



carolina farm
stewardship association



41st
ANNUAL

OCT. 30 - NOV. 1
WINSTON-SALEM, NC

Sustainable Agriculture Conference

Cultivated for the Carolinas. Rooted in Community.

Welcome to the Carolina Farm Stewardship Association’s 2026 Sustainable Agriculture Conference!

Dear Friends,

Welcome to the 2026 Sustainable Agriculture Conference!

Our CFSA team has planned an excellent agenda of workshops, social activities, and networking opportunities for you to enjoy this festive fall weekend, inspired by the season and by being back in beautiful Winston-Salem, the “City of Arts and Innovation.”

The history of the local food and sustainable agriculture movement is full of leaders who have embodied these ideals of innovation and creativity – multidisciplinary thinkers and doers of all backgrounds and specialties, quiet heroes on farms and in communities, driven as we still are today by a commitment to people and planet.

One such quiet hero was author and environmentalist Wendell Berry, whose passing this summer was a great loss for our community. From his Kentucky farm, Berry wrote moving and important works on rural life and sustainable agriculture, and those issues he took up in his writing are those we’ll explore here at the Sustainable Agriculture Conference: the critical importance of sustaining small independent farms, how to build vibrant, thriving food systems and communities, and our inherent responsibility to protect and steward the land.

The CFSA team and I hope you’ll take this weekend as an opportunity to connect with your fellow innovators, stewards, creatives, and changemakers – familiar faces and new friends alike – and find inspiration and encouragement in our collective efforts to advance sustainable agriculture and local food.

Thanks for being here.

Sincerely,



Roland McReynolds
CFSA Executive Director

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ABOUT THE COVER ART

This year’s featured conference program cover art, “A World Beneath the Dandelions,” is courtesy of Kaitlin Thomas, illustrator and designer based in Charlotte, NC. Find her work: <https://www.kaitlin-thomas.com>.

PROGRAM CHANGES

Sometimes, last-minute changes to the conference program happen after printing. Scan the QR code to check the digital program for the most up-to-date and accurate information available, and ask any questions you may have at the Registration Desk or the CFSA booth in the Trade Show.



CFSA strives to offer a broad range of educational opportunities and resources to advance sustainable agriculture and local food systems in the Carolinas. The inclusion of session topics, speakers, exhibitors, products or services does not imply endorsement.

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We want to hear from you! CFSA 2026 Annual Farmer & Farm Worker Survey Now Open

CFSA is collecting information from farmers, farm workers, and interns/apprentices across the Carolinas to better understand the opportunities and challenges facing farm businesses today.

<https://bit.ly/cfsa-2026-annual-farmer-survey>

Survey results will help inform CFSA's educational programs, technical assistance, farmer services, policy and advocacy initiatives, and member services. *Individual responses will remain confidential.*

As a thank-you for participating, **respondents who complete the survey by November 30, 2026, will be entered into a drawing for a chance to win one of two \$100 Visa gift cards.**



Conference Schedule At-a-Glance

Friday, October 30th Pre-Conference Activities	Saturday, October 31st Benton Convention Center	Sunday, November 1st Benton Convention Center
Full-Day Workshop Scaling Up Market Gardens: Year-Round Production & Marketing for Direct-to-Consumer and Wholesale Success <i>Fair Share Farm, 9 am - 3 pm</i>	Registration & Check-In <i>Main Entrance Foyer</i> 7 am - 5 pm Trade Show; Seed & Plant Exchange; Bookstore <i>Winston Ballroom 1&2</i> 7:30 am - 5 pm	Registration & Check-In <i>Main Entrance Foyer</i> 7 am - 12 pm Trade Show; Seed & Plant Exchange; Bookstore <i>Winston Ballroom 1&2</i> 7:30 am - 12 pm
Half-Day Morning Workshops The Art of Boutique Farming <i>Green Heffa Farms, 9 am - 12 pm</i> Building Soil Health at Scale: Cover Crops for Broad Acreage Systems <i>NC A&T State University Farm,</i> <i>9 am - 12 pm</i>	Coffee and breakfast 7:30 - 9 am <i>Winston Ballroom 1&2</i> Workshop Session A 8:30 - 9:45 am Workshop Session B 10:15 - 11:30 am Midday Break 11:30 am - 1:30 pm Workshop Session C 1:30 - 2:45 pm Workshop Session D 3:15 - 4:30 pm Networking Meetups 5:15 - 6 pm Local Sip & Snack Reception 5 - 7 pm <i>Salem Hallway</i>	Coffee and breakfast 7:30 - 9 am <i>Winston Ballroom 1&2</i> Workshop Session E 8:30 - 9:45 am Workshop Session F 10:15 - 11:30 am Local Food Luncheon & Keynote Panel 12 - 1:30 pm <i>Salem Ballroom 2</i> <i>Tickets required</i>
Half-Day Afternoon Workshops Transforming Empty Spaces Into Productive Green Spaces <i>Growing High Point, 1 - 3:30 pm</i> On-Farm Seed Saving in the Southeast <i>Wake Forest University Campus</i> <i>Garden, 1 - 4:30 pm</i> Growing Knowledge: Advancing Agriculture Through On-Farm Research <i>Kordick Family Farm, 1 - 4:30 pm</i> CFSA Advocacy & Leadership Seminar <i>Miracle Grounds Farm, 1 - 6 pm</i>	<i>Remember to turn back your clocks! Daylight saving time ends overnight.</i>	<i>Food and Meals: The conference includes locally-sourced breakfasts on Saturday and Sunday and a Local Sip & Snack Reception on Saturday evening. Sunday's Local Food Luncheon & Keynote Panel is a ticketed event. CFSA thanks Kris Reid of Slow Food USA for serving as the Sustainable Agriculture Conference's Food Coordinator.</i>

Local Food Luncheon & Keynote Panel:

Real World Climate Resilience: Putting Values into Action in Food and Farming

Sunday, November 1 | 12 - 1:30 pm | Salem Ballroom 2 | Tickets Required

Facilitator: Christina Cooke, Civil Eats

Panelists: Bonnetta Adeeb, Ujamaa Farming Cooperative & Ujamaa Seeds; Jennifer Lapidus, Carolina Ground;
 Laura Lengnick, Cultivating Resilience, LLC; Noah East, Wild East Farm

How can we all cultivate climate resilience no matter where we stand in the food system? A panel of diverse food and farming business owners share how they use resilience thinking to drive their decisions, navigate barriers, and create solutions that enable the agroecosystems they call home to adapt, learn, and thrive amid change. Together, the group considers what their real-world experiences can teach us about moving from values to action to cultivate climate-resilient businesses, communities, and food systems.

Conference Activities

Southeastern Seed & Plant Exchange

Sat, 10/31 & Sun, 11/1 | Winston Ballroom 1&2

Long-time seed-saving champions Doug Jones, Lee Barnes, and Anthony Harris are hosting the Southeastern Seed & Plant Exchange. Bring your seeds to share, discover new plants to grow, and take home something new! When donating seeds, please provide the following information to help others successfully grow and enjoy your donation: *Variety Name and Plant Category; Year Harvested; Special Traits, Uses, etc.; and Special Growing Suggestions.*

Conference Bookstore

Sat, 10/31 & Sun, 11/1 | Winston Ballroom 1&2

Visit the official conference bookstore hosted by independent, Asheville-based vendor Cuentos y Cafe BIPOC Bookstore. At the bookstore, you'll find a curated collection of titles on soil health, seed saving, sustainable farming practices, gardening, homesteading, herbal medicine, and beyond.

Butternut Squash Showcase

Sat, 10/31 | 11:30 am - 4 pm | Winston Ballroom 1&2

Hosted by the Utopian Seed Project. Sample squash varieties trialed and grown for the Southeast.

Meet the Authors + Book Signing

Sat, 10/31 | 11:45 am - 12:15 pm | Winston Ballroom 1&2

Meet & greet and book signing with featured authors Chris Smith, Jeff Poppen, Katherine & Christopher Parker, and Laura Lengnick at the conference bookstore. Books available for purchase; purchasing in advance of the book signing is encouraged to minimize wait times.

Saturday Networking Meetups

Sat, 10/31 | 5:15 - 6 pm | Various

Connect with fellow conference attendees and dig into topic- and affinity group-specific conversation at one of this year's five Saturday Networking Meetup options. See *adjacent column* for descriptions and locations of each.

Local Sip & Snack Reception

Sat, 10/31 | 5 - 7 pm | Salem Hallway

Sponsored by the Rodale Institute and Hipcamp

All conference attendees are invited to the Local Sip & Snack Reception, an informal networking social at the end of Saturday programming. Mingle and enjoy complimentary refreshments and drinks featuring locally-sourced ingredients. *Costumes welcome.*

Sunday Closing Lunch & Keynote Panel

Sun, 11/1 | 12 - 1:30 pm | Salem Ballroom 2

Enjoy a locally-sourced lunch and an engaging panel discussion focused on climate resilience in the food and agriculture system. *Tickets required. See opposite page for full description.*

Saturday Networking Meetups

Policy Isn't Scary!

