



Canadian Organic Growers
Cultivons Biologique Canada
Ottawa – St. Lawrence – Outaouais Chapter
Section d'Ottawa – Saint-Laurent – Outaouais

ECO FARM DAYS CARREFOUR ECOFERME

23-24 FEB-FÉV 2019
CORNWALL, ON

The Small Stuff That Counts
Les petites choses comptent à la ferme

Eco Farm Day 2019: The Small Stuff that Counts

Saturday, February 23, 2019

*Please note: Schedule subject to change

Registration and Trade Show Setup			
8:00	Welcome & Opening Keynote: Small is (Still) Beautiful: Using the Lean System to Stay Small, Competitive, and Profitable – Ben Hartman, Clay Bottom Farm St. Lawrence Ballroom		
9:00-10:30	VISIT THE TRADE SHOW – Simon Fraser Ballroom		
	PLANTS	FUNGII	LIVESTOCK
11:00 – 12:00	(11:00 – 12:30) Green Manuring: Tendencies and Developments in Organic Practices in Quebec Denis LaFrance, CETAB+ St. Lawrence East	Shiitake Mushroom Log Cultivation Sean Butler, Ferme et Foret Adirondack Room	Comparing Pros and Cons of Renting vs Owning Farmland Robin Turner, NCC and Roots & Shoots Farm St. Lawrence West
12:30	(12:30-1:30) Organic Updates: Organic Regulation, Check-Off, Inputs & Data - <i>Lunchtime Discussion</i> Carolyn Young, Organic Council of Ontario Adirondack Room		
	LUNCH St. Lawrence West and Adirondack Room		
	AND		
	VISIT THE TRADE SHOW Simon Fraser Ballroom		
1:30	(1:30 – 3:00) EFAO Farmer Led Research in Ontario: Tips and Highlights Heather Coffey, Greta Kryger, Eric Barnhorst St. Lawrence East		
2:00 – 3:00 pm	Cutting Edge Tools and Infrastructure for Starting a LEAN Farm Ben Hartman, Clay Bottom Farm Adirondack Room	Fungal Consciousness Michael Phillips, Lost Nation Orchard St. Lawrence West	Grazing Management from the Livestock Perspective Sarah Flack Ontario Room
	VISIT THE TRADE SHOW – Simon Fraser Ballroom		
3:30 – 4:30 pm	Growing Ecosystem Services: Cost or Benefit? Chris Wooding, Ironwood Organics Adirondack Room	Mycorrhizal Practicum Michael Phillips, Lost Nation Orchard St. Lawrence West	The Effects of Grassland Management on Wild Bees in Rotationally Grazed Pastures Kyra Lightburn, Guelph University St. Lawrence East
4:00-5:15	VISIT THE TRADE SHOW HAPPY HOUR (cash bar) 4:00 – 5:15PM Simon Fraser Ballroom		
5:00 – 8:00 pm	TALK WITH YOUR MOUTH FULL – PARLEZ LA BOUCHE PLEINE Dinner and Social Hosted by Récolte St. Lawrence Ballroom Tickets \$25 at the door		

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Canada

ECO FARM DAYS 2019

“THE SMALL THINGS THAT COUNT”

Farmers are always seeking ways to improve their management, whether to increase yield, profits, sustainability, or for a myriad of other reasons. Often, it is many small adjustments, rather than major overhauls, that make the most impact.

Eco Farm Days 2019 explores *The Small Things*, and the big impact they can have on the farm. To highlight just a few presentations that touch on this theme:

- Keynote presenter Ben Hartman will teach us to look at management practices under a microscope (figuratively), to weed out the waste, and make little changes to help the farm run smoothly.
- Other presenters will be looking at some of the smaller workhorses of the farm, such as pollinators (Lightburn), or the microscopic yet massive mycorrhizal fungi (Phillips).
- Chris Wooding will suggest that by giving a little bit of your land to nature, nature in turn will bring small but significant benefits to the farm.
- Sara Flack will look at pasture management from the perspective of the *eaten* rather than that of the *eaters*.

You maybe have also noticed that the Eco Farm Days committee has been slowly adding small bits to the program to include Saturday evening and Sunday intensive programming. We want this little conference to be a big deal!

