

12TH ANNUAL CONFERENCE

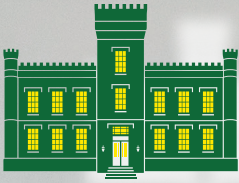
Organic Association of KENTUCKY

Rooted in Resilience: Growing Healthy Soils & Opportunities for Kentucky Organics



JANUARY 26-28, 2023

Frankfort, Kentucky



**KENTUCKY STATE
UNIVERSITY**

Land Grant Program

Academics · Research · Extension

Kentucky State University's Cooperative Extension Program is committed to solving problems faced by those who have limited social and economic resources and to improving the quality of life and vitality of communities and individuals throughout the Commonwealth of Kentucky.

**Ask us about our
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Grant Program!**

To learn more, contact: kysuag@gmail.com · www.kysu.edu/ag



Organic Association of Kentucky

Welcome to the 12th Annual OAK Conference and Trade Show!

You know you are in the right place when you find inspiration, old and new friends and tools you can use to advance your farming practice. May these days be full of new ideas, warmth and great connections!

It is our hope that you find opportunities to stretch in ways that lead to new thinking about solutions to long term problems we all face, and how we can work towards the solutions we need. Together we can identify the barriers to rapid adoption of organic practices in the region and unlock new opportunities for more farms. Together we can articulate what the sector needs in terms of helpful research, resources, technical assistance and market development. This event is about increasing on-farm resilience and supporting the network of farmers, resources, value chains and communities that make it possible for farms to thrive and regional food networks to grow wellness for all.

Make the most of this time together. Share generously about your successes and challenges and uncover those new-to-you resources, opportunities for synergy and expanded relationships.

We are grateful to share these conference days with you.



Brooke Gentile
Executive Director



OAK Mission

OAK is a state-wide non-profit organization founded by farmers, for farmers. OAK works to advance organic regenerative agriculture, to improve the health of the environment and our communities. We are focused on growing ecological resilience, economic viability and socially just futures for Kentucky farmers through educational, technical and market resources.

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Lazy Eight Stock Farm
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Bryce Baumann, Maggie Dungan, Carolyn Gahn, Brooke Gentile, Jenny Howard Owen, Natalie Rider, Julia Sampson and Amber Sciligo

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Farmer-owned, -operated, and -supported multimedia organization collecting and distributing the highest quality growing information for **FREE**.

Our shows include *The No-Till Market Garden Podcast*, *The Winter Growers Podcast*, *The Composter Podcast*, *The Collaborative Farming Podcast*, and *The Seed Growers Podcast*.

Our Youtube channel, where we post everything from instructional videos and crop breakdowns to farm tours, has nearly **150,000 subscribers and counting**. You can learn more at www.notillgrowers.com where you can pick up a copy of *The Living Soil Handbook* and chat with other small-scale growers on our new growers community forum. Follow No-Till Growers on Instagram for the latest.

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Grow Appalachia works in communities across central Appalachia to create a vibrant, regional food system where healthy food is accessible to all. Grow Appalachia's approach is centered on supporting backyard and community gardens, providing technical assistance to small-scale farmers, operating a social enterprise, and distributing high quality food and nutrition programming to youth.

www.growappalachia.bera.edu - 859-302-5162

OAK Programs

FARMER FIELD DAYS

Join farmers, ag professionals and researchers on farms to learn about organic and conservation practices. Share your experiences and hear from others about innovations, tools and research in organics. Field Days range from weed management and forage walks to high tunnel production and pastured poultry. Open to everyone and scholarships are available. View the virtual field day archive on OAK's YouTube channel. And community members, there are farm tours and film screenings for you too, offering a behind the scenes look at "why organic matters".

TRANSITION TRAINER PROGRAM

Have you considered applying for USDA organic certification but you don't know where to start? Do you have questions about recordkeeping or inputs? Organic Transition Trainers are here to help! These specialists are ready to assist producers in developing farm transition plans, navigating the regulations and principles of organic agriculture, creating farm maps, consulting on approved inputs and more. This technical assistance is **free** to KY farmers.

KY FARM SHARE COALITION

This community supported agriculture (CSA) program works with a network of farmers to promote CSA across the state and grow new CSA market opportunities. KYFSC partners with employers to develop a unique program offering CSA as a health benefit to employees. This program connects farmers and employers, bringing fresh produce into the workplace for convenient pick up and supports widespread increases in fresh food access.

NEW SOIL HEALTH AND CLIMATE-SMART PROGRAM: FARM SUSTAINABILITY ASSESSMENT TOOL

The Global Farm Metric framework measures social, economic and environmental indicators on farms to assess sustainability across 12 categories. Based on globally recognized research, this tool is embedded with measures, benchmark scoring and production best practices. The Farm Sustainability Assessment Tool establishes a common language, supported by quantitative measures, that enables all stakeholders in food and farming to drive positive change for healthier soils, increased biodiversity and climate solutions. Learn more about the GFM-FSAT or join the 2023 farm trials on OAK's website.

2023 OAK Field Days

Join us for these on-farm learning opportunities. Details and registration at www.oak-ky.org

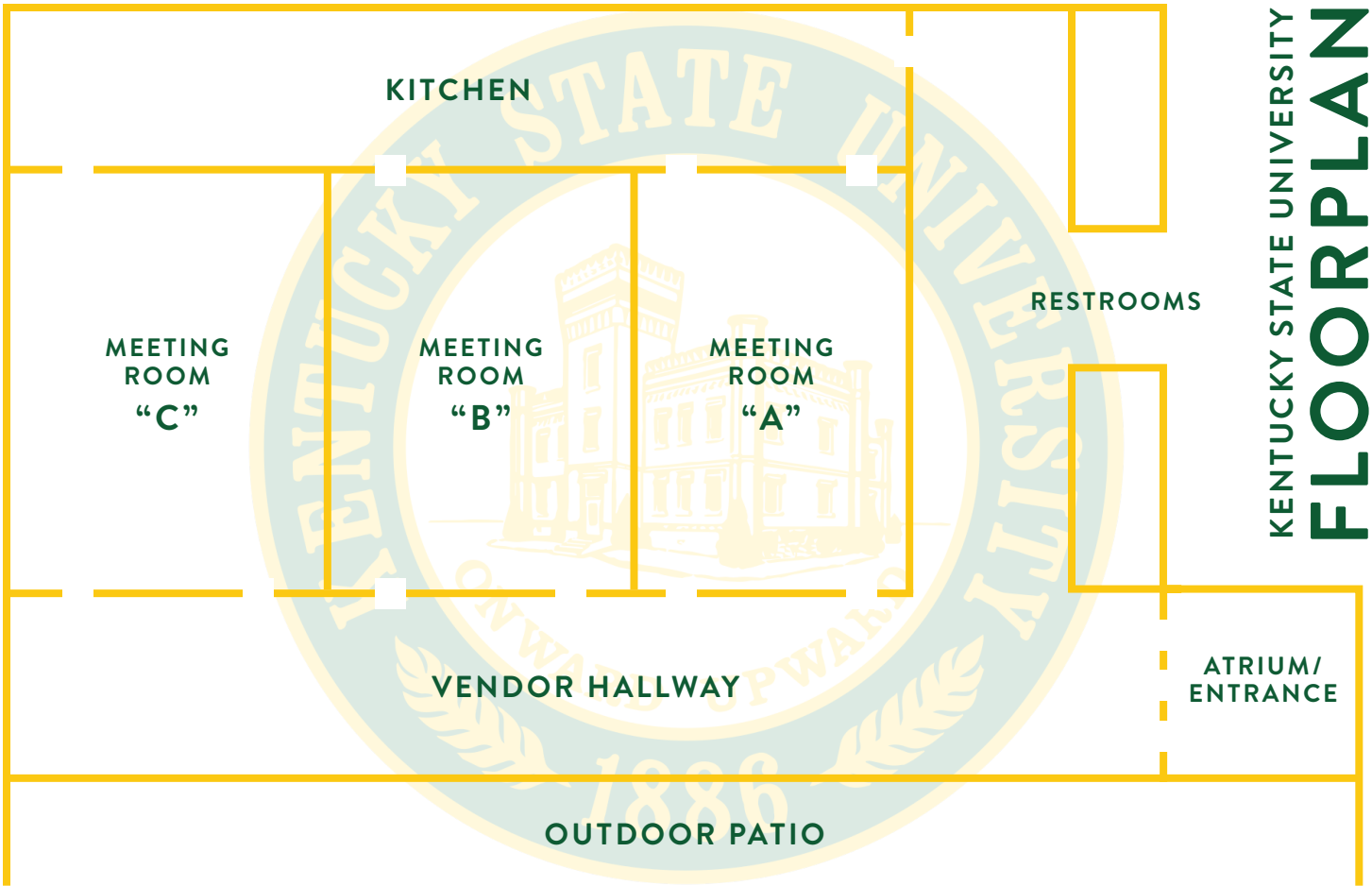
Another year of informative and community building Field Days are in development. Field Days are open to everyone. Plan to attend these Spring 2023 events. See past Field Day summaries and recordings on OAK's website and YouTube channel. Share suggestions for future Field Days with jenny@oak-ky.org.

March 21 & 28 | Workshop - Write Your Food Safety Plan | Virtual

April 13 | Pavel's Garden | Oldham Co.

May 9 | Faul Family Riverside Farm | Henry Co.





KENTUCKY STATE UNIVERSITY
FLOORPLAN



ASK NRCS

USDA's Natural Resources Conservation Service can help with conservation assistance in soil health, biodiversity, and livestock practices to help meet the USDA National Organic Program.

www.nrcs.usda.gov/organic

USDA is an equal opportunity provider, employer, and lender.

