



The Alabama Sustainable Agriculture Network presents  
**2015 Regional Food & Farm Forums**

**The Farm at Windy Hill**

Mentone, AL

Tuesday, October 13, 2015

Event Schedule:

- 9:30-10:00am Registration
- 10:00-11:00am Welcome, introductions, and brief farm tour
- 11:00am-12:30pm Mini-workshops
- 12:45-2:00pm Lunch + Lightning talks  
*Beautiful Rainbow Catering in Gadsden will provide lunch for those who purchased it in advance, as well as a limited number available for purchase on-site.*  
*Lightning talks are brief (1-2 minutes) "elevator pitches" to inform the entire group about relevant projects, programs, resources, etc. If you have something to share, step up to the mic!*
- 2:00-2:50pm Roundtable discussion (session I)  
*10-minute break*
- 3:00-3:50pm Roundtable discussion (session II)  
*10-minute break*
- 4:00-4:50pm Roundtable discussion (session III)  
*Break – now is a great time to complete your evaluation!*
- 5:15pm Serve dinner
- 5:30-6:30pm Dinner and wrap-up

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## Mini-workshops:

- 1) Farming with Draft Animals** – *What can (and can't) be done on the farm using draft animals? Learn all about farming using real horsepower (or other-animal-power), including how to select animals and implements, how to train your animals, and more.* – Patrick Flanagan (*The Farm at Windy Hill*)
- 2) Water Quality Monitoring** – *What's in your water? Learn how to find out, and how your findings might affect your farm. Learn the basics of bacteriological monitoring, and about how to get certified as a water quality monitor by the Alabama Water Watch.* – Jayme Oates (*Farmscape Solutions*) and Stephen Tsikalas (*Jacksonville State University*)
- 3) Fruit Hunting, Exploring, and Propagation**– *Learn about native and heirloom varieties of perennial fruits, including many growing wild all around us, and how to propagate them to grow them in your own farm or garden. Learn how to identify superior traits and varieties, and how to graft the root stock of one variety onto the top from another, to take advantage of the strengths of both.* – Pete Halupka (*Harvest Roots Farm & Ferment*)

## Roundtable Discussions:

These informal discussions are meant to be engaging regardless of participants' prior knowledge about the topic. Facilitators have experience in their topic, and they will help keep the conversations going, but these are not lectures or presentations. We are all experts, and we are all learning – the roundtables are meant to recognize that, and to lift up ALL forms of expertise.

So, if you're someone who normally dominates a conversation, be sure to leave room for others to speak, and do some good, active listening. If you tend to be quiet, speak up and share something – you may know just the answer someone's been looking for, or pose a question others never even realized they had.

\* **Your suggestion:** Passionate or curious about a topic you don't see here? Suggest it during lunchtime lightning talks, and see if others want to join!

## Session I (2:00-2:50pm):

- Table 1) **Pastured Poultry** – *The basics of raising free-range meat birds, from start to finish.* – Charles Ritch (*Goose Pond Farm*)
- Table 2) **Selecting, Starting, and Raising Superior Fruit and Nut Trees in the Deep South** – *Crash course in the many perennial fruit and nut varieties that are adapted to our climate and soils, and how to find and raise them.* – Pete Halupka (*Harvest Roots Farm and Ferment*) and Jack Agricola (*American Chestnut Foundation – Alabama Chapter*)
- Table 3) **Farming with Draft Animals** – *Join this discussion as a supplement the mini-workshop, or if you missed it, a way to catch up on what was covered.* – Patrick Flanagan (*The Farm at Windy Hill*)
- Table 4) **Medicinal Herbs** – *Learn about natural "farmaceutical" alternatives that promote holistic health, which you can grow or forage for yourself.* – Phyllis Light (*Appalachian Center for Natural Health*)
- Table 5) **Engaging Youth in Agriculture** – *Farms can play a critical role providing young people an accessible, curated introduction to growing food. Talk about what works to engage young folks' interest – and what doesn't. See if field trips and agritourism are right for you, and how to navigate regulations and liability.* – Andrew Shea (*McDowell Farm School*) and Tema Flanagan (*The Farm at Windy Hill*)
- Table 6) **Your suggestion\***