Sponsors and exhibitors are instrumental to making Eco Farm Days what it is. They account for about half of our operating revenue, which helps to keep registration fees down. Plus, the bustling trade show contributes to the excitement of Eco Farm Days. So pay a visit to all of our exhibitors; we are grateful for them.

Eco Farm Days is organized and executed by volunteers. To help lighten the load and bring in fresh ideas, we would love to expand the team. Please contact ecofarmday@cog.ca or put your name in at the registration table if you want to help out for 2020. We try to get started with organizing by mid summer, but the gears really start turning in fall. This year's team is:

Alain D'Aoust	TRADE SHOW
Connie Horbas	REGISTRATION
Eric Payseur	REGISTRATION AND EVENING PROGRAM
Erin Krekoski	PROGRAM
Matt Lalonde	REGISTRATION
Colin Lundy	PROGRAM, PUBLICITY
Stephanie Pelot	GRAPHIC DESIGN
Lloyd Strachan	SPONSORS
Rob Wallbridge	PROGRAM
Gary Weinhold	TRADE SHOW, FOOD PROCUREMENT

We also like to take this opportunity to thank Cathy Winter and her staff at the Ramada for their patience and professionalism; and chef Joginder Khalsa, whose buffets are always lauded.

***Please take a few moments to complete
the Eco Farm Days Evaluation Sheet –
your input is essential!***

***We welcome your ideas for
future topics.***



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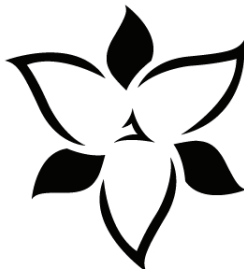
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ERIC.PAYSEUR@COG.CA**

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COG-OSO PROGRAMS AND ACTIVITIES

Canadian Organic Growers (COG) is a national volunteer, charitable organization formed in 1975 to promote education on organic food, farming and gardening. It is the only national organization with this mandate. The Ottawa–St. Lawrence–Outaouais chapter (COG–OSO) provides education and support in Eastern Ontario and Western Quebec. Some of our programs and activities include:

Growing Up Organic

A program which connects school-age children to organic food and farming by promoting school gardens in Ottawa and the region, organic food in schools and learning from farmers.

Seniors Organic Gardeners

Working with retirement residences COG-OSO helps seniors keep active, break isolation, and improve their living environment by participating in organic gardening activities.

Organic Gardening Seminars

Every Spring COG–OSO offers gardening seminars in Ottawa appropriate for backyard gardeners as well as apartment dwellers.

Organic Demonstration Garden at Ottawa Experimental Farm

COG–OSO maintains an organic demonstration garden at the Experimental Farm to help the public understand the principles of organic gardening.

Eco Farm Days

This annual two-day event held at the end of February features a theme speaker, a dozen workshops and a large Trade Show focussed on sustainable/organic farming.

Feast of Fields

This is a Fall celebration of local organic food bringing regional farmers and chefs together to serve tempting dishes made from local produce to the public.

Other Activities

The COG–OSO display booth is present at over 25 events in Ottawa and the larger chapter region every year. Visit our website for additional information on what COG–OSO does and for the most recent news and activities on local organic food go to <http://cog.ca/ottawa/>

Volunteer Opportunities

As a volunteer not-for-profit COG–OSO has various volunteer opportunities available. Speak to one of our volunteers or contact us at cog.oso.chapter@gmail.com for more information.

COG Membership

Support the organic movement by becoming a COG member – visit www.cog.ca for more information.

COG–OSO sends out a monthly email newsletter on all things organic in our region and beyond. To join our mailing list, contact cog.oso.chapter@gmail.com.

