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elcome members and guests, to the 2005 Farm-Based Education season, sponsored by the Pennsylvania Association for Sustainable Agriculture. We invite you to join us in the field to learn about how others have interpreted and incorporated the principals of sustainable agriculture into their farms and operations. Farmers in this program have established successful businesses by working with their local communities, sustaining their local waterways, building the health of their soils and targeting new markets for their high quality, fresh products.

As part of our continuing objective to offer this high quality educational programming in sustainable agriculture, PASA will host 18 Field Days and 5 Intensive Learning Programs throughout the season. As you peruse the 2005 calendar, we think you'll be struck by the quality of presenters and intriguing subject matter.

This year, we have made an effort to offer programming in traditionally underserved regions, like the northeast and southcentral regions of Pennsylvania. We are also offering a number of afternoon programs to accommodate those who must travel long distances or can only afford an afternoon away from the farm. What remains the same is our commitment to facilitating in-depth discussions, networking over good meals, and opportunities to interact with leaders in the sustainable agriculture movement. We hope to see you this summer!

Registration Information

All Field Days and Intensive Learning Programs are open to the public. Registration is required and we encourage participants to pre-register. You may pre-register online (www.pasafarming.org), by calling PASA (814-349-9856 ext 7), or by using the form at the back of this pamphlet. Walk-in registrations are welcome, but we cannot guarantee lunch for walk-ins. When registering by phone or internet, you will be asked for your name, full mailing address, a daytime telephone number, and the names of guests attending with you. Please indicate if you and your guests are PASA members. You may also provide payment information. Fees vary per event and are noted with each listing. PASA can accept cash, personal check, money orders and Visa/MasterCard. Upon receiving this information, PASA considers your registration complete. **Teachers wishing to earn Act 48 credits for attending PASA field days must contact Heather House at PASA.**

Lunch

Whether it be brown-bagged, catered, or picnic style, lunch and refreshment time at PASA field days is a relaxing time for participants to network. You may find that this hour is the most valuable hour of your week! Lunch details are noted in each field day description. Only pre-registered attendees are guaranteed lunch at events catered by PASA. Walk-in registrations should plan to provide for their own lunch needs. All participants are encouraged to bring water bottles.

Directions

Driving directions to every event are posted on the PASA website. You may also contact PASA to have directions mailed or faxed to you.

Cancellations

Cancellations for Field Days will be refunded in full up to the day before the scheduled event. No refund will be given for cancellations on the day of the event. Cancellations for Intensive Learning Programs will be refunded in full up to seven days before the scheduled event. No refund will be given for cancellations less than seven days before the scheduled event.

About PASA

PASA is a nonprofit membership-based organization working to enhance the positive social and economic impact of agriculture and food systems in Pennsylvania, and protect the well-being of our environment and natural resources. PASA works to increase the number of farms and economical viability of existing farms in Pennsylvania, maximize consumer awareness and access to safe and healthy food that is locally grown, and develop a strong constituency for preserving farmers, farmers and a thriving agrarian culture. Everyone is invited to be a member of PASA. Many of our members actively shape our community-based programs; and all of our members are working hard to protect Pennsylvania's agriculture and Pennsylvania's farms. We can't make this possible alone—be a part of PASA! To learn more about PASA and our programs, please contact us:

Pennsylvania Association for Sustainable Agriculture

114 West Main Street, PO Box 419
Millheim, PA 16854
Phone: 814-349-9856
Website: www.pasafarming.org

To receive more copies of this calendar for distribution or posting, please contact the PASA office. Also, this entire event calendar is online.

To register for a Field Day or Intensive Learning program, you may use the form below, register online at www.pasafarming.org, or call PASA at 814-349-9856 ext. #7

Registration

Use one form per event. Copy the page as needed. Fees vary per event and are noted with each listing. Note member and non-member rates.

Name and Date of Event:		Additional names of people attending the event:		
Name of Person Registering:		Names:	Member:	Amount Owed
			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Current PASA member? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> (If you would like to join PASA at this time, please complete fields below)			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Company/Farm Name:			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Mailing Address:	City:	State:	Zip:	
Email:	Phone:			
Subtotal for you and guests attending event				\$ _____

PASA Memberships

<input type="checkbox"/> Student	\$15
<input type="checkbox"/> Individual	\$35
<input type="checkbox"/> Family/Farm	\$55*
<input type="checkbox"/> Nonprofit	\$100**
<input type="checkbox"/> Business	\$150**
Subtotal \$ _____	



* Family/Farm or Lifetime Membership

Please list all names for this membership. You may include children between the ages of 14-22 and also multiple generations directly involved in the farm.

** Nonprofit or Business Membership

Please list up to two additional people associated with your business to receive individual membership privileges.

