

## Exhibitors

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BeePharm, LLC  
thequeen@beepharm.com

Biogard Inc.  
jill.rossi0709@gmail.com

Book Revue

Cornell Cooperative Extension-Nassau County  
blk28@cornell.edu

Cornell Small Farms Program \*

Farm Family Casualty Insurance Company

Farm Net  
wjs8@cornell.edu

Food & Water Watch  
eweltman@fwwatch.org

Friends and Farmers of Kennedy Plaza Inc. \*

Garden Fusion/Marion Gardens Herbs  
mg247@optonline.net

Go Green Energy Solutions  
jmp48@optonline.net

Heifer International on Long Island  
lyonheifer@aol.com

Hobbs Community Farm, Inc.  
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Holdredge Enterprises  
contact@holdredgeenterprises.com

iEat Green \*

Karma 411 \*

Long Island Beekeepers Club  
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Long Island Farm Bureau  
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Long Island Native Grass Initiative  
polly.weigand@suffolkcountyny.gov

Long Island North Shore Heritage Area  
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Long Island Regional Envirothon

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nassauswcd@optonline.net

Natural Resources Conservation Service  
liz.camps@ny.usda.gov

NOFA-NY Long Island Chapter \*

North Shore Land Alliance \*  
info@northshorelandalliance.org

Open Minded Organics  
davidfalkowski@hotmail.com

Sierra Club  
jfas1@optonline.net

Slow Food East End - Long Island Sag Harbor  
kplumb@optonline.net

Slow Food Huntington  
Bhavani@ieatgreen.com

Sustainable Sea Cliff Cooperative  
stringrrl@optonline.net

Sustainability Institute at Molloy College  
efiteni@molloy.edu

The Nature Lyceum  
jTF4647@aol.com

Town of Oyster Bay  
jvandyke@oysterbay-ny.gov

United States Department of Agriculture/  
Natural Resources Conservation Service

Weston A. Price Foundation and Farm  
to Consumer Legal Defense Fund  
outreach@westonaprice.org

## Volunteers

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(List in formation)

Amanda Roberts	Jennifer Ely
Ashley Stern	Lee Mackey
Barbara Hoover	Linda Landy
Bill Walsh	Marcia Skolnick
Carol Schmidlapp	Nancy Azzaro
Don Callahan	Nancy Keating
Gigi Kish	Polly Weigand
Gussy Reese	Richard Sack
Heather Forest	Tom Stock
Jane Jackson	Walter Hegarty
Jean-Marie Pina	

**Special Thanks to the SUNY Old Westbury  
Team – Jim Shevlin, Michael Dolan, Andrew  
Morgan, and Chef Andrew Green**

Photo Credit: Catherine Colley  
\* Sponsors



# SMALL FARM SUMMIT

## A day of education, discussion and networking...

to build community awareness and to facilitate positive action in support of local food production, farmland preservation, food waste reduction and recycling, water conservation, and agricultural education.

Friday,  
April 15, 2011  
8:30 am-4:30 pm  
SUNY Old Westbury  
Campus Center  
Old Westbury,  
New York

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# SMALL FARM SUMMIT

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## Steering Committee and Volunteer Leaders

Thanks to the many volunteers who have worked to bring this day to fruition.

Don Callahan, Exhibitors  
NCSWCD

Mimi DeSena, Treasurer  
North Shore Land Alliance

Mary Beth Donohue, Decorations  
North Country Garden Club

Sarah Eichberg, Team Leader  
Adelphi Center for Social Innovation

Lawrence Foglia, Team Leader  
Farmer/Educator/Nassau Land Trust Consultant

Joe Heller, Team Leader  
USDA

Donald Hohn, Team Leader  
Nassau County Planning Commission

Bhavani Jaroff, Team Leader/Food Coordinator  
iEat Green

Irwin Krasnow, Signage  
Town of Oyster Bay Consultant

Sarah Lansdale, Team Leader  
Sustainable Long Island

Jay Litzman, Volunteer Coordinator  
Attorney

Bernadette Martin, Team Leader  
Friends and Farmers of Kennedy Plaza, Inc.

