

# FOOD & FARMING CONFERENCE

January 23-26, 2020 • Holiday Inn, Fargo, N.D.

# Supporting Farmers & Communities During Times of Change

Keynote Speakers/Presentations:

Gary Matteson • Don Wyse • NCR-SARE Farmers Forum

Pre-Conference Workshops • Breakout Sessions • Entertainment • Organic/Local Food 60+ Exhibitors • Ages 18 & Younger Attend Free











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# Looking forward to seeing you at the conference

hange is in the air. Certainly as we experience single-digit temperatures in early November, we can be thankful that nearly every time there is change of one sort or another, we can trust that things will shift and balance will arrive again. The trick, in the meantime, is finding those warm mittens forgotten at the bottom of the closet since last year, keeping up our courage, and taking time for reflection and a cup of coffee with a friend.

From news of strange weather to crops left in the field to increased bankruptcies, it has been a tough year. I know that the fellowship experienced at the annual winter conference has helped carry people through the good and bad in the past, and we hope that is what you experience with us this year as well.

#### **TRADITIONS**

We have left alone some of the hall-marks of this event. The schedule includes time to breathe so you can visit vendors and friends. It also has in it technical support on a range of topics. We have recruited speakers to enrich the longtime producer, help those who are new, and to inspire us to work together to help heal the earth. We hope you will find something of particular interest to your farm and family.

#### **IMPROVEMENTS**

There are also some changes. Last year, feedback suggested that fewer banquet meals might be appreciated, and we have thus shifted the keynote to first thing in the morning and are providing a buffet lunch. Another change is a



Supporting Farmers & Communities During
Times of Change

shortened initial brochure that we hope inspires you to quickly register, reserve rooms, and make plans to come. If you need financial support, please don't hesitate to give us a call.

#### **PRINT & ONLINE SCHEDULE**

Last year, we had so many requests for the "full brochure" at the conference that we will do a more complete second printing to provide in your registration packet. More things regarding the conference will be online. A conference schedule will be kept updated at this address: https://foodfarming-winter2020.sched.com You might want to take advantage of some of the cool social networking opportunities available to conference attendees using this program to arrange to meet up for a conversation.

#### SILENT AUCTION

Instead of a live auction, we will have a silent auction with bidding running through the conference and a "mini-market" with consignment sale for your farm products. Please contact Kayla at 218-331-4099 to let us know what you are bringing.

#### **FILM**

Two pre-conference film events showing "Dreaming of a Vetter World" will be Jan. 11 at the Capitol Theater in Aberdeen and Jan. 12 at The Fargo Theatre.

#### **HOST A WATCH PARTY**

Can't make it to Fargo or Aberdeen? Host a watch party for "Dreaming of a Vetter World" in your home. We'll rent the movie for you and send along some questions to help generate discussion. Consider making it a potluck, building community among friends and neighbors. In thanks for hosting, receive a discounted registration for the conference. Call or email to sign up, and we'll help get the word out!

#### REGISTRATION

There is a registration form in this brochure, or you can register online for no additional fee.

I am grateful, as always, for family and friends, who bring rich personal meaning to this time of year as we gather together in thankfulness. And I hope to see you this January in Fargo.

—Verna Kragnes, Executive Director

# Stay in the loop with conference schedule updates!

# foodfarmingwinter2020.sched.com

From this site you can mark the workshops you want to attend and sync them to your phone or calendar.

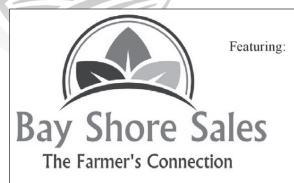


# **SAVE THE DATE!**



Feb. 13, 2020 • impactgiveback.org

We hope you will voice your support for NPSAS through a donation on this special day. Donations on Giving Hearts Day will receive extra publicity and help to spread the word about the good work that NPSAS is doing throughout the region.





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# We can lead toward a better food future

Themes in a new book are relevant to Food & Farming Conference conversations

The new book Eating Tomorrow provides us with one of the most comprehensive and practical analysis of where we are in our current global food system, and the changes that we need to anticipate and how we can prepare for those changes, in advance.

