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Ecological Farmers of Ontario Conference

Our Living Soils

December 3 - 5, 2015 at Four Points by Sheraton, London

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Ecological Farmers
ASSOCIATION OF ONTARIO

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Welcome

Welcome to the Ecological Farmers of Ontario Conference!

Following our inaugural year in Orillia, it's exciting to bring this year's conference to London. This annual conference brings together farmers from across the province to share ideas, learn from experts in the field, and of course, celebrate with good food and friends! We hope to become a highlight in your annual calendar.

The theme of this year's conference, *Our Living Soils*, supports the United Nations' designation of 2015 as the International Year of Soils. Over the next three days, we will celebrate soil as the foundation of ecological agriculture and a truly sustainable food system, and offer practical strategies for improving the health of our soils and therefore the health of our farms and our communities. We are thrilled that this year's soil-themed keynote address will be given by the innovative and inspiring long-time EFAO member, Ken Laing.

This conference is the result of much collaboration. It is the result of contributions from amazing farmers, dedicated staff and volunteers, forward-thinking organizations, and generous local businesses and sponsors. Supporting conference partners include FarmStart, The Bauta Family Initiative on Canadian Seed Security, Everdale and the Local Organic Food Co-ops Network. Once again, the 30+ session program was put together with the input of over 20 farmers who participated in a program advisory committee. From the program, to Friday's member recognition ceremony, to Silent Auction and menu contributions, this conference truly reflects EFAO's spirit and strength as a member-driven organization.

On behalf of our whole team, thank you for making this conference possible and may you all have a wonderful conference experience!

Sincerely,



The EFAO Conference Organizing Team

From left to right: Ali English, Shauna Bloom, Naomi Krucker, Katie Baikie, Cherie Bauman

Thank you to EFAO members and supporters for another great year!

Curious about your membership status or renewal date? You can check your account online at www.efao.ca or ask at the conference registration desk.

Conference Schedule

Thursday, December 3			
	Monforte Dairy Tour (1-3pm)	Pfenning's Farm Tour (1-2:30pm)	On the Move Organics Tour & Food Hub Forum (Tour 2-3pm, Forum 3-5pm)
5-6:30pm	Conference Check-in (Balmoral Ballroom)		
6:30pm	Winter Picnic Dinner: 6pm Doors, 6:30pm Dinner, 8pm Social time, Live Music, Silent Auction (Balmoral Ballroom)		
7:30-8:30pm	Lucky in Land: Farmer and Landowner Meet n Greet (Windsor Boardroom)		

Friday, December 4					
6:45-7:30am	Yoga (Balmoral Ballroom)				
7-8:15am	Breakfast for Overnight Guests (Bristol Ballroom)				
7:30-8:30am	Conference Check-in (Trade Show Lobby)				
8:30-10am	LIVESTOCK <i>Sprouting Inc. Room</i>	HORTICULTURE <i>Manchester Room</i>	SOIL <i>Kensington Room 2</i>	SPECIALTY CROPS <i>Kent Room</i>	BUSINESS & MARKETING <i>Libro Room</i>
	CFO's New Artisanal Chicken Program: Overview and Discussion	Farmer-Led Breeding: Regionally-Adapted Vegetable Varieties for Market Gardens	Increasing Organic Matter in Your Soil	Introducing Cut Flowers to your Enterprise	Farmer Self-Care Round Table Discussion
10:30-11:30am	Plenary Session: Transforming the Food System from the Soil Up (Balmoral Ballroom)				
11:30-12:30pm	Ecological Farmers Association of Ontario Annual General Meeting (Balmoral Ballroom)				
12:30-1:30pm	Lunch (Bristol Ballroom)				
1:30-3pm	Fine-tuning Your Grass-fed Beef System	Tools and Design to Improve Efficiency in the Market Garden	Pasture and Carbon Sequestration	Growing Diversified Grains: Production Opportunities and Challenges	Exploring Wholesale Opportunities
3:30-5pm	Taking Your Grass-fed Beef Operation to the Next Level	High Tunnel Tomato Production	Farming to Feed Soil Microbes	Growing Diversified Grains: Marketing Opportunities and Challenges	Show me the money! A Conversation with Lenders

