



Ecological Farmers
OF ONTARIO



FARMSTART
supporting a new generation of farmers



December 4-6, 2014 - YMCA Geneva Park, Orillia

ECOLOGICAL FARMERS OF ONTARIO CONFERENCE 2014

Celebrating 35 Years of Learning, Farming and Sharing



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WELCOME

Welcome to Ecological Farmers of Ontario Conference!

This conference is intended to bring together farmers from across the province to share ideas, learn from experts in the field, and of course, celebrate with a big party! It is the result of a collaboration between several organizations in Ontario that work hard to support ecological farmers.

In addition, the program this year was put together with the input of over 20 farmers who participated in an advisory planning committee. FarmStart and the EFAO, along with supporting partners Farms at Work, Everdale, and The Bauta Family Initiative on Canadian Seed Security, want to thank everyone who made this conference possible and wish you a wonderful conference experience.



The theme for this year's conference, Celebrating 35 years of Learning, Farming and Sharing, is a recognition of the deep roots of the EFAO in the Ontario farming community. We want to honour the pioneers that built the organization and look ahead at where we will go in the next 35 years. The visionary farmers that helped shape 35 years of learning, farming and sharing in the EFAO built an open supportive community where new ideas could be demonstrated, and being an alternative farmer was celebrated. Early in 1979 an informal network of farmers held a meeting and decided to create an association, which would provide opportunities for them to share and develop their knowledge of how to farm without chemicals.

Today EFAO has over 500 active members and is growing. In 2014, we held over 40 educational events around Ontario. These events, which were attended by over 700 people, are driven by and reflect the needs and wants of the membership. The EFAO continues to exist because a group of amazing farmers, dedicated volunteers, and staff members want to keep the sharing of great ideas alive in the farming community. So much information is available online now, but there is real value in visiting someone's farm, having them show you how they do things, and then sitting down to a sumptuous potluck lunch with a group of farmers. After 35 years, we like to think not much has changed. We still need kitchen table meetings, farmer-to-farmer training, lots of great social events and potlucks (we are all in it for the food after all).

Anniversaries are a great opportunity to reflect on where we have come from, but they are also opportunities to ask where we are headed. The EFAO is a membership based organization, and so we want to hear from you, our members, about what we should be doing to support ecological farmers in the coming years. Check out our feedback wall to share your ideas and read the great ideas of your fellow members! And to get the most out of your EFAO membership, join us for a kitchen table meeting or farm tour, or join a committee and get to know your ecological farming neighbours.

Thank you for joining us to usher in a new chapter of EFAO's story and for what promises to be a great new tradition!

A handwritten signature in cursive script that reads "Shauna Bloom".

Shauna Bloom, Executive Director

CONFERENCE SCHEDULE

THURSDAY DEC 4, 2014

4 - 6pm	Conference and room check-in	Hike around property (4 - 5pm)
6pm	Dinner	
8pm	Open Mic & Campfire with The Sandy Pockets	

