



SOUTHERN FAMILY FARMERS *and* Food Systems CONFERENCE

August 6-8, 2023 | San Marcos, TX



*Conference
Program*

Welcome to the Southern Family Farmers and Food Systems Conference

Brought to you by:



Farm and Ranch Freedom Alliance

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Council for Healthy Food Systems

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Welcome from FARFA & CHFS



Resilience. It's a word more people have been using since COVID-19 revealed the fragility of so many of our current systems – not the least of which is our food system. But what does it really mean to build a resilient agricultural and food system?

The first aspect is **how we raise our food.** It starts with the soil, harnessing the power of the sun through plants and feeding the microorganisms. Microbiology, crop planning, seed saving, planned grazing – we have a multitude of talks at this conference to empower you with tools to build a more resilient farm or ranch, whether you are just starting out or a long-timer.

The next stage is **how we process, market, and distribute our food.**

The current consolidated, corporate-controlled system is the epitome of fragility. The conference sessions on finances and marketing - from

value chain coordination to “harvesting” social media - provide valuable insights for people working on alternative approaches. The Big Picture sessions take a systems perspective, addressing what it will take for us to rebuild a diversified web of local and regional production, processing, and distribution.

And a resilient food system is also about the people. Our Tuesday plenary focuses on that human aspect of resilience, as do several of the sessions on our Big Picture track. Just as with the sessions on soils, plants, and animals, the real value is in what you, our attendees, do with that information. And while you may have to wait until you are back on your farms and ranches to do anything about your soils, you can start doing things about human resilience right here at the conference. *Because it's about community.*

Farming is inherently isolating, as we often spend long hours on our land alone, rather than going to an office to work with a team. Regenerative farming can be even more isolating, with so many of us being the “crazy farmer” who does things differently than our neighbors.

Conferences like this are not luxuries – they are necessities. **This is our chance to immerse ourselves in learning while we reconnect with old friends and find new kindred spirits.** It's where we can commiserate on the hard challenges we have experienced, be encouraged knowing that others understand and value our work, and replenish our spirits.

It's not all sunshine and daisies, though. This community crosses many boundaries: Urban versus rural, conservative versus liberal, red versus blue. Our society is increasingly hostile to the idea of seeing the humanity and value in people who don't think like we do ... in hearing them out and seeing the truth in their perspective, even if we don't agree with their conclusions. I love the fact that our community defies the usual pigeonholes – and I also see the challenge in it. Each year, **I express my hope that the connections that we build here, around our common passions for the land and food, will help us see beyond the labels – not only here, but when we return home.**

With that, I welcome you to the 17th year of this conference. This conference is, I hope, just the start of an ongoing partnership between us. The Farm and Ranch Freedom Alliance is the leading voice for policy changes that support small farmers and help rebuild local, diversified agricultural systems. Our sister nonprofit, the Council for Healthy Food Systems, is in the midst of two major series of workshops to help farmers learn conservation farming methods and how to profitably sell meat and eggs directly to consumers. We have so much on our plates in the coming year! Stay in touch with us after the conference and let us know what resources you need to succeed. And join us in our efforts to build a stronger, more vibrant movement. **Thank you for being part of this community, and the work that you do day in, day out, to build a better and more resilient future for us all.**

A handwritten signature in black ink that reads "Judith McGeary". The signature is fluid and cursive.

Judith McGeary, Executive Director, Farm and Ranch Freedom Alliance/Council for Health Food Systems

Welcome from the Small Producers Initiative



Welcome from the Small Producers Initiative to the “2023 Southern Family Farmers and Food Systems Conference”.

We all know that agriculture is not for the weak or timid, but this year even the stout hearted may be nervous. As I write this on July 24th, 2023, we exit another growing season that has experienced a severe heat wave with 30 days over 100oF, with a predicted additional 15 consecutive days over 100oF yet to come. This puts us, as farmers, at physical risk when working outdoors, and creates an additional mental stress. We worry about crops, try to tough it out to get crops to market, and constantly monitor irrigation which never seems to match the crop demand. For those with animals, heat stress is a further concern for their well-being and production. Will they find shade, is there shade, a breeze or cool water? Will pasture hold up until a rain?

So how do we manage? It may be summer farming in Texas begins to look more like winter farming up north. Instead of it being too cold to work outside for more than 2 hours, it’s too hot. Maybe we start work earlier, and reorient our sleep to accommodate a 5a-10a workday and an 8p-10p finish with headlamps. Maybe we start selecting crops and livestock to produce from September to June. While managing with climate variability has always been a part of agriculture, it will continue to be more important. Managing farms with climate variability has always been a part of agriculture, and as climate continues to change it will be a more important part of our farming experience.

With that in mind, the mission of the Small Producer Initiative (SPI) is to provide assistance with education, training and programming to enable small- and mid-sized producers to weather these trials. This year’s conference brings topics on climate and farming. Ray Archuleta, our opening Plenary speaker will present on the ways good soil management practices can positively impact your farms microclimate, and how regenerative agriculture can positively impact general global climate. Our Keynote speaker, Gary Nabhan, will address the topic of southwest crops and adaptability to our climate. Similarly, Becky Hume with Johnny’s Selected Seeds, will address vegetable crops for hot climates. This theme continues throughout the conference with grazing management and water issues. But not just climate is a perennial concern to us. Financial literacy and bookkeeping keep the business of farming alive, and keeps your legacy alive for the next generation. We need to pass our farms down to the next generation. This year’s speakers will also address these critical issues.

Importantly, we need policies that promote small farms, promote local economies, promote economic resilience, and create strong networks that resist the catastrophic failures we have witnessed in 2020 and 2021. These policies include those that increase the capacity of the farmer to sell products from the farm, and policies that are scale appropriate; one size does not fit all. Farm and Ranch Freedom Alliance continues to work on behalf of our agricultural community to help get those policies in place, and remove those that impede farmers.

It is our hope for you to be successful, to develop your farm and grow it to the scale you dream of, provide for your family and community the food you are proud of, and successfully pass your operation down to the next generation when that time comes. And mostly, we hope the “Southern Family Farmers and Food Systems Conference” provides you with the information to reach your goals.

A handwritten signature in black ink, appearing to read 'Ken Mix'.

