

Reclaiming RESILIENCE



PRACTICAL FARMERS OF IOWA ANNUAL CONFERENCE
JANUARY 16-18, 2020



PRACTICAL
FARMERS
of Iowa

practicalfarmers.org

Reclaiming RESILIENCE



“WINTER IS THE TIME WHEN WE DELUDE OURSELVES INTO THINKING THAT THE COMING YEAR WILL BE ONE OF CLEAN FIELDS, ABUNDANT MOISTURE, BUMPER CROPS AND FEW, IF ANY, PROBLEMS.”

This sentiment from Vic Madsen, who farms near Audubon, is common fiction we as farmers fabricate in the quiet, rejuvenating winter months. Farmers’ best laid plans are vulnerable to disruption each year: weather, pests and market volatility, to name just a few, can lead to crop and livestock losses and diminished returns.

Today, farms are less resilient than they used to be. Farms have gotten larger and there are fewer neighbors to depend on. Less crop diversity means less economic resilience if a crop fails. Less variety on the land creates vulnerable landscapes.

As we embark on 2020, Reclaiming Resilience will examine the current state of our farms and our food systems. This endeavor is not about going backwards in time or unraveling progress. It’s about reclaiming resilience to help family farms survive into the future. Practical Farmers of Iowa’s 2020 conference will explore what’s working well and why, as well as what needs to change. We’ll ask if we’re doing certain things because that’s how we’ve always done them – and if there are better ways to create resiliency into the future.

Learn how to improve soil; increase crop and market diversity; reduce inputs; increase financial viability; increase investment in conservation; enhance wildlife habitat; and work toward thoughtful farm transfer.

Reclaiming Resilience will include ample time to create and strengthen relationships with others. These connections are vital to creating a farming community where we work together for Iowa’s common good. You will leave this conference armed with ideas about how to strengthen resiliency on your farm, and how to build an agricultural system that benefits farmers, rural communities and our natural resources.

2020 CONFERENCE SCHEDULE

PRE-CONFERENCE Thursday, January 16

Noon – 1 p.m. Short course registration
1 – 6:30 p.m. Short courses

DAY ONE Friday, January 17

8 – 11:30 a.m. Short courses continue
11 a.m. Conference registration opens
Exhibit Hall opens
12:30 p.m. Silent auction opens
12:30 – 1:40 p.m. Session 1
2:10 – 3:20 p.m. Session 2
3:50 – 5 p.m. Session 3
5:30 p.m. Keynote Address
7 – 11 p.m. PFI Potluck
CityChurch of Ames-Des Moines
2400 Oakwood Road, Ames
New Potluck Location! ▶

DAY TWO Saturday, January 18

7:30 – 8:30 a.m. Registration and Breakfast
7:30 a.m. Exhibit Hall opens
8:30 – 9:40 a.m. Session 1
10 – 11:10 a.m. Session 2
11:30 a.m. – 12:45 p.m. Lunch
1 – 2 p.m. Practical Farmers' Year in Review
Sustainable Agriculture Achievement
Award Presentation
2:20 – 3:30 p.m. Session 3
3:50 – 5 p.m. Session 4

EXTRA DETAILS

CERTIFIED CROP ADVISORS

Many of our sessions qualify for CEUs. See session descriptions for more details.

Wanted: SILENT AUCTION DONATIONS

Please consider donating quality gifts to this long-standing tradition at the conference. Examples of popular silent auction gifts include books, seeds or plant stock, gift baskets and handmade items. Proceeds provide Practical Farmers with funds to fulfill our farmer-led mission. Help us plan ahead by submitting your donation ideas to info@practicalfarmers.org.

▶ **REGISTER ONLINE TODAY AT [PRACTICALFARMERS.ORG!](https://practicalfarmers.org)**

YOU'RE INVITED!

7 P.M. FRIDAY

New Location! POTLUCK

We are continuing this favorite conference tradition, with a few changes!

This year our potluck will be held at CityChurch of Ames–Des Moines, located at 2400 Oakwood Road in Ames. This venue is easy to find and close to the conference hotels.

Also new this year: this event will offer a fully catered meal. But since we still want to honor the potluck tradition, if you would like, you can bring an appetizer or dessert to share.

Practical Farmers will provide water and tableware.

A free-will donation is appreciated.



7:30 A.M. SATURDAY

Practical Farmers' BREAKFAST

Join us early at Scheman for a free breakfast and networking.

1 P.M. SATURDAY

Practical Farmers' YEAR IN REVIEW

As Practical Farmers prepares for the coming year, we take time to reflect on 2019 at our annual business meeting. This year, the annual meeting is changing days and times. Please come to Benton Auditorium (Rm 195) on Saturday at 1 p.m. to learn how Practical Farmers' mission guided our work in 2019 and what we have in store for 2020.

Board elections will also take place; please come and vote!

DETAILS & LOGISTICS

LOCATION

Scheman Building at the Iowa State Center
1805 Center Drive, Ames, Iowa

DIRECTIONS

Near the junction of Interstate 35 and U.S. 30, the Scheman Building at the Iowa State Center is located at the corner of Lincoln Way and University Boulevard, Ames, Iowa.

LODGING

Practical Farmers has reserved blocks of rooms at three hotels close to Scheman and our new potluck location at CityChurch of Ames-Des Moines. These are the Best Western Plus University Park Inn & Suites, Comfort Inn & Suites and Radisson Hotel Ames Conference Center. Check our website, practicalfarmers.org, for details such as rates, how to make reservations and more.

QUESTIONS

Contact Laura at (515) 232-5661 or laura@practicalfarmers.org.

Practical Farmers of Iowa
2019 annual conference
in the Scheman Building



KEYNOTE ADDRESS | FRIDAY 5:30 P.M.

BOTTOM-LINE BENEFITS OF BUILDING RESILIENCE

How do we continue to farm in an increasingly uncertain world? The answer may lie in the soil under our feet. Join New Zealand agroecologist Nicole Masters for an illuminating look at the interrelationships among soil microbes, structure, plant health and resilience. By fostering healthy soils, we can dramatically increase water-holding capacity, build a buffer against extremes and ensure plants get the nutrition they need, when they need it. All of these benefits directly translate to improvements in our bottom lines.

In this dynamic keynote, Nicole will explain how plants and microbes use a complex set of chemical and electrical signals to communicate and exchange valuable carbon, nutrients and water. We'll hear how a robust soil structure and a diverse community of soil microbes can reduce temperature fluctuations and even reduce frost damage. We'll also learn how, just like our own gut microbiome, plants rely on the soil microbiome for health, disease prevention and nutrient density. By the end, you will feel inspired and more connected to that most vital resource: a vibrant, thriving soil ecosystem.

**NICOLE
MASTERS**

Nicole Masters is an independent agroecologist, systems thinker, author and educator. She has a formal background in ecology, soil science and organizational learning. Her team of soil coaches at Integrity Soils works alongside producers in the U.S., Canada and across Australasia.



PRE-CONFERENCE

SHORT COURSES

Thursday, January 16 from 1 – 6:30 p.m.
Friday, January 17 from 8 – 11:30 a.m.

Pre-conference short courses are offered each year as an opportunity to dive a little deeper into topics that interest our learning community.

Four separate short courses are scheduled this year. Registration for the short course is priced per person; members are offered a discounted rate.

Short courses begin on Thursday at 1 p.m. and end on Friday at 11:30 a.m. in the Scheman Building at the Iowa State Center. Lunch prior to and dinner following Thursday's course are not provided. Thursday evening is an ideal time to go out to dinner with fellow farmers.

For short course attendees only, we offer an optional box lunch you can purchase following the short course on Friday. See the registration form on page 26 for options.

Due to the short 1-hour break between the end of the short course and the start of the conference on Friday, many short course attendees find this option convenient.

2020 TOPICS

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ORGANIC WEED CONTROL

THURSDAY 1 - 6:30 P.M. CCA's: 4.5 CEU credits approved

FRIDAY 8 - 11:30 A.M. CCA's: 3.0 CEU credits approved

For experienced farmers and newcomers alike, managing weeds is one of the biggest production challenges in organic cropping systems. But don't be deterred! Weeds can be controlled with a variety of tactics. In this short course, you'll learn from farmers and other professionals about a range of strategies, from equipment options and timing to using weed ecology, crop stages, soil conditions and even the weather as guides.

Mechanical Weed Control and Weed Ecology

Sam will highlight new and emerging machines on the market, as well as best-use strategies for your current equipment and options to tune up your cultivator – all in the context of how cultivation progresses. He will also talk about weed ecology and how to set the stage for successful weed management.

SAM HITCHCOCK TILTON is a horticulture instructor at Lakeshore Technical College near Sheboygan, Wisconsin. He has a background in vegetable farming and a master's degree from Michigan State University with a focus on precision weeding tools. Sam has designed weeding machines for KULT-Kress and visited farms throughout Europe and the U.S., and he organizes the Midwest Mechanical Weed Control Field Day.



Equipment for Different Situations

Managing weeds in an organic cropping system requires paying close attention to crop stages, weed stages, soil conditions and weather conditions. These factors will also inform which pieces of equipment are your best option for success at the time. Eric, Dean and Jaron will share how they select equipment for particular situations – and will encourage discussion from the audience.

ERIC MADSEN grew up on his family's farm near Audubon, Iowa. The Madsen family is working to fully transition their corn, soybeans, oats and hay to organic production. They also raise farrow-to-finish hogs, broilers and beef cattle.



