



2

0

1



Women in Sustainable Agriculture Conference

6

Portland Oregon


November 30th, 2016

Wednesday

8				
9	 Tour: Oregon's Orchards \$50	 Tour: Pacific Northwest Pastures & Animals \$30		 Tour: Ag in the Valley: Cows, Blueberries, Vegetables & Hazelnuts, Oh My! \$50
10	8:30 am to 6:00 pm	8:30 am to 1:30 pm		9:00 am to 4:00 pm
11				
12				
1			 Tour: After the Harvest \$30	
2			12:30 pm to 4:30 pm	
3				
4				
5	Social Hour 5:00 pm to 6:00 pm			
6	Welcome Dinner & Keynote Speaker: Natasha Brown 6:00 pm to 7:30 pm			
7	Square Dance 7:30 pm to 9:00 pm			
8				

December 1st, 2016


Thursday

8	Breakfast 8:00 am to 9:00 am	
9	Session 1 9:00 am to 10:30 am	
10		
11	Session 2 11:00 am to 12:30 am	
12	Lunch & Trailblazer Panel 12:30 pm to 1:30 pm	
1	Session 3 1:45 pm to 2:45 pm	
2	Session 4 3:00 pm to 4:00 pm	
3	Session 5 4:15 pm to 5:30 pm	
4		
5		
6		 Bite of Portland \$50 6:15 pm to 9:00 pm
7	Dinner on your own	
8		
9	Author Roundtable 9:00 pm to 10:00 pm	

December 2nd, 2016

Friday

8	Breakfast 8:00 am to 9:00 am	
9	Session 6 9:00 am to 10:00 am	
10	Session 7 10:15 am to 11:15 am	
11	Session 8 11:30 am to 12:30 pm	
12		
1	Lunch and Capstone: Cathy Whims 12:30 pm to 2:00 pm	

 Event not included in registration fee

Keynote Speaker: Natasha Bowen

Natasha is the founder of The Color of Food, a photographic storytelling project that will soon be published as a book. Through The Color of Food Natasha tells and shows the stories of Black, Native, Asian, and Latina farmers and food activists. <http://thecoloroffood.com/>

Capstone Speaker: Cathy Whims

Cathy is the Chef and Owner of Nostrana, a top Portland restaurant serving a cuisine that has Italian roots but the heart of the Northwest. Cathy has been a James Beard Award finalist for “Best Chef Northwest” six times.

Trailblazer Panel

Meet the Trailblazers:

JEANNE CARVER – Imperial Stock Ranch

Jeanne Carver; along with husband Dan; own and operate the historic Imperial Stock Ranch in north central Oregon. Established in 1871 as a homestead claim; it became Oregon’s largest individually owned land and livestock holding by 1900; running tens of thousands of sheep. Located in a high desert climate, the ranch has maintained production in sheep; cattle, grains and hay throughout its history of more than 146 years. The ranch headquarters are a National Historic District.

They believe their most important work and story to tell; is the work on the land...managing grazing animals to enhance the vitality of the landscape. With the loss of processing and infrastructure during the collapsing U.S. wool and textile market in the late 1990’s, Dan and Jeanne began to explore new ways to sell wool. 2000 saw the birth of their value added businesses; in both direct meat and fiber sales. Twelve years later, Ralph Lauren found them when looking for an American yarn for a special project...which turned out to be the Opening Ceremony uniforms for Team USA in the 2014 Winter Olympics in Sochi, Russia.

DIANE GREEN – Greentree Naturals

Diane Green and her husband own and operate Greentree Naturals, a small acreage farm outside of Sandpoint; Idaho. Their farm has been certified organic since 1992. They have been growing for market and

Speakers

selling at the Farmers Market since 1990. Expanding from the farmer’s market to supplying upscale restaurants; Greentree Naturals has become a center for summer farm tours, organic gardening workshops and on-farm research. They work with the Community Supported Agriculture model for subscription produce and flowers and have had an active CSA since 1995

JOAN THORNDIKE – Le Mera Gardens

Joan Thorndike has been farming fresh cut flowers in Southern Oregon’s Rogue River Valley since 1992. She was born and raised in Santiago, Chile where flowers come in huge bundles, small posies, and fresh abundance.

In 2001 Le Mera Gardens and Fry Family Farms joined their worlds of flower farming, and have settled into growing and harvesting an ever expanding array of specialty cut flowers on 10 acres of open fields and greenhouses. Le Mera Gardens is featured in the groundbreaking book *The 50 Mile Bouquet* and is a proud charter member of the Slow Flowers movement celebrating American-grown local flowers.

Joan started growing fresh flowers for commercial purposes when her daughters, Isabella and Camila, were 3 and 5 years old. Farming allowed Joan to bring her children to work which suited her Latin heritage, and farming flowers fed her growing passion for flowers and her secret wish to make flowers soul food her entire community would have access to.

These 1.5 hr sessions combine several speakers on a common theme.

Marketing for Your Farm

Marketing Basics: Introducing the 5 P's

In a fun and interactive presentation; we'll explore the 5 P's of marketing your small farm: people, placement, packaging, pricing and promotion. With the stories and experiences these ladies can share from more than 10 years of farm business ownership it is sure to be a good and informative time. Presenters: Erin Harwood, Garden Delights Herb Farm; Lorrie Conway, Conway Family Farm

Marketing Your Small Farm

Beef up your in-person and digital outreach so they make sense in your life and help you get paid. Leave with basic knowledge of open-source graphic design techniques, strategies for navigating the back end of Facebook ad campaigns; and ways to get local papers to run with your press releases. Presenter: Mary Brower, Bluestem Farm

Issues in Food Safety

Food Safety for Business Success

You know your produce is nutritious, but is it safe to eat? Understanding food safety on the farm is the first step to creating a sustainable business model that will keep your customers healthy and protect your business from potential disaster. As demand for fresh produce is on the rise, buyers increasingly require third-party food safety certifications to ensure that practices the farm won't compromise the safety of the produce they distribute. This 45-minute presentation will introduce you to the basics of food safety on the farm and how the certification process works, followed by a 45-minute panel discussion which will go in-depth on how having a robust food safety program can open doors to various markets, including schools and other institutions. Presenter: Kate Allen, Certification Programs Manager, Oregon Department of Agriculture

Food Safety How Good Food Safety Practices Can Open Doors to School Buyers; and More!

