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NORTHERN PLAINS
FOOD & FARMING
CONFERENCE

January 21-23, 2021 • JOIN US VIRTUALLY

Building Success Through Partnerships

Keynote Speakers: **Walter Goldstein • Dan Barber • Daryl Ritchison**

Virtual Film Party • Pre-Conference Workshops • Breakout Sessions • Virtual Exhibition Hall



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Clair.Keene@ndsu.edu • 701-774-4315

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Let's make a real effort to connect

Welcome to the very first virtual NPSAS Annual Winter Conference! This is your opportunity to talk to buyers and vendors, and nurture your network of friends among other farmers who share your goals. A special thank you to Grant Christian and staff at Northern Crop Institute for their experienced technological support to help make this event possible.

In preparing for this year's conference, we tried to imagine and address the hurdles you might experience. If you are new to virtual technology we hoped it would help to have a chance for a "practice run," and so we spread the pre-conference activities out over the month of January. Help us spread the word for the first event already on January 7!

We imagined "kids at home" and even some competition for use of computers, so we have included some fun and learning for them as well. Please be sure to contact us for a free calendar courtesy of the Minnesota Freshwater Society and a list of activities for kids to do while you are focused on the conference.

In order to break up the tendency to "zoom out" by having too much time on the computer, we are breaking up both the format and agenda to include



NORTHERN PLAINS FOOD & FARMING CONFERENCE

Building Success Through Partnerships

interactive time. Sponsors are a key aspect of this event and to encourage you to visit them, we are offering the chance to earn some stickers as prizes. We will mail them out to winners after the conference.

Short breakout sessions will precede the panel discussions that follow a speaker. Jump in and talk with others about your impressions of the presentations.

Finally, consider creating your own workshop session on a topic that's important to you during Open Forum. We'll have a Marketplace of Ideas (with full instructions!) on Friday afternoon, and the Open Forum sessions will take place on Saturday afternoon.

Building Success Through Partnerships is the theme this year. In recent years, we have gained a greater awareness of the amazing web underneath our feet, connecting and nurturing all of life on earth. Vast networks are established in this process from one plant to another.

In forests, for instance, trees share nutrient resources from one tree to another. The single tree becomes part of a productive network that supports the health of the whole diverse community of plants and shrubs. And we now know that diverse species of cover crops significantly advance soil health over mono-cropping of cover crops or field crops.

Sustainable communities are like that. The better connected one farm is to another, one business is to another, the greater the health for all.

Please make the best of this opportunity to nurture your network of friends among other farmers who share your goals. Reach out past the limits of the technology to find ways to share your vision, hopes, and dreams and that will give you nourishment until we can be together in real-time again, hopefully next year.

—Verna Kragnes, Executive Director



This year, the 'feast' is a virtual one for your ears and imagination. Dr. Paul Dettloff will entertain us with stories from his book *Musings of a Old Country Vet*, and we'll hear music from Bret Hesla.

7:00–8:00 p.m. Thursday, January 21
Join us virtually

We build sustainable food systems.

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
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Dr. Paul Dettloff spent many years as a large-animal veterinarian, and he has distilled the wisdom and stories from those years into two books. They are available for purchase at a discounted rate when you sign up for the conference.

Learn more at **drpaulslab.net**,
and order when you sign up
for the conference.

WISDOM & HUMOR

Dr. Paul Dettloff's Complete Guide to Raising Animals Organically is a hands-on reference for those interested in helping ruminants attain optimal health naturally. Tips from Dr. Dettloff's years of experience as a veterinarian make this book a great reference for all farmers interested in sustainable practices. **Discounted price: \$30**

Musings of an Old Country Vet is a compilation of stories, poems, cartoons, and other bits of humor and inspiration from Dr. Paul Dettloff from his years as a large animal veterinarian. He will read from this book during the Thursday evening session. **Discounted price: \$20**





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Pre-Conference Workshops

THURSDAY, JAN. 7, 2021

Start Smart: Business Planning for a Small Farm Operation

John Hendrickson, *Outreach Program Manager, Center for Integrated Agricultural Systems, University of Wisconsin–Madison*

3:00 p.m. – 6:00 p.m.

Put down the seed catalogs and get serious about planning your market farm business! It is easy to get caught up in the excitement of the seed catalogs: so many varieties and so much potential bounty! The most important questions to ask, however, are less glossy and beautiful than the photos in the seed catalogs. How much money do you need/want to make? How much can you earn from an acre of vegetables? Are you ready for the record keeping associated with running a business? What infrastructure will you need? What will it cost? Where and how will you sell your vegetables? Local and organic has been booming but market saturation is now discussed by growers in many communities. Join this session for frank discussion, practical planning tools, and step-by-step methods to address these questions. This session will be led by John Hendrickson, coordinator of the Wisconsin School for Beginning Market Growers at the University of Wisconsin. John has also owned and operated his own small farm for many years.

THURSDAY, JAN. 14, 2021

Headwinds Facing the Future of Organic Grain Marketing

Carmen Fernholz, Oren Holle, Ted Wedert, and Tom Bilek, *OFARM*

9:00 a.m. – 12:30 p.m.

OFARM is a group of organic cooperatives working jointly to achieve the best prices and marketing experience for the individual farmer members of each cooperative. This is accomplished by farmers establishing a personal relationship with a Marketer and collaboration among the Marketing Teams.

