

Collaborate, Regenerate, Celebrate!

**NOFA-NJ's 29th Annual
Winter Conference**



N · O · F · A



NEW · JERSEY

**January 26 & 27, 2019
Rutgers Douglass
Student Center
New Brunswick, NJ**

Thank you to all our sponsors for supporting the 2019 NOFA-NJ Winter Conference

★ Silver ★



NORTH SLOPE FARM



★ Bronze ★



Welcome to the 29th Annual NOFA-NJ Winter Conference!

As in years past, we are fortunate to have with us some of the leading experts in organic and regenerative agriculture. What makes this possible is the generous support and commitment of our sponsors, exhibitors, volunteers and you.

Ours is a strong and growing community. It brings us great joy to welcome new friends who are joining us for the first time and to welcome back old friends whose engagement and support we have appreciated through the years. Beginning farmers and gardeners will find that they are surrounded by people with a sincere desire to help them begin what is a lifetime learning experience. Even the most expert among us will always have more to learn, and they are very likely to meet people who can help them right here, right now. By working together, we are creating an ecosystem of our own that supports healthy farms, healthy food and healthy land.

Like other movements, our path toward a better agricultural system does not follow a straight line. We will experience successes and failures, and we will learn from both. Fortunately, this weekend, we are surrounded by brilliant and thoughtful people who are eager to share their lessons. We are deeply grateful to all of the speakers, especially those who have travelled far to be with us. We hope you will take advantage of the opportunities this weekend to meet them (several of whom are acclaimed authors), as well as our sponsors, exhibitors and your colleagues from throughout the region.

Thank you for joining us. We look forward to seeing you again, soon and often, as we kick off a very exciting 2019 programming calendar in the coming weeks.

Best wishes for a healthy and fulfilling year,

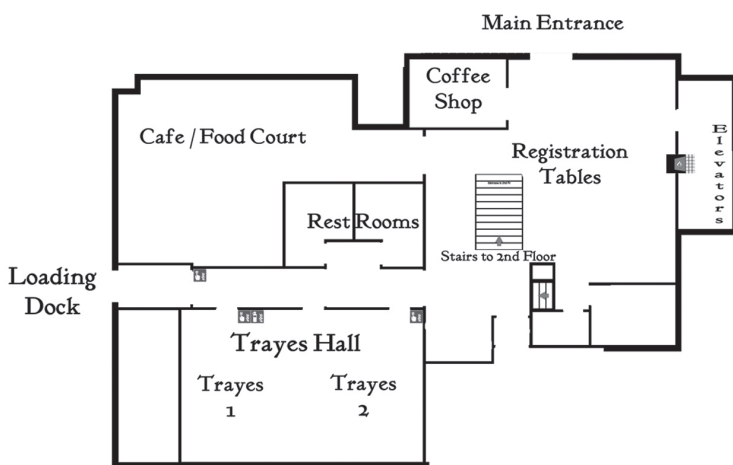
The NOFA-NJ Board of Directors and Staff



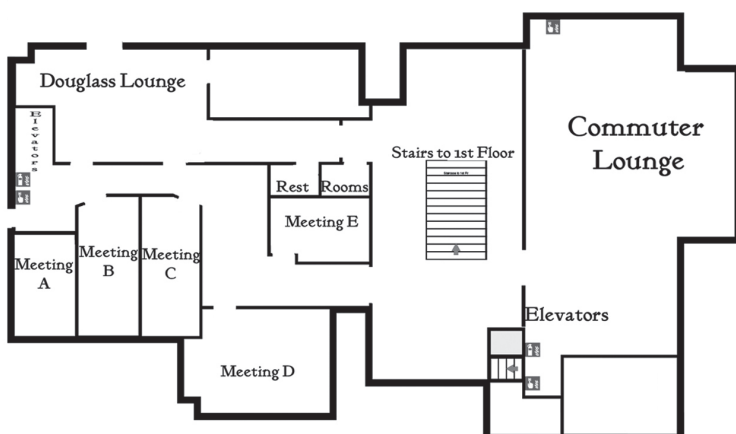
NOFA-NJ Board & Staff:

- President: Stephanie Harris
- Vice President: Al Johnson
- Secretary: Colleen Kelleher
- Treasurer: Sherry Burns
- Cali Alexander, M.A.
- Alec Gioseffi
- Joseph Heckman, Ph.D.
- Lucia Stout Huebner
- Bob Levy
- Nagisa Manabe
- Jacqueline Ricotta, Ph.D.
- Kim Rizk
- Exec. Director: Adrian Hyde
- Office Manager: Kate Nelson

Douglass Student Center - First Floor



Douglass Student Center - 2nd Floor



Parking - Important Note!

Conference parking is in Parking Lot 70 and the Douglass Deck adjacent to the Douglass Student Center. *All conference attendees are REQUIRED by Rutgers to register their car in advance.* See: <http://bit.ly/2RxSUGv>



WIFI

Log in to Rutgers "guest" Wifi; Password - (no password)



Keynote Speakers

Carey Gillam

Carey Gillam is a veteran journalist, researcher, and writer with more than twenty-five years of experience in the news industry covering corporate America. Since 1998, Gillam's work has focused on digging into the big business of food and agriculture. As a former senior correspondent for Reuters' international news service, and current research director for consumer group U.S. Right to Know, Gillam specializes in finding the story behind the spin; uncovering both the risks and rewards of the evolving new age of agriculture.

Her areas of expertise include biotech crop technology, agrichemicals and pesticide product development, and the environmental impacts of American food production. Gillam has been recognized as one of the top journalists in the country covering these issues.



