

# 2021 Grain Growers Conference

## Out of the Box Webinar Series

In a year like no other, the **Northern Grain Growers Association** and the **University of Vermont Extension Northwest Crops and Soils Program** are bringing the Grain Growers Conference to you! Three virtual programs are being offered, over the course of three weeks, with a series of videos, presentations, and even hands-on activities, each highlighting a specific grain crop in the Northeast. Sign up for a single program or all three!

### The Culture of Corn

A multi-day interactive virtual workshop exploring the cultural and agronomic significance of specialty corns in the Northeast. This is a unique experience-based educational week in which you will sign up in advance (by March 12) and receive a box of supplies in the mail to fully engage with the workshop events. Over the course of four days, this virtual experience will include a combination of pre-recorded videos, live virtual presentations, and a box of ingredients and materials to make your very own hominy, corn soup, and arepas. Limit of 50 registrants.

### The Resonance of Rye

Rye has great potential as a grain crop for the Northeast and we have only scratched the surface. Many farmers know it and grow it as a cover crop. But, it also yields well and has potential to make great tasting food and beverages. Join this program to learn about growing cereal rye for human consumption, post-harvest handling, cleaning and storage and a sourdough baking demonstration.

### The Splendor of Spelt

Spelt is an ancient relative of wheat that is making a splash in specialty and health-food markets. Questions abound, such as where did it come from? If I'm a farmer, how do I grow, process and sell it? If I'm a baker, what does it taste like and how do I bake with it? This program will answer these questions and many more as it guides you through the stages of producing this emerging specialty grain from saving seed and restoring varieties, trialing plots on-farm, farmer-made dehulling and handling equipment, and finally baking with spelt flour.

### Conference Details

#### The Culture of Corn\*

\$50

March 23: 12:30 - 2:00pm

March 24: 12:30 - 2:00pm

March 25: 12:30 - 2:00pm

March 26: 12:30 - 2:00pm

**\*Must register by 3/12  
and limit of 50 registrants**

#### The Resonance of Rye

\$25

March 30: 12:30 - 2:00pm

March 31: 12:30 - 2:00pm

#### The Splendor of Spelt

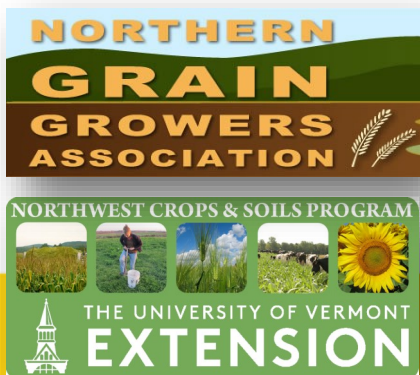
\$25

April 8: 12:30 - 2:00pm

April 9: 12:30 - 2:00pm

**Attend all three for \$75**

Virtual experiences  
from the comfort of  
your own home!



Register online - [click here!](#)

Or you can call UVM's Non-Credit Registrar's Office, 802-656-8407. If you require an accommodation related to a disability, please contact UVM Student Accessibility Services at [access@uvm.edu](mailto:access@uvm.edu) or 802-656-7753.

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802-524-6501 or 1-800-639-2130 (toll-free in Vt.) | [susan.brouillette@uvm.edu](mailto:susan.brouillette@uvm.edu)

[www.uvm.edu/nwcrops](http://www.uvm.edu/nwcrops)

### CULTIVATING HEALTHY COMMUNITIES

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COLLEGE OF AGRICULTURE AND LIFE SCIENCES



# The Culture of Corn

A multi-day interactive virtual workshop exploring the cultural and agronomic significance of corn in the Northeast. This is a unique experience-based educational week in which you will sign up in advance, receive a box of supplies in the mail to fully engage with the workshop events, and try your hand at making hominy and arepas in your own kitchen! This virtual experience will include, over the course of four days, a combination of pre-recorded videos, live virtual presentations, and a box of ingredients and materials to make your very own hominy, corn soup, and arepas.

## The Culture of Corn - \$50

March 23: 12:30 - 2:00pm

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The program begins Tuesday March 23rd when you will hear from **Margaret Smith and Jane Mt. Pleasant** for *The World of Corn: Its Biology and Diversity*. Drawing from their research and experience working with indigenous communities in New York State, together they will speak about the Three Sisters system in which corn was domesticated, farmer seed selection, and the development of the wide array of corn diversity we now see.

