

2023



Saturday, February 25th

The Michigan Family Farms Conference is a forum for beginning, small-scale and culturally diverse farmers to network, learn, and build sustainable family farms.

Dear Friends,

Welcome to the 19th annual Michigan Family Farms Conference! We look forward to reconnecting with you and meeting new faces. We appreciate you being here and recognize that many of you have traveled great distances to attend. It feels more important than ever that we come together for support, networking, and learning, so for that we thank you for being here.

We are living in challenging times and it is our wish that this conference helps to support and honor the resilience in all of us. We are strengthened by honoring our heritage and drawing on cultural wisdom. By celebrating diversity and lifting up our communal knowledge, we hope that you leave this conference feeling enriched, empowered, and energized.

Today, we encourage you to:

- Visit and interact with exhibitors;
- Strengthen relationships and expand networks;
- Build and share knowledge;
- Enjoy delicious and nutritious food; and
- Have a great time!

This conference is made possible with support from the planning team, Kalamazoo Valley Community College, volunteers, sponsors and exhibitors, funding from the USDA 2501 program, and of course, friends like you.

Please make sure to stop and say hello when you see us throughout the day!

Sincerely,

The MFFC 2023 Planning Team



Agenda

| | |
|-------------|---|
| 8:00 – 9:00 | Registration, breakfast, network and visit exhibitors |
| 9:00–10:05 | Session 1 |
| 10:10–10:35 | Break: Morning snack, network and visit exhibitors |
| 10:40–11:10 | Session 2a |
| 11:15–11:45 | Session 2b |
| 11:50–1:20 | Lunch, network and visit exhibitors |
| 1:25–2:55 | Welcome, Awards, Performances |
| 2:55–3:15 | Break: Afternoon snack, network and visit exhibitors |
| 3:20–3:50 | Session 3a |
| 3:55–4:25 | Session 3b |



Youth Track



| | |
|-------------|---|
| 8 – 9 | Check-in room 4230 |
| 9 – 11:45 | Morning Youth Track room 4230 & Commons |
| 11:50 | Pick-up for lunch & welcome session |
| 3:20 – 4:25 | Afternoon Youth Track Gymnasium room 6500 |

Morning Youth Track Sessions:

The Environment & You presented by MSU Minorities in Agriculture, Natural Resources and Related Sciences (MANRRS)
and

Youth Storytelling Workshop presented by Destiné Prince, Fire Arts Collective & Victoria Fox-Ramon, StudioM

Afternoon Youth Track Sensory Play Activities:

Seed Saving Mini Workshop presented by Reaiah True
and

101 Worm Way presented by Zach Olson & Clay Smith

Grant Brainstorming & Collaboration

Track 1, Room I350

Katie Brandt & Sarah Fronczak, MSU-SARE

Join this session to dream big & find partners to grow the sustainable, small-scale farms of tomorrow. We'll begin by brainstorming themes, such as 'beginning farmers' or 'cover crops'. After learning how SARE funds innovation by farmers, educators & researchers, you'll join a theme group to discuss proposal ideas. Each group will plan goals, activities, potential partners, grant type, and a budget for 1 idea, then share out. Some may even reconnect to submit their grant!

Getting to Know School Markets & Selling to Them

Track 2, Room I330

Megan McManus, CRFS; Cheyenne Liberti & Wendy Crowley, MI Dept. of Ed.; & Kelly McClelland, MSU

This day-long education opportunity is designed to give agricultural producers training and tools to build their capacity to launch or grow efforts to market to schools. Using a national curriculum with interactive sessions, the team of experienced trainers will also share insights from many years of farm to school work in Michigan.

Farm Bill Policy 101: Nuts, Bolts, & Opportunities in 2023

Track 3, Room I310

Kelsey Watson & Jesse Womack, NSAC

The Farm Bill is a huge opportunity to shape what programs the federal government offers farmers around the country. This session will answer basic questions like, What is the Farm Bill? What does it cover? How is it written? and How can I get involved? Join to learn what programs you rely on on your farm that are shaped by the Farm Bill, and how we can go about reshaping them to be better in the future.

Building a Budget Friendly Wash Pack Station

Track 4, Room 4560

Patrick Gordon, Michigan Conservation District; Morgan Anderson, Ottawa Conservation District; & Phil Tocco, MSU

Learn to set up a budget friendly wash pack station to ensure the post-harvest safety of products. Produce safety technicians will talk about free and confidential services they provide to get your operation in compliance with the Produce Safety Rule.

Manoomin

Track 5, Room 4540

Cortney Collia & Roger LaBine

Understanding the story of wild rice in Michigan.

