:00-1:00pm	Community Potluck
Tue 12/8	6:00-8:00pm	Campfire 2 - "Nobody's Free Til Everybody's Free": Investing in Racial Justice for Sustainable Food Futures
Wed 12/9	11:00am-1:00pm	Starting a New Fruit Orchard
Wed 12/9	6:00-7:30pm	**LGBTQIA+ Huddle
Thu 12/10	2:00-4:00pm	Black Land Matters
Thurs 12/10	7:00-8:00pm	*Youth Session 2: Beginning Biointensive Agriculture - The Trench Method
Fri 12/11	2:00-4:00pm	Connecting Farms to the Community: Community Supported Agriculture (CSAs) and other ways to build direct farmer/consumer relationships
Fri 12/11	6:00-7:30pm	**BIPOC (Black, Indigenous, and other People of Color) Huddle
Sat 12/12	2:00-3:30pm	Farmer Roundtable: Growing Your Own Animal Feed
Sat 12/12	4:00-5:00pm	**Youth Clubhouse
Sat 12/12	7:30-9:00pm	Community Celebration: Social Hour & Dance Party
Sun 12/13	2:00-4:00pm	Campfire 3 - Building the World We Want

All times in CST.

* These sessions are organized by and for youth but are open to any and all attendees willing to respect youth-centric space.

** These sessions are closed to only people who hold certain identities (LGBTQIA+ folks / Black, Indigenous, and other People of Color / and Youth 14-24, respectively). More details on this on page 4.

Using the pronouns that people share for themselves — especially for people who may be trans, nonbinary, or genderqueer — respects people's identity and honors their wholeness as a member of this community. If it doesn't feel important to you, it's probably because you've never struggled to have that wholeness respected in this way.

PRIVACY AND MEDIA SHARING: Many sessions will be livestreamed on ASAN's Facebook page, and we will also periodically be taking screenshots of the sessions, for promotional purposes. Feel free to adjust your Zoom name display if you do not want your full name displayed, and/or to turn off your video if you are uncomfortable with your face appearing in these photos/livestreams.

SEED SWAP: ASAN's annual seed swap is back again for 2020! The Sand Mountain Seed Bank is generously offering 14 varieties of native seeds to share with ASAN's Forum family. To participate, go to <https://bit.ly/asanseedswap> (case sensitive) and complete the form. We'll send you your seed packs after the Forum. Max 3 varieties - first come, first serve!

ASAN CORE BELIEFS

ASAN's vision is of a resilient agricultural system in Alabama. We define that in the following ways, and we review and revise these statements regularly (as needed) as a network.

- A resilient agricultural system is **ecologically regenerative**. In order to flourish, our agriculture should replenish the soil, protect the air and watershed, and enhance the ecosystem. We must understand ourselves to be humble participants in an interdependent ecological community.
- A resilient agricultural system **centers around those who work the land**; for an agricultural system to thrive, farmers and farmworkers must be able to sustain themselves economically and socially.
- A resilient agricultural system is **just**. Inequity and exploitation in any form, from producer to consumer, are threats to sustainability. All laborers within the food system must be justly compensated and treated with dignity. The historic and modern racism and sexism that pervades current agricultural institutions and practices must be specifically addressed.
- A resilient agricultural system is **intergenerational**. Agricultural knowledge and wisdom inherited from our elders and ancestors should be maintained and celebrated. The system we sustain and work for should be worthy of our children and youth, who should be engaged and invited to participate in growing, harvesting, and consuming healthy foods.
- A resilient agricultural system is **rooted in community**. A network of strong, personal, place-based connections between/among members of the entire food system stabilizes and drives a thriving agricultural system.

Forum Sessions

All session times are in CST. All Zoom call-in info is saved in the virtual program in Sched. (For instructions see page 2.)

TYPES OF SESSIONS:

- **Campfire sessions** – these three full-network, big-picture gathering spaces are meant to grow our shared understanding of the work before us as a movement, the legacies we've inherited, and the vision we have for a just, sustainable, resilient future. These sessions set the tone and mark the trajectory for the series as a whole, similar to a plenary or main-stage speaker/panel at a conference.
- **"Hands-on" skillshare sessions** – panels, roundtables, demos, and more, on a wide variety of practical skills related to farming and food systems
- **Caucus spaces** – these three sessions (for LGBTQIA+ people; BIPOC (Black, Indigenous, and other People of Color) people; and young people ages 14-24) are open only to those who identify with those

respective groups. ASAN is a broad-based and extremely diverse network. We employ closed spaces like these to enable conversations, community-building, and work that is not possible in a mixed-identity group; folks leave closed spaces like these, better able to participate fully and be heard when they re-enter the full-network space. For more on caucus/affinity groups you can visit <https://www.racialequitytools.org/act/strategies/caucus-affinity-groups> — this site is specific to racial affinity groups but can be applied to other types as well.

- **Social Time** – just what it says! The in-person Forum is so much more than the sessions, it's family-style meals and late-nights by the fire and full of friends new and old. These spaces aim to recreate some of this unique and cherished vibe.
- **Youth Forum** – these sessions are organized and led by our Youth Council! The Youth Clubhouse is open to youth only (14-24); all other Youth Forum sessions are open to any and all attendees willing to respect youth-centric space.