FRIDAY DEC 5, 2014

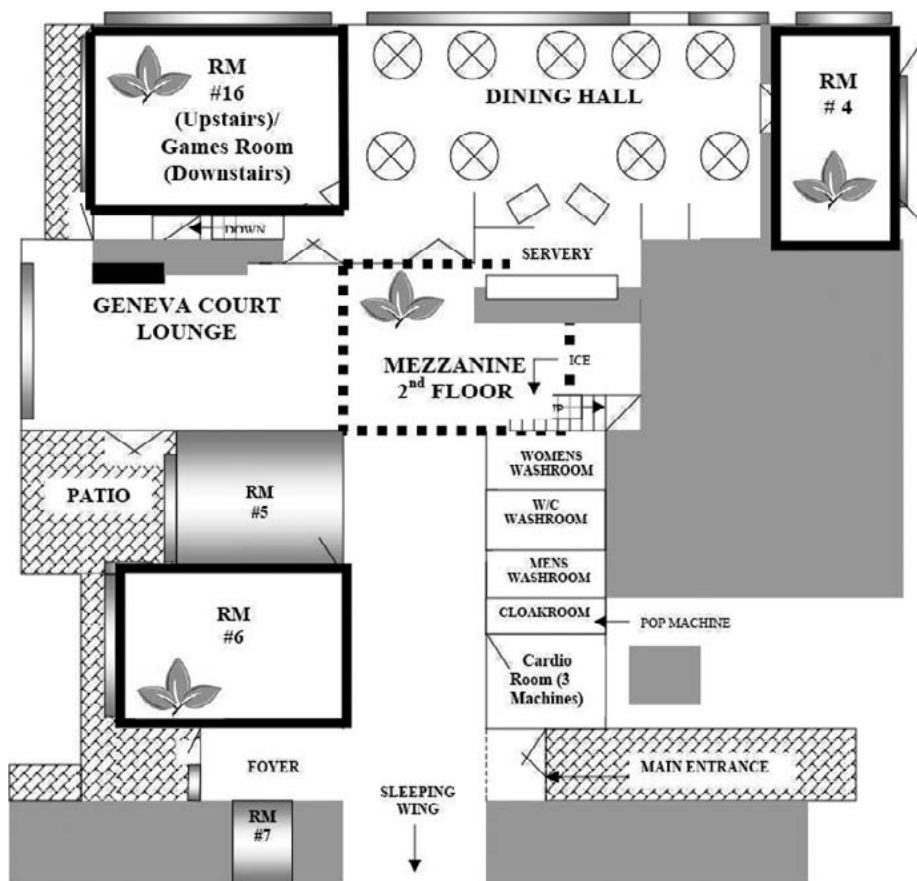
7 - 8:30am	Conference check-in for new arrivals		Breakfast for overnight stays (6:45 - 8:15am) Dining Hall Yoga (7-7:45am) – Tuck Shoppe		
8:30 - 10am	LIVESTOCK	VEGETABLES	STEWARDSHIP & ENERGY	VEGETABLE SEED PRODUCTION	BUSINESS & MARKETING
	Curious Grazing (Room 15)	Long-term Soil Health, Pest Control, and Environmental Management in High Tunnels (Room 16)	Creating Habitat for Beneficial Insects on Ecological Farms (Room 4)	Integrating Seed-Saving into Market Gardens (Room 6)	For Better Decisions, Know Your Costs of Production (Mezzanine)
10:30 - 11:30am	Keynote – Auditorium				
11:30 - 12:30pm	EFAO AGM – Auditorium				
12:30 - 1:30pm	Lunch – Dining Hall				
1:30 - 3pm	Carving our Niche – What restaurants and processors want! (Room 4)	Successful Draft Horse Methods for the Market Garden (Mezzanine)	Keyline Design and Water Management (Room 15)	Innovations in Seed Breeding On-Farm for Organic Systems (Matthew Goldfarb) (Room 6)	Producing Hops for the Micro Brewery Market (Room 16)
3:30 - 5pm	Taking Your Cheese Making to the Next Level (Mezzanine)	Crop Scheduling and Profitability for Year-round Farming in High Tunnels (Room 15)	Renewable Energy Farm Design (Room 16)	Collaborative Vegetable Seed Production (Room 6)	Developing an On-Farm Research Network in Ontario (Room 4)
4 - 6pm	Conference and room check-in		Bread & Cheese Tasting (5 - 6pm) – Geneva Court Lounge		
6pm	Dinner & EFAO 35th Anniversary Celebration – Dining Hall				
8pm onwards!	Contra Dancing & Campfire – Geneva Court Lounge				

CONFERENCE SCHEDULE

SATURDAY DEC 6, 2014					
7 - 8:30am	Conference check-in for new arrivals				
	Breakfast for overnight stays (6:45 - 8:15am) Dining Hall				
	Yoga (7 - 7:45am) Tuck Shoppe				
8:30 - 10am	LIVESTOCK	VEGETABLES	SOIL	DIVERSIFIED GRAIN	BUSINESS & MARKETING
	Winter Grazing (Mezzanine)	No-till Vegetables: Harnessing the Power of Cover Crops (Room 16)	Advanced Soil Biology: Nutrient Release, Disease Suppression & Support with Teas (Room 15)	Part 1: Selecting Varieties and Designing a Crop Rotation (Room 6)	Profitability on the Market Garden (Room 4)
10:30 - 11:30am	2014 Issues Round Up – Auditorium				
11:30 - 1pm	Lunch – Dining Hall				
1 - 2:30pm	Farrowing Your Own Pigs (Mezzanine)	Successfully Managing the Winter High Tunnel (Room 16)	Increasing Soil Carbon & Getting Compost Right (Room 15)	Part 2: Choosing the Right Equipment for Your Scale of Production (Room 6)	Collaborative Distribution Models (Room 4)
3 - 4:30pm	Managing Worms in Sheep (Mezzanine)	Is Scaling Up Right for You? The economics of wholesale production (Room 16)	Making the Most of Your Soil: Getting Higher Quality and Yield with Fewer Inputs (Room 15)	Part 3: Marketing and Profitability for Diversified Grains (Room 6)	