Payment

Subtotal event \$ _____
Subtotal membership \$ _____
Total Amount Due \$ _____

- Check payable to PASA
 Charge to Credit card

Card No.			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	<>	Exp. Date	
Cardholder Name			
Signature			

Mail with payment to PASA, PO BOX 419, Millheim, PA 16854

Registration

Use one form per event. Copy the page as needed. Fees vary per event and are noted with each listing. Note member and non-member rates.

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			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Current PASA member? (Check one) <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> (If you would like to join PASA at this time, please complete fields below)			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Company/Farm Name:			Yes <input type="checkbox"/> No <input type="checkbox"/>	
Mailing Address:	City:	State:	Zip:	
Email:	Phone:			
Subtotal for you and guests attending event				\$ _____

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 Charge to Credit card

Card No.			
<input type="checkbox"/> Visa <input type="checkbox"/> Mastercard	<>	Exp. Date	
Cardholder Name			
Signature			

slide show during which he will address the history, importance and economics of seed saving. William will give pointers on how to prevent cross-pollination, and safely store and share seeds. Following the slide show, we'll walk Pennypack's fields as William shows us how to select plants from which to save seed, how to "bag" plants, and how to collect seeds. William will also point out examples of what Pennypack is doing to prevent cross-pollination as they "grow out" carrot seed for William's collection. We'll end our day with refreshments and time to network.

William Woys Weaver is author of *100 Vegetables and Where They Came From* (Workman Publishing Company, 2000); *Heirloom Vegetable Gardening: A Master's Guide to Planting, Seed Saving, and Cultural History* (Book Sales, 2005) and many others.

Pennypack Farm Education Center for Sustainable Food Systems was established in January 2003 as a charitable, nonprofit educational organization in Pennsylvania dedicated to increasing public understanding of the health, economic, ecological and social issues involved in sustainable local food systems. Seasonal food, flowers and herbs are grown organically on approximately 15 acres.

OCT
7

Friday, October 7, 2-5pm Cover Cropping to Improve Soil Quality, Manage Weeds and Improve Production

Charlestown Cooperative Farm, Chester County
Cost: \$10 PASA Members, \$15 Non-Members
Refreshments will be provided.

This short afternoon tour will begin with an orientation of Charlestown Cooperative Farm in Phoenixville led by operators John and Aimee Good. This mixed eco-grown vegetable CSA operation is about 40 acres in size with about 22 acres used for production. In the past, John and Aimee have used rye and hairy vetch as cover crops and recently tried blending red clover into this mixture with favorable results. In an attempt to measure differences between the rye/hairy vetch mix with and without red clover, Penn State and PASA's on-farm research team designed a replicated research trial to focus on the cover crops' impact on both weed control and soil fertility. The amount of cover crop and weed biomass produced will be compared through mid-spring 2005, followed by a planting of heirloom tomatoes.

At the time of this field day, we will present the results of tomato yields which will determine how useful inclusion of the legume is in the cover crop mix. In addition, Penn State researchers will be on hand to discuss how cover crops can contribute to the overall weed and soil management efforts on the farm. Species selection, green manure plowdown vs. leaving it on the surface, cultivation timing, and conserving or promoting weed seed eating beetles will be some of the topics discussed.

OCT
10

Monday, October 10, 10am-3pm Special Small Group Tour for Interns with the Nordells

Beech Grove Farm, Lycoming County
Cost: \$15 per apprentice
Bring a bagged lunch.

The Nordells enjoyed their tour with the interns last year so much, they decided to offer it again. This informal tour will be designed by the questions and interests of the participants. Registration is limited to current farm apprentices in order to create a learning environment for the novice. Apprentices registered for the event will receive a video detailing Anne and Eric Nordells' unique operation prior to the field day so that they can come prepared with questions for discussion. Space is limited and participants must register and pay by September 25th.

The Nordells have been growing organic produce and herbs for over 20 years at Beech Grove Farm in Trout Run, PA. They also write regularly for the Small Farmers Journal about their bio-extensive approach to vegetable production which relies on cover crops and reduces tillage for weed control and moisture conservation.

Sponsors

This program is supported in part by the Environmental Protection Agency and:

American Livestock Breeds Conservancy

Harry Chaplin Foundation

Milky Way Farms

Northeast SARE

Pennsylvania Certified Organic

Pennsylvania State University

Pennsylvania Women's Agriculture Network

Weston A. Price Foundation



Intensive Learning Programs

June 30, July 1 and 2, 9am-5pm

Basic Cheesemaking with Peter Dixon

Robert A. Macoskey Center at Slippery Rock University, Butler County
Cost: \$300 PASA Members, \$375 Non-Members

Registration is limited and must be paid in full seven days in advance. Includes breakfast and lunch on all three days and notebooks of technical reference materials and recipes. Affordable lodging available; ask for details.

Peter Dixon, farmer and cheesemaker extraordinaire, is widely recognized as a first-rate instructor in the art of cheesemaking. Peter grew up on a dairy and through his business, Peter Dixon Dairy Foods Consulting, has traveled all over Eastern Europe training cheesemakers as well as helping many of Vermont's current cheesemakers get underway.

