

Celebrating 40 years!



NORTHERN PLAINS FOOD & FARMING CONFERENCE

January 24-27, 2019
Holiday Inn, Fargo, N.D.

Keynote Speakers:

Dan Barber

Rachel Schneider

Steffen Schneider

- Pre-Conference Film & Workshops
- Breakout Sessions
- Entertainment
- Organic/Local Food
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- Ages 18 & Younger Attend Free

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Celebrating 40 years!

NPSAS looks back in gratitude and forward in love and hope

You may have heard the call come streaming across the prairie, softly at first, as plans were made to celebrate the 40th anniversary of Northern Plains Sustainable Agriculture Society at the winter conference, in a new location. Now strongly sounding, we invite you to join us in honor of this remarkable organization. Come nurture your inner resolve and expand your knowledge and the skills needed to care for the earth, your family, and community.

“I love NPSAS,” one person writes as she agrees to contribute. “We wouldn’t miss the Winter Conference,” says another. “I have been bringing my family for years to this remarkable event.”

Whether you are new to this fellowship of land-stewarding farmers and the concepts of organic, sustainable or biodynamic agriculture, or a long-time supporter, **YOU ARE WELCOME HERE.** The range of topics and the pacing of the agenda will hopefully allow you to renew relationships or develop new friendships as you find something that piques your interest. With an expanded range of topics under a new banner, the Food and Farming Conference invites all interested in *health, good food, and sustainability*, because we know that farmers working alone cannot bring about the changes that are needed in rural communities. Consumer demand for healthy food fosters the renewed economic dynamic needed to sustain rural families, and together, farmers and eaters are finding new pathways to each other as the concept and popularity of local food gains strength and builds momentum.

A remarkable group of presenters and panelists supported by many outstanding vendors make this a stellar event in the new location at the Fargo Holiday Inn and Convention Center.

Anniversaries are important to celebrate, allowing for reflection on the founding impulse, and honoring those who have worked hard in the past. In 1979, a small and determined group of farmers formed the



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January 24-27, 2019 • Fargo, N.D.

“Natural Farmers of ND.” A few years later, acknowledging that the audience had grown to include a wider geography, NPSAS was founded. Many drawn to NPSAS likely had been inspired by Wendell Berry, in passages such as this:

*“Our understandable wish to preserve the planet must somehow be reduced to the scale of our competence—that is, to preserve all of its humble households and neighborhoods. What can accomplish this reduction? I will say again ... that only love can do it. Only love can bring intelligence out of the institutions and organizations ... into the presence of the work that must be done. Love is never abstract. It doesn’t adhere to the universe or the planet or the nation or the institution or the profession, but to the singular sparrows of the street, the lilies of the field, ‘the least of these my brethren.’ ... It exists by its willingness to be anonymous, humble, and unrewarded.”*¹

continued on next page

¹ *The World-Ending Fire: The Essential Wendell Berry*, selected and with an introduction by Paul Kingsnorth, p. 231.



continued from previous page

Love practiced in daily life as stewardship is expressed in the work of the Farm Breeding Club, a subset of NPSAS members who source and care for the seed of ancient grains, other field crops and vegetables, strengthening their vitality and reintroducing them to farm-scale production. This work was recognized for its significance by a Bush Community Innovation Grant in 2013 and continues among members today.

Love as support for one's neighbor is embedded in My Neighbor's Acre, giving the chance to support one another by contributing an acre of your own profits to help out neighbors in need. My Neighbor's Acre began with the concern of one member for a neighbor who was struggling. Since its inception we have never had to turn down a member who needed a hand. We know from our own experience that those contributions not only express our care for one another, but enrich our own hearts. This aspect of NPSAS' work also serves to support its mission by building up people who care about sustainable, organic agriculture—perhaps at the moment when they need it the most. Please join us in renewing our commitment to our neighbors, maintaining the light of hope and gratitude that every new dawn brings. Donate today!

Thank you to Ciranda for a donation of \$5,000 again this year in support of this program.

Love as support for youth through a scholarship fund is another unique element to NPSAS. The fund supports training for the next generation of sustainable/organic-minded youth. The goal is to increase the number and diversity of individuals that aim to improve human health, environmental quality and sustainability of their communities. At least one award of \$1,000 is distributed annually, a one-time award per applicant.

For years, quietly on Sunday morning after the conference, some have gathered for an ecumenical service. We share an invitation this year to all to join us for a gathering that will include a discussion on themes of stewardship in Wendell Berry's poetry and to learn about CATCH (Communities Acting Together for Change and Hope) from Keith Mills, Northern Plains Conference of United Church of Christ. Consider bringing your own poems to share in honor of this special 40th anniversary and what NPSAS has meant to you.

Join us January 24-27 in Fargo. It will be a special time for all of us.

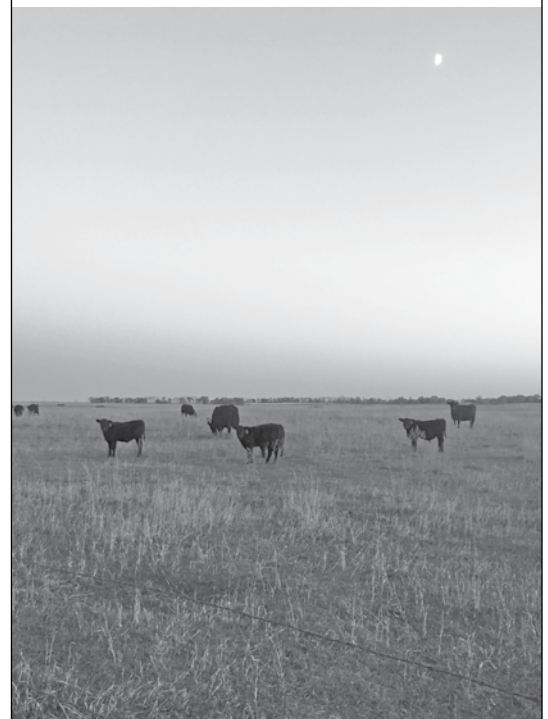
—Verna Kragnes,
NPSAS conference coordinator

Wanderer

By Terry Jacobson

Longtime NPSAS member

My felt-lined boot
strikes dry, frozen ground
on a frozen fall day
amid mile and miles
of a multitude of shades
of brown
and faded gold
trimmed in white
and I know I am home.
I move at ease
among big cows
who know my voice
and my ways
as I know theirs.
The barnyard smells
do not insult my nose,
and I know I am home.
In a sheltered yard
on a small N.D. organic farm,
in a small, old house,
in the physical and emotional
warmth that wealth can't buy,
in the arms of the love of my life,
I know I am home.



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Collaborations connect FBC grains with consumers

In multiple ways, NPSAS is accomplishing the goal of bringing the fruits of the Farm Breeding Club members' work into the food system and local marketplace.

EVENT MENU: The Food & Farming Conference menu is built around regionally sourced organic food using additional local bakers, brewers, and roasters.

BAKERY FEATURE: Nichole's Fine Pastry and Café in Fargo, N.D., is now the home for a grain mill owned by NPSAS. Nichole Hensen, owner of the bakery and restaurant, is using NPSAS-grown grains for baking, and the grains will be available for sale freshly ground in 2019.

CAN LAUNCH: Drekker Brewing is using NPSAS-grown grain to make a new beer for a "can launch" set to coincide with the conference on January 25th. The new beer and a commemorative can will acknowledge the 40th anniversary of NPSAS. The launch is a collaboration of Drekker Brewing, Ugly Food of the North, and NPSAS.

Hear more about Fargo-Moorhead local food scene at 8:30 a.m. Friday in Mezzanine 3 during the "Local Food, Craft Beer & Pour Over Coffee" breakout session hosted by Megan Myrdal.



Nichole Hensen adds grain to the mill that will be used to grind grain for her baked creations at her Fargo bakery and cafe. The grain is grown by NPSAS members, and the mill is owned by NPSAS.



Food & Farming Conference Menu

THURSDAY Agri-CULTURE

- Charcuterie Tray (assorted cured meats, cheeses, olives and crackers)
- Vegetable Tray with Dill Sauce
- Lamb Meatballs with Mint Sauce
- Smoked Trout Shooters
- Candied Bacon Pork Belly
- Vegetarian Stuffed Mushrooms
- Cheesecake Bites

FRIDAY Breakfast

- Oatmeal (oats, raisins, brown sugar, dehydrated fruits, almonds)
- Banana Muffins or Toast
- Hard-boiled egg
- Coffee/Tea/Milk

Lunch

- Minestrone Soup with Pasta, Beans, Ground Sausage and Hamburger
- Classic Caesar Salad
- Hard Italian Bread
- Vegetarian: Same Meal, Vegetarian Soup
- Dessert: Lemon Bars
- Coffee/Tea/Milk

FRIDAY Dinner

- Spinach Salad
- French Breast of Chicken on a bed of Wild Rice
- Bacon/Tomato Braised Green Beans
- Vegetarian: Replace Chicken with Portabella Mushroom Cap, no bacon in Brussel Sprouts
- Dessert: Lemon Panna Cotta with Raspberry Sauce
- Coffee/Tea/Milk

SATURDAY Breakfast

- Oatmeal (oats, raisins, brown sugar, dehydrated fruits, almonds)
- Banana Muffins or Toast
- Hard-boiled egg
- Coffee/Tea/Milk

Lunch

- Crisp Fruit Salad
- Peppered Steak Poivre served with Brie Potatoes and Tri Colored Carrots
- Vegetarian: Vegetarian Stuffed Pepper
- Dessert: Ice Cream with an Ancient Grain Short Bread Cookie
- Coffee/Tea/Milk

