CONFEREEE PROGRAM

TOGETHER, WE CAN

Grow agile in the marketplace

Build a vibrant, equitable community

Regenerate our soil

Champion the Chesapeake Farmer

FUTURE HARVEST
Chesapeake Alliance for Sustainable Agriculture

23RD ANNUAL CONFERENCE
JANUARY 13-14, 2022
Last spring, Together, Again! was to be this year’s conference theme. COVID’s grip was weakening and we were planning, full-tilt, for an in-person gathering. We spent a few punchy evenings choosing branding pictures for our Together Again theme: embracing sheep, kissing cows, pig duos. Intertwining carrots prevailed, however (who knew that every farmer we asked could produce a photo of their carrots caught in embrace!). We were set.

Then came the variants and, well, you know the rest – another dance of deft pivots. We found, however, that even though the pandemic was keeping us physically apart, our community was working together like never before to address food system gaps made glaring by these unprecedented times such as food insecurity; diet-related disease and vulnerability to COVID, the booms and busts of local food markets and more supply disruptions agitated by climate-change-induced floods and droughts. These are the topics at the fore of collaborative policy-influencing efforts, like Maryland’s new Food System Resiliency Council (FSRC), the Million Acre Challenge to advance soil health in the Chesapeake region, and work in Virginia and West Virginia to address slaughterhouse capacity.

We’ve brought these topics to the conference as well, not just with expert presentations, but with ample opportunity for discussion in chats and caucuses. How do we use new public investment to advance land access for people of color, to ensure the right infrastructure in the right place to distribute local food efficiently, to harden demand for local food, to fend off saltwater intrusion and fight climate change impact? More shocks are coming; the only question is how will we position ourselves to withstand them?

We invite you to dig in, ask questions, add your voice, network, and chat because together, we can overcome and build a better regional food system.
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Thank you!

2022 FUTURE HARVEST CONFERENCE
TOGETHER, WE CAN
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## SCHEDULE AT-A-GLANCE

**Virtual Day One | Thursday, January 13, 2022**

### 9:00 a.m. - 10:15 a.m.  
**Breakout Sessions**
- Farmers and the Food System: Change Could Come
- From Leasing to Buying: Leverage Leased Land to Build Your Farm Business
- Heading Off Problems Before They Start
- On the Block: Creative Harvesting Options for Commercial Use
- Marketing for Resiliency and Revenue

### 10:30 a.m. - 11:45 a.m.  
**Welcoming Keynote - Renard Turner**  
NEW AGE AGRARIANISM: Growing for a Regenerative, Sustainable, and Equitable Planet

### 12:00 p.m. - 1:00 p.m.  
**Lunch: Guided Cooking Demonstration with Chef Jonathan Bardzik**

### 1:00 p.m. - 2:15 p.m.  
**Breakout Sessions**
- Care Farming: Farming with Social Purpose
- Create Herbal Products from the Herbs You Grow
- Navigating Farm Stress: Observing, Engaging & Sharing
- Put a Bird On It- Integrating Animals and Crops to Regenerate Soil and Biodiversity
- Defining A Modern Farm Brewery

### 2:30 p.m. - 3:45 p.m.  
**Farmer 2 Farmer Chats**
- Beginning Farmer Training Program
- Vegetable Growers
- Soil Health
- Animal Husbandry
- Ag Business, Non-Profit & Government Professionals

### 4:00 p.m. - 5:00 p.m.  
**Caucus/Chats**
- BIPOC
- Veteran
- LGBTQ2S+
- White Ally to Accomplice
- Women in Agriculture
- Care Farming

### 5:30 p.m. - 7:00 p.m.  
**Dinner & Awards**
Join us for an evening program honoring the annual Future Harvest Farmer of the Foodshed recipients!

