

What's the **BUZZ** about  
**DIVERSIFICATION**  
in **AGRICULTURE?**

39th Annual  
NPSAS  
Winter Conference

January 25-27, 2018  
Ramkota Hotel  
Aberdeen, SD



Keynote speakers:  
Sevon Sons  
(Blake & Blaine Hitzfield)  
&

Dr. Jonathan Lundgren

- Pre-Conference Workshops
- Breakout Sessions
- Entertainment
- Organic/Local Food
- 50+ Exhibitors
- 18 & Under Attend Free

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## PRE-CONFERENCE

Thursday,  
January 25, 2018  
2 to 6 p.m.

**#1 Building Back Our Landscape** by Jay Fuhrer – *Dakota E*  
(This workshop is sponsored by Organic Grain Collaboration)  
Workshop components will build the foundation of soil health.

What is a soil?

- Soil Function/Demonstrations
- Carbon Cycle
- Principles of Soil Health
- Cropping Systems
- Grazing Systems
- Cover Crops
- Gardening (High Tunnel & Outdoor)

**#2 Net \$4k/acre With Stacked Enterprises & Direct Marketing** by Sevon Sons – *Theatre*  
Brothers Blake and Blaine Hitzfield of Seven Sons will share the ins and outs of what they've learned over the past 15 years of operating a pasture-based livestock and direct marketing operation. Seven Sons raises grassfed beef, free-range pork and eggs on their 500-acre farm in Roanoke, IN. Learn how Seven Sons has built scalable production models that generate profits to support over 10 full-time family members and staff.

You will also learn how Seven Sons used the latest in internet marketing strategies to direct market their products to over 5,000 customers in the midwest. This workshop will be sure to leave you better equipped and inspired to take your farm to new levels.

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**Families Meeting – Supporting Farm Women & Families** by Annie Carlson, Jill Jerde, Courtney Luhmann and Darcee Weber – *Dakota A*  
(This is a FREE workshop however you must register.)

Farm women face unique challenges: managing home, business, marriage, family...all at the same time. It can be wonderful and awful, and often on the same day. Join experienced farm women as they share their tips and tricks and their joys and struggles. We will offer practical ways to help you feel more connected, confident and calm as we grow and share together. Come early to Winter Conference and relax for an afternoon with friends and fellow farm women! Kids are certainly welcome, husbands optional.

**\$75 per person ~ Use the registration form (pg. 37) to sign up.**

Welcome to the  
Winter Conference.

We invite you to  
stop by and visit us  
at our booth.  
Have a great show!

  
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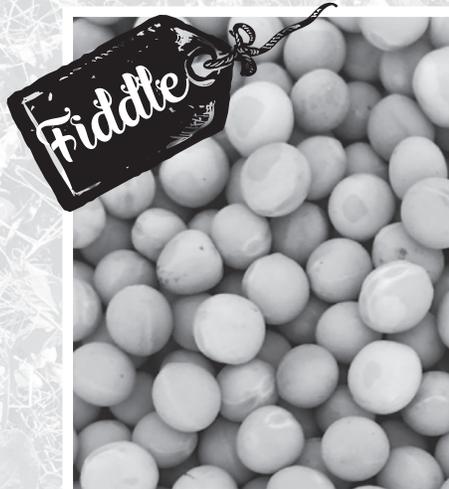
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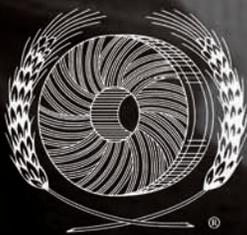
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# What's the **BUZZ** about **DIVERSIFICATION** in **AGRICULTURE**?

**T**here is unity in diversity – meaning a oneness in the varieties. Each and every being, including all animal and plant life, is an expression of a divine presence, the sacredness of a shared life.

Farmers implementing integrated crop–livestock systems produce about half of the world's food. Animals act as insurance against hard times and supply farmers with a source of regular income from sales of milk, meat, eggs and other products. These mixed crop–livestock systems are a key form of ecological intensification for achieving future food security and environmental sustainability all while increasing resilience.

Can plant and animal diversity offer a glimmer of hope for the future of agriculture?

Organic farmer, long-time NPSAS member and former board president, Charlie Johnson, shared his thoughts on why diversity is important in his operation. "Diversity is about building strength and resiliency into an operation. No one enterprise or farm practice threatens the viability of the farm. But every practice or enterprise has the capability to add overall strength to the farm. Diversity within a family operation has a redeeming quality. Various members are able to add their interest or expertise where necessary. There is no weak link but rather what you find is a family dynamic that highlights both individual and team strength. The family enjoys ranching, farming, community and family life."

Winter Conference presenter and NRCS Soil Health Specialist, Jay Fuhrer, added "Plants, animals and soils evolved together over geological time. Consequently, plant and animal diversity are essential to restore and maintain life in the soil; the foundation of our cropland, grasslands, forests and gardens."

Fred Kirschenmann, a founding father of NPSAS and author of *Cultivating an Ecological Conscience: Essays From a Farmer Philosopher* reflected, "Farmers are increasingly discovering (as David Mont-



by Susan Long

gomery's new book, *Growing a Revolution: Bringing Our Soil Back to Life*, points out) that diversifying their farming operations brings their soil back to life, which reduces their costs, increases their profits, and no longer interests them in "getting bigger."

This year's conference agenda places a strong emphasis on regenerating soil health by utilizing a diverse combination of crop and livestock management practices. Implementation of sustainable, regenerative agriculture, holistic land management and cultivation of heirloom seeds are ways to preserve food sovereignty while pro-

tecting the health of our planet, for generations to come.

Help us encourage these aspiring young growers to participate in this educational conference. Youth 18 & under receive free registration. College students can sign up at a discounted rate of \$30 per day (regardless of age). Those attending the conference for the first time can utilize the \$30/day discounted rate. Please contact the NPSAS office for details and special form.

The Winter Conference maintains a family atmosphere and allows opportunity for you to unite and reunite with friends old and new. We invite you to engage with hundreds of like-minded conference goers to recognize and embrace each other's unique diversity. Let's inspire, learn, share, teach and reunite with one another to sustain us through the upcoming year.

Sign up today using the registration form on pages 37-38, go to [www.npsas.org](http://www.npsas.org) and register using Paypal or call the office with your credit card info. NPSAS members receive a \$25 discount and early registrants receive a \$25 discount prior to January 10.

Enjoy the conference!

Save the date:  
2019 Winter  
Conference  
January 24-26, 2019  
Holiday Inn  
Fargo, ND

## Northern Plains Sustainable Ag

NPSAS assists growers striving to produce high-quality, healthy food using organic, sustainable, non-GMO techniques. We believe it is essential to encourage a new generation of food producers to raise clean, chemical-free food in harmony with nature.

We do this by supporting the development and enhancement of regenerative farming systems through research, education, innovation, demonstration, farmer-to-farmer networking and by creating relationships of integrity around food and farming.

*Support our mission of creating healthy soils, producing healthy food, for healthy communities.*

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- College student: \$40
- Basic: \$60  
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- Business: \$250  
*(For businesses and farms with multiple farming partners)*
- Lifetime: \$999 (excludes businesses)

[www.npsas.org](http://www.npsas.org)

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Come see us at the NPSAS Winter Conference! Talk with us about your sustainable/organic agricultural research wants and needs. How can we help you?