WEDS 12/2 3:00-4:00PM

ZOOM 101 ORIENTATION – Are you new to Zoom? We're here to help! We want everyone to have a great Forum experience and ensure that technology doesn't get in the way of our learning and connecting. If you need help learning how to use Zoom, please join us for a Zoom orientation on Wednesday December 2nd at 3pm CT. If you need help joining the Zoom orientation, please send a message to our Virtual Help Desk and someone will call you to help get you logged on.

will draw on the wisdom of individuals who can speak to moments in their own lives, and/or in their ancestors' lives -- in the lives of those whose legacies they carry on -- when they warded off what could have been the end. — *Sehoy Thrower (Poarch Band of Creek Indians / ASAN Board), Mr George Paris, Scott Marlow (Long Rows Consulting), Mayra Rangel. Moderator: Jasmine Ratliff (Ellis Marsalis Center / National Black Food and Justice Alliance / ASAN Board).* **CAMPFIRE**

breathing, made your shoulders clench, your jaw lock? Our bodies have been helping us cope with this year, let's take some time to give them some love. We will be breathing into a guided meditation to help better feel (and relax) into our bodies, and practicing tools to help calm us in times of stress. This session is open (and aims to be accessible to!) anyone--regardless of experience or familiarity with mindfulness or mediation. **SOCIAL**

THURS 12/3 6:00-8:00PM

CAMPFIRE 1 - "WE'VE ALREADY SURVIVED THE APOCALYPSE": RESILIENCE LESSONS FOR THESE TIMES – 2020 has felt apocalyptic for many, in many ways. COVID has caused previously unimaginable illness, death, and interruption to everyday life, in ways we can't yet begin to fully account for. Climate change continues to ravage in ever-stronger ways, through fires, floods, disease and more -- hitting poor communities and communities of color the hardest. The racism and classism baked so deeply into our culture continue to show themselves in ever-more-flagrant ways. And yet -- we are a deeply-rooted and deeply resilient people. We descend, genetically and spiritually/ideologically, from people and communities who have endured, from people who know how to thrive in community and on the land. How can we tap into that resilience right now, and instead of feeling overwhelmed and under-resourced, instead feel grounded and ready? This "campfire" panel

FRI 12/4 11:30AM-1:00PM

ADAPTATION AND RESILIENCE DURING AND AFTER COVID – The COVID pandemic isn't over, but the end of the growing season gives us a welcome moment to pause and take stock. We'll ask our panel, and those in attendance: What weaknesses has this pandemic exposed, in our farms and food system? What lessons have we learned, and how have we adapted? Moving forward, how can we adapt and innovate so as to not only weather the COVID storm, but to build towards the safer, more equitable, and more resilient food system we need and want? — *Matthew Lawrence (Marble Creek Farmstead), Andrew Williams (Deep South Food Alliance / TUCCA), Natalie Bishnoi (Farm Food Collaborative), Brennan Washington (SSARE / Phoenix Gardens). Moderator: Olivia Cleveland (This Mountain Farm).* **SKILLSHARE**

SAT 12/5 12:00-1:30PM

SOCIAL MEDIA 101 FOR FARMERS AND SMALL BUSINESSES — Social media is a dynamic storytelling tool, and almost indispensable to any small business owner in this modern age. Engaging with your community is essential, and telling your story effectively is one of the best ways to support your marketing efforts. On this panel, you'll hear farmers from across the state explain their journeys and relationships with social media, and learn how to harness the basics for your business needs. — *Briar Blakley (Federation of Southern Cooperatives), Chris Joe (The Joe's Black Angus Farm), Charlie Griffin (Hepzibah Farms). Co-moderators: Hannah Music (ASAN Youth Council / LCCTC FFA Chapter), Olivia Cleveland (This Mountain Farm / ASAN).* **SKILLSHARE**

SAT 12/5 2:00-3:30PM

THE NUTS AND BOLTS OF STARTING AND RUNNING A CO-OP — As with any business, cooperatives are guided by principles and practices that guide their operation and benefit to their member-owners. This workshop session will

SAT 12/5 10:00-11:00AM

COMMUNITY UNWIND — Whew! How many times has this hectic year made you stop

Want to learn more about practices to improve profitability, stewardship and quality of life?

Sign up for Common Ground, our free monthly newsletter, to learn more and gain access to hundreds of free educational resources on our website!



southern.sare.org/join-our-mailing-list



Supporting the Family Farm and Promoting Sustainable Agriculture
Through Competitive Grants and Educational Opportunities

discuss how cooperatives differ from other types of businesses; benefits to members; and the steps to start-up, including legal documents and other requirements that will ensure that they remain viable enterprises. — Pamela Madzima (*Federation of Southern Cooperatives / LAF*). **SKILLSHARE**