THURSDAY, JAN. 21, 2021

Report on Current Farm Breeding Work & Exploration of Future Direction

Steve Zwinger, *Research Specialist, North Dakota State University*; **Walter Goldstein**, *Founder, The Mandaamin Institute, Inc.*; and **Verna Kragnes**, *Executive Director, NPSAS*

9:00 a.m. – 12:30 p.m.

Many NPSAS Farm Breeding Club members have been engaged in continuing work and also participated in the retreat that was held last September to consider how to renew the work and rebuild this as a strong program emphasis for Northern Plains. Join us to hear reports about what has been done regarding corn breeding in partnership with Walter Goldstein and the Mandaamin Institute and for reports on other work continuing at NDSU CREC by Steve Zwinger working with Owen Transgrud. Help us affirm the future direction for activities and learn how you can become engaged moving forward. (Note: If you have been doing work on your farm and want to share results with others, please contact Verna to be included in the agenda.) *This session is for members of NPSAS.*

NOTE: *If you register for this event after it has happened, you will be able to view a recording of it. Registration for any of the conference activities provides access to the event for 60 days after the event, and full conference proceedings will be available on the website for members through the coming year.*

2021 Food & Farming Conference Schedule



THURSDAY, JANUARY 7

3:00 p.m. – 6:00 p.m. **Start Smart: Business Planning for a Small Farm Operation** by John Hendrickson

SUNDAY, JANUARY 10

6:30 p.m. – 7:30 p.m. **Netflix Film Viewing “After Party”:** Conversation about “Kiss the Ground” with Gabe Brown

THURSDAY, JANUARY 14

9:00 a.m. – 12:30 p.m. **Headwinds Facing the Future of Organic Grain Marketing** by OFARM: Carmen Fernholz, Oren Holle, Ted Weydert, and Tom Bilek

THURSDAY, JANUARY 21

9:00 a.m. – 12:30 p.m. **Report on Current Farm Breeding Work & Exploration of Future Direction** by Steve Zwinger, Walter Goldstein, and Verna Kragnes (NPSAS members only)

4:00 p.m. – 7:00 p.m. **Virtual Vendor Hall Open**

7:00 p.m. 8:00 p.m. **Taste of Ag Virtual Reception** including a reading by Paul Dettloff and music by Bret Hesla

FRIDAY, JANUARY 22

9:00 a.m. – 10:30 a.m. **KEYNOTE: What’s Ahead for 2021 Weather?** by Daryl Ritchison, followed by a panel with Margaret Smith, Clair Keene, and Carmen Fernholz: “Now what if the weather is different than what has been forecast?”

10:30 a.m. – 11:00 a.m. Break

11:00 a.m. – 12:30 p.m.

BREAKOUT SESSIONS:

Market Farm Tools and Equipment by John Hendrickson

FF Regenerative Agroforestry Permaculture by Michelle Tyon

Cooperative Organic Grain Marketing by OFARM: Carmen Fernholz, Martin Eddy, Merle Kramer, Mike Schulist, Tim Baalman, Scott Friedman, and Luke Peterson

Tips on Organic Herd Health by Dr. Paul Dettloff

2:00 p.m. – 3:00 p.m. **Enhancing Nutrition and Taste in Partnerships with Chefs, Breeders, and Farmers** by Dan Barber, Rich Horsley, Steve Zwinger and other panelists

3:00 p.m. – 3:45 p.m. **Marketplace of Ideas:** Creating the schedule for Saturday’s Open Forum

3:00 p.m. – 5:00 p.m. **Virtual Vendor Hall Open**

SATURDAY, JANUARY 23

9:00 a.m. – 10:30 a.m. **KEYNOTE: Partnership Breeding: Nurturing Interactions Between Plants & Soil Microbes** by Walter Goldstein and panelists

10:30 a.m. – 11:00 a.m. Break

11:00 a.m. – 12:30 p.m.

BREAKOUT SESSIONS:

FF Urban Gardening: Urban Youth Farm Design Plan by Ariel Stienman

Cropping System Strategies for Controlling Weeds on Organic Grain Farms by Joel Gruver

COVID-19 Impact on Our Local/Regional Food System & Markets by Doug Goehring, Melissa Sobolik, and Tanya Svec

FF Multi-species Bale Grazing to Build Soil Health & Solar Grazing in Minnesota by Erin Gaugler and Josephine Trople

1:30 p.m. – 2:30 p.m. **NPSAS Annual Membership Meeting** (members only)

3:00 p.m. – 5:00 p.m. **OPEN FORUM: Farmer’s Roundtables on Topics of Your Choosing**

FF = Farmers Forum workshops, part of North Central Region – Sustainable Agriculture Research and Education

Schedule is subject to change. Find up-to-date information at the conference site:

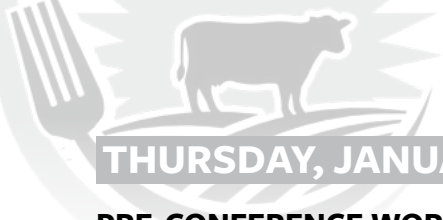
<https://pheedloop.com/npsas2021conference/site>

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FOOD & FARMING CONFERENCE



Workshop Descriptions

THURSDAY, JANUARY 7

PRE-CONFERENCE WORKSHOP:

3:00 p.m. – 6:00 p.m.