Author Timothy Wise, a senior researcher at Small Planet Institute, and a senior research fellow at Tufts University, based the book on his travels around the world. Wise provides us with information on how corporate agribusiness has managed to promote food agribusiness interests in many countries, including the United States, mostly to support their corporate interests. But meanwhile an incredible number of small-scale farmers around the world have developed ecologically sound farming practices that enable them to feed and nourish people in their own communities, while being successful farmers. With their practices of restoring soil health and demonstrating how farmers can nourish the people in their own communities without purchasing expensive chemicals or other inputs, they have created

an alternative way of "Eating Tomorrow." In fact, as Wise points out, this kind of food system is already feeding over 70 percent of the food eaten in developing countries. And as input costs increase, as they already are in our immediate future, due to the fact that most

inputs are non-renewable—especially fossil fuels, rock phosphate, and fossil water-and therefore as those resources begin to be depleted, as they already are, costs will continue to increase, and therefore make the input intensive, "modern" food system untenable.

So the way we will all "eat tomorrow" will be more like the bio-regional, family farms, of the developing world. Therefore, as our industrial food system becomes increasingly untenable due to increased costs, and increasing destruction of natural resources, change will come. And all of us interested in the future of food need to anticipate these changes and prepare for them in advance. Hence Wise's book, in practical ways, begins to prepare us for this "future of food."

EATING

TOMORROW

AGRIBUSINESS, FAMILY FARMERS, AND THE BATTLE FOR THE

**FUTURE OF FOOD** 

TIMOTHY A. WISE WITH A FOREWORD BY RAJ PATEL

His writings also give us numerous examples of farmers and researchers, even in the United States, who have already made this transition. One of those researchers featured in the book is Matt Liebman, an ag ecologist at Iowa State University. Based on research he has done for

many years at the Marsden Farm, Matt has demonstrated how farming can be done in a way that restores soil health, and reduces water pollution, all while reducing costs and making yields more "sustainable." This turns out to be an approach that refuses to tell farmers that they are "not good farmers" which will "never get anywhere" but instead demonstrates alternative systems of farming that produce positive economic as well as ecological results. This is but one of the many positive examples featured in Wise's book that give us all hope about how we can be "Eating Tomorrow."

> -Fred Kirschenmann, founding NPSAS member

"We will never restore balance in our agricultural ecosystems if we can't restore a reasonable balance between family farmers and agribusiness. Right now, agribusiness is calling all the shots, from Iowa to India, Mexico to Mozambique. That leaves us wedded to policies and practices that have failed to feed the hungry while undermining the resource base that can feed us all in a climate-constrained tomorrow. And it leaves us blind to the solutions all around us."

—Timothy Wise, *Eating Tomorrow* 



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# We build sustainable food systems.

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.

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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#### Matt Bohn

Crop Production Manager 100 North 10th St. Breckenridge, MN 56520

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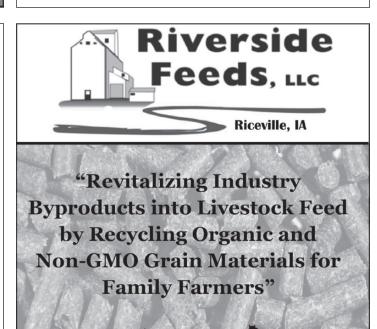
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# Lodging & Travel

# CONFERENCE LOCATION: Holiday Inn Fargo: Hotel & Convention Center

3803 13th Ave S Fargo, ND 58103 (701) 282-2700

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

# OTHER LODGING: Holiday Inn Express

1040 40th St Fargo, ND 58103 (701) 282-2000

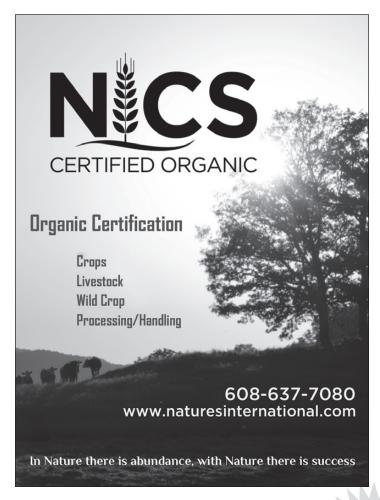
#### **Red Roof Inn**

1921 44th St SW Fargo, ND 58103 (701) 281-8240

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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NPSAS , 41ST ANNUAL

# Menu

"One cannot think well, love well, sleep well, if one has not dined well."