SAT 12/5 5:00-6:30PM

YOUTH CAMPFIRE: NEIGHBORS, FARMERS, AND MUTUAL AID — Featuring organizers from the Dynamite Hill Community Land Trust, Birmingham Mutual Aid, the Birmingham Free Store, and NOLA Community Fridges, this panel will discuss the values and principles of mutual aid as well as the steps these organizers took to make their projects possible. Learn how this model of “neighbors helping neighbors” is unique from other forms of community work and get inspired to take action back home. *This session is organized by and for youth but is open to any and all attendees willing to respect youth-centric space.* — Lilith Stubsten (*Birmingham Free Store*), Majadi Baruti (*Dynamite Hill-Smithfield Community Land Trust*), Penny (*Birmingham Mutual Aid*), and a representative from Nola Community Fridges. **CAMPFIRE, YOUTH FORUM**

SUN 12/6 1:00-2:30PM

SEED SAVING WHY AND HOW — In this session, you'll learn seed keeping basics so that you can grow your favorite plants from year to year, without reaching for the seed catalog. Guided by video demos and knowledge from Charlotte and Dove from the Sand Mountain Seed Bank, you'll see the full process from knowing when to harvest, to drying and preserving good quality seeds. We'll go over appropriate methods (wet or dry) for saving beans/legumes, squash, melons, and tomatoes. We'll also discuss the vital importance of seed saving and the unique challenges we face in our region. Bring your questions big and small! Don't forget to join for the online seed swap where we'll be swapping heirloom seeds- pass it on! — Dove Stackhouse (*Whirlwind Farms / Sand Mountain Seed Bank*) and Charlotte Hagood (*Sand Mountain Seed Bank*). **SKILLSHARE**

SUN 12/6 3:00-4:30PM

SHOW & TELL: TOOLS AND EQUIPMENT — Learn from your fellow farmers and producers about their favorite tools and maybe share a tool of your own! In this session, we'll swap tips about our trusty tools and equipment which have gotten the job done, again

and again. Between a round table of presenters, we'll cover human powered tools like the hoe and scythe and the basics of small two-stroke engine care, and that's just the beginning! Buckle up for preferences, demos, unconventional uses, care tips, and discussion-paying tribute to tools, big and small. Sign up to share about your favorite tool- first come first serve, text Charlotte at 615.812.8580! — Moderated by Charlotte Pate (*ASAN*). **SKILLSHARE**

MON 12/7 11AM-1PM

"SO YOU THINK YOU WANT TO GROW HEMP" NOW WHAT? — Learn what it takes to get into the hemp growing business. Learn the many options for growing and using hemp for medicine, food and industrial uses. Learn about pest management and other important aspects of the production side. We'll also discuss legal aspects and the risks involved. — Benjamin Bramlett (*Sustainable CBD LLC*), Katelyn Kesheimer (*Auburn University*), Sedrick Rowe (*Rowe Organic Farm LLC*), Coleman Beale (*Bastcore*), Scheril Murray Powell Esq (*Black Farmers and Agriculturalists of Florida / Green Sustainable Strong, LLC / Cana Headhunters*) Matthan Ibidapo (*Cannabis South*). Moderator: Russell Bean (*Tuskegee University*). **SKILLSHARE**

MON 12/7 2:00-3:30PM

WATER WORKS: IRRIGATION & WATER CONSERVATION SYSTEMS — Learn new ways to catch, store or distribute water for food production, in this round table discussion. Farmer panelists and attendees will share about their irrigation and water conservation systems such as drip irrigation, overhead irrigation, hardscaping and permaculture earthworks including berms and swales, and more. We'll cover not only creating these systems, but also troubleshooting and maintaining them, and will have plenty of space for attendees to share their own models/ systems, challenges, and questions. — Moderated by Christopher Gooden (*Fountain Heights Farm*) **SKILLSHARE**

MON 12/7 7:00-8:00PM

YOUTH SESSION 1: TALK AND CHEW: A DISCUSSION ON FOOD JUSTICE AND HEALTHY COOKING — Take advantage of the opportunity to introduce yourself to the concept of “food justice” while learning about healthy and affordable recipes, with three of ASAN's Youth Council members. We will start off discussing what “food justice” means to us and looks like in our lives, then move to our

demonstration of low-cost, good-for-you food, including: Caesar salad with portobello mushrooms, and bruschetta with mozzarella. We will provide recipes for the food shown as well as have time for Q&A. *This session is organized by and for youth but is open to any and all attendees willing to respect youth-centric space.* — Laila Sears (*ASAN Youth Council, Woodlawn High School Ambassador, eMotion Therapy*), Ella Nichols (*ASAN Youth Council*) and Matthew Speros (*ASAN Youth Council*). **SKILLSHARE, YOUTH FORUM**

TUES 12/8 12:00-1:00PM

COMMUNITY POTLUCK — Sharing meals at the Forum has been an integral part of strengthening our community's bond. Conversations about sessions, the place you're from, and the work you do evolves between attendees over meals using ingredients provided by our farmers. We felt it was important to continue that tradition virtually. Whether your meal is traditional, familial, has place-based ties, prepared with your own ingredients, or leftovers from your fridge please share your meal and story in community. **SOCIAL**

