



the
biological
harvest

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Annual Conference
Practical Farmers of Iowa

January 9 – 10, 2009

Marshalltown Community College
Marshalltown, Iowa

SCHEDULE

Friday, January 9

- 11 am – 12:30 pm Registration
- 12:30 – 4:30 pm Friday Workshops
 Note: Each session runs all afternoon, with a one-hour break from 2–3 pm
- 5 – 6 pm PFI Business Meeting
- 6 – 7 pm Reception
 Sponsored by the Marshalltown Convention and Visitors Bureau
- 7 – 8 pm Chili Chowdown
 Featuring food raised by PFI farmers
- 8 pm Sneak Preview: Big River
- 9 – 11 pm Hotel Hospitality Room
 Please bring Iowa wine, beer, cider, Templeton Rye, or other refreshments and mingle with other PFI members

Saturday, January 10

- 7 – 8:30 am Registration
- 8:30 – 10:15 am Welcome and Keynote Address
- 10:30 – 11:30 am Round I: Workshops
- 11:30 am – Noon Networking
- Noon – 1:30 pm Lunch
 Featuring food raised by PFI farmers
- 1:45 – 2:45 pm Round II: Workshops
- 3 – 3:45 pm Round III: Cluster Meetings
- 4 – 5 pm Round IV: U-Pick Workshops
 Indicate your topic on your registration form

LODGING/ACCOMMODATIONS

The conference will be held at the Marshalltown Community College conference facility, just south of Highway 30. PFI has reserved a block of hotel rooms at the Best Western Regency Inn, Comfort Inn, and the Super 8 Motel — all located just north of Highway 30.

Please call by Dec. 18 to guarantee a room:

Best Western Regency Inn 800/241-2974 (\$75 per night)

Comfort Inn 641/752-6000 (\$69.95 per night)

Super 8 Motel 641/753-3333 (\$62 per night)

WHY MARSHALLTOWN?

MARSHALLTOWN IS CENTRALLY LOCATED IN THE STATE AND HOME TO A NEW CONFERENCE FACILITY. IN ADDITION: HOLDING THE CONFERENCE HERE ALSO SHOWS SUPPORT FOR THE MARSHALLTOWN COMMUNITY COLLEGE'S EFFORTS TO TEACH THE DIVERSIFIED FARMERS OF THE FUTURE.

BUSINESS MEETING

Don't miss the **PFI Business Meeting on Friday, January 9 at 5 pm**. Find out the latest on PFI's programming, finances, staffing and more. And offer your feedback on how we're doing.

POSTERS WANTED

Member posters have a long history at the annual conference! Bring a poster about nearly anything that would interest other members—share your farm, your research and demonstration, your lessons learned! (No proprietary products, please.) Just check the box indicating interest, and we'll send you more information.

OPENING SESSION

"Biological Harvest: The Sustainable Farmer's Hidden Opportunity"

Joel Huesby, Thundering Hooves Ranch
 Introduced by Linda Barnes, High Hopes Gardens and Marshalltown Community College

Joel Huesby, a fourth-generation farmer who farms in Washington State, speaks with great optimism about the future of agriculture and the tremendous opportunities for "farming with the sun."

The history of the Huesby farm will sound very familiar to Iowa farmers: Joel's family started using pesticides and fertilizers extensively in the 1950s. The chemicals, he writes, "allowed us to produce more for less, but they masked negative effects, which have been generations in the making." The Huesbys bought more land, spread more fertilizers, and increased their herds in size and number.

Then, in 1994, he decided that his "farm was a failure financially, ecologically, socially and personally. Something had to change." He began to turn the farm into something that he thought would better support his family, his community, and the land.

Today the Huesby farm is known as Thundering Hooves. Joel and his family have a pasture operation where they rotate cattle, goats, sheep, pigs, chickens, and turkeys, and market the meats directly to a growing number of consumers.

"My farm has evolved from the ground up, literally," Joel says. "I am only beginning to understand how farmers are solar energy harvesters. I am only beginning to hear the universal language of the soil and to listen to what the soil is telling me."

Linda Barnes

Linda Barnes and her family run High Hopes Gardens, "a living experiment on whether a creative, hard-working family can make a living working with nature." Linda also is Coordinator of the Entrepreneurial and Diversified Agriculture program, a two-year degree program for new and transitioning farmers, and an Associate Professor of Biology at Marshalltown Community College. Linda will provide the introduction for our keynote speaker.



Joel Huesby



Linda Barnes

"Coffee Shop" with Holistic Vet Will Winter

Stop in and talk one-on-one with Will Winter! Coffee shop will be open **Saturday** from **10:30 am – noon** and **1:45 – 4 pm**.

Need advice on adding the next generation to the farm?

