



VIRGINIA
Farm to Table
 CONFERENCE | 2018



“Nourishing Farming, Community, and Hope”

Wednesday, December 5th & Thursday, December 6th, 2018

Starting each day at 8:45 a.m.

**Blue Ridge Community College Plecker Work Force Center
 One College Lane, Weyers Cave, Virginia 24486**

The two-day conference will be of interested in farming, health, community, and hope. The conference focuses on local and regional agriculture, dealing with farming stressors in healthy ways, practical applications of soil health, cover cropping, value added products, fermented products, farm profitability, high tunnels, agroforestry, silvopasture, GRAZE 300, and other food and agricultural system topics.

Farmers, food entrepreneurs, local economic development directors, conservationists, nutrition directors, health professionals, food buyers, investors, community members and **YOU** will benefit from attending!

Learn more and register at <https://tinyurl.com/VAFT2018>



Dr. Mike Rosmann of Ag Behavioral Health



Reverend Dr. Heber Brown III, Black Church Food Security Network



Dr. David Montgomery and Anne Bikle, Dig2Grow and noted authors on soils



Steve Gabriel, Wellspring Forest Farm and Cornell Extension

<http://conference.virginiafarmtotable.org/more-about-conference/speakers/>

On the evening of Wednesday, December 5 starting at 4:30 p.m., there will be Farm-to-Table Networking, an Ice Cream Social, and evening conversation and talk with authors David Montgomery and Anne Bikle on **‘Restoring Land & Health: Soil Ecology in Action.’** Light refreshments will be provided and dinner options will be available for purchase from area food truck vendors. For more information about the networking and social time, please contact Eric Bendfeldt or Cyndi Marston at 540 –232-6006 or 6010.



Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Edwin J. Jones, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg; M. Ray McKinnie, Administrator, 1890 Extension Program, Virginia State University, Petersburg.

CONFERENCE SCHEDULE AT-A-GLANCE

DAY 1 (WEDNESDAY, DECEMBER 5, 2018)

8:00 — 8:45 AM	Registration & Refreshments
8:45 – 9:00 AM	Opening & Logistics (AUDITORIUM) Kathy Holm of Virginia USDA – Natural Resources Conservation Service & Eric Bendfeldt of Virginia Cooperative Extension
9:00—9:15 AM	Welcome – Secretary of Agriculture and Forestry Bettina Ring
9:15 —10:30 AM	TOUGH TIMES CAN USE BETER FARMERS Dr. Mike Rosmann, Fourth Generation Farmer and Clinical Psychologist, Ag Behavioral Health
10:30—10:45 AM	Refreshment Break
CONCURRENT SESSIONS I 10:45 AM—12: 00 PM	<p>LIVING & THRIVING IN FARMING COMMUNITIES (AUDITORIUM) Dr. Mike Rosmann of Ag Behavioral Health, Kirk Ballin of AgrAbility, Beth O'Connor of Virginia Rural Health Association, and Karen Tanner of Virginia Cooperative Extension, Moderator: Kim Niewolny, Ph.D., Virginia Tech/VCE</p> <p>GROWING YOUR NICHE (ROOM A) C.J. Isbell of Keenbell Farm, Moderator: Kevin Camm, VCE</p> <p>COMMUNITY FOOD FORESTS: REGENERATING NATURE, HEALTH, AND PLACE (ROOM B) Catherine Bukowski co-author of the Community Food Forest Handbook, Moderator: Jonathan McRay, Blacks Run Forest Farm</p> <p>STRAIGHT FROM THE FIELD: HEALTHIER SOIL MANAGEMENT SYSTEMS PART I (J119) Mark Dempsey of Carolina Farm Stewardship Association and Patryk Battle of Living Web Farms, Moderator: Chris Lawrence, USDA - NRCS</p>
12:00—2:15 PM	Lunch (Catered by A Bowl of Good) 2018 Carl Luebben Soil Health and Water Quality Award NOURISHING FARMING, COMMUNITY, AND HOPE Reverend Dr. Heber Brown III, Black Church Food Security Network, Baltimore, MD
2:15 —2 :30 PM	Refreshment Break <i>Note: The Virginia Food System Council will have a Council meeting in Houff G189 from 2:15 to 5:00 p.m.</i>
CONCURRENT SESSIONS II 2 :30 — 4:30 PM	<p>NOURISHING LOCAL COMMUNITIES (AUDITORIUM) Reverend Dr. Heber Brown III of the Black Church Food Security Network, Michael Reilly of Slow Money Central Virginia, Beth Schermerhorn of the CFN Community Ownership, Empowerment, and Prosperity Action Team, Moderator: Steve Cook, Friendly City Food Cooperative</p> <p>FARM TO FERMENT: A VALUE-ADDED STORY AND DEMONSTRATION (ROOM A) Rachel Armistead, The Sweet Farm, Moderator: Kathy Holm, USDA-NRCS</p> <p>GRAZE 300 VA: OPTIMIZING PASTURE MANAGEMENT FOR YOUR LIVESTOCK AND WALLET (ROOM B) Featuring educators and practitioners Carl Stafford, Keith Tuck, John Genhoe, Jeannie Layton-Dudding, Tim Mize, and Matt Booher, Moderator: J.B. Daniel, USDA -NRCS</p> <p>STRAIGHT FROM THE FIELD: HEALTHIER SOIL MANAGEMENT SYSTEMS PART II (J119) Mark Dempsey of Carolina Farm Stewardship Association and Patryk Battle of Living Web Farms, Moderator: Chris Lawrence, USDA-NRCS</p>
4:30 — 6:30 PM	Farm-to-Table Networking, Ice Cream Social, and Food Trucks for Dinner (Rooms A, B, & C)
6:30 — 8:00 PM	RESTORING LAND & HEALTH: SOIL ECOLOGY IN ACTION A Conversation with David Montgomery and Anne Biklé the authors of <i>Dirt, The Hidden Half of Nature, and Growing A Revolution: Bringing Our Soil Back to Life.</i> A FREE community event to attend, everyone is welcome! (AUDITORIUM)

