



NORTHERN PLAINS FOOD & FARMING CONFERENCE

**Re-Setting the Food System:
Human Health, Soil Health & Farm Viability**

January 26-28, 2023
Holiday Inn, Fargo, N.D.

Keynote Speakers:

Anne Bilke

David Montgomery

Sarah Vogel

- Soil Health
- Crop Health
- Animal Health
- Entertainment
- 30+ Exhibitors

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Contact Karl Hoppe
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Welcome to the NPSAS 2023 Food & Farming Conference

Thank you for once again joining us here in Fargo for our Annual Winter Conference. For this year's conference, we have quite a few new workshops as well as some speakers you're sure to recognize. The conference committee has put in a lot of work bringing this together with the goal of providing something of interest for all of our attendees.

This year we are proud to have partnered with the Organic Academy Road Show (OARS) to help beginning Organic farmers and ranchers get started off on the right foot. These workshops on Thursday the 26th will cover the many challenges and rewards of organic farming and ranching as well as answer any questions you may have.

We have also lined up two great Keynote Speeches that will be very informative and we know you will enjoy them. On Friday you will be hearing from Sarah Vogel as she discusses her book "The Farmer's Lawyer" and her case on behalf of the farmers against the federal government during the farm crisis of the 80's. Then on Saturday Anne Biklé and David Montgomery will be talking about soil health from all their research featured in their many books, including "The Hidden Half of Nature" and their latest "What Your Food Ate".

I would like to thank all of our sponsors. Without them, we could not be able to host this conference for our members and their families. Please visit their booths, help support them, and thank them for helping us help you with knowledge and resources found throughout the conference.

As always, we are open to ideas to make next year even better. We are looking for motivated people to join our board and help us put these ideas into motion. Please do not hesitate to let one of your board members know if you have any questions or suggestions for us. We hope this year's conference will not only be informative to you but also give you a chance to catch up with and socialize with old friends and connections and make some new ones in the process!

—Martin Goter,
NPSAS Board President



Member Reminder:

The NPSAS Annual Meeting will be held on Friday, January 28, 2023 from 1:00-1:45 pm Central Time during the Annual Winter Conference. The Annual Report will be distributed at the meeting and on our website after the conference.

Meeting Agenda:

Call Meeting to Order & Year in Review

President, Martin Goter

Presentation of Financial Reports

Treasurer, Brad Wolbert

Executive Director Report

Krysti Mikkonen

Election Results

President, Martin Goter

Adjourn Meeting

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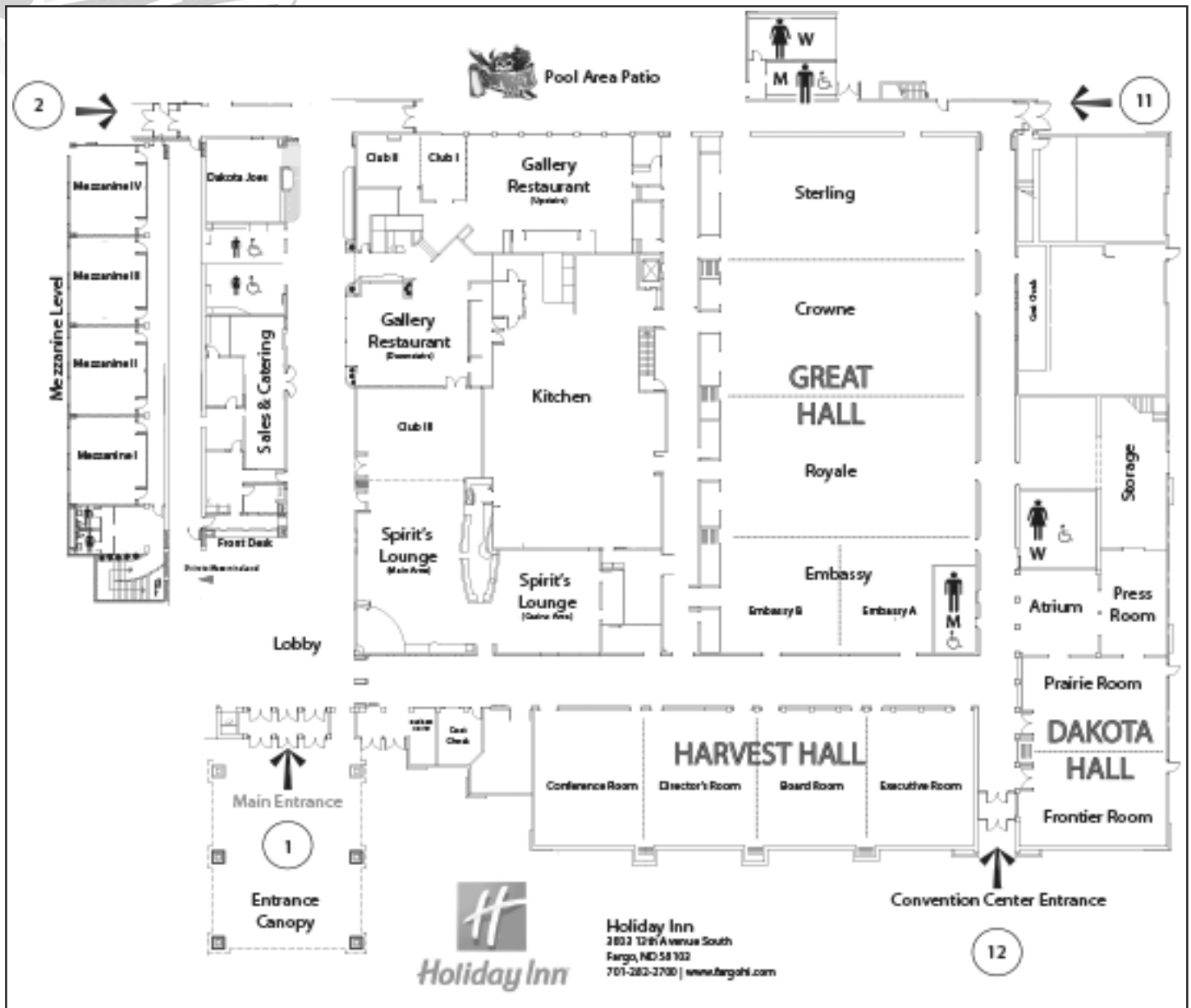
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Food & Farming Conference Menu

THURSDAY Breakfast

Rolls and Coffee

Lunch

Tossed garden greens with toppings: assorted cheeses, bacon crumbles, sunflower seeds, hard boiled eggs, peppers, diced tomato, cucumber, and croutons

Grilled Chicken Breast

Cream of Asparagus or Vegetable
Cheese Medley soups

Assorted Cookies and Bars

Dinner

Tossed Garden Salad

Rosemary orange breast of chicken

with citrus zest on blended rice
and fresh steamed vegetables

FRIDAY Breakfast

Chef's choice egg bake with ham

Biscuits and Gravy

Sliced Fresh Fruit

Lunch

Ground beef and pork carnitas
served with cilantro lime rice and
Chipotle Black Beans

Served with soft flour and crispy
corn tortillas, lettuce, cheddar-jack
cheese, tomato, onion, jalapeno,
sour cream and tortilla chips
with salsa, chipotle queso, and