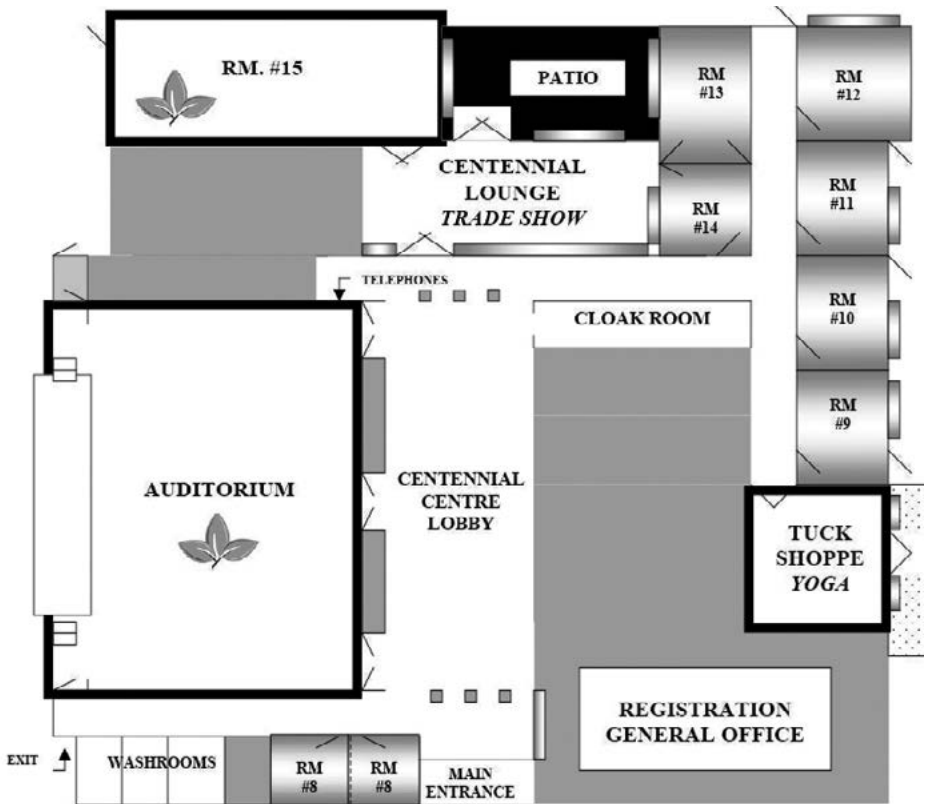
SITE LAYOUT

Geneva Court Building



SITE LAYOUT

Centennial Centre Building



Geneva Park is secluded from modern life and does not have TV or internet available in the rooms. For absolute cyberspace emergencies, we have top secret internet access available. Contact the registration desk. It is best to plan to be incommunicado.

PLENARY SESSIONS

FRIDAY 10:30 - 11:30am, Auditorium

► KEYNOTE: Growing Clean Water: Managing for a Deep Topsoil Future



Abe Collins is a Vermont-based grazier, educator and consultant with a passion for topsoil formation and farmer leadership in achieving grassland productivity and environmental security. He has milked cows, herded sheep, and finished beef cattle. Abe's company Collins Grazing focuses on new topsoil outcomes for producers and communities. He has helped clients on ranches and farms in the US, Canada, Mexico and Australia to grow more and better grasslands, improve topsoil health,

design scientific research initiatives, design and build farm infrastructure and deploy advanced soil and environmental monitoring technologies. Abe is also the co-founder and a board member of the Soil Carbon Coalition, a board member of the Grassfed Exchange, and the Chair of the Soil and Water Task Force of the Vermont Farm to Plate Initiative.

SATURDAY 10:30 - 11:30am, Auditorium

► 2014 Issues Round Up

Panelists will present what has transpired in the past year around neonicotinoids and pollinators, protection of Ontario's farmland and the changes in Canada's seed laws, and discuss what follow up actions ecological farmers can take.

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Julie White is a small certified organic honey producer located in Prince Edward County. She is also a board member of the Ontario Beekeepers' Association and is currently Chair of the Communications and Membership Committee and a member of the Issues Management Committee.

Ann Slater has 30+ years experience marketing her produce through a CSA, as well as at the St Marys Farmers Market. Out of 6 acres of land she has 1.5 acres in intensive vegetable production! Ann is a past president of the EFAO, and the National Farmers Union (NFU) Vice President of Policy in 2014.

Matt Setzkorn is the Executive Director of the Ontario Farmland Trust. Matt has a B.Sc. (Agr.) degree in Agroecology from the Ontario Agricultural College at the University of Guelph. Matt served as OFT's Policy Coordinator for several years before stepping into the ED role.

Nathan Carey is an NFU director in Grey County. He runs Green Being Farm, a diversified, ecological, direct-to-customer operation, alongside his wife Tarrah Young. Nathan is a passionate advocate for sustainability, equity and resilience in agriculture.

WORKSHOPS

FRIDAY 8:30 - 10:00am

► Curious Grazing

Room 15, Livestock Production

Come learn about grazing, cropping, and soil treatments that producers around the world are working with in their whole-farm systems, including cocktail cover-cropping and mob grazing.

See page 6 for **Abe Collins'** bio.

► Long-term Soil Health, Pest Control, and Environmental Management in High Tunnels

Room 16, Vegetable Production

This session will examine how to manage soils in high tunnels in order to maintain long-term health and manage soil-borne diseases and pest pressure.