This three-day class is designed for the novice cheesemaker and anyone considering cheesemaking for added income. Let Peter set you off on the right foot; this class goes beyond cheddar. You will leave with a foundation on which you can confidently build skills to make cheese for sale to the public, restaurateurs and cheese shops.

Day One: We'll begin with an introduction to the cheesemaking process. Peter will give a detailed ingredients list and explain how to select quality milk, starter cultures, rennet, and salt. Peter will explain the difference in cheese varieties and briefly discuss aging cheese. In the afternoon, we'll engage in a "hands-on" cheesemaking session by making Gouda. We will learn to use the acidometer and pH meter to track the fermentation process. We'll explore quark (lactic curd) cheesemaking and sour cream, starter cultures and fermented milks.

Day Two: Peter will begin with a lecture on salting and brining cheese, followed by a lecture on aging Gouda cheese and related types. This discussion will cover the required facilities, conditions and techniques. In the afternoon, we will engage in a "hands-on" cheesemaking, this time exploring Tomme-style and hard Alpine-style cheeses.

Day Three: We'll begin this day by starting fresh mozzarella cheese. Peter will deliver a lecture on affinage of Tomme and hard Alpine-style cheeses. In the afternoon, we'll complete the class with a "hands-on" activity making fresh mozzarella cheese in two styles.

Friday, July 8, 8am-4pm

Raising Pastured Pork for Direct Sales

Wil-Den Family Farms, Mercer County
Cost: \$85 PASA Members, \$95 Non-Members

Registration is limited and must be paid in full seven days in advance. Simple breakfast and full lunch featuring Wil-Den products provided. Participants are welcome to attend the afternoon Field Day on July 7 and camp out at the Brownlee's farm.

During this intensive "hands-on" field day, participants will get a detailed look at this unique pastured pork operation. This day is designed for the experienced farmer transitioning to pastured production and the novice farmer looking for a comprehensive introduction to pastured pork production and direct marketing.

Bill Brownlee will demonstrate many aspects of raising pastured-pork including loading and sorting of animals, proper feeding of both breeding and young stock, processing of baby pigs, weaning into outdoor nurseries, plus lots more. He will also lead a discussion on their "radial fencing system," maintaining pastures, building and using farrowing huts, selecting breeding stock and types of equipment required for a pastured-pork operation. Participants will receive resources on where to find needed equipment.

Denise Brownlee will share how she developed a line of value-added pastured pork products which are sold from the on-farm store and at the local farmers' market. Denise will show participants the farm's certified kitchen and lead a discussion on rules and regulations for legal sales of value-added meat products.

The Brownlees have been operating their pastured-pork operation since 1994. Initially, all of their pigs were sold to individuals or commercial markets, but the Brownlees quickly realized they could get a better price if they direct marketed their own premium pork products under the Wil-Den Family Farms Label. In two years, they have doubled the number of pigs sold by direct marketing and have scaled back production from 170 sows to 60 sows with the intention of marketing everything under their own private label.

July 28, 29, and 30, 9am-5pm

Advanced Cheesemakers Class

The Restaurant School, Philadelphia

Cost: \$300 PASA Members, \$375 Non-Members

Registration is limited and must be paid in full seven days in advance. Includes breakfast and lunch on all three days and notebooks of technical reference materials and recipes. Affordable lodging available; ask for details.

Peter Dixon will return to Pennsylvania (see Basic Cheesemakers Class) to offer a cheesemaking class for those who already have experience making and marketing cheese. Unlike the beginner's class offered in June, this class assumes participants have some working knowledge of basic cheesemaking skills. Before beginning this class, Peter will ask the group for consensus on the varieties of cheese we will make. The agenda below may change if there are other cheeses that the group is more interested in making.

Day One: Peter will begin class with a lecture on cheesemaking technology, including information on how to choose starter and ripening cultures for different cheeses. We'll discuss cheese chemistry and cheese variety groupings based on common characteristics. In the afternoon, we'll engage in a "hands-on" cheesemaking exercise making Alpine-style cheeses. This activity will lend itself to a discussion on soft-ripened cheeses from rennet and lactic curds (washed and bloomy rinds). We will learn to use the acidometer and pH meter to track the fermentation process

Day Two: We'll start this day with a "hands-on" cheesemaking activity. We'll discuss brining and salting cheeses and practice ladling curds. The morning lecture will focus on Pasta-filata cheese technology. The afternoon "hands-on" cheesemaking will produce fresh mozzarella and Kashkaval or Cacciocavallo.

Day Three: More "hands-on" cheesemaking starts the morning. We'll continue learning about salting and aging soft-ripened cheeses (washed and bloomy rinds). In the afternoon, Peter will deliver lectures on aging facilities, conditions and techniques necessary for success. We'll discuss cheese ripening biology, cheesemaking equipment, business operations and marketing.