guacamole

Chips, Salsa and Guacamole

Tres Leches Cake or Chef's Choice

TASTE OF AG EVENT Hors d'oeuvres

Roasted Hummus with Vegetables
and Pita Chips

Dakota Steak Bites

Stuffed Mushrooms

Million Dollar Bacon

Chef Specialty Crostini: Bruschetta

Chef Specialty Crostini: Apple with
Caramelized Onion and Gorgonzola

Cash Bar

SATURDAY Breakfast

Chef's choice egg bake with
bacon

Muffins

Sliced Fresh Fruit

Lunch

Chef's choice salad

Chicken Parmesan

Meatballs

Pasta with sauce

Breadstick



Keynote Session Overview



Sarah Vogel,
Author of
The Farmers Lawyer

Friday, January 27
9:45 am - 10:45 am

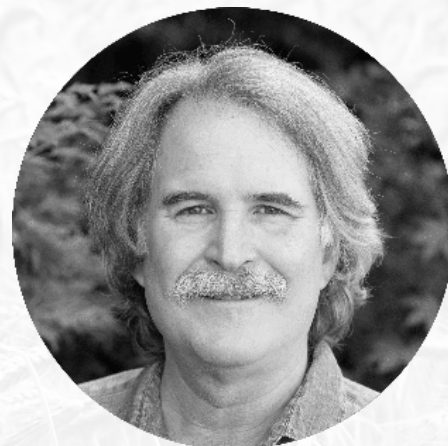
Sarah was raised in a strong North Dakota Nonpartisan League family where she learned to fight for “the little guy.” Sarah went on to serve two terms as North Dakota Commissioner of Agriculture – the first woman in U.S. history to be elected to this position in any state. Throughout her career, she has continued to advocate for family farmers, women, and Native Americans. Sarah currently serves as a member of the Agriculture Subcommittee to the USDA Equity Commission and lives in Bismarck, ND.



Anne Bikle,
Science Writer, public speaker,
& Co-Author of
The Hidden Half of Nature

Saturday, January 28
2:45 pm - 3:45 pm

Anne Biklé is a science writer and public speaker focusing on the connections between people, plants, food, health, and the environment. She has been known to coax garden plants into rambunctious growth and nurse them back from the edge of death with her regenerative gardening practices. Her work has appeared in digital and print magazines, newspapers, and radio and her gardening practices have been featured in independent and documentary films.



David Montgomery,
MacArthur Fellow, professor of
geomorphology, & Co-Author
of *The Hidden Half of Nature*

Saturday, January 28
2:45 pm - 3:45 pm

David R. Montgomery is a MacArthur Fellow and professor of geomorphology at the University of Washington. He is an internationally recognized geologist who studies the effects of geological processes on ecological systems and human societies. His work has been featured in documentary films, network and cable news, TV, and radio including NOVA, PBS NewsHour, Fox and Friends, and All Things Considered.

You won't want to miss these presentations!

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."

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fargomoorhead.org/hotels/](https://www.fargomoorhead.org/hotels/)



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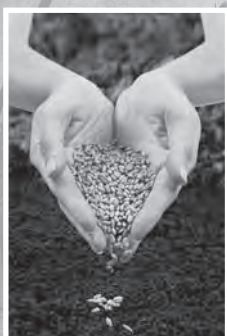


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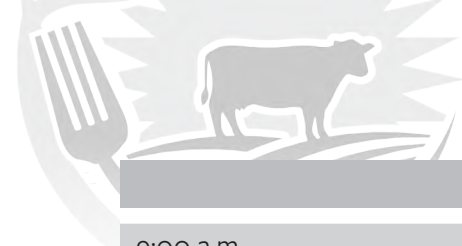


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2023 Food & Farming Conference Schedule

THURSDAY, JANUARY 26

9:00 a.m. – 12:00 p.m. **Organic Academy Road Show (OARS)** with *National Center for Appropriate Technology* *Dakota Hall*

12:00 - LUNCH - Exhibit Hall Open

12:00 p.m. – 3:00 p.m. **Organic Academy Road Show (OARS)** with farmer Doug Crabtree, rancher Jess Alger, organic inspector Wendy Paulsen, NCAT Jeff Schahczenski *Dakota Hall*

3:30 p.m. – 5:30 p.m. **NPSAS Farm Breeder Network and OARS, at NDSU - NCI**

5:30 p.m. – 9:00 p.m. **Dinner**
OARS Community Night *Dakota & Embassy Hall*

FRIDAY, JANUARY 27

7:30 a.m. – 8:30 a.m. **Breakfast and Welcome Message** by Martin Goter, NPSAS Board President *Crowne/Royale*

BREAKOUT SESSIONS:

8:30 a.m. – 9:30 a.m. **FF Perennial Flax: A New Crop for Sustainable Ag in the Northern Plains** by Dr. Burton Johnson *Frontier*

8:30 a.m. – 9:30 a.m. **Living with a Farmer - Partner Panel** The best ways to support yourself and your farming spouse *Embassy B*

8:30 a.m. – 9:30 a.m. **The Buzz about Bees in Sustainable Ag** by Ken Meyer *Prairie*

8:30 a.m. – 9:30 a.m. **Kids Farming Workshop - Worm Composting** with Extension Master Gardeners of Clay County *Embassy A*