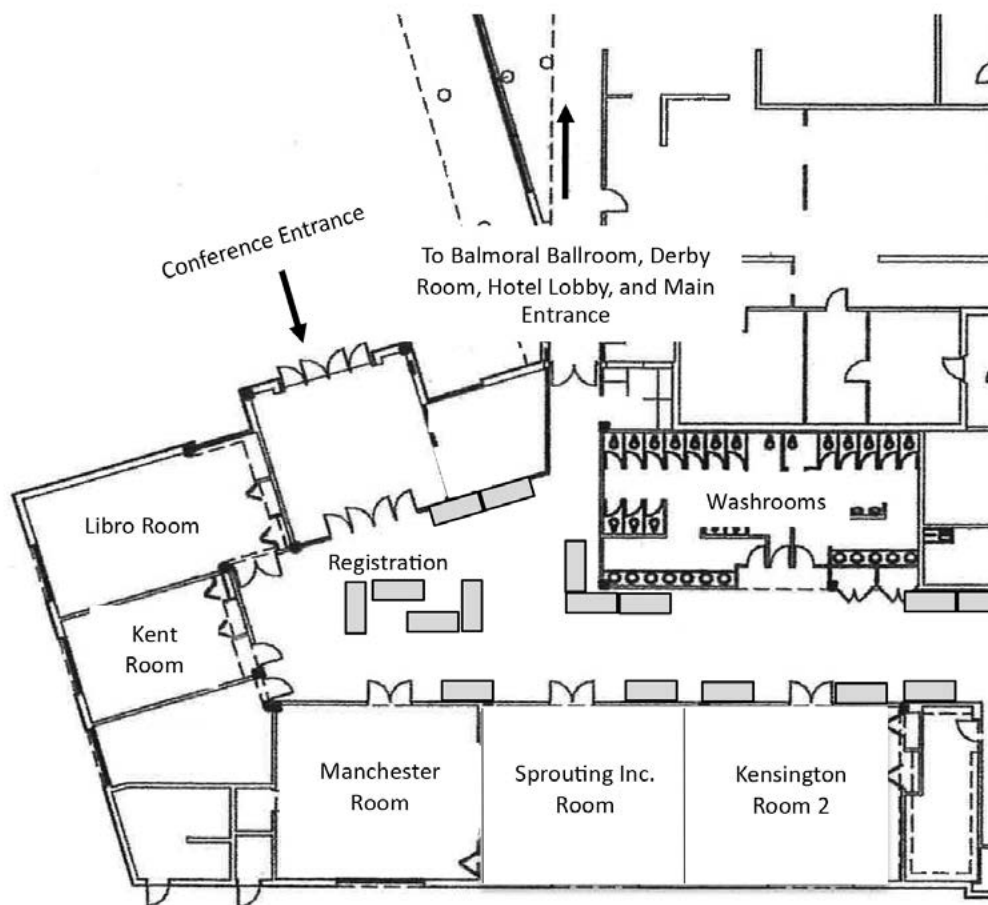
Conference Schedule

4-6pm	Conference Check-in (Trade Show Lobby)
5-6pm	Reception and Heritage Grain Tasting in Trade Show, Crop up North Video Screening (Trade Show Lobby)
6:30pm	Banquet Dinner and Member Recognition Ceremony: 6pm Doors, 6:30pm Dinner, 8pm Contra Dancing (Balmoral Ballroom)