**NDSU PLANT SCIENCES**

**Questions?**

Contact: Greta Gramig, Ph.D.  
NDSU Department of Plant Sciences  
[greta.gramig@ndsu.edu](mailto:greta.gramig@ndsu.edu), 701-231-8149

### Be our Guest!

Are you interested in attending the NPSAS Conference for the first time? Inquire into our guest rate: **\$30 per day!**

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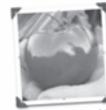
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# Lodging, Travel & Menu

A block of rooms have been reserved at the conference headquarters under:  
**NPSAS 2018 Conference.**

**Conference Headquarters (almost full):  
Best Western Ramkota Hotel**

1400 8th Ave. NW (along Hwy. 281 north)  
1-605-229-4040  
\$95.99 plus tax

**AmericInn Aberdeen Event Center**

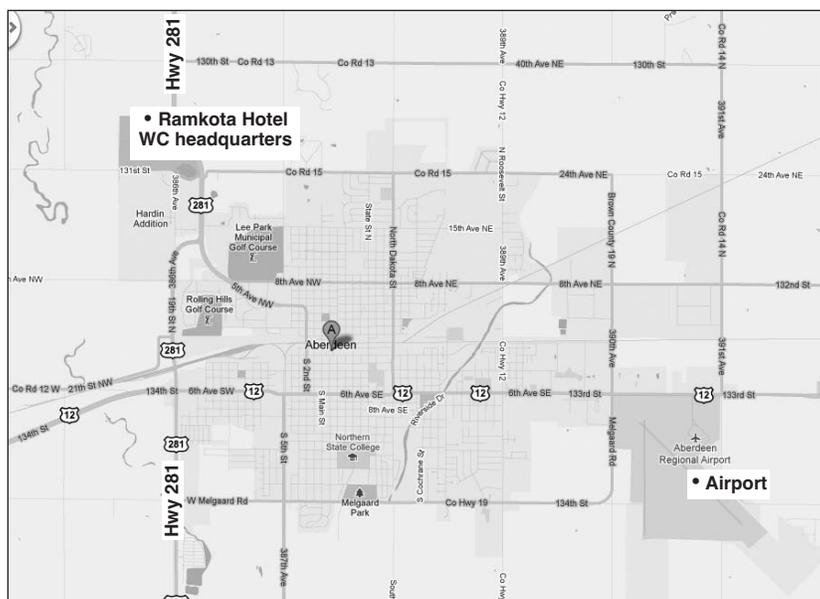
301 Centennial Street (east of the Lakewood Mall)  
Call 605-225-4565 for best rate.

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**Quality Inn**

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**The Aberdeen Regional Airport is currently served by Delta.**  
For information regarding reservations, flight details, ticket counter services, or baggage, please contact Delta Airlines at (800) 221-1212.



## Lunch & Fellowship

**Thursday Evening Supper**

BBQ Pork  
Buns  
Baked Beans  
Potato Salad  
Apple Crisp  
Coffee/Tea/Milk

**Friday Noon Lunch\***

Baked Potato Bar  
Variety of Toppings  
BBQ Meat (topping)  
Chili  
Brownie  
Coffee/Tea/Milk

**Saturday Noon Lunch\***

Fiesta Taco Bowls  
(Rice, Tortilla Chips, Taco Meat,  
Beans and Variety of Toppings)  
Carrot Cake  
Coffee/Tea/Milk

**Friday Evening Supper**

Lasagna  
Garlic Bread  
Marinated Carrot Salad  
Lettuce Salad  
Ice Cream w/Toppings  
Coffee/Tea/Milk

**Saturday Evening Supper**

Roast Turkey  
Mashed Potatoes & Gravy  
Baked Squash  
Lettuce Salad  
Dinner Roll  
Cheesecake  
Coffee/Tea/Milk



*\*The meals include gluten free and vegetarian food options in the buffet.  
Gluten Free – While every effort has been made to keep contamination at zero, we recommend not eating in our buffet style setting if you have a severe gluten allergy.*



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We appreciate and support the growers of the Northern Plains. General Mills is committed to building a sustainable and resilient food future for everyone, and organic food can help lead the way. Thank you for your partnership!

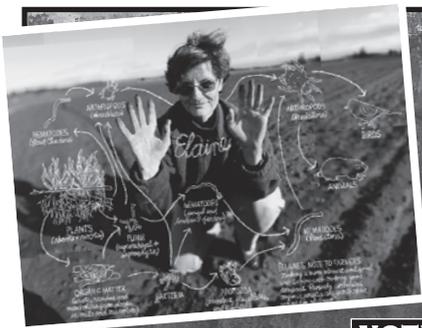
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Be sure to attend  
**Elaine Ingham's**  
**"Soil Food Web"**  
 3-day workshop  
 Tues., January 30 thru  
 Thur., February 1, 2018  
 Ramkota Conference  
 Center • Sioux Falls, SD

**NOTE NEW LOCATION!**

Dr. Elaine Ingham is an internationally-known soil biologist and the founder of Soil Food Web, Inc.

She explains the wonders of soil life and how to enhance the life in the soil.

Visit [www.soilfoodweb.com](http://www.soilfoodweb.com) for more info.

Cost: \$350 per person registered by December 31, 2017.  
 Includes all three days of workshop,  
 also includes lunches, dinners and snack breaks.  
 \$400 after January 1, 2018. Daily rates will be available.

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 Organic Crop Improvement Association, SD #1  
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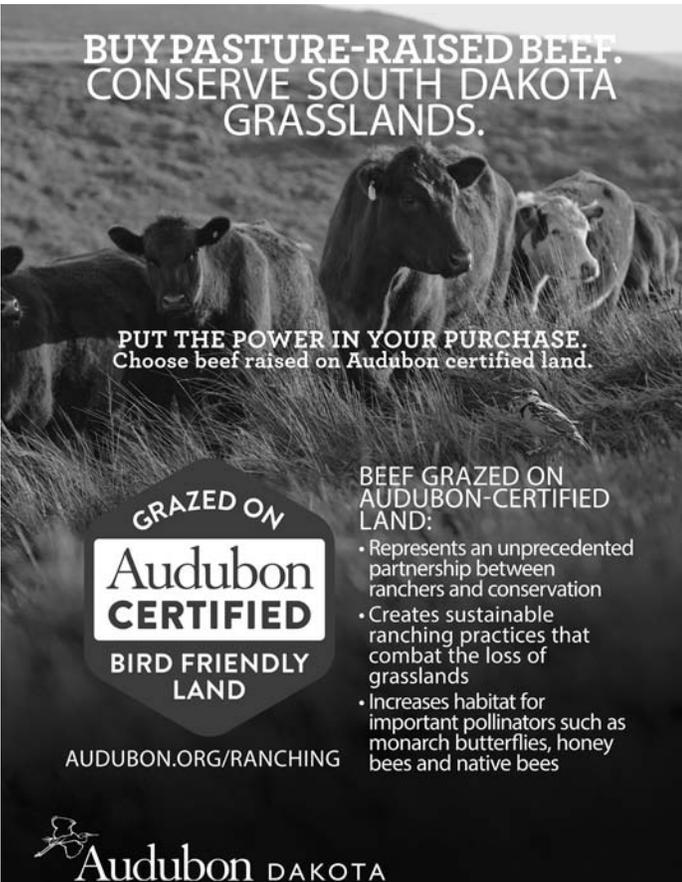
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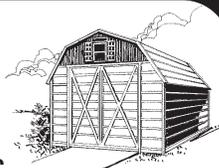
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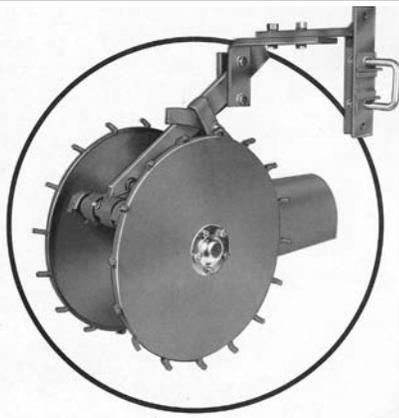
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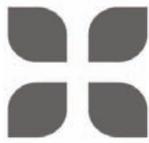


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Sustainable Agriculture  
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Stop by the SD SARE booth and we will gladly answer any questions.

**SARE Mission and Vision:**

SARE's vision is an enduring American agriculture of the highest quality. This agriculture is profitable, protects the nation's land and water and is a force for a rewarding way of life for farmers and ranchers whose quality products and operations sustain their communities and society.

**SARE's Goals:**

- Increase farm profitability over the long term
- Promote stewardship of our nation's land, air & water resources
- Enhance quality of life for farmers, ranchers and their communities

SARE provides support for science-driven research and outreach in regard to Sustainable Agriculture.

SARE Outreach disperses information through:  
Interaction with Government and Non-Government agencies (i.e. meetings and workshops), Books, Bulletins, Factsheets, Funded Grants in Your State, Multi-Media and more.