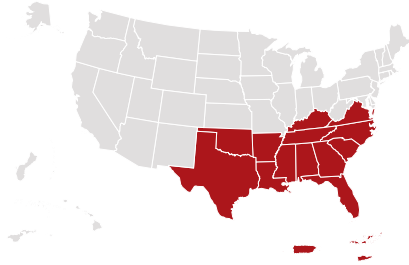
Ken Mix, Ph.D., Texas State University

**SPI is currently funded through several USDA grants, most recently the USDA-NIFA Beginning Farmer and Rancher Development Program and the ongoing USDA 2501, “SPI-Agricultural Mentoring Program” (SPI-AMP) and an NRCS Cooperative Agreement, “The Small Producer Initiative’s Cover Cropping Research on Regenerative Soil Solutions, Education, Extension and Demonstration” (SPI-RReSEED).*



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Finding your way around the LBJ Student Center

- All three days' events at Texas State University take place in the LBJ Student Center
- The welcome, lunches, & Monday keynote/dinner are in the Grand Ballroom
- Exhibitors, the Silent Auction, and the coffee, tea, and refreshments are located in the LBJ Ballroom
- Most sessions are located on the 3rd Floor, with a few taking place on the 4th Floor in the Teaching Theater

3rd Floor Map



 - Access to 4th Floor Teaching Theater
  - Entrance from Parking

 Food	 Elevator
 Involvement / Entertainment	 Stairs
 Meeting Rooms	 ATM
 Water	 Restrooms
 Services	

CALLING ALL FARMERS AND RANCHERS

TUES., AUG. 8 | 8:30 AM | ROOM 3-21.3

Join Sustainable Food Center and Farm & Ranch Freedom Alliance to share your input on opportunities, challenges, and community needs for informed future advocacy and collective work.

BREAKFAST INCLUDED

RSVP:



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Monday, August 7: Schedule

Tracks & Locations	Big Picture (Grand Ballroom)	Crops (Rm 3-14.1)	Livestock (Teaching Theatre, 4th Floor)	Financial/Marketing (Rm 3-9.1)	Start-up/Homestead (Rm 3-5.1)	Niche (Rm 3-13.1)	Research (Rm 3-21.3)	Consult Room 1 (Rm 3-6.1)	Consult Room 2 (Rm 3-7.1)
7:00 - 8:15	Registration in Foyer and Exhibitors in Exhibitor Hall								
8:15 - 9:15	Welcome and Plenary session with Ray Archuleta in Grand Ballroom								
9:15 - 9:30	Morning Break								
9:30 - 10:30	Rules & Regulations for Producers: Judith McGeary	Microscopic Insights in Soil Regeneration: Andie Marsh	Raising and Marketing Meat with Traditional Methods: Izel Lopez	The Business of Grazing - Lessons Learned from a Decade of Grazing Cattle: Travis Krause	Artisanal Goat Milk Soap Making & Marketing: Whitney Brown	Mushroom Cultivation in Texas: One Up Mushroom Products	[9:30 - 10:00] Sub-surface Litter Application and Summer Annuals on Pastures: Micael Popp [10:00 - 10:30] Soil health Outreach for Underserved Trainees: Biswanath Dari	USDA Farm Services Agency Working Session: Get the Answers for your Specific Situation: Josh Coleman, FSA (Financial)	
10:30 - 11:15	Break: Refreshments provided in Exhibitor Hall								
11:15 - 12:15	Ecological Economics and Local Food Systems - Building Resilient and Equitable Supply Chains: Phillip Warsaw	Saving & Selecting Seed to Adapt Crops to Your Conditions: Gary Nabhan	Regenerative Grazing - How to Use Livestock to Improve Your Land's Productivity: Christine Martin	Pick-Your-Own Farming Strategy and Techniques: Megan Neubauer	Poultry Health: Howard Davenport	Making Small-Scale Hydroponics Work: Marcella Juarez	[11:15 - 11:45] Less is More: Paul Bain Martin [11:45 - 12:15] Small Flock Poultry Nutrition and Management: Pramir Maharjan	Microbiology and Soil: Andie Marsh (Crops)	Grass-fed Beef Production & Marketing: Travis Krause (Marketing)
12:15 - 1:45	Lunch with FARFA Members and Prospective Member Meeting in the Grand Ballroom								
1:45 - 3:00	Farm Bill - Time to Speak Up! Finlan Makepeace, Simone Benz and Judith McGeary	Crop Planning for Beginners and Beyond: Angela McDermott and Cody Scott	Certified Organic: What is it? What is its value? Bob Whitney, Michelle Akindiya, Matt Simon, Skip Connett and Finegan Ferreboeuf	5 Steps to Landowner Liability Protection: Tiffany Dowell Lashmet	Introduction to Honey Bees & Beekeeping: Tara Chapman	Fruit Trees in the Central Texas Region: Figbeard	[1:45 - 2:15] Using Native Legumes as Cover Crops: Patrick Johnson [2:15 - 2:45] NRCS Urban Agriculture Opportunities: Wilma Tichelaar	Livestock Grazing & Holistic Management : Christine Martin (Livestock)	
3:00 - 3:45	Break: Refreshments provided in Exhibitor Hall								
3:45 - 5:15	Value Chain Coordination - Stories of Success in Texas: Trisha Bafes, Jessica Tullar Caroom and Margaret Smith	Planning for Resilience Through a Soil Carbon Lens: Elise Haschke, Cody Brown, Darron Gaus, and Matt Simon	Pastured Poultry - The Good, the Bad, and How to Get Started: Ty and Tokie Morgan	Funding Options for Farmers and Ranchers: Joshua Coleman, Floyd Nauls, Wilma Tichelaar, Laura Martinez and Mark Ruffledge	Lessons Learned from Starting a Small-Scale Regenerative Farm: Marcella Juarez, Meg Nautbauer and Cody Scott	Lessons Learned in Writing Successful Grants: Manuel Pina Jr and Keisha Johnson	[3:45 - 4:15] Carbon Sequestration Potential on Urban Farms: Gregory Joel [4:15 - 4:45] Farm Trials of Cover Crops in Arid Farms: Samantha Martin	Beekeeping: Tara Chapman (Livestock)	
5:15 - 6:30	Happy Hour in Exhibitor Hall								
6:30 - 9:00	Banquet Dinner in the Grand Ballroom Keynote with Gary Paul Nabhan: Food From the Radical Center								
Exhibit Hall open all day from 7:30 - 6:00 in the LBJ Ballroom / Silent Auction benefiting FARFA / Coffee, tea & light refreshments available									