Adam Montri is the Hoophouse Outreach Specialist at Michigan State University. His focus is on year-round farming using high tunnels, storage crops, and outdoor production. He and his family also run Ten Hens Farm where they farm 12 months of the year and sell to restaurants, other farms, and one farmers market.

► Creating Habitat for Beneficial Insects on Ecological Farms

Room 4, Stewardship & Energy

Learn how to create habitat for beneficial insects, including pollinators, predators, and parasitoids by using non-crop land, space around buildings, fencelines, pastures, intercropping, and other techniques.

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Susan Chan manages the Native Pollinators Program at Farms at Work, advocates for native pollinators and is the author of *A Landowner's Guide to Conserving Native Pollinators in Ontario*. Susan is an ecological beekeeper, lecturer at Fleming College and Trent University, co-founder of the Lakefield Farmers' Market and owner of Ten for Joy Farm near Peterborough.



► Integrating Seed-Saving into the Market Garden

Room 6, Vegetable Seed Production

Learn strategies and techniques on how to effectively integrate high quality seed production into your market garden.

Daniel Brisebois, co-author of *Crop Planning for Organic Vegetable Growers*, is one of the 5 members of Tourne-Sol co-operative farm in Les Cedres, Quebec. Tourne-Sol produces certified organic vegetables, flowers, seeds, seedlings and herbal teas on 12 acres, and distributes its products through a 300-share CSA, farmers market, and on-line seed catalogue.

FRIDAY 8:30 - 10:00am

► For Better Decisions, Know Your Costs of Production

Mezzanine Room, Business & Marketing

Knowing your full Costs of Production helps you decide what to grow, prices to charge, how much to promote, where to consider becoming more efficient, in which season(s) to harvest, and so many other decisions.

David Cohlmeier operated Cookstown Greens for 24 years. He was recognized as Ontario Supplier of the year in 2002, National Supplier of the year in 2007, and received the 2010 Governor General's award for Stewardship and Sustainability. David is now providing consulting services for farmers and is an approved Growing Forward Farm Advisor.

FRIDAY 1:30 - 3pm

► Carving Our Niche - What Restaurants and Processors Want!

Room 4, Livestock Production

Growing demand for sustainable, natural and grass fed meats is growing. Join our panel to learn what consumers want and how best to meet demand while maintaining your brand integrity, quality of cuts and sustainability ethic.

Dave Meli is the Executive Butcher at The Healthy Butcher, where he works directly with 75 farmers across Ontario, oversees the dry ageing program, coordinates with abattoirs, and ensures that butchering is done according to the business' impeccable standards. He is also Red Seal Chef and graduate of the George Brown Culinary Management Program.

Court Desautels is the Group Leader and C.O.O. of the Neighbourhood Group of Companies, which includes the Borealis Grille & Bar and the Woolwich Arrow Pub. He has a diploma in Marketing Management from George Brown College, and recently opened the Borealis Grille and Bar with his father in Guelph.

► Successful Draft Horse Methods for the Market Garden

Mezzanine Room, Vegetable Production

Combining a passion for draft horses and producing quality vegetables and small fruit for a medium sized CSA has produced a profitable farm enterprise for Ken and Martha Laing near St. Thomas. In this workshop Ken will explain why and how it works so well and will share his experience with horse equipment old and new.

Ken Laing and his wife Martha started farming in 1979 and purchased their first draft horses in 1980. They have operated a pick-your-own small fruit operation, grown organic field crops, Christmas trees and started a CSA in 1997 which has become the main enterprise at Orchard Hill Farm with 220 main season shareholders and another 100 in fall extension.

► **Keyline Design and Water Management** Room 15, Stewardship & Energy

Keyline farming is a whole-system approach to accelerated topsoil formation and broad scale farm design and management developed in Australia beginning in the 1940s by the late P.A. Yeomans and family. This workshop will outline the Keyline soil improvement process and Keyline landscape design.

See page 6 for **Abe Collins'** bio.

► **Innovations in Seed Breeding On-Farm for Organic Systems**

Room 6, Vegetable Seed Production

Fruition Seeds works with 8 organic farms in the Finger Lakes Region of western New York on over 20 different crops for the purposes of developing regionally-adapted varieties for organic production. In this workshop, Matthew will share some successes and challenges in developing these collaborations and offer strategies on how this can be replicated in other regions.



Matthew Goldfarb, who started farming in the 1994, and **Petra Page-Mann**, a life-long seed saver, are the co-owners of Fruition Seeds. Their breeding and variety improvement efforts are focused on taste and productivity for Northeast farmers and gardeners.

► **Producing Hops for the Microbrewery Market**

Room 16, Business & Marketing

Craft beer is taking off in Ontario, and many microbreweries are interested in sourcing Ontario hops. Come listen to our panel of experts discuss the many considerations in growing these vines, from the quality brewers require, to quantities, yield varieties, and start up costs.