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**END OF VIRTUAL DAY ONE - SEE YOU TOMORROW AT 9 A.M.**
## SCHEDULE AT-A-GLANCE

**Virtual Day Two | Friday, January 14, 2022**

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<tr>
<th>Time</th>
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<td>9:00 a.m. - 10:00 a.m.</td>
<td><strong>Future Harvest Member Meeting</strong></td>
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| 10:30 a.m. - 11:45 a.m. | **Breakout Sessions**   
  - How We Do Farm-to-School  
  - QuickBooks for Beginner Farmers  
  - Help is on the Way: USDA Programs to Guide Good Practices  
  - Managing Pastured Pigs in a Whole Farm Approach  
  - The Future of Regenerative Funding                                    |
| 12:00 p.m. - 1:00 p.m. | **Lunch: Guided Cooking Demonstration with Chef-Farmer Mike Costello** |
| 1:00 p.m. - 2:15 p.m. | **Breakout Sessions**   
  - 2023 Farm Bill Listening Session & Discussion  
  - Beetles, Bugs and Worms: Insect Control for Vegetable Crops  
  - Earing Soil Health Trends: Insights from A Study of 100+ Farms  
  - Opening Wholesale Doors: Maryland’s Certified Local Farm Enterprise Program  
  - Virginia Agriculture and Food Funding Opportunities                                    |
| 2:30 p.m. - 3:45 p.m. | **Breakout Sessions**   
  - Introduction to Growing Small Grains  
  - Overcoming Bottlenecks in the Eastern US Chestnut Industry  
  - Better Farming Through Conservation Practices  
  - Africulture: How To Grow and Market Ethnic Vegetables  
  - Labels that Generate Sales: Make Your Certifications Count                                    |
| 4:00 p.m. - 5:00 p.m. | **Closing Keynote - Authors David R. Montgomery & Anne Biklé**  
  Growing Into the Future                                                                 |

**END OF 2022 ANNUAL CONFERENCE - THANKS FOR JOINING US!**
KEYNOTE SPEAKERS

NEW AGE AGRARIANISM
Growing for a regenerative sustainable more equitable planet.

Renard Turner
Vanguard Ranch, Louisa County, Virginia
Thursday, January 13, 2022
10:30 a.m. to 11:45 a.m.

What are the fundamentals of agrarianism and why should we embrace them? And why do we need more regenerative, sustainable farms and regional food systems? Join Renard Turner and be inspired to believe in your own power as incubators of systemic change! Hear the history of land ownership in America and just how political food really is. It’s time for all of us to put earth first, and for the courageous to choose agrarianism as a lifestyle despite its challenges.

GROWING INTO THE FUTURE

David Montgomery and Anne Biklé
Friday, January 14, 2022
4:00 p.m. to 5:00 p.m.

Authors David R. Montgomery and Anne Biklé will draw on their books to tell the long and tangled story of humanity’s relationship with nature’s greatest wallflower—the soil beneath our farms and gardens. Throughout history societies that degraded their soil did not last, and yet we seem headed in this direction again. But there is another path to take, for the health and well-being of people and the planet is as rooted in the soil as the roots of our crops. Weaving together science, history, and personal experience, Montgomery and Biklé illuminate the forgotten practices and new thinking in agriculture, medicine, and nutrition that can serve as our compass as we journey into future harvests.
Starting with his first live cooking demonstration at Washington DC's historic Eastern Market in 2011, Jonathan Bardzik has brought his enthusiasm for fresh, local ingredients to appearances in front of more than 900 audiences coast-to-coast, including a TEDx stage.

He's written three books of recipes and stories, appears regularly on ABC, CBS, and FOX morning news, and his work has earned him coverage in USA Today, The Washington Post, and Food Network Magazine. You may also recognize him from Future Harvest's own Go Grassfed tasting events at regional farmers markets in 2019 and his 8-episode TV series Jonathan's Kitchen: Seasons To Taste.

Jonathan's food is inspired by the fresh ingredients he grew up with in his parents' garden and finds today from local farmers. His knowledge of agriculture comes naturally - his father grew up on a family farm and holds a PhD in plant and soil science, and Jonathan grew up working in the family's horticultural business. His work is grounded in the belief that life can and should be lived with joy each day. A joy he believes we can all find, create, and share starting in the kitchen.
Growing up on a farm in Kanawha County, West Virginia, Mike developed an appreciation for the land at an early age and found a home in the kitchen, learning to string pole beans and bake traditional desserts from his grandmother. His interest in cooking led him to culinary school at Johnson and Wales University. After working in restaurant kitchens and encountering a then-pervasive mentality that "quality" ingredients must be shipped to Appalachia from far away, Mike backed away from his formal culinary education and enrolled in journalism school at West Virginia University, where his work established a recognition of food as an important mark of Appalachia's rich cultural heritage.

