Northern Plains Food & Farming Conference

Re-Setting the Food System:
Human Health, Soil Health & Farm Viability

January 27-29, 2022
Holiday Inn, Fargo, N.D.

Keynote Speakers:
Gabe Brown
Ted Matthews
Ken Meter

- Pre-Conference Workshops
- Breakout Sessions
- Entertainment
- Organic/Local Food
- 20+ Exhibitors
The USDA Sustainable Agriculture Research and Education Program has been helping farmers, ranchers, gardeners, and students achieve their goals for improved profit, production, national resources and quality of life for 30 years.

Contact: Bill Hodous, Karl Hoppe, or Clair Keene, State Co-Coordinators – ND SARE – NDSU Extension Service

Bill.hodous@ndsu.edu • 701-662-7027
Karl.hoppe@ndsu.edu • 701-652-2951
Clair.Keene@ndsu.edu • 701-774-4315

Learn more at www.sare.org
Welcome to the NPSAS 2022 Food & Farming Conference

I am excited to welcome all of you to Fargo for an informative, fun and safe time together. We are looking forward to our Friday keynote from Ted Matthews on Human and Mental Health Awareness. This timely topic is one that I’m particularly interested in as there are so often limited resources in rural areas to address behavioral health needs, and I think we can all agree the last few years have been really tough on all of us.

Our second keynote on Saturday is from Ken Meter on Economic Viability. Ken’s work on providing economic analyses for local food networks has impacted 140 regions in 40 states, two provinces, and three tribal nations. I can’t wait to hear his insights that integrate market analysis, business development, systems thinking, and social concerns into helping our local food systems become stronger and more resilient.

Unfortunately, our partnership with Food Tank at this year’s conference is going to be postponed until our 2023 conference. Food Tank highlights hope and success in agriculture featuring innovative ideas that are already working on the ground, in cities, in kitchens, in fields and in laboratories. We were excited to add our collective knowledge and experience about sustainable ag on our Northern Plains to the discussions Food Tank is having around the country on this tour, but with the uncertainty with travel, the trip from New York to North Dakota was a concern for this year’s event.

Additionally, this year we highly encourage your thoughts and ideas about NPSAS as a part of the NPSAS Board Discussion session, where all our board members will be available to our members, to get to know you, hear what is on your minds, and answer any questions you might have. NPSAS See you at the conference!

—Kaye Kirsch, NPSAS Board President

Member Reminder:
The NPSAS Annual Meeting will be held on Saturday, January 29, 2022 from 1:00-1:30 pm Central Time during the Annual Winter Conference. The Annual Report will be distributed at the meeting and on our website after the conference.

Meeting Agenda:
Call Meeting to Order & Year in Review
President, Kaye Kirsch

Presentation of Financial Reports
Treasurer, Brad Wolbert

Executive Director Report
Jasper Diegel & Katie Sieverding

Election Results
President, Kaye Kirsch

Adjourn Meeting

BOARD MEMBERS
Kaye Kirsch, President
Krysti Mikkonen, Vice-President
Brad Wolbert, Treasurer
Randy Nelson, Secretary
Richard Horsley
Mike Jorgenson
Caliton Ntahompagaze
Prairie Rose Seminole
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We have long been developing relationships with farmers who grow grain to the exacting standards of our customers and our third-party certifying body. These men and women are the foundation of our quality. Their knowledge, experience, and hard work are evident in every bag of Heartland flour and in the outstanding baked goods of our customers.
Health and Safety Tips

Although, we cannot wait to see many of you at the event, it is important to remember that the recent COVID–19 Omicron outbreak has shown little sign of slowing down and has already had an impact on most events.

Ultimately, every person is responsible for protecting their own health. However, to ensure efficiency and safety for everyone involved NPSAS will have disposable masks and hand sanitizer stationed throughout the event.

Additionally, we have included CDC recommended gathering guidelines as a basic reminder.

If you are attending a gathering, think about the steps you need to take to protect yourself and your loved ones from COVID-19.