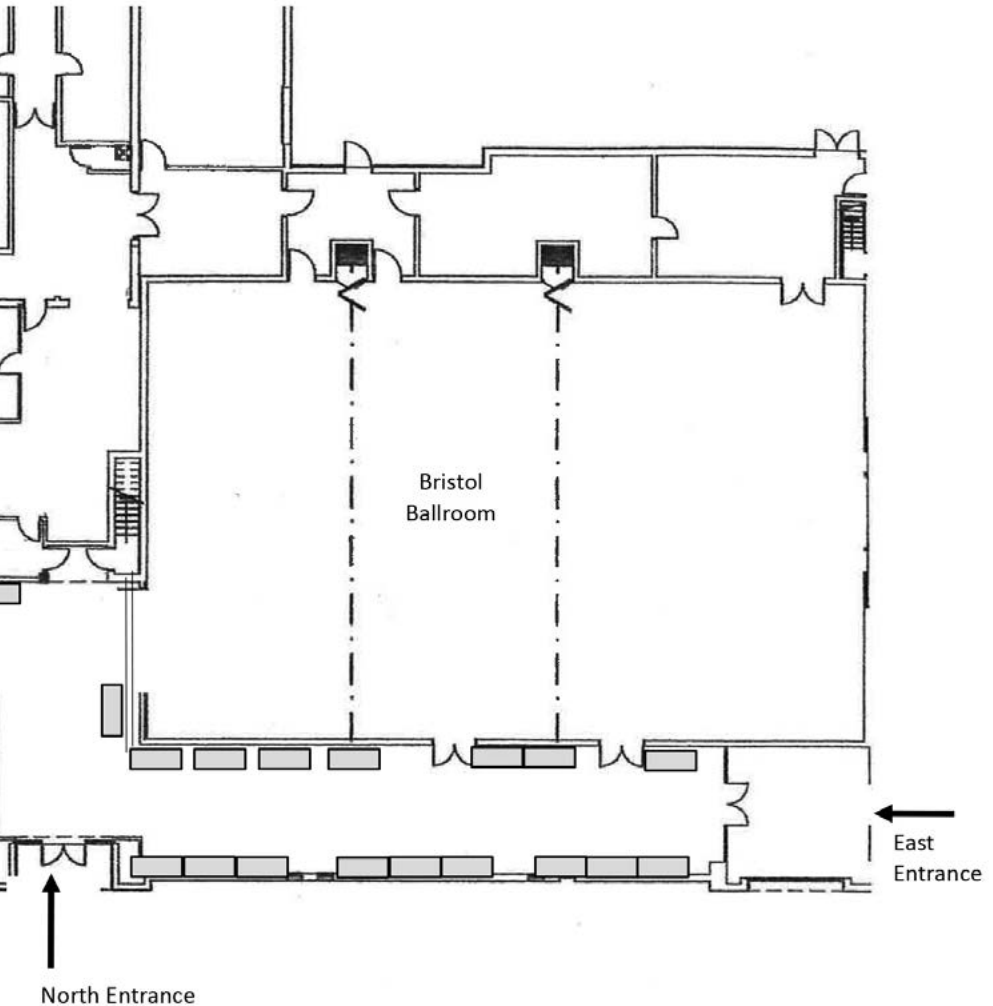
Saturday, December 5

6:45-7:30am	Yoga (Balmoral Ballroom)				
7-8:15am	Breakfast for Overnight Guests (Bristol Ballroom)				
7:30-8:30am	Conference Check-in (Trade Show Lobby)				
8:30-10am	LIVESTOCK <i>Sprouting Inc. Room</i>	HORTICULTURE <i>Manchester Room</i>	SOIL <i>Kensington Room 2</i>	SPECIALTY CROPS <i>Kent Room</i>	BUSINESS & MARKETING <i>Libro Room</i>
	Feeding the Organic Dairy Cow	High Tunnel Cucumber Production	The Soil System: A Geological Perspective	Fresh Forest Grown Shiitake Mushrooms	Small-Scale Certification Options Creating Farm 2.0: Using Internet Communication Technology to Grow Ecological Food Markets and Movements Roundtable (Balmoral Ballroom)
10:30-11:30am	Keynote Address: Soil Matters (Balmoral Ballroom)				
11:30-1pm	Lunch (Bristol Ballroom)				
1:30-3pm	Holistic Livestock First Aid Kit for Ruminants	Rogueing and Selection for Vegetable Seed Production	Interpreting Soil Tests and Tissue Samples to Optimize Crop Health	Innovations in Cover Crops	Labour Management: Creating a Strong Farm Team
3:30-5pm	Equipment for Mixed Rotational Grazing	No-till and Low-till Strategies in the Market Garden	Balancing Soil Nutrients For Crop Quality: Major Corrections and Little Tweaks	Edible Bean Production and Marketing	How to Start a Farm Co-Op

Conference Floorplan



Conference Floorplan



The Four Points by Sheraton Conference Centre has free wifi throughout that guests may access while on site. There is also on-site free parking and an ATM in the hotel lobby.

Keynote and Plenary Sessions

- **Plenary Session: Transforming the Food System From the Soil Up**
Friday 10:30am - 11:30am
Balmoral Ballroom

A sustainable agricultural food system depends on so many diverse elements to be successful, but all farmers can agree that soil is at the centre of it all. Soil is also at the centre of Heather Darby's work in Vermont. Heather will take us on a story-led tour of Vermont, highlighting the innovative work that farmers of all types are doing to combat both man-made and natural causes of soil degradation, in order to rebuild the foundation of the local food system.



This session sponsored by the Bauta Family Initiative on Canadian Seed Security.



***Heather Darby** is a farmer and agronomic and soils specialist for the University of Vermont Extension. She is involved with implementing many research and outreach programs in the areas of fuel, forage and grain production systems in the Northeast.*

- **Keynote Address: Soil Matters**
Saturday 10:30am - 11:30am
Balmoral Ballroom

The declaration of this as the International Year of Soils has helped us focus on the plight of our soils. Most farms have half or less of their original organic matter. This means that a lot of soil carbon has been released to the atmosphere and contributed to climate change. The problem is made worse for our soils by compaction from large machinery, too much tillage, on-going soil erosion and pesticides or fertilizer materials which damage soil life. The good news is that much of this soil degradation can be stopped and the soil regenerated. With the power of the sun and the ability of plants to photosynthesize we can enliven our soils and return carbon back to the soils where it belongs. Farmers have the potential to play a large part in the reversal of climate change with the advantage of also benefiting from soil that holds more water and nutrients and produces more nutritious food.

This session sponsored by Sprouting Inc.



***Ken Laing** and his wife Martha started farming in 1979. They operated a pick-your-own fruit operation, grew organic field crops and Christmas trees, and then started a CSA, Orchard Hill Farm, which has just completed its 19th season. Most of the farm work has been done with draft horses. Growing up on a farm with poor drainage, impervious clay subsoil, thin soils over gravel deposits and unimproved pasture 20-30 years into succession back to forest has heightened Ken's awareness of soil related issues. Thirty-six years of farming has added immeasurably to Ken's experience of understanding, managing and learning how to improve soils.*

Workshops

FRIDAY DECEMBER 4

8:30 am - 10:00 am

● **CFO's New Artisanal Chicken Program: Overview and Discussion** **Sprouting Inc. Room, Livestock**

Join CFO's Gwen Zellen as she provides an overview of the consultation process and launch of the new Local Niche Markets and Artisanal Chicken programs. Sarah Bakker of Field Sparrow Farms and NFU-Ontario will offer her perspectives on working with the CFO and submitting an application to the Artisanal Chicken Program.

