Ecological Farmers of Ontario Conference
Resilient Agriculture: Our Soils, Our Systems, Ourselves
November 30 - December 2, 2016 at Four Points by Sheraton, Kingston
conference.efao.ca
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Silver:

Bronze:

Supporting:

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Contact Us
efao.ca | 1-877-822-8606
Welcome

Welcome to the Ecological Farmers of Ontario Conference!
We are thrilled to be hosting our third annual conference in Kingston this year! This conference brings together farmers from across the province to share ideas, learn from experts across Ontario and beyond, and of course, celebrate with good food and friends.

The theme of this year’s conference, *Resilient Agriculture: Our Soils, Our Systems, Ourselves*, builds on last year’s theme of soil and looks at how we build resilient farms and food systems from the ground up. The theme will be explored throughout conference sessions and highlighted in keynote presentations by Jeff Moyer, Executive Director at the Rodale Institute, and Paula Anderson, Peterborough-area farmer and food system educator.

This conference is the result of collaboration and contributions from incredible farmers, dedicated staff and volunteers, community-minded organizations, and generous local businesses and sponsors. Supporting conference partners include the National Farmers Union Ontario (Local 316), the Canadian Organic Growers Ottawa - St. Lawrence - Outaouais Chapter, 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 Thursday’s member recognition ceremony, to Silent Auction and menu contributions, this conference truly reflects EFAO’s spirit and strength as a member-driven organization.

From all of us, 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: Katie Baikie, Naomi Krucker, Ali English, Sarah Hargreaves and Cherie Bauman

Thank you to EFAO members and supporters for another great year!
Curious about your membership status or renewal date? Thinking about becoming an EFAO member? You can check your account online at [www.efao.ca](http://www.efao.ca) or ask at the conference registration desk.
## Conference Schedule

### Wednesday, November 30

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>1:00pm - 2:00pm</td>
<td>Conference Check-in (Ballroom Foyer)</td>
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| 2:00pm - 5:00pm | *Gibraltar Room* From Decomposition to Composition: Developing Dynamic Ways of Working with Farm-Scale Composting  
                  *Ballroom A* Viable Market Gardening Business Models: A Panel Discussion  
                  *Ballroom B* Producing High Quality Grass-fed Lamb  
                  *Ballroom C* Farming Smarter and Knowing Your Costs of Production  
                  *Old Stones* Participatory Breeding of Grains and Vegetables |
| 2:00pm - 4:00pm | Conference Check-in (Ballroom Foyer)                                 |
| 5:00pm - 6:30pm | Conference Check-in (Ballroom Foyer)                                 |
| 6:30pm        | Winter Picnic Dinner: 6pm Doors, 6:30pm Dinner (Ballroom AB)         |
| 7:30pm - 8:30pm | New and Young Farmers Meeting followed by New and Young Farmers Mixer (Ballroom C) |
| 8:00pm - 9:00pm | Film Screening: For Those Who Sow (Gibraltar Room)                   |

### Thursday, December 1

<table>
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<th>Time</th>
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<tr>
<td>6:45am - 7:30am</td>
<td>Yoga (Room 308)</td>
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<tr>
<td>7:00am - 8:00am</td>
<td>Breakfast for Overnight Guests (Ballroom)</td>
</tr>
<tr>
<td>7:00am - 8:00am</td>
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| 8:30am - 10:00am | *Gibraltar Room* Practices and Insights of Biodynamic Agriculture  
                   *Room 204* Local Food Infrastructure  
                   *Room 303* Extending the Grazing Season Using Cover Crops  
                   *Room 306* Raising and Training Livestock Guardian Dogs  
                   *Room 307* Farm Mechanization Efficiencies  
                   *British American Room* Community Meeting: Grow Ontario Organic: Ontario Organic Sector-Wide Assessment Focus Group |
| 10:30am - 11:30am | Keynote Session: Thinking Beyond the Farm: Decolonizing Our Relationship to Land, Food and People (Ballroom) |
| 11:30am - 12:30pm | Ecological Farmers Association of Ontario Annual General Meeting (Ballroom) |
| 12:30pm - 1:30pm | Lunch (Ballroom)                                                     |
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<tr>
<td>1:30pm - 3:00pm</td>
<td>Reducing Tillage in Vegetable Production Systems, 10+ Acres</td>
<td>The Business of Custom Grazing</td>
<td>From the Land to our Future: Rebuilding Sustainable Food Systems</td>
<td>Let’s Talk Nuts: Nut Cultivation</td>
<td>Effective Farm Mentorships: Training the Trainers</td>
<td>Open Forum</td>
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<tr>
<td>3:30pm - 5:00pm</td>
<td>Reducing Tillage in Vegetable Production Systems, 1-5 Acres</td>
<td>Mob Grazing</td>
<td>Hybrid Seeds 101: How to Stabilize Hybrid Vegetable Seeds for your Farm</td>
<td>Food Hub and Farm Co-op Models</td>
<td>Wash Station Design</td>
<td>Open Forum</td>
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<tr>
<td>5:00pm - 6:00pm</td>
<td>Reception and Tasting in Trade Show (Ballroom Foyer and Old Stones)</td>
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<tr>
<td>6:30pm</td>
<td>Banquet Dinner and Member Recognition Ceremony: 6pm Doors, 6:30pm Dinner, 8pm Live Music and Contra Dancing (Ballroom)</td>
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### Friday, December 2