Saturday, 10/31 | 5:15 - 6 pm | Salem 3-A

Join CFSA's policy team to learn about state and national policy issues, share any issues you're encountering on the ground, and network with each other. This meetup is for everyone, from policy newbies to policy pros!

New Opportunities for Farmers: Advancing Markets for Producers & Climate Resilience Planning

Saturday, 10/31 | 5:15 - 6 pm | Salem 3-C

Join CFSA, Pasa, and Rodale Institute staff to learn about two initiatives strengthening farm viability across the Carolinas. Discover how the Advancing Markets for Producers program supports business growth, market expansion, and conservation, and how CFSA's Climate Resilience Planning Initiative helps farmers manage risks and build long-term resilience. Ideal for producers looking to grow their markets and strengthen climate-smart operations.

Farmer Veterans Meetup

Saturday, 10/31 | 5:15 - 6 pm | Winston 3-C

Join Kara Rutter, president of Project Victory Gardens, and Matt Rutter, chapter president of the Farmer Veteran Coalition of South Carolina, for an informal meetup to learn more about programs for service members transitioning into agriculture and connect with other farmer veterans in the Carolinas.

Food Hubs Meetup

Saturday, 10/31 | 5:15 - 6 pm | Salem 1-A

Are you a food hub staff member, or do you want to learn more about food hubs around the Carolinas? Join Laney Baker from High Country Food Hub and Stefanie Jaeger from Local Food Marketplace for a networking event to meet other food hub staff and learn about resources that support them.

Certified Naturally Grown Networking & Interest Meeting

Saturday, 10/31 | 5:15 - 6 pm | Winston 3-A

Join Erin Torgerson, programs coordinator and certification specialist for Certified Naturally Grown (CNG), for an informal gathering to connect with CNG growers, swap stories, share resources, and learn more about the program. This is a great opportunity to meet CNG farmers and ask questions about the program requirements, cost, standard, and certification process.

Grow Your Agritourism Business with Farm Stays

Saturday, 10/31 | 5:15 - 6 pm | Hipcamp Campsite

Join Hipcamp for an intimate gathering to learn how easy it is to welcome campers to your land. Whether you operate a working farm or ranch—or simply have a few beautiful acres you've dreamed of sharing—we'll help you get started. North and South Carolina are two of Hipcamp's most in-demand markets for farm stays. Come learn how your land can benefit!

	SESSION A SAT 8:30-9:45 AM	SESSION B SAT 10:15-11:30 AM	SESSION C SAT 1:30-2:45 PM
WINSTON 3-A	Connecting Farms and Institutions, Part 1: Practical Guides and Strategies	Connecting Farms and Institutions, Part 2: Lessons from the Field	Increasing Farm Income & Economic Resilience with Diversification
WINSTON 3-B	Is Soy-Free For Me? Making Informed Feed Decisions	Tips and Tricks for Selling at a Farmers Market: A Self-Guided Tour of Cobblestone Market <i>This session meets offsite at the Cobblestone Farmers Market downtown: 1007 Marshall St SW</i>	Why Livestock Systems Struggle Under Stress: Identifying Hidden Losses on Real Farms
WINSTON 3-C	Barriers and Opportunities for AI Adoption on Small Farms	SNAP Benefits Authorization: Reach New Customers and Strengthen Local Economies	Grow Your Small Farm Online
SALEM 1-A	Growing Together: Care Farming's Model for Health, Well-Being, and Belonging	Organic and Food Safety: Friends, Foes, or Frenemies?	Building Equitable Food Access: Partnerships, Choice, and Community
SALEM 1-B	Farm Bookkeeping 101	Reclaiming Cultural Foodways	Coffee & Chores: Practical Care Farming for Real Working Farms
SALEM 1-C	A Seed Collective Toolkit	Trees for Bees	Extending the Season with Slow Food
SALEM 2	Diversified Farming in Practice, Part 1: Market Gardening, Pastured Poultry, and Agroforestry Design and Management	Diversified Farming in Practice, Part 2: Economics and Cash Flow Planning	Urban Farming Roundtable: What's Working, What's Challenging?
SALEM 3-A	Exploring Agritourism for Every Farm	Five Steps to Climate Resilience, Part 1: A Workbook for Farmers	Five Steps to Climate Resilience, Part 2: What is Your Climate Risk?
SALEM 3-B	Marketing to the Next Generation: Reaching Gen Z with Authentic Storytelling	Farm First Aid: CPR and Severe Bleeding Control	Crop by Crop, Part 1: Managing & Tracking a Diversified No-Till Market Garden
SALEM 3-C	Mushroom Cultivation Made Simple	Spring Starts in Fall: Growing Cool-Season Flowers for Early Blooms	High Tunnel Automation: Better Yields, Less Stress

	SESSION D SAT 3:15-4:30 PM	SESSION E SUN 8:30-9:45 AM	SESSION F SUN 10:15-11:30 AM
WINSTON 3-A	Sustainable Food Systems Careers & Pathways	The Wonder of Wool: Potential in Pellets	Growing Customers with Your Farm Story
WINSTON 3-B	What Actually Works: Practical, Low-Cost Strategies to Improve Livestock Resilience	Simple Farm SOPs That Actually Work	Spreadsheets for Success: Small Farm Recordkeeping That Pays Off
WINSTON 3-C	Conducting On-Farm Research: Takeaways from a Farmer-Led Trials Program	Leasing Farmland 101: Tips for New Farmers and Landowners	Tools for Farmland Retention in Your Community, County, & State
SALEM 1-A	From Onboarding to Growth: How Food Hubs Can Build Producer Success	Building to Meet the Need: Practical DIY Structures for Small Farms	Choosing the Best Certification for Your Farm Operation
SALEM 1-B	From Partnerships to Impact: Nonprofit Strategies for Stronger Food Systems	Growing Change: How to Engage in Policy Advocacy in the Food and Farm System	Farming Beyond the Bottom Line: Insights from Post-Capitalist Entrepreneurs
SALEM 1-C	Reading the Trees: Demystifying the Forestry in Agroforestry	Community Seed Selection & Regional Adaptation	Stewarding the Next Generation: On-Farm Opportunities for Students
SALEM 2	Yes, And...: Improving Employee Training with Improv!	Increasing Farm Profitability Through Pollinator Conservation	Agritourism Partnerships: Collaborative Strategies for Farms & Tourism Partners
SALEM 3-A	Irrigation Without Water: Dry Farming Techniques for Market Gardens	Principles of Contour Lines Agroforestry	Connecting Local Food Systems and Healthcare: Practical Strategies for Farms, Food Hubs, and Community Partners
SALEM 3-B	Crop by Crop, Part 2: Planning, Production, Pricing, and Profitability	Setting Up an Integrated Pest Management (IPM) Plan	Plastic-Free Market Gardening
SALEM 3-C	Native Plants for the Vegetable Garden	Organic High Tunnel Tomato Production	It's Not Just Dirt: Why Your Crops Need Fungi to Thrive

Workshop Descriptions

Workshop Session A | Saturday, 8:30 – 9:45 am

Connecting Farms and Institutions, Part 1: Practical Guides and Strategies | Winston 3-A | *Sponsored by the Center for Environmental Farming Systems*

Dara Bloom, Liz Driscoll, Trevor Hyde, Robyn Stout, & Ella Zalewsky, NC Cooperative Extension & NC State University; Gabe Cumming, Working Landscapes; James Keaten, Durham Public Schools; Cindy Marion & Gary Gay, NC Department of Public Instruction

The new NC Farm to Institution Network walks through practical strategies for farmers to expand and diversify their businesses by selling to local institutions such as child care centers, schools, universities, senior services, and hospitals. Session leaders share new Farm to Institution guides outlining step-by-step processes for each market, along with practical templates and resources, and explain how to contact institutions, navigate procurement processes, and establish reliable market channels.

Is Soy-Free for Me? Making Informed Feed Decisions | Winston 3-B

Alyssa Atwater, Resaca Sun Feeds

This presentation explores whether farms should use soy-based or soy-free feeds, helping farmers make informed feeding decisions based on financial and nutritional data. Topics include why farmers are avoiding soy in feeds, livestock nutritional needs, soy alternatives, costs of replacing soy, effects on growth and performance, and whether a corn- and soy-free diet impacts the end product.