David Montgomery and Anne Biklé



David Montgomery and Anne Biklé are Dig2Grow, a husband & wife and a pair of writers. Dave is a broad-minded geologist and Anne is a free-range biologist with a bad case of plant lust. They chose the name "Dig2Grow" because that's what happens when you write, talk, and act on things that matter to the well-being of people and our one-and-only planet. Together, they have authored a trilogy of well-known environmental books. First there was *Dirt* — about the plight of soil and what we've done to it since the dawn

of agriculture. Then came *The Hidden Half of Nature*, a revealing exploration of how microbial life underpins the health of soil and, even our own bodies. Now, they have *Growing a Revolution*, a way to transform farming practices so that agriculture can help cure what ails the land.

SATURDAY

8:30 - 9:45

Rhizophagy Cycle: How Plants Farm Soil Microbes for Nutrients

Jim White

ROOM A



The rhizophagy cycle is a natural process by which plants take soil microbes into root cells to extract nutrients from them, then release microbes back into the soil to acquire additional nutrients. This workshop will explain how the rhizophagy cycle works in plants, and what the rhizophagy cycle means for organic farming and gardening.

Farm Tax & Accounting

Dennis Kilfeather

ROOM B



Whether you are an experienced farmer, a new farmer, or a weekend gardener – you all have to deal with taxes. This workshop will focus on base farming tax profiles including topics such as farm income and expenses, employer taxes and wages, fuel usage and tax credits, accounting

systems, crop insurance proceeds and net operating losses. In addition we will cover tax profile changes related to the Tax Cuts and Jobs Act.

The Spotted Lanternfly: Biology, Management and the Containment Effort

Emelie Swackhamer

ROOM C








Lycorma delicatula, commonly known as the spotted lanternfly, threatens many important plants including grapes, hops, tree fruit, ornamental and timber trees. It creates a nuisance in residential landscapes. This presentation will describe the situation unfolding in PA and surrounding states over the last four years. Emelie will focus on the biology and behavior of the Spotted Lanternfly to help attendees know what to watch out for. She will cover management options, regulations in place to slow the spread, and a summary of current research.

Native Pollinator Support Practices

Judith Robinson

Social Media Links:

-  Website: nofanj.org
-  Facebook: [Facebook.com/nofanj](https://www.facebook.com/nofanj)
-  Twitter: [@nofanj](https://twitter.com/nofanj)
-  [instagram.com/nofanj](https://www.instagram.com/nofanj)
-  Youtube channel: NOFA-NJ

Session Tracks



Crops



Gardening



Livestock



Policy



Business

 Use hashtag [#nofanjwinterconference](https://twitter.com/nofanjwinterconference)

ROOM D



Native pollinators are much more effective and efficient than invasive honey bees in pollinating your crops. For example, they can nearly triple cherry tomato production. They also provide more stable pollination than honey bees throughout our increasing weather variations. Learn how to adapt your existing farm management practices to easily create habitats for diverse populations of native bees, butterflies, parasitic wasps, and predaceous beetles, and to increase your crop pollination and yield. A wide and wonderful choice of perennial native flowers, shrubs, and trees will add to the beauty of your farm and, once established, will need little or no maintenance.

Evaluating Value Added Products Using Cut Flowers, Chilis, Herbs, & Cover Crops

Monica Drazba

ROOM E



This workshop will provide useful information about how to turn your cover crops, herbs, or flowers (which all require cutting back) into a value-added enterprise and increase profitability for your farm business. Monica will share research methods and results from her 2018 SARE Farmer Grant, with which she evaluated four enterprises: chili ristras, cover crop and floral wreaths, dried herbs, and dried flower bunches. She will share detailed information about net profit, cost of production, crop enterprise budgets, and how to track labor. At the end of the session, there will be time for questions about project specifics and managing a SARE Farmer Grant.

Farmworker Realities and the Struggle for Better Working Conditions

Kathia Ramirez

DOUGLASS LOUNGE



When we think about food, we often don't acknowledge those who make sure we have food on our tables. Farmworkers are at the end of this food chain, and often invisible. NJ (the Garden State!) produces much of its own food. Indeed, it is estimated that there are about 20,000 workers in Southern NJ. In this workshop, we will explore some of the laws and policies that exclude farmworkers, including the proposed NJ minimum wage, the H2A program, and the work that CATA — The Farmworkers Support Committee, does in Southern NJ, PA, and MD with regard to Immigration, Workers' Rights, and Food Justice.

10:15 - 11:30

KEYNOTE

Carey Gillam

TRAYES HALL 1 & 2

NOON - 1:00 LUNCH

TRAYES HALL 1 & 2

BOOK SIGNINGS

Saturday:

» **Carey Gillam -12:30 -1:15**

» **Maya van Rossum- 4:30**

Sunday: All at 12:30 -1:15

» **Lee Reich**

» **David Montgomery & Anne Bikle**

» **Hugh Karreman**

1:30 - 2:45

Challenges Producers Encounter Raising Organic Beef in the Northeast

Hank Bignell

ROOM A



Farmers face many challenges today - from farm practices to marketing products to consumers. This workshop will focus on the unique obstacles for organic beef producers, from an Upstate New York extension agent's point of view. We will explore how such challenges and solutions relate to the situations encountered by producers in New Jersey. We will cover production strategies, nutritional feed requirements, and marketing opportunities for producers of organic grass-finished beef.

Bookkeeping for Small Farm Enterprises

Elaine Lemmon

ROOM B



When creating a bookkeeping system for your small enterprise, you want one that actually helps you manage your business, not just figure out your taxes. A basic, clear accounting system is an invaluable tool to a small business owner - but only when managed to provide real time, and over-time, data about the health of the business. You want to know where the dollars are going, and why. The session will cover a detailed explanation of three financial statements — Profit and Loss, Balance Sheet, and Rolling Cash Flow — in addition to best practices for optimizing accuracy and efficiency with your bookkeeping. In this workshop, Elaine Lemmon of Kitchen

Table Consultants will explore financial management systems that serve, first and foremost, as a tool to understand your business better and make informed decisions. The use of QuickBooks will be emphasized.