-Virginia Woolf, A Room of One's Own

# Food & Farming Conference Menu

Please note this is a preliminary menu. A finalized menu will be available at the conference.

#### THURSDAY Agri-CULTURE

Holiday Inn Hors d'Oeuvres plus sips and nibbles from local and regional vendors

#### FRIDAY Breakfast

Doubting Thomas Oatmeal Local Hard-Boiled Eggs Bagels from Bernbaums Coffee/Tea/Milk

#### **Lunch**

Soup & Salad Bread Rolls Dessert Coffee/Tea/Milk

#### FRIDAY Dinner

Deconstructed Pot Roast – Local Lamb Roasted Vegetables Duchessa Gelato Coffee/Tea/Milk

#### SATURDAY Breakfast

Doubting Thomas Oatmeal Local Hard-Boiled Eggs Bagels from Bernbaums Coffee/Tea/Milk

#### Lunch

Beef, Pork, and Bean Taco Buffet Dessert Coffee/Tea/Milk

#### **SATURDAY**

Dinner
Ribs
Potatoes
Carrots

Dessert Coffee/Tea/Milk

**Friday and Saturday breakfasts and lunches are included in the registration fee.** The meals include gluten-free and vegetarian options. 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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# Documentary features organic pioneers

One day in 1953, Nebraska farmer Donald Vetter had an epiphany while spraying his cornfield. He'd wondered for a while about the wartime chemicals—now approved for agricultural use—he was putting on his crops. Disappointed with the results, he'd also noticed these chemicals stripped the goodness from the soil and killed wildlife. And what were they doing to the food itself? He decided right then and there that he wasn't going spray anymore.

Donald Vetter—and his son, David—went on to become regenerative organic farming pioneers (and NPSAS members).

#### **ABOUT THE FILM**

Dreaming of a Vetter World comes at a time when interest in farming organically and regenerating soil has exploded worldwide. Others are realizing what the Vetters have known for decades: eating food grown with pesticides is bad for us, and soil is key to our very survival. That's why, on the Vetter farm, their most important "crop" is the soil.

With camera and camper in tow, Director Bonnie Hawthorne leaves her urban California comforts in the rearview mirror to learn from the Vetters—and others in their Nebraska region—about what's really going on in the Corn Belt. Her debut feature-length documentary shares the struggles the Vetters face as "Big Ag"—chemical agriculture—encroaches.

# Screenings of Dreaming of a Vetter World

1:30 p.m. Saturday, January 11, at the Capitol Theater in Aberdeen 1:30 p.m. Sunday, January 12, at The Fargo Theatre

Watch the trailer at www.dreamingofavetterworld.com

You will notice some familiar, long-time NPSAS members' faces in the film!

Informative yet entertaining, the film features the self-sustaining, self-renewing farm-management experiment Donald and David Vetter created back in the 1970s. As the Vetters try to stay one step ahead of changing weather patterns, market fluctuations, and the ever-increasing pesticide use around them, their experiment to regenerate soil through organic methods continues. With both historical context and an eye to the future, *Dreaming of a Vetter World* shows it's possible to jump off the pesticide treadmill. It's also a story about love, hope, family, and place; an inspiring example of perseverance and doing what you know is right—against all odds.