Barriers and Opportunities for AI Adoption on Small Farms | Winston 3-C

Melanie Escue, University of North Carolina at Pembroke; Bryan Sales, Texas State University

This session offers attendees an immersive look into the applicability and accessibility of artificial intelligence (AI) tools for small farmers in North Carolina. In the first half, Melanie and Bryan present a case study from Robeson County, NC to illustrate the barriers to and opportunities for AI adoption for small-scale, underserved farmers. In the second half, attendees engage in various activities to brainstorm practical uses for AI technologies and how they could benefit small farms, such as addressing labor challenges and improving workflows.

Growing Together: Care Farming's Model for Health, Well-Being, and Belonging | Salem 1-A

Andrea Barnhart, Care Farming Network & Red Wiggler Care Farm; Rebecca Sorensen, Blawesome

Care farms blend therapeutic farming with social care, offering innovative support for people with diverse needs. This session highlights the benefits of care farming, the regional landscape, and how care farms serve as unique agricultural business models. Andrea and Rebecca share research on employing people with intellectual and developmental disabilities and offer insights from Red Wiggler Care Farm (Maryland) and Blawesome (North Carolina) on neurodiverse-inclusive models.

Farm Bookkeeping 101 | Salem 1-B | *Sponsored by Good Agriculture*

Alex Locklear, Good Agriculture

The business side of farming can overwhelm even experienced growers. This session guides farmers through setting up their books, tracking income and expenses, reading key financial reports, and avoiding common pitfalls. Farmers leave with practical steps to stay organized, prepare for tax season, and clearly see their farm's financial standing.

A Seed Collective Toolkit | Salem 1-C | *Sponsored by Sow True Seed*

Chris Kieve & LuAnna Nesbitt, Utopian Seed Project

In 2023, Utopian Seed Project supported the formation of the Appalachian Growers Seed Collective (AGSC), a group of farmers growing and selecting regional seed crops, using shared equipment, and cooperatively selling and distributing seed packets. In this session, AGSC members share the successes and challenges of the project and present a toolkit for collectively organizing around seed saving, growing, and breeding. The toolkit draws on AGSC's experiences, farmer feedback, and other seed collectives.

Diversified Farming in Practice, Part 1: Market Gardening, Pastured Poultry, and Agroforestry Design and Management | Salem 2 | *Sponsored by Johnny's Selected Seeds*

Noah East, Wild East Farm

This workshop uses Wild East Farm as a case study to outline the farm's core enterprises and their practical management. Noah walks through how each enterprise operates throughout the season, how management decisions are made, and why systems are structured as they are. The focus is on the practical execution of diversified farming: what is grown and raised, how work is organized, and the reasoning behind operational choices across enterprises.

Workshop Session A Cont. | Saturday, 8:30 – 9:45 am

Exploring Agritourism for Every Farm | Salem 3-A | *Sponsored by Hipcamp*

Kara Rutter, Project Victory Gardens; Derek Garrett, Elf Leaf Farm; Valarie Jarvis, Jireh Family Farm; Ali Devereaux, Hipcamp
Agritourism takes many forms, from private group tours to large-scale events. The best approach for any farm depends on the farmer's desired level of involvement, interaction with guests, site location, capital investment, and time commitment. This workshop guides attendees through a range of agritourism opportunities, from "entry-level" camping experiences to managing a U-pick operation, hosting poultry processing classes, and running a kids' summer camp. Farmers and agritourism experts share best practices for assessing your farm's readiness for agritourism and outline the next steps to ensure lasting success.

Marketing to the Next Generation: Reaching Gen Z with Authentic Storytelling | Salem 3-B | *Sponsored by the South Carolina Black Farmers Coalition Foundation*

Caroline Lewis, The Farmer's Feed

Gen Z consumers are reshaping how people discover and support farms, food businesses, and local brands. This session explores how younger consumers' values around transparency, authenticity, sustainability, and community connection influence purchasing decisions and trust. Attendees learn practical storytelling and marketing strategies to better connect with younger audiences, communicate their values, and strengthen long-term customer relationships and farm viability.

Mushroom Cultivation Made Simple | Salem 3-C

Megan Deaton, Mushroom Mountain

This session introduces participants to low-tech, scalable methods of mushroom cultivation suitable for farms of any size. Megan explains how mushrooms grow, what they need to thrive, and three practical techniques you can integrate into your farm or garden. Participants leave with clear, actionable steps to start production—no specialized equipment required!

Workshop Session B | Saturday, 10:15 – 11:30 am

Connecting Farms and Institutions, Part 2: Lessons from the Field | Winston 3-A

Dara Bloom, Liz Driscoll, Trevor Hyde, Robyn Stout, & Ella Zalewsky, NC Cooperative Extension & NC State University; Gabe Cumming, Working Landscapes; James Keaten, Durham Public Schools; Cindy Marion & Gary Gay, NC Department of Public Instruction

In Part 2 of this workshop, participants join breakout groups to learn more from network leaders and ask questions specific to each institution type. Experienced farm-to-institution and food systems professionals—a farmer, a food hub manager, an institutional buyer, and technical assistance providers—lead the groups, sharing how they got started and lessons learned along the way.

Tips and Tricks for Selling at a Farmers Market: A Self-Guided Tour of Cobblestone Market | Meets Offsite

This session meets at the Cobblestone Farmers Market at 1007 Marshall St SW, in downtown Winston-Salem. It is 1.3 miles from the Benton Convention Center—approximately a 5-minute drive or 30-minute walk.

Maggie Funkhouser, NC Farmers Market Network (NCFMN); Salem Neff, Cobblestone Farmers Market

Designed for new and prospective vendors, this workshop is a self-guided tour of Cobblestone Farmers Market and looks at successful market booth setups. Participants receive a handout at the entrance and have the opportunity to explore and reflect on what makes an engaging and educational setup, including design, signage, product display, and customer engagement. The guide offers information on regulatory compliance, pricing strategies, and building customer loyalty, empowering farmers to confidently launch or improve their market business. At the end, participants gather with NCFMN director Maggie Funkhouser to share what they noticed and learned before heading back to the main conference location. This session is designed for new and beginning farmers, as well as any farmer interested in farmers' markets.

SNAP Benefits Authorization: Reach New Customers and Strengthen Local Economies | Winston 3-C

Jocelyn Tidwell, MarketLink

Led by a former farmer, this interactive workshop explains how to obtain SNAP Retailer Authorization, navigate the new SNAP Online process, and access MarketLink grants, which provide free equipment for SNAP transactions. The session also shares strategies and free resources to grow your SNAP sales after authorization, helping you reach more customers and expand access to fresh food for those using nutrition benefits.

Workshop Session B Cont. | Saturday, 10:15 – 11:30 am

Organic and Food Safety: Friends, Foes, or Frenemies? | Salem 1-A | *Sponsored by the Rodale Institute*

Billy Mitchell, University of Florida

Adhering to both organic and produce safety practices can seem overwhelming, but many steps—such as soil amendments, cleaning processes, water management, and recordkeeping—support both. In this session, a farmer shares how they harmonize organic and food safety practices. Billy guides attendees in using templates to develop an Organic System Plan that aligns with a food safety plan, and discusses where the two may differ.

Reclaiming Cultural Foodways | Salem 1-B

Shy Palmer, Kiara Jackson, Kenya Joseph, & Glenda Polanco, Reclamation FARMacy

Food sovereignty is about more than food access: it is about culture, identity, land, and the right of communities to shape their own food systems. This session explores how dominant nutrition narratives often overlook traditional cultural foodways and ancestral knowledge. Through storytelling and discussion, participants examine how power and culture shape ideas of “healthy eating” and explore ways to build more equitable, culturally responsive food systems rooted in resilience and community care.

Trees for Bees | Salem 1-C

Nancy Lee Adamson, Wild Bee Plantings

Flowering trees and shrubs provide nectar, pollen, and nesting habitat for a wide range of bees and other wildlife, supporting farm health. Trees help reduce heat stress, and both shrubs and trees can generate income through fruit, nuts, ornamental cuttings, seed stock, or other products. They also provide essential shade for livestock. In this program, Nancy highlights native woody plants that are easy to establish, require minimal maintenance, and support bees, butterflies, and other pollinators.

Diversified Farming in Practice, Part 2: Economics and Cash Flow Planning | Salem 2

Noah East, Wild East Farm

This workshop builds on Part 1 to examine the financial side of diversified farm systems. Noah explores how different enterprises generate cash flow throughout the season, how labor structure translates into economic outcomes, and how to build simple financial models that reflect operational realities. Participants learn to evaluate the enterprise mix, separate personal and farm finances, and test farm design decisions using practical cash flow planning tools.

Five Steps to Climate Resilience, Part 1: A Workbook for Farmers | Salem 3-A | *Sponsored by Rimol Greenhouse Systems*

Laura Lengnick, Cultivating Resilience, LLC; Karen McSwain, Carolina Farm Stewardship Association

Attend this session if you want to improve your management of weather-related risks on your farm using new planning practices rooted in resilience thinking. Laura presents an overview of an adaptive whole farm planning guide, Five Steps to Your Regenerative Climate Resilience Plan: A Workbook for Farmers, and shares examples of how leading sustainable farmers and ranchers growing food in the Southeast and beyond have used the practices included in the guide to promote the climate resilience of their operations. Although this session is focused on managing weather-related risk, Five Steps resilience planning can be used to manage any kind of agricultural risk. You can view and download a free copy of the Five Steps guide at regenerativefarmresiliencguide.org.