TUES 12/8 6:00-8:00PM

CAMPFIRE 2 - "NOBODY'S FREE TIL EVERYBODY'S FREE": INVESTING IN RACIAL JUSTICE FOR SUSTAINABLE FOOD FUTURES — Race-based oppression is foundational to our food system, past and present, and is a wound we all carry, though in very different ways -- and yet, we can only heal what we are first able to name and understand. In order to build a more just and resilient food system, we must first unpack how the intersections of race and space have influenced our ability to nourish ourselves, our families, and the communities we inhabit. This "campfire" session brings together an intergenerational, multi-racial panel of Southerners who have devoted their lives to cultivating communities with more aliveness and more self-determination. We will share stories and deepen analysis of how our food system both impoverishes and enriches us, collectively. Our aim is to learn from these legacies, repair and shed what no longer serves us, and remember and reimagine what it will take to shape our shared future on the land. — Hollis Watkins, Suzanne Pharr (*National Council of Elders & Southern Movement Assembly*), Magaly Licoli (*Venceremos*), Ramsey Sprague. Moderator: Alsie Parks (*SAAFON*). **CAMPFIRE**

WEDS 12/9 11:00AM-1:00PM

STARTING A NEW FRUIT ORCHARD — Looking to start or expand your own orchard? Join Larry Stephenson from Southern Cultured Orchards & Nursery for a comprehensive workshop on fruit tree production. Larry will walk you through the steps, tools, and materials he's currently using to prepare a new orchard, and he'll cover key topics such as soil types, amendments, fertilizers, layout, mulches, cover crops, and planting. There will also be a Q&A for you to bring your questions about growing your own fruit trees. — *Larry Stephenson (Southern Cultured Orchards & Nursery)*. **SKILLSHARE**

WEDS 12/9 6:00-7:30PM

LGBTQIA+ HUDDLE — Calling all Queer folks! We need some "us" time where our identities are not only respected, but celebrated. This huddle hopes to be a space of respite, to ground in our bodies, process the year, and vision ways ASAN can support our queer base through the burgeoning Justice Committee-- because we deserve a future where our whole selves are celebrated every single day. *This session is only open to those who identify Queer / LGBTQIA.* **SOCIAL, CAUCUS**

THURS 12/10 2:00-4:00PM

BLACK LAND MATTERS — Five individual White landowners in America own more rural land than all of Black America combined. Systematic discrimination that has plagued Black America for centuries is reflected in the restrictions, threats, and erosions of Black land ownership. So, if we are to build a just, equitable, and sustainable food system, the issue of Black land must be central. This session will highlight the history, challenges, and success strategies around Black land access and retention, explore the cultural implications of land ownership, and explore ways Black folks are healing and reclaiming our relationship with land and land stewardship. — *Panel: Jerry Pennick (Federation of Southern Cooperatives), Dr Robert Zabawa (Tuskegee University), Charice Starr, Rev Majadi Baruti (Dynamite Hill Smithfield Community Land Trust)*. *Moderator: Dr Kara Woods (Tuskegee University)*. **SKILLSHARE**

THURS 12/10 7:00-8:00PM

YOUTH SESSION 2: BEGINNING BIOINTENSIVE AGRICULTURE - THE TRENCH METHOD — More and more young people are returning to the tradition of growing food for themselves, their families, and their communities.

Yet one major obstacle stands in their way: land access. Join Youth Council member Ontrel Tate as he introduces biointensive agriculture as a solution to that obstacle. Ontrel will discuss how biointensive agriculture lets you grow more in less space and dive deep into the trench method for preparing your first biointensive garden beds. *This session is organized by and for youth but is open to any and all attendees willing to respect youth-centric space.* — *Ontrel Tate (ASAN Youth Council)*. **SKILLSHARE, YOUTH FORUM**

FRI 12/11 2:00-4:00PM

CONNECTING FARMS TO THE COMMUNITY: COMMUNITY SUPPORTED AGRICULTURE (CSAS) AND OTHER WAYS TO BUILD DIRECT FARMER/CONSUMER RELATIONSHIPS — Direct-to-consumer sales, and especially farm subscription arrangements, have immense benefits for farmers, including maximizing profit margins, increasing farmer cash flow early in the season, and facilitating consumer feedback, consumer education, and community-building. During COVID, we've seen a boom in CSA (Community Supported Agriculture) programs, online farm storefronts, home delivery, and more. This session will feature farmers who sell directly to consumers in a variety of ways, using a variety of tools; we'll lay out the nuts and bolts and the



**HEALTHY.
SOUTHERN. COOKING.**

Blue Cross and Blue Shield of Alabama is committed to improving the lives of Alabamians with tools and programs that can help you prevent and manage conditions like diabetes. That way, you can stay healthy and southern.



BlueCross BlueShield of Alabama

We cover what matters.