Andrea Millwood, Event Coordinator/Registration  
North Shore Land Alliance

Lisa Mitten, Team Leader  
LI Chapter of NOFA-New York

Janice Moynihan, Team Leader  
Sustainable Long Island

Jean Nardone, Exhibitors  
NCSWCD

Lisa Ott, Lead Organizer/Communications  
North Shore Land Alliance

Anne Rathkopf, Team Leader  
Slow Food Huntington

Chuck Schwartz, Team Leader/Sponsorships  
LI Green

Brian Zimmerman, Organizer/Team Leader  
NCSWCD

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## Welcome

Dear Friends of Food and Farming,

Welcome! We are delighted to see so many people here today who are interested in growing the local food source.

Our purpose when we began forming the Small Farm Initiative was to bring together in one place diverse groups that have an interest in local food, land use, the farm-to-table chain, and social interaction between farmer and community. We planned to host a Summit that would encourage these groups to help each other advance local farming initiatives that benefit small farmers, gardeners, and our community at large. And here you are today to do just that!

As originally planned, the Summit will begin with an opening plenary session featuring a nationally-known speaker. Little did we know at the time that this speaker would be such a star in the food movement. We are most delighted that the widely admired and inspirational priest of the pasture, Joel Salatin, has agreed to join us today. We are also very grateful to our outstanding presenters who have come from both near and far to add value to this inaugural event.

The original six breakout sessions have grown into 20 with the help of the Long Island Chapter of NOFA. Topics range from food equity to organic gardening 101 and are all listed on the following page. These sessions will begin with a panel organized to stimulate a free flow of ideas between the group leaders and participants and be followed by a networking lunch and a series of related exhibits. Finally, a closing session will reframe the issues from the participants' point of view and lead us toward next steps to support an active, sustainable local farming community.

This conference is the first step in developing viable pathways to meet the growing demand for local food on Long Island (including Brooklyn and Queens). Education is the building block of understanding and change. In gathering this diverse group of planners and participants, we hope to continue to make positive change through our network of organizations.

The 2011 Small Farm Summit is the beginning of what we hope will be a continuing effort to bring our community together around the important issue of food. We have already begun planning for the 2012 Small Farm Summit and hope you will join us in all of the events and activities in between. Please check out our website, [www.longislandsmallfarmcentral.com](http://www.longislandsmallfarmcentral.com), to keep up to date on programs, activities, and resources that relate to the Small Farm Initiative.

So, enjoy yourselves today and stay tuned for more good things to come.

Lisa Ott  
North Shore Land Alliance

Joe Heller  
USDA

Brian Zimmerman  
NCSWCD

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## Keynote Address



Joel Salatin

Joel Salatin is among the nation's most influential farmers and is one of the most sought-after voices in the local food movement. He rose to international fame when he and Polyface Farm, his family farm in the Shenandoah Valley of Virginia, were featured in Michael Pollan's bestseller *The Omnivore's Dilemma* and in two subsequent documentaries, the Academy Award nominated *Food, Inc.* and *FRESH*. Salatin has authored seven books on food and farming and has received numerous leadership awards in recognition of his ecological and local-based farming advocacy.

Having developed a truly sustainable farming method, Salatin has long been a role model for alternative farmers. On his 550 acres, Salatin produces high-quality "beyond organic" meats from animals he raises in a manner that is environmentally responsible, ecologically beneficial, and economically sustainable. Salatin's philosophy of farming emphasizes healthy grass on which animals can thrive in a symbiotic cycle of chemical-free feeding. His cows are moved from one pasture to another to graze and chickens in portable coops are moved in behind to dig through the dung for protein-rich fly larvae while further fertilizing the field with their droppings. Year after year, the fertility of Polyface Farm continues to increase and the topsoil continues to grow deeper.

In addition to maintaining a full-time farm schedule, Salatin spends a hundred days a year lecturing at colleges and conferences. As a self-described "environmentalist capitalist lunatic farmer," Salatin's dynamic and thought-provoking talks are an inspiration to food enthusiasts and producers around the world. He passionately defends small farms, local food systems, and the right to opt out of the conventional food paradigm. To Salatin, one of the keys to expanding the local food movement relies on encouraging the next generation of farmers to embrace small-scale farming as a viable framework for economic sustainability.

