



FUTURE HARVEST-CASA
10th Annual Conference
Connect Locally: Food, Farms and Community
January 16 -17, 2009
Frederick, Maryland





FUTURE HARVEST

A Chesapeake Alliance for Sustainable Agriculture

Future Harvest—A Chesapeake Alliance for Sustainable Agriculture works to promote profitable, environmentally sound food and farming systems throughout the mid-Atlantic region. In our annual conference, we aim to:

- Educate growers about ways to raise profits, improve environmental stewardship and connect more with their communities
- Demonstrate the many opportunities to direct-market farm goods in the region
- Showcase the abundance of fresh, sustainably raised food grown in the mid-Atlantic

For more information, see www.futureharvestcasa.org



PRE-CONFERENCE SEMINARS

Agritourism - Growing Farm Revenues

Martha Ann Clark, Owner of Clark's Elioak Farm, Ellicott City, MD
John Fieseler, Executive Director, Tourism Council of Frederick Co.
Ginger Myers, Marketing Specialist, University of Maryland Extension

Agritourism entrepreneurs and farmers considering agritourism enterprises are encouraged to attend this special pre-conference session to gain new ideas and marketing resources from agency professionals and other experienced operators. Agritourism—one of the fastest growing segments of agricultural direct marketing—allows farmers to diversify their core operations and keep farmland in production while preserving scenic vistas and maintaining farming traditions.

The Art of Cover Cropping and Organic Matter Management—Building Soil, Resiliency and Biodiversity

Dave Wilson, Research Agronomist, The Rodale Institute
Jeff Moyer, Farm Director, The Rodale Institute

The renowned Rodale Institute conducts ongoing research projects and experiments with cover cropping to determine best practices. Dave and Jeff bring their wealth of experience to discuss current trials which include integrating the effects of cover crops, compost utilization, weed management strategies, organic no-till, crop rotations, variety trials, nutrient management and soil fertility and biological and non-chemical insect and disease management. Dave offers a practical perspective for grain farmers with a background in dairy farming, maize breeding research, certified hybrid corn seed production, certified soybean and small grain seed production. Jeff offers vast experience and knowledge regarding organic farming, farm planning, and site infrastructure.

Future Harvest would like to especially thank our major sponsors:

University of Maryland Cooperative Extension

Maryland Grazers' Network, a project of the Chesapeake Bay Foundation and the Chesapeake Bay Funders Network



Our appreciation also goes to our other generous sponsors:

Bon Appetit Management Company

Dairyland Book

Farmers' Cooperative Association, Inc.

Maryland Department of Agriculture – Marketing

MARBIDCO

USDA Natural Resources Conservation Service

USDA Risk Management Agency/ Maryland Department of Agriculture

Harry R. Hughes Center for Agro-Ecology, Inc.

Maryland Hospitals for a Healthy Environment

Maryland Vegetable Growers Association

Maryland Agricultural Education Foundation

Maryland Insurance Administration

USDA Alternative Farming Systems Information Center



food services for a sustainable future®



The conference could not occur without the work of many individuals, including our conference planning committee:

Amanda Behrens, Leslie Blischak, Bryan Butler, Benn Coffman, Jack Gurley, Warren Howell, Laura Hunsberger, Louise Mitchell, Ginger Myers, Stephanie Ritchie, Laurie Savage, Jeff Semler, Jane Stors, and Sally Voris.