Tuesday, August 8: Schedule

Tracks & Locations	Big Picture (Grand Ballroom)	Crops (Rm 3-14.1)	Livestock (Teaching Theatre, 4th Floor)	Financial/Marketing (Rm 3-9.1)	Start-up/Homestead (Rm 3-5.1)	Consult Room 1 (Rm 3-6.1)	Consult Room 2 (Rm 3-7.1)
7:00 - 8:30	Exhibitors in Exhibitor Hall SFC Listening session with breakfast (Rm 3-21.3)						
8:30 - 9:45	Linking Plant, Animal and Human Health in Livestock Systems: Muhammad Ahsin	Managing Marginal Water Quality & Maintaining Soil Health: Steve Trotter	Success with Meat Sheep & Goats: Lauri Celella and Ashley James	Tuskegee University: Using GIS Technology to Advance Underserved Communities, Urban Farming, and Food Access: George Hunter, John Myers, David Miller, and Kristin Woods	Herbs for Health: Justin Duncan	Funding Options: Capital Farm Credit (Financial)	
9:45 - 10:30	Break: Refreshments provided in Exhibitor Hall						
10:30 - 12:00	Advocacy - Making a Difference with Boots on the Ground: Judith McGeary, Justin Trammel and Rockie Gilford	Post-Harvest Handling for Quality & Food Safety: Michelle Akindiya and Hayley Wood	Getting Started in Livestock: Maggie Eubank, Aaron Hayes, and JJ Garcia	Handling Your Farm Taxes & Records: Traci & Greg Rickert	Starting and Expanding a Cottage Foods Business: Kelley Masters	Funding Opportunities: NRCS (Financial)	Pastured Poultry: Ty and Tokie Morgan (Livestock)
12:00 - 1:30	Lunch in the Grand Ballroom Plenary Session with Deydra Stearns and Phillip Warsaw: The Resiliency Within a Regional Food System						
1:30 - 3:00	Addressing Food Insecurity and Building Community Strength: David Huang, Susie Marshall and Hannah Thornton	Regionally Adapted Cover Crops: Lee Albee and Fred Morales	Meat Processing Options in Texas: Judith McGeary and Justin Trammel	Risk Management - Whole Farm Revenue Protection, Crop Insurance and Disaster Planning: Lane Webb and Troy Luepke	Be the Butcher - On-Farm Processing for Personal Use: Shawn Kelly		Sheep and Holistic Management: Lauri Celella (Livestock)
3:00 - 3:15	Break: Refreshments provided in Exhibitor Hall						
3:15 - 4:45	Urban Farming & Community Building: Daniel Garcia-Prats, Chisa Brigham and Kimberley High	Thriving Crops in the Heat & Humidity - Southern Crop Planning: Becky Hume	Electric Fence Basics: Garrett Kuntz	Harvesting Social Media Strategies: Ivy Walls	Permaculture for Beginners: Matt Powers		Meat Processing: Justin Trammel (Livestock)
Exhibit Hall open all day from 7:00 - 4:00 in the LBJ Ballroom / Silent Auction benefiting FARFA / Coffee, tea & light refreshments available							

Consult Rooms allow you to meet with speakers in a small group setting to talk more specifically about your operation or situation, as well as to hear about others' experiences and learn from each others' questions.

Monday, August 7: Session Descriptions

8:15 - 9:15 am

- Grand Ballroom** **Welcome & Plenary session with Ray Archuleta**
Ray will provide an overview of regenerative agriculture - an ecologically based agriculture will help heal the climate, improve human health, increase biodiversity, and improve the economic health of the ranch/farm communities.

9:30 - 10:30 am

- Grand Ballroom** **Rules & Regulations for Producers: Judith McGeary**
BIG PICTURE Small farmers, ranchers, and value added producers have to navigate a confusing maze of regulations to produce and sell their products to consumers. This session will walk through the specific regulations for produce, meat, eggs, and cottage foods. We will also cover strategies for how to find the answers you need on any food product and how to deal with health inspectors.
- Rm 3-14.1** **Microscopic Insights in Soil Regeneration: Andie Marsh**
CROPS Explore the hidden world beneath our feet and discover the microbiome's role in restoring function and fertility to soils. In this session, you will learn practical strategies for stewarding beneficial microbial communities.
- Teaching Theatre** **Raising & Marketing Meat with Traditional Methods: Izel Lopez**
LIVESTOCK Izel Lopez started raising cattle, pigs, and poultry while juggling raising a family and working full-time off-farm. Committed to using traditional indigenous methods, she had to figure out what worked for her context and what needed to change to create a healthy lifestyle and healthy food. Learn from both her successes and her failures in this session.
- Rm 3-9.1** **The Business of Grazing - Lessons Learned from a Decade of Grazing Cattle: Travis Krause**
FINANCIAL & MARKETING Travis Krause will provide a comprehensive overview of his experience in the cattle business, with a focus on production, economics, and market dynamics. He will share his experience ranging from owning and operating a local direct-to-consumer meat business to working within an international grassfed beef supply chain.
- Rm 3-5.1** **Artisanal Goat Milk Soap Making & Marketing: Whitney Brown**
START-UP & HOMESTEAD Learn what it is like to run an artisanal natural products business from the owner of Southern Hippie Queen, producer of handmade goat milk soaps. Strategies, opportunities and challenges of small-scale entrepreneurship will be discussed.
- Rm 3-13.1** **Mushroom Cultivation in Texas: One Up Mushroom Products**
NICHE This session provides a general introduction to growing mushrooms, with an overview of the fungi and the industry. Learn tips & tricks for overcoming common challenges for mushroom farmers.
- Rm 3-21.3** **[9:30-10am] Sub-surface litter application and summer annuals on pastures | Michael Popp**
RESEARCH **[10-10:30am] Soil health outreach for underserved trainees | Biswanath Dari**
- Rm 3-6.1** **USDA Farm Services Agency Working Session: Get the Answers for your Apecific Situation**
CONSULT 1