Start Smart: Business Planning for a Small Farm Operation

John Hendrickson

Get serious about planning your market farm business! Join this session for frank discussion, planning tools, and step-by-step methods.

SUNDAY, JANUARY 10

6:30 p.m. – 7:30 p.m.

Netflix Film Viewing “After Party”: Conversation about “Kiss the Ground”

Gabe Brown

“Kiss the Ground,” a documentary narrated by Woody Harrelson about using soil as the missing piece of the solution to our global climate change puzzle, is available for viewing on Netflix (Netflix subscription required). Watch the movie anytime before 6:30 p.m. Sunday, Jan. 10, when you can join in a conversation about it. Gabe Brown, a North Dakota farmer and expert on regenerative agriculture who is featured in the film, will join us. The film is “down to Earth” in more than one way, describing soil science in a way that’s graphically appealing and easily understandable even by those unfamiliar with these concepts.

THURSDAY, JANUARY 14

PRE-CONFERENCE WORKSHOP:

9:00 a.m. – 12:30 p.m.

Headwinds Facing the Future of Organic Grain Marketing by OFARM

Carmen Fernholz, Oren Holl, Ted Weydert, and Tom Bilek

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PRE-CONFERENCE WORKSHOP:

9:00 a.m. – 12:30 p.m.

Report on Current Farm Breeding Work & Exploration of Future Direction

Steve Zwinger, Walter Goldstein, and Verna Kragnes

Many Farm Breeding Club members have been engaged in continuing work and also participated in the September retreat to consider how to renew the work and rebuild this as a strong program emphasis for NPSAS. Join us to hear reports about corn breeding in partnership with Walter Goldstein and the Mandaamin Institute and for reports on other work continuing at NDSU CREC by Steve Zwinger working with Owen Transgrud. Help us affirm the future direction for activities and learn how you can become engaged moving forward. *This session is for members of NPSAS.*

4:00 p.m. – 7:00 p.m.

Virtual Vendor Hall Open

Please take time to visit with the vendors! And thank them for supporting this innovative event. Use your credentials to log in to the NPSAS conference site, then on the left-hand side, click Exhibit Hall. You will see a list of all current exhibitors. From there you will be able to search by exhibitor or select from the alphabetical list. When you click on their virtual booths, you can join a discussion with the exhibitor and submit questions via chat. You can also view any documents, videos or other items they have available in their booth. You can also set up personal meetings with the exhibitors. The site automatically tracks your visits. If you visit at least five booths, we will mail a sticker after the conference.

7:00 p.m. 8:00 p.m.

Taste of Ag Virtual Reception

Join us for an evening with Dr. Paul Dettloff as he shares humorous and heartfelt readings from his book *Musings of an Old Country Vet*. We are excited to hear about his many experiences! Additionally, we will hear two original songs by Bret Helsa, titled “Back to Soil” and “Got Cover Crops.”

FRIDAY, JANUARY 22

9:00 a.m. – 10:30 a.m.

KEYNOTE: What’s Ahead for 2021 Weather?

Daryl Ritchison, Claire Keene, Margaret Smith, and Carmen Fernholz

Join us and learn what is meteorologist Daryl Ritchison expects for the coming year. Then, Claire Keene will facilitate a discussion with Margaret Smith of Albert Lea Seeds and Carmen Fernholz discussing “Now, what do we do if the weather is different than what had been in the forecast?”

10:30 a.m. – 11:00 a.m.

Break

11:00 a.m. – 12:30 p.m.

BREAKOUT SESSIONS:

Market Farm Tools and Equipment

John Hendrickson

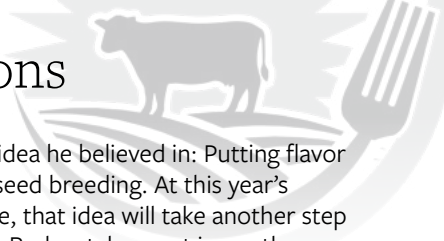
Most growers have a long list of tools they’d like to have to make work easier on their bodies, more efficient, and to help make their farms more profitable and enjoyable. This session will feature a slide show of tools and equipment spanning all aspects of vegetable farming from seeding to tillage to weed management to harvest aids to post harvest handling to smart phone apps and more. The emphasis will be on tools for small and mid-sized producers. Most of us have limited budgets for buying tools so making smart decisions is important and it is wise to consider what tools give the most bang for the buck. So, in addition sharing a parade of tools, we’ll discuss strategies to help you make smart decisions as you add to your stable of tools over time. Audience participation will be encouraged as farmers almost always have opinions about tools!

Regenerative Agroforestry Permaculture

Michelle Tyon

Growing food on Wiconi Waste’s Resistance Farm has always been a big challenge. Our 165 acres are all hills and our primary site, is located on top of a high hill, west of Porcupine SD, about 3,400 ft above sea level. It gets very windy up here and we also get lots of hail, snow, and freezing

Workshop Descriptions



temperatures. Heavy downpours can cause soil erosion. Our people don't have a lot of money and many families around Porcupine have land that is sloped and forested. We propose to build a regenerative agroforestry permaculture demonstration farm where other Lakota people can learn all about permaculture, agroforestry techniques, soil conservation in erosion prone areas, how to grow on a slope, drip-irrigation, as well as how to use composting and mulching to improve the quality of our local soils. We also propose to create a local heirloom, organic seed bank on our farm to make it sustainable for generations to come.