Rotations, Cover Cropping, & Fertility in High Tunnels

Judson Reid

ROOM C



High tunnels can become a profit center for high-yielding vegetables, particularly in the first few years of production. Long-term management that includes rotation, precision nutrient application and cover crops is rarely practiced. How can we incorporate Best Management Practices that improve soil health and crop yield, while continuing to provide economic returns? We will discuss nutrient trends and opportunities to explore rotation crops for tomatoes, winter greens, and more.

Korean Natural Farming Principles & Recipes

Adrian Galbraith-Paul

ROOM D



This workshop will introduce growers to Korean Natural Farming. We will focus on how growers can make and apply their own fertilizers and biological inoculants following principles. Recipes will include fermented plant juice, fish amino acids, and more.

Breeding For, & Controlling, Downy Mildew & Fusarium Wilt in Sweet Basil

Jim Simon & Andy Wyenandt

ROOM E



Basil downymildew (BDM) is an important

disease in basil production throughout the United States. Since its introduction into the US in 2007, significant economic losses have occurred in the field and greenhouses. The Rutgers Basil Breeding Program (RBBP) has worked since 2009 to identify and introduce basil downy mildew resistance into commercially-acceptable sweet basil, and to evaluate organic control options. In 2018, Rutgers released its first four basil downy mildew-resistant sweet basil: *Rutgers Obsession DMR*, *Rutgers Devotion DMR*, *Rutgers Passion DMR*, and *Rutgers Thunderstruck DMR*. Fusarium wilt (FOB) is another serious soil-borne disease in basil production worldwide. In 2018, Rutgers released its newest FOB resistant sweet basil, “*Newton*.” This workshop will focus on the efforts of the RBBP in introducing BDM and FOB resistance in sweet basil, as well as the control of these diseases.

Principles to Produce Nutrient Dense Food

Dan Kittredge

TRAYES HALL 1



Nutrient Dense crops are the byproducts of well-functioning biological systems. This workshop will cover a number of critical environmental conditions and management practices necessary for the production of these more flavorful, aromatic, nutritious, pest and disease resistant harvests. The foundational paradigm of how plants have evolved to operate in relation to their environments will be covered, along with practical suggestions having to do with seed quality, mineralization, minimal soil disturbance, inoculation, in season monitoring, integrating cover crops, managing for soil aeration and hydration, and intention.

Pathways to Resiliency, Part 1

Bryan O'Hara

TRAYES HALL 2



In our current environment, raising vigorous healthful crops takes a greater understanding of crop management techniques, and wisdom about what decisions to make and when to make them. How does one recognize the signs of imbalances in our system? How do we manage nutrients for balance at varying plant growth periods? How do we adapt cultural techniques to different environmental conditions? Come to this two-part workshop to learn how to work with natural systems to build a complex and balanced soil life to benefit your farm and help reduce carbon in the atmosphere. Bryan will share best practices for planning, seed selection, planting, hand and tractor tools, as well as management techniques. Learn about multi-cropping, soil and fertility building, cover cropping, and using indigenous micro-organisms to grow food four seasons a year - providing you and your family a viable and healthy lifestyle.

Value-Added Grain Production in NJ

Elizabeth Dyck & Panel

DOUGLASS LOUNGE



Interested in starting up a grain enterprise on your farm? Join farmer panelists Kent Kimball, Scott Morgan, Tom Zeng, and moderator Elizabeth Dyck of OGRIN for an in-depth discussion on the practicalities and profitability of growing grains for the local food movement. These growers will share their experiences and answer your questions on all aspects of grain production -- from selecting the best high-value crops and sourcing needed equipment, to wholesale and retail marketing strategies.

3:15 - 4:30**Breeding & Finishing
100% Grass-Fed Beef***John Lima***ROOM A**

Lima Family Farms has a 60 cow-calf operation and finishes all their own beef, which is for sale at their farm store and local food stores and restaurants. This presentation will review our cow-calf operation from breeding for genetic traits and delivering calves on pasture, to weaning procedures and raising our feeder beef. Both cool-season and summer/winter annual forages are grown on the farm. With climate change, variations in cool season forage blends allow for longer grazing seasons and reduce the need for costly winter baleage and hay. Review the pros and cons of using baleage versus hay, and the advantage of shelters in reducing winter feed cost. We will address rotational grazing, determining size of daily pastures, and equipment used to control the movement of cows.

The Green Amendment*Maya van Rossum***ROOM B**

For decades, activists have relied on federal and state legislation to fight for a cleaner environment. For decades, they've been fighting a losing battle. But there is a solution: bypass the laws and turn to the ultimate authority - our state and federal constitutions. In 2013, van Rossum and her team won a watershed legal victory that not only protected Pennsylvania communities from ruthless frackers, but affirmed the constitutional right of people in

PA to a clean and healthy environment. Learn about the origins and progress of the Green Amendment movement from lawyer, activist, and Delaware Riverkeeper van Rossum.

Brassicas In Depth*Mark Canright & Andy Wyenandt***ROOM C**

Brassicas are a plant family which includes many of the most popular and versatile crops. Mark Canright will share his perspectives on favorite varieties and all aspects of growing and marketing this family of crops. Andy Wyenandt, Rutgers Vegetable Pathologist, will turn the discussion to organic controls and prevention of brassica diseases.