Farm First Aid: CPR and Severe Bleeding Control | Salem 3-B

Alyssa Spence, NC Agromedicine Institute

Emergencies on the farm can happen in seconds. This hands-on workshop prepares farmers and farm family members to respond to life-threatening injuries before help arrives. Participants learn basic CPR, severe bleeding control, and practical first aid skills relevant to farm environments, including how to respond to equipment injuries and other common farm emergencies. Participants who complete the training receive Stop the Bleed certification.

Spring Starts in Fall: Growing Cool-Season Flowers for Early Blooms | Salem 3-C | *Sponsored by Juneberry Ridge*

Lindsey Poe, Poe Family Farm

Discover the beauty and resilience of “cool flowers” – varieties that thrive when planted in fall for early spring blooms in the Southeast. Lindsey shares ideal planting timelines, winter protection strategies, and her favorite easy-to-grow varieties, such as tulips, ranunculus, anemones, snapdragons, larkspur, bells of Ireland, and more! With over 12 years of experience growing specialty cut flowers, Lindsey offers practical tips to help your cool-season blooms flourish.

Workshop Session C | Saturday, 1:30 – 2:45 pm

Increasing Farm Income & Economic Resilience with Diversification | Winston 3-A | *Sponsored by Farm Credit Associations of North Carolina*

Immanuel Jarvis, Jireh Family Farm

This workshop addresses the challenges small farmers face in earning a sustainable income exclusively from selling agricultural products, as well as the industry pressures that are making it increasingly difficult to do so. Immanuel explores how he has addressed these challenges at Jireh Family Farm through agritourism, value-added products, and the monetization of expertise to mitigate risk and build a resilient operation. Attendees gain practical tools, creative insights, and real-world examples to strengthen financial stability and resiliency in an ever-changing industry.

Why Livestock Systems Struggle Under Stress: Identifying Hidden Losses on Real Farms | Winston 3-B

Silvana Pietrosevoli, Leonor Salazar, & Antonio Landaeta, NC State University

Many livestock operations are already losing productivity due to heat stress, inconsistent forage, and increasing biological pressure, but these losses often go unrecognized until they become costly. This session helps producers identify where performance is breaking down in their own systems and introduces a simple, practical framework (Animals, Management, Environment) to guide better decisions under real-world conditions.

Grow Your Small Farm Online | Winston 3-C | *Sponsored by SCRA/SCSBDC*

Stan Kamithi, Tangaza.io; Tara Lynne Groth, Writer

This session provides step-by-step approaches to growing your small farm's online sales—no tech expertise required. Stan walks you through how to set up a Google Business Profile, build a simple social media presence, and start an email newsletter, all tailored for busy farmers. Tara Lynne breaks down how search engines and AI shape which farms customers find online, and shows you simple website fixes and tools to capture more local traffic.

Building Equitable Food Access: Partnerships, Choice, and Community | Salem 1-A

Kenya Joseph, Hearts & Hands Food Pantry; Jim Sander, Wildflower Lane Farm; Ashton Tippins, TABLE

As demand for food assistance grows and resources remain limited, it's more important than ever for food pantries, food banks, nonprofits, and small farms to work together in building equitable, sustainable food systems. In this session, speakers share partnership models that connect fresh, local produce to families while providing vital support for small farmers. Explore how full-choice access, client communication, and delivery programs can be designed to promote dignity and accessibility. Learn the importance of values-aligned collaboration, effective logistics, and building strong relationships with farms, food hubs, and community organizations. Attendees leave with practical strategies for creating food access programs that are client-centered, operationally sustainable, and rooted in community partnership—helping to strengthen local food systems and increase access to healthy food for all.

Coffee & Chores: Practical Care Farming for Real Working Farms | Salem 1-B

Matt Rutter, Project Victory Gardens

Coffee & Chores explores how farms and farmers can foster connection, create welcoming spaces, and build resilient communities through simple, low-pressure gatherings. Developed by Project Victory Gardens and piloted across 16 South Carolina farms, Coffee & Chores offers a practical, low-burden model that brings people closer to their food while reducing isolation and loneliness without requiring clinical infrastructure or extensive resources. Built on the idea of "Simple Work. Strong Coffee," Matt leads attendees through an interactive conference version of "Coffee and Chores" to illustrate that the concept is adaptable and can be applied to any farm.

Extending the Season with Slow Food | Salem 1-C

Kris Reid, Slow Food USA

In this interactive workshop, Kris leads participants through hands-on making of homemade pickles, fruit leathers, and kombucha—demonstrating the principles of Slow Food in action. Along the way, Kris illustrates how these preservation techniques embody Slow Food's three pillars: good (flavorful and culturally significant), clean (sustainable and healthful), and fair (supporting equitable food systems). The session also weaves in the history and modern relevance of the Slow Food movement, now in its fourth decade.

Urban Farming Roundtable: What's Working, What's Challenging? | Salem 2

Celine Richard & Biswanath Dari, NC A&T State University

Urban farming presents exciting opportunities to increase local food access and build connected communities and economies, but it also comes with unique challenges. This session begins with an overview of the Forsyth County Urban Farm School, an experiential training program that provides beginning urban farmers with hands-on technical production practice and applied business skills. Following the brief program overview, participants engage in a facilitated roundtable discussion exploring the opportunities and barriers facing urban and small-scale farms based on a national survey led by this team. Attendees are encouraged to share their experiences, perspectives, and ideas as we identify common needs and potential solutions to strengthen urban agriculture in our communities, and to participate in the survey. Farmer and non-farmer participants are encouraged to join and participate.

Workshop Session C Cont. | Saturday, 1:30 – 2:45 pm

Five Steps to Climate Resilience, Part 2: What is Your Climate Risk? | Salem 3-A | *Sponsored by SCRA/SCSBDC*

Laura Lengnick, Cultivating Resilience, LLC; Karen McSwain, Carolina Farm Stewardship Association

Attend this session if you want to learn more about how to prioritize weather-related risks to your farm operation and some resilience strategies used by diversified farmers in NC and beyond to effectively manage those risks. The focus of this session is on Step Two of the whole farm planning guide, Five Steps to Your Regenerative Climate Resilience Plan: A Workbook for Farmers. With the help of CFSA technical assistance staff, attendees create a climate risk snapshot of their operation and use it to select three to five climate risks to prioritize in their annual production and strategic farm planning. Attendees leave this workshop with a clearer understanding of how climate risk threatens your farm's success and real-world resilience strategies you can use to make progress toward your farming goals, no matter the weather. You can view and download a free copy of the Five Steps planning guide at regenerativefarmresilienceguide.org.

Crop by Crop, Part 1: Managing and Tracking a Diversified No-Till Market Garden | Salem 3-B | *Sponsored by Southern SARE*

Zak Young, Wild East Farm

Tracking crop performance enables informed decisions, both weekly and seasonally. This workshop examines how farmers can organize, value, assess, and adapt crops to meet the needs of the farm, market, and land, using diversified vegetable farming at Wild East Farm as a benchmark. Zak addresses the complexities of managing a wide range of crops and coordinating the people who grow them. Wild East is a mixed farm with an intensive market garden in addition to diversified livestock and perennial crop enterprises.

High Tunnel Automation: Better Yields, Less Stress | Salem 3-C | *Sponsored by High Mowing Seeds*

Brian Hannon, Rimol Greenhouse Systems

This workshop explores practical ways to improve crop quality, consistency, and yields in high tunnels with automation and environmental controls. Brian covers how ventilation, airflow, heating, and automation work together to reduce plant stress and create a stable growing environment. Topics include motorized rollup sides, ridge vents, HAF fans, and supplemental heat, with real-world examples of upgrades that boost productivity and reduce labor.

Workshop Session D | Saturday, 3:15 – 4:30 pm

Sustainable Food Systems Careers & Pathways | Winston 3-A | *Sponsored by Southern SARE*

Rowena Brown, UNC-Chapel Hill; Maggie Funkhouser, NC Farmers Market Network; Carlos Morales, NC Cooperative Extension - Wake County; Isabelle Brace, Duke Campus Farm

Sustainable agriculture and food systems offer countless pathways for involvement beyond organic production and land stewardship. Careers in this field rarely follow a straight line, and it's the variety of backgrounds and experiences among food systems professionals that makes this community so vibrant and resilient. This panel features speakers from across the sustainable agriculture spectrum who will discuss their unique career journeys, share insights into their daily work, and offer practical advice for those looking to get involved.