—from www.dreamingofavetterworld.com





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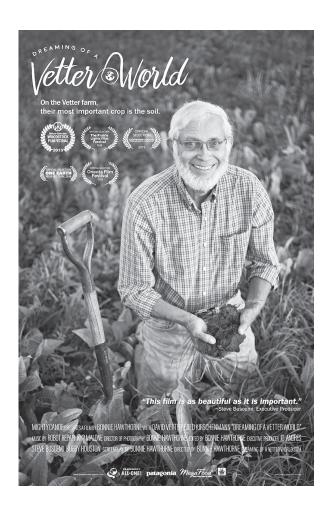








# Movie



"An insightful and moving portrait of one of the keystone farms in the organic food movement, this film digs deep into the life of a midwestern farm community, revealing just how much is at stake in one family's courageous campaign to replace chemical farming with a more ecological alternative."

— Liz Carlisle, author, *The Lentil Underground:* Renegade Farmers and the Future of Food in America

"It's a story of exploitation, a story of injustice, and a story about a solution to a multitude of what ails us. I truly want to help audiences SEE the far reaching benefits of what Dave is doing, and the policy solutions to what prevents many more farmers from following in his footsteps."

— Melinda Hemmelgarn, M.S., R.D. Host, Food Sleuth Radio



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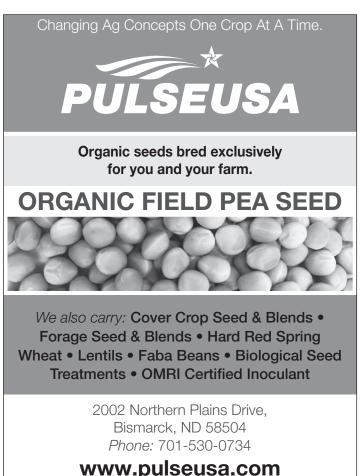
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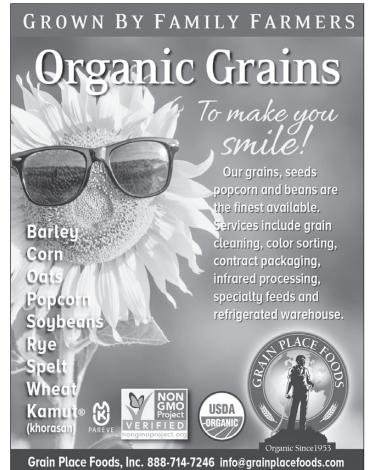
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# Pre-Conference Workshops

# THURSDAY, JANUARY 23, 2020

**Cultivating Your Legally Resilient Farm: Farm Law 101** Rachel Armstrong, Farm Commons

10:00 a.m. - 5:00 p.m.

Forming a business the right way, practicing food safety measures, negotiating sales contracts, hiring workers, filing taxes ... the legal issues involved in farming sometimes feel overwhelming. But there's good news: Developing a strong, legally resilient farm business is easier than you think. Farm Commons' collaborative, easily accessible approach to learning farm law is perfect for innovative direct-to-consumer and sustainable farmers. This workshop is led by a legal professional familiar with farming and one or two farmer co-facilitators, guaranteeing a combination of on-the-ground experience, user-friendly legal education, and lots of input from participants.

\$20 per person

# A Healthy Soil Sponge: Essential for All Life on Land

How Farms Can Soak up the Rain; Create Resilience to Flooding and Drought; and Improve the Health of Crops, Animals, and People

Didi Pershouse, Center for Sustainable Medicine

NPSAS, 41ST ANNUAL

11:00 a.m. - 4:00 p.m.

Healthy topsoil forms a living "soil sponge" that can soak up, hold, and filter rainwater, and maintain its structural integrity during water and wind events. This natural infrastructure makes life on land possible. By regenerating it, can address many of our major challenges:

- improve the health of
- provide resilience to flooding, drought, heatwaves, and wildfires
- recharge water tables
- crops, animals, and people clean up lakes and rivers
  - improve air quality
  - reduce conflicts over land and water
- create landscapes with food and water for all
- create habitat for diverse species

Didi Pershouse will engage participants in deep discussions about the soil sponge's central role in the soil-plant-animal-atmosphere continuum; how all life on land participates in the creation of the soil sponge; and how we can help create the conditions for it to naturally regenerate.

\$50 per person



Join us for a social hour with appetizers and a cash bar.