Cooperative Organic Grain Marketing

OFARM: Carmen Fernholz, Martin Eddy, Merle Kramer, Mike Schulist, Tim Baalman, Scott Friedman, and Luke Peterson

This is an interactive session will set the stage for OFARM marketers to interact

with three specific grain farmers. The group will explain how the relationship between a grain broker and a marketing agent functions and the major differences.

Tips on Organic Herd Health

Dr. Paul Dettloff

Dr. Paul will make a presentation on the most common animal problems: diseases, deficiencies and maladies of various species of a diversified farm. Treatments and prevention will be discussed using organic tools.

2:00 p.m. – 3:00 p.m.

Enhancing Nutrition and Taste in Partnerships with Chefs, Breeders, and Farmers

Dan Barber, Rich Horsley, and other panelists

Two years ago at the 2019 Food & Farming Conference, Dan Barber, the chef of Blue Hill at Stone Barns in New York's Hudson Valley, served as the keynote speaker and also took part in a panel discussion to

propel an idea he believed in: Putting flavor back into seed breeding. At this year's conference, that idea will take another step forward as Barber takes part in another panel discussion on how breeders, farmers, and end users can work together to grow crops with great flavor.

3:00 p.m. – 3:45 p.m.

Marketplace of Ideas: Creating the schedule for Saturday's

Open Forum

Have an idea you'd like to discuss with other conference participants? This is the place to bring that idea! We'll set the agenda for Saturday's Open Forum here. Great conversations start with this session!

3:00 p.m. – 5:00 p.m.

Virtual Vendor Hall Open



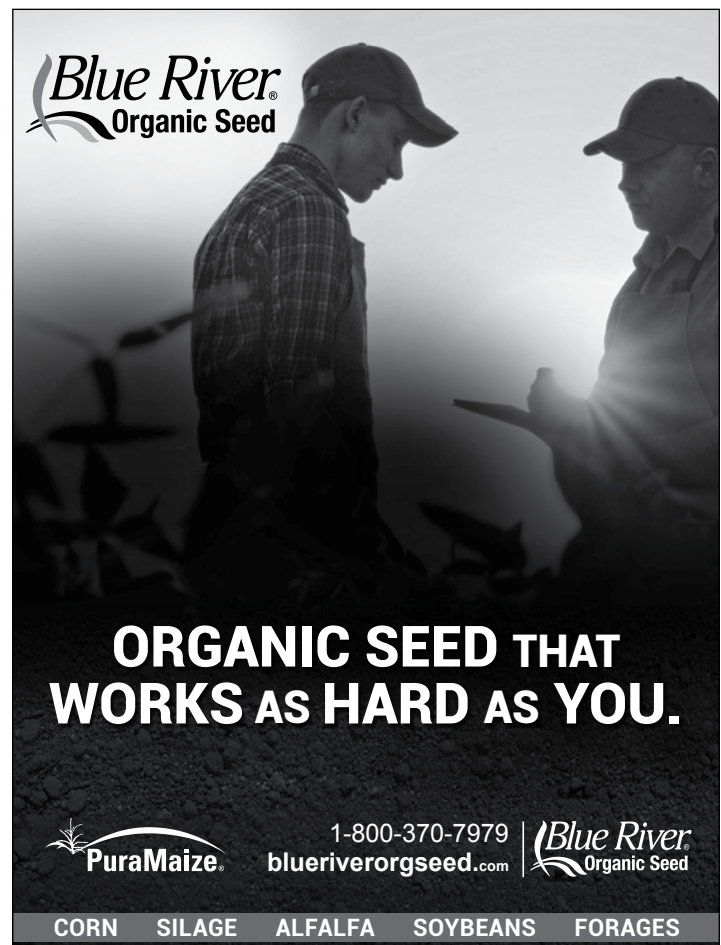
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Workshop Descriptions

SATURDAY, JANUARY 23

9:00 a.m. – 10:30 a.m.

KEYNOTE: Partnership Breeding: Nurturing Interactions Between Plants & Soil Microbes

Walter Goldstein and panelists
Every crop is a result of partnerships. One partnership is between the plant and its environment, including the microbial world. Another partnership in the practice of breeding is between the crop and people. Nurturing those partnerships is the goal of Goldstein's work in corn breeding and as a leader of The Mandaamin Institute.

10:30 a.m. – 11:00 a.m.

Break

11:00 a.m. – 12:30 p.m.

BREAKOUT SESSIONS:

FF Urban Gardening: Urban Youth Farm Design Plan

Ariel Stienman

This project addresses the lack of education connecting urban youth (and adults) to nature and food. SLP SEEDS proposes training 10-15 high school youth and community members in Permaculture Design to culminate with a plan for an Urban Educational Youth Farm. Permaculture Design is a stewardship lens clarifying how to work with nature to create abundance and resiliency, connecting participants with nature and food while teaching "systems design" that addresses the community's needs alongside the available environment. Site evaluations will be conducted and contracts pursued with the school district and sponsoring local corporations and organizations before 2021. Several schools are in discussions as a final site partner for the Permaculture participants' final designs.