### Visit the exhibit tables!

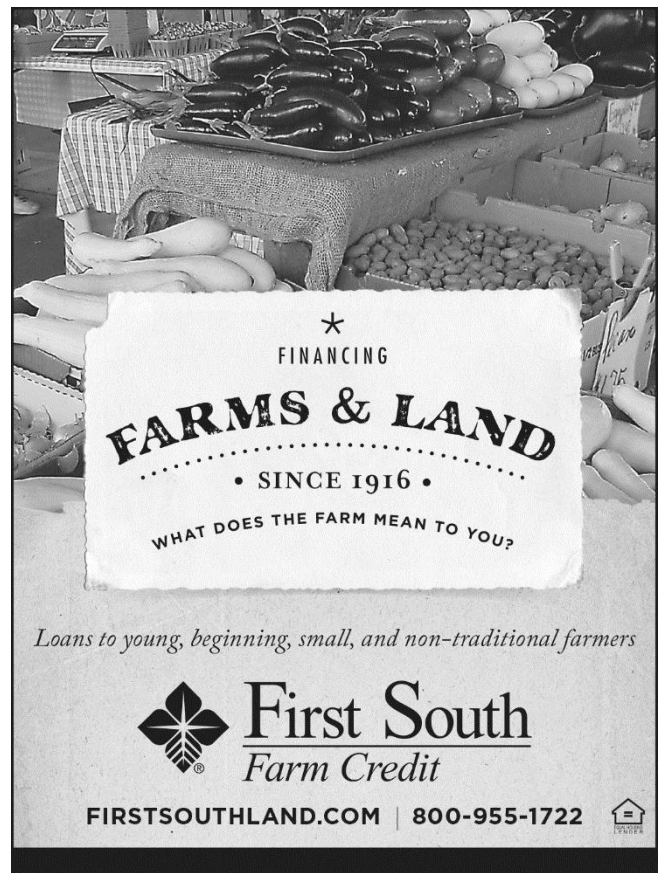
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## **Session II (3:00-3:50):**

- Table 1) **Pastured Pork** – *Share questions and experiences about raising pastured hogs, from choosing breeds, designing enclosures, feed and care, processing and marketing.* – Dom Fulginiti (Mildred's Meadows Farm)
- Table 2) **Seed Saving** – *Heirloom seeds tell a story that reaches back for generations (plant and human), and saving seeds keeps that story alive. Growing and preserving native varieties allows you to sustain genetic diversity and benefit from adaptive advantages that plants have developed in response to their local micro-environments.* – Dove Stackhouse and Charlotte Hagood (Sand Mountain Seed Bank)
- Table 3) **High Tunnel Production** – *Learn about the challenges and benefits specific to growing crops in enclosed, passively heated hoop houses, or high tunnels. Talk about which crops do well (and which don't), and which pests and diseases do well (and how to beat them). Also learn how to acquire, select and build the right tunnel for your situation.* – Joe Kemble (ACES)
- Table 4) **Fermentation: What, Why, and How** – *Learn the history of fermentation, an overview of how it's done, the benefits it offers for health and food preservation, and swap ideas for recipes!* – Lindsay Whiteaker (Harvest Roots Farm & Ferment)
- Table 5) **Your suggestion\***
- Table 6) **Your suggestion\***


## **Session III (4:00-4:50):**


- Table 1) **Grassfed Beef** – *Learn about opportunities in raising cattle on pasture, including Southern-adapted varieties like the South Poll, gentler solutions to common health problems, local end-buyer marketing opportunities, and more.* – John Eldridge (Belle Field Farm)
- Table 2) **Startup Farm Business Planning** – *It takes financial sustainability to keep a sustainable farm operating long-term, and financial sustainability requires a solid working knowledge of things like business planning, financial recordkeeping, fixed and variable costs, and cash flow. Learn the basics – and where you can go to delve deeper – in this discussion.*  
– Karen Wynne (Rosita's / Crotovina, Inc)
- Table 3) **Cover Crops, Crop Rotation, and Soil Fertility** – *Sustainable farming is all about working within the limits of the soil and the land, rather than maximizing production to the detriment of health and productivity. Learn about less chemical-intensive ways to return (and retain) nitrogen and other nutrients in your soils, season after season.* – Dove and Russell Stackhouse (Whirlwind Farms)
- Table 4) **Beekeeping** – *The basics of keeping bees, for honey, pollination services, or just for the pleasure of it. Touch on various methods and approaches to beekeeping, benefits and challenges, and what supplies and knowledge you'll need for each.*
- Table 5) **Your suggestion\***
- Table 6) **Your suggestion\***



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