The words "food safety" can sometimes elicit groans or fearful looks from farmers. We're here to show that food safety practices are do-able, good for your farm business, and can open doors to new markets. Presenters: Andrea Northup, Minneapolis Public Schools; Erin Doherty, Open Hands Farm; Annalisa Hultberg, University of Minnesota On-Farm GAPs Education Program

Seed Saving and Certification

An Introduction to Seed Certification Services

OSCS has been an established third-party inspection service for 100 years in 2016! This session will cover a brief history of seed certification and the Federal Seed Act, how third-party services can add value to your program, and tips and tools for getting started. *OSCS is varietal, not organic, certification. Presenter: Mary Beuthin, Oregon Seed Certification Service

The Power of Saving Seeds

Seed saving is an empowering; engaging; and fun endeavor. Come with curiosity and questions and learn the basics of seed production and how it can change the way you look at and relate to your farm. Get ready to save some seeds in 2017! Presenter: Laurie McKenzie, Organic Seed Alliance

Mentoring Our New Farmers

Learning off the Land: A Look at Collaborative Farm Mentoring

Washington State University has created a farm mentor program that provides a multidisciplinary study into sustainable agriculture. The program combines formal instruction with field-based internships on a farm. Farm-based learning is supplemented by workshops in such diverse subjects as humane animal slaughter; water law; farm construction; cider production and marketing. Presenters: Laura Ryser, Washington State University; Kellie Henwood, Washington State University; Laura Lewis, Washington State University

One-on-One Teaching for the Farmer Mentor

Whether you are already hosting apprentices-interns on your farm or hope to do so in the future; there are some basic principles that may assist you at combining day-to-day activities on the farm with an educational component. This session includes useful techniques for creating a viable learning experience for apprentice-interns. Presenter: Diane Green, Greentree Naturals

Climate Change (3-hour session)

Farming for Resiliency in a Changing Climate

Farmers will be greatly affected by climate change; including warmer temperatures; changes in rainfall patterns; and more extreme events. We will share information on climate trends; impacts on animal and field crop agriculture; and farmer experiences. Participants will share their experiences and discuss ways to make their farms more resilient. Presenters: Julie Doll, Michigan State University; Wendy Powers, Michigan State University; Marilyn Thelen, Michigan State University Extension

The Dry Farming Collaborative: Co-creating the Future of How We Manage Water on Our Farms

Farmers in the Western United States are becoming increasingly affected by climate change and decreased summer water availability. Learn about how Oregon farmers and OSU Extension are collaborating to increase knowledge and awareness of dry farming management practices for growing a variety of vegetable crops without irrigation. Presenters: Amy Garrett, Oregon State University Extension Service - Small Farms Program; Teresa Retzlaff, 46 North Farm; Robin Lindsley, Dairy Creek Community Food Web; Anne Berblinger, Gales Meadow Farm

Training and Land Access

Training and Landing the Next Generation of Farmers and Ranchers

At this panel of diverse service providers, experts, and advocates, you'll learn about Oregon's network of training programs for beginning farmers and ranchers (BFRs). These programs include comprehensive farming courses, on-farm internships, advanced level apprenticeships, incubators, and training for Latino beginning farm entrepreneurs. You'll also learn about the challenges Oregon's BFRs (and especially women) face in accessing land, how BFRs are addressing these challenges, and Oregon's unique land protection policies that help ensure the availability of farmland for future generations. Presenters: Megan Fehrman, Rogue Farm Corps; Dana Kristal, OSU Extension-Small Farms Program; Emily Cooper, Full Cellar Farm; Karin Pfeiffer-Robinson, Adelante Mujeres, Megan Horst, Portland State University Urban Studies and Planning; Nellie McAdams, Rogue Farm Corps; Mary Kyle McCurdy, 1000 Friends of Oregon

Networking & Community Building

Grow Together: How to Launch a Local Women Farmer Network

Local networks of women farmers are powerful ways to transfer skills; knowledge and support along with initiating grassroots activism in our communities. Hear "advice from the field" in how these networks

Session 1

begin and what it takes to sustain them. Learn about opportunities and challenges in building your own local groups. Presenters: Lisa Kivirist, Serendipity Farm & Minnesota Institute for Sustainable Agriculture (MISA); Lori Stern, Lucky Dog Farmstay and Cow & Quince Café; Debby Zygielbam, Robert Sinskey Vineyard

Balance Farm and Family through Networking with "Women for Agriculture"

Discussing the key role discussion groups have played in the development of an all-inclusive and supportive community for the women in our region, while also providing them desired education and training. This session will review our format for marketing; use of unusual evaluation techniques and methods of keeping participants engaged.

Presenters: Bonnie Collins Cornell Cooperative Extension Oneida/Madison Counties; Katherine Brosnan, Cornell Cooperative Extension Madison County

Beef Breakdown - \$35

This hands-on workshop will take all of session 1 and 2.