We also want to recognize the extra work of:

Conference Co-chairs: *Jack Gurley and Ginger Myers*
Communication/Brochure: *Amanda Behrens/Stephanie Ritchie*
Sponsorship: *Laurie Savage*
Food and Local Products: *Elizabeth Wheeler*
A/V and Technical Support: *Laura Hunsberger*
Registration/Signage: *Student volunteers from University of Maryland*

FRIDAY, JANUARY 16

8:30 **Pre-Conference Check-In/Registration**
Lobby

9:00 to Noon **Pre-Conference Seminars**

Agritourism—Growing Farm Revenues

Martha Ann Clark, Owner, Clark's Elioak Farm, Ellicott City, MD

John Fieseler, Executive Director, Tourism Council of Frederick County

Ginger Myers, Marketing Specialist, University of Maryland Cooperative Extension

Francis Scott Key C

The Art of Cover Cropping and Organic Matter Management

Jeff Moyer, Farm Manager, Rodale Institute

Dave Wilson, Research Agronomist, Rodale Institute

Francis Scott Key D

Noon **LUNCH ON YOUR OWN**

1:00 to 3:00 **SESSION 1**

Workshop A

Garden Courtyard

Farm to School 1:00 to 2:00

Jane Storrs, National Marketing Director, Maryland Department of Agriculture

Tony Geraci, Food Service Director, Baltimore City Public Schools

Vic Priapi, Owner, Priapi Gardens, Cecilton, Cecil County, MD



Farm to Hospital 2:00 to 3:00

Louise Mitchell, Sustainable Foods Coordinator, Maryland Hospitals for a Healthy Environment

Joe Fleischman, Executive Chef, Washington County Hospital

Samuel Martin, Owner, Home Grown Produce, Waynesboro, Franklin County, PA

Workshop B

Francis Scott Key B

Healthy Soil/Healthy Food

John Kempf, Owner, Advancing Eco Agriculture, Middlefield, Geauga County, OH

Heinz Thomet, Owner, Next Step Produce, Newburg, Charles County, MD

Panel of farmers from Ohio, Pennsylvania and Maryland

3:15 to 4:00 **Future Harvest-CASA Annual Membership Meeting and Election of New Board Members**
Garden Courtyard

4:30 to 6:00 **Social and Networking**
Garden Courtyard

6:00 to 7:00 **DINNER**
Francis Scott Key Ballroom

7:00 to 8:30 **Connecting Locally Roundtable Discussions**

Moderator: Sally Voris

Francis Scott Key Ballroom

DISCUSSION LEADERS

Grass Based Systems: Michael Heller

Sustainable Fruit, Flower and Vegetable

Production: Jay Martin

Making Money Matters: Ginger Myers

Profitable Grain and Hay Production: Bryan Butler

Come together with conference participants to discuss questions and ideas that you would like addressed in the tracks during the Saturday workshops. This is your opportunity to begin an interactive dialogue about these issues and your interests.

8:30 to 9:30 **Ice Cream Social**
Francis Scott Key Ballroom

SATURDAY, JANUARY 17

7:00 to 8:00 **Continental Breakfast and Registration**
Garden Courtyard

8:15 **Welcome**

8:30 to 10:00 **SESSION 2**

Workshop A - Grass Based Systems

Winchester Room

Economic Aspects of Multi-Species Grazing

Robin Way, Owner, Rumbleway Farms, Conowingo, Cecil County, MD

Workshop B - Sustainable Fruit, Flower and Vegetable Production

Francis Scott Key B

Setting up a Cooperatively Supplied CSA

Jay Martin, Owner, Provident Organic Farm, Bivalve, Wicomico County, MD

Future Harvest – A Chesapeake Allian

Workshop C - Making Money Matters

Francis Scott Key C

New Generation Market Gardening

Jackie Coldsmith, Owner, De La Tierra Gardens, Taneytown, Carroll County, MD

Workshop D - Profitable Grain and Hay Production

Francis Scott Key D

Sheep Production and Marketing

David Greene, Owner, Greene's Lamb, White Hall, Baltimore County, MD

10:00 **BREAK**

10:30 to 11:45 **SESSION 3**

Workshop A - Grass Based Systems

Winchester Room

Grass Based Systems: Pasture Management and Establishment

Elmer Dengler, Resource Conservationist, USDA-Natural Resources Conservation Service