October 18 and 19, 10am-3pm

Organic Dairying

Midway Mennonite Center, Lancaster County

Cost: \$80 PASA and PCO Members, \$100 Non-Members

Registration is limited and must be paid in full seven days in advance. Lunch will be provided both days. Valuable resource guides included.

Demand for organic milk far surpasses supply. This two-day intensive is designed for all dairy farmers, including those who are currently certified and those who are considering transitioning to organic production.

Day One: Learn organic dairy standards and techniques from Pennsylvania's organic experts. Certification agency staff, experienced organic dairy farmers, inspectors and veterinarians will share their knowledge on the many aspects of successful organic dairy production. This workshop will present in-depth discussions on organic standards, certification requirements and production issues. Learn how organic farmers manage herd health and nutritional needs, reproductive problems, calf management, fly control and more. Workshop includes valuable materials, such as organic standards, materials lists, recordkeeping examples, and the Organic Dairy Handbook.

Day Two: We'll tour a certified organic dairy farm and find out first hand how it's done. Certification agency staff and Pennsylvania Certified Organic (PCO) inspectors will lead the tour and a veterinarian and the organic producer will be present to answer questions.

October 20 and 21, 9am-6pm

Organic Dairy and Crop Inspector Training

Midway Mennonite Center, Lancaster County

Cost: \$250 PASA and PCO Members, \$275 Non-Members (includes cost of two-day intensive on Oct. 18th and 19th (see above))

Registration is limited and must be paid in full seven days in advance. Only qualified applicants will be accepted into this program. Lunch will be provided both days. Affordable lodging available, ask for details.

Are you looking for an additional source of income? Are you passionate about organics? Would you like to assist farmers as they transition to organic production? This training could be for you! If you are interested, please call PASA to request an application. Accepted trainees are expected to attend the preceding 2-Day Intensive Workshop, the cost of which is included in this training.

Day One: We'll discuss the role of the inspector, inspection requirements, organic standards, allowed and prohibited materials, recordkeeping, preparing for the inspection and report writing.

Day Two: Trainees will conduct a practice inspection of an organic farm, followed by an exam.

**AUG
31**

Wednesday, August 31, 10am-4pm

Urban Farming with Grow Pittsburgh

Garden Dreams and Mildred's Daughters,

Pittsburgh, Allegheny County

Cost: \$15 PASA, PCO and WAgN

Members, \$25 Non-Members

Lunch will be provided.

Grow Pittsburgh is an organization dedicated to modeling, teaching and facilitating urban food production. The members work to increase not only the space dedicated to growing food in Pittsburgh, but also the number of individuals interested in growing food within the city. This field day will take place at two of Grow Pittsburgh members' sites. We will begin this urban field day at Garden Dreams where stewardess Mindy Schwartz uses the Bio-Intensive method to cultivate this 1/4 acre plot on reclaimed land. Here we'll discuss some of the challenges of urban farming, including the need for soil reclamation and conducting sound soil tests. We'll also learn how to attract and inspire college and high school interns.

For lunch, we'll travel to Mildred's Daughters Urban Farm, a five acre farm within Pittsburgh city limits operated by Barbara Kline and Randa Shannon. This land has been deeded and operated as a farm since 1875. Mildred's Daughters raise a variety of crops for their city market-stands, restaurants, grocers, and 30-member CSA. With help from market manager Neil Stauffer and field manager Susanna Meyers, we'll learn how to grow, handle, and market heirloom tomatoes and other vegetables. Over thirty heirloom varieties are grown at Mildred's Daughters, so this is the perfect site to learn about genetics and enjoy a tomato tasting!

**SEP
9**

Friday, September 9, 10am-3pm

On-Farm Bottling and Ice Cream Making

Green Valley Dairy, Beaver County

Cost: \$15 PASA Members,

\$25 Non-Members

Registration is limited. Lunch will be provided.

Green Valley Dairy, a grass-based dairy with a 160 Holstein herd, is owned and operated by Carol and Albert Weltner. This Century Farm straddles two states; the cows spend all day grazing in West Virginia and come home to Pennsylvania for the night. The Weltners use a portion of their production for bottled milk and ice cream, both of which are processed and sold on-farm. We'll start our field day with a tour of production facilities led by the Weltner's daughter, Farin. Farin will guide us on a pasture walk, and then show us the barns, field rotations, and crops. Farin will discuss the challenges and opportunities to producing a hormone-free product and how Green Valley Dairy prepares for winter milking.

After a scrumptious lunch featuring Green

Valley Dairy products, Carol will take us to the milk house to learn about equipment needed for bottling and ice cream making. She'll give a basic overview of the process of on-farm bottling and ice cream making, as well as suggest resources for getting started. Bring your coolers and plan to take home some delicious Green Valley Dairy products from the on-farm store.

