

WHOLE FARM SUCCESS STORIES BY THREE EXPERIENCED FARM COUPLES

**A Three-Day Advanced Farmer-to-Farmer Workshop for Vegetable Farmers
March 11, 12 & 13, 2009**

United Methodist Church; Corner Henning & 5th Avenue; Saratoga Springs, NY
Presented by the Sustainable Farmers Network

Coordinators: Sandy Arnold/Ted Blomgren sparnold@capital.net 518-638-6501

You are invited to join us for three exciting days of presentations and group discussions by three highly experienced and successful farming couples. The theme of the workshop will be on the methods used on each of these diversified farms that make them profitable and successful. Topics will focus on soil health, cover crops, rotations, marketing, and production relating to bed systems, weed control, cultivation, harvesting procedures, and managing employees, and much more! Come and enjoy great food prepared with lots of local organic products, the company of friends old and new, and a lively and engaging learning environment. This workshop is designed for farmers with some farming experience and for those with any size farm and any type system (conventional, organic, sustainable, etc.). This workshop will also offer special 20 minute "Earn Your Meal" presentations by other successful farmers attending the workshop, and there will be extensive networking/group discussion time.

Presenters:

Jean-Paul Courtens and Jody Bolluyt; Roxbury Farm; Kinderhook, NY www.roxburyfarm.com

Roxbury Farm is owned and operated by Jean-Paul and Jody. It was founded in 1990 as a five acre vegetable operation and grew into a 300 acre spread along the Kinderhook Creek south of Albany. The farm serves over 1000 Community Supported Agriculture members with vegetables and grass-fed beef, pork, lamb, and turkey, and the CSA members can purchase an optional fruit share from local orchards. Each year 45 acres of land is dedicated to vegetable production and another 45 acres are in cover crops and green manures. The remaining acreage is in hay crops, permanent pasture, wetlands, and woods. They work towards an efficient and systematized operation that allows them to produce 1000 shares with 10 employees in the height of the season. They also strive to have a production system that builds soil health, which is accomplished by good rotations and biodynamic practices.

Martin and Atina Diffley; Gardens of Eagan; Farmington, MN www.gardensofeagan.com

Gardens of Eagan, a fifth generation 120 acre family farm in Minnesota, has been owned and operated since 1973 by Martin and Atina. It is one of the oldest certified organic operations in the United States. The Difleys have been known throughout the country for their novel marketing ideas, innovations in the use and adaptation of mechanical equipment, and extensive use of cover crops, green manure crops, and compost. Recently, the Difleys worked to create a new farm preservation model when they sold their brand name and farm, the Gardens of Eagan, to The Wedge Community Co-op. The Wedge will continue the farm's history of producing high quality produce for the Twin Cities Co-operatives and the Difleys will remain at the farm working on their ongoing organic farming research, as well as their educational and community outreach through their new business, Organic Farming Works.
www.organicfarmingworks.com

Mara and Spencer Welton; Half Pint Farm; The Intervale; Burlington, VT www.halfpintfarm.com

Mara and Spencer, another husband and wife team, collectively have 27 years experience growing and selling produce. Half Pint Farm has been owned and operated by them since 2003, where about 200 varieties of gourmet and specialty vegetables are grown with organic methods for direct sale to farmers' markets and restaurants from March through October. They use a 4 season Ledgewood greenhouse to extend the season, and recently added a Haygrove tunnel. At two acres, Half Pint Farm is an example of a small operation finding success through niche marketing. Mara and Spencer's success is largely due to their ability to set goals, plan well, and passionately market their produce with great customer service and stunning market displays. The Weltons present regularly in the Northeast on their farming style which gives the highest income per acre.

Saratoga Springs Farmer-to-Farmer Conference – Draft Agenda March 11-13, 2009
Contact: Sandy Arnold/Ted Blomgren sparnold@capital.net

Wednesday, March 11th

Registration: 8:15 to 9AM

Morning Session: Start 9AM

- Overview of Gardens of Eagan – Atina and Martin
- Overview of Half Pint Farm – Mara and Spencer
- Morning break
- Overview of Roxbury Farm – Jody and Jean-Paul

Wednesday Lunch

Afternoon Session

- Earn your lunch topic – Presented by someone from the audience
- Marketing at farmers' markets and restaurants – Mara and Spencer
- Afternoon break
- CSA mechanics – Jody and Jean-Paul
- Deciding what to plant: Clues from your soil, market, equipment, land and climate – Atina and Martin

Wednesday Dinner 6PM

Thursday, March 12th

Morning Session: Start 8:30 AM

- Cover crops and soil management – Jody and Jean-Paul
- Weed control on the organic vegetable farm: Systems and tools – Atina and Martin
- Morning break
- Group discussion on soil and weed management – led by presenters

Thursday Lunch

Afternoon Session

- Earn your lunch topic – Presented by someone from the audience
- Earning a living on a small-scale farm – Mara and Spencer
- Afternoon break
- Farm efficiency: Producing 1000 shares with ten employees – Jody and Jean-Paul
- Variety round table – a group discussion led by presenters

Thursday Dinner 6PM

Friday, March 13th

Morning Session: Start 8:30 AM

- Cucumbers to zucchini: Growing organic Cucurbits – Atina and Martin
- Establishing and weeding direct-seeded vegetables – Jody and Jean-Paul
- Morning break
- Broccoli to kale: Growing organic Brassicas – Atina and Martin

Friday Lunch

Afternoon

- Earn your lunch topic – Presented by someone from the audience
- Growing specialty crops in three- and four-season high tunnels – Mara and Spencer
- Group discussion on high tunnel production – led by Mara and Spencer
- Wrap-up
- End 4PM

WHOLE FARM SUCCESS STORIES

March 11-13, 2009, Saratoga Springs, NY

Registration Form

Participants MUST pre-register. Please register early – space is limited. * Registration costs \$175 per person, and includes an informative conference binder, morning refreshments, and lunch & dinner during the conference. A second additional person from the same farm will receive a \$25 discount. To register, send a check and the registration form (below) to: Sustainable Farmers Network, c/o Sandy Arnold; 118 South Valley Road; Argyle, NY 12809. Please make checks payable to the “Sustainable Farmers Network” and EACH person attending must complete a registration form. For more information, call 518-638-6501 or (preferably) send an email to sparnold@capital.net. The agenda is attached; some local home-stay options are available, as well as economical hotel lodging. When you complete the application, please consider assisting with some food donation, either in raw form, purchased donation of ingredients, or in a prepared dish, soup, etc. **Please print LEGIBLY!**

**Please contact Sandy after Feb 25th before mailing registrations to see if there is still room. Thanks.

Name _____

Farm Name _____

Address _____

Phone _____ Cell Phone _____ Email _____

Name(s) of additional attendees from the same farm (but each person must submit their own registration sheet): _____

Amount enclosed: \$ _____ Name on the check: _____

How many years have you farmed? _____ How many acres do you have in production? _____

If you are not a farmer, please tell us what you do (apprentice, educator, etc.)

Do you prefer vegetarian meals? _____ Do you prefer meat (it will be local, organic)? _____

Are you willing to donate any food? _____

Are you interested in a home stay? _____ Are you interested in hotel information? _____

Are you interested in airport pickup? _____ Are you interested in car pooling? _____

We will send additional information shortly if you have checked any of the above 5 options.

Please provide BRIEF answers the following question to help our workshop presenters meet your learning goals:

What are your three greatest overall farm challenges? _____

Are you interested in a 30 minute session on biodynamic farming? _____