



**Ecological Farmers**  
ASSOCIATION OF ONTARIO

[conference.efao.ca](http://conference.efao.ca)

# Ecological Farmers of Ontario Conference

Regeneration: Seeds, Soil and Community Connection

December 3 - 6, 2018 at Four Points by Sheraton Hotel, London, Ontario



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**Ecological Farmers**  
ASSOCIATION OF ONTARIO

## CONTACT US

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# WELCOME

## Welcome to the 5th Annual Ecological Farmers of Ontario Conference!

We are so pleased you can join us for the 5th Annual Ecological Farmers of Ontario Conference, themed “Regeneration: Seeds, Soil and Community Connection”, and offered this year for the first time, in partnership with the 4th biennial Eastern Canadian Organic Seed Growers Network (ECOSGN) Conference. This year’s presenting partners include the Bauta Family Initiative on Canadian Seed Security, the National Farmers Union Ontario, the Local Food and Farm Co-ops Network, the Organic Council of Ontario, and the Ontario Soil Network.

Regeneration can be defined as a process of renewal, restoration and growth. Regenerative agriculture is described as a system of farming that aims to increase biodiversity, improve watersheds, enhance ecosystem services, and capture carbon in soil and aboveground biomass, with the potential of reversing or at least mitigating climate change.

Wide scale agricultural regeneration is a mighty but necessary goal, and this year’s conference points to many of the opportunities and challenges for getting there. Broader adoption of no or low till farming practices, tools for increasing on-farm water resilience and regionally adapted seed varieties are critical. However, there remain big questions around how to build a strong alternative food system that is local and ecological, and how we can do so in a way that is inclusive and respectful of all people.

One of the essential ingredients for change that is highlighted for me at this conference, is the power of collaboration and knowledge sharing among a diverse community of farmers, organizations, businesses and supporters. It is a complete inspiration to witness the level of openness and sharing that is the heart of this conference – be it the sharing of farm innovations, financials or simple appreciation for one another. Furthermore, this conference would not be possible without the collaboration and contributions of dedicated and generous farmers, volunteers, organizations, businesses and sponsors.

Thank you to everyone – including all of you attending – for helping to make this conference possible. We hope the conference fuels you with new ideas, connections and inspiration so that you are able to continue doing the vital work of regenerating our soils, seeds and communities over the coming season and beyond!

With great appreciation,

Ali and the EFAO Conference Organizing Team

### **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.



# WELCOME

## Welcome to the 4th Biennial ECOSGN Conference!

I attended my first Eastern Canadian Organic Seed Growers Network (ECOSGN) gathering in St. Anne-de-Bellevue, Quebec in 2012. Organized by an innovative group of Canadian seed growers - Daniel Brisebois, Kim Delaney, Greta Kryger, Andrea Berry, and Bob Wildfong - ECOSGN formed as a response to the gap in training available for organic and ecological seed producers in Canada. ECOSGN offered more than seed saving basics by bringing-in seed luminaries from abroad to teach concepts of seed economics, integrating seed into market gardens, and on-farm plant breeding.

In 2013, USC Canada launched The Bauta Family Initiative on Canadian Seed Security, a program designed to support farmers to increase the quality, quantity, and diversity of ecological seed adapted to regional farming conditions. We do our best to build on the incredible foundation established by Dan, Kim, Greta, Andrea, Bob, and others, but every two years we return to the unique vision generated by ECOSGN: multi-regional, bilingual, high-quality training on seed production with a focus on the regional needs of Ontario, Quebec, and Atlantic Canada. In 2014, we hosted it again in Quebec; in 2016, we were in Atlantic Canada in partnership with Atlantic Canadian Organic Regional Network Conference (ACORN); and now in 2018, the EFAO hosts this unique gathering in Ontario.

The staff and members of EFAO have been nothing short of spectacular in bringing this Conference to life. We have developed a robust seed stream with a speaker line-up that features the entire ECOSGN committee, emerging Canadian seed producers from BC Eco Seed Co-op and Kitchen Table Seed House, and seed leaders from the U.S. including Dr. Michael Mazourek from Cornell University, Tom Stearns from High Mowing Organic Seeds, and Rowen White from Sierra Seeds and the Indigenous Seedkeepers Network.

The ultimate goal of all of these seed sessions is simple: to inspire and empower farmers to save seed. Seed production is not a hobby, nor is it a proprietary technology owned by multinational seed companies: preserving, improving, and creating new seed diversity is the foundation of our food system and all farmers can play a role. Whether you are an established seed grower or an aspiring one, we hope that ECOSGN 2018 helps you continue to define your role and leaves you inspired to engage.

Enjoy,

Aabir Dey

National Manager, The Bauta Family Initiative on Canadian Seed Security



# PRE-CONFERENCE FARMER-LED RESEARCH SYMPOSIUM

In 2018, over 20 EFAO member-farmers conducted research about ecological agriculture for their farms. Before the conference, they shared their findings and proposed new research ideas at the Farmer-led Research Symposium. For the Keynote, Jan Libbey and Tim Landgraf shared their experiences conducting numerous research trials in cooperation with Practical Farmers of Iowa.



Where to find highlights of EFAO's farmer-led research:

- **Farmer-led Research Summary** program insert
- **Research Posters** around the conference
- **Research Library** at [efao.ca/research-library](http://efao.ca/research-library)

To learn about how to get involved in farmer-led research:

- **Ask** an EFAO staff member!
- **Visit** during one of the Farmer-led Research Drop-in Information Sessions (Tues 7:30pm, Thursday 12pm)
- **Submit** a research idea online at [efao.ca/research-submission](http://efao.ca/research-submission), due January 31, 2019
- **Peruse** Research Protocols and Reports online at [efao.ca/research-library](http://efao.ca/research-library)

EFAO's Farmer-led Research Program is made possible with funding from the Ontario Trillium Foundation, George Weston Limited and Loblaw Companies Limited and the Robert and Moira Sansom Ideas Foundation, a fund within London Community Foundation.



# CONFERENCE SCHEDULE

MONDAY DECEMBER 3						
9:00am - 10:00am	Arrival and Check-in (London Room)					
10:00am - 6:30pm	Farmer-led Research Symposium (London Room)					
12:30pm - 2:00pm	Lunch and Keynote Presentation - Cooperative Curiosity (London Room)					
7:00pm	Research Reception (London Room)					
TUESDAY DECEMBER 4						
8:00am - 9:00am	Breakfast for Overnight Guests (Bristol Ballroom)					
8:30am - 9:30am	Arrival and Check-in (Hotel Lobby)					
9:30am - 4:30pm	<b>London Room</b> Building Healthy Soil and Profit with Planned Grazing   	<b>Kensington Room 1</b> Operating an Intensive, Non-Mechanized, No-Till, Agroecological Vegetable Farm  	<b>Kensington Room 2</b> Multi-species Cover Crops and Low-till Strategies for Field Crops  	<b>Manchester Room</b> Integrating Seed Production into a Market Garden  	<b>Lynden Room</b> Secrets to Success for New Farmers: An In-depth Look at How Three Farms Continue to Thrive 	(Lunch 12:30pm - 1:30pm, Bristol Ballroom)
5:00pm - 6:00pm	Arrival and check-in (Hotel Lobby)					
6:00pm	Winter Harvest Dinner and Keynote Session - Finding Our Way: Ecological Agriculture and the Emerging Future (Bristol Ballroom) 					
7:30pm	Farmer-led Research Drop-in Information Session (Kent Room)					
7:30pm	Seeds of Diversity Annual General Meeting (Manchester Room)					
7:30pm	Film Screening: Modified (Kensington Room 1)					
7:30pm	New and Young Farmers Meeting and Mixer (London Room)					