What Actually Works: Practical, Low-Cost Strategies to Improve Livestock Resilience | Winston 3-B | *Sponsored by Resaca Sun Feeds*

Silvana Pietrosevoli, Leonor Salazar, & Antonio Landaeta, NC State University

This session focuses on immediate strategies livestock farmers can implement to mitigate losses and increase resilience. Participants work through practical, low-cost strategies to improve reproduction, grazing management, and animal comfort. Using a guided resilience self-assessment, each participant identifies 2-3 realistic changes they can implement in their operation to reduce risk and maintain productivity.

Conducting On-Farm Research: Takeaways from a Farmer-Led Trials Program | Winston 3-C | *Sponsored by Southern SARE*

Rebecca Champagne, Organic Farming Research Foundation

The Farmer-Led Trials program, led by the Organic Farming Research Foundation (OFRF), has spent the past three years empowering farmers to design and conduct on-farm research that addresses their most pressing questions. In this session, Rebecca guides participants step-by-step through the research trial process, shares real-world examples from past farmers, and workshops ideas with attendees. She also leads participants through an interactive walkthrough of OFRF's Organic Research Hub and discusses how to use this open-access tool. Whether your focus is soil health, pest management, or new practices, you'll leave inspired and equipped to test solutions on your own farm.

Workshop Session D Cont. | Saturday, 3:15 – 4:30 pm

From Onboarding to Growth: How Food Hubs Can Build Producer Success | Salem 1-A

Laney Green, High Country Food Hub; Stefanie Jaeger, Local Food Marketplace

How does a food hub support 100+ producers without losing operational efficiency? High Country Food Hub shares its hands-on approach to producer onboarding, data-driven check-ins, the tech tools that enable them, and the balance between autonomy and oversight. Attendees leave with practical strategies for using sales data, streamlining fulfillment, and building producer confidence, applicable to food hubs at any scale and farmers interested in partnering with them.

From Partnerships to Impact: Nonprofit Strategies for Stronger Food Systems | Salem 1-B

Elise Ashby, The RobinHood Group; Greg Perry, SC Community Loan Fund; Michael Brown, Roots of Life Farms & Gardens; Ashley Page Bookhart, FoodShare South Carolina

This panel brings together leaders, advocates, and community organizers from across South Carolina to share how nonprofits can build values-aligned partnerships, clarify their role within the local food ecosystem, and secure diverse funding sources. Panelists explore the difference between serving “neighbors” and “residents,” and offer practical tools for transparency, strategic planning, and community accountability. Attendees leave with strategies to build community trust, secure funding, and better serve farmers, Ag-based vendors, and residents.

Reading the Trees: Demystifying the Forestry in Agroforestry | Salem 1-C

Nick Mangili & Dari Biswanath, NC A&T State University

Agroforestry is presented as a promising approach for building climate resilience across our landscapes while helping diversify agroecosystems and revenue streams on farms. But in the process of planting trees and shrubs, farmers must learn to incorporate a new enterprise into their operations, which comes with its own skill set and management decisions. In this workshop, Dari and Nick cover basic forestry principles and tools—such as BAF prisms, logger’s tape, and brush axes—to help tailor the design, layout, and management of agroforestry systems to meet farmers’ needs and goals.

Yes, And...: Improving Employee Training with Improv! | Salem 2

Billy Mitchell, University of Florida; Chad Carter, Clemson University

Training employees and volunteers is one of farming’s biggest challenges. Billy and Chad lead an interactive session that uses improv games to boost your training skills and show how adult education best practices make employee training clearer and more effective. Participants leave with adaptable templates, new strategies, and a more confident approach to training—plus a chance to win prizes!

Irrigation Without Water: Dry Farming Techniques for Market Gardens | Salem 3-A | Sponsored by Earth Tools

“The Barefoot Farmer” Jeff Poppen, Long Hungry Creek Farm

For 30 years, Jeff’s farm has grown abundant vegetables on 2-10 acres—serving a 150-member CSA, restaurants, groceries, and wholesalers—without irrigation. The farm’s success relies on a stable clay/humus complex, opening the soil in the fall for water infiltration, and careful cultivation. Jeff shares his techniques for successful dryland farming and discusses keyline plowing, hilling, hay mulching, liming, cover cropping, composting, and crop rotation to build a drought-resistant market garden.

Crop by Crop, Part 2: Planning, Production, Pricing, and Profitability | Salem 3-B

Zak Young, Wild East Farm

Building on the first session, this segment focuses on how farmers at Wild East Farm produce, sell, price, decide to grow, and calculate costs for specific annual crops. Zak takes an in-depth look at a variety of both common and more unique crops, including carrots, garlic, fresh ginger, celery, fennel, and radish, and tomatoes. The discussion of each crop will include financial, labor, fertility, and yield numbers, as well as more qualitative considerations about how crops are understood, discussed, and integrated in a small-acreage context.

Native Plants for the Vegetable Garden | Salem 3-C | Sponsored by the Barnes-Berry Family Trust

Adam Bigelow, Bigelow’s Botanical Excursions

Native plants enrich our ecosystems, and their advantages extend beyond landscaping. Adam dives into the many benefits of their use in vegetable gardens, how they attract beneficial insects, beautify growing spaces, add nutrition to the dinner plate, and support environmental resilience.

Workshop Session E | Sunday, 8:30 – 9:45 am

The Wonder of Wool: Potential in Pellets | Winston 3-A

Kristi Eskelund, Fidelis Fields Farm

This workshop covers the properties of wool and how they create positive outcomes in agriculture as wool pellets. Often considered a waste product, wool can be processed into pellets that sequester carbon, reduce water use, and fully biodegrade, adding nutrients and organic matter to soil. This interactive session teaches participants about the properties of wool, its benefits for soil health, and its applications for the home or a small market garden.

Simple Farm SOPs That Actually Work | Winston 3-B

Sara Runkel & Cassidy Fryga, Carolina Farm Stewardship Association

This hands-on, interactive workshop shows what makes a standard operating procedure (SOP) practical and useful on a working farm. Sara and Cassidy review examples of effective and ineffective SOPs, discuss implementation strategies, and work with participants to build strong SOPs together. Participants leave with practical tools, adaptable examples, and an action plan for creating or improving SOPs on their farm. Come ready to participate, share ideas, and learn from fellow farmers.

Leasing Farmland 101: Tips for New Farmers and Landowners | Winston 3-C | Sponsored by Cedar Grove Law

Noah Ranells & Stephen Bishop, NC FarmLink - NC Cooperative Extension; Nicole DelCogliano, Green Toe Ground Farm

Navigating farmland leases can be complex for both new farmers and landowners. This session covers best practices for leasing and renting farmland, including key considerations, common lease structures, and essential clauses found in standard agreements. Participants gain practical insights through real-world perspectives from farmers and landowners who have experience renting land, highlighting both the benefits and challenges of these arrangements.

Building to Meet the Need: Practical DIY Structures for Small Farms | Salem 1-A

Laura Fox & Avery Fox, Hidden Springs Farm

This session shows how practical DIY construction meets a farmstead's changing needs. Through photos and discussion of small- and medium-sized structures, Laura and Avery cover planning, materials, common mistakes, and balancing function, durability, cost, and time. The session encourages homesteaders and small farmers to build useful structures without cutting corners or overcomplicating the process.

Growing Change: How to Engage in Policy Advocacy in the Food and Farm System | Salem 1-B | Sponsored by the North Carolina Composting Council

Alesia Bock, Carolina Farm Stewardship Association; Carlos Morales, NC Cooperative Extension - Wake County; Samantha Gasson, Bull City Farm & Food Animal Concerns Trust; Kenya Joseph, Charlotte-Mecklenburg Food Policy Council & Hearts & Hands Food Pantry

Advocating for sustainable agriculture and local food systems can take many forms, but getting started can often feel overwhelming. This session equips participants with clear pathways to make their voices heard: grassroots advocacy, engagement in food councils, and participation in statewide coalitions. Panelists share insight into current policy updates, hear inspiring stories from advocates who have worked with elected officials and local leaders, and explore strategies for crafting effective messages for different audiences. This session underscores the vital role that everyone plays in shaping food policy and making their voices count.

Community Seed Selection & Regional Adaptation | Salem 1-C

Chris Smith, Utopian Seed Project; Jamie Swofford, Old North Farm; Leonora Stefanile, Dr. John Wilson Community Garden; Zak Young, Wild East Farm

As part of a Southern SARE Research and Education grant, Utopian Seed Project (USP) is working with farmers across the Southeast to grow genetically diverse seed mixes as part of their farm operations. In 2025, over 150 growers signed up and received a crop type of their choice. The goal was to capture the broad grower experience to understand whether high levels of genetic diversity can work in farm operations, what the benefits and challenges are, and how USP can support growers in adopting more diversity. Hear insights from a panel of farmers and the project's lead about insights from the Community Seed Selection and Regional Adaptation Project, and what this means for Southeast farmers.