Through reporting and documentary-style projects focused on food heritage, Mike learned the importance of storytelling, which remains central to Lost Creek Farm's cuisine. Most importantly, he maintained a strong passion for food and an even stronger passion for the region, never losing sight of an early desire to open a culinary business that would make the Mountain State proud.

Mike continues his journalistic work as a freelance writer, media producer, and co-host of The Pickle Shelf Radio Hour. He serves on the Board of Directors for the Appalachian Food Summit.

Join Mike for a journey through savory rabbit hand pies, from dressing to crust, recipes with alternative protein options, as well as a list of area farms raising rabbits, will be shared with conference attendees before the event.
Workshop 1: 9:00 a.m. - 10:15 a.m.

PANEL DISCUSSION: Farmers & Food Systems: Change Could Come
How will sustainable, food producing farmers fare as policymakers debate food system change? For the first time, the Maryland state legislature is considering a package of reforms proposed by its newly established Maryland Food System Resiliency Council (FSRC), which includes stakeholders from across the Maryland value chain. Find out how proposed policy changes will affect you and your farm, and how you can speak up for positive change.

Heather Bruskin, Montgomery Co. Food Council; Nancy Nunn, Hughes Center for Agro-Ecology; and Tope Fajingbesi, Maryland Food Systems Resiliency Council

From Leasing to Buying: Leverage Leased Land to Build Your Farm Business
Imagine spending eight years bartering for the use of land in the suburbs of Baltimore County to bootstrap a farm operation. As a first-generation farmer and a mother, presenter Emma Jagoz did just that, beginning with a half-acre, then bartering for six different properties to make up 15 acres of certified organic land, and then eventually purchasing 25 acres of her own. Join this session for Emma’s perspective on building a customer base, developing systems and purchasing equipment, as well as the advantages and disadvantages of leasing and purchasing, how to prioritize on a tight budget, and lessons learned in leasing and purchasing land.

Emma Jagoz, Moon Valley Farm, MD

Heading Off Problems Before They Start
Growing vegetables means facing a myriad of challenges. Some of the biggest threats to a healthy yield can be managed before planting a seed. Learn from expert farmer Jennifer Glenister effective strategies to minimize disease, pests, and weeds at the very beginning of the crop to maximize your chance at a successful harvest.

Jennifer Glenister, New Morning Farm, PA

On the Block: Creative Harvesting Options for Commercial Use
Looking for a better slaughter option? Learn from West Virginia bison farmer Liz Riffle about how to ensure your animals are humanely harvested on the timeline and at the price you want! This session addresses the options available for the small farm owner who wants to get a bit creative with their marketing and methods in order to create a more holistic, transparent customer experience.

Elizabeth Riffle, Riffle Farms LLC and The Honest Carnivore - A WV Meat Collective

Marketing for Resiliency and Revenue
Learn how to create a resilient business model that brings in revenue, too! As the founder of Pinehurst Farmers Market in downtown Columbia, SC, and guest writer for Mother Earth News, April Jones will walk you through how to increase sales and revenue through unique marketing strategies, engage with and increase your customer base, and ensure success in an ever-changing business environment.

April Jones, Pinehurst Farmers Market, SC, and Mother Earth News

Welcome & Keynote: 10:30 a.m. - 11:45 a.m.

NEW AGE AGRARIANISM:
Growing for a Regenerative, Sustainable, and Equitable Planet
Renard Turner
Guided Cooking Demonstration with Chef Jonathan Bardzik

Workshop 2: 1:00 p.m. - 2:15 p.m.

Care Farming: Farming with Social Purpose
Have you dreamt of starting a farm to help people? Care farming, sometimes called social farming, is the therapeutic use of farming practices. People join care farm communities for different reasons, including health and social care, mental health and wellbeing, rehabilitation, or to learn a new skill set. This session will explore several different care farming models and initiatives and discuss the benefits and challenges of the models.