THURSDAY, JANUARY 26

PRE-CONFERENCE WORKSHOPS

Session 1: 8:30 - 12:00 pm

Growing and Selling Profitable Greens Year-Round

Ray Tyler, Rose Creek Farms

Join this half-day workshop with well-known master grower Ray Tyler as he teaches the art of growing and selling diverse crops 52 weeks of the year in zone 7b. His unique system of growing vegetables on 1 acre under a mix of low-tech caterpillar tunnels and high tunnels earns him a whopping \$500,000 per year. In this workshop, Ray will teach his complete system, including the following: till and no-till methods, building and maintaining fertile and living soil, selecting proper varieties for all 4 seasons, consistent germination 52 weeks of the year, creating a no-weed growing bed system, building a permanent irrigation system and selling the harvest year round. Ray will provide a detailed workbook for you to fill out and take home, ensuring you leave with the best current practices and knowledge to select, grow and sell more greens than you could ever imagine from your farm.

Beyond Compost: Nutrient Budgeting for Small Organic Farms

Christopher McKenzie, Grow Appalachia
Krista Jacobsen, U. of Kentucky

To farm sustainably and profitably, while meeting organic certification requirements, it is important to track nutrient levels in your soil to avoid over or under applying amendments like fertilizer and manure. Krista and Christopher will share the essentials of nutrient management for crop needs and walk through nutrient budget templates in a digestible manner for beginners and experienced growers alike! Learn how to develop a nutrient budget for your own farm and how to factor in cover crops, manure, compost and other amendments so that nutrient tracking becomes an easy and beneficial practice for your crops and business.

Introduction to Forest Farming: Almost Everything You Wanted to Know But Were Afraid to Ask

Andrea Miller, Rural Action
Robin Suggs, Appalachian Sustainable Development

Imagine growing a profitable crop underneath a forest canopy! This workshop offers an introductory overview of forest farming in the Appalachian region. Join Andrea and Robin to learn about commonly-produced Appalachian forest botanicals, choosing and preparing the best site for success, growing market trends and possibilities for these crops. Hear about regional successes with the Appalachian Harvest Herb Hub in Duffield, VA. Expect an interactive discussion regarding markets, sourcing of planting stock and cultural requirements. Hands-on demonstration is likely, based on the weather, so please dress accordingly.

Session 2: 1:00 - 4:30 pm

High Tunnelling to Profit: Managing Your Crops, Soils and Structures

Annette Wszelaki, U. of Tennessee
Matt Kleinhenz, The Ohio State U.
Paul Wiediger, Au Naturel Farm

High tunnels provide an extension to the growing season that can boost income and produce year-round profits, raise crop yields and quality and help support local food systems in every month of the year. This information-rich workshop will provide data, tools and resources you need to successfully grow for market, especially from fall to spring. Join this expert team of presenters for interactive discussions and demonstrations on growing under cover including crop selection and rotations, soil management, structural considerations and more. Regardless of your experience level or farm size, you'll walk away with a better understanding of your high tunnels and next steps for making them work best for your farm.

Optimizing Your Farm Sales Funnel - Marketing Success!

Corinna Bench, Shared Legacy Farms / My Digital Farmer

Are customers and leads getting lost in your business? Do you have a repeatable marketing strategy that turns browsers into paying customers and repeat buyers? In this half-day, intensive farm marketing workshop, you'll discover how to build out a "sales funnel" for one of your farm's direct-to-consumer enterprises. First, you'll learn the 8 stages of the "Sales Funnel Framework" and perform a self-audit of your own farm's sales process. The workshop will study two examples of farm sales funnels in action so you can see how they work in practice. By the end of the workshop, you'll have a clear roadmap of what you need to improve and optimize your sales funnel this winter.

Is There a Grant For That? Focus On Your Farm Funding

Bryce Baumann, Lazy Eight Stock Farm
Myrissa K. Christy, (KCARD) KY Center for Ag. & Rural Dev.

Christopher McKenzie, Grow Appalachia
Melanie McPartlin, (KDA) Ky. Dept. of Agriculture

Joni Nelson, (KSU) Kentucky State U.

Jamie Ponder, (NRCS) Natural Resources Conservation Service

Cara Stewart, KCARD

Funding opportunities can breathe life into a farm, whether at the start-up phase or while scaling-up farm systems and infrastructure. Join us to learn about funding opportunities - how to find them, how they work and how to use grant monies. Two panels of funders and resource providers will discuss funding opportunities and how they can be used to boost a farm's success. A guest farmer will provide the recipient perspective on effectively using grant funding. Working with funding providers and other farmers, you'll have a chance to determine the next steps in funding your farm's business success.



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SCAN ME

THURSDAY, JAN 26 AT-A-GLANCE

ROOM	MEETING ROOM C	MEETING ROOM B	MEETING ROOM A
8:00 AM - 8:30 AM	REGISTRATION		
8:30 AM - 12:00 PM SESSION 1	<p>Growing and Selling Profitable Greens Year-Round</p> <p><i>Ray Tyler, Rose Creek Farms</i></p>	<p>Beyond Compost: Nutrient Budgeting for Small Organic Farms</p> <p><i>Christopher McKenzie, Grow Appalachia</i> <i>Krista Jacobsen, University of Kentucky</i></p>	<p>Introduction to Forest Farming: Almost Everything you Wanted to Know But Were Afraid to Ask</p> <p><i>Robin Suggs, Appalachian Sustainable Development</i> <i>Andrea Miller, Rural Action</i></p>
12:00 PM - 1:00 PM	LUNCH		
1:00 PM - 4:30 PM SESSION 2	<p>High Tunnelling to Profit: Managing Your Crops, Soils and Structures</p> <p><i>Annette Wszelaki, University of Tennessee</i> <i>Matt Kleinhenz, The Ohio State University</i> <i>Paul Wiediger, Au Naturel Farm</i></p>	<p>Optimizing Your Farm Sales Funnel - Marketing Success!</p> <p><i>Corinna Bench, Shared Legacy Farms / My Digital Farmer</i></p>	<p>Is There a Grant For That? Focus On Your Farm Funding</p> <p><i>Myrisa K. Christy, KCARD</i> <i>Jamie Ponder, NRCS</i> <i>Melanie McPartlin, KDA</i> <i>Cara Stewart, KCARD</i> <i>Joni Nelson, KSU</i> <i>Christopher McKenzie, Grow Appalachia</i> <i>Bryce Baumann, Lazy Eight Stock Farm</i></p>

(Farm Fresh) Food for Thought

Preparing Kentucky Farms for Safety Inspections

Many produce farms in Kentucky fall under the Food Safety Modernization Act Produce Safety Rule. This rule helps Kentucky growers reduce the risk of microbial hazards on covered produce. The Kentucky Department of Agriculture's Produce Safety team is here to help prepare growers for a Produce Safety Inspection by offering educational visits and On-Farm Readiness Reviews.

kyagr.com/marketing/produce-safety



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Become an OAK Member

Join the organic farming network in Kentucky - become an OAK member! OAK membership is now rolling and good for 1 year from the join date. Members receive discounts on field day and annual conference registrations, as well as coupons and discounts to popular retailers. OAK members at the "Family Farming" level and above may select to be listed on OAK's Find-a-Farm Directory. Thanks for being with us - your membership helps power OAK's programs!

\$20 STUDENT | \$40 INDIVIDUAL | \$70 FAMILY FARMER
\$120 SUPPORTER | \$500 AGRIBUSINESS

For more information about our programs visit www.oak-ky.org or contact us at info@oak-ky.org or (502) 219-7378

Stay connected with OAK
Sign up for the **monthly e-newsletter**
& receive updates on events and resources

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Use conference hashtag:
#OAK2023
share your favorite photos, tips and quotes

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American Farmland Trust
SAVING THE LAND THAT SUSTAINS US

SESSION DESCRIPTIONS

Keynote: 8:45 - 9:50 am

NAZIRAHK AMEN, NATUROPATHIC DOCTOR, PERI-URBAN FARMER, ENTREPRENEUR PURPLE MOUNTAIN GROWN / PURPLE MOUNTAIN ORGANICS

**Farming Towards a Healthy Future**

As a naturopathic doctor and Chinese medicine practitioner, Dr. Nazirahk Amen practices in harmony with the Hippocratic view of food as medicine. Dr. Amen will illuminate the grave role that processed foods play in the obesity and chronic disease epidemic that we are witnessing today, and the solutions posed by sustainable, locally grown, nutrient-dense foods to much of what ails the United States. Dr. Amen not only encourages his patients to eat organic foods but to establish relationships with farmers and grow their own foods when feasible. With the recognition that human health and soil health are interconnected, over 100 years of soil degradation and demineralization is at the heart of the poor nutrition and health that is sinking the disease care system. Dr. Amen sees a new farming paradigm emerging that embraces improved soil biology and healthy microbiomes as the foundation for nutrient-dense foods that enhance human health. When farmers embrace a biological farming model they become part of a healing network for both humans and the planet. Regenerative biological farming systems are the way towards a healthy future where well-balanced humans live in harmony with nature. Dr. Amen understands that this harmonious relationship with

nature can put humans in touch with the deepest aspects of themselves. Dr. Amen will share insights, techniques and challenges of this powerful, medical view of peri-urban farming and food as medicine.

Sessions: 10:10 - 11:40 am**Outdoor Mushroom Inoculation**

Michael Beck and Joana Amorim, Sylvatica Forest Farm

Mushrooms are perhaps the least understood organisms in the natural world. The fungi kingdom is gigantic, weird and full of potential, not only for improving our personal health and well-being, but also for remediation of toxic waste sites, decomposition of renewable and biodegradable packaging and healing the ecosystem as a whole. Sylvatica Forest Farm has been growing a variety of mushrooms outdoors for around six years. These farmers will share their story and learning journey, so that you can explore this market option for your own farm, homestead or enterprise.

Livestock Systems Promoting Soil Health and Biological-Based Fertility

Greg Halich, Cattle Farmer and U. of Kentucky Extension Specialist David Burge, Justamere Farm

Join this conversation with two cattle farmers who rely almost exclusively on biological farming techniques. The primary objective is to show how to build highly productive and resilient pastures and livestock production systems without using chemical inputs. The broad goal is to learn how to work with nature instead of fighting her. Topics include grazing management, soil fertility, how to promote soil nitrogen mineralization, inter-seeding, creating specialty pastures, how to incorporate

forbs to promote natural cattle health, bale grazing, benefits of soil organic matter, how organic matter is built in grazing systems, pros and cons of mob grazing, using clipping as a tool to build soil fertility and related topics.

