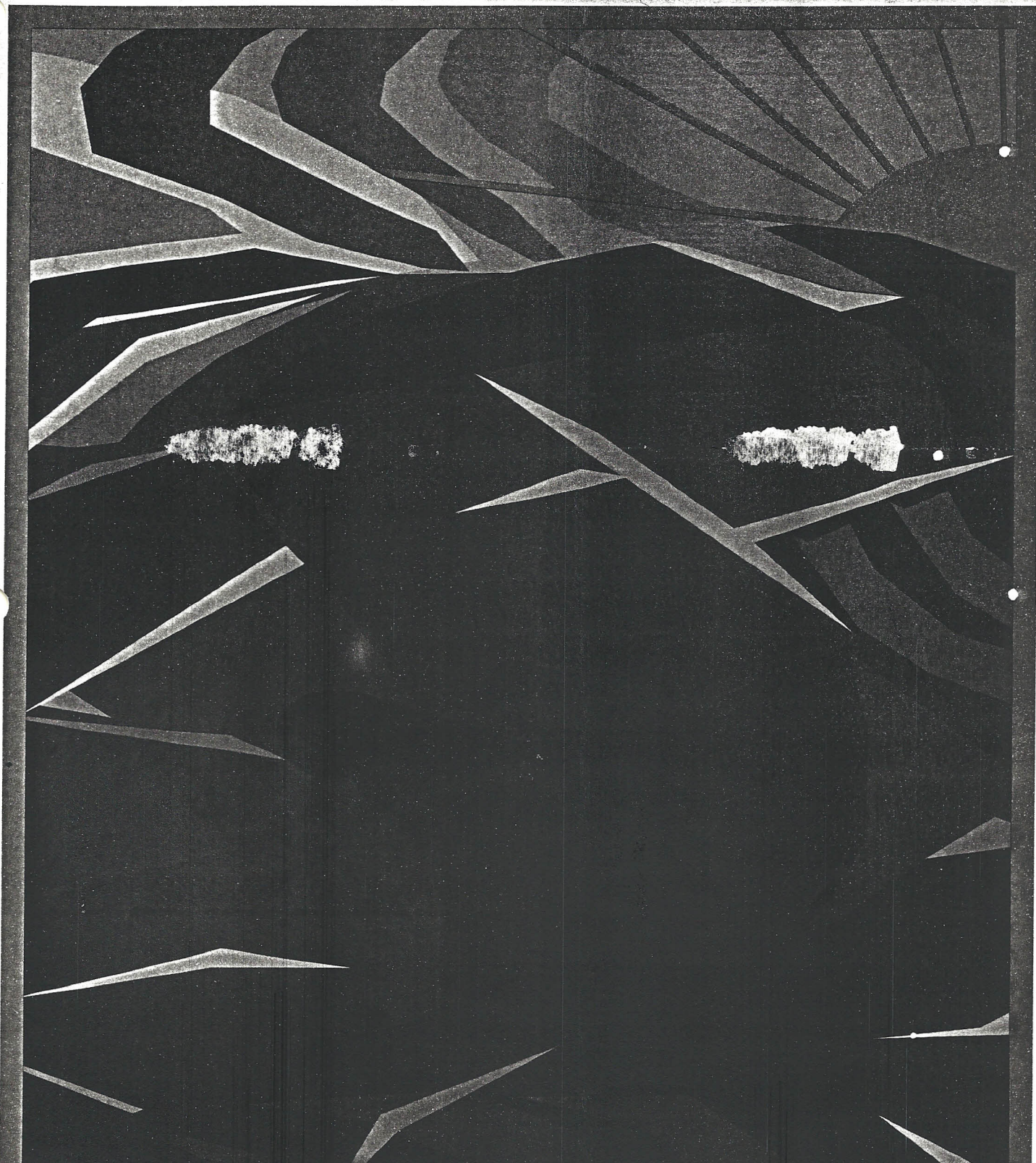


PATHWAYS TO PROSPERITY

The New Face of Agriculture



PASA's 13th Annual *Farming for the Future* Conference



**Pennsylvania
Association for
Sustainable Agriculture**

**February 5, 6 & 7, 2004
Penn Stater Conference Center
State College, PA**

FRIDAY 1:00PM

Beginning Pastured Poultry Production

Jim McLaughlin, Cornerstone Farm
Room 206

This presentation will be an overview of pastured poultry including broilers layers and turkeys. This session will also look at processing and marketing poultry products. We will cover how to get started with pastured poultry and/or expand your operation to include other poultry products.