A beef butchery demonstration and supply chain conversation designed for producers and buyers. Topics will include grass feeding and finishing, assessing carcass quality, determining yield, working with cut sheets, and strategies for working effectively with farmers, processors, restaurant and retail operations. Presenters: Karin Endy, Senior Consultant Karen Karp & Partners; Sharon Hoyt, Owner, Hawley Ranch; Patty Kloft, Owner Century Oak Packing; Samantha Garwin, Chief Operating Officer Fleishers Craft Butchery; Lauren Gwin, Assistant Professor and Extension Food Systems Specialist at Oregon State University, and the Associate Director of the OSU Center for Small Farms and Community Food Systems; Co-founder and coordinator of the national Niche Meat Processor Assistance Network; Rebecca Thistlethwaite, Program Manager, Niche Meat Processor Assistance Network (NMPAN) at Oregon State University

Women & Farm Labor Management

Management Tools & Techniques for Female Farm Bosses
Being a female boss is hard. Being a female boss on a farm is even harder. Let's figure out how to gain respect and supervise our employees while working on our farms. Learn the difference between instructing and criticizing. Build on strengths and learn how to live with weaknesses.

Presenter: Rachel Da Rosa, Casa Rosa Farms

Unpacking the Farm Labor Puzzle

Making the leap from farmer to "boss" is tough. We'll explore some of the challenges all farmers face in finding; training and retaining good employees. We'll also look at some challenges women farmers and ranchers face in learning to manage employees. Finally we'll explore tools and resources that can help.

Presenters: Mary Peabody, UVM Extension; Emily Jane Freed Jacobs Farm/del Cabo, Inc.; Eden Olsen

Climate Change

Continued from Session 1.

Building Community/Farm Connections

Connecting Farms to Community

In a collaborative effort between small farms; Oregon Department of Education's Oregon Harvest Program; and Oregon State University Extension SNAP Education & Food Hero programs; local foods are purchased from farmers and highlighted in school cafeterias; food banks and at community meals to expose families to more seasonal foods.

Presenters: Rachel Suits, Oregon State University Extension Service; Lauren Kraemer, Oregon State University Extension Service

"Mobilizing" Community

How does a community get locally-grown healthy foods to low-income residents? Does better access and education increase consumption and improve community wellness? In Boise; Idaho; a diverse group of farmers; educators; advocates; city officials and citizens are using a Mobile Farmers' Market to address these questions in a sustainable way.

Presenter: Ariel Agenbroad, University of Idaho Extension

Generations of Women: Strategies to preserve land for women farmers

In this workshop we look at some options to land acquisition: land trusts; conservation easements; family trust land; partnerships; incubator enterprises; grants; cooperatives; and farmer support programs. In addition to technicalities; the experiences of women who have employed such strategies will be shared.

Presenter: Nett Hart, Webster Farm Organic

Adding Value

Adding Value with Farmstead Ferments

Farmer, Mary Alionis and Fermentista, Kirsten Shockey have been collaborating with farmstead fermentation since 2010. They will discuss benefits fermentation brings to community health and a farm's bottom line; and how it affects on-farm crops; labor; and diversity along with fermentation how-to and creating a delicious line of fermented vegetables.

Presenters: Kirsten K. Shockey, Fermentista's Kitchen; Mary Alionis, Whistling Duck Farm

On-Farm Organic Input Production as a Value-added Enterprise

Learn about opportunities to diversify your income with on-farm production of organic inputs including compost; plant based "meals" and livestock feed ingredients. Learn how to formulate these products to comply with USDA organic requirements and market products through the OMRI Products List®.

Presenter: Amber Lippert, Organic Materials Review Institute

Flowers on the Farm

Organic Flower Production Organic Flower Production: All the essentials

Come join in a lively workshop about growing a flower business from small garden to 15 acres of production. Learn the do's (and don'ts) necessary to turn a profit from your flowers while keeping the joy of farming intact!

Presenter: Dru Rivers, Full Belly Farm

Add Flowers to Your Farming Enterprise and Develop a Flower Grower/Designer Network

Adding cut flower production to your farm's income can lead to financial increases from new buyers. The North Bay Flower Collective, established by local

growers and designers; and includes a buyer's mart; public events; and regional attention. Learn about their model and how it can be replicated in your region.

Presenters: Heidi Herrmann, Strong Arm Farm and Santa Rosa Junior College; Lennie Larkin, B-Side Flower Farm and Design

AgriTourism

Farm Stays: Options in Diversification

Have you ever thought about inviting (paying) guests to stay overnight for the full-on farm experience? What would this look like and what might it do for your bottom line? We'll learn what a farm stay is and why farm stays are good for farmers and guests. We'll share successes and challenges when providing hospitality on a farm. And; we will demonstrate some of the ways the U.S. Farm Stay Association (aka Farm Stay U.S.) and its website serve both travelers and farmers: from detailed searches for guests to resources for farmers considering adding lodging to their operations

Presenter: Scottie Jones, Leaping Lamb Farm/Farm Stay

Growing AgriTourism from the Ground Up

Learn about the growth of agritourism in a small rural Washington State County through collaboration and partnerships between county government; non-profits and WSU Extension.