**The Palestine Heirloom
Seed Library***Vivien Sansour***ROOM D**

Part of the Fertile Crescent, Palestine is considered one of the world's centers of diversity - particularly for wheat and barley. This biodiversity, which has kept us alive for millennia, is now threatened by policies that target farmers, forcing them to give up their heirloom seeds and adopt new hybrid varieties. Heirlooms - which have been carefully selected by our ancestors over thousands of years of research and imagination - are one of the last strongholds of resistance to the privatization of our life source: the seed. The Palestine Heirloom Seed Library is an attempt to recover ancient seeds and put them back into people's hands. With its affiliated project, El Beir Arts and Seeds Studio, the PHSL is located in the Bethlehem District, and provides both seed and art collections.

Crafting an Herbal Home Apothecary

Lindsay Napolitano

ROOM E



Gentle herbal remedies for common conditions are often found as close as the spice cabinet, the home garden, or even the lawn! Kitchen medicine connects us with herbal traditions that span human history, and helps restore deeper relationships with the plants surrounding us. We'll explore the powerful medicinal activity of common wild species and garden favorites. We'll discuss simple herbal preparations to craft at home, new healing plants to introduce into your garden and landscape, and all-natural, herbal products to swap in for your old medicine cabinet standbys. Join herbalist Lindsay Napolitano for an inspiring introduction to plant medicine making. The path to healing runs through the garden!

Defining Food Quality: Tools, Science and Collaboration

Dan Kittredge

TRAYES 1



The Bionutrient Food Association and Real Food Campaign have embarked on an open source project to: 1) develop a handheld spectrometer that can be used at point of purchase to test relative nutrient density, 2) populate a database sufficient to define relative nutrient density, and 3) populate a database sufficient to identify causal dynamics in the production of nutrient dense crops. We partner with farmers, organizations, companies, and universities in this project. This workshop will be valuable for anyone interested in project updates, or in collaboration.

Pathways to Resiliency: Part 2

Bryan O'Hara

TRAYES 2



(See 1:30 pm: Pathways to Resiliency, Part I.)

On-Farm Processing: A Small-Scale Farmer's Success Story

Elizabeth Dyck & Henry Beiler

DOUGLASS LOUNGE



PA farmer Henry Beiler initially wanted to grow the ancient wheat einkorn because of the health benefits for his family and community. His efforts led to the development of affordable, effective on-farm processing capacity - seed-cleaning, dehulling, and milling - and a highly profitable and growing grain enterprise. Learn about his and other growers' small-scale equipment innovations that produce grain products which rival high-end vegetable crops in their profit potential.

SATURDAY SEED SWAP & ICE CREAM SOCIAL!

Join us right after the last workshops on Saturday, from 4:30 to 6pm, for a *SEED SWAP and ICE CREAM SOCIAL* in the Douglass Lounge. Bring your favorite seeds, bulbs, tubers or scionwood to swap or give away (envelopes, seed-saving & grafting information will be provided by the Experimental Farm Network). Ice cream will be provided by The Bent Spoon with light refreshments from The Ryland Inn!

SATURDAY, JAN. 26

	Room A	Room B	Room C	Room D	
8:30-9:45 am	Rhizophagy Cycle <i>Jim White</i>	Farm Tax & Accounting <i>Dennis Kilfeather, CPA</i>	Spotted Lanternfly <i>Emelie Swackhamer</i>	Native Pollinator Support Practices <i>Judith Robinson</i>	
10:15-11:30am					
Noon					
1:30-2:45 pm	NE Organic Beef Challenges <i>Hank Bignell</i>	Bookkeeping & Quickbooks <i>Elaine Lemmon</i>	High Tunnel Fertility <i>Judson Reid</i>	Korean Natural Farming <i>Adrian Galbraith-Paul</i>	
3:15-4:30 pm	Grass Fed Beef <i>John Lima</i>	The Green Amendment <i>Maya van Rossum</i>	Brassicas in Depth <i>Mark Canright & Andy Wyenandt</i>	Palestine Heirloom Seed Library <i>Vivien Sansour</i>	

SUNDAY, JAN. 27

	Room A	Room B	Room C	Room D	
8:30-9:45 am	Right to Farm <i>Dave Kimmel & Susan Payne</i>	Organic Standards Panel <i>Panel</i>	Web Soil Survey In Depth <i>NRCS</i>	Pastured Poultry Pricing: Chickens <i>Mike Badger</i>	
10:15-11:30am	Soap Making <i>Charlie Huebner</i>	Excel for Farmers <i>Alec Gioseffi & Kat Mitchell</i>	Reading Soil Test Reports <i>Stephanie Murphy</i>	Pastured Poultry Pricing: Eggs <i>Mike Badger</i>	
Noon					
1:30-2:45 pm	4000 Years of NJ Ag <i>Nate Kleinman</i>	Herdshares and Legal Collaborations <i>Pete Kennedy</i>	Greenhouse Biocontrols <i>Alex Traven</i>	Information Overload <i>Tessa Desmond</i>	
3:15-4:30 pm	Vertical Gardening <i>Tom Fox</i>	Farming in NJ <i>Meredith Melendez</i>	Uncommon Fruit & Crops <i>John Paul Learn</i>	NJ Employment Law <i>Maxine Neuhauser</i>	

Room E	Trayes A	Trayes B	Douglass Lounge
Value Added Products - Cut Flowers, Chilis, Herbs, & Cover Crops <i>Monica Drazba</i>			Farmworker Realities <i>Kathia Ramirez</i>
		Keynote Address: Carey Gillam	
		Lunch 12:00 - 1:00 pm	
Basil <i>Andy Wyenandt & Jim Simon</i>	Principles to Produce Nutrient Dense Food <i>Dan Kittredge</i>	Pathways to Resiliency, Parts 1 & 2 <i>Bryan O'Hara</i>	Value-Added Grains <i>Elizabeth Dyck & Panel</i>
Herbal Home Apothecary <i>Lindsay Napolitano</i>	Defining Food Quality <i>Dan Kittredge</i>		On-Farm Grain Processing <i>Elizabeth Dyck & Henry Beiler</i>