Pathways to Organic Transition and Organic Careers: PANEL DISCUSSION

**Kenya Abraham, Slak Market Farm
Marcus Bernard, Kentucky State U.
Anthony Brooks, TurnerBrooks Farm
Eymlin Brooks, TurnerBrooks Farm
Jim Coleman, Coleman Crest Farm
Keith McKenzie, Knob Hill Farm**

Hear from an excellent panel of African American farmers as they share their experiences in organic certification, becoming a trained organic inspector and conducting research to increase organic production and access to organic markets for minority farmers. Listen as the farmers discuss organic careers and opportunities that exist for anyone with interest in pursuing agricultural or food system work, and the challenges, benefits and opportunities for minority farmers in Kentucky.

Movement Break: 11:40 - Noon**Stretch Break: Functional Movement for Farmers**

Monet Proctor, Grow with Mo

This standing or chair-based stretch break prioritizes the sustained wellbeing of our farming community. Acknowledging the tendency of farmers to focus, at times, on the health of our farms more than our

own health, this mini-workshop will guide participants through everyday accessible movements to keep grounded and function optimally. This movement can positively impact farmer wellness and farm function.

Sessions: 1:30 - 2:30 pm**Corralling High Tunnel Arthropod Pests Through Integrated Pest Management**

Jonathan Larson, U. of Kentucky

High tunnel agriculture offers a lot of benefits, hence its popularity among farmers and agricultural organizations. Unfortunately, pest insects and mites also find them abundantly appealing! Join a UK Entomology professor for a session focused on understanding the various types of pests you might find and the best ways to prevent, avoid, monitor and suppress them.

Costs and Benefits of Integrating Poultry into Vegetable Rotations

**Viktor Halmos, U. of Kentucky
David Gonthier, U. of Kentucky**

Dig into the results of a three-year project studying the integration of poultry into vegetable rotations, including how integration impacts soil health, vegetable yields, food safety and farm profitability. Learn about the practices of integrated growers from across the country, following the results of a national grower's survey. Join an open discussion about integrative innovations and challenges to successful adoption of integrated poultry practices.

Sessions: 2:45 - 4:15 pm

The Basics of Tomato Grafting: What, Why and How

Rachel Rudolph, U. of Kentucky
Cortney Moses, Good Thymes Farm

Rachel Rudolph will guide participants through the background of grafting, why it is useful and considerations for deciding whether grafting is right for you and your farm. Rachel will also discuss her research conducted in Kentucky on tomato grafting in high tunnels. Cortney Moses will provide a grower perspective, based on her success implementing tomato grafting on her farm. A hands-on demonstration will follow the presentation where participants will be given instructions on how to graft and will then be able to practice grafting four certified organic tomato plants. Each participant will be able to take their grafted plants home. NOTE: This session is limited to 50 participants for the hands-on demonstration portion.

Electric Fencing for Serious Graziers: Setup and Management 2:45 - 5:30 pm

Chris Teutsch, U. of Kentucky
Morgan Hayes, U. of Kentucky Biosystems and Agricultural Engineering
Jeremy McGill, Gallagher

This 2-part session offers an indoor portion on the Fundamentals of Electric Fencing, including system layout and design. Then, it will shift into a hands-on demonstration (outdoors, weather permitting) focusing on installation and troubleshooting. Please dress accordingly.

Small-Scale Grain and Dry Bean Production

Nazirahk Amen, Purple Mountain
Nazirahk Amen and his family operate Purple Mountain Grown, a 20-acre peri-urban farming venture that features grains, dry beans and specialty crops. From dryland rice and artisanal wheat varieties to lentils and adzuki beans, Purple Mountain uses regenerative and biological farming techniques, striving to create nutrient-dense outputs. Nazirahk will discuss the ins and outs of this operation, including logistics and small-scale grain harvesting, drying and processing techniques and equipment that allow Purple Mountain Grown to deliver grains from farm to table. Whether a backyard gardener, small homesteader or vegetable operation looking to expand your offerings, this lecture will provide jewels and insight into small-scale grain and dry bean production.

Sessions: 4:30 - 5:30 pm

Cover Crops for Soil Health and System Resilience

Hanna Poffenbarger, U. of Kentucky
Danielle Doering, U. of Kentucky
Healthy soils make farming systems more productive, resilient and resource-efficient. Cover crops are one way to build soil health and manage nutrient cycling. This presentation will provide research-based insights on how cover crops and other soil health practices affect soil nitrogen supply, soil water dynamics, crop yield and resilience in Kentucky. It will also highlight management considerations for getting the most out of your cover crops.

Harold R. Benson Research and Demonstration Farm Tour **Megan Goins, KSU Research and Demonstration Farm**

Joni Nelson, Kentucky State U.
Shawn Lucas, Kentucky State U.
Covering nearly 300 acres and conducting research in small ruminants, soil management, organic agriculture, ornamental horticulture, livestock nutrition, honey bees, conservation biological control and beneficial insects, agroforestry and urban agriculture, KSU's Research and Demonstration Farm offers more than we can see in one day! KSU's Farm Manager, faculty and staff will highlight a portion of the host farm's work, including the goat herd and small ruminant research, pawpaw orchard and research, organic production and research, the KSU Mobile Fruit and Vegetable Processing Unit and Thorobred Mobile Nutrition Kitchen.

Hickory Grove Farm Tour: Using Diverse Revenue Streams to Scale-up Sustainably 2:00 - 5:00 pm

Ryan Burnette, Hickory Grove Farm
Hickory Grove Farm is a historic, diversified family farm in Shelby County started in 1786. A diversified meat and produce farm, Hickory Grove produces pastured Berkshire pigs, Suffolk sheep, cattle, heritage-breed turkeys, chickens (eggs, too!), value-added products and certified organic vegetables for their on-farm store, Lexington Farmers

Markets and meat and vegetable CSA programs. Join Ryan Burnette to learn how Hickory Grove integrates livestock and mixed vegetables to scale-up and create year-round income. Walk and talk with him through their strawberry beds, winter crop production, livestock pastures and farm infrastructure and equipment yards. This tour requires a 35-minute drive to Pleasureville. Limited transportation available and carpooling will be encouraged.

Elmwood Stock Farm Tour: Diverse Vegetable Production and Integrated Ruminant Livestock 2:00 - 5:00 pm

John Bell, Elmwood Stock Farm
Elmwood Stock Farm is a sixth-generation, certified organic farm in Scott County, KY growing diversified vegetables and diverse livestock. The Elmwood Farm Tour will highlight the farm's vegetable and field crop production and their intentional integration of ruminant livestock and crop rotations for soil, animal and plant health. Join John Bell and tour Elmwood's transplant and seed germination room, high tunnels and field production, packing shed and equipment. Learn more about the cover crops and grain production Elmwood uses to "close the loop" of feed and fertility with their beef cattle herd - and how all of it is essential to the farm's 8-year field rotations and overall success. This tour requires a 35-minute drive to Georgetown. Limited transportation available and carpooling will be encouraged.



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FRIDAY, JAN 27 AT-A-GLANCE

ROOM	MEETING ROOM C	MEETING ROOM B	MEETING ROOM A
8:00 AM - 8:30 AM	REGISTRATION AND TRADE SHOW		
8:30 AM - 8:45 AM	WELCOME AND OPENING SESSION <i>Dr. Kirk Pomper and Brooke Gentile</i>		
8:45 AM - 9:50 AM	FARMING TOWARDS A HEALTHY FUTURE KEYNOTE: NAZIRAHK AMEN		
9:50 AM - 10:10 AM	TRADE SHOW		
10:10 AM - 11:40 AM	Outdoor Mushroom Inoculation <i>Michael Beck, Joana Amorim</i>	Livestock Systems Promoting Soil Health and Biological-Based Fertility <i>Greg Halich, David Burge</i>	Pathways to Organic Transition and Organic Careers: PANEL DISCUSSION <i>Kenya Abraham, Marcus Bernard, Anthony Brooks, Eymlin Brooks, Jim Coleman, Keith McKenzie</i>
11:40 AM - NOON	FUNCTIONAL MOVEMENT "STRETCH BREAK" - MONET PROCTOR - RIGHT WALL OF MTG RM A		
NOON - 1:00 PM	LUNCH BREAK		
1:30 PM - 2:30 PM	Corralling High Tunnel Arthropod Pests Through IPM <i>Jonathan Larson</i>	Costs and Benefits of Integrating Poultry into Vegetable Rotations <i>Viktor Halmos, David Gonthier</i>	<i>Farm Tours Meet Here Prior to Departure</i>
2:45 PM - 4:15 PM	The Basics of Tomato Grafting: What, Why and How <i>pre-registration required & capacity limited</i> <i>Rachel Rudolph, Cortney Moses</i>	Electric Fencing for Serious Graziers: Setup and Management <i>Chris Teutsch, Morgan Hayes, Jeremy McGill</i>	Small-Scale Grain and Dry Bean Production <i>Nazirahk Amen</i>
4:30 PM - 5:30 PM	Cover Crops for Soil Health and System Resilience <i>Hanna Poffenbarger, Danielle Doering</i>	Electric Fencing for Serious Graziers: Setup and Management Demonstration <i>Chris Teutsch, Morgan Hayes, Jeremy McGill</i>	Harold R. Benson Research and Demonstration Farm Tour <i>Megan Goins, Joni Nelson, Shawn Lucas</i>
			Concurrent Farm Tours: Hickory Grove Farm <i>Ryan Burnette</i> <hr/> Elmwood Stock Farm <i>John Bell</i> <i>pre-registration required & capacity limited</i> 2:00 - 5:00 + travel time

TRADE SHOW HOURS:
FRIDAY 8AM - 5:30PM & SATURDAY 8 AM - 4:30PM

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Community Farm Alliance

"Real Change Comes from the Ground Up"

CFA is an agricultural non-profit working to improve food access, policy, and equity; strengthening local food systems and communities across Kentucky

- Farmers Market Support Program
- Farm to Table Team
- FreshRX for Moms
- Kentucky Double Dollars
- Policy Campaigns
- Equity Work
- CFA Podcast/Storytelling Project



Go to CFAKY.ORG to learn more!   