10:30 - 11:15 am

Exhibitor **Break**
Hall Refreshments provided

11:15 - 12:15 pm

- Grand Ballroom**
BIG PICTURE **Ecological Economics and Local Food Systems - Building Resilient and Equitable Supply Chains: Phillip Warsaw**
Breakdowns across the supply chain over the last 4 years have revealed the fundamental limitations of a food system defined by consolidation of power among massive agribusinesses which exist solely to maximize profit. But what is the alternative? And how do we take meaningful steps towards that alternative? In this talk, Phillip Warsaw will share insights from his decade of research working with stakeholders engaged in local food systems change across the Midwest. These perspectives shed important light on the value and importance of these localized supply chains in building a stronger, more resilient and equitable food system for the future.
- Rm 3-14.1**
CROPS **Saving & Selecting Seed to Adapt Crops to Your Conditions: Gary Nabhan**
If they creatively exercise their skills, farmers are participatory plant breeders adapting their seed stock of their best crops through recurrent selection to local climate and soil variability. Rather than thinking of seed saving as a “retro” activity to preserve heirloom varieties, it can be a forward-looking strategy for adapting selected crop populations to the stresses that most affect yield stability.
- Teaching Theatre**
LIVESTOCK **Regenerative Grazing - How to Use Livestock to Improve Your Land’s Productivity: Christine Martin**
Join Rancher and HMI Certified Educator Christine Martin in a discussion on how animals can improve your land’s productivity. Christine uses cattle, sheep, turkeys and layers to regenerate her land’s soil health and improving ecosystem functions. She will share insights into how to identify the right livestock and approaches for your farm’s ecosystem and circumstances.
- Rm 3-9.1**
FINANCIAL & MARKETING **Pick-Your-Own Farming Strategy & Techniques: Meg Neubauer**
Pick-Your-Own operations can reduce your workload and increase your profits! Learn how Megan and her father transitioned their small farm selling year-round at local markets to a seasonal Pick-Your-Own operation and the key elements to their success.
- Rm 3-5.1**
START-UP & HOMESTEAD **Poultry Health: Howard Davenport**
This workshop will discuss various aspects of poultry management for the backyard enthusiast - including breed selection, nutrition and providing environments for optimal health.
- Rm 3-13.1**
NICHE **Making Small-Scale Hydroponics Work: Marcella Juarez**
This session provides an introduction to hydroponics, focusing on the basic principles that aspiring hydroponics growers need to understand for a successful operation, no matter the size. Learn about hydroponics’ potential for local food production, the principles of successful hydroponic system management, and the pros and cons of this method of food production.
- Rm 3-21.3**
RESEARCH **[11:15-11:45am] Less is More | Paul Bain Martin**
[11:45-12:15pm] Small flock poultry nutrition and management | Pramir Maharjan
- Rm 3-6.1**
CONSULT 1 **Microbiology and Soil | Andie Marsh**
- Rm 3-7.1**
CONSULT 2 **Grass-fed Beef Production & Marketing | Travis Krause**

12:15 - 1:45 pm

Grand Ballroom **Lunch with FARFA Member & Prospective Member Meeting**

1:45 - 3:00 pm

Grand Ballroom **Farm Bill - Time to Speak Up! Finian Makepeace, Simone Benz and Judith McGeary**
BIG PICTURE
The Farm Bill comes around only once every five years, and 2023 is a Farm Bill year! This session will dive into specific parts of the Farm Bill that could make a real difference for regenerative agriculture and the local food movement. We'll discuss how farmers and consumers can get involved effectively to promote healthy soils and food nationwide.

Rm 3-14.1 **Crop Planning for Beginners and Beyond: Angela McDermott and Cody Scott**
CROPS
Come learn the basics of crop planning, which can set beginners up for success - and help experienced farmers do even better. This session will cover succession planting, crop rotation, software systems, and managing costs and profits.

Teaching Theatre **Certified Organic: What is it? What is its value?**
Bob Whitney, Michelle Akindiya, Matt Simon, Skip Connett, and Finegan Ferreboeuf
LIVESTOCK
Learn all about organic agriculture, why consumers put so much value in certified organic products and what is involved in transitioning to certified organic production. This workshop will cover issues related to crop and livestock organic stewardship.

Rm 3-9.1 **5 Steps to Landowner Liability Protection: Tiffany Dowell Lashmet**
FINANCIAL & MARKETING
Whether it is due to agritourism, customers coming to your farm to buy direct, or workers, the threat of a lawsuit hangs over farmers' heads. Learn 5 basic steps to help you manage the risk and protect your business and farm.

Rm 3-5.1 **Introduction to Honey Bees & Beekeeping: Tara Chapman**
START-UP & HOMESTEAD
Interested in adding bees to your farm or homestead for honey production or to help with pollination? This session will focus on bee biology and behavior and how to get started as a beekeeper, including discussions of city and state regulations, the time and financial commitment, a demonstration of necessary equipment, and information on where you can get your bees.

Rm 3-13.1 **Fruit Trees in the Central Texas Region: Figbeard**
NICHE
Central Texas is a complex ecoregion with ^{text}multiple soil types and growing zones, presenting some wonderful opportunities and some particular challenges for fruit production. This session will cover selecting varieties and management that will help your fruit operation be successful in this transition zone!

Rm 3-21.3 **[1:45-2:15pm] Using native legumes as cover crops | Patrick Johnson**
RESEARCH
[2:15-2:45pm] NRCS Urban agriculture opportunities | Wilma Tichelaar

Rm 3-7.1 **Livestock Grazing & Holistic Management | Christine Martin**
CONSULT 2