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Small is (Still) Beautiful: Using the Lean System to Stay Small, Competitive, and Profitable



Clay Bottom Farm

Ben Hartman grew up on a corn and soybean farm in Indiana and graduated college with degrees in English and philosophy. Ben and his wife, Rachel Hershberger, own and operate Clay Bottom Farm in Goshen, Indiana, where they make their living growing and selling specialty crops on less than one acre. Their food is sold locally to restaurants and cafeterias, at a farmers market, and through a community-supported-agriculture (CSA) program. The farm has twice won Edible Michiana's Reader's Choice award. *The Lean Farm*, Ben's first book, won the Shingo Institute's prestigious Research and Professional Publication Award. In 2017, Ben was named one of fifty emerging green leaders in the United States by Grist, and published a companion guide to *The Lean Farm* titled *The Lean Farm Guide to Growing Vegetables*. Clay Bottom Farm has developed an online course in lean farming, which can be found at theleanfarmschool.com.

NOTES:

PLANTS

Green Manuring: Tendencies and Developments in Organic Practices in Québec



PRESENTER:

Denis La France

*Centre d'expertise et de transfert en
agriculture biologique et de proximité
(CETAB+)*

www.cetab.org

With over 45 years' experience in developing organic farming, mostly as a teacher of farmers, Denis La France has co-founded the CETAB+ (*Centre d'expertise et de transfert en agriculture biologique et de proximité*) where a team of 30 people provide services to organic farmers. In the last 10 years a lot of technical improvements have come out of this initiative. The *Cégep de Victoriaville*, where Denis has been teaching for over 30 years, recently made major investments in a farm and new research and training facilities called the *Institut National d'Agriculture Biologique*.

Denis La France's talk will point out recent tendencies in the uses of green manure and will allow for discussion of practical methods adapted to your own situation. His experience with green manures goes back to the mid fifties. "I'm a walking encyclopedia on practical use of green manure." This presentation will cover green manure techniques for both field crop and market farm situations.

NOTES:

PLANTS

Cutting Edge Tools and Infrastructure for Starting a Lean Market Farm



In 2017, farmer and author Ben Hartman and his wife Rachel sold their award-winning farm of 10 years and started a brand new farm. They designed it with lean concepts from the beginning, borrowing inspiration from Japanese and German farms. Hear that story and see the new farm in this session. In particular, Ben will discuss cutting edge tools and infrastructure he recommends for anyone starting a lean market farm.

NOTES:

PRESENTER:

Ben Hartman

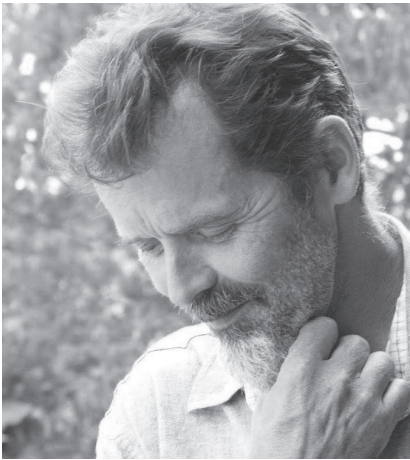
Clay Bottom Farm

<http://claybottomfarm.com/>

See page 9.

PLANTS

Growing Ecosystem Services: Cost or Benefit



The farm exists in and on the ecosystem at large. In addition to growing food, is there cause to 'grow' ecosystem services on farm that could not only improve yield, mitigate the local effects of weather extremes, improve the sustainability and value of the farm, and enhance the general environment? Historically, farming has been in the context of a stable climate and predictable weather. Is it time to re-think the contribution (interconnectedness) of the environment to the farm, and how we're going to articulate and measure it?

NOTES:

PRESENTER:

Chris Wooding

<http://www.ironwoodorganics.ca/>

Christopher Wooding is currently an organic farmer who grows landrace cereals in eastern Ontario. Ironwood Organics now consists of 170 acres, and includes wheats (winter and spring), oats, rye and barley. He is the miller at the Old Stone Mill, a 200-year-old grist mill in Delta Ontario. In addition to stone ground flour and rolled oats, they also supply grain to the craft beer market. The farm is further diversified with a small hops yard, nut orchard and some forest permaculture. Recent areas of focus include heritage soybeans, dried beans, heritage potatoes and dent corns. They are working towards climate ready agriculture.

Previous career was a consultant in the field of GIS (Geographic Information Systems). It is the work in this field that contributed to his view of interconnectedness of the environment, food, health and diversity and sustainability and resiliency.