CONFERENCE SCHEDULE AT-A-GLANCE

DAY 2 (THURSDAY, DECEMBER 6, 2018)

8:00 — 8:45 AM	Registration & Refreshments
8:45 – 9:00 AM	Opening & Logistics (AUDITORIUM) Kathy Holm of Virginia USDA – Natural Resources Conservation Service and Eric Bendfeldt of Virginia Cooperative Extension
9:00—9:15 AM	Welcome and Importance of Collaboration Dr. Ed Jones, Director, Virginia Cooperative Extension & Jack Bricker, State Conservationist, Virginia USDA – Natural Resources Conservation Service
9:15 —10:30 AM	DIRT & GROWING A REVOLUTION: BRINGING OUR SOIL BACK TO LIFE Dr. David Montgomery, Professor, Geomorphology, University of Washington and Author
10:30—10:45 AM	Refreshment Break
CONCURRENT SESSIONS I 10:45 AM—12: 00 PM	VALUE-ADDED FOOD PRODUCTION PART I (AUDITORIUM) Allie Hill of Virginia Food Works, Joell Eifert of Virginia Tech’s Food Innovation Center, and Dr. Theresa Nartea of Virginia State University, Moderator: Molly Harris, VA FAIRS THE REAL DIRT ON SOIL AND HEALTH PART I (ROOM A) Panel with David Montgomery and Virginia farmers, Moderator: Chris Lawrence, USDA-NRCS SILVOPASTURE IN PRACTICE (ROOM B) Steve Gabriel of Wellspring Forest Farm and Cornell Cooperative Extension, Moderator: Tim Mize, VCE STANDING OUR GROUND: FARMING IN THE SUBURBS FOR 50 YEARS (HOUFF G282 & G284) Hana Newcomb, Co-Owner, Potomac Vegetable Farms, Moderator: Beth Sastre-Flores, VCE, Loudoun County HIGH TUNNEL MANAGEMENT: FROM BIO-CONTROLS TO SOIL HEALTH TO WATER QUALITY (J119) Dr. Elsa Sanchez, Professor of Horticulture, Penn State University, Moderator: Mark Sutphin, VCE
12:00—2:15 PM	Lunch (Catered by A Bowl of Good) Recognition of Community, Local, and Regional Food Systems’ Photo Contest THE HIDDEN HALF OF NATURE: THE MICROBIAL ROOTS OF LIFE AND HEALTH Anne Biklé, Biologist, Landscape Architect, and Author
2:15 —2 :30 PM	Refreshment Break
CONCURRENT SESSIONS II 2 :30 — 4:30 PM	VALUE-ADDED FOOD PRODUCTION PART II (AUDITORIUM) Allie Hill of Virginia Food Works, Joell Eifert of Virginia Tech’s Food Innovation Center, and Dr. Theresa Nartea of Virginia State University, Moderator: Julia Schlosser, VA FAIRS THE REAL DIRT ON SOIL AND HEALTH PART II (ROOM A) Panel with Anne Biklé, Dr. Barbara Fenton of Augusta Health Accountable Care, Kelli Scott of VCE & New River Valley Food Access Network Moderator: Krystal Moyers, Augusta Health AGROFORESTRY IN PRACTICE AT WELLSPRING FOREST FARM (ROOM B) Steve Gabriel of Wellspring Forest Farm and Cornell Cooperative Extension, Moderator: Adam Downing, VCE THE FUTURE OF FOOD LEADERS (HOUFF G282 & G284) Coordinated and Moderated by Grayson Shelor and Jessa Fowler of Allegheny Mountain Institute HIGH TUNNEL MANAGEMENT: DISEASES AND STRATEGIES FOR SUCCESS (J119) Dr. Beth Gugino, Associate Professor, Vegetable Pathology, Penn State University, Moderator: Jason Cooper, VCE
4:30 PM	Complete Conference Evaluations and Adjourn — Safe Travels

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 Biklé "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 <https://tinyurl.com/VAFT2018>

If you are a person with a disability and desire any assistive 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.