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<tr>
<td>8:30am - 10:00am</td>
<td>No-till Field Crops</td>
<td>Artisanal Chicken Program Finances</td>
<td>Innovations in Cover Crops for Market Gardeners</td>
<td>Organic Strawberry Production</td>
<td>Seed Sourcing, Variety Selection, and Contract Growing</td>
<td>Open Forum</td>
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<td>10:30am - 11:30am</td>
<td>Keynote Session: An Organic Solution to a Broken Food System Only Works When We Stay Connected (Ballroom)</td>
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<td>11:30am - 1:30pm</td>
<td>Lunch (Ballroom)</td>
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<td>12:00pm - 1:15pm</td>
<td>Community Meetings: Seed Grower Break-Out: Producing High Quality Vegetable Seed at a Farm Scale (Room 303), EFAO East Region Committee (Room 306), Friends of the Greenbelt/Greenbelt Fund: Opportunities to Support Ecological Farming Practices in Ontario (Room 307)</td>
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<tr>
<td>1:30pm - 3:00pm</td>
<td>Eating From the Same Plate: Root Exudates Feed Us All</td>
<td>Mixed Rotational Grazing Systems</td>
<td>Transplant Systems</td>
<td>Ending Office Anxieties: Employee Legalities</td>
<td>Wheat Alternatives and Winter Cereals in the East</td>
<td>Open Forum</td>
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Conference Floorplans

Second Floor

- Gibraltar Room
- Foyer: Registration and Trade Show Exhibits
- Ballroom: Keynote, AGM, and Meals
- Old Stones Dining Room: Trade Show Exhibits
- Refreshment station
- Access to 3rd floor
- Washrooms
- Access to 2nd floor

Third Floor

- Room 303
- British American Room
- Room 306
- Room 307
- Room 308
Pre-conference Farmer-led Research Program Symposium and Workshop

* Tuesday 2:00pm - 5:30pm and Wednesday 8:30am - 12:00pm

In its inaugural year, the Farmer-led Research Program supported 12 EFAO members to conduct 15 trials as part of 7 research projects on cover crops, soil health testing, organic pesticides, pastured livestock and organic pasture improvement.

[efao.ca/farmer-led-research](https://efao.ca/farmer-led-research)

Visit the Research Booth in the Trade Show!

- Check out results from this year’s research projects.
- Want to do research for your farm? Learn about how to get involved in the EFAO’s Farmer-led Research Program.
- Stop by and share your research questions. For example: *What do you need answered to support your farming? What changes do you want to make but aren’t sure about?*
- Learn about outcomes from the pre-conference Farmer-led Research Symposium & Workshop.
- Peruse Research Protocols and Reports from 2016, also available at [efao.ca/research-library](https://efao.ca/research-library)

Program is funded by a grant from the Ontario Trillium Foundation
Thinking Beyond the Farm: Decolonizing Our Relationship to Land, Food and People
Thursday 10:30am - 11:30am
Ballroom

The farm as a concept was brought with settlers and newcomers to Turtle Island. Join Paula Anderson as she discusses the history of placing farming systems over top of vibrant and resilient food systems native to this place; food systems that the First Peoples of this land had cultivated and lived in relationship with for millennia. Sharing her own farming story and relationship to the land, Paula will explore questions around what we have to learn from the First Peoples about how to live in relationship to the land, food and people. And how this can help us design more resilient agriculture and food systems and create food justice for all.

First and foremost, Paula Anderson is an ecological farmer. She runs Sun Root Organics an innovative small-scale urban/rural organic vegetable operation. She sells at the Peterborough Downtown Farmers Market as well as through By the Bushel Community Food Co-operative. For the past 20 years, she has been incubating innovative sustainable agriculture and food system revitalization projects in the Kawartha Lakes Region of Ontario. She teaches in Trent University’s Sustainable Agriculture and Food Systems Program as well as in the Indigenous Environmental Studies/Science Program.

An Organic Solution to a Broken Food System Only Works When We Stay Connected
Friday 10:30am - 11:30am
Ballroom

The world around us is changing and organic farming is changing as well. Science is leading the way by introducing new technologies and data that support an expansion of organic practices. This makes it ever more important that we stay connected to each other, to our customers, and to policy makers that all impact our operations. Together we’ll explore the many opportunities we have to improve our farms and become better partners in the organic community.

Jeff Moyer is a world renowned authority in organic agriculture. His expertise includes organic crop production systems with a focus on weed management, cover crops, crop rotations, equipment modification and use, and facilities design. Jeff is perhaps most well-known for conceptualizing and popularizing the No-Till Roller Crimper for use in organic agriculture. In 2011, he wrote Organic No-Till Farming, a publication that has become a resource for farmers throughout the world.
Tours

WEDNESDAY NOVEMBER 30
2:00pm - 4:00pm

Patchwork Gardens
4649 Milburn Road, Battersea

Patchwork Gardens is a 10 acre organic vegetable farm located just north of Kingston, just finishing its 13th season. The farm has a summer market style CSA, winter CSA, and sells wholesale to many local restaurants, grocery stores and distributors. They employ 5-6 full time employees and now sell veggies year-round. This tour will provide an overview of the farm’s systems and strategies, and highlight how it has transitioned into selling and producing veggies year-round and the infrastructure implemented to do so.