- If you are not fully vaccinated and aged 2 or older, you should wear a mask in indoor public places.
- In general, you do not need to wear a mask in outdoor settings.
- People who have a condition or are taking medications that weaken their immune system may not be fully protected even if they are fully vaccinated. They should continue to take all precautions recommended for unvaccinated people, including wearing a well-fitted mask, until advised otherwise by their health-care provider.
- If you are fully vaccinated, to maximize protection and prevent possibly spreading COVID–19 to others, wear a mask indoors in public if you are in an area of substantial or high transmission.
- Testing can give you information about your risk of spreading COVID–19.
  - Consider using a self-test before joining indoor gatherings with others who are not in your household.
  - A positive self-test result means that you have an infection and should avoid indoor gatherings to reduce the risk of spreading disease to someone else.
  - A negative self-test result means that you may not have an infection. Repeating the test with at least 24 hours between tests will increase the confidence that you are not infected.
  - Ask your healthcare provider if you need help interpreting your test results.

Content source: National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases
Last Updated Dec. 10, 2021

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

cdc.gov/coronavirus

316159-A March 25, 2020 8:00 AM
Food & Farming Conference Menu

**THURSDAY**
**Agri-CULTURE**
- Roasted Vegetables
- Asian Pork Ribs
- Turkey Meatballs
- Chicken Satay
- Cauliflower Wings
- Cheesecake Bites

**FRIDAY**
**Breakfast**
- Egg Bake with Ham and Vegetables
- Biscuits and Gravy
- Fresh Fruit Platter

**Lunch**
- Mixed greens w/ Assorted Dressings
- Curried Butternut Squash Bisque
- Grilled Chicken Breast

**Appetizers**
- Roasted Hummus Pitas and Vegetables
- Smoked Gouda Bison Wanton
- Stuffed Mushrooms
- Million Dollar Bacon
- Chef Specialty Crostini - Bruschetta and Apple with Carmelized Onion and Gorgonzola

**SATURDAY**
**Breakfast**
- Egg Bake with Bacon and Vegetables
- Biscuits and Gravy
- Fresh Fruit Platter

**Lunch**
- Pulled Pork and Ground Beef with Soft and Hard Taco Shells
- Black Beans, Quinoa, Tortillas, Lettuce, Tomato, Onion, Cheese, Sour Cream
- Chips, Salsa and Guacamole
- Tres Leches Cake

All meals are included in the full conference registration fee. The meals include a gluten-free, vegan option. Gluten-free: While every effort has been made to keep contamination at zero, we recommend not eating these meals if you have a severe gluten allergy.
Keynote Session Overview

Gabe Brown, Owner & Operator, Brown’s Ranch

Friday, January 28
9:30 am - 11:30 am

Gabe Brown is one of the pioneers of the current soil health movement which focuses on the regeneration of our resources. Gabe, along with his wife Shelly, and son Paul, own and operate Brown’s Ranch, a diversified 5,000 acre farm and ranch near Bismarck, North Dakota. The ranch consists of several thousand acres of native perennial rangeland along with perennial pastureland and cropland. Their ranch focuses on farming and ranching in nature’s image.

Ted Matthews, Director, MN Rural Mental Health

Friday, January 28
3:00 pm - 4:00 pm

Ted is a mental health practitioner with over 30 years of experience in counseling in rural areas. His focus has been farmer mental health support. Matthews also has extensive counseling experience in the areas of PTSD, crisis intervention, family issues, suicidology and domestic abuse. Matthews offers his expertise to help the general population to better understand farming culture.

Ken Meter, Owner & Analyst, Crossroads Resource Center

Saturday, January 29
10:00 am - 11:00 am

Ken Meter is one of the most experienced food system analysts in the U.S., integrating market analysis, business development, systems thinking, and social concerns. Meter holds 47 years of experience in inner-city and rural community capacity building. His local economic analyses have promoted local food networks in 140 regions in 40 states, two provinces, and three tribal nations.

You won’t want to miss these presentations!
We build sustainable food systems.

SUSTAINABLE We look beyond this year’s harvest, beyond maximizing output, no matter the cost. We want to build our soils, not deplete them. We want our water and air to be cleaner than they were before. We want the people who work with their hands to make a good living. And we want more of the next generation to see a future in farming.

FOOD Sustainably produced, nutrient-rich food nourishes the body and the soul. Good food has the power to build communities as we connect growers and eaters, and as we all celebrate our connection to each other and the world through our meals. We want this high-quality food to be available as a first choice for consumers in our region and beyond.

SYSTEMS We focus on more than the acre before us. We know that what we do has consequences far beyond any one farm—farming affects the quality of our communities, relationships, assets, culture, and satisfaction with our lives. We need people working together across many disciplines to create a system of support for sustainable food production.