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Cherie Swift, along with her partner **Evan Elder**, began **Dornoch Hops** in 2012. They have been experimenting with 33 different varieties, expanding to a 6 acre yard, and have developed a propagation business.

Evan Elford is the New Crop Development Specialist with the Ontario Ministry of Agriculture, Food and Rural Affairs (OMAFRA) based in Simcoe, Ontario. He works on developing information related to specialty crop production and marketing for a range of crops including ethno-cultural vegetables, specialty berries, specialty grains, and hops.

Michael Duggan is Canada's most award winning brewmaster over the past 10 years. He was the founder of Mill Street Brewery, and has created many varieties of beer, notably the No.9 IPA which was recently voted best Ontario IPA. Mr. Duggan also created the Ontario Beer Company, which provides the province with the only 100% locally sourced beers.

► **Taking Your Cheese Making to the Next Level**

Mezzanine Room, Livestock Production

If you are looking to expand into cheese production, or to scale up your current cheese operation, then join us for this informative panel discussion that will provide much insight into what's required to take your cheese-making to the next level.

Elisabeth Bzikot and her husband Eric established the British Milk Sheep breed in Canada from embryos imported from Britain. Elisabeth became chair of the Ewenity Dairy Co-op, which began production in 2001. In 2007, the Bzikots established Best Baa Dairy in Fergus, Ontario, which is dedicated to 100% sheep milk processing.

Ruth Klahsen owns and operates Montforte Dairy. After 9 years, Monforte Dairy has grown to fill a 5,800 ft² facility and produce 30 different kinds of cheese, which are sold directly to high-end restaurants and at roughly 30 farmers' markets per week.

Katie Normet launched River's Edge Goat Dairy in 2005 and has since won several awards for her products and entrepreneurship. River's Edge now produces over 50,000 litres of milk each year, and their goat cheeses, meat, soaps and creams can be bought at the farm and at the Guelph Farmers' Market.

► **Crop Scheduling and Profitability for Year-round Farming in High Tunnels**

Room 15, Vegetable Production

Join us as for an in-depth look at real, on-farm examples of successful high tunnel crop schedules, strategies used to determine prices, and simple record-keeping techniques to help you decide when to hire employees and how much you can afford to pay them.

See page 7 for **Adam Montri's** bio.

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► **Renewable Energy Farm Design**

Room 16, Stewardship & Energy

In this workshop, you'll meet a farmer growing sunflowers for biodiesel, and a pastured livestock farmer who will lead you through a virtual tour of their sustainable farm energy systems and ecological production techniques.

Tony McQuail, together with his wife Fran, have been operating a 100 acre family farm in Huron County since 1973. Their certified organic farm is a mixed livestock operation where they raise cattle, pigs, and poultry on pasture, and use Belgian draft horses. They have experience raising sheep and goats, managing an orchard, and running a market garden.

Mat Redsell is a new organic farmer who has been pressing hemp, flax, and sunflower oils for human consumption, as well as using sunflower oil for fuel in diesel engines. For the past 10 years he has been living totally off grid in Elgin County. He uses solar systems for hot water and has built his own windmill, double walled house, and underground greenhouse.

► **Collaborative Vegetable Seed Production**

Room 6, Vegetable Seed Production

This session looks at the collaborative vegetable seed production project, Seeds of Transition, to highlight different market development strategies for scaling up ecologically produced vegetable seed across Canada.

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Kim Delaney is the owner of Hawthorn Farm, a certified organic vegetable seed production farm near Palmerston, Ontario. Hawthorn Farm offers a wide variety of organic open-pollinated seeds to both home gardeners and market gardeners. Kim is also one of the founding members of the Eastern Canadian Organic Seed Growers' Network and Seeds of Transition.

Aaron Lyons is the Field/Greenhouse manager, and responsible for harvesting and seed cleaning at Hawthorn Farm Organic Seeds. Aaron teaches basic seed saving as well as seed cleaning workshops in Wellington County and is a strong advocate of open source seed and public domain breeding projects.

► **Developing an On-Farm Research Network in Ontario**

Room 4, Business & Marketing

Help the EFAO craft a farmer-directed on-farm research network here in Ontario and provide feedback on the types of projects you want to get started.

Shauna Bloom completed a PhD at the University of Guelph, where she focused on local, organic and sustainable food systems and organizational capacity. For the past 12 years Shauna worked on local, organic food and farming issues as a researcher and writer for organizations before taking on the role of ED with the EFAO.

Helen Jensen is the Quebec Regional Program Coordinator for The Bauta Family Initiative on Canadian Seed Security (BFICSS). Through her work with the BFICSS, Helen coordinates an on-farm breeding program at the University of Manitoba, and is currently leading an on-farm research trial of open pollinated leafy greens in Eastern Canada.