## Legend



Horticulture



Soil



Seed



Field Crops



Livestock



Community



Business

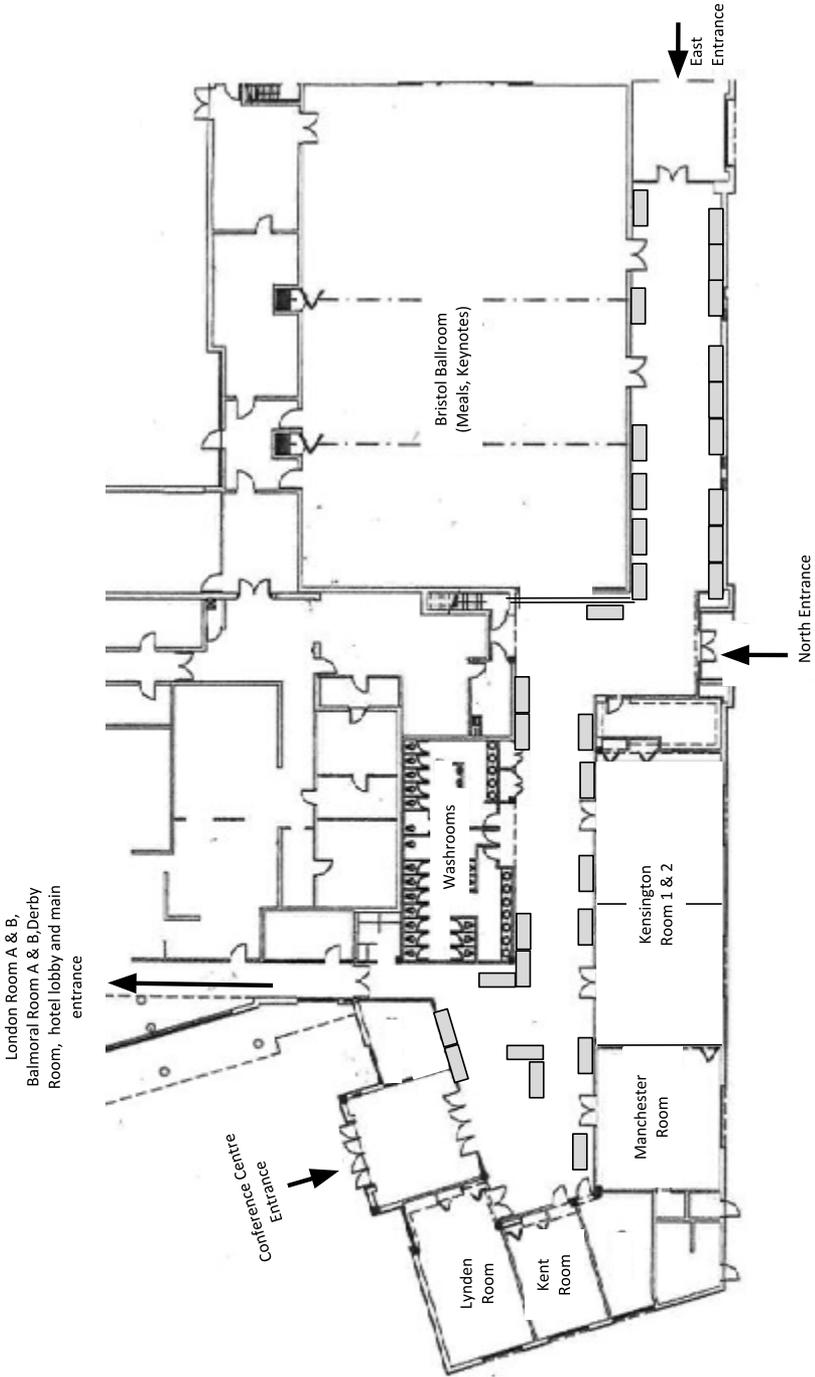
# CONFERENCE SCHEDULE

WEDNESDAY DECEMBER 5						
6:45am - 7:30am	Yoga (London Room)					
7:00am - 8:00am	Breakfast for Overnight Guests (Bristol Ballroom)					
7:30am - 8:30am	Arrival and Check-in (Hotel Lobby)					
8:30am - 10:00am	<b>Balmoral Room A</b> Drought-proofing Your Pastures 	<b>Balmoral Room B</b> Intensive, Agroecological, No-till Vegetable Production for the Future 	<b>London Room A</b> Tools for Seeding Cover Crops 	<b>London Room B</b> How to Increase Sales and Traffic at Your Market Stand: Evidence-based Advice 	<b>Manchester Room</b> Where Does Your Seed Come From? 	<b>Lynden Room</b> Integrating Field Crops and Grazing to Make the Most of Your Acreage 
10:30am - 11:30am	Keynote Session - Planting Seeds in a Modern World: Restoring Indigenous Seed Sovereignty (Bristol Ballroom) 					
11:30am - 12:30pm	Ecological Farmers Association of Ontario Annual General Meeting (Bristol Ballroom)					
12:30pm - 1:30pm	Lunch (Bristol Ballroom)					
1:30pm - 3:00pm	Cover Crops and Nutrient Strategies for Market Gardeners 	Monitoring Daily Animal Performance for Maximum Health 	The State of Local Food in Ontario: where are we, and where are we going? 	Reconciliation and Solidarity on the Farm 	The Economics of Seed Production 	No-till Organic Soybean Production: Is It Possible in Ontario? 
3:30pm - 5:00pm	Q&A with Paul and Elizabeth Kaiser 	Q&A with Greg Judy 	Q&A with Dave Brandt 	Reconciliation and Solidarity on the Farm Follow-up and Roundtable Discussion 	Ask a Seed Expert with Rowen White, Michael Mazourek and Tom Stearns 	Roundtable: Regenerative Agriculture for a Sustainable Future 
5:00pm - 6:30pm	Trade Show Reception, Variety Tasting and Seed Exchange (Trade Show Lobby and Kensington Room)					
6:30pm	Banquet Dinner and Daisy Award Ceremony: 6:30pm, Doors, 7:00pm Dinner, 8:00pm Live Music (Bristol Ballroom)					