***Dr. Gwen Zellen** is the Vice President of Quality, Technical Affairs and Sustainability at Chicken Farmers of Ontario (CFO). Gwen has an accomplished career within the Ontario agriculture and food industry, including as a poultry pathologist, working in a variety of OMAFRA branches, and leading Ontario's Food Safety Strategy development and implementation.*

***Sarah Bakker** has been raising pastured meats since 2005 with her husband on Field Sparrow Farms located on 100 acres in Bobcaygeon. Currently, they direct market grass-fed beef, pastured pork, and pastured chicken via food co-ops and farmers' markets. Sarah is also the General Manager of the NFU – Ontario.*

***Carolyn Young** is a former staff lead for Sustain Ontario, the alliance for healthy food and farming. Together with member organizations, she advocated for the support of healthier food systems through education, network development and collaborative action. She has worked on farms and farming issues in four provinces in addition to visiting farms across Canada and abroad as an Independent Organic Inspector.*

● **Farmer-Led Breeding: Regionally-Adapted Vegetable Varieties for Market Gardens** **Manchester Room, Horticulture**

Come learn about one of the most innovative organic plant breeding projects in North America. One that is working on improving and developing regionally-adapted greens, peppers, squashes, radishes, and beets for market gardens.

This session sponsored by the Bauta Family Initiative on Canadian Seed Security.



***Petra Page-Mann** and **Matthew Goldfarb** are the co-owners of Fruition Seeds. Their breeding and variety improvement efforts are focused on taste and productivity for Northeast farmers and gardeners.*

***Michael Mazourek** is a Vegetable Breeder and Calvin Noyes Keeney Assistant Professor of Plant Breeding at Cornell University. Michael's vegetable breeding program uses traditional methods of cross-pollination to develop new cultivars of pea, squash, melon, cucumber, bean, and pepper crop for organic farming systems.*

Workshops

● **Increasing Organic Matter in Your Soil** **Kensington Room 2, Soil**

Learn how organic matter contributes to your soil's health, functions, and crop productivity, and hear about practical and innovative strategies to manage and increase organic matter in your soil, from cover crops to compost applications and tillage practices.

See page 6 for **Heather Darby's** bio.

● **Introducing Cut Flowers to your Operation** **Kent Room, Specialty Crops**

Join this panel of flower-growers as they discuss their marketing strategies, examine the ins and outs of their business models, and share their experiences in the ecological cut flower market.

Stephanie Scott started her business, *Petals & Sprigs*, in 2014 on a small farm on borrowed land outside Waterloo growing flowers and herbs.

Theresa Schumilas has been an organic CSA farmer and food activist in St. Agatha for more than 30 years. She is now transitioning to growing sustainable cut flowers and is also building a new organization called *Open Food Networks Canada*, which will use internet and communication technologies to help the sustainable food movement scale up and out.

Joan Brady is a farmer and consultant working in business development with a focus on farm and food businesses. She also works with the *Local Organic Food Co-operatives Network* and is a long-time member of the *NFU* where she has contributed as a *National Board Member* and internationally.

● **Farmer Self-Care Round Table Discussion** **Libro Room, Business and Marketing**

It is too easy and too often in farming that we forget to care for ourselves. Join this discussion session as we explore and share ideas and opportunities for both physical and mental self-care.

Bethany Klapwyk and her husband **Seb Ramirez** run *Zócalo Organics*, a small organic farm in Hillsburgh. 2015 was their first full season on the farm, where they ran a 110-member CSA and did weekly vegetable and greens deliveries to 12 restaurants in Guelph, Cambridge, and Kitchener.

Workshops

1:30 pm - 3:00 pm

- **Fine-tuning Your Grass-fed Beef System**
Sprouting Inc. Room, Livestock

This session will focus on improving productivity and efficiency of your perennial pastures with an emphasis on the ecological functionality of the system. Topics will include year-round management including stockpiling, outwintering, soil health and fertility, pasture renovation and seeding mixes.

Laura Paine and her husband raise and direct market grass-fed beef on their 82-acre farm near Columbus, Wisconsin. She has worked as the Grazing & Organic Agriculture Specialist for the Wisconsin Department of Agriculture where she helped establish the Wisconsin Grass-fed Beef Coop, and is now the Program Director for the Dairy Grazing Apprenticeship.

- **Tools and Design to Improve Efficiency in the Market Garden**
Manchester Room, Horticulture

Join our panelists as they share some of the time-saving and body-saving tools and designs they have implemented on their farms. They will also share innovative ideas for maximizing efficiency from other growers.

Jeff Boesch and his partner Leslie moved to Cedar Down Farm in 2009 and started their CSA, which now grows organic vegetables for 200 families in Guelph, Hanover and Paisley from June to November and 100 families from November to March.

See page 6 for **Ken Laing's** bio.