Two Rivers Food Hub
361 Queen Street, Unit 5000, Smiths Falls

The Two Rivers Food Hub is a connection point for buyers and sellers of local foods and an organization whose mandate is to support the small and medium sized farm community around the two rivers that run through Lanark, Leeds and Grenville counties. The food hub includes a weekly food basket, wholesale aggregation and distribution, a commercial kitchen, and communal processing and storage equipment. Join the Two Rivers Food Hub team for an inside look at how the food hub works and the systems in place to support both producers and consumers in the region.
Workshops

WEDNESDAY NOVEMBER 30
2:00pm - 5:00pm

- **From Decomposition to Composition: Developing Dynamic Ways of Working with Farm-Scale Composting**
  Gibraltar Room

  This workshop will delve into the practical and technical details of farm-scale composting and address questions such as:
  - How to manage and organize a compost site
  - How to mix, build, and turn windrows
  - How to understand and relate to the ideal C/N ratio
  - How to recognize signs of the different phases of the composting process

  We will also consider the significance of compost in the whole farm organism.

  **Bruno Follador** is the director of the Living Soils Initiative at The Nature Institute in Ghent, NY. He is a Brazilian geographer, biodynamic researcher and consultant who has been working with biodynamic farm-scale composting methods with farmers and organizations in Brazil, Europe and North America.

- **Viable Market Gardening Business Models: A Panel Discussion**
  Ballroom A

  Join four farmers as they share their stories, journeys, and learnings about their farm businesses. The discussion will include finances, labour, production, marketing as well as key decisions and points of transitions in developing their businesses over the years.

  **Brenda Hsueh** is an organic farmer in Grey County, who grows vegetables and raises sheep for wool and meat. Brenda has now been running her own farm for over 7 years, where she prioritizes soil building and adapting to climate change as well as work/life balance, low to no debt load, and finding the ‘just right’ size of farm and income.

  **Megan Joslin** co-owns Patchwork Gardens along with Ian Stutt and Eric Williams. Patchwork Gardens is a 10 acre organic vegetable farm located north of Kingston in Battersea which is now rounding out its 13th year. The farm has a summer market style CSA, winter CSA, along with wholesaling to many local restaurants, grocery stores and distributors.

  **Evan Quigley** and his partner Megan Hamilton run The Kitchen Garden, a successful 1.5 acre Biodynamic vegetable farm outside of Kingston in Wilton. With a focus on study, observation and keen management, their mission is to grow the best tasting, highest quality, nutrient dense organic produce as efficiently and productively as possible.

  **Robin Turner** is co-owner of Roots and Shoots Farm in Ste. Cecile de Masham, QC, which is going into its 8th year in production. The farm supplies 350 CSA shares per week in the summer, attends 2 farmers markets, and has been increasing wholesale production since 2014.
Farming Smarter and Knowing Your Costs of Production  
Ballroom C

This first half of this workshop will focus on the planning and analysis tools needed to run a profitable farm, in an easy, step-by-step format. The second half will demystify production costs for various farm ventures and show which ones are making money or not. This group working session will simplify and enlighten the process of determining profitability for any of your farm endeavors. For both beginner and seasoned farmers alike.

Richard Wiswall is owner/operator of Cate Farm in East Montpelier, VT, where he has been farming organically for over 35 years. Richard is author of The Organic Farmer’s Business Handbook – A Complete guide to Managing Finances, Crops, and Staff – and Making a Profit. He consults and gives workshops frequently on the subject of farm business and increasing profitability to meet long term goals.

This session sponsored by the Agri-Food Management Institute.

Producing High Quality Grass Fed Lamb  
Ballroom B

This workshop will focus on all aspects of raising beautiful, high quality grass fed lamb. Janet McNally will include discussions on pasture management, parasites, and using annuals to produce grass fed lamb of superior quality and nutrient value.

Janet McNally has been raising sheep near Hinckley Minnesota since 1982. In 1991 she lambed the flock on pasture for the first time and never looked back. The resulting changes to flock management led to improved soils, improved flock health, and more productive pastures. Janet also taught the Pine Technical College Lamb and Wool Program for 14 years, writes for Graze Magazine, raises and trains livestock guardian dogs.

Participatory Breeding of Grains and Vegetables  
Old Stones Room

Learn from Dr. Martin Entz (University of Manitoba) and Jodi Lew Smith (High Mowing Organic Seeds) on what considerations to take into account when breeding high quality grains and vegetables for ecological farming, and how to ensure that farmers are the ones leading that process from seed to seed.

Martin Entz is professor of agronomy and natural systems agriculture at the University of Manitoba. Since 2004, Martin has worked with plant breeders to develop varieties for organic production, and since 2011 this work has involved farmers as early generation plant breeders. Martin also farms near Libau, Manitoba.

Jodi Lew-Smith, Ph.D, Director of Research and Development for High Mowing Seeds, joined the seed company in 2003 as the Seed Disease Specialist. At High Mowing, she now oversees organic breeding projects primarily in pepper, summer and winter squash. The breeding program focuses on development of varieties that do well in organic production systems, have unique combinations of traits, and are selected primarily for flavor, quality, and adaptability.

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

THURSDAY DECEMBER 1
8:30am - 10:00am

● Raising and Training Livestock Guardian Dogs
  Room 306

In this session, Janet McNally will explore everything from selection and training your puppy, to trouble shooting problem dog behavior, and how you can influence the effectiveness of your dogs through flock management.

See page 9 for Janet McNally’s bio.