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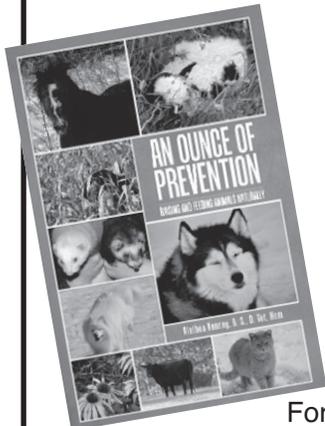
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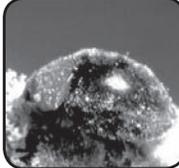




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# Winter Conference 2018 Schedule

## THURSDAY, JANUARY 25

- 2:00 to 6:00 p.m.** (Choose one)  
**1. Building Back Our Landscape** by Jay Fuhrer – *Dakota E* (Sponsored by Organic Grain Collaboration)  
**2. Net \$4K/acre with Stacked Enterprises & Direct Marketing** by Blake & Blaine Hitzfield (Seven Sons) – *Theatre*  
**Families Meeting** – Supporting Farm Women & Families (*free and open to the public*) – *Dakota A*
- 6:15 p.m. on** **Organic / Local Supper, Socializing & Reuniting** – *Northern*

## FRIDAY, JANUARY 26

- 7:30 a.m.**  
**Registration** – *Lobby area*  
**Exhibits Open** – *Prairie/Oz/Pioneer, Concourse & Courtyard*  
**Snacks** – *Prairie/Oz/Pioneer* **Coffee/Tea** – *Courtyard*
- 8:30 – 9:30**  
(One time) **Morning Presentations I:**  
(One time) **The Direct Marketing Revolution** by Blaine Hitzfield, Seven Sons – *Theatre*  
(One time) **Organic Farmer's Perspectives from the Field** by Lynn Brakke, Rick Mittleider and Aaron Johnson – *Dakota B/C*  
(One time) **Year-Round Vegetable Production in Cold Climates with Passive Solar Greenhouses** by Greg Schweser – *Dakota D*  
(One time) **Feeding The Farm Family** by Annie Carlson – *Dakota E*  
(One time) **Youth Workshop: Eat Dirt! Soil, Food & Fun** by Ruth Saunders – *Northern*  
*Ages 8 and up, children 7 and under must be assisted by an adult.*
- 9:30 – 10:30** **Visit Exhibitors, Snacks** – *Prairie/Oz/Pioneer* **Coffee/Tea** – *Courtyard*
- 10:30 – 11:30** **Morning Presentations II:**  
(One time) **Livestock Health and Treatments in Organic Systems** by Dr. Sarah Slaby – *Theatre*  
(One time) **Plowing into Social Media 101** by Krysti Mikkonen – *Dakota A*  
(One time) **Integrating Cover Crops and Livestock in the Northern Plains** by Jay Fuhrer – *Dakota B/C*  
(One time) **Farm to Rural Grocery to Wholesale: Backhauling as a Market Access Strategy** by Naomi Olive – *Dakota D*  
(One time) **Youth Workshop: Beneficial Bugs** by Blue Dasher Farm – *Northern*  
*Ages 8 and up, children 7 and under must be assisted by an adult.*
- 11:30 – 12:30** **Organic / Local Lunch** – *Northern*  
**Visit Exhibitors** – *Prairie/Oz/Pioneer, Concourse & Courtyard*
- 12:30 – 1:00** **NPSAS Annual Meeting** – *Northern*
- 1:15 – 2:45** **Keynote Presentation:**  
**How to Build Your Farm's Dream Team** by Blaine Hitzfield (Seven Sons) – *Northern*
- 2:45 – 3:45** **Visit Exhibitors, Snacks** – *Prairie/Oz/Pioneer* **Coffee/Tea** – *Courtyard*  
**Music Practice for Homegrown Evening Entertainment** led by Payton Jerde & Adam Long – *Room 138*
- 3:45 – 5:00** **Afternoon Presentations I:**  
(One time) **Successfully Raising Organic Calves** by Dr Sarah Slaby – *Theatre*  
(One time) **Field to Facebook** by Krysti Mikkonen – *Dakota A*  
(One time) **An Evolution of Organic Weed Management** by Tom Frantzen – *Dakota B/C*  
(Repeat) **2018 Crop Insurance and Organic** by Wayne Triplett – *Dakota D*  
(One time) **A Natural Approach to Beekeeping** by Gerry and Rebecca D'Amour – *Dakota E*  
(One time) **Youth Workshop: Lorax Movie** – *Northern* (*Ages 8 & up; children 7 & under must be assisted by an adult.*)
- 5:00 – 6:00** **Visit Exhibitors** – *Prairie/Oz/Pioneer, Concourse & Courtyard*  
**Music Practice for Saturday's Homegrown Evening Entertainment** – *Room 138*  
**Social with Cash Bar** – *Northern*
- 5:15 p.m.** **Friday's Silent Auction Ends** (another one will be held Saturday)
- 6:00 on** **Organic / Local Supper Banquet** – *Northern*  
**Friend of Farmer / Steward of the Year Award Presentation**  
**Live Auction Fundraiser** with Roger TeSlaa and friends

# Winter Conference 2018 Schedule

## SATURDAY, JANUARY 27

- 8:15 a.m.**      **Registration – Lobby area**  
**Visit Exhibitors**  
**Snacks – Prairie/Oz/Pioneer    Coffee/Tea – Courtyard**
- 8:30 – 9:30**      **Morning Presentations I:**  
(One time)      **Pastured Pork: What are the Limitations?** by Tom Frantzen – *Theatre*  
(One time)      **Bringing Back Flower Diversity to your Grasslands** by Rae Powers and Ben Carlson – *Dakota A*  
(Part one)      **Soil Farming – Building and Managing a Micro-Habitat Within Our Soils** by Zach Wright – *Dakota B/C*  
(Repeat)      **2018 Crop Insurance and Organic** by Wayne Triplett – *Dakota D*  
(One time)      **Five Key Aspects of Ancestral Wisdom in the Wise Traditions Diet** by Mary Walkes – *Dakota E*  
(One time)      **Youth Workshop: Custom T-Shirt Shop** by Jill Jerde – *Northern* (*Please bring a white T-shirt*)  
                         *Ages 8 and up, children 7 and under must be assisted by an adult.*
- 9:30 – 10:30**      **Visit Exhibitors, Snacks – Prairie/Oz/Pioneer    Coffee/Tea – Courtyard**
- 10:30 – 11:30**      **Morning Presentations II:**  
(One time)      **Making a Water System Flex with Grazing Management** by Rick Smith – *Theatre*  
(One time)      **Putting People Issues First...My Experiences** by Tom Frantzen – *Dakota A*  
(Part two)      **Troubleshooting Microbes: How to Culture Yourself and Directly in Your Field** by Zach Wright –  
                         *Dakota B/C*  
(One time)      **Just Another Fermentation Presentation!** by Steve Dahlberg – *Dakota D*  
(One time)      **Cultivating the Next Generation of Farmers** by Dakota Rural Action – *Dakota E*  
(One time)      **Youth Workshop: Birds in the Herd – The Value of Birds and Other Wildlife on your Farm and**  
                         **Ranch** by Joshua Lefers – *Northern*  
                         *Ages 8 and up, children 7 and under must be assisted by an adult.*
- 11:30 – 1:00**      **Organic / Local Lunch – Northern**  
**Visit Exhibitors – Prairie/Oz/Pioneer, Concourse & Courtyard**
- 1:15 – 2:45**      **Keynote Presentation:**  
**The Four Principles Underlying Regenerative Farming** by Dr. Jonathan Lundgren (Blue Dasher Farm) –  
                         *Northern*
- 2:45 – 3:45**      **Visit Exhibitors, Snacks – Prairie/Oz/Pioneer    Coffee/Tea – Courtyard**  
**Music Practice for Homegrown Evening Entertainment – Room 138**
- 3:30 p.m.**      **Saturday's Silent Auction Ends**
- 3:45 p.m.**      **Exhibit Hall Closes**
- 3:45 – 5:00**      **Afternoon Presentations I:**  
(One time)      **Rotational Grazing: Sharing our Mistakes So You Don't Have to Make Them** by David Walkes, Sean  
                         Hyatt & Rick Smith – *Theatre*  
(One time)      **Crop Marketing Panel** by Dustin Byl (Organic Valley), Chris Wiegert (HFI) and Doug Stengel (Stengel  
                         Seed and Grain), moderated by Lynn Brakke – *Dakota B/C*  
(One time)      **Common Wild Edible and Medicinal Plants of the Northern Plains (and most everywhere else!)**  
                         by Steve Dahlberg – *Dakota D*  
(One time)      **Beneficial Bugs – Why Diversity Works Better Than Jugs** by Dr. Jonathan Lundgren – *Dakota E*  
(One time)      **Youth: Song & Dance – Northern** (kids are encouraged to perform during evening banquet)  
                         *Ages 8 and up; children 7 and under must be assisted by an adult.*
- 5:00 on**      **Social with Cash Bar – Northern**  
**Final Music Practice for Homegrown Evening Entertainment – Room 138**
- 5:30 p.m.**      **Organic / Local Supper Banquet – Northern**
- 6:30 p.m.**      **Ending on a Good Note: Homegrown Entertainment Performance – following supper**



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## Thursday, January 25 • 2 to 6 p.m.

(See complete description on page 2. Choose one.)