DEAN SCHULTES was raised on the family farm outside of Dedham, Iowa, where he grew up with cultivating and walked soybeans every summer. His father certified the farm organic in 2001. Dean has been raising organic corn, soybeans, oats and hay for 10 years.



JARON WILSON farms organic row crops near Paullina, Iowa, with his wife, Liz, and sons Walter and Peter. He is one of the members of Seven W Farms and is a self-taught tech enthusiast who does information technology repair work for his local community. He's been repurposing old technology and farm equipment his whole life.



Diversified Weed Control

Do you think successfully managing weeds in an organic system is too complicated or confusing? Jack Geiger argues anyone can learn the basic skills needed – and the tools already exist. All that's necessary is a student willing

to learn, and a focus on ideas rather than on purchasing inputs. Jack will share why successful organic weed control begins long before a seed is placed into soil. He'll also explain why the conventional mindset of a surgically clean and uniform field is an illusion.

JACK GEIGER is a sixth-generation farmer from Robinson, Kansas. With his family, he operates a highly diversified operation that has been certified organic since 1989. Their management style is based on the principles of self-sufficiency, diversification, a low-input production model and the ability to constantly monitor and modify their system in response to external factors.

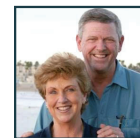


Electric Weeding

The Weed Zapper is gaining attention as an effective, approved practice for managing weed escapes in organic systems. How does it work? How is it best used? And what are the safety concerns when using electricity for killing weeds? Derek Shrock, a farmer from northwest Illinois, will share his experience using the electric weeder for the past two years. You will also learn from Tony Kroeger, of Old School Manufacturing in Sedalia, Missouri, that manufactures The Weed Zapper.

DEREK SHROCK is an organic farmer from Tampico, Illinois. He has been using The Weed Zapper for the past two growing seasons. Derek counts it as one of the many tools he uses to manage weeds.

TONY AND MERRY KROEGER are senior partners of Old School Manufacturing in Sedalia, Missouri, and the parents of three sons – two of whom farm organically and produced the initial generation of The Weed Zapper models in their pursuit of alternative methods to control weeds.



Flame Weeding

Propane-fueled flame weeding is an approved method for weed control in organic cropping systems. In this session, Stevan Knezevic will discuss how flame weeding works; equipment and configurations; propane dosage at different weed growth stages; and crop tolerance to post-emergent flame weeding. Learn how flaming can be conducted safely to achieve good weed control and without having side effects on crop yield.

STEVAN KNEZEVIC is a professor of integrated weed management at the University of Nebraska. His research program advocates a combination of weed control methods (the use of "many little hammers"). He conducts weed control studies in conventional and organic field crops, as well as in rangeland, pasture and riparian settings.



PLANNING FOR FARMLAND SUCCESSION

THURSDAY 1 - 6:30 P.M.

FRIDAY 8 - 11:30 A.M.

Planning for farm transfer can be complex and confusing. Not only can it be hard to find and prepare the next generation to lead, providing financial security and navigating legal and tax procedures can be overwhelming. But successful farm transfers do happen!

Thoughtful farm transfer is needed to help get beginning farmers on the land; preserve farm legacies and natural resources; and strengthen rural communities. Those who have successfully transferred their farms have done so by creating and implementing a succession plan. Creating a succession plan can help to protect a family's farm and relationships, reduce uncertainty and let farm families control their destiny. It encourages family farm owners to plan for success and enjoy life.

This course will help you take the plunge into creating a farm succession plan in line with your values and farm goals. Rena Striegel, of Transition Point Business Advisors, will share insights into how to take inventory of your current situation, clarify family or partner roles and delegate authority.

You will leave the course with strategies to help you pass on your family's legacy, and the confidence to seek succession solutions for your farm.

RENA STRIEGEL is an internationally recognized business coach and consultant with more than 20 years of experience working directly with farmers, ag leaders, senior executives and entrepreneurs to identify and implement strategies that create growth and profitability.



COMMERCIAL APPLE ORCHARDING

THURSDAY 1 - 6:30 P.M. CCA's: 3.0 CEU credits approved

FRIDAY 8 - 11:30 A.M. CCA's: 3.0 CEU credits approved

During this short course, commercial apple growers from around the Midwest will gather to discuss their experiences, challenges and ideas for their orchards. Presentations will cover topics ranging from scouting and identifying pest damage to packhouse efficiency, alternative orchard crops to harvest management - plus you'll get to participate in an apple varietal tasting session. Network with other growers and be part of the growing apple orchard community in Iowa.

Diversifying With Chestnuts and Asian Pears

Chestnuts and Asian pears are not common in today's orchards, but both are relatively easy to grow, delicious and marketable. Tom will provide a practical introduction to raising these two excellent crops, including planting and tree care, harvest and storage, markets and profitability.

TOM WAHL and Kathy Dice, lifetime members of PFI, own and operate Red Fern Farm, a nursery and farm near Wapello, Iowa, established in 1986. It is the site of ongoing research on a variety of tree crops and forest farming systems, a pick-your-own chestnut (and other fruit and nuts!) operation and container-grown tree seedlings well-suited to the Midwest.



Managing Diversity

Hear from Brightonwoods Orchard manager Jimmy Thelen about the production and marketing practices required to manage over 200 heirloom and traditional apple varieties. With this much diversity, Brightonwoods' apples bloom over many weeks in the spring, with new varieties being harvested each week beginning in late July and lasting through November. Learn about the process for managing pests and diseases and staying on top of picking times, as well as packing, marketing and selling hundreds of apple varieties.

JIMMY THELEN is the orchard manager at Brightonwoods Orchard near Burlington, Wisconsin, where he has worked closely with owner Bill Stone since 2006. Bill's father-in-law started the orchard in 1950. Since taking over, Bill has expanded to over 18 acres of trees. The orchard now features over 200 varieties of apples, plus grapes, pears and a few quince.

Apple Tasting: Antiques, Favorites and Best-Sellers

Growers and speakers attending the short course are invited to bring apples for the group to taste. Perhaps it's something new to your orchard, a customer favorite, a unique heirloom or a variety you just like to grow. Bring it to share! To help us stay organized, please contact Liz Kolbe at (515) 232-5661 or liz@practicalfarmers.org if you plan to bring apples for this session.

Scouting and Identifying Pest Damage

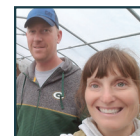
John will share photos and tips on identifying apple pests based on the damage to fruit and foliage, and will share scouting and trapping strategies. He will also discuss the importance and indicators of tree health for long-term production.

JOHN AUE is an independent orchard consultant with Threshold IPM Services, based in Richland Center, Wisconsin. For more than 30 years, John has worked as a pest management consultant for tree fruit growers. He also operates a potato farm with his son, marketing primarily at Dane County Farmers' Market.

Packhouse Tours

A properly sized and designed packhouse is essential for efficient storage during and after harvest. During this session, three growers, each at a different scale and with different types of markets, will lead a virtual tour of their apple packhouses and farm stores.

EMMA AND MARCUS JOHNSON operate Buffalo Ridge Orchard near Central City, Iowa, with Emma's parents, Mary and Vernon Zahradnik. The 80-acre farm has 5 acres of diversified vegetables and 13 acres of orchards, including 3,600 apple trees consisting of 50 new and classic varieties. 2019 was their first season with a new, long-awaited packhouse.



MAURY WILLS and his wife Mary own and operate Wills Family Orchard near Adel, Iowa. They began the orchard in 1993, and have slowly expanded their organic apple (5 acres) and peach orchards (1 acre). They craft homemade, value-added products in their farm store, and also raise non-organic pumpkins and gourds.



JIMMY THELEN is the orchard manager at Brightonwoods Orchard near Burlington, Wisconsin, where he has worked closely with owner Bill Stone since 2006. Bill's father-in-law started the orchard in 1950. Since taking over, Bill has expanded to over 18 acres of trees. The orchard now features over 200 varieties of apples, plus grapes, pears and a few quince.

GROWING PASTURE-RAISED MEAT SUPPLY CHAINS

THURSDAY 1 - 6:30 P.M. CCAs: 3.0 CEU credits approved

FRIDAY 8 - 11:30 A.M. CCAs: 1.5 CEU credits approved

This short course is for livestock farmers who want to explore meat marketing options beyond selling direct to consumers. Jennifer Curtis, co-founder of Firsthand Foods - a local meat food hub in North Carolina - will share her 10-year journey in building a business that connects chefs and consumers with pasture-raised meat.

We'll hear from farmers who have developed unique marketing models and professionals representing different parts of the meat supply chain in Iowa. Together, we will discuss the next steps necessary to grow Iowa's pasture-raised meat market.

A Model for Transforming Our Food Supply

Firsthand Foods was founded in 2010 by Jennifer Curtis and Tina Prevatte Levy. Jennifer will share Firsthand Foods' history, marketplace differences between North Carolina and Iowa, lessons learned from overcoming obstacles and all the pieces involved in creating a meat-focused food hub.

JENNIFER CURTIS is the co-founder and co-CEO of Firsthand Foods, a food hub that sells local meats in North Carolina. Before starting this business, Jennifer worked with the Center for Environmental Farming Systems and North Carolina State Extension, where she realized farmers' need for meat aggregation and marketing.