● Local Food Infrastructure
  Room 204

This session will take the form of discussion and storytelling with three different local food infrastructure projects in Ontario: a community abattoir project in Leeds County, an organic grain mill in Stratford, and a small-batch food processing facility near Colborne.

In 2007, Barbara Schaefer made the dramatic switch from office to farm, purchasing 4 bred sows of the Large Black Pig variety. Since then, she has increased the herd to over 300 pigs and raises them for meat and breeding. In February of 2016, she faced the very real possibility that she would no longer be able to find a slaughterhouse to process the meat from her pigs. She has spent the last 9 months establishing Farmersville Community Abattoir, a not-for-profit slaughterhouse located near Athens, Ontario.

Tom Manley is the second generation owner-operator at Homestead Organics, an organic feed mill, flour mill, grain cleaner and farm supply business. Taking over from his parents in 1997, Tom started as the lone employee and grew the company to three locations and 27 people by 2016. Tom currently serves as the President of the Organic Council of Ontario.

Pat Learmonth is the Director of Farms at Work. She co-founded the Kawartha Farm Stewardship Collaborative, is Chair of the Greater Peterborough Area Agricultural Advisory Committee, and serves on the Board of Sustain Ontario. Pat and her husband farm near Peterborough.

Joe Mullin is Operations Manager for the Ontario Agri-Food Venture Centre, located in Northumberland County, responsible for overall operations and strategic growth of the facility. He also teaches manufacturing and business courses at Loyalist College.
Workshops

- **Extending the Grazing Season Using Cover Crops**
  Room 303

This session will look at the benefits and challenges associated with grazing cover crops and crop stubble, from species selection and planting, to fencing, water supply and grazing. Scott Honey will share his experiences with grazing of cover crops and crop stubble in the fall and overwintering his cattle on corn stubble while feeding supplemental hay in the winter.

**Scott Honey** is the fifth generation to farm at Loval Farms near Warkworth. The farm consists of a cow/calf operation and cash crops consisting of corn, soybeans, wheat and hay. Scott utilizes cover crops and crop stubble to extend his grazing season as long as possible, and when he feeds hay, he does so in the field, ensuring his cattle are outside year-round.

**Thomas Ferguson** is the Forage and Grazier Specialist with OMAFRA. He is a Certified Crop Advisor and has worked for the CFIA and a Crop Input Supplier as a Crop Consultant. Thomas has a Bachelor of Science in Agriculture from the University of Guelph and worked on his home farm, a certified organic jersey operation for 7 years where they utilized grazing for all the animals and intensive rotational grazing for the dairy herd.

- **Practices and Insights of Biodynamic Agriculture**
  Gibraltar Room

Soil health is bound up with the dynamics of the whole farm organism, which includes the inner perspectives of the farmers. Within this light, this workshop will consist on the introduction, deepening and contextualization of key practices and insights of Biodynamic Agriculture. All levels welcome.

See page 8 for **Bruno Follador’s** bio.

- **Farm Mechanization Efficiencies**
  Room 307

Cultivation tools to maximize weed control, harvest tools to speed the harvest, greenhouse innovations, and packhouse tools for quicker and easier processing will all be covered. Cost/benefit analysis will show how long it will take for a new tool to pay for itself.

See page 9 for **Richard Wiswall’s** bio.

This session is sponsored by the Agri-Food Management Institute.
The Business of Custom Grazing
Room 204

For a pasture manager, custom grazing provides an opportunity to maximize
the productive nature of a pasture while minimizing the risks associated with
livestock ownership. For the owner, it is an opportunity add value to the livestock
inexpensively. The importance of a contract cannot be overstated!

Andy Macdonald has worked with Ann Clark to develop the Grazing Management
Research Facility at the Elora Beef Research Centre Station. He then established
Highland Electric Fence Systems to help customers achieve the best possible results
from their grazing operations, and began contract grazing operations on a farm in
Wellington County.

Reducing Tillage in Vegetable Production Systems, 10+ Acres
Gibraltar Room

Most organic vegetable farms rely very heavily on intensive tillage to prepare
fields. Yet, these events can be counterproductive to the hard work of building soil
health. In this session, we will focus on key planning needed to reduced tillage
while optimizing cover crops in systems designed around tractor/implement-
based operations.

Anu Rangarajan has been on the faculty of Horticulture at Cornell University since
1996 and serves as the Statewide Fresh Market Vegetable Specialist. Her current
research focus is on reduced tillage systems for organic vegetables to improve soil
health while maintaining crop quality and yields. Rangarajan also directs the Cornell
Small Farm Program.

From the Land to our Future: Rebuilding Sustainable Food Systems
Room 303

Building on themes from the preceding keynote, this session will address the
question: How can food producers and providers build the connections necessary
to ensure the future of the Cataraqui, Kingston area foodshed for generations to
come? Panelists will profile our history of successes and failures in maintaining the
connections between consumers, food providers and our local ecosystem.

Wendy Banks is a proud, 6th generation farmer from Lyndhurst, Ontario. Together
with her husband Rick she started Wendy’s Country Market (on-farm store), and
Wendy’s Mobile Market (a commercial delivery service).

Bob Lovelace lives at Eel Lake. He is a member of the Ardoch Algonquin First
Nation. He teaches Indigenous and Aboriginal Studies at Queen’s University.
His intellectual pursuit is to understand how present forms of human organization
(economic, political, social and cultural) can evolve toward better transactions with ecological indigeneity.