SATURDAY, JAN 28 AT-A-GLANCE

ROOM	MEETING ROOM C	MEETING ROOM B	MEETING ROOM A
8:00 AM - 8:30 AM	REGISTRATION		
8:30 AM - 9:30 AM SESSION 1	Farm Bill - What's in it for you? <i>Laurie White, Kimmie Ishmael</i>	Inside Peek at Two Kentucky Farmer Sales Funnels <i>Corinna Bench, Rae Strobel, Melissa Ballard</i>	Adding Energy Efficiency to the Family Farm <i>Josh Bills, Seth Long</i>
9:45 AM - 10:45 AM SESSION 2	Tips and Resources for Beginning Farmers <i>Melinda Wilder, Maggie Wilder</i>	Agroforestry 101: What It Is and How To Incorporate It on Your Farm <i>Darren Bender-Beauregard, Jody Thompson</i>	Kentucky State Cost Share and Ag Water Quality Plan Basics <i>Jay Nelson, Debbie Apple</i>
10:45 AM - 11:00 AM	FUNCTIONAL MOVEMENT "STRETCH BREAK" - MONET PROCTOR - MEETING ROOM A		
11:05 AM - 11:20 AM	OAK GENERAL SESSION <i>Brooke Gentile</i>		
11:20 AM - 12:25 AM	RECONNECTING WITH THE ROOTS OF ORGANICS KEYNOTE: JOHN IKERD		
12:25 PM - 1:30 PM	LUNCH BREAK		
1:30 PM - 3:00 PM SESSION 3	Open Daily: Operating a Farmer-Owned Retail and Aggregation Outlet <i>Armonda Riggs, Mike Record</i>	Agroforestry 201: Nuts and Bolts of Adding Woody Perennials To Your Farm <i>Darren Bender-Beauregard, Jody Thompson</i>	Cover Crop Strategies for Small-Scale Farms <i>Jesse Frost, Susana Lein</i>
3:15 PM - 4:15 PM SESSION 4	Sankofa: Rethinking Growing Food in the South <i>Obiora Embry, Irucka Embry</i>	Obstacles and Achievements (aka "Do and Re-do") in Field and High Tunnel Grown Flowers <i>Anna Bynum</i>	Strategies and Practices for Building Soil Health on the Modern Organic Farm. <i>Shawn Lucas</i>
4:30 PM - 5:30 PM SESSION 5	Helping Grow Local Markets <i>Birch Bragg</i>	On-Farm Vegetable Breeding: Developing Varieties Uniquely Adapted to the Southeast <i>Jared Zystro, Megan Allen</i>	Time To Become A Climate Nerd: Implications Of A Wetter And Warmer Climate For Kentucky Agriculture <i>Megan Schargorodski, Matt Dixon</i>

**TRADE SHOW HOURS:
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SESSION DESCRIPTIONS

Sessions: 8:30 - 9:30 am**Farm Bill - What's In It for You?**

Laurie White, Community Farm Alliance
Kimmie Ishmael, Community Farm Alliance

There is a new Farm Bill in the works and with it comes the potential for significant shifts in farm policy and funding. Join CFA staff for an overview of this enormous and influential piece of legislation. You'll look at Farm Bill content and the legislative process, including what is and isn't in the Farm Bill and how it all comes together. Discover the platform issues of major national farming organizations, including the National Sustainable Agriculture Coalition, the Federation of Southern Cooperatives, the Organic Farming Research Foundation and the Organic Farmers Association. Be informed about how you can communicate with legislators about what's up-for-grabs for farmers in the 2023 Farm Bill.

Inside Peek at Two Kentucky Farmer Sales Funnels

Corinna Bench, Shared Legacy Farms / My Digital Farmer

Rae Strobel, Barr Farms

Melissa Ballard, Bluegrass Beef

How do farms find new customers and keep them coming back to buy more? They build a "sales funnel" with specific milestones that move the customer deeper into their brand! In this interview-style discussion, farm marketing expert Corinna Bench asks two successful Kentucky farmers to spell out the specific elements of their sales funnel and what it looks like in practice. Unpack how these farms are using

the sales funnel framework to get results, and along the way, tease out the common features they all share (and why they work). Participants will walk away with specific ideas to create a simple and intentional sales funnel for their own business.

Adding Energy Efficiency to the Family Farm

Josh Bills, Mountain Association
Seth Long, SouthDown Farm

Join us to learn how to reduce your farm's negative climate impacts and decrease your energy costs substantially with efficient, distributed energy resources like solar. Hear how Kentucky farmers are receiving assistance to add solar and other energy improvements to their operations, and discover incentives and best practices to implement those improvements on your farm. You might be surprised how little up-front capital is required!

Sessions: 9:45 - 10:45 am**Tips and Resources for Beginning Farmers**

Melinda Wilder, Wolf Gap Gardens, LLC
Maggie Wilder, Wolf Gap Gardens, LLC

In this session, participants will learn about a variety of resources helpful for small-scale farmers. Participants will discover grant funding opportunities and review examples of grant proposals and funding applications. This session will illuminate the unknown and lower barriers to applying for that first or new grant. There will be time for participants to brainstorm, ask questions and identify funding sources to meet their needs.

Agroforestry 101: What It Is and How To Incorporate It on Your Farm

Darren Bender-Beauregard, Brambleberry Farm

Jody Thompson, Kentucky State U. Forestry and Natural Resources

Agroforestry utilizes woody perennials in an agricultural setting directly growing farm products or supporting other farm enterprises. Benefits of agroforestry can include providing erosion control, buffering weather and nutrient runoff, supplying new products for niche markets, creating shade for livestock and humans, increasing carbon sequestration, expanding wildlife habitat and growing the aesthetic value of seeing trees on the landscape. Join this session to learn the basics behind agroforestry systems, what others are doing and reasons to add these practices to your farm.

Kentucky State Cost Share and Ag Water Quality Plan Basics

Jay Nelson, KY Division of Conservation
Debbie Apple, River Cottage Farm

Learn how River Cottage Farm made use of an Ag Water Quality Plan (AWQP) and available cost share programs to improve the farm's natural resources and operational efficiency by addressing pasture management, upgrading existing forage and installing fencing and water facilities. The session will also provide a brief, general overview of what an Ag Water Quality Plan (AWQP) is, how to complete it and how to access the Kentucky State Cost Share Program.

KEYNOTE: 11:20 am - 12:25 pm

JOHN IKERD, PROFESSOR EMERITUS OF AGRICULTURAL ECONOMICS, UNIVERSITY OF MISSOURI

**Reconnecting with the Roots of Organics**

The modern organic movement is rooted in the early 20th century work of Franklin Hiram King, Rudolph Steiner, George Washington Carver, Sir Albert Howard, Lady Eve Balfour, J. I. Rodale, Booker T. Whatley and others. To these organic pioneers, farming was a "sacred trust"—to produce healthful food that would sustain the health of society. Healthy foods were a product of healthy soils on healthy farms that were managed as living systems within larger social and ecological systems. Fertile soils were seen as the first condition for a permanent agriculture and the foundation of a permanent society. Over time, however, farming and food production has become mechanistic, with industrial processes managed by corporate entities focusing on the economic bottom line and refraining from acting on larger ecological responsibilities. The sustainable agriculture movement emerged as a rejection of this industrial agri-food system. Sustainable agriculture is a quest to reconnect with the ecological and societal permanence of organic agriculture. The roots of organic agriculture are also shared with biodynamic, ecological, natural, holistic and regenerative agriculture as well as permaculture, agroecology and food sovereignty. The food system is far more complex and disconnected today than in the early 20th century. However, the sustainability of agriculture and the health and sustainability of humanity depend on finding ways to reconnect with the ecological and societal roots of organics.

Movement Break: 10:45 - 11:00 AM
Stretch Break: Functional Movement for Farmers

Monet Proctor, Grow with Mo

This standing or chair-based stretch break prioritizes the sustained wellbeing of our farming community. Acknowledging the tendency of farmers to focus, at times, on the health of our farms more than our own health, this mini-workshop will guide participants through everyday accessible movements to keep grounded and function optimally. This movement can positively impact farmer wellness and farm function.

Sessions: 1:30 - 3:00 pm

Open Daily: Operating a Farmer-Owned Retail and Aggregation Outlet
Armonda Riggs, Four Flags Farm L.L.C.

& Rose Hill Farm Stop

Mike Record, New Ground Farm

& Rose Hill Farm Stop

Mike Record and Armonda Riggs will discuss their roles and journey with Rose Hill Farm Stop, a cooperative of small, local farmers operating a retail and aggregation outlet connecting the Bloomington, IN community with transparently sourced, healthful food. This session will discuss how the cooperative of small, local farmers in Indiana began Rose Hill Farm Stop and how they are working to build a stronger local food system in south central Indiana.

Agroforestry 201: Nuts and Bolts of Adding Woody Perennials To Your Farm
Darren Bender-Beauregard,

Brambleberry Farm

Jody Thompson, Kentucky State U.
Forestry and Natural Resources

At its best, agroforestry is a seamless integration of trees and shrubs into a farm system, where it adds to product diversity and provides myriad services to other farming enterprises. While trees and shrubs can be incorporated without adding much extra work, poorly implemented agroforestry creates significant problems in the form of new barriers to activity flow, unwanted shade and nutrient demand, havens for pest and disease or unproductive work for farmers. Learn how to properly incorporate trees and shrubs into your farming operation and steer your agroforestry system design towards natural synergy. This session will include a hands-on outdoor component, so dress for the weather. In case of heavy rain, there will be an alternative hands-on session held indoors.