Roles and Responsibilities of the Farmer and the Food Hub

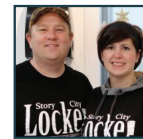
This session will tease out the responsibilities of both the farmers and the food hub. Jennifer will share her experience developing the meat supply, production protocols, systems of communication between herself and farmers, animal hauling schedules and logistics. We'll learn about Firsthand Foods' meat quality improvement program, which is needed to provide consistent product quality. We'll also learn how farmers receive feedback on individual carcasses and whole animal usage.

JENNIFER CURTIS is the co-founder and co-CEO of Firsthand Foods, a food hub that sells local meats in North Carolina. Before starting this business, Jennifer worked with the Center for Environmental Farming Systems and North Carolina State Extension, where she realized farmers' need for meat aggregation and marketing.

The Butcher's Perspective

Meat processing is an integral piece of this puzzle. Ty Gustafson, co-owner of Story City Locker, will discuss the details of the new Cooperative Interstate Shipment program that will let Iowa farmers ship meat across state lines. He'll also share his perspective on meat processors' capacity to meet supply chain needs.

TY GUSTAFSON and his wife Bobbie own and operate Story City Locker, an abattoir and artisan butchery business in central Iowa practicing ethical animal harvest and sustainable butchery. They believe that local food supply systems improve quality of life for Iowans. Ty instigated and championed the adoption of the Cooperative Interstate Shipment program.



Iowa Farmers With Unique Marketing Models

Wendy and Nick are livestock farmers with a knack for marketing. They'll share their experience with online purchasing, buying clubs, meat CSAs, urban pickup locations and shipping direct to consumers. Both farmers have knowledge of market opportunities and ideas around how to grow supply chains.

WENDY JOHNSON and Johnny Rafkin own Joia Food Farm, a regenerative, organic farm producing humanely-raised meat and eggs near Charles City, Iowa. Wendy is also PFI's current board president.



NICK WALLACE is a farmer, entrepreneur and lifetime member of PFI with 15 years of experience in various forms of pasture-raised and grass-fed meat marketing. Nick owns and operates Wallace Farms near Keystone, Iowa, selling his own meat and other farmers' meats over the internet.



Food Hubs in Iowa

Several food hubs exist in Iowa. Kayla will share the current status of food hub development, discuss the challenges of aggregation and distribution and share information about how farmers can partner with food hubs. She'll also discuss how potential markets could tap into these existing supply chains.

KAYLA KOETHER is a food systems specialist for ISU Extension and Outreach in northeast Iowa, where she specializes in beginning farmer education and outreach. Kayla grew up near McGregor, Iowa, on a rotational grazing farm and studied international agriculture and rural development at Grinnell College.



FRIDAY SESSION 1

12:30 – 1:40 p.m.



Honeyberry (Haskap) Establishment and Production

CCAs: 1.0 CEU credit approved

Though not yet well-known in the U.S., honeyberries (haskaps) are a delicious, early-bearing, cold-hardy berry that grows well in Iowa. Bernis and Jim will discuss the differences among varieties and share the details of how they plant, manage, harvest, pack and market honeyberries. They will also share examples of honeyberry production systems on other farms, and have berry samples for attendees to taste!

BERNIS AND JIM INGVALDSON are owners of The Honeyberry Farm, a U-pick operation near Bagley, Minnesota. They also operate HoneyberryUSA, an online mail order nursery specializing in cold-hardy small fruits, in operation since 2010.



Farm Like an Athlete: Physical Strengthening and Maintenance

Like an athlete, a healthy body is a vegetable farmer's most valuable tool! As a physical therapist, athletic trainer, endurance athlete and farm boy, Matt Scotton is passionate about improving people's health and quality of life. During this interactive session, Matt will discuss musculoskeletal function, proper form and methods to perform and recover through the seasons of the year and the seasons of life.

MATT SCOTTON (PT, DPT, ATC, LAT, CSCS) is a physical therapist and athletic trainer for Kinetic Edge Physical Therapy, and manages the clinic in Newton, Iowa. He is also a certified strength and conditioning specialist and an endurance athlete. Matt grew up on a farm and loves to explore nature and human performance to help people harvest the rewards of "hard work."

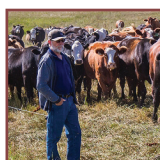


Carbon Sequestration and Grazing in the Canadian Prairies

CCAs: 1.0 CEU credit approved

Blain Hjertaas operates a century farm in southeast Saskatchewan, Canada. During this session, learn about the ongoing research into carbon sequestration taking place on Blain's farm, and hear about his experiences with carbon sequestration and grazing in a rangeland system. Blain will also discuss carbon pricing schemes and carbon markets in Saskatchewan, along with his work as a soil health and regenerative agriculture consultant.

BLAIN HJERTAAS is a third-generation farmer with over 45 years of experience who farms with his son and family near Redvers, Canada. After transitioning from a conventional high-tech approach over 20 years ago, Blain developed a passion for soil health and conservation. He and his family have received numerous awards for their conservation efforts.



Updates From the STRIPS Project

This session will include an overview of Iowa State University's Science-based Trials of Row crops Integrated with Prairie Strips (STRIPS) project, including what prairie strips are and the benefits they provide on the landscape. Staff from the STRIPS project and the Natural Resources Conservation Service will discuss recent policy and cost-share changes related to prairie strips, including 2018 farm bill updates to the Conservation Reserve Program.

OMAR DE KOK-MERCADO is the STRIPS project coordinator with ISU. Omar coordinates transdisciplinary research and extension activities on prairie strips and their impacts on farmland, farm livelihoods, soil, water and wildlife conservation.



ALAN LANGE is a resource conservationist with the NRCS Iowa State Office. Along with other partners, Alan has been involved in drafting new regulations and guidelines for prairie strips as a result of Conservation Reserve Program policy in the 2018 farm bill.

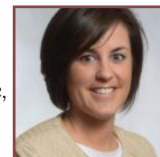


Panel: Innovative Ways to Establish Cover Crops

CCAs: 1.0 CEU credit approved

Curious about new and innovative ways to seed your cover crops? From drilling and drone application to spiking cover crop seed with dry fertilizer, this session will cover the many successful techniques crop growers use when planting their cover crops. These knowledgeable panelists will be able to tell you what has worked for them and what hasn't, highlighting the benefits of each technique.

KELLIE BLAIR is a lifetime member of PFI who farms full-time near Dayton, Iowa, with her husband and two children. The Blairs operate a diversified farm consisting of soybeans, corn, rye, hay, oats, cattle and pigs. Kellie has a reputation as a strong conservationist, agronomist and agricultural advocate.



MICHAEL OTT is the founder and CEO of Rantizo, a drone spraying and application company based in Iowa City, Iowa. Michael has extensive experience in finance and is an author on five patent applications. He lives in Iowa City with his wife Anne, sons Quincy and Ryan and daughter Rosalie.



ERICH WICKMAN and his wife, Tammy, grow corn, soybeans and cover crops on their diversified farm in Cass County, Iowa. They also own and operate Wickman Chemical in Iowa and Kansas, which offers custom cover crop seeding services.



Transitioning to Organic With Pastured Pigs and Poultry

Taking the first step toward organic certification for your farm can be overwhelming, and even more challenging when incorporating livestock. In this session, Kate will share how she began the certification process. She will also cover specifics pertaining to both land and livestock certification, sourcing organic feed and the affordability of maintaining certification.

KATE MENDENHALL raises pastured pork and chicken at Okoboji Organics on certified organic land near Okoboji, Iowa, and is currently working towards certifying her livestock enterprises. Kate is also director of the Organic Farmers Association advocating for organic farmers nationwide.



JOHN TOOKER is a professor and extension specialist in the Department of Entomology at Penn State University. By studying relationships among plants, insects and natural enemies and exploiting their biology and ecology, he aims to provide strategies for more sustainable insect pest management.



Financial Management 101: Enterprise Budgeting

Financial management is a powerful tool for realizing your farm dream. Ensuring your holistic farm goals and enterprises align can result in a successful farming business. In this accessible and engaging session, we'll articulate whole-farm goals and learn to use enterprise budgets to model financial outcomes that achieve those goals.

FAITH GILBERT is a farmer, farm business educator and community organizer in New York's Hudson Valley. As a partner in Letterbox Farm Collective, she is the vegetable manager and administrative lead. Faith is the author of "Cooperative Farming," a guidebook on forming and sustaining collaborative businesses.



Mechanical Weed Control and Weed Ecology in Vegetable Production

CCAs: 1.0 CEU credit approved

For effective weed management, farmers need an understanding of weed ecology paired with the right tool, at the right time. In this session, you will learn about systems-based strategies for weed control, new and emerging machines on the market, individual tools and implements and best-use strategies for your current equipment.

SAM HITCHCOCK TILTON is a horticulture instructor at Lakeshore Technical College near Sheboygan, Wisconsin. He has a background in vegetable farming and a master's degree from Michigan State University with a focus on precision weeding tools. Sam has designed weeding machines for KULT-Kress and visited farms throughout Europe and the U.S., and he organizes the Midwest Mechanical Weed Control Field Day.

The Right Mindset for Long-Term Success in Organic Row Crops

CCAs: 1.0 CEU credit approved

Have you noticed that how you ask a question can directly affect the answer you receive? As an organic farmer, you manage a very diverse set of interactions – and how you approach this challenge has a direct effect on your success. Jack Geiger believes that a mental paradigm shift is necessary for long-term success with organic farming. Learn why he argues that continuing to pursue agriculture from a reductionist viewpoint will only achieve limited results.