Andrea Barnhardt, Care Farming Network; Matthew Ballard, Penny Lane Farm, University of North Carolina School of Medicine, Center for Excellence in Community Mental Health; Peter Scott, Fields4Valor; Crystal Stokes, Franks Community Farm; Rebecca Sorenson, Blawesome Farm

Create Herbal Products from Herbs You Grow
Are you considering producing herbal products? Come and join this presentation to understand how to do it right from day one. Learn how to create a commercial product that is high quality, within legal requirements and sellable. From growing and harvesting, to the different processing methods such as drying or infusing, this session will cover it all and discuss different products such as teas, tinctures, creams and essential oils. Ebony Payne, Founder of District Herbs and creator of the award winning Hemp Pain Salve, will join us and share tips and tricks of making herbal topicals and working with hemp and CBD.

Henriette den Ouden, University of Maryland Eastern Shore, UMES Research, Education, and Extension Farm and Ebony Payne, District Herbs

Navigating Farm Stress: Observing, Engaging, Sharing
From unpredictable weather and animal health challenges to working with family and navigating ever-changing markets and regulations, it’s no secret that farming can be a stressful career. Learn how to observe stress in ourselves and others, how to engage with people who are dealing with stress and where to find helpful resources to use and share on mental health, farm finances and legal stressors.

Emily Zobel and Dr. Alexander Edward Chan, University of Maryland Extension

Put a Bird On It- Integrating Animals and Crops to Regenerate Soil and Biodiversity
Integrating animals into the crop production systems is the 5th—and often most intimidating to accomplish, Principle of Soil Health. While many farms both grow crops and raise animals, integrating the two systems safely and efficiently to maximize ecological benefits and minimize harms requires a thoughtful approach and a fair amount of trial and error. Hear from three innovative farms who have taken this journey and have successfully integrated animals into their cropping systems to achieve benefits such as increased biodiversity, soil fertility and soil health, while protecting water quality and food safety.

Charles DeBarber, Filbert Street Garden, (MD); and Amyrose Foll, Virginia Free Farm; Steve Kraszewski, Mason's Heritage Farm; Jacob Gilley, American Farmland Trust

Defining A Modern Farm Brewery
Beer is an agricultural product. Farming and brewing have been closely connected for centuries, but the relationship between farmers and brewers today has become distant at best. We’ll share what a modern farm brewery means to us and why the importance of marrying agriculture and beer extends beyond the glass.

John Branding, Wheatland Spring Farm + Brewery, VA
Join us for an evening program honoring the annual Future Harvest Farmer of the Foodshed recipients!

Schedule:

Thursday, January 13

Farmer 2 Farmer Chats: 2:30 p.m. - 3:45 p.m.

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Caucus/Chats: 4:00 p.m. - 5:00 p.m.

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Dinner & Awards: 5:30 p.m. - 7:00 p.m.

Join us for an evening program honoring the annual Future Harvest Farmer of the Foodshed recipients!

Pre-Recorded Sessions: Anytime!

Season Extension and Succession Planting: Use Every Opportunity!

Learn what’s possible in pushing the growing seasons for your most valuable crops, with strategies for hot weather and cold, including winter hoophouse crops, as well as outdoor crops. Learn how to plan a sequence of planting dates to provide a continuous and even supply of short-lived warm-weather crops and winter greens, and how to have lettuce year-round. Learn how to store crops to provide food and income for less-productive times of year.

Pam Dawling, Twin Oaks Community

End of Virtual Day One - See you tomorrow at 9:00 A.M.!
Future Harvest Member Meeting: 9:00 a.m. - 10:00 a.m.

Cast your vote on board member nominees, hear what Future Harvest is doing for farmers in this region, and have your voice heard!

Workshop 3: 10:30 a.m. - 11:45 a.m.

How We Do Farm-to-School
From school gardens at the elementary and middle schools to a uniquely diverse market farm next to the high school, learn how Delaware’s Colonial School District in New Castle has created a farm-to-school program that runs on the “power of we”: students, staff and community volunteers, and the district’s Nutrition Services team up for fresh, wholesome student meals.

Toby Hagerott, Colonial School District, DE

QuickBooks for Beginner Farmers
Revenues, expenses, budgets...oh my! A sound understanding of your finances and a sound system to manage them are essential for a profitable farming enterprise. This session will show beginner farmers how to use their accounting systems to understand their business and make informed, effective decisions.