# CONFERENCE SCHEDULE

THURSDAY DECEMBER 6						
6:45am - 7:30am	Yoga (London Room)					
7:00am - 8:00am	Breakfast for Overnight Guests (Bristol Ballroom)					
7:30am - 8:30am	Arrival and Check-in (Hotel Lobby)					
8:30am - 10:00am	Fungal Consciousness: Embracing Mycelium for Healthy Plants 	Good Communication Makes Great Farm Partnerships 	Pfennings Organic Farm: From Then to Now  	Food and Farming Issues Roundtable 	On-farm Plant Breeding: Developing Your Own Varieties 	The Ontario Natural Fibre Landscape - Growing Fibre and Dyes for Local Markets (Livestock,) 
10:30am - 11:30am	Keynote Session - On-farm Research as Part of a Thriving Farm System (Bristol Ballroom) 					
11:30am - 1:30pm	Lunch (Bristol Ballroom)					
12:00pm - 1:15pm	Community Meetings: Eastern Canadian Organic Seed Growers Network Meeting (Manchester Room), EFAO Member Engagement Brainstorm (London Room A), Farmer-led Research Drop-in Information Session (Lynden Room), Collaborating for Change – How can organizations better support a progressive agricultural paradigm? (London Room B), Farm Succession for the Younger Generation (Kent Room)					
1:30pm - 3:00pm	<b>Balmoral Room A</b>	<b>Balmoral Room B</b>	<b>London Room A</b>	<b>London Room B</b>	<b>Manchester Room</b>	<b>Lynden Room</b>
	Involving the Restaurant Industry in the Farm from Seed to Table   	Nutritionally-Dense Orchardling Part One: Ecosystem Advantage and Soil Fertility 	Training for Change: an Anti-oppression Framework for Farmers (Part One) 	Getting Started on Collaborative Marketing 	Selecting and Maintaining Good Quality Open Pollinated Varieties 	At Home Fecal Analysis for Your Sheep and Goat Herd 
3:30pm - 5:00pm	Tools for Water Resilience 	Nutritionally-Dense Orchardling Part Two: Holistic Fruit Crop Management 	Training for Change: an Anti-oppression Framework for Farmers (Part Two) 	Farming with Young Children 	Farmer-to-farmer Seed Cleaning Workshop 	Mixing Your Own Feed Rations for Pigs and Chickens 
3:30pm - 5:30pm	Farm Tours: Common Ground Farm, The Living Centre, Slegers Organic Living Greens					

# CONFERENCE FLOORPLAN



## KEYNOTE SESSIONS

### Finding Our Way: Ecological Agriculture and the Emerging Future

Tuesday 6:00pm (Part of Winter Harvest Dinner)

Bristol Ballroom



When Val Steinmann dragged her husband and young family to the country 14 years ago, she had little more than a desire to reconnect to her rural heritage and a passion to find her true calling. Sharing stories of the often bumpy journey in developing a vision for Heartwood Farm, Val reflects on the power of ecological farming to challenge and transform us as individuals, as communities and as participants in a bigger, unfolding story.

*After a couple of health and education-focused university degrees, the birth of her three children, and two decades of urban life and community development work, **Val Steinmann's** yearning for farm and land connection inspired her to lure her husband Brent Klassen and their three little boys to a 42-acre, ecologically diverse, wanna-be farm NE of Guelph. Fourteen years into the Heartwood Farm journey, Val has discovered her life's work and passion in linking regenerative agriculture and cultural transformation.*

### Planting Sacred Seeds in a Modern World: Restoring Indigenous Seed Sovereignty

Wednesday 10:30-11:30am

Bristol Ballroom



Come learn about the beautiful seed legacy of the indigenous people of this land, and see how you can be a part of the reconciliation between yourself and the seeds of your own ancestry, and revitalize this ancient web of relationships that comes with being an indigenous Seed Keeper.

This keynote session is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

**Rowen White** is a Seed Keeper and farmer from the Mohawk community of Akwesasne and a passionate activist for indigenous seed and food sovereignty. She is the director and founder of the Sierra Seeds, an innovative organic seed stewardship organization focusing on local seed and education, based in Nevada City CA. Rowen is the current

# KEYNOTE SESSIONS

National Project Coordinator for the Indigenous Seed Keeper Network, an initiative aimed at leveraging resources to support tribal food sovereignty projects. Follow her seed journeys on her blog, *Seed Songs* and at [www.sierraseeds.org](http://www.sierraseeds.org).

## On-farm Research as Part of a Thriving Farm System

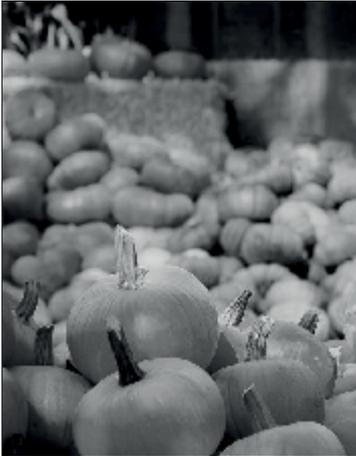
Thursday 10:30-11:30am

Bristol Ballroom



At just 30 years old, Carmen Black has experience beyond her years. She will share stories and details about how she makes a full CSA, livestock, land payment, employees, and research all work (and profitable!) together on her farm in Iowa.

**Carmen Black** is a vegetable and sheep farmer from Solon, Iowa. She started Sundog Farm in 2016 when she bought her mentor and former employer's farm and well-established Community Supported Agriculture business. Along with a seasonal farm crew that has been with her from the beginning, Carmen runs a 3 season CSA and finishes whole and half lambs. Her farm conducts research trials every year in cooperation with Practical Farmers of Iowa, and has been particularly interested in using research trials to explore ways to further incorporate livestock into the vegetable operation.



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# INTENSIVE WORKSHOPS

TUESDAY DECEMBER 4

9:30am-4:30pm

## Building Healthy Soil and Profit with Planned Grazing

London Room



Greg Judy will discuss the methods he has used to take worn out bankrupt soil farms and turn them into profitable grazing operations using livestock as the primary tool. Watering methods, fencing designs, timed grazing methods, finishing bees on pasture, leasing land and marketing methods will also be discussed.



This workshop is sponsored by Gallagher Fencing, Brussels Agri Service and the Greenbelt Fund.

**Greg Judy** and Jan Judy of Clark, Missouri run a grazing operation on 1620 acres where they graze cattle, hair sheep, pigs and laying hens. Greg and Jan went from near bankruptcy in 1999 to paying off a 200 acre farm and house in 3 years with custom grazing on leased land and are completely debt free. They own 4 farms and lease 12 farms.

## Operating an Intensive, Non-mechanized, No-till, Agroecological Vegetable Farm

Kensington Room 1



Take an in-depth look at Singing Frogs Farm's intensive, no-till, agroecological systems for establishing and maintaining vegetable beds and fields. Learn how to design and establish various 'ecosystem services' that will benefit your soil and water resources as well as your crop quality and management.



This workshop is sponsored by the Greenbelt Fund.

**Paul and Elizabeth Kaiser** have operated Singing Frogs Farm in Sebastopol, California since 2007. They have increased their soil organic matter by over 300%, while drastically reducing their water use. Singing Frogs Farm has demonstrated that ecological sustainability can mean economic sustainability, generating over \$100,000 per acre in sales.

# INTENSIVE WORKSHOPS

## Multi-species Cover Crops and Low-till Strategies for Field Crops Kensington Room 2



Join Dave Brandt as he delves deep into multi-species cover crops as a way to increase soil fertility and crop yields, control weeds and limit soil erosion in the field. He will also talk about his own no-till field crop practices that can increase organic matter, eliminate soil compaction and increase water filtration.



Possibility grows here

This workshop is sponsored by the Ontario Soil and Crop Improvement Association (OSCIA) and the Greenbelt Fund.

**Dave Brandt** farms 1,150 acres in central Ohio's Fairfield County. He began no-till farming in 1971 and has been using cover crops since 1978. He has participated in yield plots for corn, soybeans and wheat into various covers and has experimented with cover crop blends. Dave has received numerous awards for his work encouraging other farmers to adopt conservation practices.