AlabamaBlue.com/WhatMatters

pros and cons of each. — *Rachel Hawkins (Kith & Kin CSA / Hawkins Homestead Farm), Brennan Washington (Southern SARE / Phoenix Gardens), Dominique Villanueva (Fountain Heights Farm / #wealleat Cooperative).* *Moderator: Caylor Roling (EAT South).* **SKILLSHARE**

using by-products like spent brewers grain, raising mealworms and black soldier flies, and more. This session will offer an opportunity for you to share with and learn from fellow farmers. The discussion will be participant-led and facilitated by Aubrey Gallegos (McDowell Farm School / ASAN Board). **SKILLSHARE**

SUN 12/13 2:00-4:00PM

CAMPFIRE 3—THE SOLIDARITY ECONOMY: BUILDING THE WORLD WE WANT — In these times it feels like the world is crumbling around us and there's little we can do to stop it and move forward. But there is a foundation of solidarity, cooperation, and mutual aid that has been at the core of our communities for generations; and in these times we must lean on that foundation so that it can help guide our next steps. Cooperatives, bartering, community farms, land trusts, and community financing and support systems are a critical piece of our resistance and survival. Join this session to learn about & share the systems of solidarity that have - and continue to - help build the world we want to see -- one based on cooperation, respect for our earth and each other, and mutual aid. We'll learn about examples of global solidarity economy systems and models; discuss Alabama-based community land trusts, peoples budgets, and mutual aid support; and share our visions for Alabama's future. — Shavaun Evans, Nina Morgan, sav miles (ASAN :) Community Protectors Project, STAY Project, Race Against Injustice Gadsden) **CAMPFIRE**

FRI 12/11 6:00-7:30PM

BIPOC (BLACK, INDIGENOUS, AND OTHER PEOPLE OF COLOR) HUDDLE — As BIPOC folks, this year, and every year living with unrelenting racial violence, has been exhausting; we need spaces and places to rest and restore. This huddle hopes to be one of those spaces. We will spend time grounding in our bodies, processing this year, and visioning around ways ASAN can support BIPOC members through the burgeoning Justice Committee. *This session is only open to those who identify as Black, Indigenous or a Person of Color.* **SOCIAL, CAUCUS**

SAT 12/12 4:00-5:00PM

YOUTH CLUBHOUSE — Join us in this youth-only (14-24) social space to connect and kick back with other young folks in ASAN's network. Meet a potential pen pal from across the state or find a new nearby friend. This session will be designed and facilitated by ASAN's Youth Council. **SOCIAL, YOUTH FORUM, CAUCUS**

SAT 12/12 7:30-9:00PM

COMMUNITY CELEBRATION: SOCIAL HOUR & DANCE PARTY — Help us close out a successful Food and Farm Forum with this community celebration. Connect with other attendees through a "speed friending" activity and meet the wonderful folks who make ASAN's network so strong. Next, dance to your heart's content at our virtual dance party, featuring our very own DJ! We'll see you there! **SOCIAL**

SAT 12/12 2:00-3:30PM

FARMER ROUNDTABLE: GROWING YOUR OWN ANIMAL FEED — Join us for a peer-to-peer share on the subject of growing your own feed, or supplementary feed, for livestock/poultry. Topics covered may include: growing grain for feed, determining feed mix ratios,

**Thank you for your work
to keep Alabama growing.**



EBSco INDUSTRIES

Session Leader Bios

(ALPHABETICAL BY LAST NAME)

Penny is a garden piddler, resource collector and community enthusiast who has been active in food based mutual aid for 15 years. Her first tickle of direct action involving food happened through food not bombs and she's never looked back. She currently participates in Birmingham Mutual Aid, which operates out of Big Feelings Queer Collective, an intentional community in Birmingham.

Majadi Baruti — Having experienced the precarity of hunger as a young boy, yet having been raised by a mother who taught sharing with family and community as a basic ethic, Majadi grew up in Chicago and was raised to believe in the power of cooperative work and mutual aid, particularly with moving our communities towards Food Sovereignty.

Coleman Beale is the CEO of Bastcore, and is also a co-founder and original seed investor. Coleman has over 15 years experience in the finance industry, in various disciplines including corporate and commercial banking, investment banking, fixed income securities, correspondent banking and payments. Coleman was the CFO of a high growth venture capital backed payments company, and also founded a privately-held

eyewear company. He is a graduate of the University of Alabama with a BS in Finance.

Russell Bean is a Resource Specialist for Small Farm, Agriculture and Environment with Tuskegee University. He is an award-winning farming expert. He was named 2016 Lloyd Wright Small Farmer and 2017 Small Farmers of the Year by Alabama NRCS. He has been featured in several top magazines, newspapers and television stations. He operates an 88 acres S & B Farm in Eufaula, AL.

Natalie Bishnoi — Farm Food Collaborative Co-Manager Natalie Bishnoi is an Alabama native with a passion for local food. Her work includes assisting farmers with breaking through wholesale market barriers, creating marketing materials, and coordinating sales and delivery logistics, so that farms throughout North and Central Alabama can sell to school districts, early care and education sites, college cafeterias, restaurants, and grocery stores.

Briar Blakley has in recent years worked as a music artist, millennial activist, and the Communications and Outreach Specialist for The Federation of Southern Cooperatives/ Land Assistance Fund. She recently began her search for understanding of the challenges of black land loss, food sovereignty, and sustainability that unfolds

in her series of articles "A Millennial's Return to the Land".