9:45 a.m. – 10:45 a.m. **Keynote - Sarah Vogel - Organic Farm Lessons from “The Farmer’s Lawyer”** *Crowne/Royale*

Break & Exhibit Hall Open

11:15 a.m. – 12:15 p.m. **BREAKOUT SESSIONS:**
From Hoof to Horn: An Organic Farmers Approach to Animal Health by Jill Salmen *Embassy B*

11:15 a.m. – 12:15 p.m. **Sustainable, Substant, or Surviving - Lessons on What it Takes to Sustain a Farm** by Jerry Nelson *Prairie*

11:15 a.m. – 12:15 p.m. **How & Why Hemp is a Good Organic Crop** by Roger Gussias & Randy Stratton *Frontier*

11:15 a.m. – 12:15 p.m. **Kids Farming Workshop - Build a Bee House** with Extension Master Gardeners of Clay County *Embassy A*

12:00 - LUNCH - Exhibit Hall Open

1:00 p.m. – 1:45 p.m. **NPSAS Annual Meeting** *Crowne/Royale*

2:00 p.m. – 3:00 p.m. **Getting to the Buyer: What They Look For** Panel of Buyers, Chefs, & End Users *Crowne/Royale*

3:15 p.m. – 4:15 p.m. **BREAKOUT SESSIONS:**
Lessons From the Past, by “The Farmer’s Lawyer.” by Sarah Vogel *Frontier*

3:15 p.m. – 4:15 p.m. **FF Field Pea Production and the Use of Native Rhizobia for Nitrogen Fixation** by Christopher Graham *Embassy B*

3:15 p.m. – 4:15 p.m. **FF Improving Carbon Sequestration Through Bale Grazing & Keyline Cultivation** by Erin Gaugler *Prairie*

3:15 p.m. – 4:15 p.m. **Kids Farming Workshop - Seed Balls** with Extension Master Gardeners of Clay County *Embassy A*



2023 Food & Farming Conference Schedule

5:00 p.m. – 9:00 p.m. **Taste of Ag - Auction - Ag Comedian Jerry Nelson - Down Home Music**

SATURDAY, JANUARY 28

7:30 a.m. – 8:30 a.m. **Breakfast and Coffee** *Crowne/Royale*

8:30 a.m. – 9:45 a.m. **Organic Farmer's Panel - Q&A Discussion of Successes & Struggles** *Crowne/Royale*

10:00 a.m. – 11:00 a.m. **BREAKOUT SESSIONS:**
FF Grazing Management Practices for Soil Health by Miranda Meehan *Prairie*

10:00 a.m. – 11:00 a.m. **How to Find, Write, & Manage a Grant to Support a Sustainable Ag Project** by Zach Paige *Frontier*

10:00 a.m. – 11:00 a.m. **The Dirt Trilogy - Destruction, Insight, and Cure** with David Montgomery and Anne Bikie *Sterling*

10:00 a.m. – 11:00 a.m. **Kids Farming Workshop - Plant Propagation** with Extension Master Gardeners of Clay County *Embassy A*

11:15 a.m. – 12:15 p.m. **Regenerative Agriculture: A Viable Future** with Dr. Ryan Schmid *Crowne/Royale*

12:00 - LUNCH - Exhibit Hall Open

1:30 p.m. – 2:30 p.m. **Value-Added Ag Panel - Q/A Discussion of creative added farm income** *Crowne/Royale*

2:45 p.m. – 3:45 p.m. **Keynote - What Your Food Ate & Why It Matters - David Montgomery & Anne Bikle** *Crowne/Royale*

3:45 p.m. **Closing Remarks**

4:00 p.m. **Safe Travels Home**

FF Denotes SARE Farmers Forum

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



NORTHERN PLAINS FOOD & FARMING CONFERENCE

- You Learned Something
- You Networked with Someone
- You Were Inspired by Something
- You Ate Well
- You Can't Wait Until Next Year

THANK YOU FOR ATTENDING



Children's Workshops



1

Worm Composting

Friday, January 27, 8:30 am - 9:30 am

Embassy A Room

2

Bee House

Friday, January 27, 11:15 am - 12:15 pm

Embassy A Room

3

Seed Balls

Friday, January 27, 3:15 pm - 4:15 pm

Embassy A Room

4

House Plants to Plant Propagation

Saturday, January 28, 10:00 am - 11:00 am

Embassy A Room

Pictures: The NPSAS Conference is known for being a family-friendly event. This year, the kids workshops are hosted by Extension Master Gardeners of Clay County.