**SEP
24**

Saturday, September 24, 10am-3pm

Value-Added Dairy and Grass-Fed Beef

Milky Way Farm, Bradford County

Cost: Free, please register

in advance

Lunch will be prepared by Penn

College of Technology Culinary

Students and can be purchased

for \$6 per person.

We'll begin this field day with a brief introduction and history of Milky Way Farm. PASA Board Member Kim Seeley and son, Shon, will guide us through their grass-based dairy and beef/pork operation. We'll tour the bottling plant and on-farm store and learn about how adding value to their products has boosted the farm's bottom line. Kim will discuss how he manages to supply Penn College of Technology with fluid milk and the logistics of processing, bottling and delivering to meet that demand. Learning how to transition to grass-based operation and still maintaining a modest winter supply for their customers has been a steep challenge for this mountain farm in the "Canadian part" of Pennsylvania! We'll tour the newly built, low cost, tie-stall/milking parlor and learn about successfully "reducing moving parts" on this farm. This family has taken the oldest surviving free-stall facility in the county and retrofitted it into a back-to-basics energy-efficient operation.

During lunch, we'll have an opportunity to network while we enjoy the culinary delights featuring Milky Way and other local farm products. In the afternoon, we'll take a pasture walk with Shon to talk about fencing, rotations, watering, and pasture maintenance. Grazing corn has been one of the Milky Way's favorite late summer crops (weather pending).

We'll end the day with a discussion about the Northern Tier Sustainable Meats Cooperative, a cooperative of Milky Way and three neighboring grass-based operations, and the future of that expanding business.

**SEP
28**

Wednesday, September 28, 1-5pm

Seed Saving with William Woys Weaver

Pennypack Farm,

Montgomery County

Cost: \$15 PASA Members,

\$25 Non-Members

Light refreshments will be provided.

William Woys Weaver, a renowned seed saver will start this afternoon tour with a colorful

**AUG
16**

Tuesday, August 16, 10am-3pm Buy Local Campaigns & Institutional Purchasing Field Day

Pittsburgh, Allegheny County

*Cost: \$15 PASA Members,
\$25 Non-Members*

*Lunch will be provided. Resource
books included.*

The goal of this field trip program is to further advance the understanding of Buy Local Campaigns & Institutional Purchasing BLC/ IP projects for cooperative extension educators and other agricultural professionals by visiting restaurants and institutions participating in these projects. Field Day participants will experience first-hand the realities of what makes these projects work, the challenges, and how best to leverage their skills and roles to support such projects. Presenters will share an abundance of ideas and strategies to stimulate citizen demand for locally produced food through 'buy local' campaigns. Producers will provide a valuable perspective on important project components, barriers, and benefits to projects they are involved with. Presentations by food service directors will include successful examples of institutionalizing local purchasing by engaging players who are vital to the sustainability and success of these programs (e.g., food service directors, administration, staff, community groups, clients or students, etc.). The Field Day includes a visit to the Felician Sisters Convent, in addition to presentations by Eat'n Park Hospitality Group, Paragon-Monteverde, and PASA staff and farmers.

**AUG
24**

Wednesday, August 24, 1-5pm Organic Raspberries, Currants, and Honey

Demeter's Garden, Centre County

*Cost: \$10 PASA and PCO Members,
\$15 Non-Members*

Refreshments will be provided.

At the time of this afternoon tour, fall producing red raspberries will be in early production and there will be several varieties to compare. Spring red production will be complete, so farm owner Mike Byers will demonstrate pruning to remove old canes. Black raspberry primocanes (2006 crop) will be in final stages of first pruning, and removal of 2005 canes will have begun.

This comprehensive discussion will also include information on the preparation of beds and installation of irrigation. Mike will share sources for auxiliary supplies (boxes, flats, covers, picking stands, etc.). We'll also take a look at the on-farm processing room where Mike makes jams, vinegars, jellies, and popsicles. Mike also uses this room to process honey from about a dozen hives he keeps. We'll end the day with refreshments and details on certification on organic brambles from Pennsylvania Certified Organic.

Mike Byers owns and operates Demeter's Garden, which is in its fifth year of organic bramble production. Initial plantings began with raspberries, and in subsequent years he has added black raspberries, gooseberries and currants for a total 7500 feet of row production. Fresh berries are marketed locally at farmers' markets and wholesale outfits.

**AUG
27**

Saturday, August 27, 10am-4pm Multi-tasking Livestock and Poultry for Sustainable Farmsteads with the ALBC

Fiske Sanger Farm, York County

*Cost: \$15 PASA and
ALBC Members,
\$25 Non-Members*

*Registration is limited. Lunch will be
provided. Participants must abide by
biosecurity procedures.*

How do multi-purpose animals fit into today's agriculture? Are multi-purpose animals better suited for grass-based operations than their specialized counterparts? Ever considered incorporating geese or goats into your grazing rotation? Many historic breeds were developed to serve more than a single function. These generalist breeds are often ideal choices for small-scale or niche market production. We'll begin this field day with a brief tour of FiskeSanger Farm and a discussion led by part-owner Barbara Corson. Barbara will share her livestock goals and how and why she has chosen certain breeds. Barbara is a veterinary pathologist, part-time farmer and amateur historian and has a life-long interest in diversified farms and multipurpose livestock.