JACK GEIGER is a sixth-generation farmer from Robinson, Kansas. With his family, he operates a highly diversified operation that has been certified organic since 1989. Their management style is based on the principles of self-sufficiency, diversification, a low-input production model and the ability to constantly monitor and modify their system in response to external factors.

Lessons in Summer Lettuce Production

CCAs: 1.0 CEU credit approved

To meet customer demand, Iowa vegetable farmers need to grow lettuce during the hot summer months when lettuce, a cool-season crop, is most difficult to grow. After several years of running summer lettuce variety trials through PFI's Cooperators' Program, Jill Beebout and Jordan Scheibel will share the crisp and the bitter of what they learned, how they are growing summer lettuce in their systems and ideas they are considering for the future.

JORDAN SCHEIBEL runs Middle Way Farm near Grinnell, Iowa, on the Lacina family farm, where he raises 2 acres of chemical-free vegetables sold primarily through CSA shares and farmers markets from May through November. 2019 was his seventh growing season as a solo farmer.



JILL BEEBOUT runs Blue Gate Farm with her husband, Sean Skeeahan. They steward 40 acres of family land in southern Marion County, Iowa, where they raise Certified Naturally Grown produce, laying hens, hay and alpacas, marketing through CSA and the Downtown Farmers' Market in Des Moines.



FRIDAY SESSION 2 2:10 – 3:20 p.m.



Integrated Pest Management and Soil Health

CCAs: 1.0 CEU credit approved

No-till, cover crops and diverse rotations help build soil health, but they can also build populations of arthropod predators that will control pests. Unfortunately, many farmers inadvertently handicap their farm fields by overusing pesticides, particularly insecticides. We will discuss the benefits of using integrated pest management to help protect soil health while managing insect and slug populations by building predator populations.

Farming in a Changing Climate

CCAs: 1.0 CEU credit approved

Our changing climate is causing extreme weather events and impacting where and how we can grow various crops. Dennis Todey will talk about climate patterns and what that means for agriculture, including impacts on crops, livestock, diseases, insects and soil. Ron Rosmann will discuss nature-based climate

resilience practices he and his family employ on their diversified, organic crop and livestock farm.

DENNIS TODEY is the director of the USDA Midwest Climate Hub in Ames, Iowa. He is a native Iowan, and received his bachelors and doctoral degrees from ISU in meteorology and agricultural meteorology.



RON ROSMANN, lifetime member of PFI, and his family, operate Rosmann Family Farms near Harlan, Iowa. They grow and market diverse crops and livestock on 700 certified organic acres.



Financial Management 102: Building a Whole-Farm Financial Plan

Moving beyond a single enterprise, we'll build lender-ready financial projections for a whole-farm business. Participants can choose from paper or digital workbooks to work on during the session, and take home with them. You will leave with an understanding of how to build a whole-farm budget and cash flow projection.

FAITH GILBERT is a farmer, farm business educator and community organizer in New York's Hudson Valley. As a partner in Letterbox Farm Collective, she is the vegetable manager and administrative lead. Faith is the author of "Cooperative Farming," a guidebook on forming and sustaining collaborative businesses.

Building a Custom Grazing Business

CCAs: 1.0 CEU credit approved

Trent and Adam are both custom graziers using small ruminants to manage the landscape. Trent's a sheep guy and Adam's a goat guy; both used creativity and hard work to start unique grazing businesses. Learn how custom grazing provides opportunities for beginning farmers to break into agriculture and access land. Hear how these two farmers have made it work for them.

TRENT HENDRICKS runs Cabriejo Ranch in southern Missouri, which provides restoration and regenerative grazing services throughout the Midwest and southern USA. The ranch is a Savory Global Influencer Hub and produces grass-fed lamb and beef.



ADAM LEDVINA started raising goats six years ago and has since started two businesses, Iowa Kiko Goats and Blue Collar Goatscaping. Adam also works for Red Earth Gardens, the Meskwaki Nation farm located in Tama, Iowa.



Panel: Outfitting Equipment for Planting Into Cover Crops

CCAs: 1.0 CEU credit approved

Planting into cover crop biomass can be intimidating. What equipment do you need? What adjustments should you make to your planter settings? This panel session will help get your questions answered. From row cleaners to adjusting the pressure on your row unit, drag chains to coulters and beyond, four farmers will share their advice for planting into cover crops and

how to economically outfit your planter for optimal cash crop establishment.

MICHAEL VITTETOE farms near Washington, Iowa, growing corn, soybeans, hogs and cattle. The Vittetoes use no-till and cover crops, practice intensive rotational grazing and conduct on-farm trials to determine how they can best steward the land.



MIKE VAN ZEE farms corn and soybeans near Sully, Iowa. He's been cover cropping with cereal rye for a few years as a part of the Van Zante Creek Watershed Project. Mike is an ISU Agricultural Engineering alumnus and is especially interested in increasing soil biology through foliar feeding.



CRAIG FLEISHMAN raises corn, soybeans, oats and hay on his century farm near Minburn, Iowa. Craig understands the value of conservation practices and uses ridge-till, no-till, grass waterways and cover crops on his farm. Craig is a past recipient of the Iowa Farm Environmental Leaders Award.



ROBB EWOLDT farms corn, soybeans and hay and operates a cow-calf and hog operation near Davenport, Iowa. He has used no-till and cover crops for nearly 10 years. Robb is passionate about market development and non-farmer ag education. He also serves on Iowa Soybean Association's board of directors as secretary of the executive committee, representing ISA's District 6.



Wildlife and Habitat at Bobolink Prairie Farms

Join PFI board member and farmer Nathan Anderson and ISU Extension specialist Adam Janke as they tell the story of habitat and wildlife on Nathan's farm. They'll start with the history of the farm and what the landscape would have looked like decades ago and end with what Nathan is doing today to provide on-farm habitat.

NATHAN ANDERSON, lifetime member and board member of PFI, runs Bobolink Prairie Farms with his wife, Sarah, near Aurelia, Iowa, raising corn, soybeans, cattle, small grains and hay. Nathan, Sarah and family have worked to grow their cattle herd while improving grazing management and incorporating cover crops through on-farm research and observation.



ADAM JANKE is an assistant professor and wildlife extension specialist with ISU. Adam focuses on leveraging research and partnerships to improve knowledge and prospects of wildlife populations in agricultural working landscapes across the Midwest.



FRIDAY SESSION 3

3:50 – 5 p.m.



Growing Cover Crops in an Organic, No-Till System

CCAs: 1.0 CEU credit approved

Those growing cover crops in an organic, no-till field crop production system know there are challenges

– but opportunities abound as well. This session will explore how to integrate cover crops in this system. We'll discuss weed, nutrient and water management, as well as machinery needed to make this system successful.

STEVEN MIRSKY is a research ecologist in the Sustainable Agricultural Systems Laboratory at the Beltsville Agricultural Research Center in Maryland. Steven develops high-residue, reduced-tillage field crop production systems under both conventional and organic production.



Broccoli Production

CCAs: 1.0 CEU credit approved

Broccoli is a customer favorite and market staple, but in the heat or wet weather it can be a troublesome crop! Join Abby and Ajay for an in-depth discussion of broccoli production. They will share their best practices for selecting cultivars and managing pests, diseases and fertility for a consistent, quality crop.

ABBY BENSON is the field production coordinator at Featherstone Farm in Rushford, Minnesota. For the past five years, she was the farm's brassica production manager, responsible for over 40 acres of organic broccoli, cauliflower, kale and other brassica crops.



AJAY NAIR is an assistant professor at ISU working on sustainable vegetable production. His lab focuses on developing strategies that enhance crop production, soil health and profitability in vegetable cropping systems in Iowa.



Reducing Yield Variability Through Soil Health

A farm's profitability depends on many factors – but reducing yield variability is a key component. Mitchell County farmer Wayne Fredericks and plant physiologist Jerry Hatfield will review the extensive on-farm research data they've collected on reducing yield variability. Their data shows that improving soil health through cover crops and other conservation practices can have a positive effect on total field yield.

WAYNE FREDERICKS and his wife, Ruth, raise corn and soybeans in Mitchell County, Iowa. They strive to implement positive environmental practices on their farm. For Wayne, the goal is finding what productive, profitable and sustainable crop production practices work while keeping conservation at the forefront.



JERRY HATFIELD is a plant physiologist with a doctorate in agricultural climatology. He has done extensive research on the interactions between soils, plants and the atmosphere. From 1989–2019, he served as laboratory director of the National Laboratory for Agriculture and the Environment, a USDA Agricultural Research Service facility based in Ames, Iowa.



Managing Employees With a Busy Family

CCAs: 1.0 CEU credit approved

Starting a farm and business is a lot to manage, especially with three kids and off-farm jobs. The Jonases started small, but once they were ready to hire employees the additional labor made them more efficient and the business more enjoyable. During this session, Nicole will share her farm's strategies and practices for hiring and managing employees, and how these practices have adapted to their growing farm.

NICOLE JONAS owns and operates Red Granite Farm near Boone, Iowa, with her husband, Steve. Their farm, launched in 2007, includes 3 acres of produce, a perennial plant business and on-farm store and 800 laying hens. Nicole and Steve have degrees in horticulture from ISU.



The How and Why of On-Farm Pollinator Habitat

Learn the ins and outs of getting habitat installed on your farm, including plant selection, seeding propagation, habitat placement and a variety of weed control strategies. Sarah and Mark will also share a case study of the wildflower and beetle bank planting at Scattergood Farm, including the lessons learned and benefits they've seen for wildlife, crop production, farm aesthetics, education opportunities and more.