SATURDAY Dinner

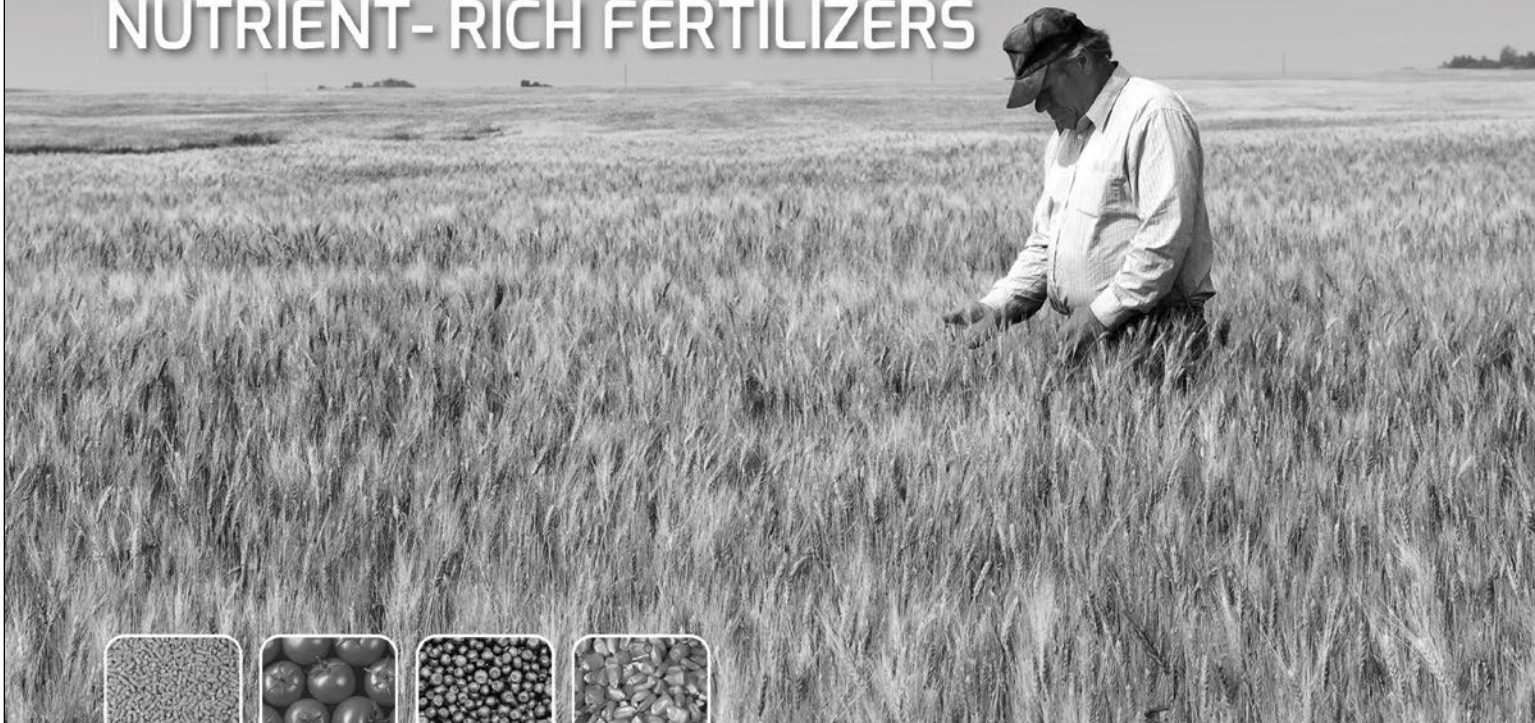
- Tossed Salad with choice of dressing
- Herb Roasted Pork Loin served over colored Quinoa
- Mediterranean Salad
- Roasted Vegetables
- Parsley Buttered Potatoes
- Vegetarian: Polenta Vegetable Bowl
- Dessert: Anniversary Cake
- Coffee/Tea/Milk

SUNDAY Breakfast

- Oatmeal (oats, raisins, brown sugar, dehydrated fruits, almonds)
- Banana Muffins or Toast
- Hard-boiled egg
- Coffee/Tea/Milk

Friday and Saturday breakfasts and lunches are included in the registration fee. The meals include a gluten-free, vegan option. Gluten-free: While every effort has been made to keep contamination at zero, we recommend not eating these meals if you have a severe gluten allergy.

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SUSTAINABLE We look beyond this year's harvest, beyond maximizing output, no matter the cost. We want to build our soils, not deplete them. We want our water and air to be cleaner than they were before. We want the people who work with their hands to make a good living. And we want more of the next generation to see a future in farming.

FOOD Sustainably produced, nutrient-rich food nourishes the body and the soul. Good food has the power to build communities as we connect growers and eaters, and as we all celebrate our connection to each other and the world through our meals. We want this high-quality food to be available as a first choice for consumers in our region and beyond.

SYSTEMS We focus on more than the acre before us. We know that what we do has consequences far beyond any one farm—farming affects the quality of our communities, relationships, assets, culture, and satisfaction with our lives. We need people working together across many disciplines to create a system of support for sustainable food production.

Let's work together to build a sustainable future.

Join NPSAS or renew your membership today.

To join NPSAS, fill out a form at the registration table during the conference, or go to www.npsas.org/membership/ and click on "Become a Member."

MEMBER BENEFITS

- *The Germinator*, a membership newsletter, four times a year
- Discount on conference attendance
- Member directory
- Connection with other members
- Farm tours
- Joining with others in support of sustainability



Northern Plains Sustainable Agriculture Society
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Lodging & Travel



CONFERENCE LOCATION:

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A block of rooms have been reserved at the Holiday Inn Fargo under *NPSAS*.

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Find a list of hotels in the Fargo-Moorhead area at <https://www.fargomoorhead.org/hotels/>



To get to the conference, take Exit 64 off of Interstate 29. Go west about half a mile on 13th Avenue SW. Holiday Inn Fargo will be on your right. The hotel is across the street from West Acres Regional Shopping Center.

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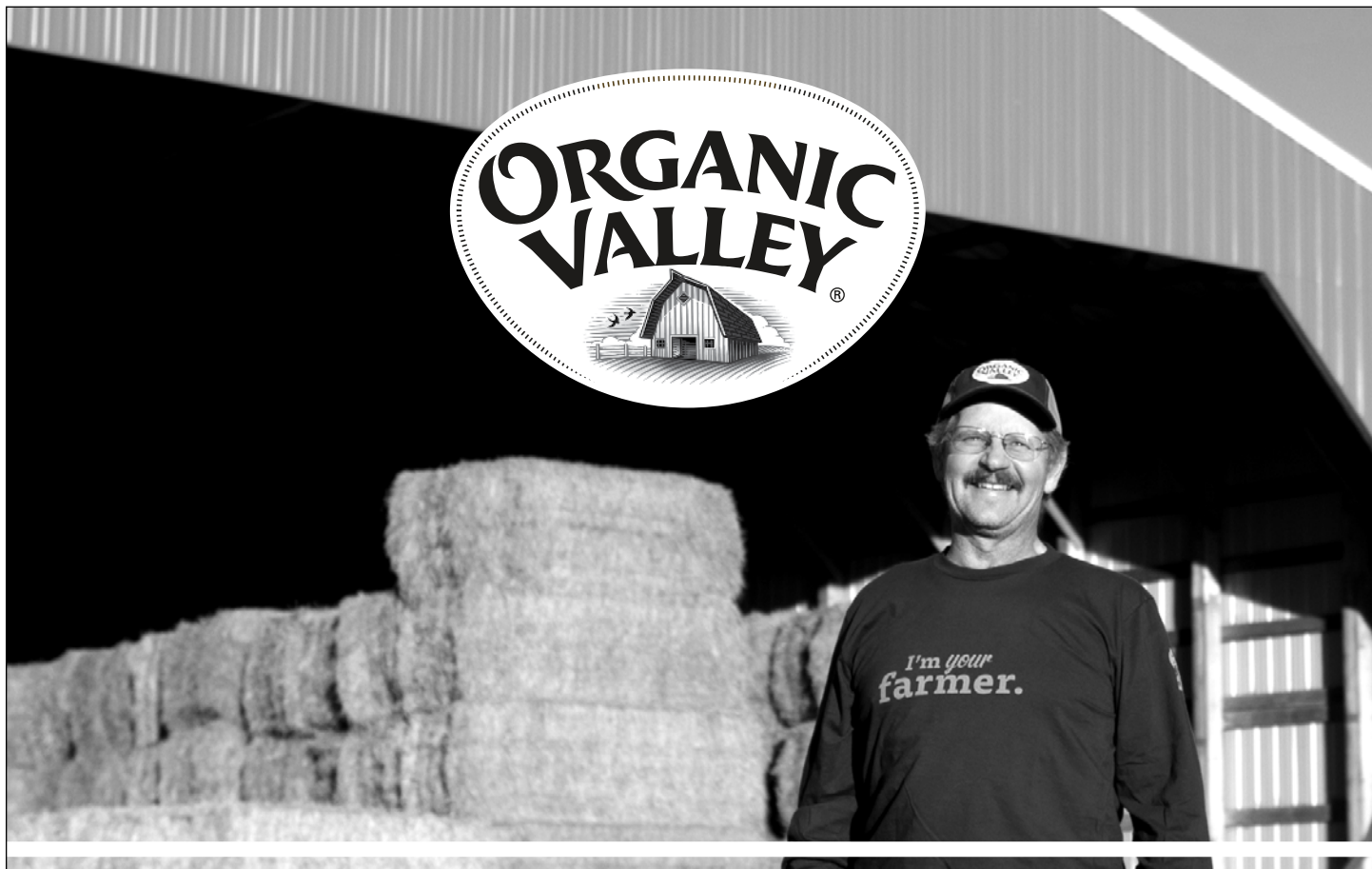
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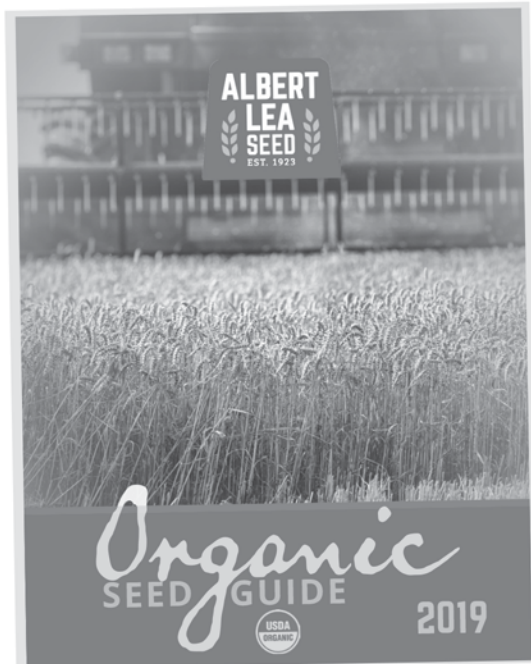
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Pre-Conference Workshops

THURSDAY, JANUARY 24, 2019 • 1 TO 5 P.M.