Ben Bramlett is operations manager at Sustainable CBD, a vertically integrated hemp and medicinal plant producer in Salem, AL. A 2018 summa cum laude graduate of Auburn University's fruit and vegetable production program, he has since gained experience in high tunnel vegetable, hemp, turmeric and ginger production, and trained in medicinal plant extraction and product formulation. His overall career focus is sustainable agriculture systems and plants as a means of increasing human health and wellbeing.

Olivia Cleveland originally hails from middle Tennessee, and moved to Northeast Alabama after spending 5 years in Chattanooga. She has degrees in business administration, marketing, herbalism, and dietary supplemental science. Olivia currently lives in Dekalb County on 5.5 acres, and hopes to restore that land using agroecological methods for further crop production and dynamic community support.

Shavaun Evans has more than a decade of experience in food systems, cooperative economics, and coalition-building. She previously worked with the New Economy Coalition, a national network of organizations building economic models like cooperatives, community land

GIVING IT YOUR ALL TODAY.
DOING IT AGAIN TOMORROW
SOME DON'T GET IT,
BUT WE DO.



(334) 270-8687
AlabamaAgCredit.com

The image shows a variety of fresh produce including tomatoes, cucumbers, bell peppers, onions, and leafy greens arranged on a dark wooden surface. In the center, there is a circular logo for "PIGGLY WIGGLY LOCAL" featuring a cartoon pig wearing a chef's hat. Below the logo, the text reads "Locally owned and operated, Piggly Wiggly is Alabama's premier grocery store group."

trusts, public banks, and more. Shavaun lives in her hometown of Louisville, KY where she leads fundraising for a local Black-led childcare collective and communications for a national food and farm fund.

Aubrey Gallegos is the farm manager at McDowell Farm School. She has worked on farms around the world, in countries like Chile, Thailand, and the U.K. She also spent six years in NYC where she worked for PBS's POV documentary series, and three years as an environmental educator living aboard historic sailing ships. She's a proud member of ASAN.

Christopher Gooden is the Farm Manager at Fountain Heights Farms, an urban farm near downtown Birmingham where they grow food for the community and teach land acquisition and sustainable growing practices to survive in food deserts, where fresh food is not readily available. He

has 15 years of experience in residential and commercial landscaping and plant biology.

Charlie Griffin has grown flowers at Hepzibah Farms in Talladega for 9 years. Charlie and his creative, thoughtful co-farmers, farm in the nicest way they can: using ecological growing methods, traditional wisdoms, new tools, and new ideas to produce flowers that knock the socks off their customers in a pay-what-you-can home delivery bouquet subscription. Charlie also recently learned to scythe.

Charlotte Hagood—An Alabama native, living out of her family home in Albertville, Charlotte's background is in Home Economics. She started saving seeds beginning in Birmingham 35 years ago when she began saving plants from homes that were being destroyed and rehoming them in her yard. She brings her vast knowledge of gardening to her seed keeping, and she is a Co-Founder of the Sand Mountain Seed Bank.

Rachel Hawkins — Inspired by the need The Wiregrass area has for fresh chemical free produce, Kith & Kin CSA was born. Kith meaning friends and Kin meaning family perfectly describes what Hawkins Homestead Farm and Bain Home Gardens are all about. Both farms are family owned and operated and they're so excited to supply the best produce The Wiregrass has to offer.

Matthan Ibdapo is the CEO/Chairman of Cannabis South, which he founded in 2013. Cannabis South is a licensed producers and processors industrial company in the state of Alabama, focused on the commodities of the hemp plant throughout all levels of the supply chain.

Chris Joe — The Joe's Black Angus Farm has been in the family for over 3 generations since the early 1900s in Newbern, Alabama. They are the recipients of the 2017 Merit Farm Family award given by Tuskegee University. They grow, cut, and bale their own hay to support the needs of the livestock and also utilize rotational grazing.

Katelyn Kesheimer, PhD, is an assistant professor and entomology Extension specialist with Auburn and ACES since 2018. She completed her graduate work at the Univ of Kentucky before moving to Texas where she worked for Texas A&M Agrilife Extension. Currently, her lab conducts applied entomological research to help Alabama growers with pest problems in a variety of systems including small grains, forages, and hemp.

Matthew Lawrence is the co-owner with his wife Jesie of Marble Creek Farmstead and Marble City Meats in Sylacauga. They raise beef, pork, goat, lamb, duck, chicken, and turkey on pasture. They also process under USDA inspection in their on-farm abattoir.

Magaly Licolli moved to Arkansas in 2004 where she became involved with poultry processing workers. Licolli has been a Steering Council Member of HEAL Food Alliance, and Co-Chair at the National Steering Council of IWJ. She worked with the Coalition of Immokalee Workers to expand their Worker-driven Social Responsibility model to the poultry industry. In 2019, Licolli co-founded Venceremos, a worker-based organization in Arkansas whose mission is to ensure the human rights of poultry workers.

Pamela Madzima — Based at the Rural Training Research Center, Pamela Madzima has worked with the Federation of Southern Cooperatives/LAF for 16 years providing technical assistance and support to member-cooperatives of the Federation/LAF and the Alabama State Association of Cooperatives. Ms. Madzima's primary responsibilities include directing and coordinating outreach, and technical assistance programs to member cooperatives, and providing assistance in forming new cooperatives.