\$25 FOR MEMBERS • \$35 FOR NONMEMBERS

5:00-7:00 p.m. Thursday, January 23 Great Hall, Holiday Inn Fargo

# 2020 Food & Farming Conference Schedule

Please note this is a PRELIMINARY schedule. The schedule will be updated regularly at **foodfarmingwinter2020.sched.com**. A finalized schedule will be available at the conference. See the workshop titles that have been set so far on page 22.

## **SATURDAY, JANUARY 11**

Screening of the film "Dreaming of a Vetter World," Capitol Theater in Aberdeen, S.D. (see details 1:30 p.m.

on page 12)

# **SUNDAY, JANUARY 12**

Screening of the film "Dreaming of a Vetter World," The Fargo Theatre (see details on page 12) 1:30 p.m.

### **THURSDAY, JANUARY 23**

9 a.m. Registration opens Noon - 7:00 p.m. Exhibitor check-in

10:00 a.m. – 5:00 p.m. **Cultivating Your Legally Resilient Farm** 

by Rachel Armstrong, Farm Commons

11:00 a.m. – 4:00 p.m. A Healthy Soil Sponge: Essential for All Life on Land

by Didi Pershouse

5:00 p.m. – 7:00 p.m. Taste of Agri-CULTURE social hour with appetizers

> and cash bar, Great Hall, Holiday Inn; pool party for children, Holiday Inn Pool





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# 2020 Food & Farming Conference Schedule

# **FRIDAY, JANUARY 24**

7:00 a.m. –8:00 a.m. Breakfast Buffet

Registration and exhibits open

8:30 a.m. – 10:00 a.m. **KEYNOTE: Hold Hope Close, but Know It Is Not** 

**a Strategy** by Gary Matteson, Senior Vice President, Beginning Farmer Programs and Outreach at Farm Credit Council

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

10:30 a.m. – 11:30 a.m. **WORKSHOP SESSION 1** (5 concurrent

workshop spaces)

11:30 a.m. – 1:30 p.m. Lunch Buffet 1:30 p.m. – 2:00 p.m. Break / Exhibits

2:00 p.m. – 3:00 p.m. **WORKSHOP SESSION 2** (5 concurrent

workshop spaces)

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

4:00 p.m. – 5:30 p.m. **WORKSHOP SESSION 3** (5 concurrent

workshop spaces)

5:30 p.m. Cash Bar

6:00 p.m. – 7:00 p.m. Banquet Dinner

7:30 p.m. – 9:00 p.m. *Map of My Kingdom*, a play by Mary Swander,

Iowa Poet Laureate (see details on page 21)





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# 2020 Food & Farming Conference Schedule

# **SATURDAY, JANUARY 25**

7:00 a.m. –8:00 a.m. Breakfast Buffet

Registration and exhibits open

8:30 a.m. – 10:00 a.m. KEYNOTE: Developing High-Efficiency and Regenerative Agricultural and Food Systems: A Forever

**Green Agriculture Initiative** by Don Wyse, Professor and Co-Director of The Center Integrated

Natural Resources & Agricultural Management, University of Minnesota

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

10:30 a.m. – 11:30 a.m. **WORKSHOP SESSION 1** (5 concurrent workshop spaces)

11:30 a.m. – 1:30 p.m. Lunch Buffet

12:30 p.m. – 1:30 p.m. NPSAS Annual Meeting

1:30 p.m. – 2:00 p.m. Break / Exhibits

2:00 p.m. – 3:00 p.m. WORKSHOP SESSION 2 (5 concurrent workshop spaces)
3:00 p.m. – 4:00 p.m. Break / Exhibits (Vendors take down exhibits at 4:30 p.m.)
4:00 p.m. – 5:30 p.m. WORKSHOP SESSION 3 (5 concurrent workshop spaces)

5:30 p.m. Cash Bar

6:00 p.m. – 7:00 p.m. Dinner, Children's Music & Entertainment



# **SUNDAY, JANUARY 26**

7:00 a.m.–8:30 a.m. Breakfast

9:00 a.m. – 11:00 a.m. Discussion/Action Planning: Role of Faith Communities in Climate Change by Matt Russell, Iowa

Interfaith Power and Light

See the schedule as it is finalized at foodfarmingwinter2020.sched.com!