SARAH FOLTZ JORDAN is a senior pollinator conservation specialist with Xerces Society and has partnered with PFI farmers on a variety of pollinator habitat projects over the years. Based in Minnesota, Sarah also farms organic apples and is an avid mushroom forager.



MARK QUEE has managed Scattergood Friends School Farm near West Branch, Iowa, for 16 years and is an at-large member of PFI's board of directors. Mark's job at Scattergood allows him to nurture his many selves: teacher, lover of books and films, outdoors explorer, organic farmer and one who appreciates living in community.



Synergizing Cover Crops and Herbicide Use

CCAs: 1.0 CEU credit approved

Interested in learning more about how herbicides and cover crops can complement each other? Join Meaghan Anderson to learn about recommended rates and types of herbicides you can use to terminate over-wintered cover crops. She will also discuss tips for increasing the efficacy of residual herbicides when sprayed on cover crops, as well as ways to reduce herbicide rates and passes on cover crops.

MEAGHAN ANDERSON is the central Iowa field agronomist and field specialist for ISU Extension and Outreach. Her expertise includes cover crops, weed biology and management, corn and soybean management and integrated pest management.



Resources for Beginning Farmers

Getting a start in farming is not easy! Sometimes you need guidance to keep you on track. Greg Padget will start this roundtable by sharing resources and programs available to beginning farmers. These resources are just a start; come ready to share the things you have found helpful and learn about other beginning farmers' favorite resources.

GREG PADGET joined Practical Farmers of Iowa's staff in 2016. He oversees the next generation programming, ensuring resources, events and learning opportunities are available for beginning farmers and farmers looking to transition their farm and land.



Tips for Managing Farm Stress

Depression, anxiety, suicide – these are tough topics, but it's important that we talk about them, especially as farmers face the pressures of a downturned agricultural economy. In this session, Mike Rosmann will talk about ways farmers and their loved ones can recognize and respond to signs of stress in themselves and others.

MIKE ROSMANN is a clinical psychologist and long-time member of PFI, who is known nationally and internationally for his work to improve the understanding and management of behavioral health by agricultural producers and its importance in regenerative agriculture.



Mission-Driven Meat: A Local Meat Food Hub Model

CCAs: 1.0 CEU credit approved

Firsthand Foods is a women-owned food hub that sells local meats from North Carolina farms, connecting chefs and consumers with pasture-raised beef, pork and lamb. Jennifer will share how they built a brand and the challenges around using the whole animal and profitability. She will also discuss how the food hub sources meat from 45 farms and how new markets have been created as a result. Come learn about Jennifer's mission-driven business model that enables small-scale, pasture-based livestock producers to thrive.

JENNIFER CURTIS is the co-founder and co-CEO of Firsthand Foods, a food hub that sells local meats in North Carolina. Before starting this business, Jennifer worked with the Center for Environmental Farming Systems and North Carolina State Extension, where she realized farmers' need for meat aggregation and marketing.

SATURDAY SESSION 1

8:30 – 9:40 a.m.



Lessons From Denmark: Substituting Clover for Soybeans in Pig Rations

Consumers are increasingly favoring low-soy diets. Researchers in Denmark are currently examining a way to feed pigs a diet where part of the protein comes from clover instead of traditional protein sources like soybean

meal. Jude Becker recently traveled to Denmark and will share what he's learned about the potential for feeding clover as an alternative protein for pigs.

JUDE BECKER raises organic pork on his sixth-generation family farm, Becker Lane Organic, near Dyersville, Iowa. He directly markets his pork to restaurants and retail locations in the U.S. and Asia. Jude continues to learn innovative ways to retain product value and boost farm income.



Retrofitting Old Equipment With New Tech on a Budget

Have you been eyeing a new planter with a monitor capable of more than just flashing lights? Or have you seen the cost of ag technology and said "dream on!"? Come learn if your dreams might actually be on the market at a fraction of the cost. Join Jaron and Jim as they discuss how farmers are developing low-cost, new ag technologies for their existing equipment.

JARON WILSON farms organic row crops near Paullina, Iowa, with his wife, Liz, and sons Walter and Peter. He is one of the members of Seven W Farms and is a self-taught tech enthusiast who does information technology repair work for his local community. He's been repurposing old technology and farm equipment his whole life.

JIM POYZER has a 180-acre farm north of Boone, Iowa, where he raises corn, soybeans and a small patch of coneflower. He spent 30 years in computer applications development and now works with farmers who want to take a do-it-yourself approach in order to adopt the newest technologies without spending big bucks.



Basic Cover Crop Techniques to Reduce Production Costs

CCAs: 1.0 CEU credit approved

In this session, north-central Iowa farmer Wayne Fredericks will talk about cutting crop production costs through reduced tillage and cover crops. Learn about better nitrogen placement with his affordable dribble system, plus ways to cut herbicide costs by planting corn green into strip-tilled cover crops.

WAYNE FREDERICKS and his wife, Ruth, raise corn and soybeans in Mitchell County. They strive to implement positive environmental practices on their farm. For Wayne, the goal is finding what productive, profitable and sustainable crop production practices work while keeping conservation at the forefront.

Practices for Selecting and Breeding Regionally Adapted Vegetable Seed

CCAs: 1.0 CEU credit approved

For millennia, farmers have bred crops to suit the grower's specific environment. Today's farmers can enjoy the same benefits – and there is an abundance of diversity to save, select and breed from. Erica will review some critical plant biology for different crops, provide seed-saving and seed-breeding examples from her Midwestern farm and offer practical guidance for experimenting with seed-growing and -breeding on farms.

ERICA KEMPTER founded Nature & Nurture Seeds near Ann Arbor, Michigan, with Mike Levine in 2001. Passionate about preserving and breeding regionally adapted, open-pollinated seed, she and Mike grow over 50% of the company's seeds on their 122-acre organic farm – and are always seeking to expand their grower network.



Taking a Flower Farm to the Next Level

CCAs: 1.0 CEU credit approved

Adam and Jennifer began their farm with a diverse offering of vegetables, livestock and flowers. Drawing back to their passion for growing things that bring people joy, the flowers started to take center stage on their farm. Over the years, they have scaled up their flower operation and added workshops and events. In this session, they will share the successes and lessons learned as they navigated this journey.

ADAM AND JENNIFER O'NEAL cultivate fresh flowers at PepperHarrow Farm, their 20-acre farm in Winterset, Iowa. Adam brings his gardening experience while Jennifer brings her passion for floral design. They genuinely delight in seeing the joy flowers bring people.



Cover Crop Collaboration: Adding the Neighbor's Livestock

CCAs: 1.0 CEU credit approved

Learn how neighbors Mark and Pete teamed up to integrate cattle into multi-species cover crops following small grains harvest. Mark, a row-crop farmer, will speak about the corn yield and soil health benefits he has experienced. Pete, a cattle farmer, will speak about fence, water and cattle management. We'll hear from both on how they figure the value of the custom-grazed crop and share costs.

MARK PETERSON farms about 500 acres of corn and soybeans with his wife, Melanie, at Bent Gate Farm near Stanton, Iowa. Four years ago, they started partnering with nearby cattle producer Pete Marshall to contract-graze their cover crops for soil health benefits. Mark is a past president of PFI and currently serves on the board of directors.



PETE MARSHALL was born and raised in southwest Iowa and has raised cattle all his life. He followed industry trends, including growing bigger cows, but over the last few years has returned to a different farming ethos: letting the cows do what they do best.



Farm Transfer and Diversification: Shepherding in the Next Generation

Blain Hjertaas and his son Martin are the third and fourth generations, respectively, to work the family century farm in southeast Saskatchewan, Canada. When Martin returned to the farm, he brought with him the idea of raising sheep in addition to the existing grass-based cattle operation. Hear the Hjertaas' farm

transition story and learn how (and why) they chose sheep as a new enterprise for the next generation.

BLAIN HJERTAAS is a third-generation farmer with over 45 years of experience who farms with his son and family near Redvers, Canada. After transitioning from a conventional high-tech approach over 20 years ago, Blain developed a passion for soil health and conservation. He and his family have received numerous awards for their conservation efforts.

Unsung Heroes: Meet the Beneficial Insects Doing Good Work on Your Farm

Insects play a key role in our agricultural landscapes. Did you know one individual ground beetle can consume 40 weed seeds per square foot every day? In this session, Sarah and Jennifer will discuss the fascinating biology, ecology and habitat needs of pollinators and beneficial insects. Cost-share opportunities that support insect conservation practices will be addressed, along with a brief overview of on-farm habitat strategies.

SARAH NIZZI is a farm bill pollinator conservation planner and NRCS partner biologist with Xerces Society, based in Newton, Iowa. Sarah works statewide to offer technical assistance to private landowners interested in pollinator habitat and provides training related to pollinators for NRCS staff and partners.



JENNIFER HOPWOOD is a senior pollinator conservation specialist with Xerces Society based in eastern Nebraska. She provides support for pollinator and beneficial insect habitat installation and management on farms and in rights-of-way.



Read the Weed

CCAs: 1.0 CEU credit approved

For people, a “plant growing out of place” is subjectively labeled a weed. For the soil system, however, these plants are valuable repair tools. The weeds you have growing are a direct reflection of your current and historic management and climatic conditions. In this session, Nicole Masters will discuss how weeds can provide valuable clues to nutritional and microbial imbalances. Discover how learning to “read the weed” can help you take power back into your own hands. It's time to get excited about weeds!