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THURSDAY, JANUARY 26

8:00 a.m. – 9:00 a.m. **Attendees arrive and register**

9:00 a.m. – 9:30 a.m. **Welcoming:** Jeff Schahczenski

9:30 a.m. – 10:30 a.m. **“World Café” session.** Question is: Why might you be interested in becoming an organic farmer/rancher?

10:30 a.m. – 11:45 a.m. **An Organic Story:** Doug and Paul present on Vilicus Farms.

11:45 a.m. – 12:00 p.m. **BREAK before lunch**

12:00 p.m. – 1:00 p.m. **Lunch**

1:00 p.m. – 2:15 p.m. **“Introduction to the Organic System Plan”,** by Wendy Paulsen International Organic Inspectors Association.

2:15 p.m. – 3:15 p.m. **Organic Grass-finished Ruminant Production”,** by Jess Alger and Paul Neubauer. Jess Alger, organic farmer and rancher, Alger Ranch, Stanford; Paul Neubauer, Vilicus Farms.

3:15 p.m. – 3:30 p.m. **BREAK get ready for tour**

3:30 p.m. – 5:30 p.m. **Tour organized by Dr. Richard Horsley - Farm Breeder Network.** At NDSU Northern Crops Institute, 1240 Bolley Dr., Fargo, ND 58102 - Park on south side

5:30 p.m. – 7:00 p.m. **Cash Bar and Dinner**

7:00 p.m. – 9:00 p.m. **Community Night**

FRIDAY, JANUARY 27

8:30 a.m. – 9:30 a.m. **OARS participants attend one of two sessions:**
Perennial Flax: A new crop for sustainable Ag in the Northern Plains by Dr. Burton Johnson

Strip-till Corn in Established Rotational Organic Alfalfa by Steve Enger

9:30 a.m. – 11:00 a.m. **OARS participants attend Keynote of NPSA Conference:**
The Farmers Lawyer Saving Your Organic Farm by Sarah Vogel

11:15 a.m. – 12:15 p.m. **OARS participants meet in separate room for final session, where we review using Forum for future communication and any lingering questions, and distribute post OARS survey. Goodbyes.**



◆ 2023 OARS Speaker Highlights

About the Organic Academy Road Show

The National Center for Appropriate Technology with nationally recognized organic leaders will offer an Organic Academy Road Show (OARS) session in Fargo, ND on January 26 & 27th. This will give an opportunity for beginning farmers and ranchers in the northern Great Plains to explore the important and economically viable regenerative certified organic production systems for grains, oilseeds, and pulses. Thirty scholarships for beginning farmers and ranchers are available for up to \$200 each to defray costs of attending. There is no registration fee, but registration by January 15, 2023. The link can be found on the 2023 NPSAS website conference page.

Also, the Northern Plains Sustainable Ag Food and Farming Conference will take place at the same location, January 26th - 28th and attendees to the OARS session are welcome to register separately for the event at www.npsasa.org

Bringing in the Community

This event will host intensive training sessions and one-on-one technical assistance. In addition to the farmers and ranchers taking part, the sessions will include other members of their agricultural communities, including civic leaders, county Extension agents and officials from USDA agencies such as the Farm Service Administration and the Natural Resources Conservation Service during an open public event the night of January 26th at the Holiday Inn.



Anna & Doug Jones-Crabree

Anna and her husband Doug own and manage Vilicus Farms, a first generation, organic, 12,508-acre dryland crop farm in Northern Hill County, Montana growing a diverse array of organic heirloom and specialty grain, pulse, oilseed and broadleaf crops under five and seven-year rotations.



Jeff Schahczenski

Jeff is an Agricultural and Natural Resource Economist with the National Center for Appropriate Technology. His work includes publication of studies and education on crop insurance, conservation, national agriculture public policy, transgenics, blockchain agriculture supply-chain management, soil health, biochar, and the role of agriculture in climate disruption.