# **CULTIVATING**











Learn the 12 legal best practices every farmer should adopt. Presented by and for farmers with a focus on practical action steps, alongside Farm Commons' expert attorneys.

Sign up for this pre-conference on the registration form!

THURSDAY, JAN. 23, 2020





# Featured Speakers

#### **Gary Matteson**

Senior Vice President, Beginning Farmer Programs and Outreach at Farm Credit Council

Gary Matteson works for Farm Credit's trade association in Washington,



DC, work that includes policy work on local foods, sustainable agriculture, and direct-to-consumer agriculture. He

is an advocate for young, beginning, small, and minority farmer outreach programs. This includes work on emerging opportunities in local foods, direct-to-consumer agriculture, and generational transition of farm businesses. He has researched, designed curricula, and taught financial and business planning skills for more than 12 years to thousands of beginning farmers in conferences, seminars, webinars, and college classrooms.

### **Don Wyse**

Professor and Co-Director of The Center Integrated Natural Resources & Agricultural Management, University of Minnesota

Dr. Don Wyse conducts research on



the biology and ecology of invasive weeds, diversification of cropping systems, weed management in annual and perennial

cropping systems, design and management of renewable energy systems, and selection and breeding of winter annual and perennial crops. He is developing crops that provide new economic opportunities and improve water quality in the Mississippi River basin.

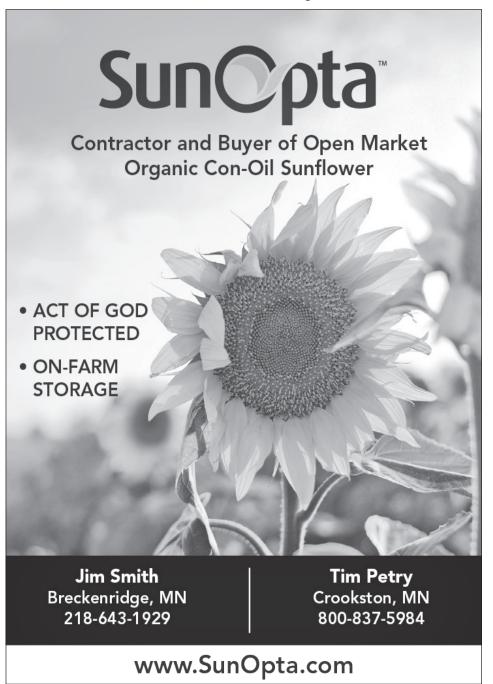
#### **NCR-SARE Farmers Forum**

The Farmers Forum is a traveling annual event giving farmers, ranchers, researchers and others the chance to share information about sustainable



agriculture practices with a national audience. These presentations focus on research, demonstration, and education projects that promote profitable practices that are good for the environment and community. The projects highlighted in these presentations and the Farmers Forum are funded by grants from North Central Region-Sustainable Agriculture Research and Education (NCR-SARE), a

USDA-funded program that supports and promotes sustainable farming and ranching by offering competitive grants and educational opportunities. For more information, see www.northcentralsare.org.





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# Play gets to the heart of land transition

Tho's going to get the farm? And what are they going to do with it? Will your future plans for your land create harmony or strife for your family? Or have you even started to think that far ahead? Map of my Kingdom, a play commissioned by Practical Farmers of Iowa and written by Iowa's Poet Laureate Mary Swander, tackles the critical issue of land transition. In the drama, Angela Martin, a lawyer and mediator in land transition disputes, shares stories of how farmers and landowners she has worked with over the years approached their land successions. Some families almost came to blows, struggling to resolve the sale or transfer of their land, dissolving relationships. Others found peacefully rational solutions that focused not only on the viability of the family, but also of the land.

Land is the thread that binds all of the stories together. "For most farmers I know, owning land means everything," Angela Martin says. Map of my Kingdom will resonate with those who have been through or are working through challenging land transfer issues that include division of the land among siblings, to selling out to a neighbor, to attempts to preserve the land's integrity against urban sprawl. The drama will inspire the hesitant and the fearful to start the conversation that cannot wait.