Presenter: Sheila Gray, WSU Extension

Season Extension Techniques for the Small Acreage Farmer

Season extension refers to anything that allows a crop to be cultivated and harvested beyond its normal growing season. This session will include useful and effective points of interest for utilizing techniques such as row covers, hoop houses, high tunnel, low tunnel, cold frames, plasticulture; and a shade house.
Presenter: Diane Green, Greentree Naturals

Reading Financial Statements

You've kept good financial records. Now what? In this workshop, we will review the financial statements with a managerial eye: What does the Balance Sheet tell me about my business? How can I improve my profitability by reviewing my Income Statement? We will also discuss cash flow management tools.
Presenter: Julia Shanks, Food Consulting

Farm Advocacy 101

Farm Advocates work with farmers to help them navigate the complex world of farm lending and government regulations and programs. This workshop will introduce the work of Farm Advocates and will present opportunities for farmers and service providers to participate in a national Farm Advocate network.
Presenter: Jennie Msall, Farm Aid

Get Down to Business! Simple Business Planning for URBAN Backyard Market Garden

If you're a beginning or aspiring farmer who wants to grow your business but would rather be covered in dirt than digging through facts and figures this workshop is for you. In this hands-on workshop you will write your own simple business plan; creating your roadmap for success.
Presenter: Stepheni Norton, Dickinson Farm

Session 3

Unlock the Secrets in Your Soil - An Introduction to Soil Health

Come Unlock the Secrets in Your Soil! Explore the soil food web and learn about how the soil biology can work for you as you apply the principles of soil health to create high functioning soils that improve your farming system.
Presenters: Cory Owens USDA-NRCS; Jen Moore-Kucera, USDA-NRCS

Compost 101

Explore the what; how; why and who of turning wastes into compost. Learn about various composting methods and recipes to create quality products. Discover the biology that drives degradation and how nutrients are provided to plants. Explore the uses of compost. Gain awareness of how organic amendments impact soil health.
Presenter: Teresa Matteson, Benton Soil and Water Conservation District

Soil Sisters: How Women Can Lead Food System Change

If female farmers are growing in number; why don't we see more women in leadership positions? What change can we cultivate collaboratively? Come harvest inspiration and solutions through the stories and strategies from a diverse mix of women featured in the new book; Soil Sisters: A Toolkit for Women Farmers. Presenters: Lisa Kivirist, Serendipity Farm & Midwest Organic and Sustainable Education Service (MOSES); Natasha Bowens Author, The Color of Food; Gabriele Marewski, Paradise Farms; Rose Hayden-Smith, University of California

Scaling Down; Cutting Back; Moving On

Why/how/when might we decide to scale DOWN our farms? Join a panelist discussion of farmers who have intentionally sized down their operation and/or cut out whole enterprises. Learn how they navigated the decision and its aftermath (including the emotions!). Hear them share the benefits of getting smaller and simpler.
Presenters: Katie Kulla, Oakhill Organics; Shari Sirkin, Dancing Roots Farm; Melissa Matthewson, Barking Moon Farm; Mary Alonis, Whistling Duck Farm

Sow Good Financial Habits: Cash Flow Budgeting

A business can realize a profit, but still struggle to pay the bills from month to month. Learn how to develop and use a cash flow budget to identify those tight months; and strategies that can be used to keep cash in the bank when it is needed most.
Presenter: Kelly McAdam, UNH Cooperative Extension

Developing Resilient Food Systems at the Community and State Level

Interested in learning how regional organizations have made an impact at the community and state level? Listen to representative organizations from the newly formed Oregon Food System Network who are growing accessible; economically viable and healthy food systems while operating at different scales and within unique growing climates.
Presenters: Katrina Van Dis, Central Oregon Intergovernmental Organization & High Desert Food & Farm Alliance; Sarah Sullivan, Gorge Grown Food Network; Greg Holmes, Rogue Valley Food System Network; Lauren Gwin, Oregon State University Center for Small Farms & Community Food Systems

Balancing Farm and Family: How Holistic Management Can Help You Live the Life You Want

Feeling exhausted instead of invigorated? Holistic Management is a decision-making framework that helps us identify our core values and make decisions that support those values. Begin developing your own

Session 4

Holistic Goal and learn how to make decisions to support the quality of life you desire! Hands-on practice provided!
Presenter: Angela Boudro, Holistic Management International

From Hoof to Plate: Business Essentials for Pastured Meat Producers

This workshop with the co-author of The New Livestock Farmer looks at the enterprise from raising the animal through marketing the fabricated product. She will discuss quality and flavor, slaughter/butcher logistics, transport and cold storage, market niches, packaging and branding, pricing, value-added products, risk management, and costs of production.
Presenter: Rebecca Thistlethwaite, Mostead Farm/Sustain Consulting

Secrets of the Soil; Unlocked! A Panel Discussion

Come meet the women who have already unlocked the secrets of their soil here in northwest Oregon! Up to six local female farmers; and the conservation technicians who have lent them a helping hand; will share the glories and pitfalls of putting soil health practices on the ground.
Presenters: Jennifer Nelson, Tualatin Soil and Water Conservation District

Sharing Our Power and Strength through Storytelling & Social Media

Learn more about using the power of social technologies to share your stories and create powerful communities of support and practice. We'll look at successful models of storytelling on social media, including blogs, vlogs, Twitter, Facebook, Instagram, LinkedIn and Pinterest. Energetic brainstorming will answer questions and help determine next steps.
Presenters: Rose Hayden-Smith, University of California

A One-Woman Show

Female farmers are changing the face of farming- and some of them are doing it without a partner by their side. This panel offers an opportunity to dig deeper into the stories of some of these farms and their fearless female farmers. Be prepared to be inspired by their gusto!

Presenters: Ana Friesema, Oregon Tilth; Laura Masterson, 47th Ave Farm; Lila Tova, Flying Coyote Farm

Enterprise Analysis: Identifying Winners and Losers

While diversification can increase overall financial health, keeping or adding unprofitable enterprises robs you of time and energy. What is profitability? How do you analyze or compare enterprises? Learn how to conduct a Gross Profit Analysis and plan for profit as an expense; rather than taking what is left!

Presenter: Angela Boudro, Holistic Management International

Building Food Security & Community: Food Systems Work with the Confederated Tribes of Grand Ronde

Explore the collaborative partnerships between tribal members; gardeners, and a food bank to improve the community food system in a rural food desert. Through community organizing; participatory decision-making, and unique partnerships – learn about efforts that bridge across the food system to increase access to nutritious, affordable food for all.