Cover Crop Strategies for Small-Scale Farms

Jesse Frost, Rough Draft Farmstead

Susana Lein, Salamander Springs Farm

Cover crops can create a healthy mycorrhizal food web, build organic matter and soil carbon, contribute to nutrient-dense crops, reduce or eliminate outside fertilizers or irrigation and provide weed suppression. Yet learning to weave cover crops into a garden rotation, choose prosperous varieties and properly terminate the crop can be challenging. Join two experienced growers to learn how they maximize cover crop use within their systems. Jesse will share his experience incorporating cover crops into a small-scale, diverse, market garden production, discussing how to choose the right cover crop, how to terminate it and how to consider options for replanting into cover crop residue. Susana will highlight her 25-year journey with year-round cover crops for no-till production of vegetables, staple grains and dry beans. She will elaborate on broadcast seeding, contour farming and relay-cropping strategies.

Sessions: 3:15 - 4:15 pm

Sankofa: Rethinking Growing Food in the South

Obiora Embry, Getting Back to Nature™

Irucka Embry, Getting Back to Nature™

Sankofa is an Asante Adinkra symbol that means “go back and get it,” and for the purpose of this session, it’s extended to mean “let’s resurrect ideas and thoughts from the past as we move forward.” Society is in the midst of a paradigm shift in which food growers are at a fork in the road and have to decide which way to go: to continue on the trajectory of depleting the remaining nutrients in the soil or bring back ideas from the past. In this session, two entrepreneurs, advocates and growers will talk about traditional/biological agriculture and how they are resurrecting those practices by improving the health of the soil through the usage of polycultures, agroforestry and increased native biodiversity. As engineers by training, they bring technical and scientific knowledge along with observations of nature and an innate desire to help others rethink how food is grown.

Obstacles and Achievements (aka “Do and Re-do”) in Field and High Tunnel Grown Flowers

Anna Bynum, Bellaire Blooms

Flower farming and flower farm products are popular across Kentucky. As this budding industry grows, farmers are learning best practices, production tips and sales tactics. Explore the successes and failures of beginning flower farmers as Anna shares about crop selection and production, pest management, post harvest handling and farm infrastructure. Anna will highlight high tunnel production, sales outlets, mental health and what has worked well for Bellaire Blooms blossoming operations.

Strategies and Practices for Building Soil Health on the Modern Organic Farm

Shawn Lucas, Kentucky State U.

Soil organic matter is the most important soil component that producers can manage to build soil health. This discussion will dial into soil health on organic farms (and beyond), emphasizing practices that farmers can apply to their farms today. Participants will learn how to build soil organic matter through crop rotations, cover cropping, careful use of organic inputs and tillage (or no-tillage) strategies.

Sessions: 4:30 - 5:30 pm

Helping Grow Local Markets

Birch Bragg, Locals Food Hub & Pizza Pub

Get first hand information on selling to a small wholesale grocery or exploring new restaurant markets. Is your business ready to add wholesale channels to diversify your market stream? Can you invoice and accept payment online? Do you have a logo and label-making supplies to sell your product in retail packaging to a wholesaler and grow your brand awareness? Do you want to take the role of a local food systems ambassador in your community to help support regional food systems? In this session, we’ll talk about what products you grow best (and most profitably) that could be scaled to satisfy additional local market outlets and how you can advocate for local food in our communities as producers!

On-Farm Vegetable Breeding: Developing Varieties Uniquely Adapted to the Southeast

Jared Zystro, Organic Seed Alliance

Megan Allen, Care of the Earth Community Farm

As established in Organic Seed Alliance’s 2012 Seed Survey of the Southeast, there is an “urgent or very important” need for vegetable seed varieties that can resist the pest, disease and weed pressures, as well as the heat and humidity unique to the Southeast. This need has only grown over the last 10 years with climate change. Megan Allen will give a brief overview of the decline of public vegetable breeding and the subsequent lack of vegetable varieties suited to organic production in the Southeast before discussing three of her breeding projects: butternut squash, muskmelon and kale (species napus). Megan will then provide brief updates on other on-farm breeding projects around the Southeast. Jared will join virtually to share step-by-step tips on starting on-farm breeding projects, including: how to select parents, how to set up a breeding trial and how to implement different methods of selection.

Time To Become A Climate Nerd: Implications Of A Wetter And Warmer Climate For Kentucky Agriculture

Megan Schargorodski, Kentucky Climate Center

Matt Dixon, UK Ag Weather Center

Agricultural management and production-related decisions are largely based on short-term weather conditions throughout the growing season, but what about long-term trends? The last decade has shown a shift to a warmer and wetter climate across the Ohio Valley. Hear from two climate experts on the agricultural implications of this shift, including recommended future crop production and management practices. In addition, the audience will be introduced to a wide array of climate resources, including the Kentucky Mesonet, to help facilitate the ongoing decision-making process.



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MEET THE SPEAKERS

Kenya Abraham **Slak Market Farm**

Kenya Abraham is a co-founder of Slak Market Farm LLC, a micro-dairy outside of Lexington where the Abraham family specializes in production of their signature raw milk, halal meat products and building community. Kenya operates Stack A Story Bookshop, a nonprofit organization bringing kids into agriculture through writing workshops, family farm stays and barnyard expos. Kenya is also a farmer liaison, working with others to push beyond the limitations of systemic racism and bottlenecks within the industry that affect small farmers. She serves as a board member for Community Farm Alliance. [@slakmarketfarm](#)

Megan Allen **Care of the Earth Community Farm**

Megan Allen has twenty years of organic farming experience. Since 2009, she has operated Care of the Earth Community Farm, a 30-acre certified organic vegetable and seed farm. Megan began on-farm, independent, open-pollinated vegetable breeding in 2016. Her first butternut squash, Xiye, was released in experimental form in 2021. Megan focuses on developing varieties that are resistant to the disease and pest pressures unique to the Southeast. Megan is also mom to Evan (9), Eila (5), and Elias (2).

Nazirahk Amen **Naturopathic Doctor, Peri-Urban Farmer, Entrepreneur Purple Mountain Grown / Purple Mountain Organics**

Nazirahk Amen is a naturopathic doctor, Chinese medicine practitioner, peri-urban farmer and entrepreneur. As a natural health practitioner, Nazirahk embraces the Hippocratic view of food as medicine. He has been practicing for 24 years at Wisdom Path Healing Center in Takoma Park, MD. He is the owner/operator of Purple Mountain Organics, offering quality tools, organic farm supplies and custom farming services, and Purple Mountain Grown, a peri-urban farming operation specializing in small grains and dry beans and selling to local farmers markets. [@doctorfarmerbrother](#)

Joana Amorim **Sylvatica Forest Farm**

Joana Amorim and Michael Beck are nature lovers, plant growers and homesteaders. They run a small-scale organic farm in the foothills of the Appalachian Mountains that

produces gourmet mushrooms, medicinal herbs and fruit trees. Joana is an herbalist and runs an herbal community supported agriculture program (CSA), while Michael runs a small-scale tree nursery. Together they grow mushrooms and teach workshops on small-scale outdoor growing techniques. [sylvaticaforestfarm.com](#)

Debbie Apple **River Cottage Farm**

Debbie Apple has farmed for over 25 years with her children, Brayden and Rhayna. They raise milk, eggs, poultry, beef, honey, pork, lamb and wool on their diversified farm in Rockfield, KY. Reflecting on her farming journey, Debbie realized that she evolved from a livestock farmer to a grass farmer to a microbe farmer, tending to exponentially smaller and more populous organisms while caring for her land and animals. The River Cottage Farm direct-markets their products through farmers markets and deliveries in Tennessee and Kentucky with deep dedication to its customers. [rivercottagefarm.net](#)

Melissa Ballard **Bluegrass Beef**

Melissa Ballard lives and farms in Shelby County, with her husband Josh, a veterinarian, and their two kiddos. Together, they operate Bluegrass Beef, a commercial and registered Red Angus cattle operation and direct-to-consumer grass-finished beef business. Bluegrass Beef uses regenerative farming practices to provide their customers with beef raised in a way that is healthy for the land, the cattle and our bodies. Melissa did not grow up on a farm, nurturing a special fondness for other first-generation farmers and ranchers, as well as a passion for marketing Bluegrass Beef! [@bluegrassbeef](#)

Bryce Baumann **Lazy Eight Stock Farm**

Bryce Baumann and his family operate Lazy Eight Stock Farm, a 420-acre certified organic farm located in Garrard and Madison Counties. The Farm began in 1947 as a cattle and tobacco operation and converted to a certified organic diversified vegetable operation by 2012. Lazy Eight operates a large CSA program, sells at five area farmer's markets, supplies retail outlets with organic produce and sells certified organic transplants. [lazyeightstockfarm.com](#)

Michael Beck **Sylvatica Forest Farm**

Michael Beck and Joana Amorim are nature lovers, plant growers and homesteaders. They run a small-scale organic farm in the foothills of the Appalachian Mountains that produces gourmet mushrooms, medicinal herbs and fruit trees. Joana is an herbalist and runs an Herbal community supported agriculture program (CSA), while Michael runs a small-scale tree nursery. Together they grow mushrooms and teach workshops on small-scale outdoor growing techniques. [sylvaticaforestfarm.com](#)

John Bell **Elmwood Stock Farm**

John Bell farms with his extended family at Elmwood Stock Farm in Scott County, KY. Elmwood Stock Farm is a sixth-generation family farm invested in the health of their land, animals and community. A certified organic farm, Elmwood cultivates a diversity of produce and livestock. John oversees the vegetable production, looks after cattle, makes compost and manages farm labor. John has been a dedicated member of OAK since its inception. [@elmwoodstockfarm](#)