Cropping System Strategies for Controlling Weeds on Organic Grain Farms

Joel Gruver

This presentation will discuss how traditional cropping system strategies like crop rotation, cover crops and integration of crops and livestock as well as novel strategies like solar corridors can be fine-tuned to improve

the performance of direct weed control strategies like cultivation. Specific examples of successful organic weed management on the presenter's organic research farm in IL as well as organic grain farms in the Northern Plains will be analyzed. In this session Joel will discuss cover crops, crop rotation and other cropping system strategies for controlling weeds, supplying nutrients, and improving soil health.

COVID-19 Impact on Our Local/Regional Food System & Markets

Doug Goehring, Melisa Sobolik & Tanya Svec

How has the COVID-19 pandemic affected hunger and interest in access to local food in our communities and region? Hear from those directly involved in developments and trends in food distribution, farmers markets & online markets, and support for small-scale meat processing. Tanya Svec from Dakota Fresh Food Hub and Melissa Sobolik from Great Plains Food Bank will share their observations and organizational responses to the COVID-19 pandemic. N.D. Agriculture Commissioner Doug Goehring will weigh in on COVID-19's impact on farming more broadly.



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FF Multi-species Bale Grazing to Build Soil Health & Solar Grazing in Minnesota

Erin Gaugler & Josephine Trople

Multi-species Bale Grazing: This project is designed to address the resource concerns of land that was historically farmed with no inputs and depleted to a point of no longer being productive. To rejuvenate the land and demonstrate how sustainable agriculture can be adapted to fit an operation, project coordinators will use multiple species of livestock and bale grazing. This management strategy allows us to demonstrate a practice that is ecologically sound, profitable, and socially responsible.

Solar Grazing: Our project will examine the economic feasibility and environmental benefits of co-locating sheep on photovoltaic utility solar sites in Minnesota. During the 2020 and 2021 seasons, Cannon Valley Graziers will be entering a vegetation management contract on a 25-acre solar site in Dundas, Minnesota. There, we will use rotational grazing practices to provide an alternative to conventional vegetation management.

1:30 p.m. – 2:30 p.m.

NPSAS Annual Membership Meeting

(members only)

3:00 p.m. – 5:00 p.m.

OPEN FORUM: Farmer's Roundtables on Topics of Your Choosing

Watch the conference website for the topics you and other conference attendees came up with during the Friday afternoon Marketplace of Ideas.



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

Wilford Secker,

Chapter Administrator

12933 301 St. Selby, SD 57472

Phone: 605-649-6327

E-mail: wsecker@venturecomm.net

**PROUD SUPPORTER OF
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Kids can explore weather phenomena

Hey kids (and parents)! During the 2021 Northern Plains Food & Farming Conference, children K-12 can participate in live activities, videos and interactive Citizen Science projects from home. Sign up at <http://bit.ly/FFConference-kids>, and you will receive an email detailing the schedule and activity options with zoom links. Each family will receive a print version of the MN Weather Calendar, thanks to the Freshwater society.

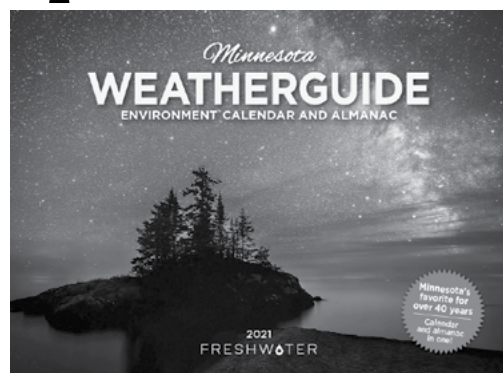
Not in MN? Not to worry. The activities and materials are place-based and applicable everywhere, especially for ND, SD, MN. Nature's Notebook, Earth Partnership and Children & Nature Network are all

national and regional initiatives!

Daily and seasonal observations are important to agriculture! These fun activities & resources help build skills that will last beyond the conference for on-going enjoyment and learning and could even lead to FFA or 4H projects or school credit!

We will post your observations of weather data daily. You can report what is happening in your backyard on the conference website. Record your home/farm temperature, snow depth, sky cover, sightings and signs of birds and other animal activity.

Try your hand at citizen meteorology and phenology ... It could be PHENomenal!



The first 50 families to sign up for the 2021 Food & Farming Conference Children's Program at <http://bit.ly/FFConference-kids> will receive a free WEATHERGUIDE Calendar graciously donated by the Freshwater Society. We are also using materials from Jeffers Foundation, Mn Phenology Network, Earth Partnership, Children & Nature Network and others.

Your topic can be part of the conference

The open forum time on the schedule at 3 p.m. Saturday uses method of gathering called Open Space. We're using it to try to solve a problem that happens at conferences in real life and those held virtually: You attend the workshops and keynotes on the schedule, and you perhaps have some small-talk conversations before or after them. But when you leave, you think to yourself, "Gee, I really wish could have talked to that group about X"—"X" being a topic, problem, project, or question that you care about.

Open Space gives you an opportunity to have that conversation with others at the conference who might be interested in that topic—both those you know, and those you didn't know before you arrived.