Let’s work together to build a sustainable future.

Join NPSAS or renew your membership today.

To join NPSAS, fill out a form at the registration table during the conference, or go to www.npsas.org/membership/ and click on “Become a Member.”

MEMBER BENEFITS

• The Germinator, a membership newsletter, four times a year
• Discount on conference attendance
• Member directory
• Connection with other members
• Farm tours
• Joining with others in support of sustainability

Northern Plains Sustainable Agriculture Society

106 W Capitol Ave, Suite 4, Pierre, SD 57501

Visit our website at www.npsas.org or e-mail info@npsas.org

Northern Plains Sustainable Agriculture Society

EDUCATION/COMMUNITY ENVIRONMENT

NPSAS • 2022 8 Food & Farming Conference
A block of rooms have been reserved at the Holiday Inn Fargo under NPSAS.

OTHER LODGING:
Holiday Inn Express
1040 40th St
Fargo, ND 58103
(701) 282-2000

Red Roof Inn
1921 44th St SW
Fargo, ND 58103
(701) 281-8240

Find a list of hotels in the Fargo-Moorhead area at https://www.fargomoorhead.org/hotels/

To get to the conference, take Exit 64 off of Interstate 29. Go west about half a mile on 13th Avenue SW. Holiday Inn Fargo will be on your right. The hotel is across the street from West Acres Regional Shopping Center.

CALL FOR MORE INFORMATION:
Fargo, ND
701.282.2600 or 800.437.5539

Lubbock, TX
806.763.9747 or 800.763.9740

Colby, KS
785.462.3911 or 888.748.5111

CONFERENCE LOCATION:
Holiday Inn Fargo:
Hotel & Convention Center
3803 13th Ave S
Fargo, ND 58103
(701) 282-2700

A block of rooms have been reserved at the Holiday Inn Fargo under NPSAS.

THE GERMINATOR

If you have questions on our conference and what we have done to ensure the safety of our attendees, please reach out to Cole directly at info@npsas.org.

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PLANNING continued from page 10

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Holiday Inn Fargo: Hotel & Convention Center
3803 13th Ave S
Fargo, ND 58103
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NSAC Responds to the FDA's Proposed Rule Regarding the Agricultural Water Provisions of the Food Safety Modernization Act (FSMA)

For over a decade, NSAC has been working to ensure that fruit and vegetable farmers are not burdened by unreasonable costs of complying with the Produce Safety Rule. The rule published today that would revise the Agricultural Water Standard rules now. It is our hope that the proposed agricultural water assessment approach will allow farms to individually assess their risks and tailor mitigation methods to each farm.

Despite the rule’s move towards a risk-based approach, the comment opportunity is significant and disproportionate costs to small, diversified farm operations. We urge FDA to continue to listen to the diversified range of farmers affected by this rule and gather feedback from our members at USDA to ensure that all producers are aware of this comment opportunity.

We look forward to further reviewing this rule and gathering feedback from our members at USDA to ensure that all producers are aware of this comment opportunity.

At its core, this rule continues to place the emphasis on the environmental impact of this element of the Produce Safety Rule to change certain pre-harvest agricultural water requirements for covered produce other than sprouts: focusing on a set number of tests and a testing regimen that would have resulted in significant and disproportionate costs to small, diversified farm operations.

We urge FDA to continue to listen to the diversified range of farmers affected by this rule and gather feedback from our members at USDA to ensure that all producers are aware of this comment opportunity.

Problems with agricultural water quality nates upstream. The Coalition also remains concerned about the rule’s encouragement of chemically treated water and the potential for enforcement to correct a problem that originates at a societal and systemic level, instead of expecting farm by farm mitigation of hazards solely on fruit and vegetable farmers. We urge FDA to continue to listen to the diversified range of farmers affected by this rule and gather feedback from our members at USDA to ensure that all producers are aware of this comment opportunity.

We look forward to further reviewing this rule and gathering feedback from our members at USDA to ensure that all producers are aware of this comment opportunity.

See the new 2022 plant catalog!