Corinna Bench **Shared Legacy Farms / My Digital Farmer**

Corinna Bench is an entrepreneur, community supported agriculture (CSA) farmer, speaker, podcaster, consultant and educator committed to helping farmers learn the fundamentals of farm marketing. Corinna Bench is the co-owner of Shared Legacy Farms — a 450 member CSA and certified organic vegetable farm in NW Ohio. Put in charge of marketing and sales early on, she began to study and apply the principles of digital marketing, and the results were life-changing. She now teaches those online marketing tactics as the founder of MyDigitalFarmer.com, the My Digital Farmer podcast, CSA Quickstart course and her Farm Marketing School. [MyDigitalFarmer.com](#)

Darren Bender-Beauregard **Brambleberry Farm**

Darren and Espri Bender-Beauregard operate Brambleberry Farm outside of Paoli, IN, regenerating the land over the last 18 years. Their main enterprise is a regionally-focused plant nursery where they propagate and sell hundreds of species and cultivars of edible and useful plants well-suited for southern Indiana's heavy/acidic soils, hot/humid

summers and widely varying winters. They began selling produce direct-to-consumer, and later added pork, sheep, cattle and geese. They also offer a farm incubator program, creating space for aspiring farmers. Darren and Espri enjoy living in a hand-built strawbale home with their 3 daughters. [@brambleberrypermaculturefarm](#)

Marcus Bernard
Kentucky State University

Marcus Bernard is the National Society for Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS) President; Chair of the School of Agriculture, Communities and the Environment and Associate Professor of Agricultural Economics and Rural Sociology at Kentucky State University and an Interdisciplinary Research Leader Fellow (Alum.) with the Robert Wood Johnson Foundation. His recent research focuses on increasing diversity, equity and inclusion in organic agriculture production, regulation and marketing. Marcus utilizes his experience as practitioner and academic to facilitate connections between research and outreach. [@kysuag](#)

Josh Bills
Mountain Association

Josh Bills, a Certified Energy Manager, is a Commercial Energy Specialist at the Mountain Association, an organization supporting economic development in eastern Kentucky by investing in people and places to advance a just transition to renewable energy. Josh works with a team performing utility bill analysis, on-site energy efficiency and solar assessments, savings evaluations and grant applications support to build a regional economy that is diverse, sustainable, equitable and resilient. [@mtassociationky](#)

Birch Bragg
Locals Food Hub & Pizza Pub

Birch Bragg is the passionate co-owner and operator of Locals Food Hub & Pizza Pub in Frankfort, KY. With his wife Michelle and close friends, Birch started this venture to build a more robust and resilient local food economy. Birch entered the local food space in 2013 with Beechmont Farms in Bowling Green and joined West Sixth Brewing in 2016 to start its farm in Frankfort. Birch and Michelle and their two children, Iris and Cedar, established Nature Friendly Farms in 2020, a 75-acre abandoned farmstead in northern Franklin County. [localsfoodhub.com](#)

Eymlin Brooks
TurnerBrooks Farm

Eymlin Brooks is an owner/operator of

TurnerBrooks Farm in Richmond, KY. A former radiation therapist and trauma center x-ray technician, she moved with her husband Anthony to his family farm in 2017. TurnerBrooks Farm started in the industrial hemp program, however with limited success, they converted to a cow-calf operation. TurnerBrooks farm also raises goats and chickens and has a space for special events. Eymlin has roots in farming through her grandmother's milk and egg farm in Jamaica and through the chickens her family raised on her home island.

Anthony Brooks
TurnerBrooks Farm

Anthony Brooks is a graduate of Kentucky State University who retired from Miami-Dade County Public Schools after 30 years of service. He returned to his home state with his wife, Eymlin, to farm his family land, TurnerBrooks Farm in Richmond, KY with the intention of developing the minds and hearts of youth to cultivate the soil and their future. TurnerBrooks Farm started in the industrial hemp program, however with limited success, they converted to a cow-calf operation. TurnerBrooks farm also raises goats and chickens and has a space for special events.

David Burge
Justamere Farm

Dave Burge has raised registered Angus cattle in Anderson County since 2000. He realized early on that high-quality pastures and soil health were important to his farming operation. He started a rotational grazing program, implemented multiple conservation initiatives, experimented with various grasses and, in 2018, became committed to bale grazing as a method to boost fertility. Dave lives in Lawrenceburg with his wife Susan. [@JustamereAngus](#)

Ryan Burnette
Hickory Grove Farm

Ryan Burnette is a farmer, organic advocate, foodie and graduate of both Georgetown College and the University of Kentucky. He recently returned to his family farm, Hickory Grove Farm, to lead the transition to organic vegetables and pastured meats. He is Director of the Plant Division at the KY Department of Agriculture, managing Produce Safety and Organic Certification. Ryan serves as President of the Lexington Farmers Market, President of Community Farm Alliance's Board and Member of the Accredited Certifiers Association's Board. He is also owner of Southern Organic Farm, Feed and Seed. [@hickorygrovefarmky](#)

Anna Bynum
Bellaire Blooms

Anna Bynum is currently in her 9th season of growing specialty cut flowers. Anna farms with her husband and daughter at Bellaire Blooms in Shelby County, where they grow pesticide- and herbicide-free specialty cut stems for retail and wholesale outlets. [@bellaireblooms](#)

Myrisa K. Christy
Kentucky Center for Agriculture and Rural Development

Myrisa Christy began working with KCARD in 2012, with over 10 years of project management experience prior to KCARD. Myrisa is currently the Project and Development Director and leads KCARD's work in Appalachian KY. Myrisa helps farms with business planning, finding resources to expand their operations and accessing new markets to sell their products. In Myrisa's free time, she loves hiking, biking and anything outdoors. [kcard.info](#)

Jim Coleman
Coleman Crest Farm

Jim Coleman was raised on his Lexington family farm, Coleman Crest, originally purchased by his great grandfather, James Coleman, on March 27, 1888 after he and his family tilled the farm as enslaved people. Since returning to the farm in 2020, Jim has restored Coleman Crest Farm to a hyper-growth farming enterprise and, in 2022, he made it the only African-American-owned certified organic farm in the state of Kentucky. Jim has established partnerships with the University of Kentucky and Kentucky State University to leverage their research and the innovative spirit of their students to achieve his long-term vision: to preserve the farm in perpetuity, as a teaching farm for aspiring growers. [colemancrestfarm.com](#)

Matt Dixon
UK Ag Weather Center

Since 2012 Matt Dixon has been a Senior Meteorologist at the University of Kentucky Ag Weather Center. Working within the Cooperative Extension Service, the main goal of the Ag Weather Center is to minimize weather and climate-related surprises for Kentucky residents, with emphasis on the agriculture sector and production/management-related decision-making. Before working at UK, Matt obtained his bachelor's degree in atmospheric sciences from Purdue University and a master's degree in geosciences with concentration in applied meteorology from Mississippi State University. [@ukagweather](#)

Danielle Doering
University of Kentucky

Danielle Doering is a master's student at the University of Kentucky, studying integrated plant and soil science. Her research focuses on how cover crops can amend soils' physical properties and soil carbon. In 2020, she graduated with a bachelor's degree in natural resources and environmental science. She is passionate about food justice and environmental sustainability, and outside of school, she likes to hike with her dog and play ultimate frisbee. poffenbargerlab.weebly.com

Irucka Embry
Getting Back to Nature™

Irucka Embry is a creative and multifaceted person. He is a food and farming advocate, ecological activist, environmental engineer, grower of food, herbalist ("lover and user of plants"), performance and visual artist, public speaker, published author and small business owner. Irucka recognizes that the most healthy food will be grown in healthy and lively soil that is wetted by healthy water. gettingback2nature.farm

Obiora Embry
Getting Back to Nature™

Obiora Embry is a multi-talented, creative and intelligent entrepreneur with a Bachelor of Science in Industrial Engineering. Obiora is a food grower, forager, photographer (of nature, landscape, events, real estate, etc.), computer developer (of websites and applications, systems, utilities, desktop applications), speaker/instructor (of workshops, classes, presentations, etc.), writer (a self-published author, poet, tutorial, essay, fiction, non-fiction, etc.), consultant and more. gettingback2nature.farm

Jesse Frost
Rough Draft Farmstead

Farmer Jesse Frost runs a 1-acre, no-till diversified vegetable market garden called Rough Draft Farmstead in Central Kentucky with his wife Hannah Crabtree. Jesse is also the host of The No-Till Market Garden Podcast, co-creator of NoTillGrowers.com and author of *The Living Soil Handbook*. @roughdraftfarmstead

Megan Goins
KSU Research and Demonstration Farm

Megan Goins is Farm Manager of the Kentucky State University's (KSU) Harold R. Benson Research and Demonstration Farm. Megan earned a Bachelor of Science in Agriculture, Food and Environment in 2016 and a Master of Science in Environmental Studies in 2018 from KSU. In 2013, Megan started as a student

research assistant in aquaculture, then worked as a student research assistant with the Department of Horticulture and later as the greenhouse manager. In 2019, Goins began her role as farm manager, taking on responsibilities across the research and demonstration farm. @kysuag

David Gonthier
University of Kentucky

David Gonthier is an Assistant Professor in the Department of Entomology at the University of Kentucky. His research seeks to evaluate the viability of agricultural management systems to curtail environmental problems, while maintaining farm productivity and profitability. His current research seeks to: identify alternative pest control practices that are organic-compliant, profitable and reduce the reliance on insecticide use; evaluate the costs and benefits of integration of poultry into vegetable rotations and optimize the profitability of organic, small-holder coffee production in Honduras. @gonthierlab

Greg Halich
Cattle Farmer and University of Kentucky Extension Specialist

Greg Halich is an Agricultural Economist at the University of Kentucky where he works with farmers to improve profitability on livestock and grain farms. His current livestock focus areas include biological farming techniques that reduce or eliminate the need for commercial fertilizer inputs, grass-finished beef production, bale grazing and extended-season grazing systems. He lives and farms in southern Woodford County outside of Lexington, Kentucky where he produces grass-finished beef.