Increasing Farm Profitability Through Pollinator Conservation | Salem 2 | Sponsored by the Barnes-Berry Family Trust

Athena Anderson, Consultant, Instructional Designer, Pollinator Conservation Advocate

Join Athena for a practical, interactive session on increasing your farm income by conserving pollinators. Attendees leave the session being able to: (1) List the five ways in which pollinator conservation can increase farm profit; (2) Explain the three things pollinators need to survive; (3) Identify barriers to pollinator conservation on your farm; (4) List strategies to overcome these barriers; and (5) Draft a pollinator conservation plan for your farm.

Workshop Session E Cont. | Sunday, 8:30 – 9:45 am

Principles of Contour Lines Agroforestry | Salem 3-A

Thomas Leonard, Contour Lines Corp

This session explains the science and techniques of contour lines agroforestry, which lower planting and maintenance costs and improve seedling survival. Thomas covers contour farming, berms and swales, nitrogen-fixing support trees, chop-and-drop mulching, and integrating cover crops. He also discusses grant opportunities through Contour Lines Corp, which provides free trees and technical assistance to farmers in exchange for implementing soil conservation practices.

Setting up an Integrated Pest Management (IPM) Plan | Salem 3-B

Craig Mauney, NC Cooperative Extension

An IPM plan combines biological, cultural, mechanical, and organic tools to manage pests economically with minimal environmental impact. A successful plan prioritizes prevention and monitoring over reactive spraying, using a tiered approach to protect crops. This presentation shows how to build a customized IPM plan tailored to your crops and local environment.

Organic High Tunnel Tomato Production | Salem 3-C | *Sponsored by Country Farm & Home*

Brian Marshall, Greenfield Organic Farms

This session covers organic high tunnel tomato production from seed to sale. Topics include soil health, seed selection, germination, transplant production, bed preparation, watering, pruning, trellising, harvesting, recordkeeping, and marketing strategies. Brian shares best practices from 12 years of growing Certified Organic tomatoes.

Workshop Session F | Sunday, 10:15 – 11:30 am

Growing Customers with Your Farm Story | Winston 3-A | *Sponsored by the Land Loss Prevention Project*

Brett Pinsent, Cary Downtown Farmers Market; Ree Ree Wei, Ternawtheri Farm & Transplanting Traditions Community Farm; Carolyn Rose-Seed, MamaSprings Farm; Deena Class, Word & Plant

Whether at farmers' markets, farm stands, or CSAs, people look for a connection to the farmers who grow their food. Every farm has its own unique story to tell, so how do you build that connection? Join Brett, Ree Ree, Carolyn, and Deena as they share strategies for turning your farm's story into loyal, dedicated customers.

Spreadsheets for Success: Small Farm Recordkeeping That Pays Off | Winston 3-B

Brittany Peters, Sun & Soil Farm

Data tracking is as vital to your farm's success as water and sunshine. Learn how the farmers at Sun & Soil Farm turned their commitment to spreadsheets, financial clarity, and detailed recordkeeping into a thriving, profitable 1/4-acre farm business. Brittany opens her farm's books to share year-over-year sales figures and how she has made informed decisions based on tracking data. Participants leave with practical skills for using spreadsheets to boost direct-to-consumer sales and build long-term sustainability for small farm operations.

Tools for Farmland Retention in Your Community, County, & State | Winston 3-C | *Sponsored by the Barnes-Berry Family Trust*

Noah Ranells, NC FarmLink - NC Cooperative Extension; David Henning, Urban Planner & Lawyer

Learn how you can get involved in farmland retention at the local, county, and state levels. David provides background on how zoning codes and comprehensive plans shape land use planning and farmland preservation. Noah shares practical ways communities can take action, highlights local examples of successful farmland retention, and offers tools to assess how supportive your community is of keeping farmland in operation.

Choosing the Best Certification for Your Farm Operation | Salem 1-A | *Sponsored by the Rodale Institute*

Brittany Kordick, Kordick Family Farm; Larry Land, McLawland Farms; Meredith Morgan, Quality Certification Services; Erin Torgerson, Certified Naturally Grown

With growing consumer demand for transparency and sustainable food, certifications help farms access new markets and build customer trust. Many farmers—especially beginning or small-scale producers—struggle to choose the best certification. This session provides an overview of Certified Naturally Grown, USDA Organic, and GLOBAL GAP, and features farmers sharing their experiences to help you identify which certification best fits your farm.

Workshop Session F Cont. | Sunday, 10:15 – 11:30 am

Farming Beyond the Bottom Line: Insights from Post-Capitalist Entrepreneurs | Salem 1-B

Kerilyn Schewel, Center on Modernity in Transition & UNC-Chapel Hill Department of Sociology; Lee Miller, Center on Modernity in Transition & Duke University Law School

What does it take to build a farm that supports a good life, not just a viable business? Drawing on conversations with 32 small-scale farmers in Orange and Durham counties, this interactive workshop explores how farmers make the numbers work while remaining committed to healthy land, meaningful work, and strong communities. Lee and Kerilyn share four strategies farmers are using to navigate this tension, from defining success on their own terms to building collaborative relationships that reduce isolation and strengthen local food systems. Participants are then invited to bring their own experiences into the conversation. How can farmers use the tools of entrepreneurship without allowing the market to dictate every decision? And what would it take—especially for first-generation farmers—to build farm businesses that are viable, collaborative, mutually supportive, and rooted in the wellbeing of farmers, communities, and the land?

Stewarding the Next Generation: On-Farm Opportunities for Students | Salem 1-C | *Sponsored by the NC Farm School*

Danielle Rushing, Aaron Newton, & Rebecca Clark, Juneberry Ridge; Angel Cruz, Center for Environmental Farming Systems & NC State University; Nicole DelCogliano & Lily James, Green Toe Ground Farm

This session provides examples and real-world experiences from farms, non-profits, and educational organizations that can build strong, mutually beneficial pathways into sustainable agriculture using apprenticeships, farm employment, and internship programs. Panelists will share recommended strategies for creating a human-centered working environment and for skill training in farm operations to successfully navigate challenges from farm owners and farmworkers, and suggest effective ways to overcome them.

Agritourism Partnerships: Collaborative Strategies for Farms & Tourism Partners | Salem 2

Caroline Lewis, The Farmer's Feed; Janice Wright, Rooted in NC; Erica Calderon, Visit NC Farms-NC Department of Agriculture & Consumer Services; Michelle Manning-Osborn, Visit York County, SC

Increasingly, farms are becoming destinations across the Carolinas, benefiting rural towns and farmers alike. This session outlines how marketing professionals, local governments, and farmers can work together to build storytelling partnerships that position agriculture as a tourism asset while supporting local farms and food businesses. Speakers share practical examples of how farms and destination marketing organizations can collaborate through agritourism promotion, content creation, and community storytelling to increase visibility, attract visitors, and strengthen local food systems.

Connecting Local Food Systems and Healthcare: Practical Strategies for Farms, Food Hubs, and Community Partners | Salem 3-A

Lenwood Edwards, Carolina Farm Stewardship Association; Kendall Kirk, NourishedRx; Dave Walker, Resourceful Communities

As healthcare increasingly invests in nutrition, Food as Medicine and the broader Food Is Health (FIH) movement are creating new opportunities for local farms, food hubs, and community organizations. This workshop explores how local food systems can improve health outcomes while creating economic opportunities for growers and food businesses. Lenwood and Dave share insights from CFSA's FarmsSHARE program, highlighting how it laid the groundwork for food-as-medicine programs in North Carolina by enabling small-scale farmers to collaborate with aggregators and expand into new market channels, while allowing food hubs to test healthy food box models and build capacity. Kendall shares strategies for integrating local produce and proteins into food-based care models, engaging in emerging FIH markets, and building partnerships across healthcare and the public sector.

Plastic-Free Market Gardening | Salem 3-B

"The Barefoot Farmer" Jeff Poppen, Long Hungry Creek Farm

The prevalence of plastics on organic farms raises important questions. For 30 years, Jeff has farmed without plastic mulch, drip tape, or hoop houses, instead relying on proper soil management, water retention, and common-sense practices. Jeff shares his techniques for creating a drought- and insect-resistant, chemical- and plastic-free market garden.

It's Not Just Dirt: Why Your Crops Need Fungi to Thrive | Salem 3-C

Olga Katic, Mushroom Mountain

We often treat soil as lifeless dirt, but soil is alive—and fungi are key to its health! Fungi extend root networks, help plants access nutrients and water, and play a major role in long-term soil structure and resilience. Olga shares how fungi connect, recycle, and build soil, why fungi are an important feature of any healthy farm ecosystem, and how farmers can increase fungal networks on their farms.