NICOLE MASTERS is an independent agroecologist, systems thinker, author and educator. She has a formal background in ecology, soil science and organizational learning. Her team of soil coaches at Integrity Soils works alongside producers in the U.S., Canada and across Australasia.

Your Ag Story Matters

We hear stories every day, whether from a family member, a podcast, TV or even live on stage. Stories connect us. In this session, learn some strategies and story structures to help you create a stronger ag story for yourself, your farm or your organization. Collaborate with a partner. Hear other participants share ideas

through this hands-on, engaging workshop. Ignite your passion. Inspire the story. Influence the audience. Your story matters!

TINA BAKEHOUSE is a lifetime member of PFI and the chief creative officer at Malvern Bank. She has an extensive background in communications, theater and teaching, including as a storytelling coach and corporate trainer. She lives on Maple Edge Farm in southwest Iowa with her husband, Jon, and their son Anderson, where they raise corn, soybeans, cattle, chickens and goats.



SATURDAY SESSION 2

10 – 11:10 a.m.



Triaging Tomato Issues: Disease, Nutrients and Chemical Damage

CCAs: 1.0 CEU credit approved

You walk into your tomato field and, uh oh ... Spots, yellowing, drooping or curled foliage, split fruit and rot: Any number of terrible surprises await! During this session, Ajay Nair will discuss how to triage plant issues in your field, what to look for and what questions to answer to help determine if you're dealing with a disease, insect pest, nutrient issue or chemical problem.

AJAY NAIR is an assistant professor at ISU working on sustainable vegetable production. His lab focuses on developing strategies that enhance crop production, soil health and profitability in vegetable cropping systems in Iowa.

Industrial Hemp: Rules, Regulations and Agronomics

CCAs: 1.0 CEU credit approved

The industrial hemp revolution is moving quickly, and good information can be hard to find. Join us to learn about the rules, regulations and agronomics of this exciting new crop. We will learn about the three major types of hemp being grown (CBD, fiber and grain) and how they differ from each other. We will also learn how to plant, harvest and market each type so you can be successful your first year growing this crop.

BRYAN PARR is an agronomist with Legacy Hemp in Prescott, Wisconsin. He works with farmers throughout the Midwest to successfully add hemp to their operations. Bryan also raises organic corn, barley and cover crops on his own farm and has plans to add a few acres of industrial hemp to his rotation.



Marketing Your Uniqueness

To sell a product, you need to market it. This means conveying your message and creating value for everyone to see in your farm's business. Diahann will explain how to create a clear, consistent and compelling brand that will help your farm stand out, build customer loyalty and increase sales. You will then explore ways to leverage that brand through a cost-effective and accessible marketing plan.

DAHANN LOHR owns *Adunate Word & Design* in southeastern Wisconsin, which specializes in helping food and agricultural organizations grow through branding and marketing. Diahann and her husband raise vegetables, fruit, herbs, poultry and bees.



Integrating Poultry Into Perennial Crop Systems

CCAs: 1.0 CEU credits approved

Chickens are versatile and serve as powerhouses in regenerating a farming system. Wilber De La Rosa will share his experience managing a biodiverse system of symbiotically connected livestock and perennials (hazelnuts and elderberries) at Main Street Project in Northfield, Minnesota. Join Wilber as he covers tips and tricks for managing poultry, and the challenges and benefits poultry bring to perennial crops.

WILBER DE LA ROSA is the poultry technical assistance and R&D manager at Main Street Project. He oversees the care and management of all poultry flocks and provides technical assistance to beginning producers in the project's training program.



Growing Crops 365 Days a Year

CCAs: 1.0 CEU credit approved

Do you want to learn how to increase the productivity of your operation with intercropping? In this session, Loran will share his intercropping knowledge and explain how he accomplishes his goal of growing a crop every day of the year. He will also share what works best for him and how you can successfully adopt this technique to your operation.

LORAN STEINLAGE is an innovative agriculturalist who has expertise in intercropping, soil health and no-till practices. He is also a test engineer for Dawn Equipment and UndergroundAg. He and his wife Brenda own and operate FLOLO Farm near West Union, Iowa, raising corn, soybeans, cereal rye, winter wheat, malt barley and buckwheat.



Working Lands Conservation for Wildlife and Water Quality

On-farm, working lands habitat can benefit wildlife, water quality and agriculture. During this session, biologists from Pheasants Forever / Quail Forever will discuss on-farm habitat and cost-share opportunities. Also hear from landowners Phil Kooima and Mike Sudbrock about challenges faced and lessons learned while implementing wildlife conservation practices, and learn more about services and resources available to farmers and landowners.

MIKE SUDBROCK is a landowner in Appanoose County, Iowa, who has created a wildlife haven through multiple federal and non-federal programs while maintaining working lands. Mike is an avid hunter, land manager and prairie enthusiast.

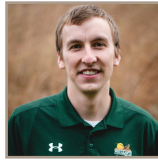
SHANE WEINBERG is a farm bill biologist with Pheasants Forever based in Centerville, Iowa, covering Appanoose, Davis, Monroe and Wapello counties. He provides technical assistance to landowners and producers interested in improving wildlife habitat on their farm.



PHIL KOOIMA owns land in Iowa's Sioux and Lyon counties, and is passionate about the outdoors and wildlife stewardship. Phil has carefully assessed the conservation opportunities present on his farm and used both federal and non-federal programs to protect and enhance those areas.



TROY DAVELAAR is a farm bill wildlife biologist with Pheasants Forever in northwest Iowa working in Sioux, Lyon, Osceola and O'Brien counties. He provides landowners with technical assistance to help them integrate wildlife habitat into their farming operations.



Accounting for Manure and Legume N for Corn

CCAs: 1.0 CEU credit approved

Knowing how much nitrogen to apply to a corn crop is not always easy. During this session, Steven Mirsky will review the decomposition kinetics of cover crops and how climate, soil and management drive nutrient release. Paul Muggge, who farms in northwest Iowa, will share how he predicts the amount of legume nitrogen he can rely on for this crop production.

STEVEN MIRSKY is a research ecologist in the Sustainable Agricultural Systems Laboratory at the Beltsville Agricultural Research Center in Maryland. Steven develops high-residue, reduced-tillage field crop production systems under both conventional and organic production.

PAUL MUGGE, a lifelong environmentalist, lives in Sutherland, Iowa, with his wife, Karen. On their farm, they raise corn, soybeans and small grains and dedicate portions to pollinator and wildlife habitat. The Mugges have been growing organic crops for nearly 20 years.



Whole-Farm Planning for Landowners

Whole-farm planning looks at the farm through the lens of the watershed where it resides. The process incorporates natural, agricultural and economic resources to reduce risk, maximize profits and improve the land, water and ecological services. Join Carole Reichardt and Ron Doetch to learn about whole-farm planning and how it can be used to meet farm goals.

CAROLE REICHARDT is a landowner and farm manager from Clive, Iowa. Carole manages farmers on family farms in Cerro Gordo, Polk, Madison, Clark and Decatur counties in Iowa, as well as in Mercer County, Missouri.



RON DOETCH is the founder, managing partner and agronomist with Solutions in the Land, LLC, in Poplar Grove, Illinois. Raised on a working dairy farm in northern Illinois, Ron has worked his entire career in food systems with a bias towards organic, sustainable and restorative agriculture.



Packhouses: Planning and Building for the Long-Term

CCAs: 1.0 CEU credit approved

In 2015, after 15 years of dreaming, Erik Sessions built the indoor-outdoor packhouse and hillside root cellar he needed for his farm. Both facilities enhance the farm's efficiency and overall income, and help maintain the family's standard of selling high-quality, clean and neatly-packed vegetables. Erik will discuss the design and function of each facility, and how each is used for different crops and processes.

ERIK SESSIONS operates Patchwork Green Farm in Decorah, Iowa, where he raises vegetables with his wife, Sara Peterson, and three daughters. Produce is sold wholesale to the Oneota Food Co-op, a food hub and several local restaurants, and sold retail each week at the Decorah Farmers Market.



SATURDAY SESSION 3

2:20 – 3:30 p.m.



Panel: Growing and Marketing Non-GMO Grain

CCAs: 1.0 CEU credit approved

Growing and marketing non-GMO grain can be a way to spread out risk on the farm. While you might have to think differently about raising your crop, you may also be able to access specialty markets for non-GMO grain. This can be especially important if transitioning to organic. Careful consideration and planning can make the difference between a smooth and challenging experience. In this session, you'll learn from two farmers raising non-GMO grain and a grain buyer.

JIM COPHER works as a specialty grain originator for The DeLong Company in both its organic and non-GMO programs. He trades truck, rail and barges across the Midwest covering both food- and feed-grade positions.

NOAH WENDT started A & W Farms with Caleb Akin near Cambridge, Iowa, in 2006. A&W Farms feeds cattle, produces conventional corn and soybeans and grows a variety of organic grain.



BRENT LARSON, lifetime member of PFI, raises corn, soybeans and cover crops in north-central Iowa using no-till for soybeans and strip-till for corn. He plants into green cover crops and is working to raise his own cover crop seed. He's also trying to work his fields into a three-year rotation to include a year of small grains.