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State Coordinator – ND SARE – NDSU Extension
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# 2022 Food & Farming Conference Schedule

## Thursday, January 27

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30 p.m. - 1:00 p.m.</td>
<td>Introduction to marketing specialty grains for beginning farmers with Clair Keene</td>
<td>Prairie Room</td>
</tr>
<tr>
<td>1:00 p.m. - 3:00 p.m.</td>
<td>Marketing Your Rotation of Organic Grain through the OFARM Family of Member Co-ops with OFARM Cooperative Marketing Team</td>
<td>Frontier</td>
</tr>
<tr>
<td>3:00 p.m. - 4:00 p.m.</td>
<td>Farm Breeder Network, Rethinking the Farm Breeder Club</td>
<td>Prairie Room</td>
</tr>
<tr>
<td>5:00 p.m. - 7:00 p.m.</td>
<td>Taste of Agriculture Reception &amp; Meet the Authors with Beth Dooley and Megan Myrdal</td>
<td>Great Hall</td>
</tr>
</tbody>
</table>

## Friday, January 28

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 a.m. - 8:00 a.m.</td>
<td>Breakfast and Welcome Message by Kaye Kirsch, NPSAS Board President</td>
<td>Crowne/Royale</td>
</tr>
</tbody>
</table>
| 8:00 a.m. - 9:00 a.m. | BREAKOUT SESSIONS:  
& Soil Health: Grazing Management Practices to Enhance Soil Health in the Northern Great Plains by Miranda Meehan & Erin Gaugler | Frontier          |
| 8:00 a.m. - 9:00 a.m. | Farm Viability: Predation, Herbivory, and Farmer Profitability and Sustainability in Response to Inter Seeded Covercrops in Standing Corn for Agroecosystem Diversification by Michael Bredeson | Embassy           |
| 8:00 a.m. - 9:00 a.m. | Livestock: Hemp as Animal Feed by Kendall Swanson | Prairie           |
| 9:30 a.m. - 11:30 a.m. | KEYNOTE SESSION: Leading The Soil Health Movement with Gabe Brown | Sterling          |
| 12:00 p.m. - 1:00 p.m. | Lunch Buffet & NPSAS 2022 Awards | Crowne/Royale     |
| 12:00 p.m. - 1:00 p.m. | Exhibit Hall Open | Harvest Hall      |
| 1:00 p.m. - 2:00 p.m. | BREAKOUT SESSIONS:  
V Soil Health: How Much Credit is your Carbon worth? by Glen Rabenberg | Embassy           |
| 1:00 p.m. - 2:00 p.m. | Farm Viability: The Digital Side of Marketing your Farm: The Why & How by Krysti Mikkonen | Frontier          |
| 1:00 p.m. - 2:00 p.m. | Hemp Industry Updates & Trends by Roger Gussiaas with Healthy Oil Seeds | Prairie           |
| 2:00 p.m. - 3:00 p.m. | Exhibit Hall Open | Harvest Hall      |
| 3:00 p.m. - 4:00 p.m. | KEYNOTE SESSION: Mental Health “We’re all in this Together” by Ted Matthews | Sterling          |
| 4:30 p.m. - 5:30 p.m. | Networking Social Hour with Exhibit Hall Open  
| & Hors d’oeuvres provided. Dinner on Your Own | Harvest Hall      |