Scott Marlow is the CEO of Long Rows Consulting, providing education and policy analysis on credit, risk management, and disaster assistance, and their role in building global and community resilience. Scott previously worked with RAFI-USA, providing financial counseling to farmers in crisis, education on disaster assistance and credit programs, and policy initiatives addressing farm financial and environmental resilience.

Sav Miles is based in Gadsden and is ASAN's Youth Coordinator for 2020! Sav tries to be a weaver and relationship builder among young people in Alabama and Appalachia so we are all able to live and thrive here. Sav

WHATEVER *The Farm* MEANS TO YOU,
LET FIRST SOUTH FINANCE IT.



Your Rural Lender

FIRSTSOUTHLAND.COM | 334-222-3123



American Farmland Trust
SAVING THE LAND THAT SUSTAINS US

www.Farmland.org (800) 431-1499



ALABAMA
FARM CREDIT

877-681-6087

WWW.ALABAMAFARMCREDIT.COM

The weather can be unpredictable.
Your lender shouldn't be.

hopes to foster this spirit of mutual support and radical energy with this year's Youth Council and Youth Food and Farm Forum!

Nina Morgan is an organizer and music junkie based in Birmingham, where she works as an organizer with the Greater Birmingham Alliance to Stop Pollution. She is a graduate of UAB where she studied Anthropology and Sociology. Nina is committed to creating a world where people and planet are cherished, protected and free.

Hannah Music is a part of ASAN's Youth Council and is a high school senior. She has been involved with FFA for 5 years and has been focused on being able to help others become the best social media managers ever!!

Marian Mwenja is in search of ways to do work towards justice that feels good in the body. In centering joy, connection, and care in this hard work of liberation, they hope to build such a deep culture of resilience that freedom is the only option.

Ella Nichols is 17 years old and a junior in high school. She is a native of Atlanta, GA but her home is Roanoke, Alabama. She is passionate about social justice issues, specifically social issues that effect her community. Her love for food has been growing since she was a child and she has recently begun her journey into agriculture.

Alsie Parks is an Atlanta-native, that advocates and activates the use of food as an organizing tool for healing and liberation. As a child of the south, farmer organizer and agrarian worker she serves by cultivating intimate and responsive relationships with and for the land and our people that honor cultural traditions and practice radical resistance.

Suzanne Pharr, feminist and anti-racist worker, founded the Women's Project in Arkansas, with the goal of eliminating sexism and racism through dismantling systems of violence and economic injustice. She co-founded Southerners on New Ground, a regional progressive LGBTQ organization, and was the director of the Highlander Center. Pharr authored Homophobia: A Weapon of Sexism and In the Time of the Right: Reflections on Liberation. Pharr is active currently with Project South, the Southern Movement Assembly, National Council of Elders, the Rural Organizing Project, and Grassroots Arkansas. Her books may be downloaded at www.suzannepharr.org

Scheril Murray Powell, Esq. is an award winning Agricultural and Cannabis Attorney at Doumar, Allsworth, Laystrom, Voigt, Adair, & Dishowitz. She is a graduate of Florida International University College of Law. She is the ED of the Black Farmers and Agriculturalists of Florida. She is also President of consulting firm Green Sustainable Strong. She is President of Cana Headhunters, a staffing agency in the Cannabis Industry.

Mayra Rangel is an undocumented immigrant from Mexico who migrated to the US in 1996. She is a strong fighter for women and Immigrant rights, and has dedicated the last eight years of her life to bring education and empowerment to her community with the purpose of making Alabama a more inclusive state.

Dr. Jasmine Ratliff is an applied food systems research and policy-based specialist. She partners with academic research teams, anchor institutions, philanthropic foundations, and community-based organizations to identify root causes of and develop innovative solutions to food system challenges. She received her master's degree in Community Planning from Auburn University and Ph.D. in Integrative Public Policy and Development from Tuskegee University.

Caylor Roling is the Farm Director at E.A.T. South and the City of Montgomery's Urban Farmer. She grew up in Troy, AL, but spent 20 years in Portland, OR, where she worked for CSA farmers & helped them sell \$65,000 worth of produce in one day. She doesn't like to eat fennel, but it was her favorite plant of 2020.

Sedrick Rowe is 29 years old and a first generation farmer who owns and operates Rowe Organic Farm LLC in Albany, GA, where he grows organic peanuts and organic hemp. He graduated from Fort Valley State University with a bachelors in plant science and a masters in environmental health. He is one of the three farmers in 2018 that grew organic peanuts to set the market for the state of Georgia. He is a board member of the National Young Farmers Coalition, president of the South Georgia young

farmer chapter, and on the agriculture committee for Mitchell County High School.

Laila Sears — At a young age, Laila watched her family cook meals. She participated in a Chef Camp at Auburn University and worked in the summer for the YWCA CREW camp as a Su Chef. Laila will be cooking different meals for her collaboration session. She'll be sharing her knowledge on meals centered around healthy eating that is affordable and delicious.

Matthew Speros loves cooking and spending time in the outdoors. He loves animals and hunting and wants to be a Veterinarian when he's older.

