

Saturday, January 20, 2024			
7:00 AM - 8:00 AM			
	Yoga for Farmers	Mary Cush	Wilson
Session A: 8:30 AM - 10:00 AM			
Track	Title	Presenters	Room
Crop Specific & Plant Health	The Good, the Bad and the Ugly of Partnering with Perennial Cover Crops to Fight Agricultural Nuisances	Cerruti RR Hooks	Monroe
Farming for Profit	Exploring Agritourism	Seidah Armstrong	Washington
Seed Saving	Seed Saving and Seed Production as a Farm Enterprise	Ira Wallace	Buck Mountain
Flower Production	Adding cut flowers to a vegetable program for farmers market or CSA	Ashleigh L Hobson	Mill Mountain
Regenerative Grazing/Livestock	Raising Broiler Chickens Panel	Erin Worrall, Robert White, Logan Tweardy and Emilie Tweardy	Shenandoah B
Organic	Otter Creek Organic Farms year long outline with economics included	Gary Zimmer	Pocahontas
Soil Health & Carbon Sequestration	Carbon Sequestration and Organic No-Till	Julie Rawson and Jack Kittredge	Appalachian
Agroforestry	Pawpaws to the People: Preservation and Development of North America's Largest Superfruit	Ben Casteel	Shenandoah A
Session B: 10:30 AM – 12:00 PM			
Track	Title	Presenters	Room
Agroforestry	Community of Practice: Multi-strata Agroforestry	Steven Wilder	Shenandoah A
Urban Agriculture/Homesteading	Community and Urban Agriculture	Renee Foster	Buck Mountain
Equity & Diversity in Farming	Rethinking Farmland and Housing Ownership Through an Equity and Justice Lens	Callie Walker, Duron Chavis, Renard Turner, Tyrone Cherry III, Michael Carter, Jr. Nikki D'adamo Damery, Elizabeth Spellman	Washington
Farming for Profit	Keys to Profitability in the Market Garden	Jean-Martin Fortier and Scott Wilson	Shenandoah B
Flower Production	The Perks and Problems of Flower Subscriptions	Gwynn Hamilton	Mill Mountain
Organic	Securing Organic Vegetable Production in Virginia through Increased Disease Management Knowledge	Steve Rideout	Pocahontas
Regenerative Grazing/Livestock	Backyard Rabbits and Poultry	Natalie Green	Monroe
Soil Health & Carbon Sequestration	Biodynamic Basics: Towards a Self-sufficient Farm Organism	Stewart Lundy and Natalie McGill	Appalachian
Session C: 2:00 - 3:30 PM			
Track	Title	Presenters	Room
Agroforestry	Agroforestry Integration for the Small Farm	Stesha Warren	Shenandoah B
Soil Health & Carbon Sequestration	Meeting the Climate Challenge: Sharing Stories, Co-creating Solutions	Mark Schonbeck	Appalachian
Policy & Advocacy	Farm Bill Update: Where We Are At, What's At Stake, and How to Engage	Jesse Womack	Wilson
Seed Saving	How to Save Seeds and Be A Farmer	Chris Smith	Buck Mountain
Urban Agriculture/Homesteading	Community of Practice: Small Farm Startup	Steven Wilder	Shenandoah A
Organic	The Homestead Apple Orchard	Joseph Martinez	Pocahontas
Regenerative Grazing/Livestock	Reducing inputs on your livestock farm	Lee Rinehart	Monroe
Crop Specific & Plant Health	Fruit of the Rot: Diversifying Your Farm with Mushrooms	Mark Jones	Mill Mountain
Farming for Profit	Financial Welfare & Capital Acquisition for your Agricultural Operation	John Armstrong	Washington
Special Session: 3:30-5:30 PM			
Equity & Diversity in Farming	Fusion Movement Legislative Forum	Michael Carter Jr.	Washington
Session D: 4:00 PM - 5:30 PM			
Track	Title	Presenters	Room
Agroforestry	Agroforestry Regional Knowledge (ARK) Exchange Network - Agroforester Panel Discussion	Katie Trozzo, Cornelius Deppe, Ryan Huish, Dana Lydon, Ian Nichols	Shenandoah B
Soil Health & Carbon Sequestration	Microbial Ecology and Beneficial Organisms of Vermicompost and Teas	Zackary Jones PHD	Appalachian
Farming for Profit	Storage Vegetables for Off-Season Sales	Pam Dawling	Buck Mountain
Flower Production	Overwintered dahlias in the South east	Ashleigh L Hobson	Mill Mountain
Crop Specific & Plant Health	Appalachian Heirlooms for a Changing Climate	Ben Casteel	Pocahontas
Urban Agriculture/Homesteading	Designing the intersection of curriculum delivery and food production in a school farm. Lessons from the Waynesboro Education Farm project.	Ryan Blosser	Monroe
Equity & Diversity in Farming	Enhancing the Understanding and Use of RMA Federal Crop Insurance by Producers	SeRena Hill	Shenandoah A
Sunday, January 21, 2024			