## Saturday, January 29

<table>
<thead>
<tr>
<th>Time</th>
<th>Event Description</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m. - 8:30 a.m.</td>
<td>Breakfast and Coffee</td>
<td>Crowne/Royale</td>
</tr>
</tbody>
</table>
| 8:30 a.m. - 9:30 a.m. | BREAKOUT SESSIONS:  
& Farm Viability: Perennial flax: a new crop for sustainable agriculture in the Northern Plains by Dr. Burton Johnson and Zachary Pull | Prairie           |
| 8:30 a.m. - 9:30 a.m. | Human Health: Family and Couples Communication by Ted Matthews | Frontier          |
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<td><strong>KEYNOTE SESSION:</strong> Building Community Foodwebs by Ken Meter</td>
<td>Sterling</td>
</tr>
<tr>
<td>12:00 p.m. - 1:30 p.m.</td>
<td>Lunch Buffet</td>
<td>Crowne/Royale</td>
</tr>
<tr>
<td>12:00 p.m. - 1:30 p.m.</td>
<td>Exhibit Hall Open</td>
<td>Harvest Hall</td>
</tr>
<tr>
<td>1:00 p.m. - 1:30 p.m.</td>
<td>NPSAS Annual Membership Meeting (members only)</td>
<td>Embassy</td>
</tr>
<tr>
<td>1:30 p.m. - 2:00 p.m.</td>
<td>NPSAS Board Discussion: Chat with the NPSAS Board Members</td>
<td>Embassy</td>
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<tr>
<td>2:00 p.m. - 3:30 p.m.</td>
<td>Farmer's Panel Q&amp;A Discussion</td>
<td>Sterling</td>
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<tr>
<td>3:00 p.m. - 4:00 p.m.</td>
<td>Exhibit Hall Open</td>
<td>Harvest Hall</td>
</tr>
<tr>
<td>4:00 p.m. - 5:00 p.m.</td>
<td><strong>BREAKOUT SESSIONS:</strong> Soil Health: Healthy Soils = Healthy Plants by Glen Rabenberg</td>
<td>Embassy</td>
</tr>
<tr>
<td>4:00 p.m. - 5:00 p.m.</td>
<td>Farm Viability: Planning for Retirement &amp; Farm Transition by Russ Tweiten with Farm Credit</td>
<td>Frontier</td>
</tr>
<tr>
<td>4:00 p.m. - 5:00 p.m.</td>
<td>Marketing Your Rotation of Organic Grain through the OFARM Family of Member Co-ops. by OFARM Cooperative Marketing Team</td>
<td>Prairie</td>
</tr>
<tr>
<td>5:00 p.m.</td>
<td>2022 F&amp;F Conference Concludes</td>
<td></td>
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</tbody>
</table>

*FF* = Farmers Forum workshops, part of North Central Region – Sustainable Agriculture Research and Education

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# Children’s Workshops

1. **Mental Health: Guided Meditation Exercise**  
   **Friday, January 28, 8:00 am - 9:00 am**  
   *Mezzanine Room*

2. **Soil Health: Worm Farm Kit**  
   **Friday, January 28, 1:00 pm - 2:00 pm**  
   *Mezzanine Room*

3. **Mental Health: Guided Meditation Exercise**  
   **Saturday, January 29, 8:30 am - 9:30 am**  
   *Mezzanine Room*

4. **Farm Viability: Explore Virtual Farm Tours**  
   **Saturday, January 29, 4:00 pm - 5:00 pm**  
   *Mezzanine Room*
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Feed Grains
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Mike Bredeson has been with Ecdysis Foundation since day one. He currently holds the title of research agroecologist. Mike, a farm kid from central Minnesota grew up an avid outdoorsman spending every waking second in the field or on the water. It was the combination of passions, agriculture, and natural resources, which propelled Mike into an education on managing farmland using ecological principles. An internship with Dr. Jonathan Lundgren solidified Mike’s interest in insects, biodiversity conservation, and regenerative ag research. From that day forth Mike has been peeling back layers of detritus on farms all over the world playing witness to the immense power of functional working ecosystems.

Gabe Brown is one of the pioneers of the current soil health movement which focuses on the regeneration of our resources. Gabe, along with his wife Shelly, and son Paul, own and operate Brown’s Ranch, a diversified 5,000 acre farm and ranch near Bismarck, North Dakota. The ranch consists of several thousand acres of native perennial rangeland along with perennial pastureland and cropland. Their ranch focuses on farming and ranching in nature’s image.

The Browns holistically integrate their grazing and no-till cropping systems, which include a wide variety of cash crops, multi-species cover crops along with all natural grass finished beef and lamb. They also raise pastured laying hens, broilers and swine. This diversity and integration has regenerated the natural resources on the ranch without the use of synthetic fertilizers, pesticides, and fungicides.

The Browns are part owners of a state inspected abattoir which allows them to direct market their products. They believe that healthy soil leads to clean air, clean water, healthy plants, animals, and people. Over 2,000 people visit the Brown’s Ranch annually to see this unique operation. They have had visitors from all fifty states and twenty-four foreign countries.

Gabe and Brown’s Ranch have received many forms of recognition for their work, including a Growing Green award from the Natural Resource Defense Council, an Environmental Stewardship Award from the National Cattlemen’s Beef Association, and a Zero-Till Producer of the Year Award, to name a few. Gabe has also been named one of the twenty-five most influential agricultural leaders in the United States.

Gabe recently authored the book, “Dirt to Soil, One Family’s Journey Into Regenerative Agriculture.”

He is a partner, along with Ray Archuleta, Shane New, and Dr. Allen Williams, in Understanding Ag LLC. He is also an instructor for Soil Health Academy, which focuses on teaching others the power and importance of healthy functioning ecosystems.