Dave Baker from the Beginning Farmer Center will be available for **private consultations on Friday afternoon and Saturday**. Indicate your interest on the registration form, and the PFI office will contact you to set up an appointment.



< Curt Ellis, Ian Cheney, Aaron Woolf

THE KING CORN GUYS ARE BACK!

On Friday evening, join the filmmakers of King Corn for a sneak preview and conversation about their new film, tentatively titled "Big River." PFI has been working with Mosaic Films and filmmakers Aaron Woolf, Curt Ellis, and Ian Cheney on a follow-up project to KING CORN that looks at the environmental implications of high-intensity corn production.



^ Will Winter

The Art of Raising Drug-Free and Healthy Livestock

Will Winter, Holistic Veterinarian

When we restore the full balance and nutrient density to the soil, we achieve forages and crops that, in turn, build strong immune systems, good bone and muscle structure, as well as clear eyes, skin, and mind. We no longer need to rely on expensive vaccines, wormers, and antibiotics as substitutes for health. Learn how to create the healthy mineral balances that are required for full nutrition. Learn the hallmarks of genetic selection for maximum health and reproduction as well as the management skills that are required to achieve healthy herds and flocks.

> Veterinarian Will Winter develops holistic herd health management plans for grass-based farmers. He co-convenes the Thousand Hills Cattle Company's annual producer's conference and is Executive Director of the American Holistic Livestock Association.



^ Angie Tagtow

Vision of Good Food for Agriculture

Angie Tagtow, Food and Society Fellow

What we eat profoundly affects the health of the planet and our ability to grow healthy food for future generations. This session will explore the soil-to-health connection and how "good food" can boost the health of your family, farm, community, and the earth. You will take home tools that will help you examine our food system with a critical eye. You also will play Iowa "Good Food" trivia and receive tips on how to support a healthy, green, fair, and accessible food system.

> Angie Tagtow is a national Food and Society Policy Fellow working to educate consumers, opinion leaders, and policy makers on sustainable food systems. She is a registered dietitian and an environmental nutrition consultant.



^ Joel Gruver

Managing Weeds and Soils Beyond NPK

PFI Farmers
Matt Liebman, Iowa State University
Joel Gruver, Western Illinois University

From 12:30–2 pm, share your stories about managing weeds on your farm. Participants will be asked to discuss 10 weeds that are challenging to manage in Iowa and summarize problem-solving tools. A brief overview of weed life cycles and background will be added to the discussion by Matt Liebman. After the break, from 3–4:30 pm, Joel Gruver will lead a discussion about soils, how soil quality can affect weed management, dealing with nutrients beyond NPK (nitrogen, phosphorus, and potassium), tillage effects, soil biology, and water-holding capacity.



^ Chris Blanchard



^ Ryan and Janice Marquardt

> Matt Liebman is a professor in the ISU Agronomy Department and is the Wallace Chair for Sustainable Agriculture. Joel Gruver is a professor at Western Illinois University in Soil Science and Sustainable Agriculture.

Time and the Tiller

Chris Blanchard, Rock Spring Farm

There's always something to do on the farm! Join Chris Blanchard for a look at ways to overcome the overload of information, tasks, and projects while you keep things from falling through the cracks. Combining simple yet elegant principles of time and information management with practical examples of their application to life on the modern farm, this workshop will provide the tools you need to get on top of your game, improve your business, and maximize your quality of life.

> Chris Blanchard owns and operates Rock Spring Farm, a 12-acre organic market farm north of Decorah, Iowa, selling a wide variety of vegetables and herbs through a 200-member CSA, food stores, and a farmers' market since 1999.

Fledgling Farmers

Ryan and Janice Marquardt, Wild Rose Pastures
Scott and Julie Wilbur, Wilbur's Northside Market
Jerry Peckumn, Jefferson farmer

Do you want to farm? Well, you have a lot of company! Come learn from two families who found land and developed the market savvy and the skills they needed to get started.

After the break, Jerry Peckumn will help with a discussion on how the Marquardts, Wilburs, and others tackled one of the biggest hurdles for beginning farmers: finding land. He also will present some ideas on how to finance purchasing that land once you find it.

> Ryan and Janice Marquardt, who purchased their 40-acre farm in December 2007, raised 500 broilers and 120 turkeys on pasture in 2008 and sold those birds direct-to-consumers. Scott and Julie Wilbur started farming in 2003, raising fruits and vegetables for the Boone Farmers' Market; since then they have expanded to include an on-farm market, a 50-member CSA, and sales to local grocery stores.

> Jerry Peckumn is a consultant for PFI's Next Generation programming. He has just transitioned his son Tom to his farming and real estate operations.