Presenters: Lexi Stickel, Marion-Polk Food Share; Sharon Thornberry, Oregon Food Bank; Francene Ambrose, Iskam MekMek Haws-Marion-Polk Food Share; Kristy DeLoe, Confederated Tribes of Grand Ronde

Unearthing Hope and Advocacy: How Faith Institutions and Farms Can Find Partnership

This session seeks to educate participants on the benefits of partnering with like-minded faith

Session 5

communities. By learning the stories of four different women-run farms and their models, the attendees will see examples before then mapping out connections and practical ways to connect with churches; synagogues; and mosques in their hometowns.

Presenters: Kristin Ritzau, Claremont School of Theology; Sarah Nolan, The Abundant Table Farm

Passing it On: Transitioning the Farm to the Next Generation

How does a farmer train their successor and empower them to run the business? How do you pass on a viable farm to the next generation without neglecting your other heirs? This panel of one expert and three farmers at different stages of succession will tackle these issues and more.

Presenters: Sherri Noxel, Austin Family Business Center OSU College of Business; Alana Kenagy, Kenagy Family Farm; Jabrila Via, Winter Green Farm; Mary Wahl, Wahl Ranch

Farming Ergonomics & Exercise

Led by a licensed Physical Therapist; Massage Therapist, and farmer, this workshop will cover ergonomics in farming activities, tools, and equipment, as well as exercises and stretching to prepare the body and prevent injury.

Presenter: Talina Corvus, Blackbroom Farm

Lesbian Farmers & Rural Communities

UW-Madison PhD student Jaclyn Wypler will share findings from three years of research on lesbian sustainable farmers in the rural Midwest. The session will then open for discussion with panelists from her research.

Presenters: Nett Hart, Webster Farm Organic; Lindsey Morris Carpenter, Grassroots Farm LLC; Jaclyn Wypler, UW-Madison Sociology

Authenticity: The Secret Sauce of Success

Jeanne Carver, Imperial Stock Ranch, will present how she has overcome the challenges of a diversified value added marketing plan. Similar to the farm-to-fork “slow food” movement; Jeanne’s “Farmer’s Market Approach to Textiles” is resonating with brand partners. She will share practical advice on authenticity; the secret sauce of success.

Presenter: Jeanne Carver, Imperial Stock Ranch

VEAL: No Longer the Ugly Meat

Sustainable farmers have tackled just about every facet of industrial agriculture; now providing pasture-based, organic, sustainable and humane livestock. However, there is one gem that continues to be ignored—VEAL. Learn how to raise and market this profitable protein that is in high demand by consumers and chefs alike.

Presenter: Sandra Kay Miller, Painted Hand Farm

Plate to Politics

Have you considered serving on a board? Speaking up on policy issues? Running for office? Join this interactive workshop on finding and using your voice. Our goal is to demystify leadership: we need more women leaders to change the food system!

Presenters: Liz Johnson of Vote, Run, Lead; Bridget Holcomb of Women, Food and Agriculture Network; Erin Vivaldi of Vote, Run, Lead

The Art of Negotiating: Getting What You Need

Negotiation is an essential business strategy but women frequently feel both unprepared and unskilled in this form of communication. We will explore what negotiation really is and is not. We’ll discuss why we hesitate to ask for what we need and why walking away from an opportunity is so unsettling.

Presenter: Mary Peabody; UVM Extension

Growing Quinoa as an Alternative Crop in Oregon’s Willamette Valley

Consumer demand for quinoa is increasing; however, little quinoa is grown in the U.S. This is likely partially due to U.S. farmers’ limited experience with this

Session 6

alternative crop. This presentation will discuss cultural requirements of quinoa and the results of two years of small-scale production in Oregon’s Willamette Valley. Presenter: Heather Stoven, Oregon State University

Community Food Security & Economic Development Through Food Sovereignty & Capacity Building

Using the context of Food Sovereignty, participants will look at the Meskwaki Food Sovereignty Initiative’s model of impacting food systems through: economic development, community development and values based policy development.

Presenters: Mary Augustine, Meskwaki Food Sovereignty Initiative; Emma O’Polka, Meskwaki Food Sovereignty Initiative; Jennifer Vazquez-Koster, Meskwaki Food Sovereignty Initiative and Red Earth Gardens

Veterans and Agriculture: Opportunities for Success

Thousands of Post 9/11 veteran families are being called to the land. Collaborative growing, in the fields and in the community, is healing both people and planet. Whether it’s a community garden, a joint permaculture farm or a veteran-operated training farm; the women behind the scene are pivotal players.

This growing trend of veterans becoming farmers is reflected in the U.S. Department of Agriculture’s recent initiatives to include set-aside funds for beginning veteran farmers, and their collaboration with the Department of Defense in providing USDA information to transitioning service members. In this roundtable discussion session you will hear from panelists about the resources and opportunities to help veterans pursue farming as a viable career and be more effective at engaging community and their fellow veterans. Presenters: Chris (Christina) Wolf, Growing Veterans; Scotty Irwin, Growing Veterans; Mickey Willenbring, Dot Ranch Churros

The Value of Organic Certification

Many farmers have found certification to be valuable for their business; their customers and their mission to grow food responsibly. Through their stories and yours; we'll explore where values meet reality for the certified organic label- its potential for your farm and the greater food movement. Presenters: Jackie Sleeper, Oregon Tilth; Katie Coppoletta, Fiddlehead Farm; April Thatcher, April Joy Farm; Jessika Tantisook, Starvation Alley; Megan Denton, Able Farms