1

Boots in the Dirt

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2

Biodynamic and Regenerative Agriculture— Principles and Practices

Rachel & Steffen Schneider, *Hawthorne Valley Farm*

Embassy A

What kind of agriculture do we need in the future? This workshop explores current global/societal trends pertaining to food and farming, including a close look at biodynamics. Build your operation on best practices.

3

Low-cost Methods to Implement Small-Scale Regenerative Farming Systems

Dr. Appachanda Thimmaiah

Prairie Room

Regenerative farming systems mimic natural processes of energy transfer, utilizing local resources efficiently. This workshop will address ways to use locally available resources to prepare crop nutrient formulations and manage pests. These low-cost farming techniques are successfully adopted in various countries. The presenter will speak primarily in Hindi, with translation into English by an interpreter. A summary of the concepts in this workshop will be presented in English with Hindi interpretation at 8:30 a.m. Friday.

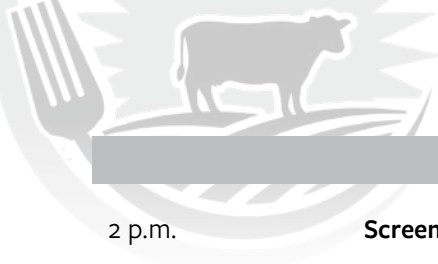
\$75 per person • Use the registration form (page 41) to sign up.



Join us for a sampling of regional art, food, and drink. Ticket includes a presentation by Dayna Del Val of The Art's Partnership and entry into a drawing for local art.

\$25 FOR MEMBERS • \$35 FOR NONMEMBERS

5:30-7:30 p.m. Thursday, January 24
Great Hall, Holiday Inn Fargo



2019 Food & Farming Conference Schedule

SUNDAY, JANUARY 13

2 p.m. **Screening of the film “Wasted! The Story of Food Waste,”** *Fargo Theatre (see details on p. 24)*

THURSDAY, JANUARY 24

Noon Registration opens

Noon – 4:00 p.m. Exhibits set up

1:00 p.m. – 5:00 p.m. **Boots in the Dirt** by Glen Rabenberg, *Frontier Room*
Biodynamic and Regenerative Agriculture—Principles and Practices by Rachel & Steffen Schneider, *Embassy A*
Low-cost methods to implement small scale regenerative farming systems by Dr. Appachanda Thimmaiah, **Prairie Room*

5:30 p.m. – 7:30 p.m. **Taste of Agri-CULTURE,** *Great Hall, Holiday Inn; Pool Party for Children, Holiday Inn Pool*

8:00 p.m. Exhibit Hall closes

FRIDAY, JANUARY 25

7:00 a.m.–9:00 a.m. Breakfast Bar
Registration and exhibits open

8:30 a.m. – 9:30 a.m. **Changing the World, One Chicken at a Time – Session One** by Reginaldo Haslett-Marroquin, *Frontier Room*
Tactics for Direct Farm Marketing by Ryan Pesch, *Prairie Room*
A Chef in Conversation with Breeders by Dan Barber, *Embassy A&B*
Stop the Erosion of Your Health! by Dr. Maggie Peterson, *Mezzanine 2*
Regenerative Organic Agriculture Lessons Learned from Bhutan—English presentation by Dr. Appachanda Thimmaiah, *Mezzanine 3*
Local Food, Craft Beer & Pour Over Coffee: The Growth of the Fargo Local Food & Beverage Community by Megan Myrdal, *Mezzanine 4*

9:30 a.m. – 10:00 a.m. Break / Exhibits

10:00 a.m. – 11:00 a.m. **Homeopathy for the Farm and When to Use It** by Alethea Kenney, *Frontier Room*
Perennial Crop Research—Future Opportunities for Farmers by Brian Smart, *Prairie Room*
Soil Health for Small Scale Vegetable Producers by Jim Chamberlin and Zachary Paige, *Embassy A*
Pollinator Habitat on Farms by Sarah Hamilton Buxton and Rae Powers, *Embassy B*
Turn One Cow and a \$15 Milk Pail into a Profitable 10 Cow Micro-Dairy by Peter Bartlett, *Mezzanine 4*
Minnesota Ag Water Quality Certification Program (MAWQCP) by Jim Lahn, *Mezzanine 3*
Glyphosate/RoundUp—The Problem and the Solution by John Fagan, *Mezzanine 2*

11:30 a.m. – 12:15 p.m. Lunch

12:15 p.m. – 1:15 p.m. **NPSAS Annual Meeting and Jim Stordahl Endowment Announcement**

1:15 p.m. – 1:45 p.m. Break

1:45 p.m. – 3:00 p.m. **KEYNOTE: Breeding for Flavor: A New Blueprint for Cuisine** by Dan Barber

3:00 p.m. – 4:00 p.m. Break / Exhibits

4:00 p.m. – 5:30 p.m. **Changing the World, One Chicken at a Time – Session Two** by Reginaldo Haslett-Marroquin, *Frontier Room*
The Real Organic Project: Returning Organic Certification to its Original Meaning by Francis Thicke, *Prairie Room*
Hawthorne Valley Farm - 45 years later and going strong by Steffen & Rachel Schneider, *Embassy A*
The Emerging Food System by Kathryn Draeger, Ed Gehrke, Matthew West and Travis Rosenbluth, *Embassy B*
Making Your Farm or Ranch Bird-Friendly by Joshua Lefers, *Mezzanine 4*
Hemp Panel, *Mezzanine 3*
Empowered and Equipped: Living with Intention by Tara Dukart, *Mezzanine 2*
Pollinator and Beneficial Insect Conservation individual farm consultation meetings Rae Powers and Sarah Hamilton Buxton, *Club Room; also Saturday, 10:00 a.m. – 11:00 a.m.*

6:00 p.m. on Organic / Local Dinner Banquet
Friend of the Farmer / Steward of the Year Award Presentation and Live Auction

2019 Food & Farming Conference Schedule



SATURDAY, JANUARY 26

- 7:00 a.m.–9:00 a.m. Breakfast Bar
Registration and exhibits open
- 8:30 a.m. – 9:30 a.m.. **Rangeland Management for Pollinators** by Sarah Hamilton Buxton and Rae Powers, *Frontier Room*
Soil Fertility & Weed Control in Organic Crops, panel facilitated by Lynn Brakke, *Prairie Room*
Raw Milk on the Northern Plains, panel discussion led by Tim Eisenbeis and Peter Bartlett, *Embassy A*
Strategies for Transitioning to Organic, a panel facilitated by Clair Keene, *Embassy B*
Biologicals: Passing Fad or Promising Future? by Sandy Syburg, *Mezzanine 4*
Fertility Recycling NOW by Zach Wright, *Mezzanine 3*
Flourish! Living a Life of Well-Being by Andrew Scott, *Mezzanine 2*
- 9:30 a.m. – 10:00 a.m. Break / Exhibits
- 10:00 a.m. – 11:00 a.m. **Bunny Business: From Fuzzy Family Friend to Sustainable Urban Agri-Business** by Alison Brennan and Nick Nadeau, *Frontier Room*
Innovative Precision Guidance Solutions –Active Implement Guidance and Autotrac Vision by Bryce Knowlen, *Prairie Room*
An Organic Dairy, from the Soil to the Grocery Store Shelf by Francis Thicke, *Embassy A*
Growing veggies all winter in passive solar Deep Winter Greenhouses by Carol Ford & Greg Schweser, *Embassy B*
Regeneration Basics by Zach Wright, *Mezzanine 4*
Sustainable Vegetable Seed Production for Farmers by Zachary Paige and Kitt Healy, *Mezzanine 3*
Sourdough for Busy People by Annie Carlson, *Mezzanine 2*
Pollinator and Beneficial Insect Conservation individual farm consultation meetings, *Club Room*; also *Friday, 4:00–5:30 p.m.*
- 11:30 a.m. – 12:15 p.m. Lunch
- 12:15 p.m. – 1:15 p.m. **40th Anniversary Celebration**
- 1:15 p.m. – 1:45 p.m. Break
- 1:45 p.m. – 3:00 p.m. **KEYNOTE: Agriculture that Truly Regenerates: The Next 40 Years** by Steffen Schneider
- 3:00 p.m. – 4:00 p.m. Break / Exhibits
- 4:00 p.m. – 5:30 p.m. **Minerals for Health in Livestock by Alethea Kenney**, *Frontier Room*
Thinking Regeneratively by Josh Dukart, *Prairie Room*
SEED: The First Link in the Food Chain by Theresa Podoll and Steve Zwinger, *Embassy A*
Sales and Marketing to Wholesale Customers for Small Farmers by Amy McCann, *Embassy B*
Support for Beginning Farmers with Farm Beginnings Program by Dakota Rural Action/FARRMS, *Mezzanine 4*
Emerging Fruit Crops in the Mid-West by Thaddeus McCamant and Stacy Nelson-Heising, *Mezzanine 3*
Kitchen Farmacopia: Food for Wellness by Jaclyn Weber, *Mezzanine 2*
- 6:00 p.m. on Organic / Local Dinner Banquet
Entertainment

SUNDAY, JANUARY 27

- 7:00 a.m.–9:00 a.m. Breakfast Bar
- 9:00 a.m. – 11:00 a.m. Sunday Gathering
Readings from Wendell Berry Essential Reader
Introduction to CATCH – Communities Acting Together for Change and Hope
Led by Keith Mills, UCC Northern Plains Conference, and Annie Carlson, NPSAS board member

***Make plans now to attend the next
Food & Farming Conference, Jan. 23-26, 2020!***



Workshop Descriptions

SUNDAY, JANUARY 13

2 p.m.

Screening of the film “Wasted”

Fargo Theatre

“Wasted! The Story of Food Waste” is produced by Anthony Bourdain and features chefs Dan Barber, Mario Batali, and Massimo Bottura. Audiences will see how “scrap food” can be transformed into incredible dishes and become a contribution to a more secure food system. Dan Barber is a keynote speaker at the conference. The event will be followed by a panel discussion. It is co-sponsored by Cass Clay Food Partners, Ugly Food of the North, and North Dakota Culinary Institute Project.