Room E	Trayes A	Trayes B	Douglass Lounge
Organic Garlic <i>Jeff Tober</i>	Science and Gardening <i>Lee Reich</i>	Non GMO <i>Ken Roseboro</i>	On-Farm Processing <i>Jon McConaughy</i>
Nuts for NJ <i>Tom Molnar</i>	Pruning <i>Lee Reich</i>	Growing a Revolution <i>David Montgomery</i>	Labor Policy & AJP <i>Louis Battalen & Cruz Marquez</i>
		Lunch 12:00 - 1:00 pm	
Cucurbits <i>Jon Knox</i>	Livestock Health I <i>Hubert Karreman</i>	Hidden Half of Nature <i>Anne Bikle</i>	Uprooting Racism - Soul Fire Lessons <i>Larisa Jacobson</i>
	Livestock Health II <i>Hubert Karreman</i>	Growing a Revolution <i>Panel</i>	Hemp After the Farm Bill <i>Erica McBride Stark</i>

SUNDAY

8:30 - 9:45

Right to Farm: How it Works, What's New, Q&A

Dave Kimmel & Susan Payne

ROOM A



As agriculture evolves, what's protected by Right to Farm and what's not? Learn more about the Right to Farm Act—including eligibility criteria, protected activities, formal processes, and protections – as well as emerging issues in Right to Farm such as agritourism, farm markets, and beginning farmers. We'll discuss case studies, share resources for resolving farm-related issues, and have time for questions.

Organic Certification and Best Management Practices Panel

Panel: Erich Bremer, Al Johnson, & Mike Rassweiler

ROOM B



This workshop gives farmers, gardeners, and organic consumers a quick overview of organic certification leading into a panel discussion of best management practices. Information presented will be tailored to class participants and their specific interests and/or questions concerning best management practices with an eye towards certification. A quick overview of what certification means and what the basic steps are will be followed by an extensive question

and answer period with the supervisor of the NJDA Organic Certification Program, a long standing organic inspector and organic advocate, and a long standing certified organic farmer and mentor. Topics ranging from how to approach organic certification, and organic seed and planting stock requirements, to what is a meaningful and compliant crop rotation plan will all be on the table for this lively, interactive session.

Web Soil Survey in Depth

Kaitlin Farbotnik, Stephanie Murphy, & Fred Schoenagel

ROOM C



Web Soil Survey (WSS) provides soil data and information produced by the National Cooperative Soil Survey. It is operated by the USDA Natural Resources Conservation Service (NRCS) and provides access to the largest natural resource information system in the world. NRCS has soil maps and data available online for more than 95 percent of the nation's counties and anticipates having 100 percent in the near future. The site is updated and maintained online as the single authoritative source of soil survey information.

Learn How to Price Your Pastured Poultry - Part 1: Chickens

Mike Badger

ROOM D



If your neighbor loses money with pastured poultry, does that mean you should lose money, too? Sounds silly, but that's the risk when you set your pricing based on another farm's price list. In this workshop, you'll learn how to set a budget for your pastured poultry by focusing on the numbers that matter. Discover how breed, feed, and labor affect your price.

Organic Garlic

Jeff Tober

ROOM E



Garlic is a popular crop among small-scale organic farms in New Jersey, since most varieties are well-suited to our climate and there is strong consumer demand through multiple distribution channels. While most garlic consumed in the United States is imported, it doesn't need to be - the Mid-Atlantic region can be conducive to growing great garlic. Jeff Tober from Fernbrook Farm CSA in Chesterfield, NJ, will talk about how they have grown garlic since 2007. He will discuss techniques and strategies for success - from planting, harvest, and storage, to things that have gone wrong over the years. Jeff will share how garlic production fits into their CSA and wholesale markets. He will show how garlic production has dovetailed with Fernbrook's "Project Pizza Box" in which cardboard collection and mulching enhances Fernbrook's garlic production while sequestering carbon and reducing regional waste!

Science and Gardening

Lee Reich

TRAYES 1



In good organic growing, nitrogen is usually the nutrient element most limiting plant growth, so let's explore the natural forms and transformations of nitrogen in the soil. Tapping into this natural, elegant system when nourishing your plants is efficient, environmentally sound, and good for plant health. Discussion will include ideas for making the best of this system whether on a garden or farm scale.

GMO 2.0

Ken Roseboro

TRAYES 2



In this workshop, Ken Roseboro, editor of *The Organic & Non-GMO Report*, will give an overview of the new, extreme genetic engineering technologies—CRISP gene editing, synthetic biology, and others—that are rapidly bringing products to market with no regulation. He will describe the risks of these new technologies and will explain how to avoid them. Ken will review the new GMO labeling law, the rapid growth of the non-GMO market, and how activists and consumers can be most effective in their efforts toward a safer and more sustainable food system.

On-Farm Processing: Economics and Examples

Jon McConaughy



DOUGLASS LOUNGE

The evolution of our industrialized food system has created efficiencies that have made an abundance of food available inexpensively and conveniently, but often with great social and ecological costs. Rapidly growing demand for food that is produced in a sustainable and humane manner has created new opportunities for farmers to serve their local markets. New, on-farm processing technologies are making the re-localization of dairy, grain, and meat production not only possible, but also profitable.

Not yet a NOFA-NJ Member?
Join Today! <https://nofanj.org/membership>

10:15 - 11:30

Soapmaking

Charlie Huebner

ROOM A



This session will include a demonstration of basic soap making using tallow from grass fed animals. There will be a discussion of the procedures and chemistry of soap making. Farmers will learn how to use plants, herbs, flowers and even weeds that they grow on their farm in a profitable and all natural value-added product.