Thorsten Arnold has worked for the Conservation Authorities on Drinking Water Source Protection and co-founded the Grey Bruce Centre for Agroecology Cooperative, a network of farmers who are promoting local sustainable food systems through workshops and projects. He is also engaged in Persephone Market Garden, his wife's market garden.

See page 13 for **Elizabeth Dyck's** bio.

► **Winter Grazing**

Mezzanine Room, Livestock Production

Darrell Roes has developed a hydroponic barley sprouting operation which not only improves the nutrient value of his meat and eggs, but also allows him to finish cattle year-round on grass alone. Learn how to reduce feed costs, provide a fresh diet for your livestock year-round, and increase the amount of livestock you can grow on a small acreage.

***Darrell Roes** spent 15 years operating a commercial hog operation while working in animal nutrition with Ralston Purina. After becoming disillusioned with the lack of attention to animal health and welfare in conventional production methods, he bought a 26-acre farm where he raises a mixture of pastured poultry, pigs and cattle organically (non-certified).*

► **No-till Vegetables: Harnessing the Power of Cover Crops**

Room 16, Vegetable Production

This workshop will give an introduction to both high-residue winter-hardy and low-residue winterkilled cover crops that can facilitate no-till production, with more detailed information on using forage radish as a cover crop prior to early spring vegetables. Topics will include equipment, nutrient cycling, cover crop establishment, and soil quality.

***Natalie Lounsbury** is the extension coordinator for a University of Maryland project on Low-Residue Winterkilled Cover Crops for No-till Vegetable Production. She researched this system for her M.S. and is currently continuing research and outreach from her family's farm in (much colder) Maine. You can keep up with her work at www.notillveggies.org.*

► **Advanced Soil Biology: Nutrient Release, Disease Suppression and Support with Teas**

Room 15, Soil

This session dives into the depths of your soil microbiome and how it cycles nutrients and suppresses disease. Practical uses of aerated compost teas and plant extracts will be discussed for small and large scale operations.

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***Joel Williams** has worked back and forth between Australia and the UK for the past 12 years, as a consultant and grower. He currently works at a London University creating an edible campus and growing organic vegetables. He has a keen interest in managing soil microbial balance and plant and soil nutrition to optimize plant immunity, soil health and carbon sequestration.*

► **Diversified Grain Production Part 1: Selecting Varieties and Designing a Crop Rotation**

Room 6, Diversified Grain Production

Learn from three experts in diversified grain production for this 3-part full-day session as they share their best practices in Ontario and abroad. These growers will discuss how they are responding to, and dealing with, both the agronomic and

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economic challenges of growing diversified heritage grains in ecological farming conditions. This full day workshop is divided into three parts that can either be attended in sequence or individually.

George Wright, of Castor River Farm has been growing grains organically for the last 20 years and selling them at his local farmers' market for the last 5 years. He mills about 12 different grains into flour right in front of his market customers. Rolled and steel cut oats are his most popular products.

Thor Oechsner farms approximately 1,000 acres of certified organic grains on rented land throughout the Finger Lakes region of New York. Thor is also at the centre of Farmer Ground Flour, a co-operatively owned mill grinding local organic grains, and Wide Awake Bakery which operates a year-round 700-member bread CSA.

Elizabeth Dyck, founder and coordinator of the Organic Growers' Research and Information-Sharing Network (OGRIN), has been growing organically for almost 50 years. She has conducted participatory research with organic and low-input farmers and gardeners in Kenya, Minnesota, New York, and Pennsylvania.

► Profitability on the Market Garden

Room 4, Business & Marketing

This workshop will look at some easy to use profitability benchmarks to evaluate whether your crop selection is profitable or not, and explore the different aspects of farming systems that might be contributing to or hindering your profitability.

See page 7 for **Dan Brisebois'** bio.

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SATURDAY 1 - 2:30pm

► Farrowing Your Own Pigs

Mezzanine Room, Livestock Production

If you are a pork producer looking for ways to reduce your off-farm input requirements, and like the idea of being able to breed for traits best-suited to your farm, then join this panel to learn about the ins and outs of farrowing your own pigs.

Jeffrey Linton has been in the pig business all his life, working with his parents on their farrow to finish operation in Huron County, Ontario. He started Linton Pasture Pork, a small farrow to finish family farm in Walton, Ontario that practices humane, sustainable production and is built around providing the best care and comfort for their animals.

Rory Burke has been involved in the pig business since 2008 when he and his wife Maya moved their family to the Trent Valley in Northumberland County. He husband a small herd of Berkshire-Tamworths outdoors year round, and his pork products have been served in many well known Toronto restaurants. Rory also raises beef cattle and produces cash crops.

► **Successful Managing the Winter High Tunnel**

Room 16, Vegetable Production

Learn how to increase your ability to successfully produce fresh products year-round in high tunnels. Topics will include crop selection, Fall and Spring planting dates, and management of an internal cover in the coldest parts of the year.

See page 7 for **Adam Montri's** bio.