Jim McLaughlin is the president of APPPA (American Pastured Poultry Producers Association) and has been raising pastured poultry since 1995. His company provides consulting services to farmers, agencies and others that want to move into the sustainable agricultural field.

Demystifying Organic Certification

Leslie Zuck, Pennsylvania Certified Organic
Al Johnson, Organic Inspector
Room 205

Wondering how difficult organic composting requirements are? Not sure if you can use non-organic mulch or bedding? Want to know what's involved in making and marketing organic value-added products? Does an organic inspection sound scary? How much does it really cost to get certified? Get the "true facts" about organic certification from Leslie and Al as they lead you through the painless path to organic certification. They'll cover it all—crops, livestock, and on-farm processing. Valuable materials will be handed out and explained, including National Organic Standards, Organic Materials Lists, Organic System Plan forms and guidance sheets. Whether you're seriously considering certification or just wondering what's involved, get the knowledge you need to follow the organic pathway to prosperity!

Leslie Zuck, J.D., is a co-founder and executive director of Pennsylvania Certified Organic (PCO), a non-profit organization that educates, inspects and certifies 300 growers, processors and handlers of organic products. Leslie is active in promoting and developing organic agriculture policies at the local, state and National level. She currently serves on the National Steering Committee for the Organic Certifiers Council and is chair of the Organic Trade Association's Certification Committee. Leslie practiced as an attorney for 10 years. She owns and operates Common Ground Organic Farm in Centre County, producing certified organic (of course!) seedlings, vegetables, lamb and poultry.

Al Johnson managed organic farms and market gardens from 1977–1989, during which time he spent two years in the tropics as a Peace Corps Volunteer. Al chaired the committee that developed the standards and procedures for the NOFA New Jersey's Organic Program in 1989 and remains an active member of the

Standards Committee. Al began inspecting farms in 1990 and currently inspects up to 150 operations per year for 8 different certifiers. He specialized in horticulture while earning a Master's Degree in Environmental Education and went on to earn an Agricultural Teaching Certificate from Penn State.

Diversifying Farm Enterprises Through Agroforestry/ Making Money with Agroforestry in PA

Bruce Wight, USDA Nat'l Agroforestry Center
Michael Jacobson, Penn State University
Room 109

Conservation practices like conservation tillage can reduce operating costs while protecting long-term productivity. But can these practices also provide additional income to the farmer? Agroforestry practices offer an opportunity for productive conservation. This talk will discuss approaches to developing agroforestry practices including marketing, budgeting, and financial analyses. The presentation will show how agroforestry can complement traditional land management practices and also provide economic and environmental benefits. With agroforestry, conservation pays.

Bruce Wight provides leadership and guidance on agroforestry technology transfer and application. He works with federal, state and local agencies, universities, and related conservation organizations. Bruce is a graduate of Iowa State and has worked for NRCS for the last 31 years.

Michael Jacobson's extension activities include conducting workshops, writing and coordinating publications, and conducting information transfer to forest owners, farmers and other related audiences. His area of expertise includes forest economics and policy, taxation, incentive programs, international forestry and agroforestry.

Applying International Concepts in Alternative Viticulture: Wine Growing in the Mid-Atlantic Region

Mark Chien, Penn State Cooperative Extension
Sarah O'Herron, Black Ankle Vineyards
Room 203

Grape growers around the world are moving into non-conventional methods of viticulture. In France and Germany, many of the most famous estates have recently converted their vineyards to organic or biodynamic methods. Their stated reason is simple: it grows better wines. Come hear about the shift in the US towards sustainable, biodynamic, and organic viticulture.