Annual Conference
Practical Farmers of Iowa
January 9 – 10, 2009
Marshalltown, Iowa

Please postmark no later than Friday, January 2. After that time attendees must register as a "walk-in" at the conference.

REGISTRATION

Name(s) _____
Address _____
City, State, Zip _____
Phone (____) _____ Email _____

A PFI Membership
Membership is optional but qualifies you for conference discounts.
 I am currently a member of PFI. (go to B2)
 I am not a member. (go to B3)
 I wish to renew or become a member. (go to B2)
individual \$35 | farm/household \$45 | organization \$75 **Subtotal A \$** _____

B1 Student Registration
Membership not required — discounted registration for high school and college students includes both days, walk-ins welcome, student ID required at registration.
 Friday and Saturday sessions \$15 **Subtotal B1 \$** _____

B2 Member Registration
Covers all members of farm/household membership, two members per organizational membership, only individual for individual membership. Refreshments at breaks included.

Friday sessions
 Before Jan 2 \$25 _____
 Walk-in at conference \$35 _____

Saturday sessions
 Before Jan 2 \$40 _____
 Walk-in at conference \$50 _____

Subtotal B2 \$ _____

B3 Non-member Registration
Per person. Refreshments at breaks included.

Friday sessions
 Before Jan 2 \$40 _____
 Walk-in at conference \$50 _____

Saturday sessions
 Before Jan 2 \$55 _____
 Walk-in at conference \$65 _____

Subtotal B3 \$ _____

C Meals (optional)
Availability not guaranteed after Jan 2. No reservations without payment.
Child meals for ages 12 and under.

Friday evening All-Iowa Chili Chowdown
 Adult _____ x \$12 _____
 Child _____ x \$ 6 _____

Saturday noon All-Iowa meal
 Adult _____ x \$18 _____
 Child _____ x \$ 9 _____

Vegetarian meal option **Subtotal C \$** _____

D Childcare
Childcare will only be provided if at least 6 children are registered and paid by Jan 2. Children 2 and above welcome. Snack and lunch Saturday included. Activities include swimming in the hotel pool, games, and crafts.
Friday 12:00 to 4:30 child _____ x \$15 _____
Saturday 8:30 to 5 child _____ x \$35 _____

Subtotal D \$ _____

Total of A, B, C, and D \$ _____
Continue on back ...

Please contact Suzi at 515/232-5661 x101 or suzi@practicalfarmers.org with questions regarding membership or registration.

Payment by Mastercard or Visa accepted only by faxing information with signature to 515/232-5649 or mailing to above address before January 2.

Credit cards will not be accepted at the registration table. No refund requests honored after January 6, 2009. A \$5 administrative fee will be deducted from refunds requested in writing before that date.

Special options

- I am interested in having a display in the exhibit hall and/or being a cosponsor.

- I plan to bring a poster on a research project or educational topic.

Topic: _____

- I plan to bring an item for the silent auction to support the PFI Youth Program.

That item is: _____

U-PICK

From the health benefits of organic foods, to repairing farm equipment: YOU choose the topic for this session. Write your idea below and turn in with your registration, and we will organize sessions to accommodate as many ideas as possible!

Beginning Farmers

Would you like to schedule a time to meet with the Beginning Farmer Center?

- Yes No thanks

Mentor Lunch Saturday Noon

I am interested in eating the Saturday noon All-Iowa meal with a farmer experienced in the area of: _____

Make checks payable to Practical Farmers of Iowa and mail with this form to:

Suzi Bernhard
Practical Farmers of Iowa
137 Lynn Ave Ste 200
Ames, IA 50014



Round I | 10:30 – 11:30 am

The Biological Harvest: Discussion on the Keynote Address

Joel Huesby, Thundering Hooves Ranch
Linda Barnes, High Hopes Gardens

Do you have comments on farming with the sun, with nature, with a deep respect for building soils? Join Joel Huesby and Linda Barnes for a follow-up conversation to the opening address.

Continuing Your Farm When You're Gone

Roger McEowen, Center for Agricultural Law and Taxation

You've worked hard to make your farm profitable and conservation-minded. Find out how to keep it that way when you're gone. Roger McEowen is Director of the Center for Agricultural Law and Taxation and author of the guide "Estate Planning," published by Iowa State University Extension.

The New Conservation Stewardship (Security) Program

Francis Thicke, Radiance Dairy
Sarah Carlson, Practical Farmers of Iowa

The new Conservation Stewardship (Security) Program will be open to all Iowa farmers, regardless of watershed. How else has the CSP changed as a result of the just-passed Farm Bill? Which production practices will qualify under the new rules and structure? When will signup begin? Francis Thicke is an organic dairy farmer and chair of the CSP subcommittee for USDA's State Technical Advisory Committee. Sarah Carlson is a Program Specialist with PFI.