Here's how it works:

We start with a Marketplace. This is where people with topics they want to discuss puts those topic up on a wall, either actual or digital, so that other people know about them. During in-person events, the Marketplace wall is created in a large group. Each person with a conversation topic writes down a title on a piece of paper, then takes a turn at the



mic explaining in just a couple sentences what that conversation is about. Then that topic is placed on the wall under one of the options of times and places (different rooms in a conference center, for example) where that conversation will take place. Then all those in the group decide which conversations they want to be a part of, and they go to those locations at the set times.

Since we're not going to be in the same space for the Food & Farming Conference, we're going to revise how this works a bit. The Marketplace wall will be on the conference website. People can put forward topics at any point through Friday afternoon, when we will have a live Marketplace time to review the ideas that have arrived to that point. Others can also speak or type a chat at that time to add their topics to the list.

The Open Space conversations will happen on Saturday afternoon. These will be breakout sessions hosted on the conference website that will work just the same as other sessions have in the conference to that point. The difference will be that YOU, or another conference participant, will have picked the topic.

The conversation host is not intended to give a presentation, but instead to be a good host: Keep the conversation going, and make sure others are invited to participate as they feel comfortable. Sometimes the key to making a conversation meaningful is asking the right question at the start, so if there is something you'd like to prepare before you come, that would be the thing to mull over.

These four principles typically guide Open Space: "Whoever comes is the right people. Whatever happens is the only thing that could have happened. When it starts is the right time. When it's over, it's over."

Start thinking about a conversation you've always wanted to have with NP-SAS members or conference-goers, but no one ever started. This time, you'll get to issue that invitation.

Presenters



Tim Baalman is a Farmer Member of Central Plains Organic Farmers (CPOF). He got a bachelor of science degree in Life Science from Kansas State University and started farming in 1999. He began farming organically in 2013 and farms 2,500 acres in Sheridan County Kansas. He is President of Board of Directors for Central Plains Organic Farmers.

Tom Bilek is an organic farmer in Minnesota. He helped launch the Buckwheat Growers Association of Minnesota nearly two decades ago. Additionally, Tom is an active OFARM board representative.

Dan Barber is the chef and co-owner of Blue Hill and Blue Hill at Stone Barns, and the author of *The Third Plate* (May 2014, The Penguin Press). His opinions on food and agricultural policy have appeared in the *New York Times*, along with many other publications. Appointed by President Barack Obama to serve on the President's Council on Physical Fitness, Sports and Nutrition, Dan continues the work that he began as a member of Stone Barns Center for Food and Agriculture's board of directors: 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 including Best Chef: New York City (2006) and the country's Outstanding Chef (2009). In 2009 he was named one of *Time* magazine's 100 most influential people in the world.

Dr. Paul Dettloff was born in 1942 on a flat black dirt farm in Southern Minnesota at Grand Meadow. He graduated with a Bachelor of Science and DVM in 1967 from the University of Minnesota, and practiced veterinary medicine at Arcadia, Wisconsin for 35 years. Dr. Dettloff's focus was large animal with emphasis on bovine.

Martin Eddy is a marketer for Central Plains Organic Farmers (CPOF). "I sold my first organic HRW wheat in 1975 in 50 lb. bags. I worked as an organic inspector in the 80's throughout the Midwest for the various certification bodies back then, FVO, OGBA, etc. I have worked for OFARM as a marketer since October 2014."

Carmen Fernholz and his wife, Sally, operate a 450 acre organic cash grain farm near Madison, Minnesota. They have been certified organic since 1975 and are in the process of turning the day to day operations over to a young neighbor family. They are also working with this neighbor with the recent addition of a cow calf beef enterprise. Carmen also serves as Vice President of OFARM and is collaborating with the University of Minnesota on the development

of Kernza, a perennial wheat. He along with a number of current Kernza growers are in the process of organizing a marketing coop for this grain.

Scott Friedman is a Farmer Member of Midwest Organic Farmers Cooperative (MOFC). The co-op takes the stress out of marketing. He is a third-generation farmer in north central Illinois, has been farming for 25 years. He began farming organically in 2006.

Erin Gaugler is transitioning back to the farm and ranch where she and her brother, Drew, grew up in southwest North Dakota. Gaugler Farm & Ranch is a cow-calf and small sheep operation along with native, improved pasture, winter forage/hayland and CRP acres. Currently, Erin works as a rangeland research specialist with North Dakota State University, while also working toward a Ph.D in rangeland management. Her research focuses on the integrated management of cropping systems, natural resources, livestock and economics. She owns a small herd of cattle and sheep and also manages cropland acres for forage production, soil health and pollinator habitat.