Mark Chien became interested in wines and vines while traveling and studying over three years in Europe, mainly in Germany. He did graduate work in viticulture at UC Davis and worked at vineyards in Napa Valley, the Sierra Foothills and Long Island. He managed a 220-acre farm in Willamette Valley of Oregon with 100 acres of wine grapes near Salem before

becoming the wine grape agent for Penn State Cooperative Extension based in Lancaster. He services a 19-county region in the Southeast and delivers a wide variety of educational materials to local and regional wine growers via programs, the Wine Grape Network website, email, and site visits.

Sarah O'Herron has left the world of management consulting to start Black Ankle Vineyards in Mt. Airy, Md. The vineyard has just moved from grand plan to reality with the planting of her first 7 acres of vinifera grapes this past spring. She plans to plant an additional 15 acres next spring, and hopes to farm the vineyard using only organic and biodynamic practices. She is hoping to overcome her lack of viticulture experience with enthusiasm and naiveté.

Diversity is King: Vegetable Production and Marketing

John Gorzensky, Gorzensky Organic Farms
Room 108

This discussion will show how diversifying crops and markets has worked for one successful farmer. Participants will appreciate the synergies in the field of rotations and may be surprised by how a diversity of crops solves or alleviates many production problems. Likewise, this workshop will explore frankly the problems associated with diversity and approaches to address these issues.

John Gorzynski has been farming for over 27 years. He has served as Sullivan County Farm Bureau President for 19 years. Additionally, he serves on the soil and water conservation board, Sullivan County Farmland Preservation Board, NOFA NY Governing Council, and has been a Green Market participant for 24 years.

Food Waste to the Farm: A New Source of Organic Matter?

James Chrin, Independent Waste Consultant
Cary Oshins, Four Spring Farm
Ned Foley, Two Particular Acres
Room 107

Taking food waste from grocery stores, institutions or restaurants can be both a source of organic matter and a source of income if you get paid to take it. This became easier last year with the development of a new DEP general permit that allows up to 1000 cubic yards per year of food waste to be composted on a farm. This talk will review what's involved in this practice, and discuss its pros and cons.

James Chrin owns the Chambers Development Company which specializes in trash and recycling. James has experience in wood composting and mulch recycling, as well as barn recycling of stone and wood. He was instrumental in setting up land composting and animal food bi-product recycling in his area, and started the first recycling center in his township. He has worked with Amish farmers on chemical free soil rejuvenation.

Edward J. (Ned) Foley, Jr., Esquire is an attorney, a farmer and a composter. He earned a B.S. in History and in Political Science from Drexel University in

FRIDAY 1:00PM (cont.)

1986 and a J.D. from Temple Law school in 1989. He maintains a private law practice representing clients in state and federal courts. Ned also farms approximately 100 acres of small grains and hay and began composting approximately 5 years ago to manage wastes and improve soils. He is an active member of the Grange, PASA and the Professional Recyclers of Pennsylvania where he serves on the steering committee.

Cary Oshins has been doing composting education, research and promotion professionally since 1990. He is currently a half-time composting specialist for the County of Lehigh, PA, where he directs projects related to expanding and complementing the County's composting program. Cary is also a consultant to the Professional Recyclers of PA, where he teaches and coordinates the Organics component to PROP's Recycling Professional Certification Program. He lives, gardens, cooks and composts in Allentown, PA with his wonderful wife and three fantastic children.

Home Cheesemaking Basics

Vicki Dunaway, Creamline/Home Dairy News
Room 208

Got milk? With a few ingredients and a little sorcery you can turn it into cheese! We'll cover the basics for making cheese on your stove top, complete with a demonstration of critical moments in the cheese making process.

Vicki Dunaway has been working in sustainable agriculture since the early 1970s. Her focus since 1997 has been to help revitalize small-scale dairying. In addition to making artisan cheese, she publishes CreamLine, a quarterly newsletter for small commercial farms, and *The Home Dairy News* 10 times a year.

Linear Measuring and Genetics

Gearld Fry, Bovine Engineering and Consulting
Room 207

This workshop will guide participants through the process of selecting & building quality functional grass cattle through genetics. The importance of building a paternal gene pool will be emphasized and participants will learn valuable skills for improving the health and productivity of their herd through genetics.