Farming in a Collaborative System

There is a rich tradition of cooperative and collaborative businesses in the food system. In this session, you will learn to translate your interest in working together into practical steps you can take to set up a group business. We will review the diverse types of collaborative businesses that exist in the U.S. and offer case studies, followed by a breakdown of the structural components that make collaboration function.

FAITH GILBERT is a farmer, farm business educator and community organizer in New York's Hudson Valley. As a partner in Letterbox Farm Collective, she is the vegetable manager and administrative lead. Faith is the author of "Cooperative Farming," a guidebook on forming and sustaining collaborative businesses.

Growing and Selling Shiitake Mushrooms

CCAs: 1.0 CEU credit approved

With over 20 years of experience in shiitake mushroom production, Mike Levine has experimented with different outdoor production systems and species of edible mushrooms. During this session, learn some of Mike's preferred cultivation techniques, and his methods for packaging, storing and selling mushrooms.

MIKE LEVINE founded Nature & Nurture Seeds near Ann Arbor, Michigan, with Erica Kempter. Mike has been studying taxonomy and field identification of mushrooms since 1996, and growing and selling shiitake mushrooms since 2001. In 2011, he studied gourmet and medicinal mushroom cultivation with Paul Stamets.



Policy Discussion Session for Fruit and Vegetable Farmers

Join fellow growers in a shared conversation focused on agricultural issues, concerns and ideas related to fruit and vegetable production and farmers in Iowa. Local and state representatives, agency staff and advocacy groups are invited and encouraged to attend and listen in on this farmer-led discussion. The conversation will be facilitated by Carmen Black of Sundog Farm.

CARMEN BLACK operates SunDog Farm and Local Harvest CSA near Solon, Iowa. She raises vegetables for 200 families and grazes a small flock of sheep.



Meat Marketing Roundtable With Nick Wallace

Discuss the current state and future of meat markets with Nick Wallace of Wallace Farms. Nick will share his plans to grow Iowa's niche meat market and wants to hear other farmers' thoughts on this topic.

NICK WALLACE is a farmer, entrepreneur and lifetime member of PFI with 15 years of experience in various forms of pasture-raised and grass-fed meat marketing. Nick owns and operates Wallace Farms near Keystone, Iowa, selling his own meat and other farmers' meats over the internet.

Restoring and Enhancing Rare and Declining Habitats on Private Land

Join farmer Jeff Pudenz and U.S. Fish and Wildlife Service biologist Darrick Weissenfluh to learn about strategies for restoring rare and declining species on private working lands. Jeff and Darrick will cover a variety of habitats, including oxbow restorations, in-stream habitat improvements, prairie establishments and fen enhancements. They will also discuss the public-private partnership that made habitat conservation possible on Jeff's farm.

JEFF PUDENZ is a farmer and businessman from Greene County, Iowa, who has been active in conservation since 1970. Jeff has received Iowa Farm Environment Leadership and Blackhawk Watershed Conservation awards, and has experience with a wide array of conservation programs and practices.



DARRICK WEISSENFLUH is a fish and wildlife biologist with the U.S. Fish and Wildlife Service's Partners for Fish and Wildlife Program stationed in Kossuth County, Iowa. Through the program, Darrick provides technical and cost-share assistance to private landowners in the Des Moines Lobe.



Planting Corn in 60-Inch Row-Widths for Interseeding Cover Crops

CCAs: 1.0 CEU credit approved

Curious about interseeding cover crops to corn in June? Planting corn in wide rows increases the chances of success by letting more sunlight reach the cover crops in the interrows. Seeding cover crops in June allows for a multitude of species and can result in ample forage for fall grazing. In this session, Jack and Nathan will share results of their on-farm research and help you understand the what, why and how of this practice.

JACK BOYER and his wife Marion are lifetime members of Practical Farmers of Iowa. They raise corn, seed corn, soybeans, cereal rye and cover crops near Reinbeck, Iowa. Jack has been conducting on-farm research on cover crops as part of PFI's Cooperators' Program since 2014.



NATHAN ANDERSON, lifetime member and board member of PFI, runs Bobolink Prairie Farms with his wife, Sarah, near Aurelia, Iowa, raising corn, soybeans, cattle, small grains and hay. Nathan, Sarah and family have worked to grow their cattle herd while improving grazing management and incorporating cover crops through on-farm research and observation.

Diversified Enterprises on a Dairy Goat Farm

Award-winning goat cheese begins with quality pasture and ends in the dairy. The Smith family credits their success to a mixture of instinct, compassionate animal husbandry and dairy science. Learn how they operate their micro dairy-goat farm, producing high-quality cheeses and natural body care products and offering goat yoga.

ERIC AND DIANA SMITH operate Simple Life Farms in Winterset, Iowa, with their three children. In 2005, Eric and Diana purchased their farmland, spent time learning how to raise goats and began producing various goat products.





Interseeding Alfalfa or Red Clover Into Corn as Dual-Purpose Cover and Forage Crops

CCAs: 1.0 CEU credit approved

In this session, John Grabber will review work in Wisconsin and other states aimed at developing legume interseeding into corn. Learn about research that has shown how interseeding alfalfa or clover at or shortly after corn planting can help improve the productivity, profitability and stewardship of land used for forage production.

JOHN GRABBER is a research agronomist with USDA's Agricultural Research Service stationed at the U.S. Dairy Forage Research Center in Madison, Wisconsin. Much of John's current research is focused on improving crop production systems for dairy farms.



On-Farm Cover Crops Research in Practice

CCAs: 1.0 CEU credit approved

Since 1987, farmers in Practical Farmers' Cooperators' Program have led on-farm research trials to answer their farming questions. Sam and Jon will share their experiences conducting PFI on-farm research, including how it's done from trial design to data collection. They'll share results of their trials investigating rye termination dates in soybeans and rye seeding rates and dates. They'll also discuss what on-farm research has taught them and how they've applied it to their operations.

SAM BENNETT and his wife Danielle raise corn, soybeans and small grains on a third of the Bennett family's 2,000-acre operation. They use cover crops, no-till and strip-till to work toward their goals of improving soil health, conservation, nutrient management and water quality, and creating habitat.



JON BAKEHOUSE is a lifetime member of PFI who farms with his wife Tina, son Anderson and family near Hastings, Iowa. The Bakehouses raise corn and soybeans and are integrating goats for grazing with their small cow-calf herd. As the fifth generation farming his family's land, Jon has conducted PFI on-farm research for over five years and unofficial field trials his entire farming career.



Working With Tenants to Achieve Landowner Goals

Navigating tenant-landowner relationships can be a complex and daunting task. Join Iowa landowner Carole Reichardt and land manager Mollie Aronowitz to discuss landowner-tenant expectations, leasing guidelines, successful management strategies and how they work together to meet Carole's goals. Carole will share her experiences managing family farms in Iowa and Missouri, and Mollie will discuss the role of Peoples Company as a landowner resource.

MOLLIE ARONOWITZ is sustainability director and land manager with Peoples Company. Mollie manages and consults on farms throughout Iowa and oversees sustainability initiatives within the company.



CAROLE REICHARDT is a landowner and farm manager from Clive, Iowa. Carole manages farmers on family farms in Cerro Gordo, Polk, Madison, Clark and Decatur Counties in Iowa as well as in Mercer County, Missouri.

From High-Tech to Digging in the Dirt: A Conservation Journey

When Blain Hjertaas started farming over 40 years ago, he was all about the latest and greatest technology. However, after 20 years of farming, he realized that the type of agriculture he was practicing was depleting the land and his finances. Hear about Blain's transition away from conventional agriculture towards a more sustainable, regenerative model and how he found his passion for soil health, farm profitability and conservation.

BLAIN HJERTAAS is a third-generation farmer with over 45 years of experience who farms with his son and family near Redvers, Canada. After transitioning from a conventional high-tech approach over 20 years ago, Blain developed a passion for soil health and conservation. He and his family have received numerous awards for their conservation efforts.

Q&A With Nicole Masters

Keynote speaker Nicole Masters will be available for a follow-up Q&A. Bring your questions about soil health!

NICOLE MASTERS is an independent agroecologist, systems thinker, author and educator. She has a formal background in ecology, soil science and organizational learning. Her team of soil coaches at Integrity Soils works alongside producers in the U.S., Canada and across Australasia.

Fundamentals of Growing Small Grains for Seed

CCAs: 1.0 CEU credit approved

Prices for seed from small grains are some of the highest in the market for these beneficial – but often hard-to-market – crops. Jordon Grimm is an experienced seed grower who has raised both oats and rye for seed. In this session, Jordon will share the agronomic strategies he uses to grow a high-quality seed crop. He will also discuss the basics of marketing and contracting seed and navigating the certification process.

JORDON GRIMM farms with his family – including his wife, Ann, three of their seven sons and Jordon's father, Wayne – near West Bend, Iowa. Their diversified farm consists of corn, soybeans, oats, rye, chickens and custom-fed hogs. They also operate custom manure hauling, landscaping, septic system installation and seed corn businesses.



Ground Covers and Mulches for Weed Control

CCAs: 1.0 CEU credit approved

Paper or plastic? Why limit yourself?! During this session, Rob will discuss the various types of ground covers he uses for weed control in different crops, from landscape fabric to crinkled paper, straw to living covers. He will share some ideas he's tried that need refinement, pros and cons of different approaches and what he's interested in trying that hasn't yet made it to his farm.