1. **Building Back Our Landscape** by Jay Fuhrer – *Dakota E*
2. **Net \$4K/Acre With Stacked Enterprises & Direct Marketing** by Seven Sons – *Theatre*

**Families Mtg.** Supporting Farm Women & Families – *Dak. A*

**6:15 p.m. Organic / Local Supper** – *Northern*  
**Leisure Time, Reuniting & Socializing**

## Friday, January 26

**8:30 a.m. – 9:30 p.m. • Morning Presentations I:**

**The Direct Marketing Revolution** by Blaine Hitzfield, Seven Sons – *Theatre*

Blaine sheds light on several emerging cultural and technological revolutions that paved the way for Seven Sons Farms to build a direct marketing enterprise that engages tens of thousands of consumers. From the health and wellness revolution to the emergence of social media and the shared economy, Blaine will share how these revolutions are creating new and exciting opportunities for direct marketers.

**Organic Farmer's Perspectives from the Field** by Lynn Brakke, Rick Mittleider and Aaron Johnson – *Dakota B/C*

Lynn, Rick and Aaron will give a farmer's perspective on finding effective and economical weed management practices, soil fertility issues and using crop rotations to build better soil, control pests while remaining profitable.

**Year-Round Vegetable Production in Cold Climates with Passive Solar Greenhouses** by Greg Schweser – *Dakota D*

Growing crops all winter long without relying on external delivered heat is possible. For 10 years, the Univ. of Minn. Ext. has been working with small, innovative farmers that use passive solar deep winter greenhouses to investigate this technology. With the ongoing deep winter greenhouse initiative, researchers have developed a prototype design that will be field tested on the farms of 5 producer partners. Farmers often use the greenhouses to grow crops that thrive in low light / low heat environment, like salad greens, brassicas, Asian greens and sprouts. Greg will tell the story of the evolution of the deep winter greenhouse movement, how the system works and help you determine if this technology is right for your farm.

**Feeding The Farm Family** by Annie Carlson – *Dakota E*

As farmers, we grow a LOT of food. But sometimes we struggle with getting meals on the table with all that we have to do in a day. Annie Carlson, professional caterer and home cook, will share tips, recipes and life hacks to getting wonderful meals on your table without spending hours in your kitchen. Topics: canning and preserving, meal planning, freezer cooking, field meals, breakfasts and so much more!

**Youth Workshop: Eat Dirt! Soil, Food & Fun** by Ruth Saunders – *Northern (Ages 8 and up, children 7 and under must be assisted by an adult.)*

In this interactive class kids, will learn how healthy soil plays a vital role in providing the nutrients we need every day to help fuel our bodies. Kids will enjoy learning what makes a healthy soil, how the food we eat gives us the nutrients we need and the importance of eating a variety of foods to stay strong and healthy. Kids will complete the class cooking a recipe incorporating all they have learned.

**10:30 a.m. – 11:30 p.m. • Morning Presentations II:**

**Livestock Health and Treatments in Organic Systems** by Dr. Sarah Slaby – *Theatre*

The nuts and bolts of developing strong and healthy cattle with a good immune system to prevent diseases, as well as organic treatment protocols for both dairy and beef cattle illnesses are a few of the topics to be covered.

**Plowing into Social Media 101** by Krysti Mikkonen – *Dakota A*

Learn about all the various platform options in the world of social media. How do they work and how do I know which platform(s) will be the best for my operation goals? How do I get started or if I started already, how do I do what I'm already doing better.

**Integrating Cover Crops and Livestock in the Northern Plains** by Jay Fuhrer – *Dakota B/C*

Jay will look at cover crops from an annual, biennial and perennial perspective; with grazing management. How cover crops can address our resource concerns of erosion, salinity, diversity, etc. Additional items include forage quality, along with impacts to soil carbon and biology.

**Farm to Rural Grocery to Wholesale: Backhauling as a Market Access Strategy** by Naomi Olive – *Dakota D*

The movement of food matters – join us for this session to participate in a discussion surrounding the movement of produce through “backhauling.” The Univ. of Minn. Regional Sustainable Development Partnerships are working with a diverse array of partners (including economists, grocery store owners, professors, post harvest handling specialists, on-farm safety educators, wholesale distributors and farmers) to develop and test a new model for farmers to access wholesale markets. This workshop will dive into the economic, logistic and regulatory feasibility of this “Farm to Rural Grocery to Wholesale” (F2G2W) model. As we develop this research, we are looking for input and knowledge from others interested in the movement of food and market access.



# Workshop Descriptions

**Youth Workshop: Beneficial Bugs** by Dr. Jonathan Lundgren with Blue Dasher Farm – *Northern (Ages 8 and up, children 7 and under must be assisted by an adult.)*

Insects contribute so many benefits to society. They shape the tastes, colors and scents of our world, and have literally shaped human culture for millennia. Come learn more about how beneficial bugs affect you and how you can promote them in your gardens, backyards or on your farm.

**11:30 a.m. – 12:30 p.m. • Organic / Local Lunch: Northern**

**12:30 – 1:00 • NPSAS Annual Meeting: Northern**

All members, old and new, are encouraged to attend the NPSAS annual meeting. Take part and find out what is happening with your organization. Election of directors will be held.

**1:15 p.m. – 2:45 p.m. • KEYNOTE Presentation:**

**How to Build Your Farm's Dream Team** by Blaine Hitzfield (Seven Sons) – *Northern*

Blaine will share how his family has assembled a team of diverse human capital that has propelled their farm forward to a thriving operation that supports over 10 full-time careers. Blaine believes that providing a fertile seedbed for human creativity and freedom of entrepreneurial expression has been the single most important step their farm has taken to increase the overall effectiveness of their operation. Blaine will leave you with three keys that you can take home and begin to apply on your operation.

**3:45 p.m. – 5:00 p.m. • Afternoon Presentations I:**

**Successfully Raising Organic Calves** by Dr. Sarah Slaby – *Theatre*

The ABC's of raising healthy, productive organic calves. From dry cow management to developing a calf with a good immune system to newborn calf protocols; we will focus on developing a strong healthy calf to prevent diseases. Organic protocols to treat scours, pneumonia, parasites, etc., in sick calves will also be covered.

**Field to Facebook** by Krysti Mikkonen – *Dakota A*

Why is social media important to agriculture and how does it benefit my operation? There are many success stories of business growth and transactions that happen in every industry spurred specifically by social media. The ag industry, especially niche ag like organic can and has had success stories as well.

**An Evolution of Organic Weed Management** by Tom Frantzen – *Dakota B/C*

The Frantzen farm has 20 years of experience with organic weed control. In the last two years they have made significant changes to their strategies as weeds have evolved. Tom will show the rotations he used and the new rotations he is developing. The farm's new rotation worked very well in 2017. Their cropping is integrated with their livestock operation.

**2018 Crop Insurance and Organic** by Wayne Triplett – *Dakota D (Repeated on Saturday)*

Crop insurance has become an important risk management tool for organic producers. Wayne with Crop Revenue Management will provide an in-depth look at a start-to-finish process to

help you understand how organic works with multi-peril crop insurance. Written agreements, actual production history and contracts are a sample of the discussion topics.

**A Natural Approach to Beekeeping** by Gerry and Rebecca D'Amour – *Dakota E*

We will be talking about developing a natural pollinator garden that benefits honey bees, wild pollinators and birds. Our goal is to provide the bees with a healthy environment in which they can thrive on their own. By not treating our hives with antibiotics and miticides, we are allowing the weak bees to die and only the strongest bees to survive. We overwinter our bees and only the strongest can adapt to the harsh North Dakota winters.

**The Lorax (Movie)** – *Northern (Ages 8+; children under 7 accompanied by an adult.)*

The Lorax was Dr. Seuss' personal favorite of his books. He was able to create a story addressing economic and environmental issues. The movie chronicles the plight of the environment and the Lorax, who speaks for the trees against the Once-ler. It has been recognized as a fable concerning the danger corporate greed poses to nature.

**Music Practice: Saturday's Homegrown Entertainment**

**2:45 – 3:45 p.m. Friday afternoon**

**5:00 – 6:00 p.m. Friday evening**

**2:45 – 3:45 p.m. Saturday afternoon**

**5:00 – 5:30 p.m. Saturday evening**

Led by Payton Jerde & Adam Long – *Room 138*

Attendees with musical talent are encouraged to participate in the homegrown music practice and performance. Bring an instrument or your singing voice or both!

**6:00 p.m. • Supper Banquet (Northern)**

**7:00 p.m. • Friend of Farmer/Steward of Year Awards**

The NPSAS annual award winners will be announced after supper with a brief presentation given by each.