## Integrating Seed Production into a Market Garden Manchester Room



The day will begin with a crash course in seed saving as well as the basic skills and techniques for harvesting, cleaning and storing seed. The afternoon will focus on farm layout and season, selling seeds and how this relates to other farm sales.



This workshop is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

**Dan Brisebois** is a founding member of Tourne-Sol co-operative farm in Les Cèdres, Quebec. Dan is co-author of *Crop Planning for Organic Vegetable Growers* and is on the Eastern Canadian Organic Seed Growers Network's steering committee. Tourne-Sol produces certified organic seeds and vegetables on 17 acres.

**Rebecca Ivanoff** co-managed a 10-acre market garden that included vegetable seed production. She continues a participatory pepper breeding project with other Ontario farmers and plant breeders at Cornell University. This past summer she managed a demonstration garden of Ontario-bred vegetable varieties.

# INTENSIVE WORKSHOPS

## Secrets to Success for New Farmers: an In-depth Look at How Three Farms Continue to Thrive

Lynden Room



Come learn from three successful ecological farm businesses and find out what key decisions, risks and changes have shaped the course of their businesses, while gleaning details about their costs of production, marketing strategies, choices for labour and scale, and financial management.

This workshop is presented in partnership with Everdale and sponsored by TSC.



**David Alexander** has worked at Everdale since 2010. He is the Farm Programs Coordinator. As the coordinator of the Sustainable Farming Certificate and Farm Planner programs, he has seen over 100 new farmers graduate with the skills and knowledge that they will need to be successful in their own ventures.

**Emily Board** is the harvest director and co-manages the field production at Tourne-Sol Co-operative Farm in les Cèdres, Quebec. Since 2005 the farm has been producing organic vegetables, cut flowers and seeds, and is structured as a workers cooperative. Emily oversees the harvest for the farm's 450 weekly CSA shares and one Farmers' Market.

**Graham Corbett** runs Fiddle Foot Farm with his partner Amy and two kids. Fiddle Foot Farm is a biodynamic farm growing 5.5 acres of vegetables for a Summer and Winter CSA, year-round Farmers' Markets and Wholesale customers. The farm also raises livestock including cows, pastured chickens and pastured pigs.

For the last 9 seasons **Robin Turner** has been running Roots and Shoots Farm with his partner Jess Weatherhead and a team that's grown to include 2 year-round managers and 10 seasonal staff. They provide CSA shares to over 500 families in Ottawa, go to 2 Farmers' Markets, sell to grocery stores and recently started a small on-farm store.

# WORKSHOPS

WEDNESDAY DECEMBER 5

8:30-10:00am

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## Drought-proofing Your Pastures

Balmoral Room A



Greg Judy discusses the management techniques they use on their farms to ensure that they never run out of forage during prolonged droughts. Drought years can be devastating without a management plan and knowing when to implement it. Items to monitor during the drought will be discussed in depth.

See page 10 for **Greg Judy's** bio

## Intensive, Agroecological, No-till Vegetable Production for the Future

Balmoral Room B



Elizabeth and Paul discuss how they have realized the potential for intensive, no-till, hand-labor vegetable production to be profitable while restoring soil carbon, soil biology and macro-ecology on their farm, Singing Frogs Farm.

See page 10 for **Paul & Elizabeth Kaiser's** bio

## Tools for Seeding Cover Crops

London Room A



Come and hear about some of the best, tried and true ways to seed cover crops. Dave Brandt will offer suggestions for both large and small scale tools and strategies for cover crop seeding and maintenance.

See page 11 for **Dave Brandt's** bio

## How to Increase Sales and Traffic at Your Market Stand: Evidence-based Advice

London Room B



Learn from a Delaware Farmers' Market's experience collecting concrete evidence and testing what really works to increase sales at a farmers market. The workshop will cover: what works best, what commonly used approaches surprisingly don't seem to work, and what factors can influence sales growth.

# WORKSHOPS

**Nancy Staisey** is passionate about using data and information to improve things. As a Board Member of the Historic Lewes Farmers' Market, she asked the question, "How can you increase sales at farmers markets and attract more customers?" and led efforts to make the market into a "living lab" to find out what really works to improve sales.

## Where Does Your Seed Come From? Manchester Room



The majority of standard market garden varieties we use are not being produced in Canada. If we care about where our food comes from, shouldn't we also care about where our seed comes from? Come learn more about where our seed is produced, why it is produced that way, and what role local seed producers play in building a resilient food system.



This workshop is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

**Kim Delaney** is a seed producer in Palmerston, ON and runs Hawthorn Farm Organic Seeds. Kim is a leader in the vegetable seed movement in Canada, focusing on producing regionally-adapted seed, selected for short season climates. She is a founding member of the Eastern Canadian Organic Seed Growers Network (ECOSGN).

**Tom Stearns** is the Founder and President of High Mowing Organic Seeds. With a focus on environmentally sound growing practices, biodiversity and food justice, Tom has led High Mowing to employing over 70 people and producing 700 carefully selected, certified organic and GMO-free vegetable varieties.

## Integrating Field Crops and Grazing to Make the Most of Your Acreage Lynden Room



It's time to think outside the permanent pasture! Come learn how farmers are pushing back the perimeter fence and grazing livestock on alternative forages within their cropping systems as part of a whole-farm management strategy to make the most out of every acre.

**Christine O'Reilly** is the Forage and Grazing Specialist with the Ontario Ministry of Agriculture, Food, and Rural Affairs. She is based out of the Lindsay OMAFRA office. Christine holds a bachelor's degree in bio-resource management and an M.Sc. in environmental science from the University of Guelph.

# WORKSHOPS

WEDNESDAY DECEMBER 5

1:30-3:00pm

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## Cover Crops and Nutrient Strategies for Market Gardeners

Balmoral Room A



Join us as we discuss cover crops on a market garden scale. Learn about how different cover crops can work for your soil – to reduce weed pressure, increase soil fertility and organic matter, and reduce soil compaction and erosion.

See page 11 for **Dave Brandt's** bio

## Monitoring Daily Animal Performance for Maximum Health

Balmoral Room B



Greg Judy will cover what to look for each day in your animals, forage, water and cattle temperament to ensure that your livestock are at their peak performance. Better breed back, higher daily weight gains, less sickness and no livestock stress are the results that are obtained once you learn how to monitor daily animal performance.

See page 10 for **Greg Judy's** bio

## The State of Local Food: Where Are We And Where Are We Going?

London Room A



Come discuss the state of alternative food systems and talk about strategies moving forward. This participatory workshop will explore question such as: What makes us special, unique and desirable in this changed food system landscape? What models are working? What are some of the telltale signs that a model is no longer working? How can we adapt our approach and engage our customers?

**Sally Miller** (MA/ PhD; MES), is the Project Manager for the Local Food and Farm Co-ops and the innovative Fair Finance Fund that is providing affordable capital for social enterprises in the local food and farm sector. She has worked in sustainable food and agriculture and co-ops for over twenty-five years.

**Peggy Baillie** works as a consultant for the Local Food and Farm Co-ops, linking over 90 food and farming co-ops to training, peer connections and food system transformation through co-operation. Peggy also operates a mixed organic farm with her partner Eric in Warren, Ontario.