Roger Gussiaas is the President and Owner of Healthy Oilseeds, LLC in Carrington, ND which he started in 2002. Healthy Oilseeds processes specialty oilseeds including flaxseed, hempseed and borage. This includes cold press expelling, milling, sifting and roasting. Healthy Oilseeds has done business in 22 countries and 49 states.

Roger started farming in 1979 and in later years farmed more than 3000 acres. Throughout those years he raised 24 different crops including growing hempseed for grain and CBD. Roger has a range of expertise as a farmer, business owner, producer, and exporter of US grown oilseeds.


Roger was recognized as the 1992 North Dakota Outstanding Young Farmer, the 1993 National Outstanding Young Farmer, and the 2010 North Dakota Exporter of the year.

Roger attended Mayville State University and is a 2016 graduate of Texas A&M TEPAP (The Executive Program for Agricultural Producers).

Roger continues to want to serve in his local community as well as share his expertise and passion with those wanting to learn more about hemp agriculture, processing, and marketing.

Erin Gaugler grew up on a farm and ranch in southwest North Dakota. Erin is in the process of transitioning back to the farm and ranch. Currently, she works as a rangeland research specialist with North Dakota State University, while also working toward a Ph.D in rangeland management. Her research focuses on the integrated management of cropping systems, natural resources, livestock and economics. She owns a small herd of cattle and sheep and also manages cropland acres for forage production, soil health and pollinator habitat.

Burton Johnson is a professor in the Dept. of Plant Sciences at NDSU and conducts crop production research on major, alternative, and new crops for North Dakota and NW Minnesota. Studies focus on management factors that affect stand establishment, crop growth and development, harvest management, cover crops, intercropping, and organic production. Recent research involved cover crops and intercropping with Mustard Family oilseeds in corn and soybean production systems. Current studies focus on perennial flax production in organic and conventional production systems, intercropping hemp and sunflower, intercropping canola and dry pea, and intercropping canola and soybean.

Clair Keene is a N.D. State SARE co-coordinator and an Area Extension Specialist in Cropping Systems at the Williston Research Extension Center, where she works with farmers to address weed management concerns and tackle issues of soil conservation and soil health with cash crop diversity, cover crops, and residue management.

Ted Matthews is a mental health practitioner with over 30 years of experience in counseling in rural areas. His focus for the past 2 decades has been farmer mental health support. He has been the director of mental health services during 5 natural disasters. Matthews provides outreach training and public speaking related to farm stressors, nation wide. He also has extensive counseling experience in the areas of PTSD, crisis intervention, family issues, suicidology and domestic abuse. Featured on the Huffington Post, MPRNews, CNN, AgriNews, Successful Farming, Prairie Farmer and many others, Ted offers his expertise to help the generation population to better understand the farming culture.

Miranda Meehan is a Leader of the Livestock & Environmental Stewardship Program. Member of the NRM and Livestock program teams within ANR. Extension programming focused on the areas of environmental management and stewardship including livestock, range and grazing management, water quality, reclamation, and...
environmental policy. Her research interests are focused on environmental stewardship and livestock-environmental interactions including range and riparian ecology, grazing management, integrated crop-livestock systems, water quality, reclamation.

**Ken Meter** is one of the most experienced food system analysts in the U.S., integrating market analysis, business development, systems thinking, and social concerns. Meter holds 47 years of experience in inner-city and rural community capacity building. His local economic analyses have promoted local food networks in 140 regions in 40 states, two provinces, and three tribal nations. He developed a $9.85-million-plant for local food investment for the state of South Carolina, and completed similar studies for Hawai’i, Alaska, Mississippi, Indiana, Ohio, and Minnesota. Three of these were commissioned by state departments of health. He researched the economic impacts of institutional food purchasing for the CDC and the Illinois Public Health Institute, and developed strategic regional food plans for Kansas City, Kansas; Maricopa County, Arizona; Metro Nashville; the San Luis Valley of Colorado; Polk County, Wisconsin; Great Falls, Montana; Central Louisiana; the ArkLaTex region near Shreveport; Northeast Indiana; suburban Denver; rural North Dakota; the Rappahannock-Rapidan Region of Virginia; the Lakes Region in Maine; Lewiston-Auburn, Maine; and Spokane, Washington.