**8 p.m. • Friday Evening • Live Auction (Northern)**

Auctioneer, Roger TeSlaa, and faithful assistants will lead a live auction to help raise funds for NPSAS. Join them in a few laughs and some good old-fashioned bidding wars for that sought-after item or two.



## Saturday, January 27

### 8:30 a.m. – 9:30 a.m. • Morning Presentations I:

**Pastured Pork: What are the Limitations?** by Tom Frantzen – *Theatre*

In this session Tom will detail the realities of outdoor forage fed pig production. The Frantzen farm has completed many research trials with grow-to-finish hogs and he also will use research reports from other sources to highlight what can and cannot be done with forages in pork production.

**Bringing Back Flower Diversity to your Grasslands** by Rae Powers and Ben Carlson – *Dakota A*

The U.S. has millions of acres of low diversity grassland. Interseeding native or non-native forbs and milkweeds could provide critical floral resources to pollinators yet there are no clear recommendations for interseeding grasslands. We surveyed 21 practitioners for best practices to interseed wildflowers and reviewed the research literature on interseeding. Practitioners had a combined experience interseeding over 8,000 acres across Minn., N.D., S.D., Ia., Illinois, Ind., Missouri, Neb. and Kansas. In our presentation we will discuss practical guidelines for interseeding grasslands including management to suppress grasses, site characteristics that are most suitable for interseeding and recommended wildflower species for interseeding.

**Soil Farming – Building and Managing a Micro-Habitat Within Our Soils (Part 1)** by Zach Wright – *Dakota B/C*

Regenerative agriculture will be discussed from largely a microbiological perspective, speaking not only to the backyard grower but to the large-scale producer alike. Aerobic compost teas, EM's, "bugs in a jug," etc. have been generating a buzz for over 3 decades for their application and broad-spectrum benefit to the plant and the world at large. But applying these holistic methods to production agriculture systems has turned out to be the "bottleneck" for the industry and we really aren't finding a one-size fits-all approach to soil regeneration. It has to be acknowledged, that like people, no two growing systems are alike and so farming our soil can address this discrepancy. Big food industry (McDonalds, General Mills, etc.) are seeking their ingredients from "regenerative systems" meaning, we are on the cusp of a huge shift in market demand – a demand that ultimately promotes health of all systems. Don't we want to have this opportunity? Then we must start understanding, rebuilding and regenerating our systems now. In addition to this exciting market potential we are seeing several growers make some incredible gains by taking a customized regenerative approach that fits their system. The attendee will leave with a clear definition of regenerative agriculture, an introduction to this idea of "Soil Farming" and most importantly, hope.



**2018 Crop Insurance and Organic** by Wayne Triplett – *Dakota D (Repeat from Friday)*

Crop insurance has become an important risk management tool for organic producers. Wayne with Crop Revenue Management will provide an in-depth look at a start-to-finish process to help you understand how organic works with multi-peril crop insurance. Written agreements, actual production history and contracts are a sample of the discussion topics.

**Five Key Aspects of Ancestral Wisdom in the Wise Traditions Diet** by Mary Walkes – *Dakota E*

What foods give us vibrant health and is it even possible in this day and age? Dr. Weston Price found solid evidence of vibrant health in 7 different continents. Laboratory testing of the foods eaten showed 11 characteristics of each of these traditional diets. These 11 characteristics are included in the 'Wise Traditions' diet promoted by the Weston A. Price Foundation (WAPF). Find out how implementing 5 of these aspects can be! What is the first thing I can do to improve my health? You might be surprised how simple and effective this first step can be! Can I afford to eat this way? What if the rest of my family is not on board? Why does the body make acid in the stomach? How does raw sauerkraut improve digestion? Why are inflammatory diseases rampant? What is the 'buzz' about raw milk? How does a low-salt diet sabotage our health? Why on earth do people soak grains, nuts and seeds? How is forgiveness a detox mechanism? Join us as we tackle these issues and more to improve our family's health one step at a time.

**Youth Workshop: Custom T-Shirt Shop** by Jill Jerde – *Northern (Ages 8 and up, children 7 and under must be assisted by an adult.)*

Bring your favorite plain white T-shirt for an hour of hands-on fun.

### 10:30 a.m. – 11:30 p.m. • Morning Presentations II:

**Making a Water System Flex with Grazing Management** by Rick Smith – *Theatre*

Grazing management is a progression of changing goals and methods. Don't let your water supply system be a liability when change has to be made. From trimming costs to boosting performance to saving time, this will focus on finding a total water system that works for your conditions.

**Putting People Issues First...My Experiences** by Tom Frantzen – *Dakota A*

To have a sustainable agriculture we must sustain ourselves first. This session will explain how putting people issues in the right perspective can have a great benefit in farms and workplaces. Tom uses principles from the nationwide best seller "Good to Great" by Jim Collins as one of his resources.

**Troubleshooting Microbes: How to Culture Yourself and Directly in Your Field (Part 2)** by Zac Wright – *Dakota B/C*

This continuation of our previous discussion of soil farming, regenerative ag, etc. will detail tips on how to rebuild that micro-habitat that has been compromised in the vast majority of our production ag soils, a reality for not only conventional systems but "organic" systems alike. We will discuss more of our options and different methodologies for promoting our soils to start producing their own humus again, at any scale. We

# Workshop Descriptions

will review the main inhabitants of the microbe “food web” and discuss how to go about culturing many of them and putting them back whilst simultaneously restoring a habitat within the soil.

**Just Another Fermentation Presentation!** by Steve Dahlberg – *Dakota D*

I have been called a fermentation evangelist. I’m rather proud of that and think it’s an accurate description. I firmly believe that fermentation is THE answer to most of the multitude of malnutrition and food-related health problems people are experiencing today. This workshop will cover the importance of fermentation for health, self-reliant living, and for preserving our cultural heritage. We will also cover some techniques and recipes for getting started.

**Cultivating the Next Generation of Farmers (panel)** facilitated by Matthew West, Dakota Rural Action – *Dakota E*

Introduction to the Farm Beginnings Collaborative and all the different states and programs within the collaborative to have peer-to-peer training for beginning farmers and ranchers in sustainable and holistic land management practices. In addition to other items, spending time to outline why farmer-to-farmer training(s) are so valuable (which for this audience is fairly known but worth the discussion!) A panel of Farm Beginnings graduates will specifically dive into the 3 programs in S.D., Minn. and N.D.

**Youth Workshop: Birds in the Herd – The Value of Birds and Other Wildlife on your Farm and Ranch** by Joshua Lefers – *Northern (Ages 8 and up, children 7 and under must be assisted by an adult.)*

Find out what roles birds and wildlife can play at your place, and what you can do to help them thrive! Kids will also have the opportunity to build a bird box to take home!

**11:30 a.m. – 1 p.m. • Organic / Local Lunch:** *Northern*

**1:15 p.m. – 2:45 p.m. • KEYNOTE Presentation:**

**The Four Principles Underlying Regenerative Farming** by Dr. Jonathan Lundgren (Blue Dasher Farm) – *Northern*

Regenerative agriculture promotes soil health and increases biodiversity while producing nutritious farm products profitably. Often, science is used to support the current, simplified paradigm of food production. Principles present in regenerative operations include 1) eliminating (or reducing) tillage, 2) never leave bare soil, 3) some plant diversity is better than none, and more is better than less, and 4) integrate crops and livestock. Here, Dr. Jonathan Lundgren will provide the scientific justification for why these four principles present on regenerative farms work, and make it interesting and entertaining to boot.

**3:45 p.m. – 5:00 p.m. • Afternoon Presentations I:**

**Rotational Grazing: Sharing our Mistakes So You Don’t Have to Make Them** by David Walkes, Sean Hyatt & Rick Smith – *Theatre*

Can you run more cows on less land while improving your soil health and pasture diversity? Rotational pasture management will certainly help! In this workshop they will discuss the successes and challenges they have faced.

Whether you rotate every day or once per season, come share the benefits you have seen! Learn together as they share their experiences with this approach to land management, soil enhancement and herd health.

**Crop Marketing Panel** by Dustin Byl (Organic Valley), Chris Wiegert (HFI) and Doug Stengel (Stengel Seed and Grain) – *Dakota B/C*

Join our panel of experts to learn about the latest prices, outlook and demand for commodities. Small grains, oilseeds, course grains and forages will be discussed.