3:00 - 3:45 pm

Exhibitor **Break**
Hall Refreshments provided

3:45 - 5:15 pm

- Grand Ballroom**
BIG PICTURE **Value Chain Coordination - Stories of Success in Texas: Trisha Bates, Jessica Tullar Caroom and Margaret Smith**
This panel will look at opportunities and challenges for establishing and strengthening connections within the food system, aligned with the values of the community. You'll hear how real world projects have successfully brought value to actors in the food system - from producer to eater - using a variety of examples from field.
- Rm 3-14.1**
CROPS **Planning for Resilience Through a Soil Carbon Lense: Elise Haschke, Cody Brown, Darron Gaus, and Matt Simon**
This session will cover the soil carbon cycle and how it can build resilience on your farm or ranch, feature the NRCS-aligned conservation planning process, and current plans in Texas with lessons learned. We'll look at what's ahead for Texas and how farmers and ranchers can get involved in creating a carbon farm plan for their operations.
- Teaching Theatre**
LIVESTOCK **Pastured Poultry - The Good, the Bad, and How to Get Started: Ty & Tokie Morgan**
Pastured poultry can be one of the lowest cost and quickest ways to get into animal products. Join Ty and Tokie Morgan to learn about how to successfully start and grow your pastured poultry operation, with a focus on streamlining your workload to make it manageable!
- Rm 3-9.1**
FINANCIAL & MARKETING **Funding Options for Farmers and Ranchers: Joshua Coleman, Floyd Nauls, Wilma Tichelaar, Laura Martinez and Mark Rutledge**
Learn about USDA programs at both the Natural Resources Conservation Service and the Farm Service Agency that can help with your beginning, or growing, farm and ranch. This session will also cover private funding sources and financial assistance for farmers and ranchers.
- Rm 3-5.1**
START-UP & HOMESTEAD **Lessons Learned from Starting a Small-Scale Regenerative Farm: Marcella Juarez, Meg Naubauer and Cody Scott**
Join 3 farmers from across Texas as they discuss the most important lessons they learned in starting their farms - what worked and what didn't work. A smart person learns from their mistakes; a truly wise person learns from the mistakes of others.
- Rm 3-13.1**
NICHE **Lessons Learned in Writing Successful Grants: Manuel Pina Jr and Keisha Johnson**
Learn from an academic and a working farmer their strategies and suggestions for writing successful grants (including the lessons they've learned on what not to do!).
- Rm 3-21.3**
RESEARCH **[3:45-4:15pm] Carbon sequestration potential on urban farms | Gregory Joel**
[4:15-4:45pm] Farm trials of cover crops in arid farms | Samantha Martin
- Rm 3-7.1**
CONSULT 2 **Beekeeping | Tara Chapman**

5:15 - 6:30 pm

Exhibitor **Happy Hour with Poster Session**
Hall

6:30 - 9:00 pm

Grand **Dinner & Keynote Presentation:**
Ballroom **Food from the Radical Center | Gary Paul Nabhan**

Our keynote lecture this year, "Food from the Radical Center", gets its title from the new book by the same name by Dr. Nabhan, which tells the stories of diverse communities who are getting their hands dirty and bringing back North America's unique fare: bison, sturgeon, camas lilies, ancient grains, turkeys, and more. These efforts have united people from the left and right, rural and urban, faith-based and science-based, in game-changing collaborations. Their successes are extraordinary by any measure, whether economic, ecological, or social. In fact, the restoration of land and rare species provides one of the best returns on investment of any conservation initiative. In a time of intense polarization, Dr. Nabhan's is a message of hope - a vision of a new environmentalism that is just and inclusive, allowing former adversaries to commune over delicious foods.




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Tuesday, August 8: Session Descriptions

7:00 - 8:30 am

Rm 3-21.3 **Farmer Listening Session with Sustainable Food Center**
Breakfast provided. Please pre-register.

Exhibitor **Coffee in the Exhibitor Hall**
Hall

8:30 - 9:45 am

Grand **Linking Plant, Animal and Human Health in Livestock Systems: Muhammad Ahsin**
Ballroom **Meat is often not considered a good source of phytochemicals, and nutritional discussions primarily focus on fatty acids composition of meat finished on grains or grasses. This talk will discuss the abundance of polyphenols in different forages and their transfer to the meat of animals. Furthermore, the talk will also cover the significance of antioxidants in different types of beef and their potential impacts on human health.**
BIG PICTURE

Rm 3-14.1 **Managing Marginal Water Quality & Maintaining Soil Health: Steve Trotter**
CROPS In irrigated agriculture, there is a saying that soil chemistry will eventually reflect water chemistry. This can be a problem when using poor quality water. This presentation will look at how soil nutrient management can help offset challenges posed by water of low quality, and even limited quantity. The importance of using “nutrient logic” to support healthy biomass function will be discussed.

Teaching **Success with Meat Sheep & Goats: Lauri Celella & Ashley James**
Theatre **Small ruminants are a great stand-alone venture or addition to other livestock production. Join two Texas experts in the field to learn about successful production and management with sheep and goats for meat.**
LIVESTOCK

Rm 3-9.1 **Tuskegee University: Using GIS Technology to Advance Underserved Communities, Urban Farming, and Food Access: George Hunter, John Myers, David Miller, and Kristin Woods**
FINANCIAL & MARKETING

Rm 3-5.1 **Herbs for Health: Justin Duncan**
START-UP & HOMESTEAD One’s health is only as good as the foods we eat. Historically humans ate much more vegetable matter, but in modern times this is not the case. This has drastic effects on our health. In this class current scientific research is used to demonstrate how many plants affect human health.

Rm 3-6.1 **Funding Options | Capital Farm Credit**
CONSULT 1

9:45 - 10:30 am

Exhibitor **Break**
Hall Refreshments provided

10:30 - 12:00 pm

- Grand Ballroom**
BIG PICTURE **Advocacy - Making a Difference with Boots on the Ground: Judith McGeary, Justin Trammel and Rockie Gilford**
Ever feel discouraged about trying to get the laws and regulations changed so that they work for, and not against, regenerative and small-scale producers? It's a difficult challenge, but you CAN make a real difference. In this session, FARFA's Executive Director (with 13 successful bills in the Texas legislature under her belt) is joined by Rockie Gilford, an urban farmer who is active in raising awareness around the Farm Bill, and Justin Trammel, a Panhandle rancher who has walked the halls of the Texas Capitol and testified in committee hearings. We'll discuss what it takes for regular people to make a difference on the issues they care about, individually and collectively.
- Rm 3-14.1**
CROPS **Post-Harvest Handling for Quality & Food Safety: Michelle Akindiya and Hayley Wood**
Join two farmers and educators to learn best practices for managing your crops through harvest and storage so as to maximize their quality and food safety at the same time.
- Teaching Theatre**
LIVESTOCK **Getting Started in Livestock: Maggie Eubank, Aaron Hayes, and JJ Garcia**
Join a panel of three ranchers across Texas to learn about what it takes to get started in livestock. The discussion will cover their varied experiences in raising cattle, sheep, goats, hogs, and poultry to help you identify the opportunities and challenges.
- Rm 3-9.1**
FINANCIAL & MARKETING **Handling Your Farm Taxes & Records: Traci & Greg Rickert**
Most farmers dread tax time. And while nothing will make it fun, these two CPA farmers can help you understand how to keep your records throughout the year to minimize your tax headaches! The session will also address recordkeeping as a tool for managing your vital cashflow.
- Rm 3-5.1**
START-UP & HOMESTEAD **Starting and Expanding a Cottage Foods Business: Kelley Masters**
Starting a cottage food business can lead to many questions about how to sell your food within the limits of the law. This session will cover the ins and outs of the cottage food law including what foods you can sell, where you can sell them, permit requirements, and more.
- Rm 3-6.1**
CONSULT 1 **Funding Opportunities | USDA Natural Resources Conservation Services**
- Rm 3-7.1**
CONSULT 2 **Pastured Poultry | Ty & Tokie Morgan**

12:00 - 1:30 pm

Grand Ballroom **Lunch with Deydra Steans & Phillip Warsaw:
The Resiliency Within a Regional Food System**

1:30 - 3:00 pm

Grand Ballroom **Addressing Food Insecurity & Building Community Strength:
David Huang, Susie Marshall and Hannah Thornton**

BIG PICTURE Food insecurity is a complex, persistent problem. Join a thoughtful discussion with three non-profits that work to address food insecurity with a range of approaches, with a focus on using the local community and natural resources as strengths.