After lunch, we'll take a closer look at a variety of breeds raised at FiskeSanger Farm and other American Livestock Breeds Conservancy (ALBC) members' farms. As with most traditional integrated farms we will build around a core of cattle, but integrate other species to diversity the farm environment and the economic stream with some discussion on niche marketing. We'll have actual animals on hand as Don Bixby, also a veterinarian, discusses the genetic characteristics of livestock and poultry suited for dual-purpose use and how to select animals to help meet your production goals. Don, past executive director and current technical programs director for ALBC, will also address the history of domestic animals and the economics that used to support farming with dual-purpose animals. The purpose of this field day is to learn how to make the best use of these animals in building an integrated farming system for both home use and niche market production.

**JUN
13**

Monday, June 13, 1:30-5pm Ecological Weed Management

*Rock Springs Agronomy Farm
Pavilion, Centre County*

Cost: Free

Refreshments will be provided.

For those trying to get ahead of their weeds, June is a critical month. We'll start this afternoon field day with an introduction to Ecological Weed Management, which will include a lesson on weed identification and life cycles. Then we'll move to the cover cropping trials where no-till, rolling, herbicides, shallow till and other methods of management are under trial. A team of Penn State researchers will discuss using cover crops to manage weeds and improve soil quality, as well as present information on the role of ground beetles in weed seed predation.

This field day will also afford us an opportunity to get an update on the "transition experiment" where Penn State researchers are transitioning corn and soybean crops from conventional to organic production. Presenters from Pennsylvania Certified Organic will be on hand to explain alternative methods of weed and cover crop management that comply with USDA certification standards. We'll learn what farmers can do to manage crops during the transition period and hear about current marketing opportunities for organic grain.

**JUN
15**

Wednesday, June 15, 10am-5pm Making Fermented Foods for Your Health

*Dickinson College,
Cumberland County*

*Cost: \$30 PASA and Weston A. Price
Members, \$40 Non-Members*

*Lunch will be provided. Bring quart
jars to carry home samples of
products made in class.*

Did you know that fermentation pre-digests foods and improves the bioavailability of the nutrients present in them? The process of fermentation also creates new nutrients, most notably B vitamins. Live-culture ferments feed microorganisms essential to human digestion into your digestive tract and help prevent disease by competing with pathogens. Most of us consume fermented foods every day: beer, wine, bread, and cheese. But there is a whole world of delicious fermented foods largely ignored by western society.

This all day "hands-on" workshop will feature a discussion of the health benefits of fermented foods as author Sandor Ellix Katz guides participants through the process of making vegetable and milk ferments. During this fascinating workshop, participants will learn how to make sauerkraut, kimchi, idli, miso soup, yogurt, kefir, sour cream, simple meads, vinegars and more!

Sandor Katz, also known as Sandorkraut, has been exploring his "fermentation fetish" for

over a decade. In his book *Wild Fermentation* (Chelsea Green Publishing Company, 2003), Sandor explains that his interest in fermentation grew out of his overlapping interests in cooking, nutrition and gardening. A native of New York City, Sandor is an herbalist, activist, writer, builder, craftsperson and bicyclist. He currently resides at Short Mountain Sanctuary, an intentional community deep in the wooded hills of Tennessee. To learn more, visit him www.wildfermentation.com.

**JUN
18**

Saturday, June 18, 10am-3pm Raw Milk Production, Bottling, Inspection and Sales

Swiss Villa Dairy, Dauphin County

*Cost: \$15 PASA and PCO Members,
\$25 Non-Members*

Home-cooked meal of Swiss

*Villa's own beef, potatoes, peas,
homemade bread, salad and more
will be served.*

Steve Fisher, owner/operator of Swiss Villa Dairy, offers a light perspective on dairy farming, referring to his meadows as "yellow gold" but this profitable grass-based operation is serious business. Swiss Villa Dairy offers fresh, raw milk in nostalgic glass bottles, along with other cream-line products, in retail stores across central and southern PA.

Our field day will start in the pastures, so wear sturdy shoes. Steve will lead us in a discussion of animal health and well-being, along with tips on producing great tasting milk. After our pasture walk, we'll head to the processing plant which consists simply of a bottle washer, bottle filler, and a small portable cooler. Steve will explain how he maintains a permit to sell raw milk and how Swiss Villa Dairy distributes their product. Ivan Martin, owner of Natural Acres and distributor of Swiss Villa products, will talk about raw milk sales and the nutritional importance of raw milk products. Ivan also plans to teach a quick lesson on making kefir, a fermented milk product known to support a healthy digestive system. We'll round out our day with a look at the greenhouse barn where contented cows enjoy a clean loafing area.