Hoop Houses for Health & Farm to School: Innovative Programming & Partnerships

This panel of farmers and agriculture professionals will focus on a coordinated initiative between Michigan Farm to School and Hoop houses for Health. Learn more about how farmers receive support in hoop house production and developing relationships with schools and childcare providers. Hear from women engaged in developing healthy, viable food systems. Presenters: Dru Montri, Michigan Farmers Market Association and Ten Hens Farm; Colleen Matts, Michigan State University Center for Regional Food Systems; Erin Caudell, Michigan State University and Flint Ingredient Company; Mary Brower, Bluestem Farm

New Mechanizations with Ergonomic Advancements: Best Fit For Women

Welcome to the 21st Century and the exciting advancements that come along with it! Whether we are ready for it or not; the development of more and more technologies to assist us in our everyday tasks keeps growing. The question is, are you ready to accept the changes and make the decision to work smarter, not harder, to meet your goals? Within farming operations the acquisition of data is happening every day, through crop yields, soil mapping, weather data, machinery maintenance and animal health. Women struggle with knowing what information to use and what information is better left for the birds. How do you decide what techniques to accept and integrate into your own operation? As women farmers and ranchers, we are sometimes hesitant to use new and emerging practices. By blending these new mechanizations with ergonomic advances you can allow yourself to make the best fit for your operation. The presenters will highlight various technologies starting from the minimal amount of technology to the latest and greatest that is on the market. Presenters: Karen Funkenbusch and Danielle Skouby, University of Missouri

Session 7

HERstory: Four Generations of Oregon Farmers

Nearly 40% of Oregon's farmers are women; a number that far exceeds the national average. This panel will explore the struggles and successes of four generations of Oregon's lady farmers who have forged through a path of resistance; both societal and terrestrial. Presenter: Beth Satterwhite, Even Pull Farm

Supporting Women in Agriculture through Social Policies

The conversations on recruiting farmers have mostly ignored the social realities and needs of women farmers. After a brief presentation on the social safety nets for farm households in France and in the US; participants will be invited to brainstorm policies and programs that would better support their social needs. Presenters: Florence Becot, University of Vermont; Shoshanah Inwood, University of Vermont

Advocacy for Busy People: Getting Heard in a Noisy World

You've got your hands full on the farm, how can you find time to advocate for a better food and farm system too? This session will share advocacy "golden rules", secrets to effective communication, and keys to reaching policymakers to help your farm, your nonprofit, or your advocacy campaign thrive. Presenters: Sarah Hackney, National Sustainable Agriculture Coalition; Reana Kovalcik, National Sustainable Agriculture Coalition

eTools for Your Program & Business

Learn about easy, low-cost, web-based tools you can use to keep your web content fresh, learn about your audiences' needs and preferences, and measure the success of your outreach and promotion efforts. We'll explore key considerations to determine which tools – form-builders, social media plug-ins and e-newsletter services – make sense for your situation, and what kinds of data you'll want to collect to know you're on the right track. We'll look at some examples of how we have integrated blogs, commercial forms and e-newsletters for expanded reach and interactivity. Bring your laptop, success stories, and questions. Presenter: Beth Holtzman; UVM Extension

Daily Dose of Fiber: Integrating Value-Added Natural Fibers to Diversify Farm Income

Integrating fiber-producing livestock is an effective way to boost seasonal farm income as well as contribute to soil fertility and food security. Learn about the different types of fiber animals available; the ins and outs of keeping them, and how to get the most out of your investment.

Presenter: Avril Freeman, Avril*Cultural

Learn Modern Farm Marketing Skills to Gain Loyal Customers and Sell Your Products at Your Prices

Are you struggling with selling your farm products at the price you need or finding enough customers to sustain you? Then you won't want to miss this lively, interactive workshop. You'll learn cutting edge online marketing techniques and actionable strategies that you can incorporate into your farm to build a pool of very loyal customers. As farmers healing the land, animals and people we need to make sure we get our products into the hands of those who need them most. A strategic marketing plan is a key component of making sure we reach our people and assures sustainability in the process.

Presenter: Charlotte Smith, Champoeg Creamery

Developing International Solidarity and Knowledge Sharing for Women in Sustainable Agriculture

Food Sovereignty and Agro-ecology are concepts which are based on principles that enable and empower sustainable agriculture and food systems. This session will act as both an introduction to the concepts and a discussion about how they have been used and how they can be used to build sustainability.

Presenter: Joan Brady, National Farmers Union of Canada and LVC

Telling Our Stories: Change making and Ecofeminism

How does ecofeminism inform and inspire our work as farmers; activists; advocates; mentors; community leaders; and citizens? In this workshop; members of the Women; Food and Agriculture Network will facilitate

Session 8

space for session participants to identify; explore; and share our stories.

Presenters: Anna Bruen, Patti Edwardson, Anna Johnson, and Ahna Kruzic of the Women, Food and Agriculture Network

Land Access: Legal Tools to Create Affordable; Stable & Equitable Land Tenure

Why are farmers struggling to find farmland? Join this an action-oriented workshop on challenges to accessing land. This workshop will focus on the legal tools that have been helpful for expanding land access for new farmers; including best practices for using leases; LLCs; and conservation easements in farm succession plans. Presenter: Carrie Scrufari, Center for Agriculture and Food Systems Vermont Law School

Producing & Selling Value-added Foods

Value-added food products can be a way for farmers to increase product offerings, extend the market season and meet growing demand for local, farm-direct foods. Join the discussion of rules and regulations associated with cottage food laws and practical interpretation and implementation.

Presenters: Jeanne Brandt, OSU Extension Service; Kelly Streit, OSU Extension Service

Bees & the Agroecosystem: How the Midwives of Agriculture Nurture Ecological, Biological and Emotional Health.