Doug Goehring has been North Dakota Agriculture Commissioner since 2009. A third-generation farmer, Commissioner Goehring, along with his son, Dustin, operates a 2,600-acre, no-till farm near Menoken in south central North Dakota, where they raise corn, soybeans, spring wheat, sunflowers, and barley. In the past, the Goehring's have also produced winter wheat, durum, canola, mustard, millet, safflower, alfalfa, lentils and field peas, and have had a feeder cattle operation. Commissioner Goehring is the past president of the National Association of State Departments of Agriculture (NASDA), a nonpartisan, nonprofit association that represents the elected and appointed commissioners, secretaries, and directors of the departments of agriculture in all fifty states and four U.S. territories. He is also past president of the Food Export Association of the Midwest, a non-profit organization composed of 13 Midwestern state agricultural promotion agencies that use federal, state, and industry resources to help U.S. suppliers increase product sales overseas. He is the former president and chairman of the board of Nodak Mutual Insurance Co. and a former director of American Agricultural Insurance Co. Long active in farm organizations, Commissioner Goehring has served as vice president of the North Dakota Farm Bureau and is a member of the North Dakota Stockmen's Association, the North Dakota Grain Growers, the North Dakota Soybean Association, the North Dakota Corn Growers

Association and the National Association of Corporate Directors. An early supporter of agriculture-based, renewable fuels, he is an investor in the Red Trail Energy Ethanol Plant at Richardton. Goehring is past president of the Midwestern Association of State Departments of Agriculture. He is a former director of the United Soybean Board. He is the former president of the Menoken School Board and a past member of the Bismarck Mandan Chamber Agriculture Committee.

Walter Goldstein Walter Goldstein became acquainted with biodynamic agriculture in 1972. He has applied biodynamic agricultural practices on his own farm, has done research on them, and has thought a lot about what a biodynamic/Goethean approach can contribute to the art and science of breeding. Dr. Goldstein has a MSc and PhD in agronomy from Washington State University. He has extensive experience researching management, cover crops, soil health, root health, and N. He worked for 25 years at Michael Fields Agricultural Institute in East Troy, Wisconsin, and in 2011 started the Mandaamin Institute, Inc., a non-profit, 501(c)3 organization. His history includes cooperative, on-farm research in teams involving many states and organizations and extensive work in Eastern Europe. He began breeding organic corn in southeast Wisconsin in 1989 in response to organic farmer demand for better nutritional quality. In 2003 a partnership began with USDA-ARS (Ames, Iowa) and Practical Farmers of Iowa (PFI) for inbred and hybrid development, which has expanded to a larger team of breeders developing corn for organic farmers. Present activities include breeding N efficient/fixing corn that has beneficial associations with microorganisms, corn that will not allow itself to be pollinated by GMO pollen, and corn with higher nutritional value. Dr. Goldstein is also active working together with the Biodynamic Association and other researchers to foster a Soil and Crop Quality Testing Network.

Joel Gruver is Associate Professor of Soil Science and Sustainable Ag at Allison Farm. Dr. Gruver earned his BS in Chemistry from Principia College in Elmhurst, Illinois, his MS in Agronomy from the University of Maryland in College Park, and his PhD in Soil Science from North Carolina State University in Raleigh. In addition to teaching Dr. Gruver is the Director of the WIU Organic Research Program. He received the National No-Till Educator of the Year Award in 2015. His research interests include conservation cropping systems with a focus on cover crops and organic grain production, soil organic matter, and innovative teaching methods.



Presenters

John Hendrickson coordinates research and training programs in organic and sustainable specialty crop production, marketing, and profitability at the Center for Integrated Agricultural Systems at the University of Wisconsin-Madison. His work focuses on the economics of small-scale vegetable farming. He is particularly interested in issues surrounding farm scale, labor, and equipment. He manages the Veggie Compass program, a spreadsheet tool to help growers measure profitability by crop and market channel. He coordinates the Wisconsin School for Beginning Market Growers, Midwest School for Beginning Apple Growers, and Wisconsin School for Cut Flower Growers. In the past, John owned and operated his own certified organic vegetable farm.

Oren Holle owns and operates an organic crop and cattle operation in northeast Kansas, certified since 1996. He has been a career long proponent of farmers organizing for marketing. He is President of the Organic Farmers Agency for Relationship Marketing (OFARM), a Marketing Agency in Common, serving to coordinate marketing activities and addressing other issues of interest to members of Organic marketing groups spread across eighteen states. He is also a board member of Central Pains Organic Farmers Association, an organic marketing and service organization for organic producers in Kansas and surrounding states.

Clair Keene is the Area Extension Specialist/ Cropping Systems at NDSU Williston Research Extension Center. Her duties include assisting producers with cropping systems, providing assistance to extension agents, and outreach activities.

Merle Kramer is a marketer for Midwest Organic Farmers Cooperative (MOFC). He has spent 28 years in organic, the first 12 working domestic and international organic sales, the last 16 years placing organic farmers' grain into reliable and profitable mostly food-grade organic markets."

Luke Peterson is a farmer member of NFOrganics. Luke & Ali Peterson of A-Frame Farm from Dawson, MN farm 500 USDA Certified Organic acres of grain and grass fed beef. We are working to become regenerative organic, already using minimal tillage, cover crop, diverse crop rotations, and integrating more livestock into the farm system. They work with Mike Schulist to market grain production.

Daryl Ritchison is currently the Director of the North Dakota Agricultural Weather Network (NDAWN) through North Dakota State University (NDSU). He spends his

time on research, public outreach and development and enhancement of tools for NDAWN, a network of 160 weather stations located throughout North Dakota, eastern Montana and Minnesota. He also presents short and long term forecasts for the state of North Dakota and the upper Midwest and is a well-known public speaker on various topics. Previous to his current position he worked for 25 years as a meteorologist at various Midwestern television and radio stations including WDAY-TV and WDAZ-TV and WDAY-AM.