Salatin says, "Many people are growing fearful of today's opaque, concentrated, and long distance industrial food market. Community-based, soil-building food systems answer these fears in exciting ways. Re-embedding the butcher, baker, and candlestick maker is great for local economies and for the integrity of food systems. For lots of reasons, healing begins at home. Food healing begins there too."

Joel & Teresa Salatin  
43 Pure Meadows Lane  
Swoope, VA 24479  
[www.polyfacefarms.com](http://www.polyfacefarms.com)

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## Event Schedule

8:30 AM	<b>REGISTRATION AND LIGHT BREAKFAST</b>	Campus Center
9:00 AM	<b>WELCOME AND INTRODUCTIONS</b> Dr. Calvin O. Butts, President, SUNY College at Old Westbury Lisa W. Ott, President, North Shore Land Alliance Bhavani Jaroff, iEat Green	Maguire Theatre
9:30 AM	<b>KEYNOTE ADDRESS</b> Joel Salatin	Maguire Theatre
10:45 AM	<b>INTERACTIVE WORKSHOPS: SESSION I</b> Farming on Long Island: A Historical Perspective, Land Availability, and Land Use Policy School Gardens, Community Gardens, Urban Gardens, and Farm-Based Education Seeds and Soil: The What, When, and How of Starting an Organic Vegetable Garden Local Fish for Local Food Lovers Raising Poultry: Backyard Chickens and Ducks An Introduction to Nutrient-Dense Crop Management	Student Union: Room A Student Union: Room B Student Union: Room C Campus Center: F114 Campus Center: H220 Campus Center: H222
12:15 PM	<b>LUNCH</b>	Campus Center
1:30 PM	<b>INTERACTIVE WORKSHOPS: SESSION II</b> Funding and Support Services for Farm Operations Sustainable Agriculture/Economic Development Agricultural Education and Farmer/Gardener Training Accessing the Local Food System: Co-ops, Restaurants, and Community-Supported Programs Long Island's Beginning and Established Organic/Biodynamic Farmers Tell Their Stories Raising Honey Bees: Backyard and On-Farm Beekeeping Food and Farm Policy: State and National Issues	Student Union: Room A Student Union: Room B Student Union: Room C Campus Center: F102 Campus Center: F114 Campus Center: H220 Campus Center: H222
3:00 PM	<b>BREAK</b>	
3:15 PM	<b>INTERACTIVE WORKSHOPS: SESSION III</b> Farm-to-Table, Field-to-Label Social Justice and Hunger, Food Access and Local Agriculture Pastured Poultry and Livestock with "Grass Farmer" Joel Salatin Let It Sing: Building Your Farm Community through Music A Midsummer Day's Dream: How to Keep Your Organic Garden Thriving till Harvest Edible and Medicinal Herb Walk with the Natural Nurse Schools of Organic Growing Practices for Gardeners and Farmers	Student Union: Room A Student Union: Room B Student Union: Room C Campus Center: F102 Campus Center: F114 Campus Center: H220 Campus Center: H222
4:30 PM	<b>NETWORKING, ENTERTAINMENT, AND COOKING DEMONSTRATIONS</b> Entertainment provided by Sylvester Manor Worksongers, Bennet Konesni, and Creek Iversen	Campus Center

Rooms A, B, and C are located in the Student Union on the main floor.  
Rooms F102 and F114 are located in the Campus Center on the lower level.  
Rooms H220 and H222 are located in the Campus Center on the upper level.



## SMALL FARM SUMMIT

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## Interactive Workshops

### Session I

#### **Farming on Long Island: A Historical Perspective, Land Availability, and Land Use Policy**

This workshop will focus on Long Island's long agricultural history as well as the role governments, land trusts, other non-profits, and private citizens play in making more land available for farming. We will discuss local, state, and national policies that affect farmers as well as assistance programs available to farmers.