Melanie Kirby, a first generation landless farmer and survivor stock queen honeybee breeder based in the southern Rocky Mountains will discuss the interrelationships between pollinators; landscapes; stewardship and production. From backyard gardens to farms and forested lands; bees help feed many species while also providing medicine (apitherapy) and therapeutic interactions.

Presenter: Melanie Kirby, Zia Queenbees Farm & Field Institute

Nov. 30th, 8:30 am to 6:00pm. Transportation and lunch provided.

After traveling up the Columbia River Gorge we will head south into the scenic Hood River Valley to visit three orchards that showcase the diversity of farms and value-added products found in this region.

Pomona's Branch Farm/Rack & Cloth Cidery

What began as a small vegetable farm with aspirations of an orchard has evolved over the past eight years into a diversified farming operation (including row crops, apples, peaches, apricots, poultry, pigs; and sheep) that incorporates the production of hard cider into its annual cycle. Owners Silas and Kristina have a goal of closed-loop farming. They have found that being diverse is their greatest asset in limiting outside inputs and keeping their footprint small.

Astrion; Inc.

Astrion, Inc. is a small conventional commercial orchard with pear and sweet cherry owned by Cindy Collins. The pears and sweet cherries are grown for both fresh and processor markets. Cindy has farmed since 1996 when she bought her first 19 acres and bought her neighbors orchard in 2012 bringing the total to 46 acres. Wherever possible she uses the softest pesticides including those labeled for use in organic orchards. She pays attention to the science behind orchard farming and tracks temperature; evapotranspiration; soil moisture when making decisions for the farm. She often tries new pest management tactics depending on upcoming science and technology, and usually has at least one experiment going every year.

Mt. Hood Organic Farms

The 50 acres of apple and pear orchards on the farm's 205 acre property not only provide a scenic foreground for the stunning landscapes of Mt. Hood; Mt. Adams; and Mt. Rainier; but also offer an insider's view of a working farm that grows 87 varieties of apples, pears and quince. The 70 varieties of apples are grown on dwarfing root stocks and planted 3 feet apart in a tall slender spindle trellised system. Brady and John were pioneers in the organic movement and Mt. Hood Organic Farms was the first certified organic commercial orchard in the state of Oregon. The farm is also a Demeter certified Biodynamic farm, which is considered natural land stewardship at its best. The farm is set against a magnificent natural backdrop where all manner of wildlife abounds, and hawks, eagles, and osprey circle above. The landscape has been gently and artfully sculpted to create open fields; ponds; a lake; and a myriad of gardens and wildflower insectaries that provide food for bees and habitat for beneficial insects to help control harmful pests.

Pacific Northwest Pastures & Animals

\$30

Nov. 30th; 8:30 am to 1:30 pm. Transportation and a light snack are provided.

Tour the lush pastures of surrounding Portland. Farm stops include a goat dairy; mixed crop farm with draft horses and a heritage swine operation.

Fraga Farmstead Creamery

Fraga Farm is an Organic farmstead goat dairy in northern Oregon; outside Portland. We produce a full range of certified Organic goat cheese- from fresh milk chèvre to hard aged raw milk cheeses. Our goat herd enjoys all the leaves and brambles that the Oregon countryside has to offer. The rich milk that our goats provide is processed on site in our licensed Grade A Dairy. We strive to produce the best product while adhering to our sustainable values.

Stoneboat Farm

Stoneboat Farm is a sustainable; horse powered farm in Hillsboro; OR. Brothers Aaron and Jesse Nichols work with their horse team; Gale and Esther; to produce sustainably-grown vegetables for their CSA in Helvetia; just outside of Portland. Stoneboat Farm is working toward the transition of a retired nursery to an organic farm and the development of on-farm sources of fertility and labor by using Belgian draft horses to replace tractor tasks. With the support of a Great Pyrenees named Matsu; they keep their vegetables safe from deer and turkeys safe from predators.

Ag in the Valley: Cows, Blueberries, Vegetables, & Hazelnuts, Oh My! \$50

Nov. 30th 8:30am- 6:00pm. Transportation and box lunch provided.

Follow the Willamette River south for a cornucopia of what small-scale Oregon Agriculture has to offer.

Champoeg Creamery

Champoeg Creamery began 7 years ago as a raw milk dairy and expanded over the years to where they are now – a diversified farm raising and selling grass fed beef, hazelnuts, pastured pork, pastured chickens, turkeys and eggs on 75 acres. This 5th generation family farm is known for their intense rotational grazing where 10 months of the year animals are moved to fresh pasture daily.

Everything is sold out of the farm store also set on the 75 acres. They also teach online nutrition courses and farm marketing courses over at 3CowMarketing.com. This side of the business arose when farmers kept wondering and asking how they, too, can learn to find the customers they need and sell their products at the price they need to be sustainable.

Our Table Cooperative

Our Table is a cooperative of farmers; producers; and customers working together to create thoughtful and delicious food for the local community. We are a model multi-stakeholder co-op that harnesses the power of collaboration to create shared value through all stages of food growth and production.

On our 58-acre diversified farm in Sherwood, we grow a variety of Certified Organic fruit, vegetables; and flowers, as well as raise pastured chickens. Our on-farm grocery store stocks a wide selection of Oregon-grown and made products, with local wine, beer and kombucha on tap. From our kitchen; enjoy farm-fresh meals to take home; or stay and eat on the back patio for a great view of Mt. Hood. Our acclaimed Our Table in the Field Dinners bring local chefs to the farm; using the best seasonal ingredients for a deliciously unique dining experience. We also have berry U-picks in the summer; Farm Camps for kids; and a number of other events on the farm. Join us as we help create a transparent and honest food system!