Mike Schulist is a marketer for NFOrganics. "I'm the Organic Grain Program Manager for National Farmers Organization. I have been involved in both conventional and organic agriculture my entire life."

Margaret Smith is a forage agronomist for Albert Lea Seed with previous experience working for ISU Extension and the ISU Department of Agronomy. She and her husband, Doug Alert, operate Ash Grove Farm, a diversified, certified organic crop and livestock operation near Hampton, in Franklin County, Iowa.

Melissa Sobolik is the President of the Great Plains Food Bank, North Dakota's only food bank. She grew up on a farm near Courtenay, ND and earned her BA in political science from Concordia College. As a college student, Melissa struggled with hunger and was a SNAP recipient. Her path led her to the Great Plains Food Bank, where, over the past 13 years she has served as the Director of Agency & Client Services, Director of Ending Hunger 2.0 and now as President. Melissa has also been elected to the Fargo City Commission, served as the Development Director for the Plains Art Museum, worked in a rural think tank and served on many non-profit boards. She, her husband Jeremy and their golden retriever, Gracie, make their home in downtown Fargo.

Ariel Stienman graduated from the UMN-Twin Cities with a degree in Spanish and Global Studies, and a minor in Sustainability Studies. She started doing garden maintenance and landscaping the next year and fell in love with working with plants. This quickly led to her becoming an intern at SLP SEEDS, before leaving to become an agroforestry extension agent with the Peace Corps in Senegal, West Africa. She has worked on a variety of international projects including eco-tourism in Ecuador, and on a biodynamic farm in Mexico. After returning to Minnesota, she found herself working with SLP SEEDS (DBA Seeds Feeds) again,

and has been the Operations Director for 2 years now. The organization aims to nourish people, community and earth through urban agriculture. Ariel works closely with the public and with interns and apprentices there, as well as in the background planning and getting everything ready. The organization is on new adventures in indoor growing at the moment and expanding their growing capacity. One of her favorite things about gardening and her job, is that there is always more to learn. Currently, she is enrolled in an Aquaponics course, as well as the UMN Prohort course.

Tanya Svec markets and sells grass-fed beef at her in-laws' Svec Farm. She and her husband also manage a flock of laying hens and hair sheep. Interested in being part of the solution for local foods, they chose to direct market their products, both independently and through the Dakota Fresh Food Hub, which Tanya has served as president since the beginning of 2020. The food hub connects farmers who jointly serve wholesale and retail markets in the Sioux Falls, SD, region.

Josephine Trole owns and operates Cannon Valley Graziers, a lamb, wool and targeted grazing enterprise. Her flock of 60 sheep are rotationally grazed in her region for landscape management and in 2020 she will begin a pilot a solar grazing program with a local solar energy company. In 2019, her wool sock project was a hit. With 2020 grant funding she plans to further develop sock branding and marketing, and scale production from 50 to 500 socks.

Michelle Tyon is a (disabled) 63 year wife, mother and grandmother, a USDA Farmer, 2019-2021 SARE grants recipient, 2016, 2017, PARTICIPANT SDSU Native American Beginning Farmer Ranch program, recipient of high tunnel from USDA/NRCS EQUIP PROGRAM, worked with SDSU TRIBAL FOODS PROGRAM, and collaborated with AGRIBILTY FOR THE DISABLED FARMERS. Michelle is married to Steven who both own Wiconi Waste Resistance Farm, which is located on her land on the Pine Ridge Indian Reservation in Porcupine SD. Michelle has successfully planted food in all her back yards wherever she lived and has planted gardens on her homestead for the last 15 years. She created Wiconi Waste Resistance Farm after she retired from working as an advocate in the criminal justice system, advocate for domestic violence victims, and an advocate for social and environmental justice. The gardens are on land that is butte rock, hilly, forestry, and the weather is very windy, which was the inspiration to

Presenters

experiment with a perma-culture and agro-forestry demonstration farm. She grows food in low tunnels and high tunnels, in addition has added a sheet mulching system, drip system and has planted over 300 trees on her land. A believer in traditional Lakota culture and medicines, Michelle has wild medicines growing naturally on her land and now she has added more Indigenous medicines and food to her gardens to sustain her family and share with the elders.

Ted Weydert has 40 years of experience farming and the last 13 organically. In that time, he realized the demand for organic grains is not only at the farm level, but also at the consumers table level. So Ted started Ted's Organic grains. Now he head up the Midwest Organic Farmers Cooperative that cleans and packages whole grains and oil seeds.

Steve Zwinger is a Research Specialist in the agronomy program at the North Dakota State University Carrington Research Extension Center where he has worked in field crops research for over 28 years. Research Areas that Steve has been involved in include variety/cultivar evaluation, alternative crops, annual forages, cover crops, and general agronomy production with field crops. Research is conducted under dryland and irrigated environments as well as off-station sites in South Central North Dakota. Current research interests include crop production and variety evaluation in organic environments, annual forage production for both haying and grazing, cover crop, and alternative crop research. Organic potato research has been conducted by Steve for the past 5 years comparing dryland and irrigated production at the Research Center, and more recently working with farmer cooperators testing dryland potatoes in certified organic fields. Steve has also been working with emmer over the years.

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