FUNGII

Shiitake Mushroom Log Cultivation



PRESENTER:

Sean Butler

Ferme et Forêt

<http://fermeetforet.ca>

Sean first came across shiitakes grown in logs while taking a course at Aprovecho in Oregon. With that seed planted, study in permaculture further fed the fungifile (mushroom loving) fire. Then, when he co-founded his own farm in 2014, inoculating a bunch of logs with shiitakes was one of the first things on the to do list. Since then, he's grown the shiitake production to nearly 400 logs. He also harvests maple syrup, wild foods, eggs, berries, garlic, and asparagus at his farm, *Ferme et Forêt*, outside of Wakefield, Quebec. Sometimes he even has time to go morel hunting.

Most store-bought shiitakes are grown indoors on sawdust. They are the poor cousins in terms of taste, size, and texture to shiitakes grown in logs. While more labour intensive, start-up costs are minimal if you have access to few acres of hardwoods and a chainsaw. They can be a profitable and distinctive addition to your farm's offerings. They are also fun to grow! In this workshop, we'll be covering the ins and outs of growing shiitakes on logs outdoors, laying the groundwork for successful shiitake cultivation at home.

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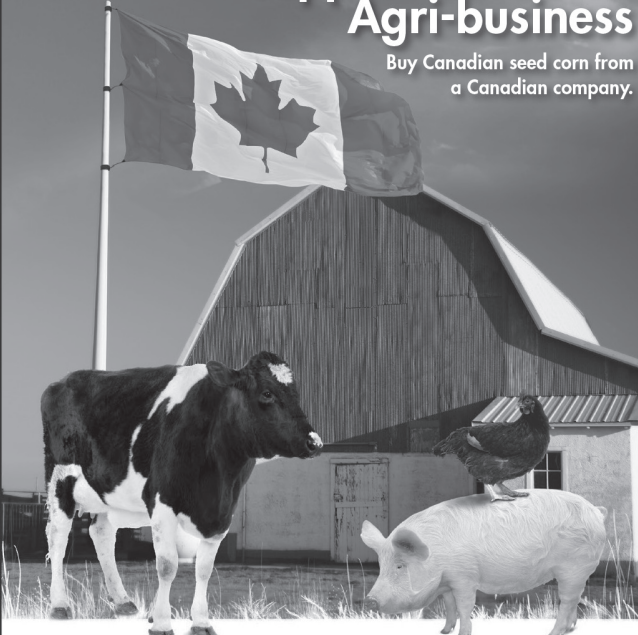
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Fungal Consciousness



Michael Phillips

This lively exploration of soil biology and healthy plant metabolism will rouse every gardener and fruit grower to think deeper. How mycorrhizal fungi enhance plant health is absolutely stunning. Nutrients are delivered by means of fungus-root synergy. A boost to green immune function helps keep disease at bay. Expansive fungal networks bring resiliency to ecosystems. Soil aggregate formation addresses carbon flow. Yet for the longest time, we have ignored basic soil biology and instead disturbed ecosystems at our own peril. Time to change all that, and fast! Coming to see crop communities through the lens of a “common root being” will prove fundamental for earth stewards everywhere.

NOTES:

[illegible]

FUNGII

Mycorrhizal Practicum



More time to go further with fungal nuance. Hip hip hooray! Farming and gardening applications that take into account the Non-Disturbance Principle are needed now more than ever. We'll kick this session off with understanding of when to use mycorrhizal inoculum and low impact techniques to further mycelial connection. Plenty of time will be dedicated to answering your questions.

NOTES:

Presenter:

Michael Phillips

See page 15.

Comparing the Pros and Cons of Renting or Owning Farmland



NCC

Robin Turner is the Agricultural Property Manager for the National Capital Commission, as well as the owner of Roots and Shoots Farm with his partner Jess Weatherhead. Robin has started farms on three different rental properties, and found enough success renting to be able to purchase their current farm in Wakefield, Quebec. Roots and Shoots serves over 500 families in the Ottawa area through their CSA program. Robin currently helps manage the National Capital Commission's agricultural portfolio of 90 farmsteads. His biggest task is looking for new farmers to help fulfill the NCC's new Sustainable Agriculture Strategy.