**Dianne Dowling** farms with her family on a certified organic dairy and beef farm (Doublejay Farms) and a vegetable CSA (Root Radical) on Howe Island. She is president of Local 316 of the National Farmers Union (Kingston, Frontenac and Lennox-Addington), a member of the Food Policy Council for Kingston, Frontenac and Lennox-Addington and a director of Kingston Area Seed System Initiative.

**Harris Ivens** has set foot on over fifty different ecological farms through work experience, volunteering and farm tours. Currently pursuing a masters in biology in Kingston, he is determined to understand the relationships between plant and soil and how regenerative agricultural systems, low to no input systems that consistently improve, can work in Ontario.

- **Let’s Talk Nuts: Nut Cultivation**
  
  **Room 306**
  
  Learn the planning and maintenance involved in starting your own nut orchard. This workshops will discuss the following about growing nuts naturally in Ontario: variety selection, general orchard maintenance, equipment, commercial potential, value-added products.

  **Elisabeth Burrow** and her husband moved to Fergus, Ontario in 2010 where their nut business, Jewels Under the Kilt, was born. They planted 100+ trees, developed a roasting process using the last tapping of a maple tree to preserve the nut during roasting, and use fresh fruit like apples, pumpkin and peaches and roast them right on to the nuts.

- **Effective Farm Mentorships: Training the Trainers**
  
  **Room 307**
  
  This 1.5 hour workshop, geared to experienced farmers and organizations with mentor programs, will leave attendees knowledgeable and confident of their role as mentor to other farmers. Topics include: the underlying and unspoken dynamics between farmer mentor and mentee, do’s and don’ts of interactions, structures of visits and the structure of the mentorship, and mentor office logistics.

  See page 9 for Richard Wiswall’s bio.

  This session is sponsored by the Agri-Food Management Institute.
Mob Grazing
Room 204

Presenters will discuss their farms’ grazing practices and systems, including pasture management, fencing and equipment, and scheduling. They will also highlight strategies that have worked and what has not, and their experiences with mob grazing and the drought this past season.

**Tim Dowling** runs Doublejay Farms, an organic farm on Howe Island, Ontario. He practices managed rotational grazing six and a half months a year with both his dairy and beef herds. Tim focuses on low input farming and enjoys allowing his animals to perform many of the important functions of land management.

**Bill van Nes** operates St Brigid’s Dairy Ltd., with his wife Cindy, and seven children. The Certified Organic, grass-based dairy farm currently milks approximately 350 cows. Intensive mob grazing systems have been set up for calves, breeding heifers and cows. Bill feels Mob grazing with dry cattle is a very effective way to graze mature stands of pasture.

Reducing Tillage in Vegetable Production Systems, 1-5 Acres
Gibraltar Room

Reducing tillage can save time and labor on even very small farms. In this session, we will focus on strategies appropriate to permanent bed systems, including integration of cover crops, mulching, tarping and strategic soil disturbance to achieve the soil conditions desired for diversified vegetable production.

*See page 12 for Anu Rangarajan’s bio.*

Hybrid Seeds 101: How to Stabilize Hybrid Vegetable Seeds for your Farm
Room 303

All market gardeners depend on good quality hybrid varieties for their farm; however, sometimes these varieties are dropped from seed catalogues without notice and farmers are left without good options. Learn from High Mowing Seeds’ Jodi Lew-Smith about how hybrids are created, and how to stabilize your favourite varieties to your farm operation.

*See page 9 for Jodi Lew-Smith’s bio.*

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

- **Food Hub and Farm Co-op Models**
  Room 306

Each of the presenters comes from a distribution hub that delivers local foods to consumers and wholesale customers in their regions. This session will explore how the three models have developed, the opportunities they provide and the challenges they face.

**Thorsten Arnold** was born and raised in Bielefeld, Germany. Since his master program in environmental sciences, his interest in climate change focused his work on the connection between climate, agriculture and water. He was the lead consultant for the Eat Local Grey Bruce business plan, and has been a driving force to make the distribution alliance a reality.

**Peggy Baillie** is the Executive Director of the Local Organic Food Coops Network, linking over 90 food and farming co-ops to training, peer connections and food system transformation through co-operation. With over 15 years working with the food sector, Peggy’s has a unique expertise in the field of local food production, marketing and distribution. Peggy also operates a mixed organic farm with her partner Eric in Warren, ON.

**Bruce Enloe** works at the Two Rivers Food Hub in Smith Falls, providing commercial kitchen rentals, processing and storage equipment rentals to local farmers, wholesale aggregation and distribution and a weekly local food basket. In addition to extensive culinary experience, Bruce was also on the first advisory committee for Savour Ottawa and helped found the Kemptville Kinsmen Farmers’ Market.

**Moe Garahan** has been working on food and farming issues in Ottawa since 1995. Since 2004, she has been the Executive Director of Just Food, working with teams to build a range of community-based, long-term initiatives to integrate food access and food localism within the mixed urban and rural settings of the Ottawa region.

- **Wash Station Design**
  Room 307

A big chunk of the workload on a small mixed vegetable operation will be spent washing and processing veggies. In this workshop, Jean-Martin Fortier will guide us through the different features and time-saving devices of a new washing station that was custom built for the needs of a 7-acre market garden at Le Ferme des Quatre-Temps.