THURSDAY, JANUARY 24

1:00 p.m. – 5:00 p.m.

PRE-CONFERENCE WORKSHOPS:

Boots in the Dirt

Glen Rabenberg
Frontier Room

Biodynamic and Regenerative Agriculture—Principles and Practices

Rachel & Steffen Schneider
Embassy A

Low-Cost Methods to Implement Small-Scale Regenerative Farming Systems

Dr. Appachanda Thimmaiah
Prairie Room

See full descriptions on p. 21.

5:30 p.m. – 7:30 p.m.

Taste of Agri-CULTURE

Great Hall, Holiday Inn

A sampling of regional art, food and drink. Includes a presentation by Dayna Del Val of the Art’s Partnership and entry into a drawing for local art.

5:30 p.m. – 7:30 p.m.

Pool Party

Pool, Holiday Inn

Children can attend a pool party if registered for the conference and parents are attending Agri-CULTURE. Children younger than 9 must be accompanied by a parent or older sibling. A lifeguard will be on duty.

Children’s Conference Schedule

Mezzanine 1 will be set up as a multi-age learning center for children with programming and balance of activities developed around the ages of children attending. The room will be staffed on the following schedule:

8:30-11:00 a.m.: Mix of activities including craft, games, and science.

12:15-3:00 p.m.: Mix of activities including Imagination Playground

4:00-5:30 p.m.: Mix of activities including music rehearsal for Saturday evening performance

Teachers: Noelle Harden, U of M Extension; Jaclyn Weber, farmer/educator; staff from Boys and Girls Club; staff from Prairie Roots Community Fund, and staff from Prairie Fiber Arts Center.

FRIDAY, JANUARY 25

8:30 a.m. – 9:30 a.m.

Changing the World, One Chicken at a Time – Session One

Reginaldo Haslett-Marroquin
Frontier Room

Through an innovative Poultry-Centered Regenerative Agriculture system-level design, we are building the foundation for a regenerative industry to emerge. Come learn what this is about.

Tactics for Direct Farm Marketing

Ryan Pesch
Prairie Room

When selling directly to customers, farmers need to take on activities well afield of planting and harvesting such as pricing, promotion, and strategic business decision-making. Come and learn about how to re-approach your business with the customer in mind.

A Chef in Conversation with Breeders

Dan Barber
Embassy A

Join chef Dan Barber in conversation with breeders about the future of seeds. This workshop will explore similar themes as chef Barber’s keynote but in conversation with breeders working on this issue.

Local Food, Craft Beer & Pour Over Coffee: The Growth of the Fargo Local Food & Beverage Community

Megan Myrdal
Mezzanine 4

The Fargo-Moorhead food & beverage community has transformed in recent years with new businesses, markets, and programs promoting and celebrating local fare. A vibrant craft beer and gourmet coffee scene is also growing. These businesses are generating hundreds of thousands of dollars in local economic activity each year, while simultaneously creating a community that attracts young people to live and work here. This panel discussion will feature leaders in the F-M food and beverage community who have been at the forefront of this change. They’ll share milestones, strategies, and transferable ideas for growing, promoting, and celebrating the local goods in your community.

Regenerative organic Agriculture lessons learned from Bhutan

Dr. Appachanda Thimmaiah
Mezzanine 3

This presentation in English summarizes themes presented at the preconference workshop, which was in Hindi. Small-scale family farms have a significant role in producing food in the U.S. With the impact of agrochemicals on human health and environment, and growing consumer awareness, farmers are gradually switching toward ecological systems of agriculture. Farmers spend a lot to purchase inputs such as seeds, manure, crop nutrient formulations and bio-pesticides. Regenerative farming systems mimic natural processes of energy transfer, utilizing the local resources efficiently. Can we grow crops using locally available resources and save on expenses? Weeds are menace on farms: Can we use weeds to prepare crop nutrient formulations and manage pests? The workshop will address these questions and discuss low-cost farming techniques that have been successfully adopted in various countries.

Stop the erosion of your health!

Dr. Maggie Peterson
Mezzanine 2

Chronic inflammation will trigger the breakdown of the body and increase disease processes. Learn what inflammation is, how it is trigger, what happens when it is trigger and what you can do about it.

Workshop Descriptions



10:00-11:00 a.m.

Homeopathy for the Farm and When to Use It

Alethea Kenney
Frontier Room

This session includes information on homeopathy as an inexpensive healing modality and how to use it for first aid and treatment in animals. Some information on herbs is also included.

Perennial Crop Research—Future opportunities for farmers

Brian Smart
Prairie Room

Brian Smart, working with Brent Hulke of the USDA-ARS, will report on the perennial flax domestication project done in partnership with NDSU, The Land Institute, University of Colorado at Boulder, and University of Minnesota's "Forever Green Initiative."

Soil Health for Small-Scale Vegetable Producers

Jim Chamberlin and Zachary Paige
Embassy A

This workshop will outline a regenerative model of soil health based on five principles—reduce soil disturbances, plant cover crops, add diverse species, deepen root systems and integrate livestock—for smaller vegetable and fruit growers who market commercially (direct marketing, CSAs, farmers markets or wholesale), or who raise foods via a community garden. We will discuss practical methods of implementation and strategies of how these soil health principles adapt to diverse scenarios (high tunnel, mulching, raised bed, no-till, perennial) through pictures and quotes from sustainable farmers in Minnesota.

Pollinator Habitat on Farms

Sarah Hamilton Buxton, Rae Powers, and Peter Schultz
Embassy B

Farmers and other landowners can use a variety of conservation practices to create and enhance pollinator habitat on farms. Hedge rows, field borders, insectary strips, tree/shrub plantings, and filter strips created with assistance from USDA programs can be valuable habitat for bees, butterflies, and other beneficial insects. Come learn about best management practices for pollinator protection, pollinator habitat restoration, site preparation options, selection of plants, and financial and technical resources to support these efforts.

Turn One Cow and a \$15 Milk Pail into a Profitable 10-Cow Micro-Dairy

Peter Bartlett
Mezzanine 4

Get ready to be inspired as you listen to the story of creating a profitable 10-cow micro-dairy starting with one cow and a milk pail and how you can too! Peter Bartlett of Bartlett Farms will take you on a journey to explore the pain points he and his family experienced starting a raw cow-share dairy in North Dakota from scratch; from writing the cow-share agreement, to marketing raw milk in a rural community, to making the farm business more than a hobby. Bring your notebook and an open mind and be ready to challenge the conventional paradigm of dairy farming in the 21st century!

Minnesota Ag Water Quality Certification Program (MAWQCP)

Jim Lahn
Mezzanine 3

Farm operators and owners throughout Minnesota are eligible to be involved in the Minnesota Ag Water Quality Certification Program, which is an excellent way for farmers to tell the story of the good things they are doing to protect water quality, as well as explore new conservation practices. In this workshop, you will learn about the benefits and what's involved in participating in Minnesota's 4-year old program. Currently, 660 Minnesota farms are Water Quality Certified, including small farms as well as large farming operations and a diversity of crop and livestock production, including corn, soybeans, wheat & other small grains, hay, pasture, cattle, hogs, dairy cows, and bison.

Glyphosate/RoundUp—The Problem and the Solution

John Fagan
Mezzanine 2

Glyphosate-based herbicides are the most widely used agrochemicals on planet earth. First authorized in 1974, world-wide use has increased more than 250-fold. Today it is pervasive in soil, water, feed, and food. Although promoted for many years as having negligible health impacts, evidence shows that glyphosate and its herbicidal formulations are toxic and carcinogenic to people and livestock. How can we remove this toxin and thereby protect health? Solving the damaging impacts of glyphosate in our agroecosystem will require fundamental, structural changes to our agricultural system, a total remake of agriculture as we know it today.

1:45-3:00 p.m.

KEYNOTE: "Breeding for Flavor: A New Blueprint for Cuisine"

Dan Barber
Great Hall

Plant breeders are the architects, and seeds are the blueprints for our food chain. Long before ingredients reach our kitchen, the seed sets the foundation for the whole system. For decades, the system has been determined by the pursuit of yield and uniformity. But what if flavor had a seat at the table? What new standard of ingredients would be possible if we selected for taste and nutrition from the very beginning? Chef Dan Barber explores a new kind of recipe—one that starts with the seed. Barber will discuss the role of chef-breeder collaboration in reshaping our food system and share examples of new vegetable varieties inspired by and celebrated in the Blue Hill kitchen.

4:00-5:30 p.m.

Changing the World, One Chicken at a Time – Session Two

Reginaldo Haslett-Marroquin
Frontier Room

The second session will focus on how we plan to build a system of small-scale farming operations across the landscape and how we are making progress, both on farm deployment as well as efforts to consolidate the system's support infrastructure.

The Real Organic Project: Returning Organic Certification to its Original Meaning

Francis Thicke
Prairie Room

Slippage of the National Organic Program (NOP) rules and enforcement has frustrated organic farmers and confused buyers of organic food. The NOP has opened the door to certification of hydroponic production, nixed the Animal Welfare Standards, certified CAFOs, and failed to prevent the importation of fraudulent organic grain. The Real Organic Project is an add-on certification that restores the integrity of organic farming.

Hawthorne Valley Farm – 45 Years Later and Going Strong

Steffen & Rachel Schneider
Embassy A

This session presents a case study of Hawthorne Valley Farm—strategies for the future and lessons learned from the past.



SOUTH DAKOTA OCIA CHAPTER #1

OCIA International is a nonprofit, member-owned agricultural organization dedicated to providing the highest quality organic certification services and access to global organic markets.

Looking for mentorship in organic and sustainable farming practices?

OCIA's chapters provide educational meetings, field days and demonstrations, and a valuable network of mentorship and support. They also work hard to promote the organic industry and help to educate about the organic certification process.

Anyone may become a member of an OCIA chapter and help support OCIA and the organic industry as a whole.