Dove Stackhouse was raised on a self-sufficient farm in NE Ohio and went to school for Forestry. She moved to the South in 1986 and has been living in Alabama since 1997. She was a market gardener for 20 years, and has been seed saving for 20 years. Dove's approach to seed keeping comes from her farming background and this is clear in her approach to seed preservation and the varieties of plants she is called to save seeds from. She is a Co-Founder of the Sand Mountain Seed Bank.

Charice Starr is a popular educator, social justice trainer, and a musician from North Alabama. She has lived in Knoxville since 2003 and is a founder of Knoxville's Black Mamas' Bailout. With the Highlander Center, she has directed two cohorts of an intergenerational fellowship for projects addressing current economic and racial inequity in Central Appalachia. Previously, she educated with and for young people on food justice and gardening in schools and youth organizations, as well as designed youth programming on social justice and civic participation. She also has trained and facilitated workshops about land justice, economic justice, community organizing tactics, strategy making, and Black land loss. Her current work is focused on Black land and place based projects in the South.

Larry Stephenson lives in Independence, MS. His business, Southern Cultured Orchards and Nursery, specializes in locally-adapted, heirloom fruit trees, ones that originate in the heat and humidity of the Southeast, with a focus on sustainable growing methods and low maintenance. His current passion is Deep South apples, and he also experiments with Asian persimmons, mulberries, pawpaws, and citrus.

Lilith Stubsten is the co-founder of the Birmingham Free Store.

Ontrel Tate is a young adult striving to make a difference in the world and attempting to set a positive example that others can follow.

Sehoy Thrower currently works as the Environmental Protection Specialist for the Poarch Band of Creek Indians. She grew up learning traditional ecological knowledge from her Creek family, and eventually went on to study ecology in school. Along with protecting the Tribe's natural resources in her career, she prioritizes keeping traditional Mvskoke Creek culture alive.

M. Dominique Villanueva is the volunteer Executive Director of Fountain Heights Farms, a community-centered urban farm in Birmingham, AL, and founder of the BIPOC-centered #WeAllEat Food Cooperative. When she's not out working on Fountain Heights Farms, she can be found hosting dance parties in the living room, homeschooling the kiddos, and day-dreaming of sleeping in past 4:30 am.

Brennan Washington and his wife Gwendolyn own Phoenix Gardens, a small diversified farm in Lawrenceville, Georgia. They grow a wide variety of produce and sells to a variety of markets. Brennan is also the 1890 Land Grant Liaison and Southeastern Outreach Coordinator for Southern SARE, a grantsmaking organization focused on advancing sustainable agriculture in the southeastern United States.

Hollis Watkins is a lifelong Civil Rights activist who was born in Lincoln County, Mississippi, as the twelfth child of a sharecropping family. He became the first Mississippi student to join the Student Nonviolent Coordinating Committee (SNCC) as a voting rights organizer at the age of nineteen, and went on to serve SNCC as a Mississippi field organizer, coordinator of the Holmes County Project, and executive committee member. In 1989 he founded Southern Echo, which works to develop leaders and empower local residents throughout the South in support of the needs and interests of the African American community. He is a strong believer

in locally-controlled organizing, and in the power of music and song, in organizing. Watkins has served on the boards of the Highlander Research and Education Center and the Southern Sustainable Agricultural Working Group.

Andrew Williams is the founder and leader of the United Christian Community Association (TUCCA) and the Deep South Food Alliance, which is a food hub in Linden, AL, working with small farmers across the Black Belt.

Dr. Kara Woods is from Montgomery, AL, and alum of the UAB and Tuskegee University. Kara has held internships with two Congressional members and served as the Deputy Director of the Vote campaign in

Macon County, AL. Currently, she is a Post-Doctoral Researcher at Tuskegee University and works to eradicate heir property. Kara also co-host the podcast "with AUDACITY."

Robert Zabawa, has worked at Tuskegee University for 35 years where he coordinates the Agricultural and Resource Economics MS Program and Co-Directs the Integrative Public Policy and Development PhD Program. His domestic research includes: small-scale and minority farming systems focusing on land ownership, heir property, institutional inequities and policy. His international research includes agricultural development in Ghana, Senegal, and Tanzania.

Join ASAN Today!

The Alabama Sustainable Agriculture Network is a grassroots network of farmers, consumers, and agriculture-related organizations, all committed to promoting sustainable agriculture in Alabama.

Together, we are building a better food system for Alabamians, by Alabamians.

Support our efforts to train farmers, educate consumers and policymakers, and strengthen the bonds that hold together our local food system — please join ASAN as a member today!

<http://asanonline.org/join-asan>

THANK YOU TO OUR FORUM SPONSORS!



BlueCross BlueShield
of Alabama



EBSco INDUSTRIES



Forum Planning Committee

The Forum would not have happened at all, were it not for the dedication and hard work of this AMAZING group of volunteers:

- Cindy Bloom
- Aubrey Gallegos
- Rachel Hawkins
- Jenny Klein
- Frewin Osteen
- Jasmine Ratliff
- Rachael Reichenbach
- Caylor Roling
- Janet Schultz
- Willie Torrey
- Barja Wilson

THANK Y'ALL!