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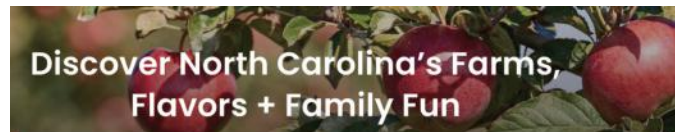
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Photos: Stephens Land & Cattle, KS (top), Hiddendale Farm, ND, North Star Organics, MI (bottom)







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COMPOST BELONGS ON THE FARM

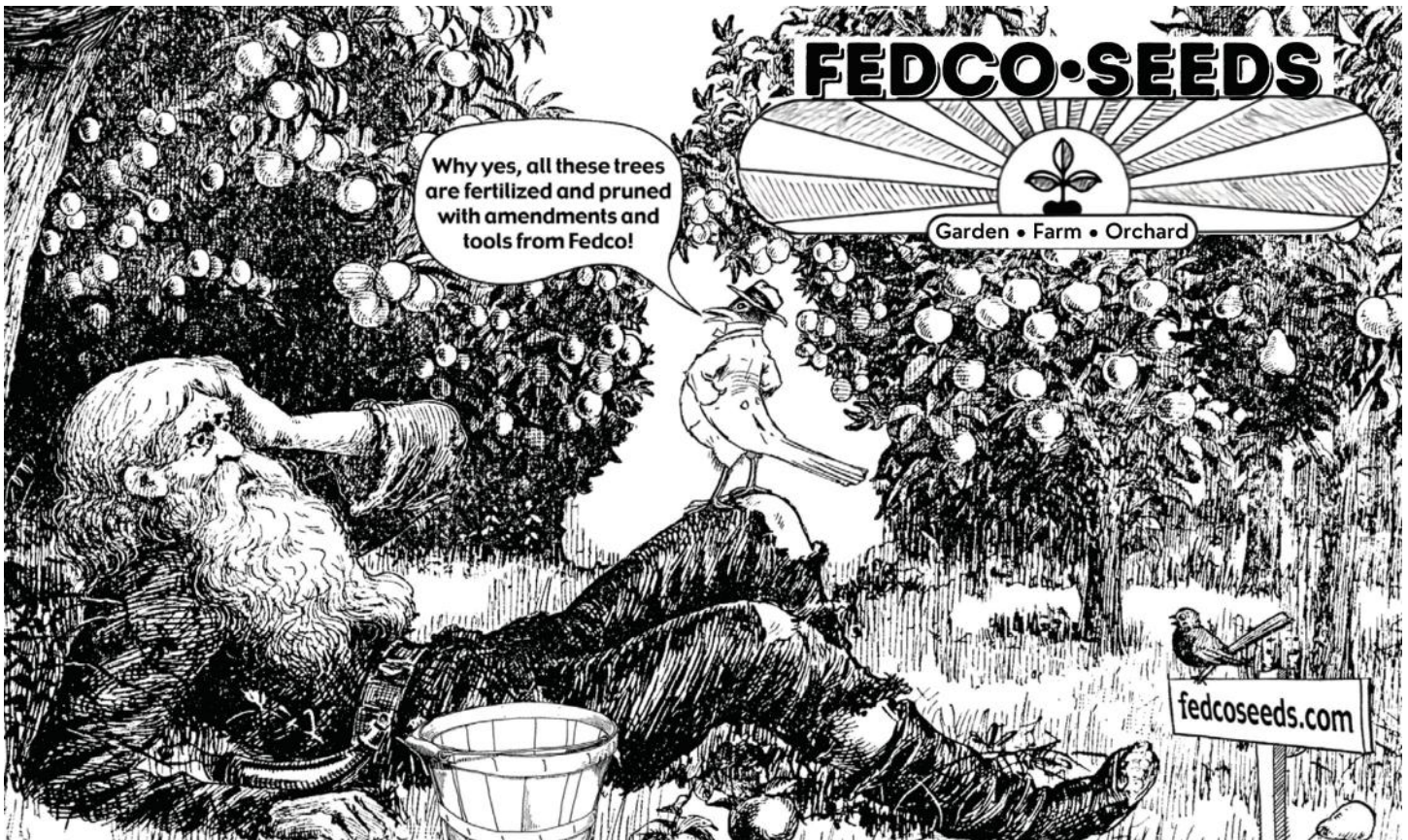


FIND STA
COMPOST

NC FARM ACT (SB 401) NOW RECOGNIZES
COMPOST IN NC'S DEFINITION OF AGRICULTURE.
JOIN THE MOVEMENT - BECOME A MEMBER



LEARN
MORE



CONNECTING FARMERS AND LANDOWNERS



FARMLAND & FARMER DATABASE

The NC FarmLink database provides a place for farmers seeking farmland and landowners with land to lease or sell to find one another and connect.

NCFarmLink.org

- CONNECT WITH FARMERS AND LANDOWNERS
- SIGN UP FOR A FREE ACCOUNT

SCAN



TRANSITION PLANNING

Planning for the future of your farm? NC FarmLink offers educational farm transition planning sessions to help farmers and farm families explore options and take next steps.

NCFarmLink.ces.ncsu.edu

- CONNECT WITH FARM TRANSITION RESOURCES
- SIGN UP FOR A FREE FARM SUCCESSION CONSULTATION

SCAN



Your resource for land access and farm transition planning.



NEPTUNE'S HARVEST ORGANIC FERTILIZERS



**GROW
NUTRIENT DENSE
FOOD AND
INCREASE YIELD**

**FOR
HEALTHY
CROPS
AND SOIL**



Products Include

HYDROLYZED FISH FERTILIZER
SEAWEED - LIQUID & DRY
FISH & SEAWEED BLEND
CRAB AND LOBSTER SHELL
HUMATES - LIQUID & DRY
NEW LIQUID CRAB & LOBSTER SHELL
AND MORE!

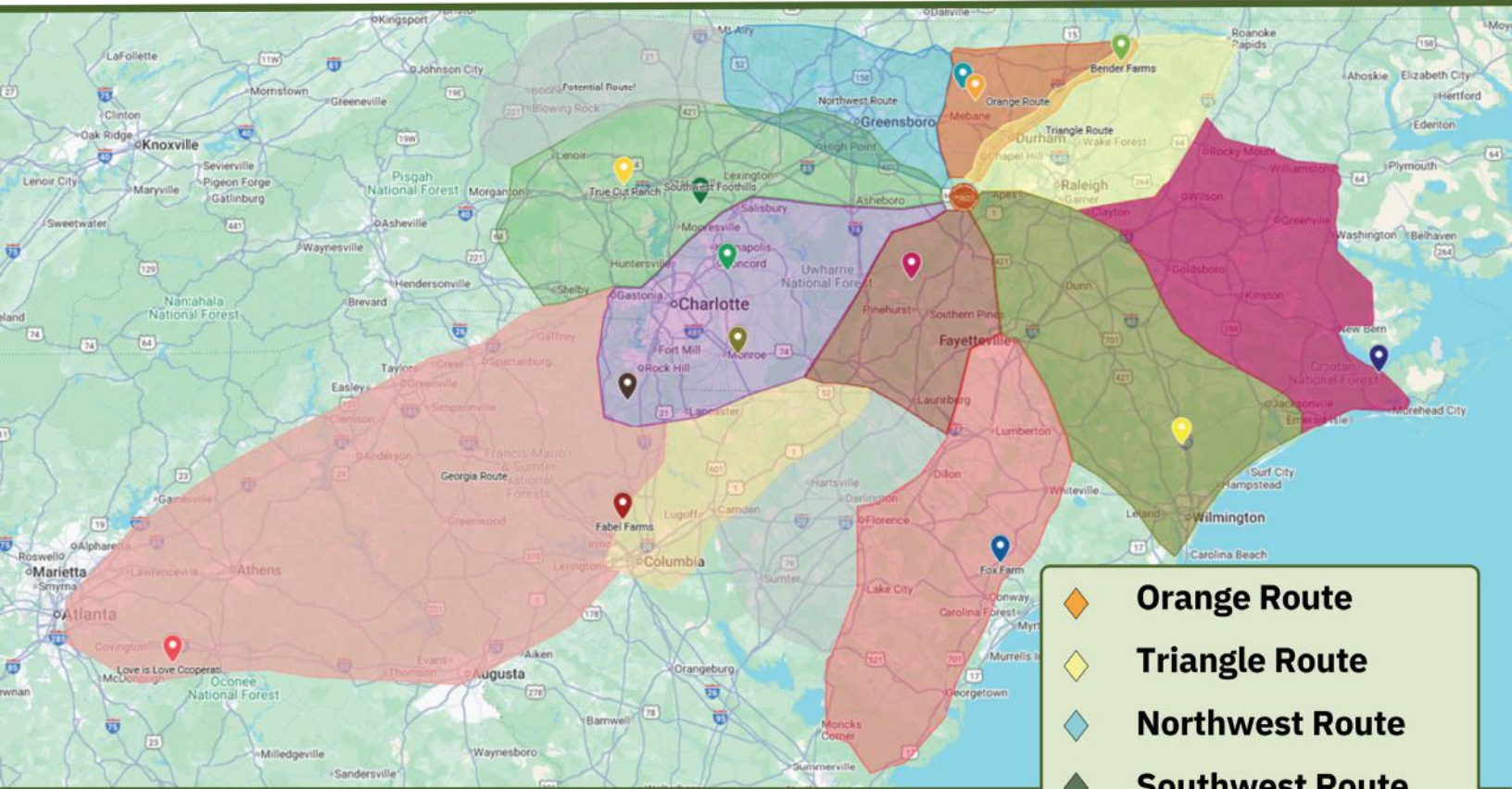
1-800-259-4769 neptunesharvest.com

FAMILY OWNED – GLOUCESTER, MA

Country Farm & Home

DELIVERY ROUTES

"We so appreciate the Country Farm & Home delivery routes. I can't even tally how much time and money it's saved us. Melinda goes out of her way to help us with what we need. She's an incredible asset for the local farm community." —Gordon Jenkins, Ten Mothers Farm