Gearld Fry was raised on a dairy and operated his own dairy for 8 years. Later he managed his farm with 500 head of beef cows and has developed and operated a reproductive center for 25 years. He has been involved in reproductive corrections, has developed Bovine Engineering and Consulting, and is presently working as a genetic consultant with the Bakewell Reproductive Center, LLC.

Pastured Hen Nutrition and the Effect of Pasture Plants on the Omega 3, Vitamin A and E Content of Pastured Hen Eggs

Heather Karsten, Penn State University
Paul Patterson, Penn State University
Room 104

Dr. Karsten and Dr. Patterson will describe their research results of the effects of pasture species on the omega-3 fat vitamin A and E content on the eggs of pastured hens.

Dr. Karsten is a faculty member in Crop and Soil Sciences at Penn State University where she teaches courses in agroecology and agronomy. She earned her MS and PhD at Cornell, and spent a year studying and conducting research in New Zealand during her doctoral research. Dr. Karsten organizes a producer speaker series at PSU which features invited sustainable farmers from PA. Dr. Karsten conducts research on pasture plant ecology and grazing systems management. She is currently coordinating an on-farm agroecology internship program for undergraduate students to learn and work with PA farmers and faculty at PSU.

Dr. Patterson is an Associate Professor of Poultry Science at Penn State University. He spends most of his time concentrating on extension duties, particularly those dealing with laying hen management and nutrition. He devotes the rest of his time to research involving egg production, handling and storage, and poultry waste management and recycling. A native of Washington State and a graduate of Washington State University, Dr. Patterson went on to receive his Ph.D. degree in Poultry Science and Nutritional Science from the University of Wisconsin, Madison. Dr. Patterson has been at Penn State since 1992.

Selecting Cover Crops for Mid-Atlantic Vegetable Production

Aref Abdul-Baki, US Department of Agriculture
Room 106

This workshop will present novel approaches to selection and management of specific cover crops in integrated horticultural production systems to reduce costs. Utilization of these systems will enhance yield and quality, reduce environmental damage, and insure sustainability and survival of American farmers in the global system.

Dr. Aref Abdul-Baki is a research Plant Physiologist at the sustainable agricultural Systems Laboratory with the United States Department of Agriculture in Beltsville, Maryland. For the past 13 years, he has been evaluating cover crops and developing no-till, alternative farming systems for vegetable growing and for orchard management. His focus has been on reducing the use of nonrenewable chemical inputs and enhancing soil fertility.

Square Foot Gardening: Getting More From Less

Sue Maurer, Maywood Farm
Room 211

Square-foot gardening is an easy, no-work foolproof and continually producing method of gardening introduced in 1981. This gardening system works in community gardens, small salad gardens, and large family gardens for the beginner as well as the expert. Square Foot Gardening helps get more produce out of less space with less work and simplifies gardening into a manageable system. Other concepts used in square foot gardening include trellising or growing vertically successive planting inter-planting and extended season gardening.

Sue is a life long gardener, a Penn State Master Gardener and a member of the Lebanon County Amateur Herbalists. She has hosted learning programs on Square Foot Gardening, Organic Pest Controls, extended Season Gardening, and Making Herbal Salts and Bath Products. Sue is a PASA member and with her husband, Tom, operates Maywood Farm where they raise beef cattle, meat goats, and pastured hogs. In her other life, Sue is a pediatric physical therapist.

Taking Your CSA to the Next Generation

Elizabeth Henderson, Peacework Organic Farm
Don Kretschmann, Kretschmann Farms
Room 105

Two experienced CSA farmers will tell the stories of their very different approaches to CSA. Based on interviews of over 300 CSAs in writing *Sharing the Harvest*, Elizabeth will also share best ideas. Please bring your questions and problems your CSA has been encountering. We will explore solutions together.

Don Kretschmann, his wife Becky, their three daughters and other helpers have been providing Pittsburgh area customers with organically grown produce, fruits, and meats since 1971. Their 60 acre farm is located near Zelienople, about 35 miles north of the city. This year to serve their over 600 CSA subscribers, their farm will be cooperating with several area organic farms. This will assure an even steadier and more varied supply of produce while promoting the growth of organic production in western PA. The Kretschmanns fertilize most heavily with the farmer's footsteps, keep the operation diverse and simple, try to give service and value to their customers, and stay humble enough to change.