7:00 AM - 8:00 AM			
	Yoga for Farmers	Mary Cush	Wilson
7:30 AM - 8:15 AM			
	Regional Networking Sessions	VABF Board Members & Facilitators	
	Southwest	Adam Taylor and Hannah Varnell	Shenandoah A
	Central	Seyra Whitney	Shenandoah B
	Northern	Francesca Costantino	Pocahontas
	Eastern	Renee Foster	Appalachian
	Shenandoah Valley	Brent Wills and Tom Brody	Buck Mountain
Session E: 8:30 AM - 10:00 AM			
Track	Title	Presenters	Room
Agroforestry	Alley Cropping: Design, Implementation, and Production at Virginia Tech's Catawba Sustainability Center	Adam Taylor & Stesha Warren	Pocahontas
Crop Specific & Plant Health	Lettuce Year Round	Pam Dawling	Mill Mountain
Equity & Diversity in Farming	Examining Your Mental Well-Being	Kevin Carter	Washington
Farming for Profit	Building a Brand: Marketing Skills for Farmers	Erin Worrall	Buck Mountain
Flower Production	Blooming Possibilities: A Flower Panel - Growing	Liza Dobson, Gwynn Hamilton, Chelsea Belle Graves, & Ashleigh Hobson	Shenandoah B
Regenerative Grazing/Livestock	Beginning an On-farm Chicken Breeding Program	Anna Wills	Monroe
Urban Agriculture/Homesteading	Perennial Vegetables for your Farm or Garden	Dani Baker	Shenandoah A
Urban Agriculture/Homesteading	Virginia Urban Agriculture Initiative	Renee Foster	Appalachian
Session F: 10:30 AM - 12:00 PM			
Track	Title	Presenters	Room
Agroforestry	Integrating Nitrogen Fixers in Diverse Settings	Dani Baker	Shenandoah A
Crop Specific & Plant Health	How to Grow and use Garlic, Perennial Onions, and Other Unusual Alliums	Ira Wallace	Monroe
Policy & Advocacy	Policy and Regulatory Tools for Small Food Producers	Christine Dzujna	Shenandoah B
Equity & Diversity in Farming	Ujamaa's Journey from Desire to Sustainability: Reclaiming Our Agricultural Heritage	Bonnetta Adeeb	Washington
Farming for Profit	From Home to Market Gardening	Erin Worrall	Buck Mountain
Flower Production	Adding Employees to your (Flower) Farm	Gwynn Hamilton	Mill Mountain
Organic	Demystifying USDA Organic Certification	Meredith Morgan	Pocahontas
Soil Health & Carbon Sequestration	Regenerating and restoring biological farming practices	Gary Zimmer	Appalachian
Urban Agriculture/Homesteading	Permaculture Plants: Building plant knowledge through story and community. A human sector approach to belonging to your ecosystem.	Ryan Blosser & Trevor Piersol	Wilson
Session G: 1:30 PM - 3:00 PM			
Track	Title	Presenters	Room
Agroforestry	Native Perennial Food Plants for your Edible Landscape	Dani Baker	Shenandoah A
Crop Specific & Plant Health	Pumpkin Production and Disease Management in VA	Steve Rideout	Mill Mountain
Equity & Diversity in Farming	NRCS Conservation Programs for Historically Underserved, Veteran and Beginner Farmer	Michael Watson	Washington
Farming for Profit	Eating or Marketing the Whole Plant	Chris Smith	Buck Mountain
Flower Production	Blooming Possibilities: A Flower Panel -Market Outlets & Business Structure	Liza Dobson, Gwynn Hamilton, Chelsea Belle Graves, Ashleigh Hobson	Shenandoah B
Organic	Is Organic Certification Right for Me	Patrick Johnson	Pocahontas
Soil Health & Carbon Sequestration	Creating a new Compost Company in Virginia Beach: Plans, Goals, Methods and Outcomes	John Wilson aka Farmer John	Monroe
Regenerative Grazing/Livestock	Four Seasons on a Biodynamic Farm	Stewart Lundy and Natalie McGill	Appalachian
Session H: 3:30 PM - 5:00 PM			
Track	Title	Presenters	Room
Soil Health & Carbon Sequestration	Using Native Plants as Cover Crops	Patrick Johnson, Patrick Johnson, Charlie Maloney & Mark Schonbeck	Appalachian
Policy & Advocacy	How to be an Effective Agent for Change	Lia Biondo	Shenandoah B
Urban Agriculture/Homesteading	Garden Variety Harvests: The Story of an Urban Farm Start-Up	Cam Terry	Washington
Seed Saving	Seed Breeding with The Cotton Project	Cindy Conner	Shenandoah A
Regenerative Grazing/Livestock	Homestead Goat and Pig Production	Natalie Green	Monroe
Organic	Profitable, No-Till, Certified Organic Vegetables on 2/3 of an Acre	Tim Showalter Ehst	Pocahontas
Crop Specific & Plant Health	How Nutrition Impacts Plant Immunity	Kish Johnson	Mill Mountain
Agroforestry	Silvopasture: Thinking Through the Design Process	Emilie Tweardy	Buck Mountain