Season Extension on the Market Farm

Chris Blanchard, Rock Spring Farm

Chris Blanchard has practiced radical season extension in Northeast Iowa for nine years, using greenhouses and storage facilities to extend Rock Spring Farm's sales season from late April to early January. Join Chris for a look at the practical techniques, structures, and financial considerations that go along with selling fresh vegetables during nine months of the year in the upper Midwest.



For the Birds: Farming with Wildlife

Dan Specht, McGregor farmer
Phil Specht, McGregor farmer
Jon Stravers, Audubon Minnesota

Farmers are key to bringing back wildlife populations to working lands. Phil and Dan Specht will present how they provide bird habitat on their farms. Jon Stravers will offer information on Audubon's efforts to bring back forest birds in Northeast Iowa, the importance of private landowners in those efforts, and whether a similar model of strategy and management will work for strengthening populations of grassland birds.

Round II | 1:45 – 2:45 pm

Cyber Farmers: Using Websites and Blogs

Kristine Jepsen, Grass Run Farm
Ethan Book, Stoneyfield Family Farm

Kristine and Ethan will talk about how to get started and other tips on using the web and blogging to your farm's advantage. Ethan's blog, "The Beginning Farmer," was picked up by Epicurious and now is widely syndicated to AOL, Yahoo, MSN, and other sites. Kristine Jepsen is the administrator of www.grassrunfarm.com, the "front door" for the farm she runs with her husband, Ryan. She managed content for the website of Luther College, www.luther.edu, before the birth of their daughter in 2008.

Iowa Cheese, Please

CJ Bienert, Cheese Specialist, Gateway Market
Rufus Musser, Milton Creamery
Joyce Lock, Creator, Foodie Fight

Iowa farmers are turning out some first-rate cheeses! Come listen to a culinary expert talk about the quality of Iowa cheeses and the opportunities for Iowa cheesemakers. Take a virtual farm tour with the maker of the excellent Prairie Breeze cheddar. Then join host and PFI Board member Joyce Lock in a cheese tasting.

Cover Crops: Production and Resources

Steve Berger, Wellman farmer

Steve farms 2,200 acres and has been planting cover crops on nearly half of his acreage every year for the past 10 years. He utilizes rye in conjunction with hog manure for erosion control and to improve his corn production. Steve also routinely aerial seeds cover crops. He will focus on production methods and economics of using cover crops. Background information about the Midwest Cover Crops Council and other cover crop resources will be given.

SATURDAY WORKSHOPS | 10:30 – 5 PM 1/10

Processing On-Farm

Joel Huesby, Thundering Hooves Ranch

On his land in Washington State, Joel Huesby designed and built a 53-foot portable meat processing facility that meets all current rules and regulations. Joel Huesby and his family have processed 1,700 head of cattle, sheep and pigs in 18 months in this mobile abattoir. Come hear Joel describe how—and why they do it.



Saving Energy on the Farm: A Roundtable

Choose a table and have an informal discussion with one of the following farmers:

- > Energy audits and potential savings in corn-soybean systems with Jerry Peckumn, Jefferson farmer
- > Building and retrofitting a more energy-efficient home with Don Adams, Full Circle Farm
- > Wind energy for the small-farm scale with Mark Rundquist, High Hopes Gardens



Round III | 3 – 3:45 pm

Cluster Meetings

Your opportunity to talk specifically with producers growing what you're growing! Different sessions for: Fruits and Vegetables, Beginning Farmers, Beef, Pork, Dairy, Poultry, Sheep and Goats, Field Crops, and Policy.



Round IV | 4 – 5 pm

"U-Pick"

U-Pick was popular last year, so we're bringing it back. YOU choose the topics for these informal discussions. Write your idea on your registration form, and we will organize sessions to accommodate as many ideas as possible.



IOWA STATE
UNIVERSITY
University Extension

Agriculture and
Natural Resources
and the Value-Added
Agriculture Program

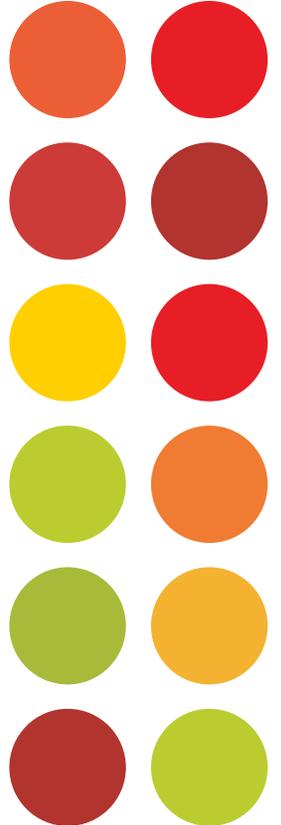


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