► **Increasing Soil Carbon and Getting Compost Right**

Room 15, Soil

Find out how compost quality and careful application are key factors in crop health, weed pressure and building soil carbon. Learn cost effective methods to work with mycorrhizal fungi to grow soil carbon and make high quality compost while addressing soil deficiencies.

See page 12 for **Joel Williams'** bio.

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► **Diversified Grain Production Part 2: Choosing the Right Equipment**

Room 6, Diversified Grain Production

See page 12 for workshop description.

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► **Collaborative Distribution Models**

Room 4, Business & Marketing

Join Local Organic Food Coops Network representatives and other food hub operators to learn more about the possibilities that working collectively to distribute can offer.

Franco Naccarato is Program Manager with The Greenbelt Fund, and joined the Fund upon its inception in September 2010 after being the Supervisor of Foodservice with Foodland Ontario at the Ministry of Agriculture and Food.

James Partenan is the Co-op Coordinator and Canning Coordinator at the West End Food Co-op (WEFC). James helped open and coordinate the WEFC Store since its beginnings several years ago.

Cindy Phillips and her husband Jess grow organic vegetables for sale through a CSA and at the Singhampton Farmers Market. Cindy was a founding board member of the Grey County Chef's Forum and now manages the group's Food Hub.

Hannah Renglich is the Network Animator of the Local Organic Food Co-ops (LOFC), a network of food and farming co-ops working towards a co-operative and sustainable food system by strengthening the food co-op movement in Ontario.

► **Managing Worms in Sheep**

Mezzanine Room, Livestock Production

Many shepherds experience great difficulty in managing parasitic nematodes in their sheep. There are exceptions though, and Carol Coleman Trotter is one of them. Join us for this informative workshop as this successful shepherd explains how she, and others like her, are employing ecological methods to maintain the health of their flocks.

Carol Coleman Trotter has maintained a modest flock of purebred Corriedales since 1983, most recently on her organic farm in Leaskdale, Ontario. Over the years, Carol has been both a volunteer and sheep event coordinator with the Royal Agricultural Winter Fair and with The Ontario Sheep Marketing Agency.

► **Is Scaling Up Right for You? The Economics of Wholesale Production**

Room 16, Vegetable Production

Brent and Gillian will discuss the evolution of their farm from one growing a wide variety of crops to a more specialised, high-volume production for wholesale clients. Topics will include production systems, equipment, infrastructure, marketing and labour, as well as food safety certification and the economics of running a profitable wholesale vegetable business.

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Gillian Flies and **Brent Preston** operate The New Farm, which sells organic vegetables to fine restaurants and specialty retailers in the GTA and south Georgian Bay areas. They also have an innovative partnership with The Stop Community Food Centre to make their food accessible to low income Torontonians. They both work full-time on the farm.

► **Making the Most of Your Soil: Getting Higher Quality and Yield with Fewer Inputs**

Room 15, Soil

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Learn how to leverage the fertility you already own and how to maximize the inputs you buy. We will look at some of the details of nutrient behaviour in soils and cover general programs for using soil and foliar fertility inputs.



See page 12 for **Joel Williams'** bio.

► **Diversified Grain Production Part 3: Marketing & Profitability**

Room 6, Diversified Grain Production

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See page 12 for workshop description.



TRADE SHOW

Right in the middle of the conference action you will find the Trade Show. The exhibitors there are all invested members of Ontario's ecological agricultural community, be they suppliers of equipment and inputs, consultants, educators, or community or industry organizations. Whether you're a first year farmer or a seasoned pro, this is the place to network, explore, share your stories, and learn something new.

ENTERTAINMENT

► Thursday: Open Mic & Campfire with The Sandy Pockets

The Sandy Pockets will be performing live and hosting an open mic... so dust off those dancin' shoes and bring along your favourite instruments to share your talents! The Sandy Pockets got their start in the basement of a farmhouse while working together at Wheelbarrow Farm, and they've been filling dance floors ever since!

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► Friday: 35th Anniversary Dinner & Dancing

Join us for a delicious local, organic dinner, followed by stories and reflections on EFAO's 35-year history from member farmers. Then contra dance the evening away with Relative Harmony! Judy Greenhill, Rick Avery, and Jonathan Avery have performed together across southern Ontario and throughout the American Midwest, and we are thrilled to have them join us at the conference and lead us in an evening of good old fashioned fun. Never tried contra dancing before? Don't worry, Judy will teach all the dances as we go!



Relative Harmony

MEALS

We have been working with Chef Andy and his team at YMCA Geneva Park to feature a variety of local and ecological foods for our conference meals. Thank you to our food donors for helping to make this possible. See you in the Dining Hall!