Robin will talk about the advantages he experienced starting his farm on rented land. Through access to market, cashflow, delivery, and capital investment points of view, Robin feels there are a lot of great reasons to get your enterprise off the ground while renting a farm, and he dives into the numbers to show you how, as well as comparisons with purchasing. Robin will be very upfront about his own experience transitioning to owning a farm. Anyone looking to start their own farm should attend this workshop!

NOTES:



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OTHER

Ontario Organic Updates: Organic Regulation, Check-Off, Inputs and Data



Presenter:

Carolyn Young

organiccouncil.ca

Carolyn Young is the Executive Director of the Organic Council of Ontario. Since joining OCO, she has placed renewed emphasis on campaigning for an organic regulation in Ontario. Prior to joining OCO, Carolyn worked as the Director of Sustain Ontario, the alliance for healthy food and farming. Together with member organizations, she advocated for the support of healthier food systems through education, network development and collaborative action. Successes of the alliance include the passing of *The Local Food Act*, increased spending on *Ontario Student Nutrition Programs*, the creation of the *Artisanal and Local Niche Market Chicken Programs* and the introduction of a *Pollinator Strategy* that restricts neonicotinoid pesticides as one of its pillars.

Before Sustain, Carolyn had over 6 years of experience working on food, farming and environmental policy issues. She has worked on farms and farming issues in four provinces in addition to visiting farms across Canada and abroad as an Independent Organic Inspector.

The Organic Council of Ontario is working hard on a number of issues that affect you! We want to share updates and get your feedback on important issues such as:

- The Ontario Organic Products Act and small-scale certification supports – come and hear the updates and findings from our report!
- An Ontario organic check-off for producers – we are seeking your endorsement!
- Creating a Canada-wide organic inputs database – what challenges do you face when looking for organic inputs?
- Organic data strategy: what kinds of information do you need (and can't find) in order to help your business grow?
- Updates on the Organic Standards Review

The Organic Council of Ontario represents organic farmers and businesses like you to the provincial government. Make sure you are up-to-date on the latest organic news.

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Farmer-led Research in Ontario: Tips and Highlights

Heather Coffey, Greta Kryger and
Eric Barnhorst



GRETA KRYGER is an organic seed grower and owner of Greta's Organic Garden in Ottawa, with over 25 years experience growing vegetables and seeds. More recently, Greta got involved in breeding a flavourful early maturing, blocky sweet pepper as part of the Southern Ontario Pepper Breeding Program and in cooperation with EFAO's Farmer-led Research Program. She was also founding member of ECOSGN (Eastern Canadian Organic Seed Growers Network) and is still involved.



Farmer-led research is a flexible and rigorous tool to answer questions, overcome challenges and fast track to new practices. In this workshop, we will explore when to use farmer-led research to help answer questions for your farm, opportunities for farmer-led research in Ontario and highlights of results from Ecological Farmers Association of Ontario's Farmer-led Research Program. Greta Kryger and Eric Barnhorst will also discuss the process and results of their farmer-led research projects, including breeding sweet peppers for southern Ontario and green mulches for organic garlic production.

This image shows a single page of white paper designed for handwriting practice. It features ten sets of horizontal ruling lines spaced evenly down the page. Each set consists of three lines: a solid black line at the top, a dashed black line in the middle, and another solid black line at the bottom. This format is commonly used to teach letter formation and alignment in early education. The margins are consistent on all sides, and there are no other markings or text on the page.

OTHER

Climate Change Resilience on the Small Farm



Presenter:

Titia Posthuma

Ravensfield Biodynamic Farm

<http://www.ravensfield.ca/>

Titia grew up gardening organically from the time she was 6. In 1981, after homesteading in SW Ontario for 5 years, she bought her farm (Ravensfield) in Maberly ON., where she tends to the needs of pigs, goats, chickens and a 1 acre market garden. She has been a vendor at Kingston Public Market since 1989. Her interests in soil processes and bioremediation have lead her to biodynamics and the farm is Demeter certified. Titia loves delving deeply into the theories of plant, soil, animal and human nutrition and how we apply our growing understanding to our work as farmers. She has happily shared whatever knowledge and insight she has gained, offering it through apprenticeships, public speaking, courses and workshops throughout the years.