Michael Heller, Farm Manager, Clagett Farm, Chesapeake Bay Foundation

Les Vough, Forage Crops Extension Specialist Emeritus, University of Maryland

Workshop B - Sustainable Fruit, Flower and Vegetable Production

Francis Scott Key B

'Coolbot' - Cold Box Construction

Dave Dowling, Owner, Farm House Flowers, Brookville, Montgomery County, MD

Workshop C - Making Money Matters

Francis Scott Key C

Opportunities in Farmers' Markets

Nina Planck, Author, Real Food and Farmers Market Expert

Workshop D - Profitable Grain and Hay Production

Francis Scott Key D

Long-Term Farming Systems Project

Michel Calvagelli, USDA, Sustainable Agricultural Systems Laboratory

John Teasdale, USDA, Sustainable Agricultural Systems Laboratory

Noon to 1:45

LUNCH AND KEYNOTE

Francis Scott Key Ballroom

Introduction:

Laura Hunsberger



Real Food by Nina Planck

Referred to as "a vocal and frequent defender of the American family farm" by the New York Times, Nina Planck may be best known for her farmers market expertise. Her book, *Real Food: What to Eat and Why*, reveals another side of her campaign to help family farmers. The book explores the nutrition science about traditional foods, explaining how eating whole, real foods are healthier for people and the land. Nina is a resource for both local farmers and their customers on how to eat well and support sustainable agriculture.

2:00 to 2:45 **SESSION 4**

Workshop A - Grass Based Systems

Winchester Room

Maryland Grazers Network Mentoring Program

Elmer Dengler, Resource Conservationist, USDA-Natural Resources Conservation Service

Michael Heller, Farm Manager, Clagett Farm, Chesapeake Bay Foundation

Les Vough, Forage Crops Extension Specialist Emeritus, University of Maryland Farmer partners

Workshop B - Sustainable Fruit, Flower and Vegetable Production

Francis Scott Key B

Producing Nutrient Dense Food

John Kempf, Owner, Advancing Eco Agriculture, Middlefield, Geauga County, OH

Workshop C - Making Money Matters

Francis Scott Key C

Planning Local Food Events with Institutional Food Service Operations

Elizabeth Wheeler, Events Coordinator, Shepherdstown, WV

Workshop D - Profitable Grain and Hay Production

Francis Scott Key D

No-till Grain Systems

Bill Mason, Owner, Mason's Heritage, Queen Anne, Queen Anne's County, MD

2:45

BREAK

Workshop A - Grass Based Systems

Winchester Room

Marketing Grass Based Products

Ginger Myers, Marketing Specialist, University of Maryland Cooperative Extension

Workshop B - Sustainable Fruit, Flower and Vegetable Production

Francis Scott Key B

Heirloom Tomato Production

George Zahradka, Owner, The Zahradka Farm at Brown's Cove, Essex, Baltimore County, MD

Workshop C - Making Money Matters

Francis Scott Key C

I'm a New Farmer—What I've Learned

Michael Protas, Farmer, Bethesda, Montgomery County, MD

Sally Voris, Owner, White Rose Farm, Taneytown, Carroll County, MD

Workshop D - Profitable Grain and Hay Production

Francis Scott Key D

Nutrient Resources for Sustainable Grain and Hay Producers

Joanne Throwe, Associate Director, University of Maryland's Environmental Finance Center

Norman Astle, Manure Transport Program, Maryland Department of Agriculture



Throughout the conference, Future Harvest will serve locally sourced food, part of our commitment to supporting regional farmers and vendors who care about our region's economy and environmental health. Find out why our participants rave about our conference meals! Vegetarian options available.



HOTEL RESERVATIONS

A block of guest rooms has been reserved at the Holiday Inn in Frederick, MD for Thursday, January 15 and Friday, January 16. To receive a discounted rate, you must **reserve your room by December 16, 2008**. Call 888-465 4329 or 301-694-7500.