Today, a vast amount of land in the United States is owned by those over 65 years old. Some have made their wishes clear for the future of their property. Others are courting family upheaval by not planning in concrete ways. An age old problem, evident in literature from the Bible to King Lear to Willa Cather, land transition asks hard questions: Who really owns the land? And what is the role of the steward of a property? Can "fair" become "unfair" to one's children?

Map of my Kingdom will be performed by Twin Cities actor, Erika Kuhn.

The performance will run under 1 hour (and be followed by a brief talkback led by playwright Mary Swander and the actor Erika Kuhn). On Saturday morning, Mary Swander will host a workshop to dive more deeply into land transition issues.

"These stories are moving and engaging and remind us that we all share responsibility for the health of the land while we are here. ... Swander's play is a catalyst to help audience members address issues of land transfer productively. This is art serving its purpose in a meaningful

> — Susan Wolverton, Professor of Theatre, Coe College



Who gets the farm? A play by Mary Swander

# **Performance of** Map of my Kingdom

7:30 p.m. Friday, January 24 Watch the trailer at www.maryswander.com



# 2020 Workshop Session Titles (more to come!)

- Glyphosate Update—Science, Legal **Developments and Market Impacts,** John Fagan
- Organic Agriculture Research at NDSU, Greta Gramig and Jesse Puka-Beals (2019 NPSAS Scholarship Recipient)
- How to know if stress is affecting me and easy techniques to help deal with it, Maggie Peterson
- New Roots: A Farm Incubation Co-op, New Roots
- **Perennial Crop Research Future Opportunities for Farmers**, Brian Smart
- **Creating Trusted "Communities of** Practice": Ongoing Learning **Groups that Support Innovation** in Farming and Ranching, Didi Pershouse
- **Healing Generation RX: Supporting Our Young People Without Psychiatric Drugs**, Didi Pershouse
- **Should Farmers be Paid as Contractors** for Regrowing Healthy Topsoil?, Didi Pershouse
- The Future of Hemp: Panel and Conversation, Legacy Hemp, Winona LaDuke, Mike Ostlie
- **Growing Cash Flow**, Gary Matteson **Dicamba Conversation: Exploring** What's Needed to Support Organic Farmers, John Fagan, Ryan Schmid, Willa Childress
- **Growing Food & Environmental Health: Current Projects at Blue Dasher** Farm, Ryan Schmid
- Regenerative Ag: Meeting Challenges, Fred Kirschenmann, Don Wyse, Ryan Schmid
- Food Sovereignty, Winona LaDuke Charting the Future of your Land: Farm and Ranch Transition Workshop, Mary Swander
- Updates on Deep Winter Greenhouses, Carol Ford
- Weed Control in Organic Systems, Charlie Johnson and Mark Askegaard
- Solar Energy on the Farm, Charlie
- **Farming and Ranching Practices to Support Pollinators and Beneficial Insects,** Karin Joleka
- **Exploring the Role of Faith Communities in Times of Change** (Sunday Morning Program), Matt Russell

**FARMERS FORUM** 

- Trying Times: Tools to Understand and Alleviate Farm Stress, Meg Moynihan
- New perennial grain crops and partnerships to enhance rural prosperity and ecosystem services, Jacob Jungers
- Farm to Fridge: Assessing Need and **Availability of Underutilized Refrigeration in Rural Grocery** Stores for Use by Fruit and Vegetable Farmers, Ren Olive
- Adaption of cover crops to build soil health in the northern plains, Abbey
- **Effect of Long-Term Integrated** Crop and Livestock Systems on Forage Finishing, Soil Fertility, Nitrogen Mineralization, Carbon Sequestration, and Profitability, Douglas Landblom
- Expanding cover crop use through interseeding into established vegetable plantings, Dana Jokela



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(Workshops, continued)

**Quinoa Production in Central North Dakota,** *Glendon Philbrick* 

Building a Virtual On-Line Food Hub for Small Scale Sustainable Farms in Rural Areas, Jacquelyn Zita

Oat variety trial: increasing profitability for organic producers in the North Central Region, Melanie Caffe-Treml

**Examination of the productivity of four hops varieties,** *Yvonne Hines* 

**SARE Grant Writing Workshop,** *SARE*Staff



# Youthful energy is welcome!

Two rooms on the Mezzanine will be dedicated to youth programs at the conference this year. They will offer different programming for younger children and older children/teens.