**Common Wild Edible and Medicinal Plants of the Northern Plains (and most everywhere else!)** by Steve Dahlberg – *Dakota D*

Wild plants are one of the most underused resources available to everyone. You don’t have to tend a garden or even own any land to have easy access to them. They are nutritionally dense, have a history of medicinal uses going back millennia, and are essentially free. This workshop will focus on some of the most widespread, abundant and nutritionally/medicinally important wild plants in our region. We will cover the advantages offered by these plants as well as the identification and their uses. Participants are encouraged to bring along any resource books they have.

**Beneficial Bugs – Why Diversity Works Better Than Jugs** by Dr. Jonathan Lundgren – *Dakota E*

Insects shape the world we live in, but too often we choose to stomp, smack, squish, crush and spray them out of our lives. Dr. Lundgren’s quest to understand these intriguing little creatures led him to discover a whole new branch of agriculture. Farmers that are promoting insect life on their farms are more profitable than those that use insecticides and GM crops. We talk about the risks associated with farming to biodiversity, and how biodiversity can make your operation soar.

**Youth: Song & Dance** – *Northern* (those present are asked to perform for evening banquet) *Ages 8 and up; children 7 and under must be accompanied by an adult.*

Children will learn a few songs and a couple of dance moves to perform at the Homegrown Entertainment on Saturday evening.

**5:30 p.m. • Supper & Homegrown Entertainment** (*Northern*)

It keeps getting better every year. Conference goers have practiced throughout the conference. Now it’s time to end the conference on a good note! So sit back and enjoy the musical performance by our very own, talented attendees. 🐦



**Lynn Brakke** and his wife, Dee, farm near Moorhead, Minn. They switched their farming operation from conventional to organic in 1993. They now raise food grade soybeans, blue corn, yellow corn, wheat, alfalfa, dry beans and organic grass-fed beef which they direct markets to customers in their area through home delivery as well as retail grocery outlets. The Brakke's have been members of NPSAS since 2003 and Lynn currently serves as a board member.

**Dustin Byl** specializes in forage procurement and sales at CROPP

Cooperative/Organic Valley, working very closely with both the growers and dairy-men to ensure a quality product is delivered. He grew up on his grandparent's dairy farm and later started crop farming and raising beef cattle with his father. Dustin transitioned their crops to organic in 2015 and is also a member farmer of CROPP Cooperative.

**Annie Carlson** and her husband currently operate a natural, grass-based farm that strives to regenerate the landscape and local food system. Their 3 young children provide comic relief and playtime. Her

work experiences include a 9th grade science teacher, adjunct professor of biology, corporate trainer and 9 years of wife-hood, motherhood and farm-hood. She currently serves as a board member for NPSAS. Annie's enthusiasm and encouraging nature will inspire and motivate you to try new things and look at the world in a different way. Her presentations are sprinkled with joy and laughter, and always entertaining.

**Ben Carlson** and **Rae Powers** are Farm Bill Pollinator Conservation Planners and Xerces/NRCS partner biologists located in the Bismarck, N.D. NRCS state office and the Lincoln, Neb. NRCS field office respectively. Rae and Ben work with farmers, agencies and conservation groups to promote pollinators and other beneficial insects on farms. This involves working with farmers to identify pollination and pest control needs, and determining strategies and funding sources to best meet those needs. Rae and Ben provide technical support to hundreds of farmers, NRCS staff, and other farm agency professionals across the Northern Plains as they navigate questions surrounding pollinator habitat needs, plant selection, site preparation and monitoring.

**Steven Dahlberg** lives and teaches on the White Earth Indian Reservation in NW Minnesota. For the last 20 years he has been growing pretty much every edible fruit or nut that can survive the Upper Midwest (and some that probably can't) on the family farm near White Earth. He is also an avid forager of wild foods, particularly fruit and mushrooms, and fermenter of all things edible (or drinkable).

**Gerry and Rebecca D'Amour** are natural beekeepers who take an organic approach to keeping bees in Jamestown, N.D. Our bee's health and survival starts in our pollinator garden that is free of chemicals. The heirloom plants we grow are from untreated, non-hybrid, non-GMO seeds. Our Bees@Work Honey is sold in Cash Wise Foods and in local gift shops. Our product line consists of lip balm, soaps, muscle rub, deodorant, etc.

**Tom Frantzen** and his wife, Irene, own and operate a 300-acre organic grain and livestock farm near New Hampton, Iowa. They have farmed this land for over 40 years and the last 20 years the entire farm was certified. They have a 50-head beef cow herd and 40 brood sows. The weaned stock is all fed out on the farm. They market through Organic Valley/Organic Prairie Coop. Tom was a past board member for the Meat Executive Committee for the Coop. The farm raises corn, soybeans, oats, hybrid rye, millet and mixed forages. Tom is a past presi-

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dent of the Practical Farmers of Iowa and they do on-farm research through PFI, especially with grow finish hogs. A very diverse farm, practicing holistic management, the Frantzen's have been recognized through the years for their efforts in sustainable and organic agriculture receiving various awards and achievements. Distinguished honors include MOSES Farmer of the Year, PFI Sustainable Agriculture Award, PFI Master Researchers, and the Leopold Center Spencer Award for Sustainable Agriculture.

**Jay Fuhrer** is a Soil Health Specialist employed by the Natural Resources Conservation Service in Bismarck, N.D. He has boots on the ground the last 38 years working with cropping systems, grazing systems, cover crops and gardens. Jay also has an extensive background working with groups and entities such as soil and water conservation districts, national and international no-till organizations, watersheds, farm organizations, urban groups and more. Recently, Jay spends his time at the Menoken Farm minimizing soil disturbance, adding soil armor, maximizing plant diversity, maintaining living roots in the soil and integrating livestock.

**Seven Sons Family Farms** was established in 2000 by Lee and Beth Hitzfield and their seven sons. Their mission is simple; to produce nutrient-dense foods that heal and nourish our land and those who eat of its bounty.

**Blake Hitzfield:** In addition to overseeing day-to-day farm operations, Blake is responsible for the careful planning and management of livestock grazing rotations, winter stockpile reserves, forage rotations as well as animal health and genetic improvement. Through several years of trial, error and success in pasture-based farming, Blake has many insights to offer others and routinely provides consulting to producers venturing into pasture-based livestock production. Blake currently sits on the board of the American Herbataurus Society and works close with renowned cattleman Gearld Fry.

**Blaine Hitzfield** has spent his life working on the family farm. During high school Blaine pursued an interest in multimedia design and marketing. Blaine's interest in marketing served as an integral part of helping his family develop a direct marketing business. Today Blaine is employed full-time at Seven Sons and is responsible for overseeing daily marketing and distribution activities. Blaine enjoys sharing the Seven Sons story by speaking to consumer and producer groups and has offered consulting to numerous direct marketers and has written for Allan Nation's Stockman Grass Farmer.

**Sean Hyatt** from Milbank, S.D. started rotational grazing 4 years ago. Custom grazing cattle has been the main enterprise to start his farm business. He also has rotational managed pigs, goats, chickens, ducks and geese. These practices have been beneficial to manage drought stressed pasture and control weeds. All while feeding the soil.

**Jill Jerde** is a homeschool mom of 10 super kids. Super happy. Super smart. Super talented. City girl, turned kinda country in 1992, Jill still loves the trees from her native Minnesota, but calls the Great Plains Buffalo Ranch of Reva, S.D. home. It's been said that she and her husband, Phil, raise buffalo, cattle and kids...but not necessarily in that order.

**Aaron Johnson**, his wife Kirstin, and their three young children, farm south of Madison, S.D. Following in the footsteps of his father and uncle, Aaron continues the 42-year organic farming tradition together with his cousins Charlie, Allan, Kevin and Jordan Johnson. Although there are two separate farms, all the Johnson's work closely together especially during planting and harvest season. Since 1976, Johnson Organic Farms has seen many changes but it has remained certified organic with ICS/FVO. Currently the Johnson's use a 6-year rotation utilizing corn, soybeans, oats, alfalfa and winter rye. The grains are marketed through NFOrganics which in turn are mainly used as feed rations in organic poultry and dairy operations. Some of the alfalfa is sold but the large majority is fed to Johnson's stock cattle herd. Summer pastures are equipped with rural water hookups providing clean water and keeping cattle out of muddy waters which prevents water contamination and erosion.

**Joshua Lefers** is a range ecologist for Audubon's Conservation Ranching program in S.D. His duties include meeting with ranchers and developing bird-friendly grazing practices on their ranches, developing events for producers and landowners in the state, and developing outreach and planning for conservation in S.D. He produces pasture-raised meats on a farm near Corsica.

**Dr. Jonathan Lundgren** is an agroecologist, Director of ECDYSIS Foundation, and CEO for Blue Dasher Farm in Estelline, S.D. Lundgren's research and education programs focus on assessing the ecological risk of pest management strategies and developing long-term solutions for regenerative food systems.