# WORKSHOPS

## Reconciliation and Solidarity on the Farm

London Room B



This session has been designed to extend and deepen farmers' understanding of Indigenous food sovereignty and settler colonialism in Canada. Join Rowen White and Paula Anderson as they lay the groundwork for discussions around how farmers can act in solidarity with Indigenous peoples.

**Paula Anderson** runs *Sun Root Organics* an innovative small-scale urban/rural organic vegetable operation. She teaches in Fleming College's Sustainable Agriculture Program and Trent University's Indigenous Environmental Studies/ Science Program and is presently working on her PhD in Indigenous Studies at Trent University.

See page 8 for **Rowen White's** bio

## The Economics of Seed Production

Manchester Room



Come learn about the financial considerations for growing seed from the perspective of a small-scale seed company, an international seed company, and a seed co-operative. Topics will include developing seed as a profitable component of market garden production, the dynamics of co-operative seed production, and different types of seed contracts.



This workshop is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

**Mel Sylvestre** has been a small-scale organic farmer for 15 years. In 2013, she founded the *BC Eco Seed Co-op*, the first co-operative of vegetable seed producers in Canada. She is currently working as the Perennial and Biodiversity Coordinator at UBC Farm and coordinates the UBC Farm Seed Hub.

See page 11 for **Dan Brisebois'** bio

See page 14 for **Tom Stearns'** bio

## No-till Organic Soybean Production: Is It Possible in Ontario?

Lynden Room



Learn about the fundamentals of no-till organic soybean production. Topics will include: results from neighbouring regions, keys to success, the on-farm experience so far in Ontario and an intro to Ontario's first on-farm trials.

# WORKSHOPS

**Jake Munroe** is the soil fertility specialist for field crops with OMAFRA, based out of the Stratford office. He is currently leading a two-year OSCIA project with the Heartland region that is evaluating the use of roller crimpers to enable no-till soybean production in organic systems in southwestern Ontario.

**Morris Van De Walle** is the owner/operator of Vandeholm Farms Ltd., a 1000 acre family farm in St Mary's, Ontario that produces organic cash crops, including alfalfa, corn, soybeans, wheat, dry beans, vegetable crops and cereal rye. In 2016, he had his own roller crimper built and has been trialling no-till soybeans into crimped rye, as well as no-till corn into hairy vetch and dry beans into rye.

## WEDNESDAY DECEMBER 5

3:30-5:00pm

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### **Farmer-to-Farmer: Q&A with Paul & Elizabeth Kaiser**

**Balmoral Room A**



Bring your questions and ideas to this discussion session about no-till vegetable production. There will be time to ask questions of Paul and Elizabeth Kaiser, share ideas and connect with other low/no-till vegetable farmers in Ontario.

### **Farmer-to-Farmer: Q&A with Greg Judy**

**Balmoral Room B**



Bring all of your burning questions to this informal question and answer session with Greg Judy.

### **Farmer-to-Farmer: Q&A with Dave Brandt**

**London Room A**



Bring your questions for this informal question and answer session with Dave Brandt.

### **Roundtable: Reconciliation and Solidarity on the Farm Follow-up**

**London Room B**



Join Paula Anderson to continue the conversation around reconciliation and solidarity on the farm.

# WORKSHOPS

## Ask a Seed Expert with Rowen White, Michael Mazourek and Tom Stearns Manchester Room



Bring all of your seed-related questions to this open question and answer session.

## Roundtable: Regenerative Agriculture for a Sustainable Future Lynden Room



In this roundtable discussion, organizations that promote regenerative practices will outline how they understand regenerative practices, the activities they are involved in today and their ideas for the future. This session hopes to bridge discussions inside and outside the organic sector, and point toward ways that build consumer confidence. Presenters: Gillian Flies (The New Farm), Antonious Petro (Regeneration Canada), Carolyn Young (Organic Council of Ontario) and Spencer Smith (Savory Institute).

## THURSDAY DECEMBER 6 8:30-10:00am

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## Fungal Consciousness: Embracing Mycelium for Healthy Plants Balmoral Room A



How mycorrhizal fungi enhance plant health is absolutely stunning. Nutrients are delivered by means of fungus-root synergy. A boost to green immune function helps keep disease at bay. Expansive fungal networks bring resiliency to ecosystems. Soil aggregate formation addresses carbon flow. This lively exploration of soil biology and healthy plant metabolism will rouse every grower to think deeper.

**Michael Phillips** is renowned for helping people grow healthy fruit using herbal protocols. He is the author of *The Apple Grower*, *The Holistic Orchard* which recently received *Garden Book of the Year* from the American Horticultural Society, and *Mycorrhizal Planet: How Fungi and Plants Work Together to Create Dynamic Soils*.

# WORKSHOPS

## Good Communication Makes Great Farm Partnerships

Balmoral Room B



Whether you farm with one other person or in a worker co-op with multiple members and employees, there comes a time when communication is less than optimal and conflict can arise. We will discuss some of the basic topics that can cause conflict with farm partners and explore strategies and business structure to overcome these challenges so that you can build a stronger business.

See page 11 for **Dan Brisebois'** bio

## Pfennings Organic Farm: From Then to Now

London Room A



Pfennings Organic Farm has become a symbol of organic agriculture in Ontario. Join us to learn more about their story and for an inside look at critical decisions and moments on the farm and lessons learned over the years. Topics covered will include farm size and scale, labour, tools and processes, and marketing.

**Ekk Pfennig** is the CFO and Administration and Logistics Manager of Pfennings Organic Farm. His parents, Wilhelm and Barnhild Pfennig, started the farm in 1981. They now farm 700 acres of owned and rented land and work extensively with contract growers. They have a large distribution network, delivering all over Ontario and importing organic produce for redistribution.

## Food and Farming Issues Update

London Room B



In this panel, organizational leaders will update the audience on their ongoing policy related work, specific plans for 2019, and ways farmers and volunteers can engage. Farmers and workshop participants will also have an opportunity to raise policy issues that they would like to see addressed by organizations. Learn about the hot topics for 2019 and how to engage!

**Sarah Bakker** is General Manager of the National Farmers Union-Ontario. She currently sits on the Board of the newly created Fair Finance Fund and also co-owns Field Sparrow Farms with her partner Henry where they raise pastured livestock on 100 acres in Bobcaygeon.

**Lucy Sharratt** works in Halifax as the Coordinator of the Canadian Biotechnology Action Network, also known as CBAN. CBAN brings together 16 groups to research, monitor and raise awareness about issues relating to genetic engineering in food and farming.

## WORKSHOPS

**Carolyn Young** is the Executive Director of the Organic Council of Ontario. Prior to joining OCO, Carolyn worked as the Director of Sustain Ontario, the alliance for healthy food and farming. Carolyn has over 10 years of experience working on food, farming and environmental policy issues.

### On-farm Plant Breeding: Developing Your Own Varieties Manchester Room



Preserving our seed diversity is immensely important, but so is creating new seed diversity! Ever wanted to create your own version of a tomato, squash, pepper, carrot, or any other type of vegetable? Come learn about the basics of plant breeding on your farm, including how to breed for disease/pest resistance, yield, harvestability, and most importantly, flavour!



This workshop is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

**Annie Richard** is an eater, seed producer and budding plant breeder. She recently worked under Dr. Michael Mazourek in the Plant Breeding department at Cornell University. Her current work to improve and develop varieties, with flavour at the forefront, is her central focus at Kitchen Table Seed House.