**Jean-Martin Fortier** is a farmer, educator and author specializing in organic and biologically intensive cropping practices. His award-winning book, The Market Gardener, has inspired tens of thousands of readers worldwide to reimagine human-scale food systems.
Workshops

FRIDAY DECEMBER 2
8:30am - 10:00am

Seed Sourcing, Variety Selection, and Contract Growing
Room 307

Learn from Nikos Kavanya, from Fedco Seeds about how fair, effective, and profitable seed contract growing relationships are established to ensure varieties farmers want remain available. If you are a farmer interested in growing seed on contract, this is an excellent session to check out.

**Nikos Kavanya** comes from a long lineage of farmers and has always had dirt under her fingernails: as an herbalist, as a market grower, and as the seed maven of Fedco Seeds.

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

Artisanal Chicken Program: A Year in Review
Room 204

Farms enrolled in the new Artisanal Chicken Program with the CFO have just finished their first season with these new guidelines and regulations. Join presenters as they discuss how their chicken enterprise budgets performed this season (where they can reduce costs and increase profits), how they expanded their marketing, how they met with record-keeping and regulatory requirements and plans for future years.

**Andrea Hilborn** lives in Moscow, Ontario, north of Kingston, with her husband Justin and son Forrest. Together, they run Fat of the Land Farm, a farmer-direct source of environment- and animal-friendly beef, pork and chicken. She is also a naturopathic doctor.

**Eric Blondin** operates Three Forks Farms in Warren Ontario with his partner, Peggy-Gene Baillie. Focusing on mixed vegetable and chicken production they service direct and wholesale markets in Sudbury. The farm produced one thousand broiler chickens in 2016.

Innovations in Cover Crops for Market Gardeners
Room 303

Join OMAFRA Cover Crop expert Anne Verhallen as she speaks alongside market garden farmers who are experimenting with cover crop techniques. They will discuss projects underway on their farms and ideas and opportunities for future cover crop innovation.

**Anne Verhallen** has worked for OMAFRA since 1988, where she works in the area of horticultural soil management. Promoting the use of cover crops and supporting better soil health are her passion.

**Ian Stutt** co-owns Patchwork Gardens along with Megan Joslin and Eric Williams.
Workshops

Patchwork Gardens is a 10 acre organic vegetable farm located north of Kingston in Battersea finishing its 13th year. Ian and his team have been steadily cover cropping nearly 18 acres of vegetable gardens for the last 10 years.

See page 8 for Evan Quigley’s bio.

- **Organic Strawberry Production**  
  **Room 306**

  After a review of the basics of strawberry production such as site, soil type, drainage, variety selection, planting, etc., we will look at specific techniques and management practices that are useful in organic berry growing. Cover crops, rotations, using geese for weeding, parasitic wasps for insect control, and compost application for fertility will be discussed.

  **John Wise** started farming in Centreville northwest of Kingston Ontario in 1978. His farm, Wiseacres, is a certified organic mixed operation of about 200 acres that includes strawberries, vegetables, grains, beef cattle, pigs, chickens and laying hens.

- **No-Till Field Crops**  
  **Gibraltar Room**

  Organic no-till is based on sound biological principles and mechanical cover-crop kill, making it possible to reduce and even eliminate tillage. We’ll discuss, in detail, how to put cover crops to work to enable no-till systems to be implemented on organic farms.

  See page 6 for Jeff Moyer’s bio.

- **Transplant Systems**  
  **Room 303**

  Presenters will speak of their experiences and transplant systems from seed to field. They will examine greenhouse management, timing, moving plants to the field, as well as opportunities for adding value to the transplant process.

  **Jeff Klug** started Roots Down in 2006 with his partner Sue and their kids Mara and Neville, where he functions as the main production manager. In addition to a summer and fall CSA program, Roots Down sells at several farmers markets and through wholesale buyers in the Kingston, Brockville, and Ottawa areas.

  **Katie Sproule** has spent the last 6 years working on a variety of organic vegetable farms throughout southern Ontario. In 2016 she took on the role of Field Manager at Vicki’s Veggies, a certified organic vegetable farm in Prince Edward County that produces a wide variety of veggies and value-added products for farmer’s markets and restaurants in Toronto and Prince Edward County.
Workshops

- **Mixed Rotational Grazing Systems**
  Room 204

  Presenters will provide an in-depth look at their farms’ grazing systems including maintaining pasture quality, seeding pastures, animal rotations, equipment use, and a reflection on different systems that have been used on-farm.

  **Justin Hilborn** lives and farms on 80 acres in Moscow, north of Kingston, at Fat of the Land Farm. Together with his wife Andrea they raise grass-finished beef, pasture-raised poultry, and pork using management intensive practices. They primarily market their products CSA-style in the Kingston area.

  **Fran McQuail**, with her husband, has farmed organically near Lucknow, Ontario for 43 years. They have a 100 acre mixed livestock and apple farm where their cattle, pigs, meat chickens and horses are all grazed using Holistic Management’s planned grazing technique. All their meat is retailed directly to families in Southwest Ontario.

- **Eating from the Same Plate: Root Exudates Feed Us All**
  Gibraltar Room

  New findings about soil food webs reveal that root exudates are a substantial food source for all microbes and dominant precursors for the stabilization of soil organic matter. We will discuss these findings in contrast to classical food webs, along with their implications for soil health, soil testing and climate change mitigation.