Viktor Halmos
University of Kentucky

Viktor Halmos is a master's student in the Department of Entomology at the University of Kentucky. His current research seeks to understand how pasture-raised poultry can be integrated into annual cover crop and vegetable rotations. His key interests are whether poultry integration poses a risk to food safety, how manure deposition affects soil chemistry and vegetable yields and how the presence of poultry affects both the beneficial and harmful arthropod communities. Overall, he aims to understand the costs and benefits of poultry integration from an economics standpoint.

Morgan Hayes
University of Kentucky Biosystems and Agricultural Engineering

Morgan Hayes is an Extension Assistant Professor in the Department of Biosystems

and Agricultural Engineering at the University of Kentucky. She received her B.S. in Agricultural Engineering from Pennsylvania State University and her M.S. at the University of Kentucky. After completing her Ph.D. at Iowa State University, Morgan worked for the USDA Agricultural Research Service's Meat Animal Research Center and the University of Illinois. Her interests include farmstead planning, ventilation design, heat stress management and resource usage on farms. uky.edu/bae/hayes

John Ikerd
Professor Emeritus of Agricultural Economics, University of Missouri

John Ikerd, Professor Emeritus of Agricultural Economics, was raised on a small dairy farm in southwest Missouri and received his B.S., M.S. and Ph.D. degrees in Agricultural Economics from the University of Missouri. He worked in private industry for a time and spent thirty years in various professional positions at four different state universities before retiring in early 2000. Since retiring, he spends most of his time writing and speaking on issues related to sustainability with an emphasis on agriculture and economics. johnikerd.com

Kimmie Ishmael
Community Farm Alliance

Kimmie Ishmael serves as Policy Campaign Coordinator for Community Farm Alliance. At CFA, Kimmie strives to ensure farmers have a voice. From working on poultry processing to fighting legislative bills that would cut safety-net programs, she has been at the forefront of making sure farmers are represented in policy-making. In addition to working with state legislators, she has extensive experience in community organizing and political campaigns. cfaky.org

Krista Jacobsen
University of Kentucky

Krista Jacobsen is an Associate Professor in the Horticulture Department at the University of Kentucky and is the Director of the Sustainable Agriculture and Community Food Systems Program. She has used high tunnels in Kentucky since 2011, focusing on year-round production systems and better understanding how soil health practices can be incorporated into high tunnel management. Krista and her family have a small organic farm and raise produce and Christmas trees in Anderson County, Kentucky. @UKYSustainableAg

Matt Kleinhenz
The Ohio State University

Matt Kleinhenz is a Professor and Extension Specialist in the Department of Horticulture and Crop Science at The Ohio State University. With the Ohio Agricultural Research and Development Center in Wooster, OH, he works with farmers and collaborators to develop research-based decision-making tools and information for fresh market and vegetable processing/production operations. Matt studies, writes and speaks about vegetable grafting and high tunnel technologies, helping growers obtain the greatest return on investment with these and other technologies and practices. *@osuvpslab*

Jonathan Larson
University of Kentucky

Jonathan Larson is an Extension Professor for the University of Kentucky who provides insect expertise for people dealing with issues in urban landscapes, turfgrasses, nursery crops, greenhouses and households. He teaches across a variety of platforms using social media, videos and traditional Extension publications. He is one of the co-hosts of Arthro-Pod, an entomology podcast. *@bugmanjon*

Susana Lein
Salamander Springs Farm

In 2001, Susana Lein built an off-grid farm on logged, depleted land with no topsoil outside of Berea, KY. Salamander Springs Farm now grows nutrient-dense vegetables, fruits, herbs, staple grains, dry beans and nuts for local markets, stores, restaurants, a community supported agriculture (CSA) program and LocalHarvest.com. A 30-year permaculture practitioner and educator, Susana has taught more than 80 permaculture and natural building workshops in four countries and nine states. *salamandersprings.wixsite.com*

Seth Long
SouthDown Farm

Seth and Sheryl Long own and operate SouthDown Farm in Letcher County, KY, a 55-acre family-owned farm cultivating produce and maple sap. On their farm, Seth and Sheryl realized several energy efficiency strategies and solar technology projects to minimize energy operating costs. Seth also serves as Executive Director for Housing Oriented Ministries Established for Service (HOMES) Inc., an affordable housing organization based in Letcher County providing affordable housing solutions (including energy efficient and solar homebuyer

opportunities, quality home repairs and rental opportunities) to low income families in Letcher and surrounding counties. *@SouthDownFarm*

Shawn Lucas
Kentucky State University

Shawn Lucas is Assistant Professor of Organic Agriculture at Kentucky State University. He is a Certified Crop Advisor and an expert on organic and/or sustainable crop production systems. Shawn is formally trained as a soil scientist and has focused much of his career on understanding best management practices for building soil carbon and soil health in agroecosystems. *@kysuag*

Jeremy McGill
Gallagher

For the past 16 years Jeremy has been a Territory Manager and Regional Product Specialist for Gallagher North America, a global leader in electric fencing and livestock weighing technology. Before joining Gallagher, Jeremy was a Forage Specialist with a Kentucky retail agronomy corporation. He holds both bachelor's and master's degrees in animal science and forage management. Jeremy also operates a grazing-based cattle operation with his wife and children in the coalfields of western Kentucky. *gallagher.com*

Christopher McKenzie
Grow Appalachia

Chris McKenzie is a Farmer Development Coordinator at Grow Appalachia, a strategic initiative of Berea College. He provides on-farm production support to farmers in eastern Kentucky. Chris's goal is to help farmers increase their profitability and efficiency by implementing scale-appropriate techniques and methods. *@GrowAppalachia*

Keith McKenzie
Knob Hill Farm

Keith McKenzie owns Knob Hill Farm, a 70-acre family farm in Breckinridge County. For the past 5 years, Keith has renovated pastures, expanded his crop production and educated himself on organic farming practices and certification. In 2022, Keith formalized his learning by working with OAK's Transition Trainer Program and submitting an application for certified organic status of Knob Hill Farm's crops. *Knobhillfarmsky.com*

Melanie McPartlin
Kentucky Department of Agriculture
Melanie McPartlin has experience in both international and domestic marketing

for the agricultural industry. After receiving her M.S. in Plant Sciences from the University of Tennessee focusing on marketing and communications for the agronomic industry, Melanie was Global Brand Manager for Alltech's Crop Science Division, Marketing Coordinator for the Scott Arboretum of Swarthmore College and Marketing Assistant for Plant Delights Nursery. In April 2016, Melanie was appointed to serve as the Executive Director of the Office for Agricultural Marketing for the Kentucky Department of Agriculture where she oversees the statewide agricultural marketing program, Kentucky Proud®. *kyagr.com*

Andrea Miller
Rural Action

Andrea Miller is the Sustainable Forestry Program Manager at Rural Action, an asset-based community development organization in Athens, Ohio. Andrea learned about ginseng from her great-grandmother, who was a farmer, gardener, homesteader and wild ginseng steward. This sparked Andrea's interest in botany, leading to her studies at Bowling Green State University, where she earned a conservation biology degree with a specialization in botany. Andrea also serves on the Athens Conservancy Board of Directors and the leadership committee for the Southeastern Ohio Women Owning Woodlands Chapter.

Cortney Moses
Good Thymes Farm

Cortney began farming in Williamsburg, KY as a child. She started GoodThymes Organic Farm in 2012 and grows mixed vegetables using no-till methods and season extension tactics. GoodThymes sells at the Market Square Farmers Market in Knoxville and to local restaurants. Cortney has a bachelor's in fine arts from the University of Louisville and a master's in social responsibilities and sustainable communities from Western Kentucky University. Off-farm, she works as Whitley County's Community Arts Extension Agent. Cortney began grafting heirloom tomatoes 3 years ago with a success rate over 95%. *GoodThymesOrganicFarm*

Joni Nelson
Kentucky State University

Joni Nelson received her B.S. in Horticulture from Auburn University in 2004. After moving from Alabama to Kentucky in 2009, she fell in love with the state and decided to stay. She began working as an Organics Student Research Assistant in 2011 under Dr. Michael Bomford at the KSU Harold R. Benson

Research and Demonstration Farm. Joni received her M.S. in Environmental Sciences from Kentucky State University in 2013. She has since transitioned to Manager of the Center for Sustainability of Farms and Families under the Extension Program at KSU's research and demonstration farm. [@kysuag](#)

Jay Nelson
Kentucky Division of Conservation

A native of Glasgow, KY, Jay Nelson received a B.S. from the University of Kentucky in Environmental Science and an M.S. from Western Kentucky University in Geoscience, specializing in karst studies. He worked at Mammoth Cave National Park and Kentucky's Department for Environmental Protection, later joining the Division of Conservation as Program Coordinator for the Green River Conservation Reserve Enhancement Program (CREP). Since, Jay has managed programs like the Regional Conservation Partnership Program (RCPP) and the Kentucky State Cost Share Program (KSCS), and serves as the Division's Ag Water Quality Plan Liaison. [@KyDivisionOfConservation](#)

Hanna Poffenbarger
University of Kentucky

Hanna Poffenbarger is an Assistant Professor of Soil Nutrient Management at University of Kentucky. She studies carbon and nutrient cycling in soil-crop systems, sustainable soil management practices and resilient production systems. Her specific areas of interest include: nutrient capture and release by cover crops, spatiotemporal controls on nitrogen dynamics, optimal fertilization practices for crop yield and quality and root impacts on soil organic matter formation and persistence. Originally from Frederick, MD, she completed her PhD at Iowa State University and has called Kentucky home since 2018. [@hpoffenb](#)

Kirk Pomper
Kentucky State University

Kirk Pomper is Director of Land Grant Programs, Dean of the College of Agriculture, Community and the Sciences (ACS) and Professor of Horticulture at Kentucky State University. He oversees 15 degree programs, over 190 employees and students, Extension Programs and a \$19+ million budget. Curator of the USDA National Clonal Germplasm Repository for pawpaw species at KSU, he researches pawpaw germplasm development, nutrition and organic production. His program's pawpaw variety, KSU-Atwood™, is now sold by nurseries nationwide. An esteemed scholar, he won the 2008 Shepard Award

for best research paper in the Journal of the American Pomological Society.