On Wednesday March 24th, join **Frank Kutka** and **Rebecca Webster** for a session called *Our Enduring Connection to Northern Flint Corn*. Frank will take us through northern flint corn variation, history and geography. Rebecca will tell us about the white flour corn she grows in Wisconsin and how she prepares the corn with traditional methods to make a delicious corn soup.

On Thursday March 25th, our sensory scientist **Roy Desrochers** will provide us skills on how to describe your corn products. You will receive multiple cornmeal samples and follow along with the *demonstration to learn about objective flavor and aroma analysis*. Prepare to take bunny sniffs and small tastes of dry and hydrated cornmeal and learn how to evaluate for favorable, or unfavorable, flavor and aroma characteristics from a professional sensory scientist!



Then, unpack your nixtamalization kit, roll up your sleeves and get to work nixtamalizing corn and making Columbia-style arepas with guidance from **Nando Jaramillo** of Moon and Stars Arepas in White River Junction, VT. Access the pre-recorded 30-minute orientation session by Nando and cook at your own pace on Wednesday or Thursday.

Finally, on Friday March 26th, tune in for a live Zoom session for a *behind-the-scenes tour of All Souls Tortilleria in Burlington, VT and the Moon and Stars arepa cart*, led by **Nando Jaramillo**, to describe the nixtamalization and arepa-making process at a commercial scale.



United States  
Department of  
Agriculture  
National Institute  
of Food and  
Agriculture

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National Institute of Food and Agriculture  
U.S. DEPARTMENT OF AGRICULTURE

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# The Resonance of Rye

Rye has great potential as a grain crop for Vermont and the Northeast and we have only scratched the surface. Many farmers know it and grow it as a cover crop. But, it also yields well and makes great tasting food and beverages. This program introduces you to growing cereal rye for human consumption on Vermont farms, post-harvest handling, cleaning and storage, and a sourdough baking demonstration.



On Tuesday March 30th, join **Todd Hardie of Thornhill Farm** as he discusses his experience growing cereal rye in Greensboro, VT. Follow along as Todd takes you on a tour of his barn, discussing different pieces of cleaning, drying and storing equipment to bring the most value out of your grain and store it safely until it is ready for market. **Heather Darby from UVM Extension**, will share current research on rye varieties, fertility, harvest timing, and impacts on end use quality.

On Wednesday March 31st, **Jeffrey Hamelman** will lead a *sourdough rye baking workshop*. He will discuss the properties of rye flour and demonstrate techniques for three distinct rye baked goods using a single dough. There will be plenty of time after this live webinar event to ask Jeffrey questions about his experience baking with rye. Don't miss this opportunity to learn from and engage with a world-renowned professional baker!



**The Resonance of Rye**  
**\$25**  
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# The Splendor of Spelt

Spelt is an ancient relative of wheat that is making a splash in specialty and health-food markets. Questions abound, such as where did it come from? If I'm a farmer, how do I grow, process and sell it? If I'm a baker, what does it taste like and how do I bake with it? This workshop will answer these questions and many more as it guides you through a series of discussions.



On Thursday April 8th, **Sylvia Davatz** of Hartland, VT will give a brief history of the emergence of spelt and its early cultivation. She will discuss the physical properties of the plant itself, spelt's nutritional qualities, and how it has begun its comeback. Sylvia will describe her efforts to bring heirloom varieties of spelt back into production. **Henry Blair**, UVM Extension, will describe ongoing efforts to increase seed of heirloom varieties, highlight spelt trials at UVM, and other ongoing research to evaluate this grain. **Elizabeth Dyck of OGRIN** in New York will take us through the dehulling process and some farmer-made pieces of equipment that are critical to cleaning and adding value to the grain.

Finally, on Friday April 9th **Jeffrey Hamelman**, master baker and longtime head of baking instruction at King Arthur, and **Sylvia Davatz** will join together in the King Arthur Baking School in Norwich, VT. They will be *baking sourdough spelt pretzels* with 50% white spelt flour and 50% whole grain spelt flour, as well as a spelt bread using a 100% rye starter. Along the way, they will be discussing the different properties of white spelt and whole grain spelt flour, considerations to be made when substituting or replacing wheat flour, and how to characterize this uniquely flavored grain.

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# Program Speakers

## *The Culture of Corn*

**Margaret Smith:** Margaret joined the Cornell faculty in 1987 in Plant Breeding and Genetics, with a focus on corn breeding. Her research is primarily on field corn and emphasizes breeding for yield and adaptation in New York growing conditions, improving insect and disease resistance, and breeding for organic systems. As the Extension Leader for Plant Breeding and Genetics, Margaret conducts educational programs on crop varieties and seeds for agricultural audiences. Since 2020, Margaret has served as the Director of the Cornell University Agricultural Experiment Station.