*Donald Hohn (Moderator), Nassau County Soil and Water Conservation District:*

*dhohn@nassaucountyny.gov*

*Joseph Gergela, Long Island Farm Bureau: AskUs@lifb.com*

*David Haight, American Farmland Trust: dhaight@farmland.org*

*John v.H. Halsey, Peconic Land Trust: jhalsey@peconiclandtrust.org*

*Jessica Kalmbacher, Suffolk County Planning Department: jkalmbacher@suffolkcountyny.gov*

*Bob Somers, New York State Department of Agriculture and Markets: bob.somers@agmkt.state.ny.us*

#### **School Gardens, Community Gardens, Urban Gardens, and Farm-Based Education**

This workshop will present examples of the innovative small-scale community-based agriculture, garden, and farm-based education programs in our region. To help participants plan their own gardens, we will highlight successful programs and discuss resources, mentoring opportunities, and educational applications.

*Lawrence Foglia (Moderator), Nassau Land Trust: LFoglia@NassauLandTrust.org*

*Judith Fink, Stone Barns Center for Food and Agriculture: judyf@stonebarnscenter.org*

*Christina Grace, New York State Department of Agriculture and Markets:*

*christina.grace@agmkt.state.ny.us*

*Bhavani Jaroff, iEat Green: Bhavani@iEatGreen.com*

*Frances Cerra Whittelsey, Long Island Community Agriculture Network: fcw@franwhittelsey.com*

*Patricia Wood, Grassroots Environmental Education: pjw@grassrootsinfo.org*

#### **Seeds and Soil: The What, When, and How of Starting an Organic Vegetable Garden**

Dreaming of a bountiful garden? This workshop will offer all the information you need to start your own vegetable garden from seed. The discussion will cover crop planning and selection, seed starting, seeding schedules, preparing garden beds, and transplanting. Professional vegetable growers Eve and Chris Kaplan-Walbrecht of Garden of Eve Organic Farm & Market in Riverhead will answer all of your questions about everything from seeds to soil to supplies to money-saving tricks.

*Chris and Eve Kaplan-Walbrecht, Garden of Eve Organic Farm and Market:*

*farmer@gardenofevfarm.com*

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### **Local Fish for Local Food Lovers**

What's a local food diet without fish and oysters from our own waters? This workshop will explore the ways in which we can work to connect the Long Island local food communities with the Long Island fishermen and baymen. We will discuss how consumers and small-scale fishing communities can support and nourish each other while also maintaining a commitment to environmentally sustainable fishing practices.

*Lisa Mitten (Moderator), LI Chapter of NOFA-NY: [LisaMitten@gmail.com](mailto:LisaMitten@gmail.com)*

*Bonnie Brady, LI Commercial Fishing Association: [greenfluke@optonline.net](mailto:greenfluke@optonline.net)*

*Niaz Dorry, Northwest Atlantic Marine Alliance: [Niaz@namanet.org](mailto:Niaz@namanet.org)*

*Karen Rivara, Noank Aquaculture Cooperative: [keeno59@optonline.net](mailto:keeno59@optonline.net)*

### **Raising Poultry: Backyard Chickens and Ducks**

Learn how to raise chickens and ducks in your own backyard. Our discussion will cover where to buy chicks and ducklings, how to care for them as they mature, and how to design or purchase a poultry coop. We will also discuss the relevant legal parameters and the benefits of pastured poultry eggs.

*Nick Martielli, Aquarian Acre Homestead: [thespidernick@gmail.com](mailto:thespidernick@gmail.com)*

*Ava Post: [notavakoo@gmail.com](mailto:notavakoo@gmail.com)*

### **An Introduction to Nutrient-Dense Crop Management**

Dan Kittredge of the Real Food Campaign is redefining what it means to be a highly nutritious food. Dan teaches organic gardeners and farmers across the Northeast how to optimize the vitality of their soil in order to yield the most nutritious food possible. In this workshop for intermediate/advanced farmers and gardeners, Dan will introduce the guiding principles and practical techniques that shape nutrient-dense crop management.

*Dan Kittredge, Bionutrient Food Association/Real Food Campaign: [dan@realfoodcampaign.org](mailto:dan@realfoodcampaign.org)*

## **Session II**

### **Funding and Support Services for Farm Operations**

There are a number of regional organizations and government agencies that help both beginning and established farmers create a sustainable business model. This workshop will cover the free services that can help farmers save money, grow their business, acquire government loans, cost share dollars, and become more efficient. The panelists are experts in a wide range of topics that affect the rural and the suburban or urban farmer.