Wilford Secker,

Chapter Administrator

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Workshop Descriptions



The Emerging Food System

Kathryn Draeger, Ed Gehrke, Matthew West and Travis Rosenbluth
Embassy B

Presenters describe their efforts in creating new, regionally based food systems. Kathryn Draeger, U of MN, is helping develop the Farm to Rural Grocery to Wholesale supply chain, or “backhaul” project. Ed Gehrke, The Joseph Project, is developing an efficient storage, sales and distribution system focused on the 100 mile “food shed” around Detroit Lakes, MN. Matthew West, Dakota Rural Action, is working with Rosebud Economic Development Corporation to support tribal food sovereignty. Travis Rosenbluth co-founded Harvestable, a digital marketplace exchange that connects local farmers with chefs to help source local food.

Making Your Farm or Ranch Bird-Friendly

Joshua Lefers
Mezzanine 4

Birds can provide a number of ecological and economic benefits to working lands. In this session, we will talk about different approaches of managing your working lands for wildlife, goal setting, and tools and strategies for improving the diversity and abundance of wildlife on your farm or ranch. Join experts from the Audubon Society and Longspur Prairie Fund to make a bird plan!



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Hemp Panel

Mezzanine 3

The Hemp industry is poised to make a miraculous comeback. After a seventy-year hiatus, the federal government decided the versatile plant was a danger to society. Hemp has been a very useful plant for its fibrous nature and healthy oils for centuries. The British first required the growing of hemp in the 1760s to use for sails, ropes and clothing. Today hemp is seen as a versatile plant that can add value to a farm operation by selling hemp oil, hulls for protein and the fiber for a myriad of products. Currently, over 38 states have enacted some type of hemp legislation to bring the industrious plant back to the agriculture sector. This panel presents the experience of growers and others interested in the future of hemp.

Empowered and Equipped: Living with Intention

Tara Dukart
Mezzanine 2

Are you interested in improving your quality of life or strengthening the health of your relationships? Would you like more effective communication and boosted morale among your family members, business partners or within your multi-generational operation? Do you desire to establish healthier habits but not sure where to start or how to maintain? We will explore how using intentional language, healthy habit-forming, accountability, and effective coping skills can help you experience the life you were created to live.

Pollinator and Beneficial Insect Conservation Individual Farm Consultation Meetings

Rae Powers and Sarah Hamilton Buxton

Club Room; also Saturday 10:00-11:00 a.m.

Sign up for a free, one-on-one consultation with NRCS/Xerces pollinator conservation planners, Rae Powers and Sarah Hamilton Buxton. Bring property maps, farm plans, and your questions for a 20-minute session to identify opportunities on your farm or ranch for pollinator habitat. We are ready to help backyard gardeners or large operations navigate habitat management or creation with a variety of resources including regional plant lists, installation guides, and our own expertise. Sign up lists posted on Club Room door.

SATURDAY, JANUARY 26

8:30-9:30 a.m.

Rangeland Management for Pollinators

Sarah Hamilton Buxton and Rae Powers

Frontier Room

Pollinators are essential for rangeland plant production and diversity, support other wildlife populations, and help with nutrient cycling. Flower rich rangelands are critical habitat for many pollinators, birds, and mammals, and the links between pollinators and rangeland management continue to be researched. Grazing, haying, herbicide applications, shrub/tree control, and prescribed fire can have positive and negative effects on wildlife but are essential practices for maintaining grasslands. Join Sarah Hamilton Buxton and Rae Powers, NRCS/Xerces partner biologists, as they share strategies to tweak your rangeland management to support pollinators and other wildlife.

Soil Fertility & Weed Control in Organic Crops

Panel facilitated by Lynn Brakke
Prairie Room

Join experienced farmers Mark Askegaard, Lee Thomas, and Lynn Brakke as they share their strategies and struggles in producing organic small grains and other crops.

Raw Milk on the Northern Plains Panel

Embassy A

Tim Eisenbeis of Happy Grazing Dairy (Marion, S.D.) and Peter Bartlett of Bartlett Farms (Bottineau, N.D.) will lead a panel discussion centered on the challenges and opportunities facing raw milk production on the northern plains. Bring your ideas and questions to interact and learn as we open up the topic of raw dairy regulation, safety, marketing and more. Don't miss this opportunity to share your experiences and learn from others!

Strategies for Transitioning to Organic

Panel facilitated by Clair Keene, NDSU
Embassy B

How do I transition my grain farm to organic? What should I grow? How much will it cost? This panel discussion will include farmers at all stages of organic production



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Workshop Descriptions



and provide diverse perspectives on strategies for transitioning to certified organic. Come learn from actively transitioning, recently certified, and veteran organic producers. This session targets grain farmers, but all are welcome to attend. Clair Keene NDSU Extension Specialist in Cropping Systems will moderate the panel.

Biologicals: Passing Fad or Promising Future?

Sandy Syburg
Mezzanine 4

With an ever-increasing number of “biologicals” on the market today, growers often have more questions than answers. Join Sandy Syburg as he explains the different types of biologicals available and what growers might expect as it relates to their use.

Fertility Recycling NOW

Zach Wright
Mezzanine 3

Farming systems are massive generators of “waste.” But what is waste and what isn’t? What is the value of our wastes? Is waste even a word? Let’s explore this concept more deeply and learn to identify and capture this organic material, aka “waste,” in order to promote the multitude of benefits of crop/waste recycling on our farm. Attendees will come away with this concept as well as the ideal equipment and protocol for achievement at any scale of operation. Time to close your loop!

Flourish! Living a Life of Well-Being

Andrew Scott
Mezzanine 2

Simply put, flourishing is feeling good and functioning well. Unfortunately, many struggle to flourish. A majority don’t move enough, eat well enough, sleep too little, stress too much, and worry about finances—taking a toll on health. In fact, 50% of all adults are battling at least one chronic condition. One in two adults is not flourishing. Learn how to take control and live a life of well-being. Flourish!

10:00-11:00 a.m.

Bunny Business: From Fuzzy Family Friend to Sustainable Urban Agri-Business

Alison Brennan and Nick Nadeau
Frontier Room

The presenters will weave their personal stories with practical guidelines for sustainably,

efficiently raising rabbits in urban environments. Several reasons for raising rabbits (friends, “fuzz,” fertilizer, furs, and food) will be discussed, along with information for prospective urban rabbit farmers on essential supplies and costs to anticipate in starting a rabbit enterprise. The presenters will share tips, tricks, and advice from their own experiences, along with research-based, educational resources from Cooperative Extension institutions across the country.

Innovative Precision Guidance Solutions: Active Implement Guidance and Autotrac Vision

Bryce Knowlen
Prairie Room

Precision guidance counts – especially when planting, cultivating and harvesting specialty or organic crops. In this class, Bryce will discuss the progression of John Deere guidance systems and review past/present displays and receivers. He will discuss how John Deere’s Active Implement Guidance solution keeps your tractor and implement on the same A-B line, reducing input costs and causing less damage to post emerged crops. He will also introduce the StarFire 6000 receiver as well as the revolutionary Autotrac Vision camera solution, which performs well in operations such as flaming, cultivating, spraying, and nutrient application.

An Organic Dairy, from the Soil to the Grocery Store Shelf

Francis Thicke
Embassy A

An organic dairy that is designed and managed in the image of nature’s ecology will be healthy on all levels: it will build soil health and fertility and sequester carbon, foster biodiversity and wildlife habitat, optimize the health of cows, and produce healthier products for human consumption.

Grow Veggies All Winter in Passive Solar Deep Winter Greenhouses

Carol Ford & Greg Schweser
Embassy B

Deep Winter Greenhouses collect and store solar heat in an underground insulated rock bed. That air is recirculated into the growing area at night to prevent crops from freezing. DWGs can be used to grow cold-tolerant, low-light crops such as brassicas, Asian greens, salad greens, micro-greens, and more. This session will include growing methods and present on the most recent economic and production research conducted at the University of Minnesota.

Regeneration Basics

Zach Wright
Mezzanine 4

The concept of regeneration and Regenerative Agriculture is gaining momentum throughout the production ag world. Many of us understand that our systems might need an upgrade in order to meet this niche. What kinds of things do we need to look at beyond what we are currently doing? This course will focus on the soil husbandry aspect of regeneration so that our soils, eventually, will grow soil—thus, sustaining our production far into the future.

Sustainable Vegetable Seed Production for Farmers

Zachary Paige and Kitt Healy
Mezzanine 3

This workshop will go over the three legs of sustainability (Ecological, Economic and Social) as they relate to on-farm seed production. Topics will include basic concepts and techniques for on-farm seed-saving, how to assess whether seed production makes economic sense for your operation, and community engagement around seeds of cultural and culinary importance.

Sourdough for Busy People

Annie Carlson
Mezzanine 2

Do you love sourdough but don’t have the time to follow all the rules of traditional sourdough? Join Annie as she un.masks the secrets of sourdough for busy people like you! There will be recipes, samples, and even some sourdough starter for lucky attendees.

Pollinator and Beneficial Insect Conservation Individual Farm Consultation Meetings

Rae Powers and Sarah Hamilton
Buxton

Club Room; also 4:00-5:30 p.m. Friday

Sign up for a free, one-on-one consultation with NRCS/Xerces pollinator conservation planners, Rae Powers and Sarah Hamilton Buxton. Bring property maps, farm plans, and your questions for a 20-minute session to identify opportunities on your farm or ranch for pollinator habitat. We are ready to help backyard gardeners or large operations navigate habitat management or creation with a variety of resources including regional plant lists, installation guides, and our own expertise. Sign up lists posted on Club Room Door.

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Workshop Descriptions



1:45-3:00 p.m.

Keynote: Agriculture that Truly Regenerates: The Next 40 Years

Steffen Schneider
Great Hall

A case for Mindful Agriculture and why we need it – ecologically, economically, (spiritually) culturally.

4:00-5:30 p.m.

Minerals for Health in Livestock

Alethea Kenney
Frontier Room

This session includes information on macro and trace minerals, their uses in the body and signs of deficiency and toxicity and how to address those imbalances in livestock.

Thinking Regeneratively

Josh Dukart
Prairie Room

“Conservation is not enough. Regenerative management is needed to produce a sustainable future.”

The word *sustainability* has lost much of its credibility as it is used so loosely and frequently to describe vastly different ideals; it has been used to describe contrasting ends of several spectrums, including trying to control nature with high-input agriculture to working with nature in a very low-input fashion. “Regenerative Thinking” is a new and strategic approach to land management that is directly linked to our financial stability and quality of life—and goes beyond simply sustaining what we have.

