

## **EVERYBODY EATS CONFERENCE SESSION TOPICS 2012**

**KEYNOTE SPEAKER: Sister Rita Wienken, Sisters of St. Francis - Tiffin**

### **The Value of Organics**

Joe Hammond is a certified organic dairy producer in Mark Center, Ohio. He will speak from experience about what he understands organic farming to be and how it has impacted his life on every level.

### **Cooking With Greens From Your CSA**

Have you ever wondered how to prepare the less familiar foods in your CSA basket that are packed with great nutrition? Experienced chef Vincent Pavon along with Jamie Minsh-Nelson will demonstrate how to prepare delicious dishes (including kale) from your CSA bounty.

### **Alternative Meats Production**

Hear the stories of two unique farms. Duke Wheeler of Whitehouse Shrimp Farm will speak about fresh water shrimp production and sales in Northwest Ohio.

<http://shrimp-farm.com/>

John Trippy will speak about his bison operation on Wild Winds Buffalo Preserve at Fremont, Indiana. Visit <http://wildwindsbuffalo.com/> It's local surf and turf in a different way!

### **Basic Backyard Poultry and Mobile Chicken Processing**

Learn what takes from beginning to end to put your own poultry products on your table. Duane Rupp of Menagerie Farms in Montpelier has raised chickens for years. He will speak about breeds and basic information for raising a small poultry flock in your backyard.

John Finegan of M'Organic Meadows has developed a mobile chicken processing unit in southern Michigan which comes directly to the farm. While the state laws may differ slightly, John will share how the unit operates and the process to get one started in your area.

### **The Greenhorns (Video)**

Join us for a documentary film that explores the lives of America's young farming community -- its spirit, practices, and needs. We see the promising beginnings of an agricultural revival in these young farmers' efforts to feed us safe food, conserve valuable land, and reconstitute communities split apart by strip malls. It is the filmmaker's hope that by broadcasting the stories and voices of these young farmers, we can build the case for those considering a career in agriculture -- to embolden them, to entice them, and to recruit them into farming.

**Local Food System Discussion Forum (After the Greenhorns) - Make your voice heard.** What do you believe is needed in the region to create a fully functioning local food system? What are some of our options and solutions? What should be prioritized and

emphasized? What small part can each of us play? Let's answer these questions and more. Come and join the lively discussion led by an Eating Local Foods Network Member.

### **Buying Meat From Local Farmers**

Andrew Philpot introduces the session by describing his new CSA meat program. Experienced chef, Vince Pavon, will show how to use different cuts of meat for different dishes and prepares a few to taste. Jon Lugbil, owner and butcher of Brookview Farms, will address types of cuts to order when purchasing meat in bulk from your farmer.

### **Medicinal Herbs 101**

Karen McGilvery will be sharing about the Top Ten Herbs to grow in our area, uses for medicinal herbs and other useful "weeds". She has developed a line of herbal lotions, soaps and lip balms which can be found at <http://www.abundancesoaps.com>

### **Eating Your Landscape**

Denver Henderson will speak about utilizing the landscaping space around your home for food production. Explore the many trees, vines and perennial plants that are not only beautiful to look at, but useful and edible as well.

### **Heritage Hog Production on Pasture**

Stephanie Finegan of M'Organic Meadows will share the voice of experience concerning the benefits and challenges in raising heritage hogs on year round pasture.

### **High Tunnel Growing Year Round**

Valerie & Doug Kinsman of Kinsman Farm in Archbold, Ohio built their first high tunnel in 2009. They have spent the past three years experimenting with different cold crops for winter harvest as well as utilizing the high tunnel for season extension of specialty crops for their CSA. This winter they grew spinach, lettuce, kale, radishes, Swiss, chard, bok choy, broccoli and carrots in the high tunnel. Basic information such as costs, construction, use, challenges, and commercial profitability will be discussed.

### **Bee Keeping and Honey Production**

Don Schooner of Schooner Farms will focus on bee keeping practices and the resulting benefits he has reaped to his berry farm. Don will also bring his portable hive to show live bees at work and explain what goes on inside the hive.

<http://www.schoonerberries.com/>

### **Ohio Nut Production**

Paul Hagen of the Ohio Nut Growers Association grows a variety of nut trees on his farm, as well as non-traditional fruit trees. His workshop will include varieties that perform well in our climate, how to propagate them and manage them. He will cover walnuts, hickory nuts, paw-paws and more.

### **Small Scale Shiitake Production**

Along with growing berries, Don Schooner of Schooner Farms harvested a new kind of fruit this year, his first shitake mushrooms, grown on local hardwoods from northwest Ohio. Don will share why he chose to grow mushrooms and how to get started.

### **Growing Goji Berries and Their Benefits**

Brad Miller of Red Berry Farm in Ridgeville, Ohio has been growing goji berries for several years. He will speak on production methods for cultivation and the health benefits of goji berries.

### **Permaculture Principles**

Ken Asmus from Oikos Tree Crops near Kalamazoo, Michigan has worked for decades to propagate native and perennial plants integrated into a permaculture setting. Offering over 250 different plant species, Ken practices permaculture on a scale that serves as an inspiration and a source to acquire the plants to create your own permaculture planting. Ken will share principles and vision about why permaculture is important.

<http://www.oikostreecrops.com/store/home.asp>