**Michael Mazourek** is the Calvin Knoyes Keeney Associate Professor of Vegetable breeding at Cornell University and a co-founder for Row 7 Seed Company. Michael's vegetable breeding program is focused on developing new cultivars of pea, squash, melon, cucumber, bean and pepper crops for organic farming systems.

See page 8 for **Rowen White's** bio

### The Ontario Natural Fibre Landscape - Growing Fibre and Dyes for Local Markets Lynden Room



The international Fibreshed movement is encouraging consumers to question where and how their clothing was grown and sewn. In Ontario, the Upper Canada Fibreshed is enabling this revitalization through farmer and maker supports, network development, education and research. Join us for a discussion of the Fibreshed movement and some of the challenges and opportunities in growing fibre and dyes.

**Jennifer Osborn** is an artist, farmer, felter, ice cream maker, as well as a permaculture designer and teacher. Her interest in Fibreshed began as a way

## WORKSHOPS

to utilize her own wool. Since 2015, Jennifer and her husband, Tim, have been running a sheep dairy farm, making small batch ice cream with their milk.

**Becky Porlier** is the co-founder and chair of the Upper Canada Fibreshed. She was inspired to dig deep into regional textile systems after learning of Rebecca Burgess 100 mile wardrobe challenge while working as an urban farmer in Guelph.

### THURSDAY DECEMBER 6

1:30-3:00pm

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#### Involving the Restaurant Industry in the Farm from Seed to Table Balmoral Room A



Chefs can be the biggest advocates for food bred and grown under ecological farming conditions, but stewarding those relationships takes time and skill. Join us as we share stories of inspirational collaborations between farmers, seed breeders and chefs to move ecological agriculture forward.

**Matthew Goldfarb** is a seedsman and co-founder of Fruition Seeds (2012) and Row 7 Seeds (2018). He farms and produces certified organic seed in Naples, NY with his partner Petra Page-Mann.

**Chris Krucker** has been growing vegetables and meats organically for over 20 years with his wife and now adult children. The farm has operated as a CSA since its start and has also worked with local chefs over the years.

See page 20 for **Michael Mazourek's** bio

#### Nutritionally-Dense Orchardring Part One: Ecosystem Advantage and Soil Fertility Balmoral Room B



Understory management that embraces forest edge ecology is critical when it comes to getting a leg up on fruit tree diseases. Equally telling is the nutrient density—and flavor!—of the apples we then harvest for our families and communities. Come learn about fungal allies, root relationships, fertility considerations, and the biodiversity that makes good fruit possible.

See page 18 for **Michael Phillips' bio**

# WORKSHOPS

## Training for Change: an Anti-oppression Framework for Farmers (Part One) London Room A



These two sessions on anti-oppression and equity are created to give you a place to look at your practices and behaviours and to equip you with tools to engage in accompliceship and healing work from wherever you are at on the journey. Part one will focus on language, so that we might have a shared vocabulary in the spirit of laying a groundwork for anti-oppressive practice across the agricultural community. These workshops can be attended in series or individually.

**Hannah Renglich** is a settler of Polish Jewish/British descent and an aspiring accomplice working on the stolen land of Turtle Island. Hannah serves groups engaged in practices of empowerment, resilience, and sovereignty. A creative facilitator, she gently creates containers for connections to be built, and holds space for individual, community, and systems transformation. Hannah was born and raised on Dish with One Spoon treaty territory and makes Tkaronto home.

**Joce Tremblay** is a Mohawk-Métis/mixed Native + French, Two Spirit/Queer/Trans, Artist, Activist and Agro-Ecologist from the wetlands of the southern Great Lakes basin. Though Joce currently lives, plays and practices in Tkaronto, they grew up on a family farm and has had a lifelong involvement in food growing. Currently Joce works in partnership with Sagata/Na Me Res as primary steward of Maskiki;aki'ing ~ Medicine Wheel Garden and as an Urban Ag facilitator with the Stop Community Food Centre.

## Getting Started on Collaborative Marketing London Room B



Come learn about different models for working with other farmers to collaboratively market your products. In this workshop you'll hear about the start-up experiences of Click Fork Northeastern Online Farmers' Market, Local Harvest CSA in Iowa, and the Eat Local Grey Bruce farmer co-op.

**Thorsten Arnold** lives in Grey County at Persephone Market Garden. Since 2012, he has worked as a food system consultant with the Grey Bruce Centre for Agroecology that he co-founded. He instigated and started Eat Local Grey Bruce in 2015/16. This farmer driven co-operative provides online ordering and distribution of a wide range of local food products.

**Dave and Chantal Lewington** have been the owners and operators of Dalew Farms in Lavigne, Ontario for 14 seasons. They raise and sell grass-fed beef, grass-fed lamb and grass-fed goat meat. They are also founding members of Click Fork, an online farmer's market in Northeastern Ontario.

See page 9 for **Carmen Black's** bio

# WORKSHOPS

## Selecting and Maintaining Good Quality Open Pollinated Varieties

Manchester Room



Good quality, open-pollinated seed production depends on keen observation, good selection skills, and strict roguing techniques. Learn from expert seed growers, crop-specific roguing and selection strategies. This is an essential workshop for growers seeking to understand how to continuously maintain and improve the quality of their seed crops.



This workshop is presented in partnership with the Eastern Canadian Organic Seed Growers Network (ECOSGN) and sponsored by the Bauta Family Initiative on Canadian Seed Security.

*Raised in the Finger Lakes of New York, **Petra Page-Mann** spent over a decade travelling the world studying sustainable agriculture before returning to her hometown to start her own farm, Fruition Seeds, in 2012. She passionately grows, breeds, saves, shares the seeds of certified organic, regionally adapted vegetables, flowers & herbs.*

See page 16 for **Mel Sylvestre's** bio

## At Home Fecal Analysis for Your Sheep and Goat Herd

Lynden Room



Gastrointestinal parasites are one of the biggest challenges for pasture based sheep and goat operations. A fecal egg count is a relatively simple procedure that you can perform at home to get an approximation of the parasite load and response to treatment in your flock or herd. Come learn how to do on-farm fecal analysis for parasites with a microscope, McMaster slide, and a few other common items.

**Dr. Talia Fletcher** is a mixed animal veterinarian working in Grey and Bruce County who has a special interest in regenerative agriculture. At Markdale Veterinary Services, Talia works with a large variety of animals and ecological/organic herds and flocks. Her special interests include milk quality/mastitis, pasture management and small ruminant health.

# WORKSHOPS

THURSDAY DECEMBER 6

3:30pm-5:00pm

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## Tools for Water Resilience

Balmoral Room A



Water resilience means making the most of every drop while protecting your farm from volatile weather. Come hear about two farmers' experiences with on-farm water management strategies. They will share their farm water and landscape stories, designs implemented and their results so far, then explore future plans.

**Drake Larsen** manages a small pasture-based livestock farm near Aylmer. With a M.Sc. degree in sustainable agriculture and inspired by the work of other farmers, his farming practices and research provide creative examples of the opportunities for ecological farmsteads managed to maximize farm ecosystem services.