**JUN
21**

Tuesday, June 21, 5-9pm Pasture Improvement, Sweet Corn IPM, Crop Biostimulants, and Prospects for Alternative Winter Wheat

*Byerly Farm and Stoltzfus Farm,
Union County*

Cost: \$10 all participants

*Dinner featuring Byerly Meats will be
served.*

This event will begin with an evening cookout featuring meats processed and sold through

the Byerly brothers' retail market. Following the meal, we will discuss three projects which neighboring farmers Don and Jeff Byerly and Elvin Stoltzfus have teamed up with Penn State county and state extension personnel to conduct.

1) Pasture renovation studies are documenting the yield and quality of two dozen grasses and legumes. Of interest to some farmers is the novel approach of banding herbicide at the time of no-till drilling. We'll discuss results of research conducted at these demonstration farms.

2) Many PA flour mills and bakeries are interested in specialty and locally-grown flours. This interest coupled with farmers' desire to find a crop with greater market value, prompted a field comparison of several alternatives to our standard soft red winter wheat. Included in the agronomic and food quality evaluations are hard red winter wheat, soft white winter wheat, soft red winter wheat with strong gluten, and spelt.

3) Offering worm-free ears of sweet corn to customers while minimizing the amount of pesticide used to control these pests, continues to challenge farmers. The use of pheromone lures, insect traps, and economic thresholds to help farmers best determine when control measures are necessary, will be demonstrated and discussed. Also being evaluated on sweet corn is a novel plant biostimulant from China. The product is a blend of three soil microbes that enhance root uptake of nutrients, reducing the reliance of crop producers on costly synthetic fertilizers.

JUN
30

Thursday, June 30, 10am-3pm CSA Budgeting and Labor Management

Sputwood Farm, York County
Cost: \$15 PASA Members,
\$25 Non-Members
Lunch catered by *Sonnenwald
Natural Foods*.

When creating a budget for a Community Supported Agriculture (CSA), by far the biggest variable and largest expense will be labor. Making more efficient use of labor and tapping into your membership can make a real difference in your bottom line. Join us for an in-depth look at how to create a realistic budget, plan for labor and make the most of volunteers in your CSA. This will be a harvest day for Sputwood Farm, so you will see first-hand how CSA members work with staff. You'll also learn from experienced CSA managers (see bios below) how to determine the size and price of a share. After lunch, our presenters will provide examples of recordkeeping and give tips on managing surplus trading.

Sputwood Farm is a 26-acre educational nonprofit farm. The farm operates a 100 member CSA established in 1996 and runs two festivals annually: The May Day Fairie Festival now in its 14th year and Mother Earth's Harvest Faire, a celebration of sustainable living, going into its second year. Rob Wood served in the Peace Corps in India in village level food production. With his wife, Lucy, he has

owned and developed Sputwood Farm since 1983. They are the authors of "The Art of Dried Flowers."

Steve Moore has farmed for more than 30 years. Steve is a leading proponent of solar greenhouse vegetable growing and known for his legendary twice yearly greenhouse workshops. He is a collaborator with John Jeavons and his biointensive approach to farming/gardening. Steve started the Fulton Farm CSA in the 90's at Wilson College in Chambersburg, PA and presently enjoys a unique relationship in the vegetable growing world by producing a significant amount of the organic produce on-site for Sonnewald Natural Foods, a health food store in York County.

Matt Steiman was the manager of the 130 member Fulton Farm CSA at Wilson College for five years. Matt will discuss successes using volunteers and "working members" to staff farm operations, including produce distribution, field work, and special projects. Matt will also cover developing a "pick-your-own" area for members, cooking classes, and other projects that help with member retention.

Nikki Nazelrod, Director of the Robyn Van En Center for CSA Resources at Wilson College, will present a brief introduction to the center. The RVEC maintains a national CSA information website with a "farm locator", bulletin board, and other services for growers and consumers. See www.csacenter.org for a preview!

JUL
7

Thursday, July 7, 1-4pm Pastured Pork Afternoon Tour

*Wil-Den Family Farms,
Mercer County*
Cost: \$10 PASA Members,
\$15 Non-Members
Early dinner will be served.

As promised, PASA is offering a follow-up field day from the 2005 *Farming for the Future* conference workshop which featured Wil-Den's innovative pork marketing. During this afternoon tour, we will take a look at Denise and Bill Brownlee's pastures, farrowing huts, certified kitchen, and farm store. We'll get an update on how their meat CSA has grown over the last year and learn about other creative marketing strategies the Brownlees have put to work for their farm. We'll end this tour with time for networking, Q&A, and dinner featuring Wil-Den's tasty pork.