Excel for Farmers

Alec Gioseffi & Kat Mitchell

ROOM B



Even if you have a photographic memory and a smaller operation, good record-keeping is a must. As your operation grows, it becomes imperative. Alec Gioseffi and Kat Mitchell will demonstrate good record-keeping practices using Microsoft Excel.

Reading Soil Test Reports

Stephanie Murphy

ROOM C



Soil testing is important for economic, environmental and other reasons. Soil labs nationwide employ different technologies and produce a wide array of report formats. Further, most labs offer several choices of panels from which to choose. This workshop will cover options of interest to organic farmers, along with some interactive exercises interpreting sample reports from popular labs.

Learn How to Price Your Pastured Poultry - Part 2: Eggs

Mike Badger

ROOM D



There's probably a farm down the road selling free-range, brown eggs for \$2 a dozen. After this workshop, you'll never need to ask how much you should sell your eggs for. You'll discover how to set a budget for your pasture-raised eggs by focusing on the numbers that matter most. Discover how breed, feed, lay rate, and labor affect your price.

Nuts for NJ

Tom Molnar

ROOM E



This workshop will begin with a summary of selected varieties of nut trees suitable for organic growers in New Jersey. Following that overview, Dr. Molnar will discuss his work on hybrid hazelnuts and the numerous benefits they can offer.

Pruning Fruit Trees, Shrubs and Vines

Lee Reich

TRAYES 1



Correct and timely pruning is the key to keeping apples, peaches, grapes, blueberries, and other fruiting plants healthy, productive, and bearing the tastiest fruits. Learn the how and -- importantly -- the why of pruning these plants in their young, developing stage and then as they mature and bear fruits. We'll go over how to bring a neglected, old plant back to its former, luscious glory.

Growing a Revolution

David Montgomery

TRAYES 2



Throughout history, societies that degraded their soil did not last. Today, widespread soil degradation presents the least-known global environmental crisis that humanity faces. Montgomery lays out the historical roots of soil degradation and relates his experiences visiting farmers around the world who reversed this ancient pattern. These farmers have restored fertility to their land and increased soil organic matter by adopting conservation agriculture practices. Cultivating beneficial soil life by ditching the plow, growing cover crops, and adopting complex rotations - farmers in both the developed and developing worlds have been able to maintain or increase their yields while using far less diesel and agrochemicals, resulting in a better bottom line.

Strengthening Fairness in the Labor Practices on Our Farms

Louis Battalen & Cruz Marquez

DOUGLASS LOUNGE



What does a fair and socially just farm look like? What values and practices need to be considered and implemented to make our vision a reality? Let's discuss what fairness means on a farm for the farmer and the farm worker, in an urban or rural setting. Hear a farm worker who is a member of CATA — the Farmworker Support Committee — discuss present conditions on the farm where he works and his aspirations in seeking a dignified livelihood in a career in sustainable agriculture. Then we will share details of a joint multi-year project by the Agricultural Justice Project and NOFA (like CATA, an AJP founding member) designed to assist organic and agro-ecological farmers in improving labor fairness.

NOON - 1:00 LUNCH
TRAYES HALL 1 & 2

1:30 - 2:45

4000 Years of New Jersey Agriculture

Nate Kleinman

ROOM A



Nate Kleinman will take a broad-strokes look at the history of agriculture in New Jersey, from the first wave of indigenous plant domestication and the arrival of Mesoamerican staple crops (like corn and beans) through to the arrival of Europeans and onward to the present day. Nate will also tap his experience as a farmer, climate justice activist, and co-founder of the Experimental Farm Network, to engage participants in a brief discussion about the future of farming in the Garden State and around the world.

Raw Milk: You Too Can Own a Dairy Animal!

Pete Kennedy

ROOM B



New Jersey is one of the few states left that prohibits any sale or distribution of raw milk. Proponents of raw dairy products have introduced bills to legalize raw milk sales in every session since 2006 in the New Jersey General Assembly; the legislation has yet to pass. In the meantime, New Jersey dairies have lost out on millions of dollars in raw milk sales to out-of-state producers — but there is hope. Herd share agreements have the potential to legalize raw milk distribution in New Jersey without the legislature having to pass a bill. Find out the rights that owning a dairy animal provides and how raw milk in New Jersey can be legal.

Principles for Successful Biocontrols in the Greenhouse and High Tunnel

Alex Traven

ROOM C



Biocontrol systems are a paradigm shift in how growers approach pest control. Join Alex Traven, Head Grower at Peace Tree Farm, for a discussion on how implementing a successful Biocontrol program requires a fundamentally different mindset than conventional growing. Traven offers insights and experience about essential strategies, common pitfalls, and intriguing nuances. This presentation has valuable information for those looking to start a Biocontrol program as well as experienced practitioners seeking to improve their programs. While this session is applicable to all growers, it will mostly focus on greenhouse and high-tunnel application.

The Food System and the Social Production of Ignorance

Tessa Desmond

ROOM D



Some of the most prominent figures of the local food movement share a common concern that America lacks a cohesive food culture. Michael Pollan points to fad diets as evidence that we have no bedrock culinary traditions. Eric Schlosser worries that our food culture is best epitomized by fast food. Barbara Kingsolver argues that we have far too many “don’ts” and not enough joy to constitute a common way of eating. Each of these points is partly true, but we also have bad actors in our food system that are invested

in spreading confusion. Some of the food system’s bad actors have taken lessons from big tobacco and are using similar and even more advanced social engineering tactics to disorient eaters. This workshop will share insight from scholarship on the social production of ignorance that can help farmers and conscientious eaters combat the noise and convey clear messages about local, organic food.