Meter consulted with the USDA Agricultural Marketing Service and Colorado State University to help write a toolkit for measuring economic impacts of local food development. He is currently one of 3 co-editors of a forthcoming international book covering food system assessments to be published by Routledge (UK). Meter is also a member of the International Economic Development Council, and has presented at several annual meetings. He has taught at the Harvard Kennedy School and the University of Minnesota.

**Krysti Mikkonen** will be sharing tips and strategies for marketing your farm online as well as the why and how of it all. She has been in marketing for more than 25 years and digital marketing since 2005. She helps small to medium-sized businesses in various industries with their websites and will also help with ideas and strategies for paid and social media marketing for their business. Mikkonen has owned a digital marketing business first as a franchise known as WSI and now as an independent consulting agency called Rural Gold. The Mikkonen Family has been certified and farming organically since 1989. If she’s not working with her own clients, you wouldn’t likely find Krysti driving the tractors or combines due to her allergies. She helped more with the marketing and family side of things. As two of her kids come back and take over as the 4th generation in the operation, you’ll find Krysti helping to post some pictures and videos of the working on at the farm on the Mikkonen Organic Facebook or Instagram pages.

**Glen Rabenberg** is an internationally known speaker, soil expert, CEO, and organic farmer. His areas of expertise are soil remediation, high-quality crop production, organic farming practices, and animal health. He explains through storytelling and humor how simply correcting the cause can decrease a farmer’s input costs, improve crop quality, build soil resiliency, and restore the agro-ecosystem.

Glen is often called on to speak at industry events to present on the subject of soil compaction, water penetration, organic weed control, crop quality, and animal health. He frequently speaks at the ACRES USA annual conference – the largest agro-ecological conference in the United States.

Prior to becoming involved in soil restoration, Glen’s journey began in the animal pharmaceutical industry. Many of the diseases he was employed to treat were the result of nutritional deficiencies from the grains and forages the animals were consuming. Glen has proven that by increasing the oxygen content of the soil and building the carbon content of the plant, we can correct the cause of most agricultural problems rather than react to their symptoms.

Glen maintains his third-generation organic farm in Bancroft, SD. He is CEO of Soil Works LLC, extensively travels the world speaking on soil restoration, and is the innovator behind GSR Calcium.

**Kendall Swanson**’s program of teaching and research focuses on improving the efficiency of feed utilization and reducing the environmental impact of beef cattle production systems, better-defining nutrient metabolism of gut tissues and the whole animal, determining if the expression of biologically important proteins can be altered through dietary manipulation or animal selection and if altered expression influences production efficiency, examining the influences of diet and management systems on feeding behavior, and assessing alternative feeding programs to reduce feed costs in feedlot cattle, backgrounding cattle, or wintering beef cow feeding programs. His aim has been to develop a broad and integrated research program to examine both basic and applied research questions with the goal of improving the efficiency of beef cattle production.

**Russ Tweiten** is the Vice-President of Agribusiness Consulting and helps families work through the complex issues of estate planning, entity planning, and farm transition. He also helps mentor and monitor the process of planning for retirement – constructing a detailed plan based on the goals and needs of each individual. Russ was raised in the Fargo area and holds a B.S. Degree in Agricultural Economics from NDSU. He is a Certified Trust and Financial Advisor (CTFA) and a Chartered Retirement Planning Counselor (CRPC). Russ is also registered with the NDSU Extension Service as a Certified Farm/Ranch Succession Coordinator. He has been in the financial services business for over 20 years. Prior to AgCountry, Russ worked for two local Trust companies as a Vice President and Trust Officer. Russ speaks regularly on the topic of Farm and Ranch Succession Planning. He lives outside of Davenport, ND and has two children.

**OFARM Workshop Panelists**

- **Oren Holle**, OFARM President
- **Carmen Fernholz**, Organic Farmer
- **Mike Schulist**, OFARM Marketer
- **Aaron Johnson**, Organic Producer
- **Marni Karlin**, USDA Senior Advisor for Organic and Emerging Markets
- **David Glasgow**, Associate Deputy Administrator, USDA National Organic Program
- **Abby Youngblood**, Executive Director, National Organic Coalition
- **Kevin Kiehnau**, National Field Staff Manager, Organic Valley
- **Patty Lovera**, Policy Director, Organic Farmers Association
- **Kate Mendenhall**, ED, Organic Farmers Association
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