**Krysti Mikkonen** is from rural Frederick, S.D. She has been in marketing for more than 20 years and digital marketing for 12 years working with small- to medium-sized businesses in various industries. Mikkonen owned a digital marketing franchise for 11 years. She has been working with clients developing Rural Gold, a digital marketing/media company. Krysti and her husband, Lonny, live on their farm that's been certified as organic since 1989. If she's not working with her own clients, you might find her answering the phones, marketing some grain or filling out necessary paperwork to help. She's passionate about rural economic development, lake time, peanut butter and cake. Krysti and Lonny have 4 grown children.

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**Rick Mittleider**, Tappen, N.D., has been farming organically before it was even called organic! Rick and wife, Char, have each of their three children and families farming alongside them! They grow a variety of small grain crops including HRS wheat, rye, barley, oats, buckwheat, lentil beans and flax, with alfalfa and yellow blossom sweet clover added to the rotation to build soil health. Rick enjoys sharing his knowledge with people and has been a mentor to many.

**Naomi Olive** works to support small- and medium-sized growers and rural grocery stores in her role as Sustainable Agriculture and Food Systems Program Associate for the Univ. of Minn. Ext. - Regional Sustainable Development Partnerships. Naomi has a background rooted in sustainable food systems, grown from her time spent on the prairie studying Political Science and Environ-

mental Studies at the University of Minnesota – Morris to more recently rescuing millions of pounds of nutritious food from retail stores along with the food bank Second Harvest Heartland.

**Ruth Saunders** resides in Alto, California and is a Registered Dietitian with a Master's Degree in Maternal and Child Nutrition. She loves helping kids and adults better understand how to feed themselves for a happy, healthy life.

**Greg Schweser** is the UMN Extension's Regional Sustainable Development Partnership director for sustainable agriculture and food systems where he works to expand the capacity of Minnesotans to build and expand their community food systems. Schweser connects Univ. of Minn. resources to sustainable agriculture projects and innovations initiated by community members



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and organizations in greater Minnesota. Recent statewide RSDP projects have focused on a variety of issues like promoting passive solar greenhouse design, increasing local food availability in rural grocery stores, and developing supply chains for new crops. Schweser holds a Master's Degree in urban and regional planning from the Humphrey Institute where he studied agricultural preservation practices through land use planning.

**Sarah Slaby, DVM**, is a practicing large animal veterinarian, located in Arcadia, WI. She owns and manages a sole proprietorship, Dr. Sarah Slaby Veterinary Service, specializing in organics and sustainable agriculture. She has her own line of natural products for treating dairy cows called Dr. Sarah's Essentials ([www.drSarahsEssentials.com](http://www.drSarahsEssentials.com)). Dr. Slaby also helps manage her husband Noah's dairy herd that has been shipping milk to Organic Valley since November 2011.

**Rick Smith** has a beef cow-feeder calf and ewe flock-finishing operation near Watertown, S.D. Rick is the fourth generation and longest tenured family member to care for their land. Rick experimented with various forms of tillage reduction, but came to the realization that any form of tillage was degrading soil and water and embarked on reverting cropland acres to perennial grasses. Through the years, various grass species have been added and discarded along with just as many grazing management schemes to make the grass conversion profitable, sustainable and regenerative. As past coordinator of the Lake Poinsett Watershed Project, Rick brought his grazing and grass rest management experiences to the forefront for hundreds of grassland users in eastern S.D., through numerous grazing tours, workshops and newsletters. Rick received the 2006 Excellence in Range Management Award at the Society of Range Management's International Convention in Vancouver, B.C., for his work and promotion of grassland man-



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agement. He has provided students and researchers opportunities to study and publish effects of various grazing practices, on litter accumulation, infiltration, harvest efficiencies, fertility combinations, dung beetle collection, weed and parasite control. Rick's current experiments are focused on finding the right cover crop species mix to meet the seasonally-timed nutritional needs of a cow-calf operation.

**Doug Stengel** grew up on a farm near Milbank, S.D. and graduated from SDSU with a degree in agriculture. In 1973, he took over the family seed cleaning business. Alvin Schwartz, a local organic farmer, asked Doug to clean a load of organic rye for a food company. From this modest beginning, Stengel Seed and Grain Co. has grown to 7 cleaning lines and 9 full-time employees. Over the 40-plus years that Stengel Seed and Grain has been processing organic grains, they have been active in the South Dakota agricultural scene and watched "organics" grow from obscurity to main stream.

**Wayne Triplett** graduated with a degree in Ag Economics and minor in Agronomy. He has held various merchandising and man-

agement positions with Cargill, ADM/ Benson-Quinn. He started working in crop insurance with Benson-Quinn in 1995. He joined Crop Revenue Management in 2003. Triplett and his associates at Crop Revenue Management discovered a need to help organic crop farmers with crop insurance. Thanks to the trust and referrals of organic insureds they work with, Crop Revenue Management has grown to one of the largest agencies of organic crop insurance in Minnesota. Crop Revenue Management division of Diversified Services has clients in the upper midwest states of Minn., Wisc., Iowa, N.D. and S.D. He is an associated person and branch office manager for CGB Diversified Services along with his crop insurance duties. He is also part of a family farm in Minn. that grows corn, soybeans and alfalfa.

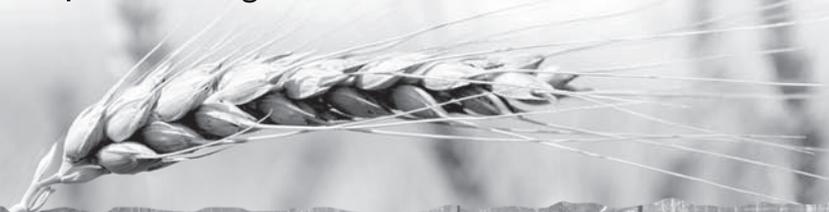
**Dave Walkes** is a semi-retired farmer from Avon, S.D. Raised on a farm, he graduated from SDSU with an engineering degree. After working in Colorado for a year and a half he returned to the farm with his soon to be wife Mary, renting and eventually buying a farmstead a mile from where he grew up. A jack of "most" trades, he is an electrician, welder, wood worker and pretty much the Mister Fixit around the farm. Necessity is the mother of invention, and Mary's pasture cattle and chickens have been a real "mother" for him. He enjoys golfing and fishing in his spare time.

**Mary Walkes** has been a registered nurse for 40-plus years. Her practice has always sought to promote wellness: teaching hospital childbirth classes, nutrition at Mount Marty College, and through countless encounters in home health. Ten years ago she discovered the Weston A. Price Foundation which provided nutritional principles that empower people to take charge of their own health. Despite the enormous evidence of the need for fat in the



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diet, the scientifically 'DIS-proven' low-fat diet is still stubbornly recommended by many healthcare personnel and institutions. Mary is certified as a GAPS practitioner and is presently in private practice. She believes that farmers, not doctors, are ultimately responsible for the health of the population – healthy soil is the only way to have healthy people. Four years ago Mary and Dave purchased pastureland that had been conventionally overgrazed. They implemented rotational grazing to improve the soil. Their intention is to leave a legacy of healthy soil and mentor good practices to young farmers in the community. They have 3 married children and 5 delightful grandchildren.

**Darcee Weber** was born and raised in Britton, S.D. She is married to Don Vig, an organic farmer near Valley City. The farm has been organic for approximately 30 years. Darcee is the support person for the farming operation and the lead food and home-making person on their farm and in their family. She has been attending the NPSAS Winter Conference since 2007 and has participated on the Program Committee and on the Board of Directors. She is Vice President of Network Management at PreferredOne, a health insurance company in Minneapolis and is responsible for leading the day-to-day operations of the Network Management department. She participates on the Senior Leadership team of the company and is accountable for strategic planning participation and development, new product implementation, and regulatory compliance.

**Chris Wiegert** has been with Healthy Food Ingredients as VP of Purchasing for four years. He leads HFI's purchasing team to contract and source premium quality crops including non-GMO and organic pulses, grains, seeds, soybeans, flax and Suntava Purple Corn directly from growers. Wiegert works with growers throughout the growing and harvest process consulting for best

production practices. He also represents HFI at area trade shows and panels promoting HFI and non-GMO and organic agriculture. In working with the Organic Trade Association, Wiegert was instrumental in the development of the Certified Transitional program by QAI.

