

DAY 1 | DECEMBER 5

Principles and Practices of Biological Farming, Part I

Applicable to large and small growers alike, this practicum on the principles of biological management is given by expert growers. Strategies that are scale independent are reviewed, with considerations given to soil quality, product quality, cost benefits, and market creation.

The Seed as Foundation: Starting Material from the Inside and Out

A spectacular and delicious harvest starts with the seed. Simplifying the many considerations for optimal emergence, establishment, and harvest, this session includes presentations and how-to workshops from the perspective of the seed's needs.

Food Flavor as a Nexus for Food Quality Improvement

Of the many reasons to pick your favorite food, one that keeps you coming back for more is flavor. How flavor is associated with other desirable characteristics including nutritional composition, visual appearance, and yield is just beginning to be understood. In this session, learn about how growers, consumers, and chefs value flavor, and how practitioners are working to maximize these qualities.

Healthy Soil, Healthy Food, Healthy YOU

Food as medicine is experiencing a revival. How do you select foods to improve your health and why? In this session, learn how taking charge of your personal health involves a community approach, from consuming a diversity of foods and knowing your food source to working with your ecosystem.

DAY 2 | DECEMBER 6

Principles and Practices of Biological Farming, Part II

Applicable to large and small growers alike, this practicum on the principles of biological management is given by expert growers. Strategies that are scale independent are reviewed, with considerations given to soil quality, product quality, cost benefits, and market creation.

Monitoring Ecosystem Health and Food Quality: From Observation to Measurement

Soil and food quality are intuitively known to be important to growers and consumers alike, but until recently, rapid, comprehensive, and user-friendly assessments have not been possible. This session reviews technological advancements in understanding human and soil ecosystem health through measurement.

Sound Body, Sound Mind: Merging Health and Environmentally Conscious Perspectives of Food Production and Diet through Mindful Living

Catalyzing synergy across ecosystems, and within individuals, occurs with the realization that all actions have reactions. Mindfulness of this community structure can positively affect health, productivity, and growth. In this session, presentations focus on how we can be more effective in shaping our ecosystems and communities.

Novel Approaches to Soil Quality Improvement

Farming sustainably requires innovation, from the simple to the complex. In this session, practical strategies on how to improve soil quality and related ecosystems will be reviewed. An understanding of the implications that these practices can have on the environment at large will also be presented.