Cucurbits in Central New Jersey

Jon Knox

ROOM E



Join Jon Knox to hear tales of growing, handling and marketing cucurbits in Central New Jersey. Jon’s Farm, Dogwood Farms, is a Certified Organic vegetable, pastured meats and value-added products farming operation. From fresh produce, to pickles and speciality raviolis, Jon works hard to make the most of a challenging, certified organic, family of crops, including cucumbers, melons, gourds, and summer and winter squashes.

Livestock Health - Part 1

Hubert Karreman

TRAYES 1



During these two sessions we will discuss various topics within holistic farm animal management systems. Session I will include the benefits and challenges of grazing/foraging with cattle, sheep, pigs, poultry and horses; fencing, water, parasite and predator considerations; energy needs for grazing animals, A2 milk, and nurse cows with dairy calves. Session II will discuss best management practices for prevention of parasites, lameness, mastitis, infertility and pneumonia as well as natural biological, botanical and homeopathic treatments for individuals and the whole herd.

Hidden Half of Nature

Anne Biklé

TRAYES 2



The soils in which we grow our crops, and the human gut have more in common than meets the eye. Integrating science, history, and personal experience, Biklé will share insights and discoveries about microbiomes, the communities of bacteria and other microbes that are part of the soil, plants, and even our own bodies. Though different in composition, soil and gut microbiomes carry out a form of biological intelligence with their hosts that profoundly influence the health and well-being of crops and people. And what we feed these microbiomes, it turns out, determines whether or not they can properly function. This means it's time to re-examine how we grow food, practice medicine, and tend our own gardens.

Uprooting Racism in the Food System at Soul Fire Farm

Larisa Jacobson

DOUGLASS LOUNGE



The DNA of the U.S. food system is built upon racism, injustice, and exploitation of the Earth and her peoples. In this heart-centered and action-oriented workshop, we explore strategies used at Soul Fire Farm and other front-lines formations to dismantle inequity and restore ancestral farming and food systems. Another world is not only possible — it's on the way.

Objectives:

- To understand how racism permeates our food system by exploring histories of land theft, labor exploitation, food apartheid, and front-lines resistance.
- To reflect upon our current role as farmers and community members in perpetuating or dismantling racism in the food system.

- To gain skills and inspiration from the work of Soul Fire Farm and hundreds of other people-of-color-led food justice projects.

3:15 - 4:30

Vertical Gardening: It's Time to GROW UP!

Tom Fox

ROOM A



Tom Fox, well known in the gardening community for many years as an expert in his field, has been building gardens and teaching workshops at dozens of schools, colleges and senior communities. He has seen first-hand the vast changes in living conditions, weather changes, and the effects on growing live crops throughout the Garden State. Sit back and learn as he explains "The World of Vertical Gardening" and how it is more relevant today than ever before. His intriguing slide show presentation will illustrate many possible ways to garden vertically - whether you live in a condo, a house with limited space - or just want to grow something without all that bending down. See for yourself how to raise a vast amount of plants - vegetables, flowers, herbs or even succulents - in a minimal amount of space with the least amount of effort. Learn the tricks of the trade from someone "who's been there and done that!".

Farming in New Jersey: Regulations, Policy & Planning

Meredith Melendez

ROOM B



This session will discuss the regulations and policy impacting

farm production. The information will help producers better understand the framework of agriculture in New Jersey, resources available, and things to consider when planning, running, and expanding a farm business in New Jersey. Federal, state and local requirements will be reviewed.

Uncommon Fruit and Alternative Crops

John Paul Learn

ROOM C



There is an enormous diversity of perennial crops available that can expand the planting palettes for our local bioregion. This workshop will offer information about some perennial fruits that are best suited for organic cultivation. These crops can provide an additional yield and a niche market for local growers with minimal inputs of time and finances. In this engaging and practical discussion, we will learn some of the highest value, easiest grown perennial plants that will thrive in our region. We will talk about their habitats, their establishment, and their care.

What Farmers Need to Know About Recent Employment Law Changes

Maxine Neuhauser

ROOM D



This presentation will focus on recent developments and trends in New Jersey employment law with an emphasis on areas where farm employers should be particularly alert and on ways to manage risk. Topics will include New Jersey's mandatory paid sick leave law, expansion of New Jersey's Equal Pay Act, New Jersey's task force on independent contractor misclassification, and more.

Livestock Health - Part 2

Hubert Karreman

TRAYES 1



(See 1:30 pm: Livestock Health, Part I.)

Growing a Revolution Panel

Anne Biklé, Nate Kleinman, David Montgomery & Mike Rassweiler

TRAYES 2



David Montgomery, Anne Biklé and other panelists reflect on ideas and information from the conference in the areas of soil health, farming, healthy food, and farm livelihoods. What inspires us? How can we act on it? What more do we need to know?

Hemp After the Farm Bill

Erica McBride Stark

DOUGLASS LOUNGE



"Hemp After the Farm Bill" will enlighten attendees on the passage of the Hemp Farming Act language contained within the 2018 Farm Bill and its positive impact on the farming, manufacturing, construction and research sectors of our economy. NHA has been working closely with all relevant federal government agencies who will have oversight of this new commodity crop, including the DEA, the USDA, and the FDA. Erica will give attendees an update on this federal legislation and explore the tremendous potential industrial hemp will have on the US and local economy.