*Nicole Spinelli (Moderator), Suffolk County Soil and Water Conservation District:*

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## SMALL FARM SUMMIT

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*NicoleS@suffolkcountyny.gov*

*Liz Camps, USDA Natural Resources Conservation Service: liz.camps@ny.usda.gov*

*Bill Fonda, New York State Department of Environmental Conservation: bmfonda@gw.dec.state.ny.us*

*Dale Moyer, Suffolk County Cornell Cooperative Extension: ddm4@cornell.edu*

*Neal Needleman, Orange County USDA Farm Service Agency: neal.needleman@ny.usda.gov*

*Brian Zimmerman, Nassau County Soil and Water Conservation District: nassauswcd@optonline.net*

### **Sustainable Agriculture/Economic Development**

In this workshop we will discuss how to make it feasible for small-acreage farms to succeed in suburban and urban areas. We will consider the elected officials, educators, farmers, restaurants, and related industries that are needed to form a viable food network in close proximity to population centers. Our panelists will offer information about the ways in which farming projects can create new jobs to help propel the economic engine of our region.

*Chuck Schwartz (Moderator), LI Green: chuck@ligreen.com*

*Todd Jacobs, Tierra Mar and Atlantica Restaurants: www.tierramar.com*

*Virginia Kasinki, Glynwood Center: vkasinki@glynwood.org*

*John McDowell, Rockland Farm Alliance: john@rocklandfarm.org*

*Jeri Woodhouse, A Taste of the North Fork: www.atasteofthenorthfork.com*

### **Agricultural Education and Farmer/Gardener Training**

This workshop will provide an overview of a variety of local and regional programs that offer hands-on and theory-based agricultural education for aspiring and established gardeners and farmers. We will discuss the local resources and training opportunities that are necessary to enrich the scope, quantity, and availability of agricultural education.

*Lawrence Foglia (Moderator), Nassau Land Trust: LFoglia@NassauLandTrust.org*

*Elizabeth Dyck, Organic Growers' Research and Information-Sharing Network: edyck@ogrin.org*

*Laura Hunsberger, Long Island Horticultural Research and Extension Center of Cornell University: LKH47@cornell.edu*

*Eve Kaplan-Walbrecht, Garden of Eve Organic Farm and Market: Farmer@GardenOfEveFarm.com*

*Dan Kittredge, Bionutrient Food Association/Real Food Campaign: dan@realfoodcampaign.org*

*Violet Stone, Cornell Small Farms Program and Northeast SARE: vws7@cornell.edu*

*Michael Veracka, Department of Ornamental Horticulture at Farmingdale State College:*

*VerackM@Farmingdale.edu*

### **Accessing the Local Food System: Food Co-ops, Restaurants, and Community-Supported Food Programs**

This workshop will discuss how farmers, fishermen, chefs, and locavores across Long Island and the Northeast are evolving new ways to source good, clean, and fair food. Participants will learn how to access local products through food cooperatives and community-supported agriculture and fishery programs.

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*Ann Rathkopf (Moderator), Slow Food Huntington: [ann@maiarellistudio.com](mailto:ann@maiarellistudio.com)  
Neda Bokai and Amy Peters, Sustainable Sea Cliff Food Cooperative:  
[sustainableseacliffcooperative@gmail.com](mailto:sustainableseacliffcooperative@gmail.com)  
Niaz Dorry, Northwest Atlantic Marine Alliance: [Niaz@namanet.org](mailto:Niaz@namanet.org)  
Adam and Elizabeth Kopels, 18 Bay Chefs: [tiosinte09@yahoo.com](mailto:tiosinte09@yahoo.com)  
suzanne j zoubeck, Green Thumb Farm CSA, Huntington: [dskolnick@pb.net](mailto:dskolnick@pb.net)*

### **Long Island's Beginning and Established Organic/Biodynamic Farmers Tell Their Stories**

Come meet local organic and biodynamic farmers and learn about the various paths they followed to start and establish their sustainable farming businesses. The first half of the session will feature farmers who are in the first few years of evolving a farm business. In the second half, we will hear from farmers with many years of experience in their ecologically sound and economically viable enterprises.