**Jane Mt. Pleasant:** Jane, emeritus professor in the School of Integrative Plant Science at Cornell University, studies indigenous cropping systems and their productivity from a multi-disciplinary perspective that includes history, archeology, paleobotany, and cultural/social anthropology. Most of her work is focused on Haudenosaunee agriculture in the 16th through 18th centuries, although recently she has expanded her research to include pre-Columbian agriculture in eastern and central North America. Mt. Pleasant is of Tuscarora ancestry.

**Frank Kutka:** Frank is developing a Sustainable Agriculture degree and facilitating agricultural research at the College of Menominee Nation in east central Wisconsin. Frank grew up in Wisconsin, but has also learned about and grown corn in Minnesota, New York, and North Dakota. His training is in Field Biology, Aquatic Ecology, and Plant Breeding. Frank maintains the Corn Culture Facebook blog and breeds corn on a small farm near Lake Michigan, where he lives with his wife Grace Tinderholt.

**Rebecca Webster:** Rebecca is an enrolled citizen of the Oneida Nation in Wisconsin. She is an Assistant Professor of Tribal Administration and Governance at the University of Minnesota Duluth in their American Indian Studies Department. Prior to teaching at Duluth, she served the Oneida Nation as an attorney for 13 years providing legal advice for the Nation's administration, government, and land issues. She grows heirloom traditional foods with her family on their 10 acre farmstead Ukwahwa: Tsinu Niyukwayayathoslu (Our foods: Where we plant things) and with Ohe-láku (among the cornstalks), a co-op of Oneida families that grow Iroquois white corn.

**Roy Desrochers:** Roy is a sensory expert with over 38 years of experience working with food and beverage companies around the world. His current focus is on helping farmers in New England create food products that align with what consumers want.

**Nando Jaramillo:** Nando is the director, chef, gardener, accountant and builder of Moon and Stars in Vermont's Upper Valley. He was the co-director at Art of Cultural Evolution from 2010-2018 and from 2002-2017 was a prop-master/builder/art director/truck driver/problem-fixer in the film, print and art industry. Nando's goal is to help build a regenerative food system model that manifests what we envision as a 21st century regenerative culture. He is father to Luciano and Imogen.

## *The Resonance of Rye*

**Todd Hardie:** Todd is a father of two daughters, Meriwether and Charlotte. After ag school in Ithaca, New York, he worked with elders of beekeeping in the Finger Lakes, then worked for the Vermont Agency of Agriculture as the Apiary Inspector of Northern Vermont. He grew Honey Gardens Apiaries to 1,900 colonies of honey bees in the Champlain Valley of Vermont and St. Lawrence River Valley of New York State. Using raw honey, the team made traditional honey based plant medicine with elderberry, herbs, propolis, and beeswax, then honey wine and Barr Hill gin and vodka. He grows winter rye on Thornhill Farm in Greensboro, Vermont, serving bakeries in Northern Vermont. Caledonia Spirits in Montpelier uses this rye and Vermont barley to make Thornhill Farm rye whiskey. His mission is to encourage more farmers to grow grain for our local markets.

**Heather Darby:** Heather is a Professor of Agronomy at the University of Vermont. She has been working with grain growers in the Northeast for the past 18 years to grow a viable local grain economy. Her research and outreach programs provide regionally adapted information to growers throughout the region.

**Jeffrey Hamelman:** Jeffrey began baking professionally on September 1, 1976. The joy of baking and sharing with others remains one of the great joys of his life.

## *The Splendor of Spelt*

**Sylvia Davatz:** Sylvia has been seed saving for over 25 years. Growing grains has been central to her interest in building a thriving year-round, local food system.

**Henry Blair:** Henry was a professional cook and baker for 5 years before fully diving into the regional grain world. He was operations manager for GrowNYC's Regional Grains Project working on local grain market development in New York City prior to joining UVM Extension NWCS as a researcher focusing on grain potential for Vermont farms and various end-uses.

**Elizabeth Dyck:** Elizabeth is the coordinator of the Organic Growers' Research and Information-Sharing Network (OGRIN). She works with farmers to develop sustainable grain production and affordable, scale-appropriate processing equipment.

Register online - [click here!](#) Or go to <https://na.eventscloud.com/ereg/index.php?eventid=607299&>  
Or you can call UVM's Non-Credit Registrar's Office, 802-656-8407.

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