See page 21 for **Chris Krucker's** bio

## Nutritionally-Dense Orchardling Part Two: Holistic Fruit Crop Management

Balmoral Room B



Come take an in-depth look at how the organic grower can keep apple scab, rusts and rots from developing on the fruit to a reasonable minimum. Utilizing pure neem oil, liquid fish, effective microbes, and fermented herbal brews allows us to leave behind the mineral fungicides of "Old School Organics" for the most part, to instead engage healthy plant metabolism as a management strategy.

See page 18 for **Michael Phillips's** bio

## Training for Change: an Anti-oppression Framework for Farmers (Part Two)

London Room A



These two sessions on anti-oppression and equity are created to give you a place to look at your practices and behaviours and to equip you with tools to engage in accompliceship and healing work from wherever you are at on the journey. Part two will explore what it means to hold ourselves accountable as we work toward laying a groundwork for anti-oppressive practice across the agricultural community. These workshops can be attended in series or individually.

See page 22 for **Hannah Renglich's** bio.

See page 22 for **Joce Tremblay's** bio.

# WORKSHOPS

## Farming with Young Children

### London Room B



Are you curious about what it's like to raise kids while making a living farming? Are you looking for ideas, stories and inspirations as you consider this journey or are in the midst of it yourself? Join these four farmer-mothers as they share their stories about what parenting on the farm looks like for them.

**Kristine Hammel** lives in Grey County where she has been running Persephone Market Garden since 2009, a 1.5 acre market garden that distributes through a CSA, Eat Local Grey Bruce Co-operative and direct to restaurants. Kristine has carried out several projects on public sector procurement of local foods, helped found Eat Local Grey Bruce and is raising 2 small children with her husband.

**Leslie Moskovits** runs Cedar Down Farm with her partner Jeff Boesch and their two children. They grow certified organic produce on approx. 6 acres for a nearly year-round CSA serving around 200 members. Leslie also manages Little Sprouts Nature Pre-school on the farm – a nature pre-school run cooperatively with other local farm families.

**Amy Uchterlony** runs Fiddle Foot Farm in Mulmur Township with her partner Graham Corbett. They grow 5.5 acres of vegetables for a summer and winter CSA, year-round Farmers' Markets and wholesale customers. They also raise livestock including cows, pastured chickens and pastured pigs. Amy and Graham have an almost 5 year-old son and a 1.5 year old daughter.

**Jennifer Seilern** runs Seilern Farm with her husband, Mathias, and two sons, Ronan 4 and Logan 2, near Kincardine, Ontario. Their 400 acre cash crop and cattle farm is certified organic. Jennifer holds a degree in agricultural science and a postgraduate diploma in agricultural communications from the University of Guelph.

## Farmer-to-farmer Seed Cleaning Workshop

### Manchester Room



In this hands-on workshop, presenters will share seed cleaning techniques, tools and systems that are tried and tested on their own farms. The principles of seed cleaning are very simple, but there are tricks and techniques for each crop, and at each scale of production. Come hear what types of equipment, tools, and techniques to use to efficiently and effectively clean vegetable seed on your farm.

**Greta Kryger** is owner of Greta's Organic Gardens, a small seed farm and company in Ottawa Ontario. She has been a seed farmer for over 25 years. She is involved in breeding projects, EFAO farmer led research projects and conducts variety trials every year to find the varieties better suited for short seasons.

## WORKSHOPS

**Aaron Lyons** has been growing seed since 2012 at Hawthorn Farm located in southwestern Ontario. He coordinates field production, harvest, and cleaning of vegetable, flower and herb seeds using the resourcefulness and creativity that small scale seed production requires.

See page 16 for **Mel Sylvestre's** bio

### Mixing Your Own Feed Rations for Pigs and Chickens

Lynden Room



Come find out how to formulate a balanced ration for your pigs and chickens at home. Topics will include nutritional requirements of pigs and chickens, the nutritional composition of common feed ingredients, the calculations needed to formulate balanced rations, as well as things to consider before making the switch to a mix-your-own ration.

**Dr. Kathrine Stoeckli** currently works part time for Bio-Ag as a veterinary consultant and the rest of her time is spent farming with her family on their organic dairy farm. She has taken courses in homeopathy and acupuncture, and has some experience with herbal therapy, essential oils, and natural/organic farming strategies.



# FARM TOURS

**Thursday December 6**

**3:30-5:30pm**

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## **Common Ground Farm**

**6986 Middle River Road, St Thomas, ON**

Common Ground Farm is a small family vegetable farm just south of London that grows year-round vegetables on about 7 acres. Produce is sold at the Horton market in St.Thomas, the year-round market at the Western Fair in London, and through a CSA. The tour will focus on season extension and vegetable storage with a visit to their many hoophouses and new greenhouse.

## **The Living Centre**

**5871 Bells Rd, London, ON**

The Living Centre and Living Arts Institute has been founded, operated and co-directed by Shantree Kacera since 1983, as an eco-educational centre on 20 hectares. For four decades, this has been an experiment and research site in productive forest gardens growing a variety of fruits, berries, vegetables, nuts and herbs using a mix of permaculture, bio-intensive, four-season, and natural growing techniques-as well as techniques gleaned from native cultures around the world.

## **Slegers Organic Living Greens**

**7536 Calvert Dr, Strathroy, ON**

Jo and Pauline Slegers own and operate Slegers Organic Living Greens with their 3 sons and staff. Established in 1987, the farm now grows over 30 different living micro greens, greens, lettuces and herbs. They sell wholesale to many different retail outlets and restaurants and through their own on-farm store.

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# TRADE SHOW

## Wednesday December 5

10:00am - 6:30pm (Reception in Trade Show 5-6:30pm)

## Thursday December 6

8:00am - 3:30pm

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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 Family Initiative on Canadian Seed Security

Brussels Agri Services

Chicken Farmers of Ontario

De Dell Seeds

Dubois Agrinovation

DocTerre

E&F Sauder Sales and Service Ltd

Earth Haven Learning

EcoCert

Frontlink

Gintec Shade Technologies

Local Food and Farm Co-ops

MultiShelter Solutions

National Capital Commission

National Farmers Union - Ontario

Neudorff North America

Ontario Farmland Trust

Ontario Soil Network

Organic Council of Ontario

Ontario Soil and Crop Improvement Association (OSCIA)

Seeds of Diversity

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Wild Craft Permaculture



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## MEALS

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

Beau's All Natural Brewing Company

Camino

Common Ground Farm

Fertile Ground Farm

Fiddle Foot Farm

Harmony Organic

Heartwood Farm and Cidery

Manorun Organic Farm

Mapleton's Organic

Meeting Place Organic Farm

Mill Street Brewery

Nuts for You Cheese

Patrick's Beans

Pfenning's Organic Farm

Southbrook Vineyards

Three Ridges Ecological Farm

Yorkshire Valley Farms

And more!



# SPECIAL FEATURES

## **Film Screening: Modified** **Tuesday 7:30pm, Lynden Room**

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Join us for a screening of the award-winning documentary *Modified*. The story follows the filmmaker and her mother as they embark on a personal and poignant investigative journey to find out why genetically modified organisms (GMOs) are not labeled on food products in the United States and Canada, despite being labeled in 64 countries around the world.