*Catherine Baldwin and Amanda Merrow, Amber Waves Farm, Amagansett: [info@amberwavesfarm.org](mailto:info@amberwavesfarm.org)  
Chris Browder, Browder's Birds, Southold: [chris@browdersbirds.com](mailto:chris@browdersbirds.com)  
David Falkowski, Open-Minded Organics, Bridgehampton: [davidfalkowski@hotmail.com](mailto:davidfalkowski@hotmail.com)  
KK Haspel, The Farm, Southold: [khaspel@irahaspel.com](mailto:khaspel@irahaspel.com)  
Mick Makinajian, Makinajian Poultry Farm, Huntington: [farmboy368@aol.com](mailto:farmboy368@aol.com)  
Annie Novak, Eagle Street Rooftop Farm, Greenpoint, Brooklyn: [growingchefs@gmail.com](mailto:growingchefs@gmail.com)  
Barbara Shinn, Shinn Vineyards, Mattituck: [shinnvin@optonline.net](mailto:shinnvin@optonline.net)  
Mary Woltz, Bees' Needs, Sag Harbor: [mgwoltz@optonline.net](mailto:mgwoltz@optonline.net)*

### **Raising Honey Bees: Backyard and On-Farm Beekeeping**

Come learn everything you ever wanted to know about honey bees! This talk will cover the history of beekeeping, bee biology, and commercial and hobby beekeeping. We will also discuss the honey bees' effect on our food supply and the environment as well as the role of native pollinators specific to our region.

*Rich Blohm, High Meadow Honey: [beebiz@msn.com](mailto:beebiz@msn.com)  
Carl Flatow, Tanglewood Honey: [carl@tanglewoodhoney.com](mailto:carl@tanglewoodhoney.com)*

### **Food and Farm Policy: State and National Issues**

This discussion will explore the policy issues that various sectors of the food and agricultural industry currently face. We will address specific regional farming concerns as well as the 2012 Federal Farm Bill and the controversy over hydraulic fracturing within the NYC watershed and elsewhere.

*Lisa Mitten (Moderator), LI Chapter of NOFA-NY: [LisaMitten@gmail.com](mailto:LisaMitten@gmail.com)  
Christina Grace, New York State Department of Agriculture and Markets:  
[christina.grace@agmkt.state.ny.us](mailto:christina.grace@agmkt.state.ny.us)  
David Haight, American Farmland Trust: [dhaight@farmland.org](mailto:dhaight@farmland.org)  
Eric Weltman, Food and Water Watch: [eweltman@fwwatch.org](mailto:eweltman@fwwatch.org)  
Ed Yowell, Slow Food NYC: [eayowell@hotmail.com](mailto:eayowell@hotmail.com)*

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## SMALL FARM SUMMIT

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### Session III

#### **Farm-to-Table, Field-to-Label**

For farmers to be successful, they need healthy markets. To support existing operations and encourage new farmers on Long Island, it is critical that farmers and distributors develop creative marketing systems that address the needs of our diverse population. In this session, we will be discussing the existing infrastructure and the strategies that will enable local producers to gain market share and get their healthy, fresh, and local products to Long Island consumers.

*Bernadette Martin (Moderator), Friends and Farmers of Kennedy Plaza, Inc.: [lbfarmersmarket@gmail.com](mailto:lbfarmersmarket@gmail.com)*

*Diane Eggert, Farmer's Market Federation of New York: [deggert@nyfarmersmarket.com](mailto:deggert@nyfarmersmarket.com)*

*Michael Hurwitz, Green Market; A Project of Grow NYC: [MHurwitz@greenmarket.cc](mailto:MHurwitz@greenmarket.cc)*

*John King, J. Kings Food Service Professional, Inc.: [www.jkings.com](http://www.jkings.com)*

*Fred Lee, Sang Lee Farms: [fred@sangleefarms.com](mailto:fred@sangleefarms.com)*

#### **Social Justice and Hunger, Food Access and Local Agriculture**

This workshop will consider issues of economic, social, and health equity in the production, distribution, and consumption of food. We will discuss how interested parties might create an action agenda to increase support for local agriculture, protect the interests of local farmers and farm workers, and improve access to local food, particularly in underserved communities in our region. We will also examine existing initiatives in hunger relief, community gardening, farming, and food justice.