Food and Beverage Donors:

Beau's Brewery

Camino

Duggan's Brewery

Field Gate Organics

Frogpond Farm

Organic Winery

Grounded Coffee

Harmony Organic Dairy

Mapleton's Organic Dairy

Ontario Natural Food Coop

Organic Meadow Cooperative

Pfenning's Organic Farms

Reimer Vineyards

SPECIAL FEATURES

► **EFAO Annual General Meeting and Elections** **Friday 11:30am, Auditorium**

Agenda:

1. Approve Agenda
2. Approve Minutes from 2013 AGM
3. Presentation of Annual Report
4. President's Address
5. Treasurer's Report (Appointment of Auditors for 2015)
6. Board Elections
7. Adjourn

Thank you to our outgoing board members: Dave Smith, Gregory Hill, Tom Waller, Roger Rivest, Cherie Swift, and Ryan Hayhurst.

► **Networking & Meetings**

The following meetings are being held before or during the conference:

1. Networking Session for Farmer Trainers (Thursday 2 - 4pm, Room 4)
2. First meeting of EFAO's Northeastern Region Committee (Thursday 4:30 - 6pm, Room 4)
3. FarmLINK Meet and Greet (Thursday 7:30pm, Room 4)

► **Silent Auction** **Located around the corner from the Dining Hall**

EFAO members, conference presenters, sponsors and other supporters have generously shared their talents and specialty items for our Silent Auction. Proceeds will contribute to conference costs and future EFAO programming. The Silent Auction opens at 12:30pm on Friday and closes at 1pm on Saturday. Cash, cheques and credit card payments for winning bids will be accepted.

► **Bread & Cheese Tasting** **Friday 5 - 6pm, Geneva Court Lounge**

Sample a variety of Ontario artisan cheeses and sourdough breads from local baker Bennet Deakin. These stone-oven baked loaves are made exclusively from Ontario grown, organic grains, including red fife wheat, spelt, rolled oats, buckwheat, and rye. Learn how to grow these delicious grains during our three workshops on Diversified Grain Production on Saturday! Cheeses will also be available for sale.

SPECIAL FEATURES

-
- **Yoga**
Friday & Saturday mornings 7 - 7:45am
Centennial Centre “Tuck Shop”

Come breathe, move and get focused for the day ahead!

- **Family room**

Located in the Geneva Park Lodge, the Lodge Lounge is a family room reserved for children and guardians to utilize. The room is equipped with a fridge, cable TV, and a small beverage station. Please note that there is no supervision from either a conference staff member or a Geneva Park professional in this room.

- **Carrot Cache Innovation Prize**

Two separate \$500 prizes will be awarded for innovative, low cost solutions to planting, harvesting, and managing food grown on Ontario organic farms. Submissions are displayed outside of the Dining Room near the Silent Auction and we are asking conference participants to vote for their favourite project. Vote with the sticker provided in your registration package!

- **Bursaries**

Conference bursaries were provided to participants thanks to the generous support of the Greenbelt Farmers Market Network, FarmStart, FedNor and Ken Laing.

NOTES

NOTES

THANK YOU!

This conference would not have been possible without the hard work and generosity of our Supporting Partners, Sponsors (see back page), and the following individuals:

Conference Organizing Staff: Laura Schreiner (Event Coordinator, EFAO), Heather Jakeways (Conference Coordinator, EFAO), Rebecca Hodges (Training and Resources Coordinator, EFAO and FarmStart), Cherie Bauman (Administrative Manager, EFAO and FarmStart), Shauna Bloom (Executive Director, EFAO), Ali English (Programs Development, EFAO and FarmStart), Fiona Campbell (Production Editor, EFAO), Christie Young (Executive Director, FarmStart), Melissa Watkins (Director of Programs and Operations, FarmStart)

Conference Organizing Partners: Aabir Dey (Ontario Regional Program Coordinator, The Bauta Family Initiative on Canadian Seed Security and Everdale), Pat Learmonth (Director, Farms at Work), Jay Adam (Program Coordinator, Farms at Work), Harris Ivens (Grounded Business Solutions), Carolyn Young (Sustain Ontario)

EFAO Conference Program Advisory Committee: Jeff Boesch, Angie Koch, Tarrah Young, Ken Laing, Terry Hoover, Kristine Hammel, Ian Stutt, Tom Waller, Ruth Knight, Harris Ivens, Allison Muckle, Leia Weaver, David Cohlmeier, Karen Maitland, Terry Good, Chris Litster, Thorsten Arnold, Aabir Dey

EFAO Conference Food Advisory Committee: Karen Maitland, Cathy Hansen, Chris Litster and Heather Lekx

35th Anniversary Celebration Team: Tony and Katrina McQuail, Angie Koch, Ken Laing, Karen Maitland, Ann Slater

Photographer: Mike Smith

Audio recording: Farm Management Canada

Baker: Bennet Deakin

About the Artwork

The painting that illustrates this year's conference website and program was created by artist and farmer Jessica Weatherhead from Roots and Shoots Farm in Ottawa. To see more of Jessica's artwork please visit jessweatherhead.com.



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