- **Pasture and Carbon Sequestration**
Kensington Room 2, Soil

Storing carbon – or more generally, organic matter – in farmland serves farmers directly, as well as mitigating against global warming. Farmers are encouraged to view soil organic matter as a whole-farm service provider, enhancing nutrient, energy, and water management. Perennial forages, including pasture, are one of the few ways that farmers can increase soil organic matter.

E. Ann Clark joined the farming community near Warkworth at the end of 2010, following a 31-year academic career. Research and teaching in pasture and in organic farming provided the foundation for her new career in custom grazing of beef cattle and pastured poultry on her 100-acre farm.

- **Growing Diversified Grains: Production Opportunities and Challenges**
Kent Room, Specialty Crops

Farmers have been cultivating heritage grains for centuries and these grains are the backbone of the varieties used today in modern agriculture. Come learn how growers doing on-farm research in Vermont are addressing variety selection, crop rotations and disease management for diversified heritage grains in ecological farming conditions.

See page 6 for **Heather Darby's** bio.

Workshops

● **Exploring Wholesale Opportunities** **Libro Room, Business and Marketing**

This workshop will look at opportunities, challenges, strategies and risks of expanding or shifting to other direct, retail and wholesale markets of every size and type.

Glenn Valliere has held various management positions at *The Big Carrot*, *Karma Co-op* and *Ontario Natural Food Co-op* where he is currently the *Director of Purchasing*.

Eric Blondin works at *Eat Local Sudbury Co-op*, a grocery store that specializes in selling locally produced foods, where he is the produce and meat department manager and CSA coordinator.

See page 8 for **Joan Brady's** bio

3:30 pm - 5:00 pm

● **Taking Your Grass-fed Beef Operation to the Next Level** **Sprouting Inc. Room, Livestock**

Join Laura Paine for a second session about grass-fed beef, focusing on the business of finishing cattle on pasture. She will talk about herd size and profitability, maximizing gain per day, annual forages as part of a forage chain, supplemental feeding, and selecting the right cattle genetics for your system.

See page 9 for **Laura Paine's** bio

● **High Tunnel Tomato Production** **Manchester Room, Horticulture**

This session will review 15+ years of tomato high tunnel production. We will discuss varieties for specific purposes, trellising, fertilization, organic pest management, and other lessons learned from practice and consulting with many growers.

Steve Bogash is currently a *Horticulture Educator for Cumberland County in Pennsylvania*, where he covers vegetables, small fruit, cut flowers, greenhouse vegetables, and specialty marketing.

● **Farming to Feed Soil Microbes** **Kensington Room 2, Soil**

This workshop will look at the symbiotic relationships between soil microbes (bacterial and fungi) and plants, the nitty-gritty of microbial “digestion” of organic material, the latest research on farming practices that “feed” beneficial soil microbes, and how the Haney and Phospholipid Fatty Acid (PLFA) soil tests can help you promote soil microbial life on your farm.

Sarah Hargreaves is a soil microbial ecologist specializing in agricultural. She and her husband *Drake* also grow perennial crops and raise pastured livestock on their new farm, *Three Ridges Ecological Farm*, south of Aylmer.

Workshops

- **Growing Diversified Grains: Marketing Opportunities and Challenges**
Kent Room, Specialty Crops

Come learn how growers doing on-farm research in Vermont are addressing the financial and marketing landscape of diversified ecological grain production.

See page 6 for **Heather Darby's** bio.

- **Show Me the Money! A Conversation with Lenders**
Libro Room, Business and Marketing

Join Christie Young, our financially astute moderator, for your chance to ask a lender anything!

Ask representatives from Farm Credit, Sociabank, and Libro Credit Union questions about who they lend to, what information they need to see, and why they behave the way they do.

This session sponsored by Libro Credit Union.



James Craig is a Relationship Manager for Farm Credit Canada (FCC). His farm background is from his family's dairy farm and now small cow-calf and crop operation.

Frank Kennes joined Libro Credit Union in 1983 and currently serves as Vice President of Agriculture and Commercial Services.

Braden VanNynatten has been in the financial service industry for 5 years and has worked for Scotiabank for 3 years in his current role as Small Business Advisor. He still helps manage his father's operation as well as his own farm in Perth County.

Christie Young was the Founder and Executive Director of FarmStart. She is currently looking for ways to catalyze social finance initiatives in the local and sustainable food and farm sector, including seed capital, slow money and impact investment.

SATURDAY DECEMBER 5
8:30 am - 10:00 am

- **Feeding the Organic Dairy Cow**
Sprouting Inc. Room, Livestock

Come learn about the best feed management practices for different groups of cows on a dairy farm, including feed and forages, supplements, and how to detect, manage and prevent trouble through proper nutrition.

Gary Zimmer is president of Midwestern BioAg and manages the Zimmer family's Otter Creek Organic Farms, a 1,000-acre dairy and cropping operation. He is the author of two books, *The Biological Farmer* and *Advancing Biological Farming*.