Where do farmers fit into climate change? On the one hand we are told that agriculture contributes a significant proportion of global GHGs. On the other hand the processes of farming present golden opportunities to sequester carbon. Furthermore, farmers are on the front line of damage from climate change.

Every farmer needs to be well versed in the discussion of climate change. We need to know what to do. Also, we need to know what to say, since activism/education is important in sharing the farm perspective with the general public.

This workshop starts with a brief overview of what's being said and how we got here. Then we turn to some serious audience participation to discuss detailed techniques to mitigate damage on our farms and to tip the carbon emissions/sequestration balance in the right direction.

NOTES:

[illegible]

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LIVESTOCK

Grazing Management from the Plants Perspective



Presenter: **Sarah Flack**

www.sarahflackconsulting.com

Sarah Flack is the author of *The Art and Science of Grazing* and *Organic Dairy Production*. She is a consultant specializing grass based and organic livestock production and known for her public speaking, workshops, books and numerous articles and fact sheets on a range of agricultural topics. She grew up on a family farm in Vermont, which used high stock density management intensive grazing (called "mob stocking" back then) to successfully improve the productivity and ecological health of the land and livestock. She later studied Holistic Planned Grazing as well as the science behind pasture management in graduate school.

Sarah's approach in her consulting, writing and teaching is to empower farmers to create their own individualized management systems that can work successfully for them, their farm and family goals. In this practical and comprehensive approach to farm management, the planning and design process always include consideration of livestock wellbeing, plants, soils, water quality, farm labor, farm profitability and farm family goal.

Her focus is on helping to create more farms with good organic and grass-based management systems, which allow farmers to create positive change in their landscapes, livestock, check book and farm family quality of life. She works with dairy, beef, sheep, and goat farms, and is experienced with both organic and non-organic farming systems.

What can we learn from studying grazing systems which have been successful for decades? What do the plants in your pastures need so they can thrive, and become more productive and higher quality over time? How can we use higher or lower stocking densities, taller or shorter pre-grazing heights and decisions on how long to leave livestock in the paddock and how short to let them graze it as tools to improve pastures so we can avoid expensive inputs and reseeding? This session will look at the practical application of basic guidelines of good grazing management and pasture ecosystem monitoring, based on plant physiology and soil health.

NOTES:

This image shows a single sheet of white paper with ten horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Grazing Management from the Livestock Perspective



www.sarahflackconsulting.com

What are the nutritional and behavioral needs of cows, sheep and goats? How can we use that knowledge to design grazing systems which make it easier to maximize pasture intake by the herd or flock? This session will include information on how to measure available dry matter in the pasture, and calculate acreage needs for the herd or flock. We will look at how different pre-grazing heights and post grazing residuals change the nutritional quality of what livestock are able to graze, and how that changes their ability to meet their intake requirements. We'll look at photos of both pastures and livestock and review monitoring methods so we are able to be sure our grazing systems are working the way we want them to meet needs of the plants and the livestock.

[illegible]

LIVESTOCK

The Effects of Grassland Management on Wild Bees in Rotationally Grazed Pastures



Presenter:

Kyra Lightburn,
University of Guelph PhD candidate

Kyra Lightburn is a PhD student at the University of Guelph conducting research in both the Department of Plant Agriculture and the School of Environmental Sciences. Her thesis is focused on understanding wild bee response to pastureland management, biodiversity and habitat resources for maximum population conservation in Ontario agricultural landscapes. She holds a Bachelor of Science in Organic Agriculture from the University of Guelph and a Bachelor of Arts from McGill University. In addition to her thesis work, Kyra is a research assistant of the Arrell Institute's Food From Thought Program where she is focused on how to maximize sustainable consumer dietary protein choices from plant, animal and insect sources in collaboration with Maple Leaf Foods. She has previously been employed as an agricultural science communicator, publishing articles in Milk Producer Magazine, Ontario Grain Farmer, Benchmark Magazine and Ontario Sheep News, as part of the Students Promoting Awareness of Research Knowledge (SPARK) in the University of Guelph's Office of Research. Originally hailing from Vancouver Island, British Columbia, Kyra seasonally planted trees and subsequently, worked as a reforestation company foreperson in British Columbia and Northern Alberta for 13 years to fund her educational pursuits.