Meridian Orchards

Oregon produces 98 percent of the hazelnuts in the United States, the Birkemeier family of Meridian Orchards is one of the few organic hazelnut producers in the state. The 80 acres of orchards are managed organically to enhance to increase tree health and strengthen disease resistance. Jim Birkemeier has been raising hazelnuts his whole life; his daughter MaryClair returned to the farm with her husband David. They are now working alongside each other to produce fabulous filberts. Meridian Orchards sell their hazelnuts to local organic wholesalers and bakeries. Get to know MaryClair, Jim, and David and the story of Meridian Orchards by viewing this wonderful video produced by Hummingbird Wholesale.

47th Ave Farm

The 47th Avenue Farm is a unique urban farm started 20 years ago by Laura Masterson. It began as a Community Supported Agriculture project on a double lot within Portland city limits. Vegetables are grown year round on 12 acres of land within the Portland Metro Area. They also have 38 acres on Grand Island where they grow a mix of vegetable crops, cover crops and pasture. The CSA has 200 member families and the farm also provides produce for several local award winning restaurants. The properties of 47th Farm are managed sustainably using cover crops between vegetable rotations, beneficial insects, drip irrigation and conservation tillage techniques. This holistic farming system improves the tilth and fertility of the farmland. It also protects the woods, wetlands and communities that surround our farms.

Community Farms and Food

\$50

Nov. 30th; 9:00am- 4:00pm. Transportation provided; lunch on your own at Portland Mercado

Visit three Portland non-profits based in Portland that are working to increase food security for underserved populations.

Mercy Corps Northwest Refuge Gardens

Mercy Corps Northwest Refuge Gardens program is a non-profit program that works with refugee families in the Portland area to grow and market delicious; healthy produce. Our mission is to equip families to make improvement in their lives and provide them tools to succeed in their transition to life in this country. Participants work alongside us to earn income; improve family health; and increase the supply of fresh; local food in our community. We support the work of families from Bhutan; Myanmar at two garden sites in the Portland area; producing over thirty varieties of vegetables without synthetic inputs of any kind. Our produce is sold through Portland Farmers Market and through our CSA program.

Oregon Food Bank & Grow Portland's Community Farm

A partnership between Grow Portland and Oregon Food Banks; the Community Farm is a ¾ acre site located next to the Food Bank's warehouse and Eastside Learning Garden; where community members learn to grow food under the instruction of an experienced farmer-educator. Community farm participants grow food collaboratively; learn new organic agriculture skills; and take home a share of the harvest for free each week. The farm grows a diversity of vegetable and fruit crops; including greens; tomatoes and storage crops. Produce is distributed to farm participants and to Oregon Food Bank's partner agencies including food pantries and hot meal sites. Through a partnership with Oregon State University Extension Service, the Community Farm also provides an opportunity

Zenger Farm

We are a working urban farm that models; promotes and educates about sustainable food systems; environmental stewardship, community development and access to good food for all. At Zenger Farm we grow four acres of mixed vegetables and fruits, we raise laying hens year-round and turkeys seasonally. We raise bees for the production of honey and the pollination of annual and perennial food crops and we keep a large population of Red Wiggler worms to compost farm waste. Using sustainable farm practices, we grow safe and healthy food today, and protect this urban parcel of farmland and the downhill wetland for generations to come. Produce grown at Zenger Farm stays right here in Portland, Oregon. Zenger Farm veggies can be found at local restaurants; at Lents International Farmers Market, or through the Zenger Farm CSA.

After the Harvest

\$30

Nov. 30th; 12:30pm - 4:30pm. Transportation provided.

Oregon has many farms; but where does the food go once it leaves the farm? Tour an organic produce distributor and a butcher. Learn about their sustainability practices and their role in the Pacific Northwest's community food system.

Organically Grown Company

Organically Grown Company is the largest distributor of organic produce in the Northwest. At the core of this company is a simple idea that has held steady since the beginning: that organic agriculture is necessary for a healthy environment and healthy people. Their mission is promoting health through organic agriculture as a leading sustainable organization.

Nicky USA

Nicky USA is the premier wholesale butcher & purveyor of specialty game & high quality meats in the Northwest. Their goal is to provide the widest variety of sustainable, free range game birds & meats. They strive to enhance the public's culinary education & titillate their palate with exquisite game. By offering quality meats they are not only helping to care for the land that sustains us; but furthermore; helping chefs & epicureans come as close to the farm as possible.

Tours

Bite of Portland

\$50

December 1st; 6:15pm - 9:15 pm. Transportation and cost of food provided. Drinks available for purchase.

Head into the heart of southeast Portland on Thursday night to enjoy dishes created by three of Portland's top women chefs. Dishes will highlight seasonal products sourced from local farms. Representatives from Xico, Nostrana and Tusk will share their passion for working with organic farmers in the Willamette Valley.

Xico is ingredients driven Mexican food featuring stone ground masa, chiles, fresh cheeses, chocolate, local ingredients and mezcal. Chef Kelly Myers sources many ingredients from Oregon's organic farmers to create delicious entrees. Xico will be hosting the Taste of Portland Tour and will create several small plates for the event.

Tusk is a vegetable-driven Middle Eastern Restaurant. Pastry chef Nora Antene will be preparing a special desert for the Bite of Portland Tour. Nora deserts are creative and delicious; ranging from mild habanero sherbet on a buckwheat ice cream cone, to parsnip cake with date-rosewater glaze, whipped celery root cream, nigella seeds and rose petals. Nora is one of the go to chefs for the Culinary Breeding Network and can be found on the farm visiting with vegetable breeders to find her next ingredients.

Farmers and ingredients inspire the menu at **Nostrana** a top rated Italian restaurant with Italian roots with the heart of the Northwest. James Beard Award finalist and WISA capstone speaker Cathy Whims heads up the menu at Nostrana. Cathy will arrange small plates featuring products from the Willamette Valley for the Bite of