Workshops

- **High Tunnel Cucumber Production**
Manchester Room, Horticulture

Trellised high tunnel cucumbers are an extremely flexible crop that can provide early or late season cash flow. We will discuss production methods, pest management, trellising and how they fit into the production scheme with early determinant tomatoes.

See page 10 for **Steve Bogash's** bio

- **The Soil System: A Geological Perspective**
Kensington Room 2, Soil

This presentation describes geology's contribution to the soil system and the potential benefit of low-cost agrominerals in accelerating soil restoration practices.

John Slack is an organic farmer and internationally sought-after soil science speaker with extensive mine development and exploration experience.

- **Fresh Forest Grown Shiitake Mushrooms**
Kent Room, Specialty Crops

Come learn about all aspects of growing shiitake mushrooms on logs, from what type of wood to use, spawn choices, labour consideration, the inoculation process, how to fruit the logs, weed fungi, season extension, marketing and revenue potential.

Ahren Hughes purchased his 45-acre farm in Neustadt in 2011, and now farms 1 acre of asparagus, 10 acres of dried beans, 10 acres of mixed grains, and an expanding shiitake log operation. Value-added products include flour, rolled oats, tempeh, miso, and dried mushrooms.

- **Creating Farm 2.0: Using Internet and Communication Technology to Grow Ecological Food Markets and Movements**
Balmoral Ballroom, Business and Marketing

Come for an informal discussion about internet and communication technologies that can support ecological farms. How can we work together and with 'techies' to adapt and innovate Web 2.0 technologies that meet our needs and create 'Farm 2.0'?

See page 8 for **Theresa Shchumilas' bio**

- **Small-scale Certification Options**
Libro Room, Business and Marketing

Join our panelists as they discuss what certification options exist for small-scale growers in Ontario, what research is being done, and what steps are being taken. Conversation facilitated by Tony McQuail.

Tony McQuail, and his wife Fran, bought their farm near Lucknow, Ontario in 1973. Their diversified organic farm includes livestock, a small apple orchard and a community-supported garden. Tony has decades of experience in pasture management and fencing systems.

Workshops

1:30 pm - 3:00 pm

- **Holistic Livestock First Aid Kit for Ruminants**
Sprouting Inc. Room, Livestock

Get a practical look at how to treat common ailments and respond to minor complications, including birthing, pneumonia, scours, mild injuries, and mastitis. Topics will also include using homeopathy and herbs, and appropriate times to use antibiotics.

This session is sponsored by Bio-Ag.



Dr. Kathrine Stoeckli currently works part-time for Bio-Ag as a veterinary consultant and farms with her family on their organic dairy farm. She has taken courses in homeopathy and acupuncture, and has experience with herbal therapy and essential oils.

- **Rogueing and Selection for Vegetable Seed Production**
Manchester Room, Horticulture

Learn about seed crop planning techniques and crop-specific rogueing and selection strategies for beans, beets, lettuces, cucumbers, peppers, peas, and squashes, to help maintain and improve the quality of your seed crops.

This session sponsored by the Bauta Family Initiative on Canadian Seed Security.

Kim Delaney is the owner of Hawthorn Farm, a certified organic vegetable seed production farm near Palmerston, Ontario. Kim is also one of the founding members of the Eastern Canadian Organic Seed Growers' Network and Seeds of Transition.

- **Interpreting Soil Tests and Tissue Samples to Optimize Crop Health**
Kensington Room 2, Soil

Learn how to interpret your soil tests, tissue samples, and overall crop performance to determine the limiting factors of your soil. This workshop will deepen your understanding of the evidence of soil deficiencies, and put you in the best position to fix them.

See page 11 for **Gary Zimmer's** bio

Workshops

● **Innovations in Cover Crops** **Kent Room, Field Crops**

This session will begin with a discussion on the principles of integrating cover crops into field and vegetable production systems. Following this discussion, farm case studies will be used to explore and illustrate examples of cover crop adoption and on-farm use.

Ruth Knight is passionate about soil regeneration and the tremendous opportunities it holds for farmers, our communities and our planet. For the past 10 years, she has worked as a coach and consultant to a diversity of farms.

Anne Verhallen works for OMAFRA in the area of horticultural soil management, with projects on erosion, compaction and water management. Promoting the use of cover crops and supporting better soil health are her passion.

● **Labour Management: Creating a Strong Farm Team** **Libro Room, Business and Marketing**

Panelists will discuss their hiring strategies, tools and design for labour management, and how they work to instill the values and ideas of the farm in their teams to create a strong and positive work environment.

Brent Preston and his wife Gillian Flies own and operate The New Farm, a certified organic vegetable operation near Creemore. The farm specializes in cut salads, beets, potatoes and cucumbers, exclusively for the wholesale market.

Heather Lekx is the Farm Manager for the Ignatius Jesuit Centre of Guelph. Ignatius Farm comprises 250 acres of certified organic farmland, community gardens, a CSA program, farm internships, and farmland rentals for growing small organic farm businesses. The farm also provides vegetables for local restaurants, markets, and service agencies. Heather initiated a new farm internship model at Ignatius, the launch and facilitation of the CRAFT (Collaborative Regional Alliance for Farmer Training) Ontario network, two training manuals for interns and farmers, and the Great Lakes CSA Conference.