Jeff Wilson II and Chukwunwike Onuaku, The W2 Group

Help Is On the Way: USDA Programs to Guide Good Practices
Conservation planning can be a daunting task. USDA-NRCS is here to help! This session will show how USDA-NRCS services can assist you in implementing on-farm conservation practices to meet your goals. Beginner, urban and traditional farmers will benefit from this session focusing on conservation planning, technical and financial assistance programs, activities/enhancements and crop production and soil health.

This presentation will be live with a pre-recorded session available in Spanish.

Heydsha Cordero, USDA-NRCS

Managing Pastured Pork in Your Whole Farm System
Join Grace Dubansky of Backbone Farm as she discusses how to manage pigs as part of the whole farm. This session will highlight how farm and hog “waste products” can be repurposed, using examples from a small, diversified, sow-to-piglet family farm bearing the Certified Naturally Grown label and using sustainable, regenerative, and organic methods.

Grace Dubansky, Backbone Farm, MD

The Future of Regenerative Funding
Whether you’re scaling a small diversified farm, or transitioning to climate-smart, holistic management, finding funding that understands the needs of regenerative farmers can be hard to come by. Ryan Anderson, SVP of Services at Steward and Michael Reilly, Executive Director of Foodshed Capital discuss the future of regenerative funding, with an emphasis on the particular challenges that socially disadvantaged farmers face when accessing capital.

Ryan Anderson, The Steward Foundation; Michael Reilly, Foodshed Capital

Lunch: 12:00 p.m. - 1:00 p.m.

Guided Cooking Demonstration with Chef-Farmer Mike Costello
**Schedule:**  
**Friday, January 14**

**Workshop 4: 1:00 p.m. - 2:15 p.m.**

### 2023 Farm Bill Listening Session & Discussion
Prep is underway for an equitable, climate-smart 2023 Farm Bill and the National Sustainable Agriculture Coalition wants to hear from you. Come to this session ready to share your thoughts about what needs improvement and what’s working well with federal agriculture programs. NSAC wants your ideas about how to address the climate crisis, advancing racial equity in agriculture, building strong local farm economies, investing in sustainable practices, and more. Share your experience and hear how you can help shape the farm bill for the better.

Sarah Hackney and Billy Hackett, National Sustainable Agriculture Coalition

### Beetles, Bugs & Worms: Insect Control for Vegetable Crops
From stink bugs in your tomatoes to cucumber beetles on your squash, insects can make or break a crop’s success. Emily Zobel of University of Maryland reviews the principles of Integrated Pest Management (IPM) and offers tips on how to handle some of the toughest-to-control insects in your vegetable and fruit crops.

Emily Zobel, University of Maryland Extension, MD

### Unearthing Soil Health Trends: Insights from A Study of 100+ Farms
What are the soil samples, field management records, and first-hand experiences from 100+ farms telling us about soil health? Pasa’s Soil Health Benchmark Study is designed to help farmers monitor and evaluate the nuanced soil health strengths and challenges that can exist simultaneously within their fields. We’ll share insights learned thus far from our Soil Health Benchmarks 2021 Report, and you’ll hear from farmer research collaborators about their experiences participating in the project.

Sarah Bay Nawa, Pasa Sustainable Agriculture; Lisa Garfield, Future Harvest and Farmer-Research Collaborators from MD and PA; Jennifer Glenister, New Morning Farm

### Opening Wholesale Doors: Maryland’s Certified Local Farm Enterprise Program
Maryland Delegate Charkoudian recently introduced legislation (HB 1488/SB 985) to establish a local food purchasing requirement – the Certified Local Farm Enterprise Program (CLFEP) and the Certified Local Farm Enterprise Food Aggregation Grant Fund. Delegate Charkoudian, The Maryland Department of Agriculture, and MARBIDCO will discuss the requirements, regulations, and application process for the program and grant, and how they aim to address supply chain and equity issues in Maryland’s food system.