Country Farm & Home, based in Pittsboro, NC, has everything you need to keep your small farm growing — and we deliver!

Our established routes throughout the Carolinas and Georgia that offer direct farm delivery and group stops at various locations. Group stops make it convenient and more cost efficient for our customers to get the supplies they need -- no order minimum required!

- ◆ **Orange Route**
- ◆ **Triangle Route**
- ◆ **Northwest Route**
- ◆ **Southwest Route**
- ◆ **Southwest SC Route**
- ◆ **Sandhills Route**
- ◆ **Southeast Route**
- ◆ **Southeast SC Route**
- ◆ **Central SC Route**
- ◆ **Georgia Route**
- ◆ **Potential Routes!**



Scan the QR code to view our online delivery page for more information!

Have questions? Ready to place your order? Email us!
deliveries@chathamfarmsupply.com

HIPCAMP

Your farm could earn more by hosting campers.

See how much your farm could earn.



hipca.mp/caro-farm

\$1M
LIABILITY
INSURANCE
PROVIDED

Photographer Credit: Angelique Herring

“Three campsites help pay the mortgage.”

—PATRICK Live Oaks Farm, NC

Hipcamp helps farms earn extra income by hosting campers. Patrick opened simple campsites at his NC farm—and now camping helps pay the bills.

WHAT PATRICK LOVES ABOUT HOSTING

- ✓ Just three campsites
- ✓ Campers respect the land
- ✓ Fits around farm life
- ✓ Extra income every season



PATRICK ↗
LIVE OAKS FARM

HOW HIPCAMP WORKS FOR FARMS

Get started in minutes.

Create a free listing with full control.

Share your land.

Host overnight campers when it suits you.



Earn income.

Focus on your farm with more in your pocket.

[HIPCA.MP/CARO-FARM](https://hipca.mp/caro-farm)





PRESERVING PEOPLE'S CONNECTION TO THE LAND SINCE 1983

The Land Loss Prevention Project is a nonprofit, public interest law firm with a mission to provide support and legal assistance to financially stressed and limited resource farmers, landowners, and homeowners in North Carolina. We deliver comprehensive legal services, technical assistance, and community education to farmers, landowners, attorneys, advocates, & community groups across the state.

SCAN HERE



Legal Services

Legal assistance free of charge for eligible financially stressed farmers, landowners, & homeowners in NC.



Technical Assistance

Training & assistance for attorneys & advocates on strategies for protecting land & farm ownership.



Community Education

Workshops & educational materials to educate the public about ways to prevent land loss.

Ten Ways to Save Your Land

The Land Loss Prevention Project wants to help people keep their property and has written Ten Ways to Save Your Land to increase awareness of what can be done now to prevent problems in the future. Use the QR code provided to access a digital version of the most recent edition!

**The handbook is based on North Carolina law. The law in other states may vary.*



Southern SARE offers competitive grants and educational opportunities for farmers/ranchers, researchers, educators, institutions, organizations, and others exploring sustainable agriculture in the Southern region, Puerto Rico, and the U.S. Virgin Islands.

Learn more at <https://southern.sare.org>

YOU'RE A FARMER, NOT A BOOKKEEPER LET US HELP

**BOOTH #35
BOOTH #44**

TAKE FREE
GRANTS SURVEY



**Good
Agriculture**

**REFER A
FARMER
AND WHEN THEY
SIGN UP, GET
\$100!**

GET 50% OFF 2 MONTHS OF BOOKKEEPING

BOOKKEEPING & TAX SUPPORT

FREE GRANTS SURVEY

DIGITAL MARKETING



**UP-TO-DATE
BOOKS**



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RECORDS**



**MONTHLY
REPORTS**



(404) 981-3981



HELLO@GOODAGRICULTURE.COM



GOODAGRICULTURE.COM/CFSA



Technical Assistance Programs

We are here to help your operation thrive, from the field to the market.

Through our direct technical assistance programs, CFSA helps small-scale farmers, food hubs, and food businesses meet their goals.

Learn more and sign up:

www.carolinafarmstewards.org/technical-assistance



Conservation Planning

Develop a whole-farm stewardship plan to address resource concerns on your farm, such as soil erosion and quality, water quality, plant/animal health, and energy, and learn how to best take advantage of grant funding available for conservation projects on your farm.



Organic Production

CFSA is ready to help you go organic, whether or not that entails formal USDA certification. Supporting farmers using organic practices has been the mainstay of CFSA's farmer support programs since our founding, and we're ready to help develop an organic plan that's right for your farm.



High Tunnel Production

CFSA's high tunnel technical assistance program has helped over 100 farms with everything from site selection to pest management. Whether you've been growing in high tunnels for years or are just beginning to research, we're here to make the learning curve as smooth as possible.



Market Access

Through our market access technical assistance program, CFSA can help assess your managerial strengths, agricultural market trends, and the financial health of your farm operation to help create a sustainable farm enterprise and find market channels that fit your priorities.



Farm Food Safety

Our food safety technical assistance program can help you incorporate food safety best practices into your operations. We offer support designing food safety plans, provide on-farm risk assessments, and guidance on obtaining a USDA Good Agricultural Practices (GAP) Certification.



Climate Resilience

CFSA's climate resilience technical assistance program supports farmers in strengthening on-farm resilience following major weather events and disasters. We're here to help you assess risks, identify best-fit strategies, and build stronger, more resilient operations.

About CFSA

The Carolina Farm Stewardship Association (CFSA) is a farmer-driven nonprofit that advocates, educates, and builds connections to create sustainable food systems centered on local and organic agriculture in the Carolinas.

We employ a “whole of food systems” approach that prioritizes farmer livelihoods, food access and sovereignty, and environmental sustainability in our core program areas:

- Building collective power through collaborative advocacy to secure a policy and regulatory framework that addresses inequities in the food and farm system.
- Providing direct technical assistance to farmers on conservation planning, food safety, organic production and certification, high tunnel production, disaster recovery, and market access; and working with food hubs and other food businesses to strengthen their operations and become reliable market outlets for small farms.
- Delivering peer-to-peer and expert education and research on organic and sustainable production practices to ensure the long-term success of growers in our region and the health of our environment.



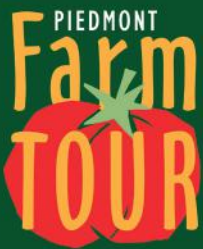
Together we build a sustainable regional food system that is good for all consumers, farmers, farmworkers, and ecosystems – and we need your support!

As a 501(c)3 nonprofit organization, donors like you power everything we do at CFSA. Make an impact in the fight for sustainable farm and food systems with a donation. All gifts to CFSA are tax-deductible.

Donations greater than \$40 come with a free membership!

Donate securely online: www.carolinafarmstewards.org/donate-to-cfsa

Carolina Farm Stewardship Association – Weaver Street Market



Save the Date! April 24th & 25th, 2027
30th Anniversary Piedmont Farm Tour



carolina farm stewardship association



***No matter what part of the food system you're grounded in,
there's a place for you here as a CFSA member!***

Membership supports CFSA's ability to provide technical support and education to farmers, advocate for fair food and farming policy, and build resilient food systems in our region.

Become a CFSA Member:



WWW.CAROLINAFARMSTEWARDS.ORG/MEMBERSHIP

Members enjoy a wide range of benefits, including reduced event prices, on-farm technical assistance, crowdfunding and job board posting, exclusive listserv access, discounts at partnering businesses, advocacy training opportunities, and more!

BENTON CONVENTION CENTER

MAIN LEVEL