  **Sarah Hargreaves** is a soil ecologist specializing in microbial communities in agricultural ecosystems and the Program Manager for EFAO’s new Farmer-led Research Program. She also fosters microbial life on her new farm, Three Ridges Ecological Farm, where she raises pastured livestock with her husband, Drake, south of Aylmer, Ontario.

- **Ending Office Anxiety: Employee Legalities**
  Room 306

  From startups to growing businesses, it is always good to know where you stand with the law. Come for a quick intro to legalities around employees as well as tips for the established producer to fine-tune their systems. The presenters will go over the details about what you need if you have employees, the ESA, WSIB, Health and Safety.

  **Heather Coffey** and **Steve Laing** started Fiddlehead Farm in 2012, which is now an 8 acre market garden in Prince Edward County. They run a summer and winter 50 share CSA, as well as selling at 7 farmer’s markets mainly in Toronto. They manage full and part-time employees, and understand the struggle that many small farmers face trying to understand the complex legal system around HR.

  **Jozef Winter** has been working in the field of Human Resources for over 15 years across multiple industries. He’s worked for startups all the way to Fortune 500 organizations. He also comes from a long line of farmers and has recently started growing small scale hops and other ingredients used in the production of beer.
Workshops and Open Forum Sessions

- **Wheat Alternatives and Winter Cereals in the East**
  Room 307

Join presenters as they discuss cereal production in the spring and fall, with a specific focus on eastern Ontario. They will discuss both agronomic and marketing challenges and opportunities.

*See page 10 for Tom Manley’s bio.*

Valerie Yoder has been working for Homestead Organics since 2009. Her advice concerning the grain and seed production, fertilization, soil and plant health and crop management, have enabled the development and profitability of many organic farms across the country.

This session sponsored by Homestead Organics.

Open Forum Sessions

- **Thursday 1:30pm - 3:00pm, 3:30pm - 5:00pm, Friday 8:30am - 10:00am, 1:30pm - 3:00pm**
  British American Room

Open forum sessions are an opportunity for you to host a workshop at the conference, in a free-school style. Is there a gap in the program that you think you can fill? Is there a special skill or innovation that you can share with the group? Sign-up at registration to host a session or stop by to vote for a session you would like to attend.
**Trade Show**

**Ballroom Foyer and Old Stones Room**

**Hours:** Thursday December 1, 8:00am - 6:00pm (reception in Trade Show 5:00pm - 6:00pm), Friday December 2, 8:00am - 3:00pm.

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  
Bio-Ag Consultants & Distributors Inc.  
Canadian Wollastonite  
Cavaleiro Farm  
Celestial Planting Calendar  
Dubois Agrinovation  
E&F Sauder Sales and Service Ltd. with Highland Supply  
Eco-Cert  
Ecological Farmers Association of Ontario (EFAO)  
EFAO Farmer-led Research Program  
EZ-GRO  
Frontlink Inc.  
Gro-Bark  
Holistic Management/The McQuails  
Homestead Organics  
Just Food with Farms at Work  
Multi Shelter Solutions  
National Farmers Union – Ontario (NFU-O)  
Nature Lane Farms  
Neudorff North America  
Ontario Soil and Crop Improvement Association  
The Organic Council of Ontario  
Seeds of Diversity  
Whiffletree Farm & Nursery  
Willsie Equipment Sales Inc.

**Meals**

We have been working with the Chef 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.

Beau’s Brewery  
Bushgarden Farm  
Camino  
Evelyn’s Crackers  
Field Gate Organics  
Fromagerie L’Ancêtre  
Harmony Organic  
Hoffnung Farmers  
Jewels Under the Kilt  
K2 Milling  
Lundberg Rice  
Mapleton’s Organic Dairy  
Nature’s Path  
Ontario Natural Food Co-op  
Paul Spence  
Pfenning’s Organic Farm  
Southbrook Wine  
Taste of Nature  
Yorkshire Valley Farms
New & Young Farmer Meeting and Mixer  
Wednesday 7:30pm, Ballroom C  
The EFAO would like to continue to grow the community and committee of new and young farmers. Join us for an informal meeting and brainstorming session to discuss ways in which EFAO and its new and young farmer members can support one another. Following the meeting there will be a mixer at the Kingston Brewing Company.

Film Screening  
Wednesday 8:00pm, Gibraltar Room  
Join us for a screening of the documentary Those Who Sow. A collection of masters students toured the globe and met family farmers in India, Ecuador, Cameroon, France, and Canada. This explores what the family farm model looks like in each location and the impact of global economic policies on this agricultural model. Approximate running time: 55 minutes

Community Meeting: Grow Ontario Organic: Ontario Organic Sector-Wide Assessment Focus Group  
Thursday 8:30am - 10:00am, British American Room  
The Organic Council of Ontario (OCO) needs your input! Ontario boasts over $1 billion in sales of organic foods and yet only 2% of all agriculture in the province is organic. Why is the organic sector in Ontario growing so slowly in relation to demand? How can government and the industry help Ontario businesses capture this growth opportunity?  
Join OCO’s Carolyn Young to discuss the initial findings from over 40 interviews with sector stakeholders, and explore the option of an organic check-off as a sustainable funding strategy for Ontario’s organic sector.