The Honorable Lorig Charkoudian, MD District 20 Delegate; Karen Fedor, MD Dept. of Agriculture; Stephen McHenry, MARBIDCO

### Virginia Agriculture and Food Funding Opportunities
The new Virginia Food Access Investment Fund (VFAIF) program is a state-run program that focuses on equity and justice in local food systems by investing in new or expanding food retailers that improve food access. Join this session to learn about the VFAIF program and other agriculture and food funding opportunities available in Virginia such as, the Agriculture and Forestry Industries Development (AFID) programs and resources and services available from Virginia Community Capital, a community development financial institution (CDFI).

Sara Santa Cruz, Virginia Dept. of Agriculture and Consumer Services (VDACS); Lauren DeSimone (Virginia Community Capital); Jennifer Perkins (VDACS)

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**Join the Community**

**Future Harvest Bulletin Board & Community Calendar**

Did you know that our website is home to a Community Calendar and Bulletin Board where anyone can post about job openings, land opportunities, farm-focused events, workshops, equipment sales and more? For free! Submit your listings online or email deb@futurereharvest.org

**Follow us on Social Media>>>**
**Introduction to Growing Small Grains**

From crop selection and planting to processing and marketing and every stage in between, this introductory session will provide an overview of all stages of food grain production. If you're new to growing small grains and looking for guidance on how to get started, this session is for you.

Heather Coiner and Onawa Dufresne-Barger of Common Grain Alliance; Aaron Cooper, Cutfriesh Organics; Ian Herzmark, Mig rash Farm

**Overcoming Bottlenecks in the Eastern US Chestnut Industry**

Learn about the recently developed impact investment plan for chestnuts in the eastern United States. Panelists will discuss the rich history of commercial chestnut production, current state of the industry, barriers to future growth, and partnerships being forged to overcome those barriers. If you're interested in profitable nut crops, agronomics, and management and breeding programs, you won’t want to miss this!

Bill Davison, The Savanna Institute; Taylor Logsdon, SilvoCulture, Andrew Currie, Seven Springs Perennials

**Better Farming Through Conservation Practices**

We know that soil matters, but this panel discussion digs deeper to talk about agricultural conservation practices that can improve farm production. Join for a discussion followed by Q&A on best management practices (BMPs) and how they impact farm management, productivity, and runoff. Bonus: the panelists will talk about where to find funding for offsetting conservation practice implementation.

Daniel Read, University of Maryland Center for Environmental Science; Steve Darcey, Prince George’s Soil Conservation District, (MD); Mauricio Rosales, Alliance for the Chesapeake Bay, (PA); Sharon Conner, Hanover-Caroline Soil and Water Conservation District (VA)

**Africulture: How To Grow and Market Ethnic Vegetables**

Increasing demand for ethnic food offers small farmers tremendous opportunities to diversify their food production systems to appeal to immigrants, particularly African (West and East African), Caribbean, Asian (Indian and Chinese) and Hispanic populations. Small Farm Resource Center coordinator and chief grower for Carter Farms Michael Carter Jr. will lead this workshop to show small farmers how to grow and market specific crops that appeal to these customers.

Michael Carter, Jr., Virginia State University Small Farm Outreach Program

**Labels that Generate Sales: Make Your Certifications Count**

Navigating the ins and outs of producer and product certifications can be tricky. Dive into a few existing certifications that livestock producers can leverage to optimize certifications in their operations and on their meat products. It’s one thing to be certified but ensuring that certification is resonating with your customers and providing a return on your investment is what matters most. Join this session for some tips and tricks on how to make your hard-earned certifications work for you.

Jacob Gilley and Clare Lindsay, American Farmland Trust

**Closing Keynote: 4:00 p.m. - 5:00 p.m.**

Growing Into the Future

David Montgomery and Anne Biklé

Authors of "What Your Food Ate"
CONGRATULATIONS TO OUR AWARD WINNERS

LIFETIME ACHIEVEMENT AWARD

Michael Heller
Clagett Farm

COLCHESTER LEGACY AWARD

Henriette den Ouden
University of Maryland Eastern Shore, UMES Research, Education, and Extension Farm

FARMER OF THE FOODSHED AWARDS

Farmer Chippie (Richard Francis)
Plantation Park Heights Urban Farm

Michael Carter Jr.
Carter Farms
WE COULDN'T DO IT WITHOUT YOU.

In addition to our generous sponsors, we extend our thanks to the following Future Harvest supporters who provided gifts of $1,000 or more:

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