SEED: The First Link in the Food Chain

Theresa Podoll and Steve Zwinger
Embassy A

“Seeds are a gift of nature... [They] are the first link in the food chain, and the embodiment of biological and cultural diversity, and the repository of life’s future evolution.”

—International Commission on the Future of Food and Agriculture


It all starts with the seed—the foundation of all food and farming. The last century has seen a dramatic erosion in the diversity of seeds available to farmers, gardeners, and

eaters, posing a significant threat to the future of food and farming. Join us for a panel discussion to talk about this urgent threat and the work needed to conserve and utilize a diversity of crops. What are our seed needs? How do we as farmers increase availability and suitability of our own seeds, ensuring access to varieties that we can grow, improve, sell and exchange? What are the opportunities to have an impact on organic seed evaluation and development?

Sales and Marketing to Wholesale Customers for Small Farmers

Amy McCann
Embassy B

Come to this session if you are thinking about selling to restaurants or local grocery stores but aren’t sure where to start. Many small farms that have been focused on direct sales (e.g. farmers markets, CSAs) find they need to adjust their sales and marketing plan when they incorporate sales to the wholesale market. In this session, we’ll present sales & marketing strategies for common wholesale sales channels, with 15-20 min of Q&A.

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Workshop Descriptions

Support for Beginning Farmers with Farm Beginnings Program

Dakota Rural Action/FARRMS
Mezzanine 4

New and Beginning Farmers are creatively cultivating to not only provide healthy food but also to sustain a livelihood. Hear first-hand from the next generation of entrepreneurs hustling to succeed. Panel will consist of new and beginning farmers and representation from The Farm Beginnings Collaborative, a national alliance of independent regional groups of farmers, farmer networks, and farmer-training support organizations, which are working together to promote Farm Beginnings, a beginning farmer training model that is farmer-led, community based, and focused on sustainable agriculture.

Emerging Fruit Crops in the Mid-West

Thaddeus McCamant and Stacy Nelson-Heising
Mezzanine 3

Thaddeus will give an overview of his research on new and unusual crops that can be grown in Midwest, including currants, gooseberries, honeyberries, juneberries and goji berries. Stacy Nelson-Heising, 4th generation farmer from Ayr, ND will share how she reinvented a family farm for the next generations. Once a certified organic grain farm, Cottonwood Farm is now the largest certified organic orchard in the

ND. Planting their orchard and building a cider house to add value to their crop is how Stacy Nelson-Heising, her husband, and Stacy's family (long-time NPSAS member Chuck Nelson) decided to take their family farm into the future. Stacy will discuss some of the challenges and joys that have come with beginning Cottonwood Farm and Cottonwood Cider House and talk about the importance of pairing up one business with another to add value and create sustainability.

Kitchen Farmacopia: Food for Wellness

Jaclyn Weber
Mezzanine 2

In our fast-paced lives, it is easy to rely on the convenient packaged foods that save us time and energy. But at what cost? How can we turn towards family wellness through healthy eating? What can we do in our kitchen's and yards to contribute to wellness?



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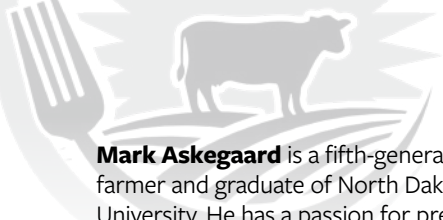
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Presenters

Mark Askegaard is a fifth-generation farmer and graduate of North Dakota State University. He has a passion for preserving the land and promoting the health of communities through organic agriculture and local foods. He transitioned his farm to organic in 1995, with his primary crops being wheat, soybeans and flaxseed. Mark is proud to serve on several committees including the Minnesota Grown Advisory Committee, and the University of Minnesota Regional Sustainable Developmental Partnership.

Dan Barber is executive chef & co-owner of Blue Hill and Blue Hill at Stone Barns. Barber's opinions on food and ag policy have appeared in the *New York Times* and many other publications. He works to blur the line between the dining experience and the educational, bringing the principles of good farming directly to the table. Barber has received multiple James Beard awards, and in 2009 was named one of *Time* magazine's 100 most influential people in the world.

Peter Bartlett is an entrepreneur turned dairy farmer producing and distributing raw milk and dairy products from his herd of 10 Jerseys to over a hundred families across North Dakota. Since his family started their homestead in 2004, Bartlett Farms is on a mission to impact North Dakota families suffering from leaky gut, food sensitivities and autoimmune disorders by promoting a return to real food and a healthier lifestyle. Peter lives near Bottineau, N.D., where he works with his parents on his diversified family farm.

Lynn Brakke and his wife, Dee, farm near Moorhead, Minn. They switched their farming operation to organic in 1993. They now raise food grade soybeans, blue corn, yellow corn, wheat, alfalfa, and dry beans. The Brakkes have been members of NPSAS since 2003, and Lynn serves as a board member.

Alison Brennan grew up in Minot, ND. Thanks to her husband, **Nick Nadeau**, who grew up on a hobby farm outside of rural Aitkin, Minn., her enthusiasm for all things urban ag has been cultivated and has blossomed. Alison and Nick met as undergrads in sociology at Concordia College in Moorhead, Minn. Together at their Moorhead home—just a few blocks from Concordia—they raise New Zealand/Californian crosses for their personal meat supply. They recently started raising Angoras to sell wool for yarn production. They are working on turning their yard into an urban food forest.

Sarah Hamilton Buxton and **Rae Powers** are Farm Bill Pollinator Conservation Planners and Xerces/NRCS Partner Biologists.

Rae and Sarah work with farmers, ranchers, agencies, and conservation groups to promote pollinators and other beneficial insects on working lands. In collaboration with NRCS staff, they work with producers to identify pollination and pest control needs and determine strategies and funding sources to best meet those needs. They provide technical support to hundreds of farmers, ranchers, NRCS staff, and other farm agency professionals as they navigate questions surrounding pollinator habitat needs, plant selection, site preparation, monitoring, and management.

Annie Carlson and her husband operate a natural, grass-based farm that strives to regenerate the landscape and the local food system. Their three children provide comic relief and playtime. Her work experience includes being a 9th-grade science teacher, adjunct professor of biology, and corporate trainer. She is a board member for NPSAS.

Jim Chamberlin is Food and Water Security Program Manager for Happy Dancing Turtle, a non-profit organization located on the 70-acre Hunt Utilities Group resilient living campus in Pine River, Minn. He has an A.A.S. degree in Natural Resource Management from Central Lakes College and has completed course work in Ecosystem Silviculture and Agroforestry, Permaculture design, horticulture and landscaping. He is President of the Sustainable Farming Association of Minnesota and serves on the Central chapter board. Jim and his wife, Audra, own and operate Island Lake Farm, a 107-acre diversified farm and forestry operation near Deerwood, Minn.

Kathryn Draeger is Statewide Director of Regional Sustainable Development Partnerships and adjunct professor of Agronomy and Plant Genetics. She has led numerous grant-funded projects, including the Farm to Rural Grocery to Wholesale Backhaul Project. In 2017, Kathy was the University of Minnesota Community Engaged Scholar for Extension. In 2007, Kathy and her family moved to Big Stone County to live and farm sustainably. Kathy holds a doctorate in water resources and master's in soil science from the University of Minnesota.

Joshua Dukart is a Certified Educator of Holistic Management. He has a degree in Agricultural and Biosystems Engineering from North Dakota State University. His career has included engineer, conservationist, educator, rancher, and business owner. The Soil & Water Conservation Society selected Joshua as their Harold & Kay Scholl Excellence in Conservation Award recipient in 2017. *Cattle*

Business Weekly presented Joshua with a Top 10 National Industry Leaders Award in 2015 and Joshua was recognized as one of North Dakota's Top 40 Professionals Under Age 40 in 2012.

Tara Dukart has a passion for learning, teaching, community building, healthy habit-forming, effective communication, and optimal human health and well-being. Tara has degrees in Elementary and English Education. Tara coaches and consults individuals and families on nutrition, healthy immune and digestive systems, stress-reduction, hormone regulation, inflammation & pain elimination, quality sleep, natural energy and using intentional language to improve mental health and relationships with others. Tara also proudly direct-markets the ranch's high quality grass-fed beef.

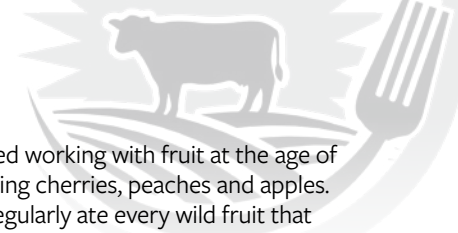
Tim Eisenbeis runs a fifth-generation farm with his wife, Anita, and his sons. He holds a master's degree in agricultural science from Michigan State University and is a strong advocate of raw milk. Their farm aspires to provide local people with high-quality, tasty and nutrient-dense food, to sustain their farm family, and to care for their land and community so that they can nurture future generations with vitality.

John Fagan is professor of microbiology at Maharishi University of Management. He is Dean of the College of Sustainability and a leading authority on sustainability in the food and agricultural system, on biosafety, and on food safety and authenticity. Dr. Fagan's earlier biomedical research examined the impacts of environmental toxicants. He earned his PhD from Cornell University. He now serves as Executive Director of the Earth Open Source Institute, a non-profit working to restore the open-source roots of the food system to help feed humanity, increase equity, support self-reliance and foster healthy ecosystems.

Carol Ford is a pioneer in deep winter greenhouse (DWG) production and co-authored *The Northland Winter Greenhouse Manual* with her late husband, Chuck Waibel. Since 2013, Carol has worked to providing outreach and education on all things DWG—especially design and production. Carol's greatest passion is to work with inspired gardeners, farmers and communities to build DWGs that will strengthen their local food system's resiliency by providing flavorful, nutrient-dense fresh vegetables in winter right at home.

Ed Gehrke is retired from multiple roles in the conventional food system. Since moving

Presenters



to Detroit Lakes he has performed a USDA study on the White Earth Indian Reservation identifying potential business opportunities, established an ingredient broker network for Red River Commodities SunButter Division, served on the founding board of Manna Food Co-op, and is co-founder of The Joseph Project, which aims to provide high quality local foods and products to the food service and retail trade through an efficient storage, sales, and distribution system.