**Visit our web site for
speaker bios:
www.nofanj.org/speakers**

Exhibitor List

AGRAPRO

www.agrapro.net or
www.mswingle.com/agrapro.html

APPLEGATE

<https://applegate.com>

CHARLES SCHWAB

www.schwab.com

DELAWARE VALLEY UNIVERSITY

www.delval.edu

EXPERIMENTAL FARM NETWORK

www.experimentalfarmnetwork.org

FARM CREDIT EAST

www.farmcrediteast.com

FEDCO SEED

www.fedcoseeds.com

FERTRELL COMPANY

www.fertrell.com

FOODSHED ALLIANCE

<http://foodshedalliance.org>

JOHNNY'S SEEDS

www.johnnyseeds.com/organic

KING CROP INSURANCE

www.kingcrop.com

KLUTHE ENVIRONMENTAL SOLUTIONS, LLC

<http://klutheenvironmental.com>

LOGAN LABS

www.loganlabs.com

MAX SPANN

<http://www.maxspann.com/>

NORTH JERSEY RC&D

www.northjerseyrcd.org

PROACTIVE AGRICULTURE

<http://www.proactiveag.com>

RODALE PRESS

www.rodale.com

SUSSEX CO. COMMUNITY COLLEGE

<https://sussex.edu>

ROSEDALE MILLS

<https://rosedalemills.com>

USDA - APHIS

www.aphis.usda.gov

USDA FSA

www.fsa.usda.gov

USDA-NRCS

www.nrcs.usda.gov

USDA - NJ COMPREHENSIVE RISK MANAGEMENT FOR AG PRODUCERS

www.rma.usda.gov

VERMONT COMPOST

www.vermontcompost.com

WESTON A. PRICE FOUNDATION

www.westonaprice.org

WHITE PINE COMMUNITY FARM

www.whitepinecommunityfarm.com

Please support our Exhibitors!

We are very grateful to all of our Exhibitors for their presence and contributions to make the 2019 Winter Conference a success!

THANK YOU FOR YOUR SUPPORT!

The Northeast Organic Farming Association of New Jersey (NOFA-NJ) has been dedicated to supporting sustainable food and agriculture throughout New Jersey since 1985. Our members include farmers, gardeners, chefs, retailers, land care professionals, policy makers, researchers, educators, and food lovers. NOFA-NJ believes sustainable agriculture addresses the environmental, economic, and social impacts of the food system - and requires agricultural systems to be ecologically sensitive. Our focus is to educate, develop and support the production, preparation and distribution of locally grown and sustainable foods in New Jersey. With your annual membership and / or donation, you help NOFA-NJ provide education and outreach opportunities for farmers, gardeners, consumers and more!

Conference Volunteers

Thank you to all volunteers that helped make a difference during these two conference days!

Winter Conference Committee

- | | | |
|--------------------|--------------------|--------------------|
| • Dorothy Aicher | • Stephanie Harris | • Nagisa Manabe |
| • Cali Alexander | • Joseph Heckman | • Scott Morgan |
| • Carlos Basak | • Lucia Huebner | • Kate Nelson |
| • Vitaly Brukhman | • Adrian Hyde | • Mike Rassweiler |
| • Dean Buttacavoli | • Al Johnson | • Judith Robinson |
| • Soojin Choung | • Colleen Kelleher | • Gabe Siciliano |
| • Laura del Campo | • Nate Kleinman | • Eileen Silverman |
| • Tom Fox | • Ted Klett | • Charles West |
| • Alec Gioseffi | • Arianna Lindberg | |

Belle Mead Co-Op



www.bellemeadcoop.com

100 Township Line Road • Hillsborough New Jersey • 908-359-5173



• HOPEWELL, NJ •



LOANS • LEASES • FINANCIAL SERVICES

FARM CREDIT EAST

FarmCreditEast.com • 800.562.2235

Basil Bandwagon Natural Market



Organic Grocery, Cafe & Juice Bar
Premium Supplements & Body Care

*Located in
Flemington & Clinton
Opening this Spring in
Lambertville, New Jersey!*

OPEN EVERYDAY 8am-8pm

www.basilbandwagon.com



APPLEGATE®

NATURAL & ORGANIC MEAT

<https://applegate.com>

*We celebrate the
best of the Organic
Garden State!*

Whole Earth carries a wide selection of local organic produce and pasture-raised meats from the Garden State's finest growers. And we have lots of products from local and regional food artisans.

Stop in to sample the bounty of the Organic Garden State.

EST. 1970
**WHOLE
EARTH**
— CENTER —
360 NASSAU ST
PRINCETON

PROUD SPONSOR OF NOFA-NJ'S 29TH ANNUAL WINTER CONFERENCE





Let us start your starts!

CCOF Certified Organic
Custom Grown Orders
Organic Vegetables and Herbs
Grown-to-Order Specs
Certified Organic Cut Flower Starts

www.peacetreefarm.com

info@peacetreefarm.com

Kintnersville, PA 610-847-8152  



Accountants and Advisors for entrepreneurial minds

A comprehensive range of tax,
accounting, and advisory services for
Businesses • Not-for-profits • Individuals



Eric Lear
Managing Partner



Scot Pannepacker,
Partner



Steve Sciorfino,
Partner

Contact us for a free consultation
609-452-2200 • info@lp-cpa.com



LEAR & PANNEPACKER, LLP

Certified Public Accountants & Advisors

www.lp-cpa.com

• 791 Alexander Rd, Princeton

• 2277 State Highway #33, Suite 408, Hamilton

Max Spann Real Estate & Auction Co.
Is Proud to Support the
NORTHEAST ORGANIC FARMING ASSOCIATION
OF NEW JERSEY



New Jersey's Source for Farms
"Over 17,000 acres of farmland sold in 15 years"

888-299-1438

maxspann.com

Over 500
Organic
Products

 **Johnny's**
Selected Seeds



ORGANIC
'Valentine F1' Grape Tomato



ORGANIC
'Tempest F1' Summer Squash



ORGANIC
'Red Ember F1' Cayenne Pepper

Contact Paul Gallione, your Johnny's Sales Representative
Email: pgallione@johnnyseeds.com Direct Line: 207-660-4306

Johnnyseeds.com 1-877-564-6697



NOFANJ.ORG