## **EFAO Annual General Meeting** **Wednesday 11:30am, Bristol Ballroom**

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Agenda:

1. Approve Agenda
2. Approve Minutes from 2017 AGM
3. President's Address
4. Presentation of Annual Report
5. Presentation of Audited Financial Statements (Appointment of Auditors for 2019)
6. Adjourn

## **Trade Show Reception, Variety Tasting and Seed Swap** **Trade Show Lobby, Wednesday** **5:00-6:30pm**

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Join us for a fun reception in the Trade Show before the Banquet Dinner. You can visit Trade Show booths, bid on Silent Auction items, and chat with other conference goers, while tasting locally-bred and grown squash and potatoes. You can also bring some seeds to swap! The reception is open to all conference participants. There will be a cash bar featuring locally-crafted beer, wine and cider.



## **Wednesday Banquet Dinner and Daisy Award Ceremony** **Wednesday 6:30pm**

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Enjoy an organic Banquet Dinner followed by the Daisy Award Ceremony and an evening of live music by Northland Rail Service!

For this year's **Daisy Award Ceremony** we're looking to the membership to nominate EFAO members who they feel should be recognized in some way, any way. Drawing inspiration from Stuart McLean and the Vinyl Cafe's Arthur Awards, we are looking to EFAO members to help design the awards and recognition handed out at this ceremony. Are there people in your life who have offered help, inspiration, friendship, or education who you think should be thanked or acknowledged? Visit us at the registration desk to submit your nomination.

Doors and bar open at 6:30pm, Dinner served at 7:00pm, Live music at 8:30pm!

## SPECIAL FEATURES

### Silent Auction Outside Bristol Ballroom

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EFAO members, sponsors and other supporters have generously shared their talents, products and specialty items for our Silent Auction. All proceeds will go toward supporting EFAO's educational programs and services. **The Silent Auction will open at 6:00pm on Tuesday evening and close at noon on Thursday.** Winners will be posted at the registration desk by 12:30pm on Thursday. Cash, cheque and credit card payments will be accepted.



### Childcare/Family Room Derby Room

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Childcare will be available Tuesday from 9:15am to 4:45pm, and Wednesday and Thursday from 8:15am until 5:15pm (with the exception of lunchtime all days). Please come to the registration desk if you have not already registered for childcare. You will only need to pay for your child's lunches – those under 6 are free and those 6 to 12 will be \$12.00 + HST. We will gladly accept donations to EFAO in lieu of payment.

Parents, please be sure to send your children to the childcare room with snacks, diapers and anything else they may need for the duration of their stay.



### Carrot Cache \$1,000 Innovation Prize!

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Carrot Cache is, once again, offering a \$1,000 prize for innovative, low-cost solutions to planting, harvesting and managing food grown on an Ontario urban or rural organic farm. Farmers can share proven, creative ways already in use on-farm to build financial and environmental sustainability.

Know someone who is too humble to nominate their own innovations? You can nominate a fellow farmer-innovator. We'd love to see any tried-and-tested innovations. Innovations can be submitted to the registration desk by Wednesday at 10:00am.

Ideas will be displayed by the registration desk starting Wednesday morning and winners will be selected by conference attendees. The winner will be posted after lunch on Thursday, December 6. Don't forget to come and vote for your favourite!

# COMMUNITY MEETINGS

**New and Young Farmers Meeting and Mixer**  
**Tuesday December 4, 7:30-10:00pm**  
**London Room**

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Join us for a fun evening of conversation with and about new and young farmers in Ontario. Give input into EFAO's new farmer programming, celebrate the end of the season, meet up with old friends and make some new ones! Cash bar and light refreshments will be available.

**Seeds of Diversity Canada Annual General Meeting**  
**Tuesday December 4, 7:30-8:30pm**  
**Manchester Room**

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Join Seeds of Diversity's members, board of directors, and staff at their annual meeting. All are welcome, no charge. Refreshments and conversation about our favourite topic – seeds!

**Farmer-led Research Drop-in Information Sessions**  
**Tuesday December 4, 7:30-8:30pm**  
**Kent Room**  
**Thursday December 6, 12:00-1:15pm**  
**Lynden Room**

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Curious to know more about farmer-led research? Want to learn more about the 2018 research trials? Stop by to chat with EFAO staff about your questions, ideas or project proposal.

**EFAO Member Engagement Brainstorm Session**  
**Thursday December 6th, 12:00-1:15pm**  
**London Room A**

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Join EFAO staff to discuss ways to engage new and existing EFAO farmers in 2019 and to celebrate EFAO's 40th Anniversary. Bring your ideas, suggestions and inspirations.

**Eastern Canadian Organic Seed Growers Network Community Meeting**  
**Thursday December 6, 12:00-1:15pm**  
**Manchester Room**

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ECOSGN started as a community of seed growers in Canada looking to address the training gaps that exist for seed growers in Canada. Now, with the support of The Bauta Family Seed Initiative, more and more farmers are trying to figure how to integrate seed production into their operation. Come to this meeting to talk about how we, as a farming community, can support each other in learning how to conserve, improve, and create new high quality Canadian seed.

## COMMUNITY MEETINGS

### **Collaborating for Change: How can organizations better support a progressive agricultural paradigm?**

Thursday December 6, 12:00-1:15pm

London Room B

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This meeting brings together concerned farmers and organizations interested in a paradigm shift toward agroecology. The meeting will begin by outlining commonalities in vision, programming and communication. Organizations will be invited to suggest further ways to collaborate, address activity gaps, and support each other in communication efforts.

### **Farm Succession for the Younger Generation**

Thursday December 6, 12:00-1:15pm

Kent Room

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Are you living with and/or farming with your parents or involved with farm succession? Come talk about what has worked and what hasn't!

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# THANK YOU!

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

**EFAO Conference Program Advisory Committee:** Angie Koch, Mike Reid, Nicola Inglefield, Kristine Hammel, Jessica Gale, Bethany Klapwyk, Seb Ramirez, Paul Wartman, Eric Blondin, Peggy Baillie, Mel Luymes, Michaela Cruz

**ECOSGN Conference Organizing Volunteers:** Aabir Dey, Dan Brisebois, Greta Kryger, Kim Delaney, Andrea Berry

**Conference Volunteers:** Matthew Iles, Shannon Lee Stirling, Michael Pavan, Fan-Ling Suen, Heather Tulloch, Maria Sergio, Don Bowyer, Keshia Krucker, Lianne Charron, Dan Evans, Carolyn Young, Karin Giesbrecht

**Photographer:** Mike Smith

**Meet the Conference Artist: Caitlin Taguibao**

“I am an illustrator, graphic designer and mural painter based in Toronto. I enjoy working with people who share similar ideas and interests in food growing, environmental stewardship and community engagement, and have spent time working in urban gardens and organic farms across Canada. I use flat colours and bold linework to create colourful compositions based out of plant lore and personal stories.



In response to the theme of “Regeneration: Seeds, Soil & Community Connection,” I wanted to reflect on the cyclical nature of growing while highlighting soil life and soil diversity. Various characters interact with a spinach plant shown at different stages of life: from seed to sprout, to first leaves, growing upwards and then flowering to produce seed.

All the while, a community of soil bacteria and critters actively exist below the ground; mycorrhizal connections are made under a waxing moon; a butterfly searches for late summer blooms. No human character is shown so that viewers may find themselves reflected in any of the living beings that are depicted, at any stage of the cycle, so that no role may be seen as more important than another but rather equally acknowledged and celebrated.”

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