Reginaldo Haslett-Marroquin, a native Guatemalan, served as a consultant for the UNDP's Bureau for Latin America and as an advisor to the World Council of Indigenous Peoples. After migrating to the U.S. in 1992, he was a founding member of the Fair-Trade Federation in 1994, former Director of the Fair-Trade Program at IATP, led the creation of Peace Coffee, and a multitude of inner-city immigrant enterprise efforts. He has an agronomy degree from the National Central School of Agriculture and graduated in Business Administration from Augsburg University. Regi lives and farms in Minnesota with his wife, Amy, and three kids. He is the Systems and Strategy Officer at Main Street Project, co-owner and co-founder of Regeneration Farms LLC and Tree-Range™ Chicken, and author of *In the Shadow of Green Man*.

Kitt Healy is Organic Seed Alliance's Research and Education Associate for the Midwest region. She holds a joint Master's degree in Agroecology and Organic Horticulture from the University of Wisconsin-Madison. Kitt's masters research focused on conducting tomato variety trials for short-season organic production, and engaging chefs and local farmers in participatory breeding and evaluation projects. She designs and delivers educational content focused on on-farm trials and participatory plant breeding, while growing the organic seed community. Kitt lives in Minneapolis.

Clair Keene is a N.D. State SARE co-coordinator and an Area Extension Specialist in Cropping Systems at the Williston Research Extension Center, where she works with farmers to address weed management concerns and tackle issues of soil conservation and soil health with cash crop diversity, cover crops, and residue management.

Alethea Kenney, B.S. D. Vet. Hom. is a traditional naturopath, Western herbalist, aroma therapist and small ruminant nutrition consultant for North Central Feed Products, LLC in Gonvick, Minn. She has a diploma in Veterinary Homeopathy and is certified in equine iridology. She is the author of *An Ounce of Prevention: Raising and Feeding*

Animals Naturally. She works with large and small animals in a veterinary setting and on the farm. With her husband, she has farmed since 1996 and now raises fiber animals, equines, dogs, cats, various fowl and rabbits sustainably on a farm in northern Minnesota, run primarily on renewable energy. She writes and teaches about holistic animal care, herbs, homeopathy and minerals as they relate to health in people and animals.

Bryce Knowlen is a product specialist with RDO Equipment in Moorhead, Minn. Bryce grew up in Kindred, N.D., and graduated from NDSCS in Wahpeton, N.D., with a degree in Crop Production Sales and Service. He has worked with RDO Equipment Company for more than 7 years, and in his current role as a Product Specialist, Bryce sells and supports Precision Agriculture Technology. With customers and partners, he performs in-field equipment optimization and develops data management strategies.

Jeff Kostuik is Director of Operations for Hemp Genetics Central Canada, US and International. Jeff takes a lead role in sharing his agronomy knowledge to their HGI growing base. Prior to the move to HGI, Jeff was the Manitoba provincial contact regarding hemp agronomy in his role as Diversification Specialist for Manitoba Agriculture. Past projects included working on national variety trials funded through the CHTA as well as working on minor use herbicide projects. Hemp research continues to be a passion along with farming with his brother-in-law, producing pedigreed seed.

Jim Lahn, Area Certification Specialist, Minnesota Agricultural Water Quality Certification program, works in an 11-county area in north central Minnesota. Jim assists farmers with the Water Quality Certification process. Prior to this, Jim was the NRCS District Conservationist at Le Mars, Iowa for 22 years, working in a county with a highly erodible landscape and many livestock operations. Jim also did independent crop consulting work for 19 crop seasons.

Joshua Lefers is a range ecologist for Audubon Dakota. His work focuses on promoting wildlife-friendly, profitable grazing and farming practices and connecting regenerative ranches to consumers in the marketplace. He also works to educate communities on ecological community dynamics, grazing practices, soil health, and local foods. He raises cattle and pastured poultry on the family farm near Corsica, S.D.

Thaddeus McCamant, Central Lakes College, grew up in Colorado and Montana

and started working with fruit at the age of 12 by picking cherries, peaches and apples. He also regularly ate every wild fruit that grows in both states. For the past 17 years, he has worked with fruit growers in Minnesota. The main crops he works with are apples, strawberries, blueberries and raspberries. He has also overseen projects looking at the commercial potential of new fruit crops, including goji berries, chokecherries, gooseberries and pears.

Amy McCann co-founded Local Food Marketplace in 2009 to help level the playing field for local, sustainable food. Local Food Marketplace is a blend of her two passions—local food and technology. As CEO, Amy brings business best practices and innovative solutions to local food. Amy holds a BSE from Princeton University and an MBA in Entrepreneurship and Sustainable Business Practices from University of Oregon. She was named 20 under 40 Rising Business Star by her peers in 2012. She lives and gardens in Eugene, Oregon.

Keith Mills is an ordained clergy person in the United Church of Christ. He currently serves as the Conference Minister for the Northern Plains Conference UCC. He lives on a farmstead in rural Streeter, N.D. The Northern Plains Conference has started a ministry that they are calling CATCH (Communities Acting Together for Change and Hope). The mission of CATCH is to help rebuild local economies across rural North Dakota. These efforts would almost certainly begin with local food.

Megan Myrdal, MS, RDN, is a registered dietitian nutritionist based in Fargo-Moorhead. She works for NDSU Extension – Cass County as the Family Nutrition Program Agent. She is also the co-founder of Ugly Food of the North, the Little Free Garden project, and the Red River Market. She's a former adjunct instructor for NDSU and Concordia College. She received her master's from NDSU in nutrition and exercise science, and bachelor's degree from Concordia College in food nutrition/dietetics and communications. She's the former President of the N.D. Academy of Nutrition & Dietetics and North Dakota Nutrition Council.

Stacy Nelson-Heising is a fourth-generation farmer. Stacy is the orchard manager of Cottonwood Farm, located in Ayr, N.D. Cottonwood Farm is a 2,000+ tree commercial certified organic mixed fruit orchard, specializing in apples for hard cider production. Stacy, along with her husband, Dan, and sister-in-law, own and operate Cottonwood Cider House, N.D.'s first cidery.

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Presenters



Zachary Paige is the Food Sovereignty Coordinator for the White Earth Band of Minnesota Chippewa Tribe. He has worked for the White Earth Land Recovery Project organizing the Indigenous Farming Conference in Callaway, Minn., for six years. Under native leadership, he aided in the formation of the Upper Midwest Indigenous Seed Keeper Network involving over 15 tribes. He holds a master's degree in Plant Breeding from Iowa State University where he studied open-pollinated maize adapted to the northern climate. He has a small farm in Vergas, Minn., where he farms garlic and poultry, and stewards varieties of rare vegetable seed.

Ryan Pesch is an Extension Educator who works with communities and business organizations on issues of economic development, tourism, and business development. He researches the size and scope of the local food market as well as returns to specialty crops and alternative enterprises. Ryan has owned and operated Lida Farm since 2004, a certified organic vegetable operation near Pelican Rapids, Minn. His family markets produce through its CSA program, some wholesale, and three farm stands.

Dr. Maggie Peterson DC, FICPA, CCWP, FtDCS, has been in chiropractic practice for 16 years in Enderlin, N.D. She is native to N.D. Growing up in a rural community with a father who is a veterinarian, she knows what the people who work the land and livestock go through. In her practice, she focuses on restoring health and preventing the erosion of health that could lead to disease. She is certified in pediatric, acupuncture, and Korean Hand therapy. She was in the first class in the nation to achieve Wellness Chiropractor Certification. She has studied functional nutrition and just completed course work for Chiropractic Neurology. Recently she attained her fellowship in Transcranial Direct Current stimulation. In 2020 she hopes to have a neuro-rehab center in Enderlin.

Theresa Podoll farms with her extended family as part of Prairie Road Organic Farm near Fullerton, N.D. Certified organic since 1977, the Podolls produce certified organic vegetable seed marketed under their own label, Prairie Road Organic Seed. They focus on improving varieties through selection for agronomic performance in organic systems and northern climates. They have hosted numerous organic variety trials and research plots, working with the NPSAS Farm Breeding Club, public plant breeders, and research agronomists. They are developing cold-hardy winter peas with USDA-ARS researchers in Madison, Wis., and Pullman, Wash.

Travis Rosenbluth graduated from Penn State University with a degree in telecommunications prior to entering the International Culinary Center's Farm-to-Table program. Travis had learned from chefs John Patterson of Fork and John Nodler of High Street on Market. These rich culinary experiences ignited Travis' entrepreneurial spirit, and in 2017 he launched his own food venture, TwoBear Foods LLC. He also co-manages the North Dakota Culinary Institute. With a vision to fulfill the unmet needs of chefs and farmers, Travis co-founded Harvestable, a digital market place exchange that connects local farmers with chefs. In his free time, Travis works with his dad on their family cattle ranch in Linton, N.D.

Shannon M. Schlecht is Executive Director of the Agricultural Utilization Research Institute. AURI provides technical services to businesses, conducts applied research initiatives and convenes networking events to create value-added economic opportunities for the food and agriculture sector. He has a background in agriculture, policy, market development, international trade, strategic planning and management. He served as the wheat industry representative to the USDA Secretary of Agriculture and the U.S. Trade Representative for the Grains, Feed, Oilseeds, and Planting Seeds Agricultural Trade Advisory Council. Shannon has bachelor's and master's degrees from NDSU.

Rachel Schneider is director of Hawthorne Valley Farm Place Based Learning Center in Ghent, N.Y. Schneider's areas of knowledge and practice in growing for market, CSA development and business development are key to running successful market garden enterprises. Her knowledge of child development is an important aspect of bringing the cultural element with agriculture forward.

Steffen Schneider is director emeritus of farm operations at Hawthorne Valley Farm Place Based Learning Center. Schneider's experience covers all aspects of dairy management and general biodynamic farm management. He is also involved in the oversight of the value adding and retail direct/marketing enterprises at Hawthorne Valley. In 2014, he co-founded the Institute for Mindful Agriculture at Hawthorne Valley Farm.

Peter Schultz is an archaeologist, entrepreneur, and conservationist. He is the executive director of the Longspur Prairie Fund and spends his time working with farmers and landowners in the U.S. and abroad. He works to restore native habitat in rural and urban environments.