DRIVING DIRECTIONS

- **From I-270:** Exit 31A to Route 85 N. Turn right at first light (Spectrum Drive). Bear right immediately onto Holiday Drive. Hotel is on the right.
- **From I-70:** Exit 53A to I-270 S. Take exit 31A to Route 85 N. Turn right at first light (Spectrum Drive). Bear right immediately onto Holiday Drive. Hotel is on the right.

COMING WITH CHILDREN?

Children are welcome in conference sessions when supervised by parents. For child care needs, make your arrangements in advance.

LOOKING FOR ACTIVITIES IN THE AREA?

Frederick features historic sites and antiques shopping among its many attractions. www.fredericktourism.org

CONFERENCE MEALS

We will feature regionally produced food at the conference. Both vegetarian and meat dishes will be offered at all meals. Meals are included in the registration fee.



FUTURE HARVEST

Future Harvest—A Chesapeake Alliance for Sustainable Agriculture is an educational non-profit organization dedicated to promoting profitable and environmentally sustainable food and farming systems in the Mid-Atlantic region. Membership contributions are considered fully tax deductible in the year the contribution is made. For more information please call 410-549-7878. This organization is an equal opportunity employer.

1. 2009 FUTURE HARVEST-CASA ANNUAL CONFERENCE REGISTRATION

Register early, as space is limited. Members receive a discount on registration cost.

Please list all who will be attending:

Name(s) _____

Farm or Organization _____

Address _____

City/Town _____ State _____ Zip _____

Phone _____ E-Mail _____

Please let us know if you are farming Yes No

2. FUTURE HARVEST-CASA MEMBERSHIP FOR 2009

All memberships are for 12 months January to December.

Save on conference fees—join or renew now! As a member you will receive new publications and invitations to special events. Please check a box in each row:

- Joining for first time Renewing Membership Current
 Individual \$40 Family \$55 Org. or Business \$100 Student \$25

Total Membership: \$

For family memberships, please list all names of persons over age 14 that belong on this membership. A family includes a family farming together; up to three family members may vote at the annual meeting.

For an organization or business, please list up to two people who will be entitled to benefits.

We invite you to give Future Harvest-CASA additional support by joining as a *Sustaining Lifetime Member*.

- Sustaining Lifetime Membership (Individual/Family) \$500
 Sustaining Lifetime Membership (Business or Organization) \$1,000

3. REGISTRATION CHOICES

Registration cost is per person and includes conference sessions and meals. Meal selections include meat and vegetarian entrees, featuring sustainably produced food from our region.

- One Day Registration** Friday Saturday
- | | Number | Amount |
|--|--------|----------|
| <input type="checkbox"/> Member \$75 | _____ | \$ _____ |
| <input type="checkbox"/> Student Member \$35 | _____ | \$ _____ |
| <input type="checkbox"/> Non Member \$125 | _____ | \$ _____ |

- Two Day Registration**
- | | Number | Amount |
|--|--------|----------|
| <input type="checkbox"/> Member \$95 | _____ | \$ _____ |
| <input type="checkbox"/> Student Member \$55 | _____ | \$ _____ |
| <input type="checkbox"/> Non Member \$150 | _____ | \$ _____ |

An additional late fee of \$35 for registration(s) received after **January 5, 2009**. The late fee also applies to registration(s) at the door.

4. PRECONFERENCE WORKSHOPS

A limited number of spaces are offered for these workshops. These events are in addition to the regular conference sessions. If space is filled, your registration fee will be returned to you. Advance pre-registration is required, with preference given to farmers.

- | | Number | Amount |
|---|--------|----------|
| The Art of Cover Cropping: Building Soil and Biodiversity
\$30 per person | _____ | \$ _____ |
| Agritourism—Growing Farm Revenues
\$30 per person | _____ | \$ _____ |

Total Amount Enclosed: \$ _____

Please note that room reservations must be made directly with the hotel by calling 888-465-4329 or 301-694-7500. **A discounted rate is available until December 16, 2008.**

Mail this form, along with a check made payable to:
Future Harvest-CASA, P.O. Box 1544, Eldersburg, MD 21784