Rm 3-14.1 **Regionally Adapted Cover Crops: Lee Albee and Fred Morales**

CROPS Learn how to integrate cover crops and grazing in South Central Texas. Annual cycles, rotations, and strategies for success will be discussed.

Teaching Theatre **Meat Processing Options in Texas: Judith McGeary and Justin Trammell**

LIVESTOCK Meat processing is one of the greatest barriers for livestock producers, but the law in Texas has changed! Join this discussion with Justin Trammell, a rancher with a state-inspected processor, and Judith McGeary, FARFA Executive Director, to learn about the existing options and the new opportunities. Add your voice to help us identify the best ways that farmers, processors, and activists can work together to maximize the opportunities and create new ones!

Rm 3-9.1 **Risk Management - Whole Farm Revenue Protection, Crop Insurance & Disaster
Planning: Lane Webb and Troy Luepke**

FINANCIAL & MARKETING An integrated approach to risk management can help you identify, manage and mitigate risks to your operation - ideally minimizing the impact of negative events while maximizing positive events. This session will help you to prepare for potential threats, including natural disasters and other emergencies. Specifically, federal and state insurance and preparedness programs available to producers will be covered.

Rm 3-5.1 **Be the Butcher - On-Farm Processing for Personal Use: Shawn Kelly**

START-UP & HOMESTEAD Processing your own animals has multiple advantages: you not only save money, but it is less stressful for the animals and you have complete control over the quality. It also takes skill and know-how! Learn the basics of how you can become your own butcher to provide meat for your personal use.

Rm 3-7.1 **Sheep and Holistic Management | Lauri Celella**

CONSULT 2

3:00 - 3:15 pm

Exhibitor Hall **Break**
Refreshments provided

3:15 - 4:45 pm

Grand
Ballroom

BIG PICTURE

Urban Farming & Community Building: Daniel Garcia-Prats, Chisa Brigham & Kimberly High

Three urban farmers explore the power of local community initiatives in urban farming that can build stronger communities locally and beyond. Join the discussion on how these efforts can help address larger systemic issues that affect the health of our communities - economic, health & wellness, environmental, and culturally - and the need to invest in this work.

Rm 3-14.1

CROPS

Thriving Crops in the Heat & Humidity - Southern Crop Planning: Becky Hume

Standard advice often falls short in our region's heat and humidity. In this session, we delve into smart crop planning designed specifically for the South. We'll uncover resilient vegetable and herb varieties tailored to our regional conditions, offering superior heat tolerance, disease resistance, and performance. Gain practical insights that will elevate your agricultural success across seasons and through the years. Come join us in charting a path to thriving crops in the South's distinct climate.

Teaching
Theatre

LIVESTOCK

Electric Fence Basics: Garrett Kuntz

Electric fencing can be an invaluable tool for adaptive grazing. Learn about the different options and how to successfully set them up & maintain them.

Rm 3-9.1

**FINANCIAL &
MARKETING**

Harvesting Social Media Strategies: Ivy Walls

Have you been told that social media can help you build your sales, but you haven't been able to make it work for you? Ivy Walls will share her experience and insights to help you take the concept of social media and harvest real results!

Rm 3-5.1

**START-UP &
HOMESTEAD**

Permaculture for Beginners: Matt Powers

What is Permaculture? Why is it the lens through which abundance and solutions flow for gardeners, farmers, orchardists, and graziers alike? Join author, educator, and permaculturist Matt Powers as he delves into the power of Permaculture with personal experience, historical examples, successful commercial farms, beautiful homesteads, and large-scale restoration examples. See what's possible when we partner with Nature!

Rm 3-7.1

Meat Processing | Justin Trammell

CONSULT 2

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Keynote Speaker

Gary Paul Nabhan



Professor emeritus and founder of the Center for Regional Food Studies, University of Arizona

Dr. Nabhan is a prolific nature writer, agrarian activist and ethnobiologist who works tangibly on conserving the links between biodiversity and cultural diversity. He is considered a pioneer in the local food movement and the heirloom seed saving movement. A first-generation Lebanese American, Nabhan holds a Ph.D. in the interdisciplinary arid lands resource sciences from the University of Arizona. He co-founded Native Seeds/SEARCH, served as director of conservation, research and collections at both the Desert Botanical Garden and Arizona-Sonora Desert Museum, and became founding director of the Center for Sustainable Environments at Northern Arizona University. Now professor emeritus from the University of Arizona, he served for many years as the Kellogg Endowed Chair in Southwestern Borderlands Food and Water Security and founded the Center for Regional Food Studies there. More information on his work can be found at: www.garynabhan.com

Session Speakers



Aaron Hayes
Owner,
Homegrown Hayes



Andie Marsh
Soil Health Specialist
and Owner, Rhizos LLC



Angela McDermott
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Small Producers Initiative,
Texas State University



Ashley James, M.S.
Program Leader, Agriculture &
Natural Resources Unit, Prairie
View A&M University



Becky Hume
Owner, VRDNT Farm
and Commercial Rep,
Johnny's Seeds



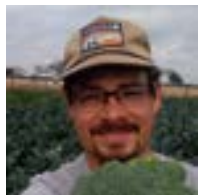
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Organic Specialist,
Texas A&M AgriLife Extension



Chisa Brigham
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H.A.D. Land Farms



Christine Martin
Rancher and
Certified Educator, Holistic
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Cody Scott
Co-owner,
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Daniel Garcia-Prats
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 Assistant Professor,
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 Owner, Figbeard Farms