**Zach Wright** Is a self-proclaimed Decompiculturalist aka Composter or "microbe-hoarder." Zach serves as the director of the Living Soil Compost Lab LLC in Lincoln, Neb. He has been training backyard farmers to large scale producers alike for almost 5 years, throughout the United States, Haiti, United Kingdom and Ireland, ranging in growing systems from high- elevation desert to tropical. Zach's industrial trainings include soil microscopy, compost tea and extract "brewing" and composting at any scale. Currently Zach works with Nature's Best LLC serving as a Research and Development biologist for their product line, in addition to serving their large customer base as a composting/regenerative soil expert.



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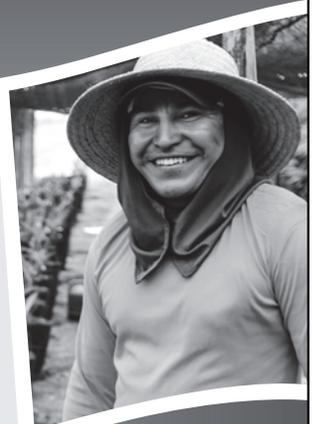


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*Note: Children 18 & under – free, but must list names and age below.*

Child: \_\_\_\_\_ age \_\_\_\_\_ age \_\_\_\_\_ age \_\_\_\_\_  
 Child: \_\_\_\_\_ age \_\_\_\_\_ age \_\_\_\_\_ age \_\_\_\_\_

**2. MEMBERSHIP:** (not included in registration)

Renew or join NPSAS and get a discount!

Student \$40    Family \$60    Business \$250    Lifetime \$999   \$ \_\_\_\_\_

**3. SUPPORT:** Donate to NPSAS

Donate to NPSAS General Fund    \$100    \$50    \$25    Other   \$ \_\_\_\_\_

Donate to WC Scholarship Fund    \$100    \$50    \$25    Other   \$ \_\_\_\_\_

*Provides registration assistance to those who would not otherwise be able to participate in our conference.*

**4. PRE-CONFERENCE WORKSHOPS:** Thursday, Jan. 25 ~ Please choose #1 or 2 for each person

1. Building Back our Landscape by Jay Fuhrer    Registrant 1: workshop 1, 2  
 2. Stacked Enterprises & Direct Marketing by Blaine & Blake Hitzfield    Registrant 2: workshop 1, 2   \$75 ea. x \_\_\_\_\_ = \$ \_\_\_\_\_

*circle 1 per person*

\_\_\_\_\_ will be attending Families Meeting – Supporting Farm Women & Families (no charge)

**5. WINTER CONFERENCE:** Friday, January 26 and Saturday, January 27

Save \$25 if pre-registered by January 10!	<b>MEMBERS:</b>	Full registration (per person):	(Before Jan. 10) \$150 x _____	(Jan. 11-18) or \$175 x _____	Total = \$ _____
		One day only (per person):	Circle: Fri or Sat \$110 x _____	or \$135 x _____	= \$ _____
	<b>Non-Members:</b>	Full registration (per person):	(Before Jan. 10) \$175 x _____	(Jan. 11-18) or \$200 x _____	Total = \$ _____
		One day only (per person):	Circle: Fri or Sat \$135 x _____	or \$160 x _____	= \$ _____

**College Students & 1st Time Attendees** – ask about our discounted rate by e-mailing info@npsas.org

**(turn over to complete)**

## 6. MEALS: Lunch and snacks are included in registration [children's meals extra].

**\*Lunches and snacks  
INCLUDED in registration fee.  
Additional lunch tickets can be  
purchased for ages 5-18.**

### Contact Us

NPSAS • PO Box 194 • LaMoure, ND 58458  
(701) 883-4304

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### Motel Accommodations

Ramkota Hotel \$95.99 plus tax.  
Ask for **2018 NPSAS Conference**.  
605-229-4040 (More options listed on page 9.)

### Refund Policy

No-shows and cancellations received after  
**January 10, 2018** will forfeit their fee.  
All cancellations must be received in writing.  
No refunds will be made at the conference.

### Pre-registration Discount

All registrations received on or before **January 10** will receive a \$25 discount.

### Registration Guidelines

**Per person fees apply.** Membership is NOT included in the registration fee. Members receive a **\$25 discount**. Children 18 & under – free but must register (meals not included).

### Conference Guidelines

**Conference attendees will be required to register and wear a name badge.**  
(NPSAS will supply the nametags and enforce.) No exhibit-hall-only passes.  
All conference functions require registration including “just visiting with the vendors.”

Thursday Supper (adult 11 & up) # \_\_\_\_\_ x \$20 = \$ \_\_\_\_\_

Thurs. Kids Supper (10 & under) # \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

\*Friday Additional Lunch # \_\_\_\_\_ x \$15 = \$ \_\_\_\_\_

Friday Kids Lunch (10 & under) # \_\_\_\_\_ x \$8 = \$ \_\_\_\_\_

Friday Supper (adult 11 & up) # \_\_\_\_\_ x \$20 = \$ \_\_\_\_\_

Fri. Kids Supper (10 & under) # \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

\*Saturday Additional Lunch # \_\_\_\_\_ x \$15 = \$ \_\_\_\_\_

Sat. Kids Lunch (10 & under) # \_\_\_\_\_ x \$8 = \$ \_\_\_\_\_

Saturday Supper (adult 11 & up) # \_\_\_\_\_ x \$20 = \$ \_\_\_\_\_

Sat. Kids Supper (10 & under) # \_\_\_\_\_ x \$10 = \$ \_\_\_\_\_

**Total Payment Due** <sup>(US Funds)</sup> \$ \_\_\_\_\_

All pre-registrations must be postmarked by January 10, 2018.

**You can register online through  
January 21  
or at the conference. Walk-ins welcome!**

For assistance with registration  
call Susan or Jill at 701-883-4304.

[www.npsas.org](http://www.npsas.org)

#### Office Use Only:

Paid: \$ \_\_\_\_\_

Check # \_\_\_\_\_

Cash or Credit Card

Date \_\_\_\_\_ Initial \_\_\_\_\_

*Photos & Recordings Notice: By registering for an event, you agree to be photographed, included in video footage, or otherwise recorded for NPSAS's promotional purposes.*

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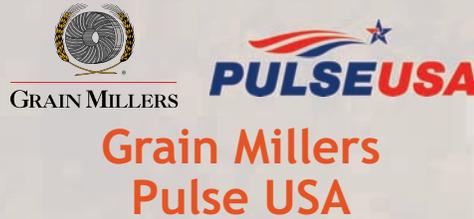
Your sponsorship makes our work possible!

The following is a list of those who have generously cosponsored the 2018 Winter Conference. We apologize for any omissions or errors.

# THANK YOU

Please let our cosponsors know how much you appreciate their support and participation in this event!!

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Grain Millers  
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Organic Valley  
Pipeline Foods  
SD OCIA #1  
SunOpta  
Sunrise Foods International  
Terra Biotics

## Whole Hog

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Albert Lea Seed  
Cashton Farm Supply  
ICS, Inc.  
Nature's Best, LLC  
Purple Cow Organics  
Thous. Hills Lifetime Grazed

## Top Dog

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NDSU Plant Sciences  
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Richland IFC, Inc.  
SD SARE  
SD Grassland Coalition  
SD Soil Health Coalition  
SD Soybean Processors  
Soil Works LLC  
Stengel Seed & Grain Co.  
Sustane Natural Fertilizer  
The Toy Farmer  
Vandy's Ag & Fencing

## Cool Cat

Back in Balance Minerals  
FARRMS  
Johnny's Selected Seeds  
OFARM  
OPINS Coop  
Prairie Road Organic Seed  
Rincon-Vitova Insectaries  
Rockwell Organic  
Stone Mill

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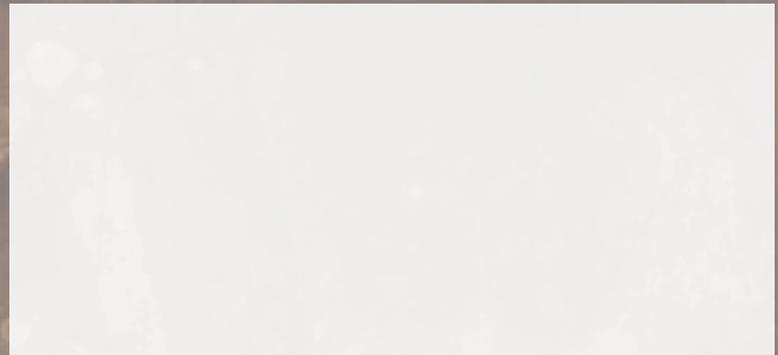
# Northern Plains Sustainable Ag

EDUCATION / COMMUNITY / ENVIRONMENT

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