EFAO Annual General Meeting  
Thursday 11:30am, Ballroom  
Agenda:  
1. Approve Agenda  
2. Approve Minutes from 2015 AGM  
3. President’s Address  
4. Presentation of Annual Report  
5. Presentation of Audited Financial Statements (Appointment of Auditors for 2017)  
6. Adjourn  
Thank you to our outgoing Board member Murray Hutton.
Special Features

- **Trade Show Reception and Heritage Grain Tasting**
  Thursday 5:00 - 6:00pm, Ballroom Foyer and Old Stones Room
  Meet in the Trade Show for a chance to speak with exhibitors, peruse the Silent Auction, and sample breads baked with Ontario-grown heritage grains. There will be a cash bar.

- **Thursday Banquet Dinner and Member Recognition Ceremony**
  Thursday 6:30pm, Ballroom
  Enjoy an organic banquet dinner followed by the EFAO Member Recognition Ceremony and an evening of music and dancing with Sheesham, Lotus & Son! Doors and cash bar open at 6pm. Dinner is served at 6:30pm. Live music and dancing begins at 8pm.

- **Vegetable Seed Producers Network Meeting: Producing High Quality Vegetable Seed at a Farm Scale**
  Friday 12:00pm - 1:15pm, Room 303
  The Vegetable Seed Producer Network (VSPN) is a group of 55 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 on how to improve seed production on your farm with Bob Wildfong from Seeds of Diversity and Jodi Lew-Smith from High Mowing Organic Seeds.

- **EFAO East Region Committee Meeting**
  Friday 12:00pm - 1:15pm, Room 306
  Are you keen to meet other Eastern Ontario EFAO members and help to develop EFAO member-run programs in the east? Consider joining the new EFAO East Region Committee! Members of regional committees typically plan Kitchen Table Meetings, Member-Organized Farm Tours, and provide valuable input on other areas of EFAO programming, including workshops and the annual Conference. If you're interested in more information but not able to make this meeting, email Ayla Fenton at ayla@efao.ca.

- **Community Meeting with the Friends of the Greenbelt/Greenbelt Fund: Opportunities to Support Ecological Farming Practices in Ontario**
  Friday 12:00pm - 1:15pm, Room 307
  Ecological farming practices can provide many social, environmental and economic benefits. This workshop will explore ways to fill gaps and add value to existing government programs that support farmers to adopt and evaluate the benefits of ecological farming practices. The discussion will explore barriers and opportunities across the food value chain.
Special Features

- **Yoga**
  Thursday and Friday 6:45am - 7:30am, Room 308
  Come breathe, move and get focused for the day ahead!

- **Silent Auction**
  Ballroom Foyer
  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 Wednesday evening and close at 12:00pm on Friday. Cash, cheque, and credit card payments will be accepted.

- **Childcare/Family Room**
  Room 308
  Childcare will be available on Thursday from 8:15am until 5:15pm (closed 12:30pm - 1:15pm for lunch) and on Friday from 8:15am to 3:15pm (closed 11:30am - 1:15pm for lunch). Please inquire at registration or in the childcare room about availability and rates.

- **Carrot Cache $1,000 Innovation Prize**
  A $1,000 prize will be awarded for innovative low cost solutions to planting, harvesting, and/or managing food grown on an Ontario urban and rural organic farm. Innovations will be displayed in the Ballroom Foyer 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 Friday at the registration desk.
  Carrot Cache is a small foundation that funds co-operatives, local organic food initiatives, and community food strategies in Ontario.
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Locally-grown, ecological food should come from locally-grown, ecological seed. We are supporting and working with farmers and seed growers who are doing just that. Learn how you can be part of Canada’s ecological seed-saving movement.

Contact:
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www.seedsecurity.ca
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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:** Katie Baikie (Membership Services Program Manager, EFAO), Ali English (Executive Director, EFAO), Cherie Bauman (Administrative Manager, EFAO and FarmStart), Naomi Krucker (Membership Service Coordinator, EFAO), Sarah Hargreaves (Farmer-led Research Program Manager, EFAO)

**Conference Program Advisory Committee:** Ken Laing, Nicola Inglefield, Aabir Dey, Thorsten Arnold, Angie Koch, Harris Ivens, David Cohlmeyer, Allison Muckle, Tori Waugh, Ayla Fenton, Emily Dowling, Daniel Naccarato, Jen Seilern, Ian Stutt, Heather Coffey, Brenda Norman, Peggy Baillie, Colin Lundy

**Conference Volunteers:** Bethany Klapwyk, Sebastian Ramirez, Dan Naccarato, Aabir Dey, Peggy Baillie, Heather Coffey, Stuart Oke, Harris Ivens, Tori Waugh, Laura Watt, Maria Sergio

**Photographers:** Mike Smith and Nakita Krucker

**About the Artwork:** “The inspiration for this painting came from the theme for this year’s conference and the hot, dry growing season in Ontario. As the summer progressed and I spent more time on the farm, my initial goal of realistically painting my subjects shifted to capturing their spirit. Faces tell so much about an individual. Every portrait in this painting belongs to someone within my local, Kingston farming community. I collaged the images of the portraits within the landscape. By this, I visually illustrated the connection each individual has to the land and to one another. I chose to use vibrant greens, earthy browns and rich royal blues to honor the vibrancy of those farmers and the supported community, and to express the resilience, and brilliance of the landscape.” - Bree Rappaport, local Kingston artist and farm supporter. Look for the original artwork available for bidding at the Silent Auction.

Save the Date!
Ecological Farmers of Ontario
Conference
November 29, 30, and December 1, 2017 in Collingwood

Contact Us
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