Jess Algers

Jess grew up on family Ranch North of Stanford. He Graduated MSU Bozeman with a B.S. Degree in Animal Science in 1971. He rotates his cattle through 39 pastures over the course of a year. This last year (2022) he grew: Kamut, emmer, winter wheat, peas, Kernza and cover crops for the cattle. He planted Rye for fall and spring grazing.



Wendy Paulsen

Wendy Paulsen has been a Staff Certification Specialist / Inspector at MCIA for over 7 years. She works on all aspects of certification from talking to new clients to issuing certificates and works in all scopes of certification including crops, livestock, and processing. She coordinates and provides annual training for MCIA inspectors.

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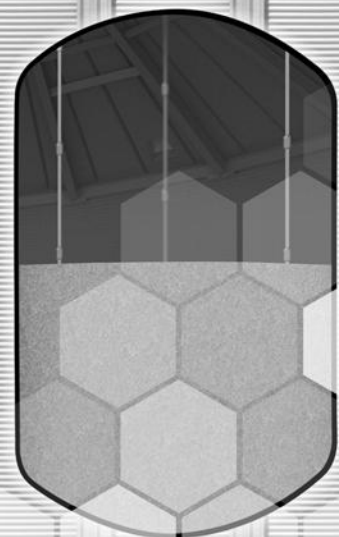
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Speaker Content Summary

BREAKOUT SESSIONS - Friday 8:30 - 9:30 am

Perennial Flax: A new crop for sustainable ag in the Northern Plains - by Burton Johnson

NDSU scientists will discuss research conducted to gain insight into growing perennial flax as an agronomic crop. Topics for discussion will include planting, harvesting, weed management, and crop improvement.

Living with a Farmer - Partner Panel

The best way to support yourself and your farming spouse is a workshop for both the farmer/rancher and the spouse. While there are great elements to being a farm couple, it can also be frustrating, dangerous, tedious, lonely, and tiring. How do couples support each other and make relationships work long-term?

The Buzz about Bees in Sustainable Ag - Ken Meyer

It's all about bees: the best strategies for bee keeping; what kinds of markets are developing around bees; the different types of hives; the crops that are especially beneficial for bees as well as the crops that will produce better with hives nearby.

Kids Farming Workshop - by Extension Master Gardeners of Clay County

In this workshop, participants will engage in a hands-on worm composting project and learn the benefit of worms in farming and gardening. This session is facilitated by Extension Master Gardeners of Clay County.

KEYNOTE - Friday - 9:45 - 10:45 am

Organic Farm Lessons From "The Farmer's Lawyer" - by Sarah Vogel

Now, more than ever, we need to remember the lessons of our recent past and recognize the importance of family farmers, lending our voice in support of them. In the early 1980s, family farmers faced the worst economic crisis since the Great Depression. Triggered by harsh collection tactics promoted by federal policies of the time, tens of thousands of family farmers were starved off their farms and faced

liquidation and foreclosure. Vogel became "the farmer's lawyer", filing a class action lawsuit on behalf of nine farmers, which later grew to protect 245,000 farmers across the country.

BREAKOUT SESSIONS - Friday 11:15 - 12:15 am

From Hoof to Horn: Organic Farmer's Approach to Animal Health - by Jill Salmen

How do we increase the odds of quality animal health. Learn how one farmer treats the cause, not just the symptoms. Here's an interesting look at how viewing animal health from a 'whole animal' perspective has helped our dairy cow herd thrive.

Sustainable, Subsistence, or Surviving - Jerry Nelson

As a recovering dairy farmer and ag journalist Jerry has been involved with farming his entire life. He will share his observations regarding how agriculture has changed over the past six decades and what it takes to run a sustainable farming operation.

How & Why Hemp is a Good Organic Crop - by Roger Gussias & Randy Stratton

The hemp workshop is designed to provide an understanding of the best agronomy practices and rotation planning that will allow for the best outcomes for growing hemp for grain or fiber. The markets for hemp grain and fiber are evolving. The speakers will share the latest information on market trends and expectations for the next few years.

Kids Farming Workshop - by Extension Master Gardeners of Clay County

In this workshops, participants will build a bee house/hive and learn the bees impact on farming and gardening. This session is facilitated by Extension Master Gardeners of Clay County.