There are global reports of pollinator declines, including the communities of native bee species that provide critical pollination services to both agricultural crops and wild plant communities. Historically the extensive native grasslands of North America were havens for pollinators, but much of these habitats have been lost. Management of remaining grasslands, including agricultural pasture and rangeland, must therefore be considered from the perspective of pollinator conservation. However, there is currently a lack of information about which practices might conserve pollinator communities under grazing pressure, and on pollinator biodiversity in non-native pastures in North America.

This workshop will discuss:

- 1) Wild bee biodiversity found in local Ontario agricultural landscapes, along with the role of pastures, rotational grazing and forage species in supporting bee biodiversity;
- 2) My own research regarding understanding how management such as organic and non-organic management and grazing intensity influences bee biodiversity in pasture systems, and
- 3) Strategies, or take home messages, for farmers hoping to optimize support for wild bees in their systems. The goal of researching and developing greater understanding of bees in pastureland is to pro-actively preserve the pollination services resulting from pastures and forage crops to benefit food production capacity in shared landscapes.

By improving the knowledge of the resources and management strategies that best boost specific species populations in their preferred habitat-types, this knowledge will be foundational to future research for crucial habitat creation in other agro-ecosystems.

Eco Farm Days 2019

TALK WITH YOUR MOUTH FULL

DINNER, CASH BAR AND APPETIZERS

Saturday Feb. 23, 5:15 pm

St. Lawrence Ballroom

Talk with Your Mouth Full with Récolte! On the menu:

- Ideas for collective, community-based initiatives
- Working together to better our regional food ecosystem
- Fostering collaborations between members of your food community

Tickets \$25 at the door; limited spaces available

CARREFOUR ECOFERME 2019

PARLER LA BOUCHE PLEINE

DÎNER, BAR PAYANT ET AMUSE-GUEULES

Le samedi 23 février 17h15

St. Lawrence Ballroom

Parlez la bouche pleine avec Récolte! Au menu :

- Idées d'initiatives collectives et communautaires
- Travailler ensemble pour améliorer notre écosystème alimentaire régional
- Favoriser les collaborations entre les membres de votre communauté alimentaire

Billets 25\$ à la porte; nombre de places limité

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www.earthhavenlearning.ca

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Fleming College flemingcollege.ca

FreshSpoke freshspoke.com

Front-Link Inc. www.frontlinkinc.com

Heritage Livestock Club of Eastern Ontario
www.heritagelivestockclub.com

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Ontario Soil and Crop Improvement Association
ontariosoilcrop.org

Organic Council of Ontario www.organiccouncil.ca

ProCert Organic Systems Ltd. www.pro-cert.org

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SUNDAY PROGRAM

Join us for one of these full day workshops, 9:00am to 4:00pm

– 1 –

Farming with Lean: How to Earn a Comfortable Living with Less Waste and Work

This workshop is practical, with participatory exercises so participants go home with a real plan to implement lean on their farms.

In this workshop, **Ben Hartman**, author of *The Lean Farm* and *The Lean Farm Guide to Growing Vegetables*, will explain powerful concepts from the Japanese lean system that prevent burnout and increase profits with less waste and work. The morning is geared toward any size and type of farm, and focuses on lean principles for efficient production.

The afternoon is geared toward market growers, covering lots of production techniques and tips. Ben will provide examples of lean at work on Clay Bottom Farm, in northern Indiana, where he and his wife earn a comfortable living from 1/2 acre of cultivated land working less than 35 hours per week.