3:30 pm - 5:00 pm

● **Equipment for Mixed Rotational Grazing** **Sprouting Inc. Room, Livestock**

This session will highlight the best equipment for farms with mixed rotational grazing systems. From fencing, to watering and feeding, to housing, learn how to better save time and money with your equipment choices.

Andy MacDonald runs Highland Electric Fence Systems, which assists customers in achieving the best possible results from their grazing operations by incorporating new technologies with cornerstone principles.

See page 12 for **Tony McQuail's** bio.

Workshops

- **No-Till and Low-Till Strategies in the Market Garden**
Manchester Room, Horticulture

Come learn from Ken Laing's experience developing no-till/low-till equipment and strategies for no-till planting of various organic vegetable, cover and cereal crops.

See page 6 for **Ken Laing's** bio.

- **Balancing Soil Nutrients For Crop Quality: Major Corrections and Little Tweaks**
Kensington Room 2, Soil

Learn how to remedy mineral and fertility deficiencies to optimize crop quality, including chemical, physical, and biological remedies, and how to determine the best method for getting your soil to its most nutritious state.

See page 11 for **Gary Zimmer's** bio.

- **Edible Bean Production and Marketing**
Kent Room, Field Crops

Edible beans are a high value food grade opportunity for growers. Explore rotation planning, marketing, and technical details around planting, cultivation, and correctly setting your combine for maximum returns.

This session sponsored by Roger Rivest Marketing.

Roger Rivest and his son Jeff grow 900 acres of certified organic cash crops in Staples, Ontario. Since 1999 Roger has been marketing grains for farmers that he mentored, and is presently marketing for Keystone Grains LTD.



- **How to Start a Farm Co-Op**
Libro Room, Business and Marketing

This hands-on workshop explores the range of farm co-op models and applications. Topics include farm co-op structures and activities, planning for development, financing, land issues, and resources for farm co-op development.

See page 6 for **Joan Brady's** bio.

Sally Miller is the Project Coordinator for the Regional Food Hub Project at the Local Organic Food Co-ops Network. She has extensive experience in a variety of organic, natural food and agriculture co-operatives and enterprises both in Canada and the U.S.

Trade Show

Conference Centre Lobby

Hours: Friday December 4, 10am to 6pm, Saturday December 5, 8am to 3:30pm.

Take time to visit the Trade Show. These exhibitors are all invested members of Ontario's ecological agricultural community: suppliers of equipment and inputs, consultants and educators, and community and industry organizations.

Exhibitors:

The Bauta Initiative on Canadian Seed Security	Irrigation Plus
Bio-Ag Consultants & Distributors Inc.	Local Organic Food Co-ops Network (LOFC)
Brussels Agri Service	Multi-Shelter Solutions
Canadian Biotechnology Action Network (CBAN)	National Farmers Union - Ontario (NFU-O)
Celestial Planting Calendar	Neudorff North America
Dubois Agrinovation	Organic Consultant Inc.
Eco-Cert	Roger Rivest Marketing
Ecological Farmers Association of Ontario (EFAO)	Seeds of Diversity
EnviroNize	Sprouting Inc.
FarmStart	Tek-Mac Enterprises
Frontlink Inc.	Whiffletree Farm & Nursery
Highland Supply	Willie Equipment Sales

The seed and book swap tables are also located in the Trade Show.

Meals

We have been working with Chef Mike Pitre and his team at the Four Points by Sheraton to feature a variety of local and ecological foods for our conference meals. Thank you to our food contributors for helping to make this possible.

Avalon Orchards	ManoRun Farm
Beau's Brewery	Mapleton's Organic Dairy
Best Baa Dairy	Monforte Dairy
Camino	Nature's Path
Dancey Family Farm	Ontario Natural Food Co-op
Field Gate Organics	Organic Meadow
Fromagerie L'Ancetre	Patrick's Beans
Gunn's Hill Cheese	Pfennings Organic Farm
Harmony Organic	Southbrook Wine
Lundberg Rice	

Special Features

- **EFAO Annual General Meeting and Elections**
Friday 11:30am, Balmoral Ballroom

Agenda:

1. Approve Agenda
2. Approve Minutes from 2014 AGM
3. President's Address
4. Presentation of Annual Report
5. Presentation of Audited Financial Statements (Appointment of Auditors for 2016)
6. Board Elections
7. Adjourn

Thank you to our outgoing board members Hugh Martin and Elizabeth Bryan.

- **Trade Show Reception and Heritage Grain Tasting**
Trade Show Lobby, Friday 5:00 - 6:00pm

Meet in the Trade Show for a chance to speak with exhibitors, peruse the Silent Auction, view the Crop Up North videos (in one of the break-out rooms) and sample breads baked with Ontario-grown heritage grains. There will be a cash bar.