Jamie Ponder
Natural Resources Conservation Service

Jamie Ponder is a Soil Conservation Technician for the Natural Resources Conservation Service (NRCS) in Mt Vernon, KY. What Jaime loves most about her job is striving, in whatever way she can, to put things back where they belong, especially when it comes to water. Whether it's removing trash, manure and chemicals or restoring the natural meanders of a creek, Jaime enjoys working for NRCS and collaborating with farmers to improve natural resources while building a thriving Kentucky food system. [@NRCS_KY](#)

Monet Proctor
Grow With Mo

Contemplative artist, 500hr integrative yoga therapy (IYT) trained and small-scale farmer, Monet Proctor prioritizes sustainable growth in schools and throughout the community by acknowledging holistic wellness practices in environmental education, garden maintenance and functional movement. Inspiring appreciation of the soil and the self to enhance external as well as internal growth efforts, Monet works to educate farmers on the future of agriculture and the functional movements that inspire sustainable wellness for all. Claiming peace in the progression not just for the plants, but for the farmer too. [@flow_withmo](#)

Mike Record
New Ground Farm & Rose Hill Farm Stop

A native of Indianapolis, Mike began his farming career in 2008 in Colorado. In 2013, he moved back to Indiana to start New Ground Farm, a certified organic market farm. In its ninth season, the farm sells predominantly through a self-serve honor stand that also consigns products from neighboring farms. In 2020, he was one of the founding members of the Rose Hill Farm Stop, a cooperative of small, local farmers operating a retail and aggregation outlet in Bloomington, IN. Mike currently serves on its board of directors. [@newgroundfarm](#)

Armonda Riggs
Four Flags Farm L.L.C. & Rose Hill Farm Stop

Armonda started her farming career in 2016 in Iowa where she sold produce through the Iowa Food Cooperative. In 2017, she began her diversified farm, Four Flags Farm, on 30 acres in Greene County, IN. She is a seasonal vendor at the Linton Farmers Market in Linton, IN, and now sells

produce through the Rose Hill Farm Stop in Bloomington, IN. Being a regenerative farmer allows her to produce great products while best stewarding her land. [@FourFlagsFarm](#)

Rachel Rudolph
University of Kentucky

Rachel Rudolph is an Assistant Extension Professor in the Department of Horticulture at the University of Kentucky. She conducts research and extension programming in commercial vegetable production. She is based in Lexington and travels around the state visiting farms, advising on production methods and challenges and presenting to grower groups. Her current research projects include tomato grafting for root-knot nematode management, soil solarization as a sustainable and alternative disease and weed management strategy and profitable crop rotations in high tunnel systems. [@uky_veg_crops](#)

Megan Schargorodski
Kentucky Climate Center

Megan Schargorodski (Shar-gor-od-ski) serves as the Assistant State Climatologist with the Kentucky Climate Center and Manager of the KY Mesonet. She has a B.S. in Meteorology from the University of Oklahoma and M.S. in Homeland Security Sciences and Emergency Management-Disaster Science from Western Kentucky University. An advocate for citizen science and public outreach, she is the state co-coordinator for the Collaborative Collection of Rain Hail and Snow (CoCoRaHS) Network and serves on the board of directors for the Sky Science Festival. [@kymesonet](#)

Cara Stewart
Kentucky Center for Agriculture and Rural Development

Cara Stewart joined KCARD with over 12 years of experience in agricultural nonprofits, most recently as the Grassroots Director of the Kentucky Equine Education Project. Joining KCARD in January 2021 as a Business Development Assistant, she works with businesses and projects on business planning, market research, recordkeeping and financial analysis. When she is not working for KCARD she loves spending time with her husband and two children on their family farm, riding horses, herding cows and just being outside. [kcard.info](#)

Rae Strobel
Barr Farms

Rae Strobel is co-owner of Barr Farms in Rhodelia, KY. Barr Farms operates a

400+ member community supported agriculture (CSA) program that offers organic produce, grass fed beef and pastured chicken. The farm takes a customer-centric approach to CSA, offering fully customizable CSA shares and multiple options for share size, frequency and delivery location. Among other farm jobs, Rae takes the lead on marketing and communications. She has enjoyed learning and implementing many marketing ideas she's learned from Corinna Bench, and has seen positive results in the farm business. [@barrfarmsky](#)

Robin Suggs

Appalachian Sustainable Development

Robin Suggs joined Appalachian Sustainable Development's (ASD) Agroforestry Program as Procurement Manager in 2020. With a diverse set of skills in horticulture, community development and non-timber forest production, Robin strives to build community and opportunity for both beginning and seasoned producers of medicinal plant species. Prior to working with ASD, Robin created, owned and operated MoonBranch Botanicals, a small business dedicated to the production of medical plants native to the region and supplying the highest-quality bulk botanicals to medicine makers across the US. [asdevelop.org](#)

Chris Teutsch

University of Kentucky

Chris Teutsch grew up on a small crop and livestock farm in northeastern Ohio. He completed a bachelor's and master's degree at The Ohio State University and a PhD at the University of Kentucky. In January 2017, Chris began as the new Forage Extension Specialist at the University of Kentucky's Research and Education Center in Princeton, KY. Chris founded the Kentucky Fencing Schools in 2018. Over the years, he has received awards for his service to the forage and livestock industry at both state and national levels. [forages.ca.uky.edu](#)

Jody Thompson

Kentucky State University Forestry and Natural Resources

Jody Thompson is an Ecologist and Horticulturist at Kentucky State University, focusing on ecosystem health and incorporating ecology into agricultural systems. His work predominantly occurs in forest and pollinator habitat and agroecosystems. Currently, his research is examining the effectiveness of different land management systems, studying the feasibility of agroforestry practices like alley cropping and incorporating drones

into natural resources management.

Jody has held positions in coastal wetland management, forest entomology, ecological design and sustainable landscaping consulting throughout the southeastern US. [@kysuag](#)

Ray Tyler

Rose Creek Farms

Ray Tyler and his wife Ashley own and manage Rose Creek Farm in west Tennessee. Rose Creek Farms makes over \$500,000 annually on less than an acre, growing under a mix of tunnels - making his farm one of the highest grossing soil-based farms per acre in the country. Ray recently released his new textbook *Growing Organic Lettuce*. He now offers abundant educational programming through Small Farms Big Change, helping other growers create bountiful operations, master cash flow, grow great crops and balance farm life and family life. [@rosecreekfarm](#)

Laurie White

Community Farm Alliance

Laurie White is an advocate for farms and local food. After majoring in Agriculture and Natural Resources at Berea College, Laurie worked at Lazy Eight Stock Farm for four years, selling organic produce at the Berea Farmers Market. Laurie joined the staff at Community Farm Alliance in November 2018, where she serves as the Central Kentucky Local Food Coordinator, bringing local foods to the forefront of economic development in central Kentucky. [cfaky.org/farmtotable/](#)

Paul Wiediger

Au Naturel Farm

Paul Wiediger and his wife Alison started market farming in 1993 and pioneered high tunnel use for year-round production in the Southeast over 25 years ago. Au Naturel Farm was one of the first certified organic farms in the state of Kentucky, selling vegetables, eggs and meat directly to customers through farmers market sales and home deliveries. Paul and Alison took the early risks, solved first-timer problems and generously shared their knowledge with many other Kentucky and regional growers. While Paul is no longer actively farming, he enjoys sharing his abundant experience and passion for high tunnel production.

Maggie Wilder

Wolf Gap Gardens, LLC

Wolf Gap Gardens, LLC is owned and operated by a mother-daughter team, Maggie and Melinda Wilder. Wolf Gap Gardens is a small-scale, certified organic farm located in southeast Madison County, selling vegetables and flowers through

a county-wide community supported agriculture (CSA) program and at the Madison County Farmers Market. Maggie is a graduate of Western Kentucky University and received her Peace Corp master's degree in forestry from the University of Washington. She served as an ag-environment volunteer in Ethiopia. Afterwards, she worked as the Garden Manager at the Allegheny Mountain Institute in Virginia. [@wolfgapgardens](#)

Melinda Wilder

Wolf Gap Gardens, LLC

Wolf Gap Gardens, LLC is owned and operated by a mother-daughter team, Melinda and Maggie Wilder. Wolf Gap Gardens is a small-scale, certified organic farm located in southeast Madison County, selling vegetables and flowers through a county-wide community supported agriculture (CSA) program and at the Madison County Farmers Market. Melinda is a retired professor from Eastern Kentucky University, where she taught science and environmental education and served as the Director of the Division of Natural Areas. [@wolfgapgardens](#)

Annette Wszelaki

University of Tennessee

Annette Wszelaki is the Commercial Vegetable Extension Specialist at the University of Tennessee, where she has statewide responsibilities for developing comprehensive educational programming in commercial vegetable production and produce safety. The main topics of her programs include production and variety selection, production diversification, season extension, organic and sustainable production, postharvest handling and implementation of the Food Safety Modernization Act's (FSMA) regulations. She has used high tunnels for over 15 years, and enjoys learning ways to improve and share high tunnel production practices. [vegetables.tennessee.edu](#)

Jared Zystro

Organic Seed Alliance

Jared Zystro is the Research and Education Assistant Director with the Organic Seed Alliance (OSA). He has an M.S. and Ph.D. in Plant Breeding and Plant Genetics from the University of Wisconsin - Madison. Jared has worked in the organic seed industry for over 15 years, including managing seed production at two farms. Leading OSA's regional development in California, he conducts participatory breeding projects and variety trials and teaches farmers about seed production and plant breeding. He lives in the coastal town of Arcata, CA, with his wife and son. [seedalliance.org](#)

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The 2023 OAK Conference is supported by the Agriculture and Food Research Initiative - Foundational Knowledge of Agricultural Production Systems program award #2022-67013-38644 from the USDA National Institute of Food and Agriculture.

OAK Conference Scholarships are supported by Grow Appalachia, Kentucky State University, Kentucky SARE State Model Program and University of Kentucky.