Finian C Makepeace
 Co-Founder &
 Chief Strategy Officer,
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Floyd Nauls
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Garrett Kunz
 Director of Operations,
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**Hannah Thornton,
 MS, RD, LD**
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Hayley Wood
 Food Safety Project
 Coordinator,
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Hernán Colmenero
 Farm to Institution Manager,
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Howard Davenport
 Former TX State Representative,
 American Poultry Association
 and Authorized Testing Agent,
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Ivy Walls
 Farmer and founder of Ivy Leaf
 Farms, Black Farmer Box, and
 Fresh Houwse Grocery



Izel Lopez
 Rancher and Director
 of Operations for Texas
 Tribal Buffalo Project



Jessica Tullar Caroom
 Founder of Growing Together
 Texas



John "JJ" Garcia
 US Army Veteran goat and
 sheep rancher



Joshua Coleman
 State Outreach Coordinator
 for USDA Farm Service Agency
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Judith McGeary
 Founder and Executive Director, FARFA & the Council for Healthy Food Systems



Justin Duncan
 Sustainable Agriculture Specialist, National Center for Appropriate Technology's Southwest Regional Office



Justin Trammell
 Owner, Tir Bluen Farms & President, Canyon Farmers Market



Keisha Johnson
 Homesteader & Small Scale Producer, Grow It 4 Dinner, & Digital Creator, RuralCityGurl



Kelley Masters
 President & Founder, Homemade Texas



Kimberly High
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Lauri Ceella
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Maggie Eubank
 Co-owner, Pure Pastures



Manuel Piña, Jr.
 President & CEO, Views Unlimited, Inc. and Instructional Associate Professor Emeritus, TAMU



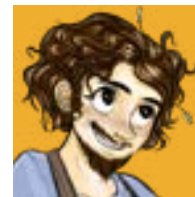
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Matt Powers
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Rockie Gilford
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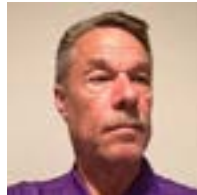
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Simone Benz
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Skip Connett
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Steve Trotter
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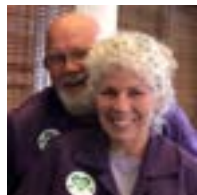
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Tara Chapman
Founder & Owner, Two Hives Honey



Tiffany Dowell Lashmet
Associate Professor & Extension Specialist, Texas A&M AgriLife Extension



Traci & Greg Rickert
Self employed CPAs and Owners, GRTR Farm Fares



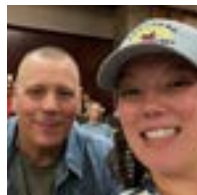
Travis P Krause
VP of Supply Chain, Highland Beef Pastoral Co.



Trisha Bates
Founder, Urban American Farmer



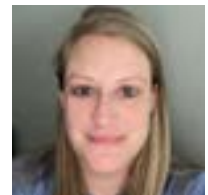
Troy Luepke
Texas A&M AgriLife Extension Service extension agent for Disaster, Assessment and Recovery



Jy & Tokie Morgan
Owners, Southern Sunny Acres



Whitney Brown
Owner, Southern Hippie Queen - Handmade Artisanal Goods



Wilma Tichelaar
NRCS Texas State Urban Conservationist

Thank you to our session moderators!

Kelly Adams

Adams Blackland Prairie Farm
and CHFS Board President

Wes Adams

Adams Blackland Prairie Farm
and CHFS Board Member

Jeff Bednar

Profound Microfarms and FARFA Board
Member

Hernan Colmenero

Farm to Institution Manager with
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Rick's Chophouse, Harvest Seasonal
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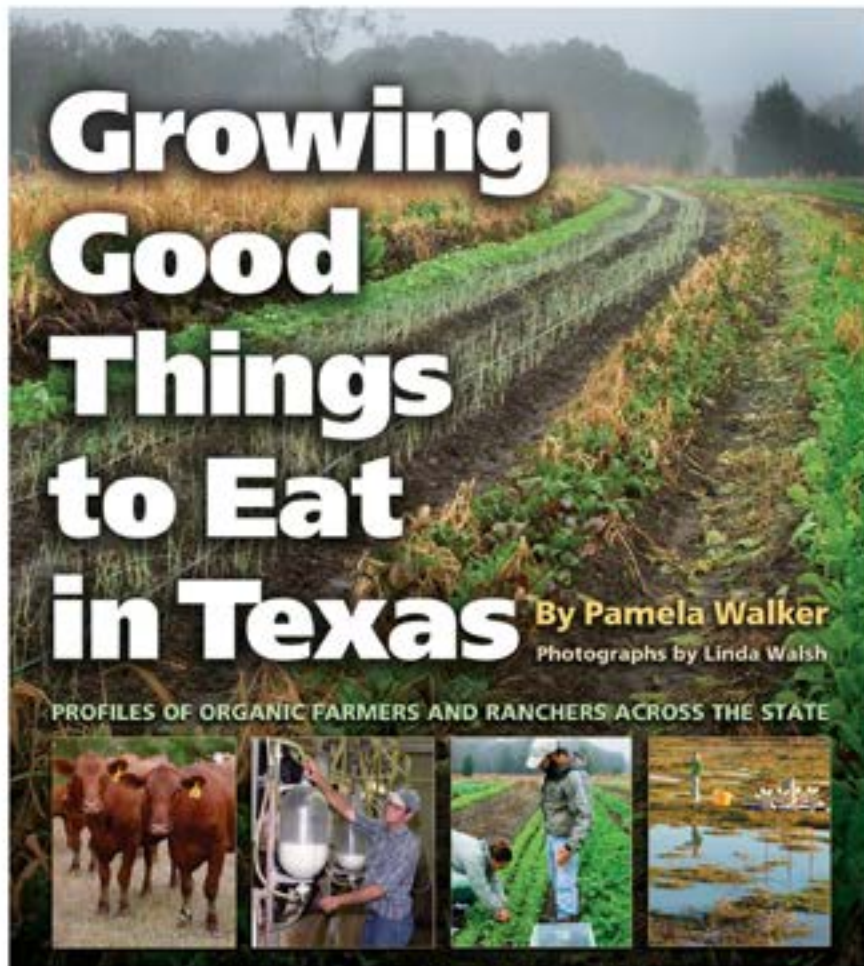
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FARFA supports independent family farmers and protects a healthy and productive food supply for American consumers. We promote common-sense policies for local, diversified agricultural systems.