Friday 2:00 - 3:00 pm

Getting to the Buyer: What They Look For

Do you ever wonder what buyers are looking for when they're contracting and/or buying your product. Is it all about the quality and quantity you have. We have buyers that will provide insight and tips on what they're looking

for when buying and contracting from producers. How can you be further ahead providing the best quality product and service to your buyers?

BREAKOUT SESSIONS - Friday 3:15 - 4:15 pm

Lessons From the Past By The Farmers Lawyer

Vogel will share inspiring stories about how farmers working together survived tough times in the 1930s and the 1980s and how farmers in the 2020s can apply those lessons to the tough times and problems of today.

Field Pea Production And The Use of Native Rhizobia for Nitrogen Fixation - by Christopher Graham

Should you be growing more peas? Hear how the use of natural sources of rhizobia serves as an inoculant for field peas. In addition, you'll get a deeper look into the general production notes on growing field peas in South Dakota.

Improving Carbon Sequestration Through Bale Grazing & Keyline Cultivation - by Erin Gaugler

Kids Farming Workshop - by Extension Master Gardeners of Clay County

In this workshop participants will learn how to make seed balls for birds and other wildlife. This session is facilitated by Extension Master Gardeners of Clay County.

General Session - Saturday 8:30 - 9:45 am

Organic Farmers Panel

This is often a highlight of the conference, hearing from farmers and ranchers with boots in the dirt. They share stories on what, why, and how they operate. Audience members get a chance to ask questions on best practices on equipment, fertilizer, certification, cover crops, and more.

BREAKOUT SESSIONS - Saturday - 10:00 - 11:00 am

The Dirt Trilogy - Destruction, Insight, and Cure - By David Montgomery

Humanity has a tangled relationship with soil. Too many soils beneath farms and gardens are suffering today. But as authors Montgomery and Bikle discovered, we can change



Speaker Content Summary

farms and gardens are suffering today. But as authors Montgomery and Biklé discovered, we can change soil for the better too. Digging into the possibilities and opportunities for restoring soil transformed them, growing new ideas about the grand hallmarks of civilization—the practice of agriculture and medicine. A handful of dirt, they learned, can offer untapped potential or an endless problem.

Grazing Management Practices for Soil Health- by Miranda Meehan

What are the the impacts of livestock integration into cropping systems on soil physical and chemical properties? You'll learn how grazing management influences these properties.

How to Find, Write & Manage a Grant to Support a Sustainable Ag Project on my Farm - Zach Paige

In the past ten years, Zachary has secured over 1 million in grants from private, federal, and state organizations to fund sustainable farm projects for his farm as well as for organizations. In this session, Zachary will break down grant writing logic and go through strategies to locate and write a successful application.

Kids Farming Workshop by Extension Master Gardeners of Clay County

In this workshop participants will learn about plant propagation and engage in hands- on projects and learn about a few different aspects of farming and gardening. This session is facilitated by Extension Master Gardeners of Clay County.

General Session - Saturday 11:15 - 12:15 pm

Regenerating Agriculture: A Viable Future - by Ryan Schmid

Regenerative agriculture is the hot, new buzzword sweeping across farming today. From scientists to corporations, to farmers themselves, it can feel like everyone is trying to capitalize on this new craze. But what is regenerative agriculture, and can it deliver the environmental and economic benefits many of its supporters claim? Come and learn how farmers themselves are helping researchers develop answers to these questions.

General Session - Saturday 1:30 - 2:30 pm

Value-added Ag Panel

Everyone wants to get more money for their product, but you can't get more than what the buyer is willing to pay. Or can you? What if you made the product look different. We'll talk to two producers who took a standard farm commodity and made it into a much more valuable end direct to consumer product. Get your questions ready and learn how you can make more money from your farm.

KEYNOTE - Saturday 2:45 - 3:45 pm

What Your Food Ate and Why it Matters - Anne Biklé

An exploration and synthesis of history and science reveals that the roots of good health start on farms. How we treat the land and soil we use to raise crops and livestock reveals the intricate and long-running connections between soil health and human health. The pathway runs through crops, farm animals, and microbiomes, and eventually into our own bodies.

It turns out that there is more to agriculture than feeding the world. We also need to nourish people—and the land.



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