



Nourishing Farming, Community, and Hope

Wednesday, December 5th and Thursday, December 6th

Blue Ridge Community College Plecker Workforce Center

One College Lane, Weyers Cave, VA 24486

Learn. Network. Be Inspired.

- Do you or someone you live and work around struggle with anxiety over the unpredictability of farming? Dr. Mike Rosmann and a panel of experts advise us on handling stress and coping with farm life.
- Mark Dempsey and Patryk Battle provide a lively discussion on soil health and cover cropping and share innovative approaches and highly successful results.
- Virginia 3rd Generation Meat and Grain Farmer, CJ Isbell, wants his farm to be part of the community and the community be part of the farm; learn how he reaches the consumer through direct marketing. Also, learn from VCE agents about grazing cattle for 300 days and reducing feed costs!
- Are you interested in a more productive wooded area? Virginia and Cornell Cooperative Extension specialists will share on agroforestry, silvopasture and community forests.
- We welcome Rev. Dr. Heber Brown III who established the “soil to sanctuary” community market. He sets up community gardens on church lands and connects producers to local congregations to move food into food insecure communities. Slow Money Central Virginia supports financial needs of urban ag producers—Michael Reilly shares the goals of this group with us.
- Dave Montgomery and Ann Bikle, renowned authors, share the importance of microbial soil health and its relationship to the human gut. You won’t want to miss this lesson on building soil and being healthy!
- Taking high tunnels to the next level: learn from Penn State specialists about managing soil and pests.
- How does a farm hold its land in urban sprawl? Hana Newcomb’s family farm is standing strong after 50 years in the DC suburbs. Come hear the story of Potomac Vegetable Farms.
- Join Rachel Armistead of Sweet Farm to learn how fermentation may add value to your product! VA Food Works, VSU and VT specialists share more about increasing the value of your products!



Registration Fee: \$65 per day

Early Bird Special Rate of \$45/day until November 30th

Register online at conference.virginiafarmtotable.org/register



Nourishing Farming, Community, and Hope

Wednesday, December 5th and Thursday, December 6th
Blue Ridge Community College Plecker Workforce Center
One College Lane, Weyers Cave, VA 24486

Name: _____

Address: _____

Home Phone: _____ Cell: _____

Email: _____

Business/ Organization _____

I will be attending (check all that apply)

Before 11/30/18 After 11/30/18

_____ Day 1 : Wednesday, December 5th.....	\$45	\$65
_____ Wednesday Evening Networking Reception & Talk with David Montgomery and Anne Bikle — “Restoring Land & Health: Soil Ecology in Action”	FREE	FREE
_____ Day 2: Thursday, December 6th.....	\$45	\$65
_____ Two-day full registration (December 5th and 6th)	\$90	\$130

Total Enclosed: _____

Make checks payable to “Treasurer, Virginia Tech”

Mail completed registration form and payment to: VCE Northern District Office
2322 Blue Stone Hills Dr., Suite 140, Harrisonburg, VA 22801

Register online at <http://conference.virginiafarmtotable.org/register>

If you are a person with a disability and desire any assistive services and accommodations to participate in the conference, please contact Eric Bendfeldt at 540.232.6006/TDD* or Cyndi Marston at 540.232.6010/TDD* from 8:00 a.m. to 5:00 p.m. to discuss accommodations 5 days prior to the event.



AGUA FUND, INC.