ROB FAUX and his wife, Tammy, operate Genuine Faux Farm, a CSA, produce and poultry operation near Tripoli, Iowa. Since launching the farm in 2005, Rob has been an inquisitive farmer, testing products and concepts on his own and through PFI's Cooperators' Program.



Grazing Sheep on Solar Farms

CCAs: 1.0 CEU credit approved

Solar grazing is the practice of grazing animals under solar panels. Trent transports trailer loads of 400 sheep to solar farms in eight states for the dual purpose of managing vegetation while providing forage and shade to his flock. Trent will discuss equipment, transportation, water access and sheep management. We'll also learn about lease agreements and partnering with solar companies to meet sustainability metrics.

TRENT HENDRICKS runs Cabriejo Ranch in southern Missouri, which provides restoration and regenerative grazing services throughout the Midwest and southern USA. The ranch is a Savory Global Influencer Hub and produces grass-fed lamb and beef.

Collaborative Farming Roundtable

Bringing individuals together around a farming business can look very different depending on goals and intentions. With diverse ways of organizing collaborative business, one cookie-cutter method doesn't fit all. Join this roundtable led by Faith Gilbert, author of "Cooperative Farming," and Hannah Breckbill of Humble Hands Harvest farm. Hear about methods that work for their farms and ways others have formed their farms.

FAITH GILBERT is a farmer, farm business educator and community organizer in New York's Hudson Valley. As a partner in Letterbox Farm Collective, she is the vegetable manager and administrative lead. Faith is the author of "Cooperative Farming," a guidebook on forming and sustaining collaborative businesses.

HANNAH BRECKBILL has been farming since 2009 and started Humble Hands Harvest in Decorah, Iowa, in 2013. In 2018, Emily Fagan joined as a partner. The farm sells primarily at farmers markets and through a CSA. Hannah and Emily are developing a perennial polyculture system and incorporating livestock.



Roundtable: Crafting the Role of Food Hubs in Iowa

How do we grow the market for local food in Iowa? This roundtable session with Jason Grimm, Kayla Koether and food hub managers will share the history and current status of food hub development in Iowa. They will discuss the challenges of local food aggregation and distribution, provide information about how farmers can partner with food hubs and engage the audience as together we consider the next steps to bolster local food markets in Iowa.

JASON GRIMM is the deputy director of Iowa Valley RC&D, based in Amana, Iowa. In this role, he seeks to create value chain partnerships among farmers and institutions. Jason is also a third-generation farmer at Grimm Family Farm, raising corn, alfalfa, small grains, black beans, beef, poultry and produce.



KAYLA KOETHER is a food systems specialist for ISU Extension and Outreach in northeast Iowa, where she specializes in beginning farmer education and outreach. Kayla grew up near McGregor, Iowa, on a rotational grazing farm and studied international agriculture and rural development at Grinnell College.

FRIDAY SESSIONS

At-A-Glance

| FRIDAY, JANUARY 17 | | |
|--|--|---|
| SESSION 1 | SESSION 2 | SESSION 3 |
| 12:30 - 1:40 p.m. | 2:10 - 3:20 p.m. | 3:50 - 5 p.m. |
| Honeyberry (Haskap) Establishment and Production | Integrated Pest Management and Soil Health | Growing Cover Crops in an Organic, No-Till System |
| Farm Like an Athlete: Physical Strengthening and Maintenance | Mechanical Weed Control and Weed Ecology in Vegetable Production | Broccoli Production |
| Carbon Sequestration and Grazing in the Canadian Prairies | Lessons in Summer Lettuce Production | Reducing Yield Variability Through Soil Health |
| Updates From the STRIPS Project | Farming in a Changing Climate | Managing Employees With a Busy Family |
| Financial Management 101: Enterprise Budgeting | Financial Management 102: Building a Whole-Farm Financial Plan | The How and Why of On-Farm Pollinator Habitat |
| Transitioning to Organic With Pastured Pigs and Poultry | Building a Custom Grazing Business | Synergizing Cover Crops and Herbicide Use |
| Panel: Innovative Ways to Establish Cover Crops | Panel: Outfitting Equipment for Planting Into Cover Crops | Resources for Beginning Farmers |
| The Right Mindset for Long-Term Success in Organic Row Crops | Wildlife and Habitat at Bobolink Prairie Farms | Tips for Managing Farm Stress |
| -- | -- | Mission-Driven Meat: A Local Meat Food Hub Model |

SATURDAY SESSIONS

At-A-Glance

| SATURDAY, JANUARY 18 | | | |
|---|--|---|---|
| SESSION 1 | SESSION 2 | SESSION 3 | SESSION 4 |
| 8:30 - 9:40 a.m. | 10 - 11:10 a.m. | 2:20 - 3:30 p.m. | 3:50 - 5 p.m. |
| Lessons From Denmark: Substituting Clover for Soybeans in Pig Rations | Triaging Tomato Issues: Disease, Nutrients and Chemical Damage | Panel: Growing and Marketing Non-GMO Grain | Interseeding Alfalfa or Red Clover Into Corn as Dual-Purpose Cover and Forage Crops |
| Retrofitting Old Equipment With New Tech on a Budget | Industrial Hemp: Rules, Regulations and Agronomics | Farming in a Collaborative System | On-Farm Cover Crops Research in Practice |
| Basic Cover Crop Techniques to Reduce Production Costs | Marketing Your Uniqueness | Growing and Selling Shiitake Mushrooms | Working With Tenants to Achieve Landowner Goals |
| Practices for Selecting and Breeding Regionally Adapted Vegetable Seed | Integrating Poultry Into Perennial Crop Systems | Policy Discussion Session for Fruit and Vegetable Farmers | From High-Tech to Digging in the Dirt: A Conservation Journey |
| Taking a Flower Farm to the Next Level | Growing Crops 365 Days a Year | Meat Marketing Roundtable With Nick Wallace | Q&A With Nicole Masters |
| Cover Crop Collaboration: Adding the Neighbor's Livestock | Working Lands Conservation for Wildlife and Water Quality | Restoring and Enhancing Rare and Declining Habitats on Private Land | Fundamentals of Growing Small Grains for Seed |
| Farm Transfer and Diversification: Shepherding in the Next Generation | Accounting for Manure and Legume N for Corn | Planting Corn in 60-Inch Row-Widths for Interseeding Cover Crops | Ground Covers and Mulches for Weed Control |
| Unsung Heroes: Meet the Beneficial Insects Doing Good Work on Your Farm | Whole-Farm Planning for Landowners | Diversified Enterprises on a Dairy Goat Farm | Grazing Sheep on Solar Farms |
| Read the Weed | Packhouses: Planning and Building for the Long-Term | -- | Collaborative Farming Roundtable |
| Your Ag Story Matters | -- | -- | Roundtable: Crafting the Role of Food Hubs in Iowa |

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- Org. Weed Control _____ x \$55
- Commercial Orcharding _____ x \$55
- Farm Succession _____ x \$55
- Meat Marketing _____ x \$55

Optional Lunch for Friday, Jan. 17 for short course attendees

Sandwich _____ x \$15

Vegetarian Wrap _____ x \$15

Please list any special dietary issues

One registration covers all members of farm/household membership, three members per organizational membership or one person per individual membership.

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- Friday sessions – \$40
- Saturday sessions – \$55

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Optional, priced per person

- Adult _____ x \$15
- Vegetarian meal _____ x \$15
- Child 12 or under _____ x \$7
- Child vegetarian meal _____ x \$7

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CHILDCARE *Optional. Must pre-register for childcare; no drop-ins. Care extends through keynote. Snack Friday, and snack and lunch Saturday included.*

- Friday Noon – 6:30 p.m. _____ x \$25
- Saturday 8:15 a.m. – 5:15 p.m. _____ x \$45

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NON-MEMBER REGISTRATION

PRE-CONFERENCE SHORT COURSE *Optional, priced per person, choose 1 of 4 course options*

- Org. Weed Control _____ x \$70
- Commercial Orcharding _____ x \$70
- Farm Succession _____ x \$70
- Meat Marketing _____ x \$70

Optional Lunch for Friday, Jan. 17 for short course attendees

Sandwich _____ x \$15

Vegetarian Wrap _____ x \$15

Please list any special dietary issues

CONFERENCE SESSIONS

Priced per person

- Friday sessions _____ x \$55
- Saturday sessions _____ x \$75

SATURDAY ALL-IOWA LUNCH

Optional

- Adult _____ x \$15
- Vegetarian meal _____ x \$15
- Child 12 or under _____ x \$7
- Child vegetarian meal _____ x \$7

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CHILDCARE *Optional. Must pre-register for childcare; no drop-ins. Care extends through keynote. Snack Friday, and snack and lunch Saturday included.*

- Friday Noon – 6:30 p.m. _____ x \$25
- Saturday 8:15 a.m. – 5:15 p.m. _____ x \$45

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- Meat Marketing _____ x \$55 Member
- _____ x \$70 Non-member
- _____ x \$70 Non-member

Optional Lunch for Friday, Jan. 17 for short course attendees

Sandwich _____ x \$15

Vegetarian Wrap _____ x \$15

Please list any special dietary issues

CONFERENCE SESSIONS

Priced per person

- Friday & Saturday sessions _____ x \$30

SATURDAY ALL-IOWA LUNCH

Optional

- Adult _____ x \$15
- Vegetarian meal _____ x \$15
- Child 12 or under _____ x \$7
- Child vegetarian meal _____ x \$7

Please list any special dietary issues

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