

NOFA • NJ

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Annual Farmer Wellness Day 10/13!



Farmers & Farmworkers, Save the Date:

October 13 from 12-5PM, join NOFA NJ and Partner Organizations at Pinelands Preservation Alliance for our Annual Farmer Wellness Day!

This year's event is supported by a Northeast SARE-funded project, [Mobilizing for Farmer Wellness: Mental and Physical Health Programs for Producers](#).

Registration is FREE (limited to 50 RSVPs) and attendees can enjoy a variety of workshops, education sessions, and giveaways, including:

- [Farm Labor Movement](#) workshops with Cynthia Flores
- Managing Heat Stress with Kate Brown (Rutgers Cooperative Extension)
- Self-Massage Techniques for Farmers with Andrea Kennette
- FREE Health & Skin Cancer Screenings with Virtua Health
- Farm Safety & Awareness Walk with Cliff Pristas (VFNJ)
- Food As Medicine/Fermentation Workshop with Chef Gabby Aron
- Locally-Sourced Food from Eat Clean Org
- Build-Your-Own First Aid Kit (supplied by NOFA NJ)
- Paid Surveys, Wellness Giveaways, & More!

The event runs from 12-5PM on Monday, October 13th. Bring a friend, connect with fellow farmers and invest in self-care as we wrap up the farming season!

NOFA-NJ EVENTS

9/27 - Seed Production Workshop at Wildflower Farm

Join Tomia MacQueen (Wildflower Farm, NOFA-NJ and The Ujamaa Cooperative Farming Alliance) and Nate Kleinman (Experimental Farm Network, NOFA-NJ and The Ujamaa Cooperative Farming Alliance) for a hands-on seed saving workshop. Learn about seed farming and how you can integrate small-scale seed production into your current farm as an additional income stream.

[MORE INFO](#)

10/1 - Monthly Technical Assistance Open Meeting

Join NOFA NJ's Technical Assistance Staff on the first Wednesday of each month at 9AM via Zoom for a deep dive into seasonally-appropriate topics. As always, you can email specific support requests ahead of time to TA@nofanj.org

[MORE INFO](#)

10/13 - Farmer Wellness Day at Pinelands Preservation Alliance

Join NOFA NJ, Partner Organizations and Farm Service Providers for a day of relaxed self-care and connection with fellow farmers, hosted at Pinelands Preservation Alliance!

[MORE INFO](#)

10/18 - Growing Great Garlic Workshop at Wildflower Farm

Fall is the time to plant your garlic! This powerful plant is not only delicious but incredibly healthy, with many medicinal uses. Let Tomia MacQueen demonstrate how to never have to buy garlic again in this easy, 2-hour outdoor workshop.

Where Else to Find NOFA NJ This Month

Catch the NOFA NJ Team at the following community events in September:

- September 27 - [Pawpaw Workshop at West Farm Nursery \(Sold Out!\)](#)

COMMUNITY NEWS/EVENTS



NOFA NJ Technical Assistance Coordinator, Scott Morgan, hosting an equipment open house & safety workshop at Morganics Family Farm on 9/17.

9/27 - Real Organic Project at Churchtown Dairy

Join ROP for an intimate, day-long gathering that features short, moving talks on the Main Stage from voices of the Organic Movement, as well as focused breakout groups, a delicious lunch, and plenty of time to mingle and connect. Speakers include farmers, journalists, and policy experts, such as: Eliot Coleman, Austin Frerick, Zephyr Teachout, JM Fortier, Emily Oakley, Linley Dixon, and Dave Chapman. [MORE INFO](#)

9/27 - Qi Gong Workshop at Ethos Farm-to-Health

Join Ethos Farm to Health and Paul Lawrence for a gentle Qigong practice that combines mindful movement, breath, and stillness to restore balance, improve energy flow, and support overall well-being. Suitable for all levels—no experience necessary.

[MORE INFO](#)

10/2 - From Idea to Action: Resources for Beginning Care Farms

Launching a care farm can feel overwhelming, but you don't have to start from scratch. In this session, we'll explore the tools, templates, networks, and programs

10/4 & 10/5 - Goat School w/ Gorgeous Goat Creamery

Goat School is a comprehensive course that focuses on everything you need to know for a successful first year with goats. It includes classroom instruction with hands-on goat experience. NOFA members save \$50 per using coupon code NOFA50 through September 30. [MORE INFO](#)

10/19 - Cattail Hollow Farm Autumn Tea Blending Workshop

Making a tea for the upcoming colder months shouldn't be intimidating! Shannon from Mayernik Kitchen will teach you how to combine locally foraged leaves, flowers, roots and other plant materials to create your own personal blend to help boost your immune system. [MORE INFO](#)

EMPLOYMENT OPPORTUNITIES

Love Grows Farm

Vegetable Manager

Duke Farms

AgroEcology Operations Manager

NJ Dept. of
Agriculture

SADC Deputy Executive Director

Sourland Bread

Counter Help/Barista

American
Farmland Trust

Farms for a New Generation Director

Maranatha Farm

Vegetable Production Manager

GRANTS & FUNDING

USDA Rural Cooperative Development Grants

RCRC funding is used to improve the economic condition of rural areas by helping nonprofit organizations to provide technical assistance to start, expand, or improve cooperatives and mutually owned businesses in rural areas. [MORE INFO](#)

Agriculture & Food Research Initiative

The goal of this program is to invest in agricultural production research, education, and extension projects for more sustainable, productive, and economically-viable plant and animal production systems. [MORE INFO](#)

USDA NRCS EQIP & CSP Enrollment Open

EQIP and CSP can be great opportunities for both small and large operations seeking to improve the ecology and invest in conservation on the farm. Find a local USDA Service Center and connect with staff to learn more. [MORE INFO](#)

:: MARKET CONNECTIONS

NOFA NJ Members are encouraged to share listings - email nofainfo@nofanj.org!

Old Mill Pond Farm Seeking Organic Hay

Seeking 200 bales of organic hay for horses in mid/end October delivered to Washington NJ 07882. Product needs to be hay suitable for horses (balanced sugar, starch, fiber contents); preferably second-cutting mixed grasses, orchard grasses or timothy. [MORE INFO](#)

:: SPONSOR SPOTLIGHT



Harbee Beekeeping

Harbee Beekeeping is based in Newton, NJ and offers full-service honeybee management for homes, gardens, and farms. With a focus on sustainability, Harbee Beekeeping supports local food systems via educational programs, technical support, equipment and supply sales, and increasing the population of pollinator honeybees in Northern NJ.



Thank You For Supporting
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