*Dr. Sarah Eichberg (Moderator), Director of Community Research, Adelphi University:*

*[eichberg@adelphi.edu](mailto:eichberg@adelphi.edu)*

*Angela Adrar, Rural Coalition: [dancingsparrow@gmail.com](mailto:dancingsparrow@gmail.com)*

*Dr. Barret Brenton, Associate Professor of Anthropology, St. John's University:*

*[BRENTONB@stjohns.edu](mailto:BRENTONB@stjohns.edu)*

*Swami Durga Das, The River Fund New York: [info@riverfund-ny.org](mailto:info@riverfund-ny.org)*

*Migdalia Otero, Island Harvest: [migdalia@islandharvest.org](mailto:migdalia@islandharvest.org)*

*Dr. Melony Samuels, Bed-Stuy Campaign Against Hunger: [msamuels@bedstuyagainsthunger.org](mailto:msamuels@bedstuyagainsthunger.org)*

*Erin Thoresen, Sustainable Long Island: [ethoresen@sustainableli.org](mailto:ethoresen@sustainableli.org)*

#### **Pastured Poultry and Livestock with "Grass Farmer" Joel Salatin**

Learn from America's favorite farmer the principles and practices that shape his innovative poultry and livestock management system: maintaining grass-based salad bars, respecting the individuality of each species (i.e. "the pigness of a pig"), and mimicking the template of the natural surroundings.

*Joel Salatin, Polyface, Inc.: [www.polyfacefarms.com](http://www.polyfacefarms.com)*

#### **Let It Sing: Building Your Farm Community through Music**

Whether you are in the field, in the greenhouse, at the washstand, or at the market, incorporating

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music, rhythm, song, or dance can make any task easier and more enjoyable. In this participatory workshop, farmer and musician Creek Iversen will lead the group through the music, lyrics, and history of work songs. Creek will share his knowledge of the musical techniques that can boost the cohesiveness and the productivity of a farm community.

*Creek Iversen, Sylvester Manor Educational Farm: creek.iversen@gmail.com*

### **A Midsummer Day's Dream: How to Keep Your Organic Garden Thriving till Harvest**

This workshop for beginning and intermediate gardeners offers a continuation of the introductory Seeds and Soil workshop from Session I. The farmers of Garden of Eve Organic Farm & Market in Riverhead will provide tips and tricks for outsmarting pests, staying ahead of weeds, and avoiding disease on your plants. Chris and Eve will discuss a few of the most common pests, the various organic pest control methods, and where to find the right supplies. Participants are encouraged to come with questions.

*Chris and Eve Kaplan-Walbrecht, Garden of Eve Organic Farm & Market:  
farmer@gardenofevefarm.com*

### **Edible and Medicinal Herb Walk with the Natural Nurse**

Join Natural Nurse Dr. Ellen Kamhi on a walking tour to learn which of Long Island's wild weeds can be made into medicine or eaten as food. Dr. Kamhi is a medical school professor and a master herbalist. Her discussion will cover the historic and folkloric roots of medicines as well as the various leaves, stems, fruits, and seeds that are the mainstays of the human diet on Long Island and around the world.

*Ellen Kamhi, PhD, RN, The Natural Nurse: naturalalt@juno.com*

### **Schools of Organic Growing Practices for Gardeners and Farmers**

This workshop will explore a variety of chemical-free practices that are available to farmers and gardeners interested in organic growing. The methodologies we will cover include nutrient-dense, biodynamic, and permaculture practices. We will discuss what it means to be an organic garden or farm and we will consider the benefits and limitations of USDA organic certifications.

*Andrew Faust, Center for Bioregional Living: contact@homebiome.com*

*Jeff Frank, The Nature Lyceum: JTF4647@aol.com*

*Dan Kittredge, Bionutrient Food Association/Real Food Campaign: dan@realfoodcampaign.org*

*Steve Storch, Natural Science Organics: biodyn@optonline.net*

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