- **Friday Banquet Dinner and Member Recognition Ceremony**
Friday 6:00pm, Balmoral Ballroom

Enjoy an organic banquet dinner followed by the EFAO Member Recognition Ceremony and an evening of contra dancing!

Doors and bar open at 6pm. Dinner served at 6:30pm. Contra dancing at 8pm!

- **First Meeting of EFAO Young Farmers Advisory Committee**
Saturday 12:00 - 1:15pm, Sprouting Inc. Room

Looking to connect with other young ecological farmers? Want to see more young farmer social events? Wish certain training or mentorship opportunities were available? Come join us over lunch to talk about what an EFAO Young Farmers Advisory Committee could look like!

Special Features

- **Seed Grower Break-Out: Producing High Quality Vegetable Seed at a Farm Scale**
Saturday 12:00 - 1:15pm, Manchester Room

The Vegetable Seed Producer Network (VSPN) is a group of 39 growers across Ontario working collaboratively to learn how to grow-out farm-scale quantities of vegetable seed from open-pollinated varieties that perform well on market gardens. Come to this advisory meeting to learn about the network and share ideas with Bob Wildfong from Seeds of Diversity, organic plant breeder Michael Mazourek from Cornell University, and Matthew Goldfarb and Petra Page-Mann from Fruition Seeds.
- **Silent Auction**

EFAO members, sponsors, and other supporters have generously shared their talents, products, and specialty items for our Silent Auction. Proceeds will go towards supporting EFAO's educational programs and services.

The Silent Auction will open at 6pm on Thursday evening and close at 1:00pm on Saturday. Winners will be posted by 1:15pm. Cash, cheque, and credit card payments for winning bids will be accepted.
- **Yoga**
Balmoral Ballroom, Friday and Saturday 6:45 - 7:30am

Come breathe, move, and get focused for the day ahead!
- **Carrot Cache \$1000 Innovation Prize**

A \$1,000 prize will be awarded for innovative, low cost solutions to planting, harvesting, and managing food grown on an Ontario urban or rural organic farm. Innovations will be displayed in the Trade Show area and winners are selected by conference participants – don't forget to cast your vote with the sticker provided in your registration package! The winner will be posted by 1:15pm on Saturday. Carrot Cache is a small foundation that funds co-operatives, local organic food initiatives and community food strategies in Ontario.
- **Family Room**

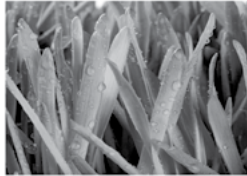
Located in the Derby Room, this room is reserved for children and guardians to use as they like. The room is equipped with toys, craft supplies, music, and lots of space for children to be children. Please check-in with the registration desk about supervised childcare possibilities.



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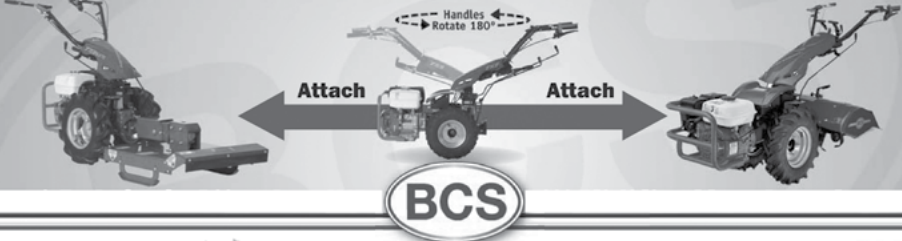



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THANK YOU!

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

Conference Organizing Staff: Ali English (Director of Programs, EFAO), Shauna Bloom (out-going Executive Director, EFAO), Cherie Bauman (Administrative Manager, EFAO and FarmStart), Naomi Krucker (Membership Services Coordinator, EFAO), Katie Baikie (Conference Coordinator, EFAO)

Conference Organizing Partners: Aabir Dey (Ontario Regional Program Coordinator, The Bauta Family Initiative on Canadian Seed Security and Everdale), Sally Miller (Network Project Coordinator, LOFC), Joan Brady (Communications and Events Coordinator, LOFC), Margaret Graves (Farm Viability Program Coordinator, FarmStart), Ian McCormick (Start-up Farms Program Manager, FarmStart)

EFAO Conference Program Advisory Committee: Ken Laing, David Cohlmeier, Thorsten Arnold, Sarah Hargreaves, Theresa Schumilas, Tarrah Young, Jeff Boesch, Angie Koch, Jennifer Seilern, Harris Ivens, Ian Stutt, Nicola Inglefield, Rashel Tremblay, Ruth Knight, Chris Dancey

Conference Volunteers: Fiona Campbell, Bethany Klapwyk, Ayla Fenton, Nicola Inglefield, Christie Young, Sri Sethuratnam, Melissa Watkins, Dan Evans

Photographer: Mike Smith

About the Artwork: The artwork that illustrates this year's conference website and program was specially created by Andrea Peplinski, EFAO Member from Englehart. Look for the original available for bidding at the Silent Auction.



Save the Date!

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