MORNING topics covered include:

- Organizing workspaces with 5S
- *Genchi gembutsu* (close observation) to precisely identify value
- The 7 types of farm *muda* (waste)
- *Kaizen* (continuous improvement) on a farm

AFTERNOON topics covered include:

- Lean crop planning
- Leaning up bed preparation
- No-weed farming
- Lean compost-making
- Lean production of tomatoes, salad green, carrots, and more

– 2 –

Successful Biological Orcharding

Fascinating biological connections make for a healthy orchard ecosystem. All insect pests and fruit tree disease – whether fungal or bacterial – have launching points and particular timing. Healthy trees address these challenges first and foremost from within. Growers utilizing an ongoing investment in soil nutrition and biodiversity set the stage for gentler organic sprays to grow a successful fruit crop. The challenges you face at your locale will become far more manageable as you build a holistic system that keeps trees and berry plantings healthy from the get-go. We'll wrap up this day with important marketing perspective for selling the good fruit.

*Join us for a FREE discussion
Sunday morning
9:00–11:00 am*

Ontario Organic Updates: Organic Regulation, Check-Off, Inputs and Data

WITH

**Carolyn Young, Executive Director
of the Organic Council of Ontario**

See page 21 for details.

Eco Farm Day 2019: The Small Stuff that Counts

Sunday, February 24, 2019

**Please note: Schedule subject to change*

Registration			
8:00 – 9:00			
9:00 – 12:00	Intensive Workshop 1 Ben Hartman Farming with Lean: How to Earn a Comfortable Living with Less Waste and Work <ul style="list-style-type: none"> Organizing workspaces with 5S Genchi Gembutsu (close observation) The 7 types of farm mitsa (waste) Kaizen (continuous improvement) on a farm 	Intensive Workshop 2 Michael Phillips Successful Biological Orcharding	Focus Group (9:00 – 11:00) Carolyn Young, Organic Council of Ontario Ontario Organic Updates: Organic Regulation, Check-Off, Inputs and Data *This session is FREE
12:00 – 1:00	Lunch		
1:00 – 5:00	Ben Hartman Market Gardening with LEAN (continued) <ul style="list-style-type: none"> Lean Crop Planning Leaning up bed preparation <ul style="list-style-type: none"> No weed farming Lean compost making Lean production of tomatoes, salad greens, carrots and more 	Michael Phillips Successful Biological Orcharding (continued)	
Conference Closed			

TALK WITH YOUR MOUTH FULL

Meet, share and celebrate!

Saturday, Feb. 23 – 5:15 pm – St. Lawrence Ballroom – \$25/door



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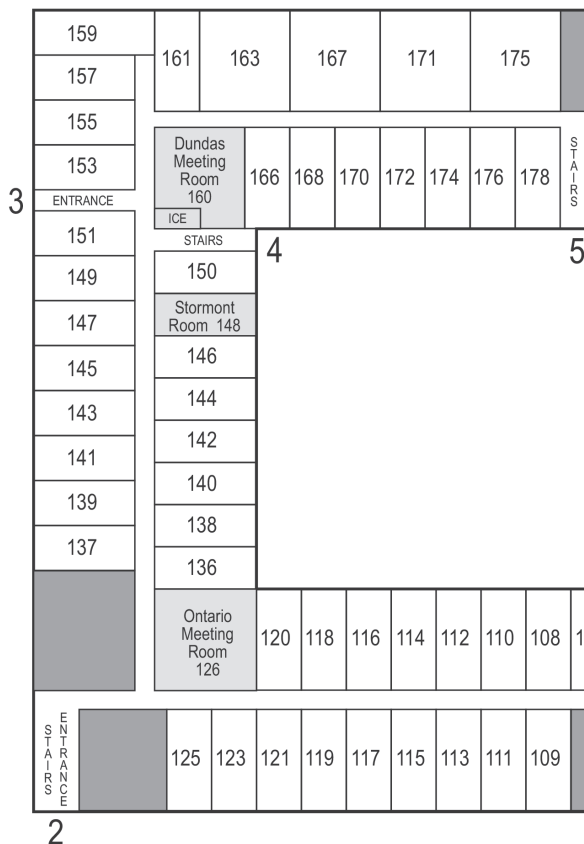
PARLER LA BOUCHE PLEINE

Faire des rencontres, discuter, et célébrer!

Le samedi 23 février – 17h15 – St. Lawrence Ballroom – 25\$ à la porte

Voir les détails en
page 28.

See page 28
for details.



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