Greg Schweser is the statewide director of the University of Minnesota Extension's Regional Sustainable Development Partnerships (RSDP). Schweser has led the RSDP's Deep Winter Greenhouse initiative that connects farmers with University researchers to design, test, and conduct research in Deep Winter Greenhouses. Current projects focus on identifying high-yielding production varieties and practices, creating updated DWG prototype designs, and identifying market performance of existing DWG operations.

Andrew Scott is passionate about creating a community that embraces health and well-being. He created a digital wellness startup known as Flourish Wellness Ecosystem to empower individuals to take control of their health and well-being by building awareness and increases access to local wellness services. Andrew has a master's in clinical exercise physiology and nutrition and completed his doctorate work in population health management. He is nationally syndicated on Sirius/XM Radio speaking on various health and wellness topics.

Brian Smart is a graduate student in Plant Sciences and Software Engineering at North Dakota State University. He is advised by Dr. Brent Hulke, a geneticist at the USDA-ARS, and works primarily with sunflower, perennial flax, and *Silphium integrifolium*, a perennial "cousin" of sunflower. Brian previously attended the University of Colorado at Boulder for his undergraduate degree in Ecology and Evolutionary Biology. Since moving to Fargo, he has found agroecology and sustainable agriculture to be among his top professional interests.

Harold Stanislawski is a project development director for the Agricultural Utilization Research Institute. He works with AURI staff and clients to further the development of agricultural commodities, coproducts, renewable energy, food and biobased materials. Stanislawski previously served as the executive director of Fergus Falls Economic Improvement Commission where he initiated many projects including the formation of the renewable fuel facility in the community.

John Strohfus is the Founder and CEO of Minnesota Hemp Farms, Inc., based in Hastings, Minn. MHF is a grower, processor and marketer of hemp products under the brand Field Theory. John is helping build out supply chain logistics for hemp in the United States in the food, fiber and extract oil markets. Specific emphasis is given to helping new growers get access to proven genetics and providing an outlet for their production.

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Presenters



Randy Stratton is the CEO of TSG Consulting, which provides sales/marketing, government relations and capital campaign strategies to companies in the agriculture, biotech and bioenergy sectors. The capital investment campaigns have included the SD Soybean Processors plants and several bioenergy plants. Randy has been connected to agriculture most of his life and farmed with his family near Madison, S.D., for more than ten years. In recent years, Randy has worked with farms to convert lands to prairie grass for hay or grass-fed beef and worked to establish buffer systems to curtail nitrate contamination of waterways.

Sandy Syburg, president and co-founder of Purple Cow Organics, is first and foremost a certified organic farmer from southeastern Wisconsin. Sandy is a board member at the Michael Fields AG Institute, on the Organic Valley CROPP Executive Committee, grows for the Organic Valley Grower Pool and Albert Lea Seed, among others.

Francis Thicke and his wife, Susan, are the owners and operators of an organic dairy and crop farm. They process their milk on the farm and market organic dairy products through local grocery stores and restaurants. Francis grew up on a dairy farm in Minnesota and first began farming organically in 1975. Francis has a Ph.D. in agronomy/soil fertility and has in the past served as the National Program Leader for Soil Science for the USDA-Extension Service. Recently he completed a five-year term on the National Organic Standards Board.

Dr. Appachanda Thimmaiah is Associate Professor and Director of Regenerative Organic Agriculture Program at Maharishi University of Management, Fairfield, Iowa. He received his master's degree from Indian Agricultural Research Institute, and PhD in Sustainable Agriculture from Indian Institute of Technology. His expertise is in regenerative

organic and biodynamic agriculture, traditional knowledge systems, agroecology, rural development and gross national happiness. He has advised projects in 10 countries and worked with the United Nations, international organizations, agribusiness corporations, NGOs, and farmers associations in systems of regenerative agriculture and agribusiness. He advised the Royal Government of Bhutan for six years to transition the Himalayan Kingdom to organic and carbon neutral. He serves on the advisory board of Carbon Underground US, Indian Council of Food and Agriculture, board of Director Demeter Association, US and trustee of The Cows Foundation.

Lee Thomas, a graduate of NDSU with a B.S. in agronomy, was convinced to transition to organic crop production by his wife, Noreen, in 1999. They grew their first organic crop in 2002. They grow field crops of soybeans, barley, hull-less oats and spring wheat. They follow the Kinsey refined Albrecht system of soil and crop fertility via Pedogenesis.

Owen Transgrud started his organic certification process in 1995. Owen left the dairy industry for three years and found that the farm showed him quickly that animals needed to be back in the rotation. He does fall calving with 30 cows and welcomed four sets of twins this year! In 1999, he added 100-150 free-range hens and now sells and delivers eggs. As an active member of the Farm Breeders Club, he's worked on sorghum, radish, and ancient grains. In the last year he's grown barley, flax, white millet, spelt, and sorghum. Owen is a board member of NPSAS.

Jaclyn Weber has spent her life in the garden. Along with her husband, Thor Seland, Jaclyn has run a CSA farm, created an urban food forest, and long been a part of providing her community with nutrient-rich produce and wellness education. She is a formal educator, wellness consultant and coach, a mother, and an advocate for holistic

health. Jaclyn is committed to local food systems and cultivating community wellness. She believes in the power of plants, and the importance of food as medicine.

Matthew West, Community Organizer at Dakota Rural Action, is working to make more resilient food systems in South Dakota. Dakota Rural Action (DRA) is grassroots agriculture and conservation group whose aim is to protect family farms and ranches, the environment, and natural resources. DRA supports working family farms and ranches throughout the state and the restaurants and markets that sell their products, bolstering our local economies and improving South Dakota's access to local food.

Zach Wright is a recreational composter and a self-proclaimed Decompiculturalist with a degree in Soil Ecology. He works directly with producers of all scales as a trainer and folk-agronomist throughout the United States, England, and Ireland. He engages with a grower by looking deeper into their program in hopes to cut their input dependency and regenerate their growing system, naturally. As a soil translator he works with Nature's Best LLC clients throughout the northern Midwest of the United States at the production scale.

Steve Zwinger is an agronomy research specialist at the NDSU Carrington Research Extension Center. He works in organic production with a diversity of field crops specializing in cereal grains, legumes, and alternative crops. Organic potato and vegetables have also been areas of research interest. Steve recently released a winter rye variety through NDSU and continues to develop rye with an emphasis on early maturity for cover crops and integration of livestock into the cropping system. Steve works with farmers in organic crop variety development. Steve has worked with the Farm Breeding Club on various projects over the years.

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Registration Form

1 NAME & CONTACT INFORMATION

Registrant 1: _____ Registrant 2: _____

Limit 2 per family membership.

Farm/Business Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Email: _____

Note: Children 18 & under attend free, but must list names and ages below.

Child: _____ Age: _____ Child: _____ Age: _____ Child: _____ Age: _____

Child: _____ Age: _____ Child: _____ Age: _____ Child: _____ Age: _____

2 MEMBERSHIP *(not included in registration)*

Renew or join NPSAS and get a discount!

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

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3 SUPPORT *Donate to NPSAS*

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

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

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

4 PRE-CONFERENCE WORKSHOPS *Thursday, Jan. 24*

1. **Boots in the Dirt** by Glen Rabenberg

Please circle one option for each person.

2. **Biodynamic and Regenerative Agriculture** by Rachel & Steffen Schneider

Registrant #1: 1 2 3

Registrant #2: 1 2 3

3. **Low-cost Methods to Implement Small-Scale Regenerative Farming Systems** by Dr. Appachanda Thimmaiah

\$75 ea. x _____ = \$ _____

5 CONFERENCE *Friday, Jan. 25 and Saturday, Jan. 26*

		<i>On or before Jan. 8</i>	<i>Jan. 9-18</i>	
MEMBERS:	Full registration (per person):	\$150 x _____	or	\$175 x _____ = \$ _____
	One day only (per person):	<small>Circle: Fri or Sat</small> \$110 x _____	or	\$135 x _____ = \$ _____

		<i>On or before Jan. 8</i>	<i>Jan. 9-18</i>	
NON-MEMBERS:	Full registration (per person):	\$175 x _____	or	\$200 x _____ = \$ _____
	One day only (per person):	<small>Circle: Fri or Sat</small> \$135 x _____	or	\$160 x _____ = \$ _____

College students & first-time attendees: Ask about our discounted rate by e-mailing info@npsas.org.

Turn over to complete

CONTACT US

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info@npsas.org

Verna Kragnes, Conference Coordinator
info@npsas.org

MOTEL ACCOMODATIONS

A block of rooms is reserved at the Holiday Inn Fargo. Mention NPSAS. (701) 282-2700. More accomodation options are listed on page 9.

REFUND POLICY

No-shows and cancellations received after January 8, 2019, 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 8 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 and under attend free but must register (meals not included).

CONFERENCE GUIDELINES

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

6 AGRI-CULTURE EVENT 5:30-7:30 Thursday, Jan. 24

A sampling of regional art, food and drink

Members: \$25 x ____ = \$ ____
Non-members: \$35 x ____ = \$ ____

Pool Party for Children: \$10 x ____ = \$ ____

*Children under age 9 must be accompanied by a parent or older sibling.
Lifeguard on duty.*

7 MEALS *Lunch and snacks are included in registration (children's meals extra)*

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

*Additional Friday Lunch & Keynote: \$35 x ____ = \$ ____

Friday Kids Lunch (10 & younger): \$8 x ____ = \$ ____

Friday Dinner (adult 11 & up): \$20 x ____ = \$ ____

Friday Kids Dinner (10 & younger): \$10 x ____ = \$ ____

*Saturday Additional Lunch & Keynote: \$35 x ____ = \$ ____

Saturday Kids Lunch (10 & younger): \$8 x ____ = \$ ____

Saturday Dinner (adult 11 & up): \$20 x ____ = \$ ____

Saturday Kids Dinner (10 & younger): \$10 x ____ = \$ ____

Check here if you'd like gluten-free, vegan options for the meals above.

Total from reverse: \$ ____

Total payment due: \$ ____

All pre-registrations must be postmarked by Jan. 8, 2019.

For assistance with registration,
call Verna at the NPSAS office: (218) 331 4099



www.npsas.org

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

Office use only: Paid: \$ ____ Check # ____ Cash or Credit Card Date ____ Initial ____

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