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# Farmers Market / Silent Auction

Farmers Market is new this year

Members can bring items to be sold at the Farmers Market at the registration table. Examples could include flour, honey, jelly, etc. Twenty percent of the proceeds will support NPSAS. Call the office at 218-331-4099 to let us know what you plan to bring and to sign up as a volunteer market host.



# Silent Auction benefits NPSAS

A Silent Auction fundraiser will be held during the conference. Call the office—218-331-4099—to register your donation in advance. There will not be a live auction this year.



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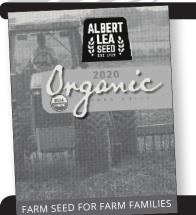
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Note: Children 18 & un	der attend free	, but must list names	and ages below.		
Child:	Age:	Child:	Age:	Child:	Age: _
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Renew or join NPSA	<b>S</b> and get a disc ☐ Family \$60	count! □ Business \$250		\$999	\$
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Scholarships and registration assistance available! Please call or email for more info.

# **CONTACT US**

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**Verna Kragnes,** *Executive Director* director@npsas.org

**Kayla Pridmore,** *Conference Coordinator* kayla@npsas.org

# MOTEL ACCOMODATIONS

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

#### **REFUND POLICY**

No-shows and cancellations received after January 10, 2020, 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 and under attend free but must register.

# 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.

# **6** AGRI-CULTURE EVENT 5:30-7:30 Thursday, Jan. 23

A sampling of regional art, food and drink

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

# **6** MEALS

\* Breakfast, lunches and snacks are INCLUDED in the registration fee. Kids eat free.

Friday Dinner: \$20 x \_\_\_ = \$ \_\_\_\_\_ Saturday Dinner \$20 x \_\_\_ = \$ \_\_\_\_\_

Total from reverse: \$\_\_\_\_\_

Total payment due: \$\_\_\_\_

# All pre-registrations must be postmarked by Jan. 10, 2020.

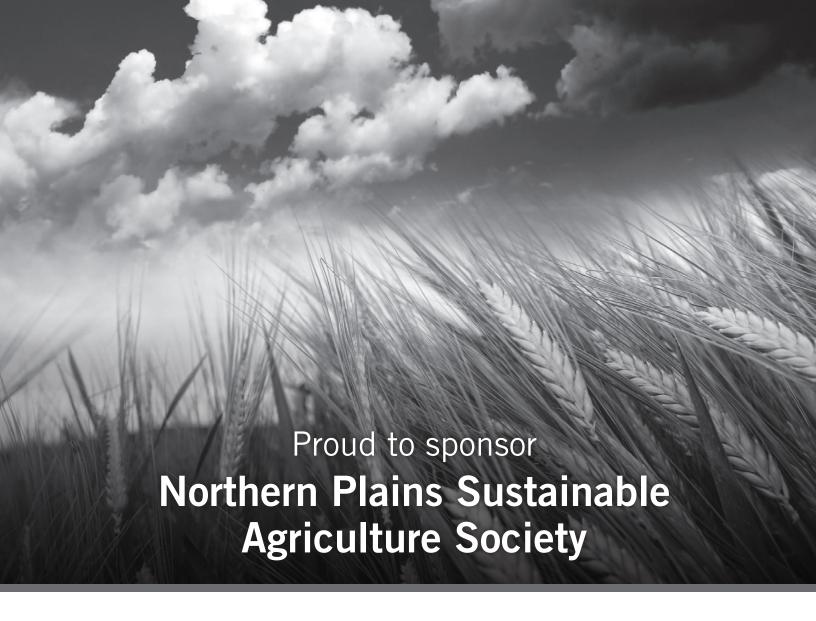
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