The Brownlees have been operating their pastured-pork operation since 1994. Initially, all of their pigs were sold to individuals or commercial markets, but the Brownlees quickly realized they could get a better price if they direct marketed their own premium pork products under the Wil-Den Family Farms Label. In two years, they have doubled the number of pigs sold by direct marketing and have scaled back production from 170 sows to 60 sows with the intention of marketing everything under their own private label.

JUL
16

Saturday, July 16, 1-4pm Constructing and Managing Portable Hoophouses

Lent's Organics, Luzerne County
Cost: \$10 PASA and PCO Members,
\$15 Non-Members
Refreshments and handouts will be provided.

Since the vegetable operation's inception eight years ago, Lent's Organics has come a long way in building a profitable organic system. Chris Lent and Amanda Birk, proprietors of Lent's Organics, use a savvy combination of "rotation and rest" to manage soil nutrients, reduce weed pressure and increase production. But one of their best investments has been the construction and use of season-extending portable hoophouses. We'll begin this hands-on afternoon field day with a tour of the fields and portable hoophouses. Chris and Amanda will share tips on rotation, irrigation, and organic management. Then Chris and Amanda will lead us in the construction of a 12x20 hoop house based on a design similar to their four longer 12x60 hoophouses. Participants will get a first-hand look at how simple construction really is. For around \$100, serious gardeners and small farm operators can have a structure that more than pays for itself in the first weeks of use.

JUL
22

Friday, July 22, 12:30-5:00pm Organic Apple Production

Kretschmann Farm, Beaver County
Cost: \$10 PASA Members,
\$15 Non-Members
Refreshments will be served.

Burgeoning interest in the field of organic apple orchard management prodded us to offer this field day at the beautiful Kretschmann Farm. We'll start this afternoon tour with a brief introduction by Don Kretschmann highlighting some successes and failures during recent years of production. We'll take look at varieties with genetic resistance to Scab and Fireblight, as well as touch on how to select for genetic resistance. Entomologist Dr. Greg Krawczyk from the Biglerville Research Station will discuss the effectiveness of a variety of OMRI-approved insecticides, including Surround, Isomate, and Entrust. We'll also get tips on using traps, lures and mating disruption.

Dr. Jim Travis, also from the Biglerville Research Station, will address diseases which present a particular nuisance to the organic grower. He'll give us strategies on managing Sooty Blotch, Fireblight, Scab and other problematic diseases. We'll end our tour with a round table discussion over refreshments. Experienced and novice farmers alike can use this time to share strategies that have worked for them or learn how others have handled issues in organic production from thinning to deer control.

Don Kretschmann, his wife Becky, their three daughters and other helpers have been providing Pittsburgh area customers with organically grown produce, fruits, and meats since 1971. Their 60-acre farm, which is located about 35 miles north of the city, cooperates with area organic farms to serve their over 600 CSA subscribers.

Dr. Jim Travis is chair of a task force formed by the State Horticultural Association of Pennsylvania (SHAP) charged with encouraging sustainable and organic apple production in Pennsylvania. Dr. Travis is a Plant Pathologist stationed at the Fruit Research and Education Center in Biglerville.

AUG
11

Thursday, August 11, 1-3:30pm IPM Fly Management in Dairy Operations

*Spring Wood Farm,
Lancaster County*
Cost: Free
Light refreshments will be served.

House flies resistant to insecticides have been commonly found on nearly every dairy farm tested in our region. House and stable flies may contribute to impacts on animal health and productivity and milk contamination. Flies can affect animal health, decrease milk production and weight gain, transmit disease causing agents, reduce grazing time, annoy and irritate animals and more. Integrated Pest Management (IPM) is a system which utilizes all suitable pest control techniques and methods to keep pest populations below economically injurious levels in a way that optimizes net profits and minimizes impact on the environment.

During this afternoon field day, the "Fly Guys" from Cornell University will show you how to put these principles to work on the dairy farm. We will learn to correctly identify the most important fly pest problems affecting dairy animals in confinement. We will also learn techniques to determine if fly populations are at numbers that can cause economic injury. As we tour Roman Stoltzfoos' Farm, the "Fly Guys" will share the options available for controlling fly pests affecting animals in and around confinement facilities including the latest on cultural controls, effective use and potential of natural control measures, use of effective fly catching traps, and what you should know about making insecticide use decisions.

Dr. Donald Rutz is a Veterinary Entomologist, Professor of Entomology and former chair of the Entomology Department at Cornell University. Dr. Rutz maintains an active research and extension program developing integrated programs to effectively manage arthropod pests of livestock and poultry.

J. Keith Waldron has statewide responsibilities for coordinating livestock and field crop IPM extension efforts for Cornell's New York State Integrated Pest Management Program. For more information on IPM for Dairy Cattle visit: <http://www.nysipm.cornell.edu/lfc>