FARFA successfully led the fight to stop the National Animal Identification System, a plan to electronically tag and track all livestock animals. The program was designed for factory farms and would have been disastrous for pasture-based livestock producers had it not been defeated. FARFA also led the fight to include a small-producer exemption to the expensive and burdensome requirements of the federal Food Safety Modernization Act. In both campaigns, FARFA organized large national coalitions of organizations and individuals who spanned the political spectrum.

At the state level, FARFA has passed bills to establish and expand the cottage food law, require health departments to respond to questions from producers, reduce permit fees, make sampling at farmers' markets easier, and more. FARFA is the recognized voice for sustainable agriculture and local foods in the Texas Legislature.

COUNCIL FOR HEALTHY FOOD SYSTEMS (CHFS)

CHFS's mission is to promote diversified local and regional foods systems that are healthy, safe, economically sound, and environmentally sustainable. We seek to enhance public understanding of how health, safety, economics, and the environment are impacted both by different farming methods and the evolving dynamics of food consumption.



We serve both farmers and consumers. Through its website, CHFS provides information for consumers about their food, from its effect on their health to its impact on the world around them. We want consumers to understand how they can spend their dollars and their time to change the system.

CHFS also teaches workshops throughout the state to help farmers become sustainable, economically and ecologically. These workshops provide the knowledge for farmers to implement conservation farming methods, use sound business and marketing tools, and understand the regulations that impact their businesses.

FARFA & CHFS Staff:

Judith McGeary, Executive Director
Lindsay Gonzales, Development Director
Shanna Crew, Program Manager
Joseph Kilgus, Administrative Assistant
Suzanne El-Haj, Communication Intern



ARE YOU A MEMBER OF FARFA?

Your input, financial support, and membership in our community will help make possible meaningful change for the better! The more dedicated people like you join us in taking action, the more influence we have with policymakers in Austin and beyond. Please join in supporting FARFA by becoming a member today at FarmAndRanchFreedom.org, and we'll keep you updated on the progress we are making in advocating for the causes in which you believe!

You can also support our education and research efforts by making a tax-deductible gift at HealthyFoodSystems.org.

Thanks in advance for your generosity!

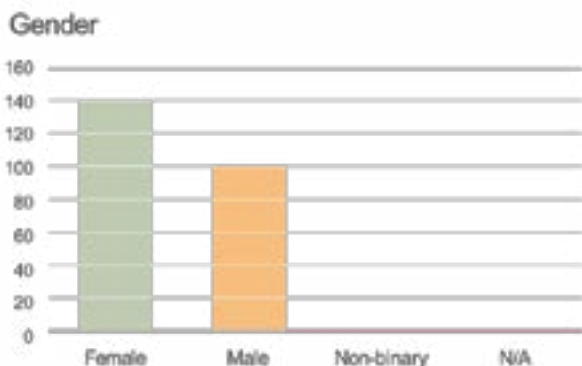
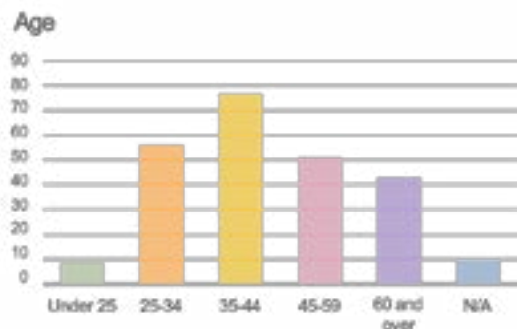
SMALL PRODUCERS INITIATIVE (SPI)

The Small Producers Initiative (SPI) is a program housed in the Department of Agricultural Sciences at Texas State University. Our mission is to provide research, outreach, and extension to small and mid-sized farmers and ranchers in Texas. SPI specializes in working with historically underserved producers (beginning, minority, veteran, women, young). We support farmers of every production style: conventional, regenerative, sustainable, organic, livestock, row-crop, market produce, etc. SPI was founded collaboratively and is guided by an advisory team of farmers, agricultural service providers, and researchers.



Our Demographics

Small Producers Initiative Participants:



- 50% aspiring or beginning farmers
- 45% currently farming or ranching
- 38% Black, Indigenous, or other People of Color (BIPOC)
- 10% U.S. military veterans

Publications

- "Evaluating Success Factors and Challenges Among Small-Scale Agricultural Producers: A Texas Case Study," Journal of Rural Social Sciences
- "What Makes a Small Farm Successful? A Review of Success Factors, Needs, and Challenges," Journal of Extension

Continued Research

- Soil, Plant, Animal Health Research Continuum (SPAHR) Laboratory
- Fee-based soil, plant, and animal tissue testing, expected 2024
- Texas State University Graduate Student Research

Outreach & Extension

Southern Family Farmers & Food Systems Conference:

- Crop & Livestock Production Sessions Business, Finance & Marketing Sessions Research & Technology Sessions

USDA Funded Programs

SPI-AMP (USDA AO202501X443G003):

- Bookkeeping Classes
- Marketing Workshops Grant & Loan Mentorship
- 1-on-1 Financial Consultations RReSSEED

RReSSEED (NRCS Cooperative Agreement):

- On-farm soil health and cover crop demonstrations

Bridging Success: Strengthening Community, Capacity, and Viability of Texas Beginning Farmers and Ranchers (USDA 2022-70033-38197):

- Increase access to USDA programs
- Develop agricultural leadership
- soil health and cover crop demonstrations

SPI Team

Dr. Ken Mix, SPI Program Director, Associate Professor of Soils and Crop Science

Dr. Pratheesh Omana Sudhakaran, Co-PI (SPI- AMP) Assistant Professor of Agricultural Business & Economics

Angela McDermott, Grant Director
Kyle Krebs, Soils Lab Technician

Our collaborators include: AgriLife Battleground to Breaking Ground, Black Gold Resourcing, Council for Healthy Food Systems, Farm and Ranch Freedom Alliance, Holistic Management International, Kitchen Table Consultants, National Audubon Society, Understanding Ag, Pecan Street, National Center for Appropriate Technology, Texas Organic Farmers & Gardeners Association, Texas Small Farmers & Ranchers CBO.

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In a way, choosing local products and equipment for livestock and rural living is similar to selecting an insurance policy from your local American National agent. Contact me for more information about how American National can help meet your unique insurance needs.

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