Getting Started with Beekeeping

Track 6, Room 4520

Ana Heck, MSU

Have you wondered if beekeeping is right for you? Have you considered keeping honey bees to produce your own, local honey? Honey bees are awe-inspiring, but keeping them healthy takes a lot of learning and hard work. Before you get started, find out what costs, time, and effort are required. Learn what beekeepers do and where they can go for resources and support.

Starting Small: Scaling Your Farm for Sustainable Outcomes

Track 7, Room 4240

Amber Hassan & Jade MarShea', Urban Farmers

Amber Hasan will interview Jade MarShea' about her experiences farming and owning a small business in an open and interactive "talk show" format where guests can ask questions, answer questions, and even win prizes. They will offer tips, resources, and solutions for new, urban, minority, and small farmers.

Youth Connections in Community Food Systems

Track 1, Room 1350

Tasmi C., Nafisa C., Rayhana T., students; & Emily Staugaitis, Bandhu Gardens

Panel discussion with Bangladeshi-American High School aged youth who participated in a SARE funded summer apprenticeship working with Bandhu Gardens, an urban farm in Detroit. Youth will share their experiences from the program, advice for other programs looking to work with youth and reflections on their family's cultural practices as related to community food systems.

Getting Ready & Growing for School Markets

Track 2, Room 1330 *Session 2a & 2b

Mariel Borgman & Garrett Ziegler, MSU

This day-long education opportunity is designed to give agricultural producers training and tools to build their capacity to launch or grow efforts to market to schools. Using a national curriculum with interactive sessions, the team of experienced trainers will also share insights from many years of farm to school work in Michigan.

The Importance of Branding & Content Marketing

Track 3, Room 1310

Rosa Ng, Digital Strategist & Textile Artist

In this 30-minute workshop, you'll learn the fundamentals of branding and content marketing and how they work together to enhance your brand presence. We'll cover the key elements of a strong brand and how to strategize content that resonates with your target audience. This workshop will provide you with practical tips and strategies to kickstart or grow your business.

Whole-Farm Revenue Protection & Micro Farm Insurance Overview

Track 4, Room 4560

Lane Webb, USDA RMA

Learn the latest updates and improvements to the Whole-Farm Revenue Protection (WFRP) and the Micro Farm insurance options that are designed to protect all commodities on a farm under one policy, including specialty and organic crops, and livestock.

PFAS & Biosolids: What Happens When PFAS Are Discovered on Your Farm

Track 5, Room 4540 *Session 2a & 2b

Erica Bloom, Ecology Center; Jason Grostic, Cattle Farmer; & Adam Nordell, Defend Our Health

Per and Polyfluoroalkyl substances (PFAS) are commonly used to make consumer products water, stain and grease resistant. They are toxic to human health and are coined "forever chemicals" because they do not break down in the environment. PFAS are insidious and have shown up in agricultural soil due to the application of municipal wastewater biosolids used as fertilizer contaminated with PFAS.

Centering Small Scale Agriculture in Underserved Communities

Track 6, Room 4520

Lance Kraii, New City Neighbors & Gratia Lee, Access of West Michigan

This presentation will present findings from a two year pilot with our social enterprise farm New City Farm and Access of West Michigan. We piloted an innovative Farm-to-Pantry model where food pantries begin Fresh Markets in their locations.

Session 2a (continued)

10:40 – 11:10 a.m.

Black to the Land x Detroit Sugar Bush

Track 7, Room 4240 *Session 2a & 2b

Erin Preston Johnson and Antonio Rafael, Black to the Land; & Rosebud Bear Schneider, Indigenous Farmer

Leaders from Black to the Land and the Detroit sugarbush will discuss their work restoring the Detroit sugarbush, their forest school program, and other black and native lead collaborations around acquiring land, hunting, and harvesting wild rice.

Session 2b

11:15 – 11:45 a.m.

Small-Scale Farm Viability & Diversification Through Agritourism

Track 1, Room 1350

Garrett Ziegler, MSU

Learn from examples of small-scale west Michigan farmers utilizing agritourism as a strategy to increase revenue, engage customers and increase overall farm viability. We will discuss current trends and challenges in small-scale agritourism development and strategies for meeting those challenges.

Getting Ready & Growing for School Markets

Track 2, Room 1330 *Session 2a & 2b

Mariel Borgman & Garrett Ziegler, MSU

See description in 2a.

How to Advocate for Your Farm at the State & Federal Level

Track 3, Room 1310

Kelsey Watson, NSAC; & Keesa Johnson, CRFS

Join National Sustainable Agriculture Coalition's (NSAC's) Grassroots Co-Director and the MSU Center for Regional Food Systems' Local Food Policy Fellow to learn how to advocate for policy that directly impacts you and your farm business.

Changing the Culture of Lending: Stories from the Michigan Good Food Fund

Track 4, Room 4560

Jazmin Bolan-Williamson, CRFS; Alex Canepa and Aaron Jackson, Fair Food Network

The Michigan Good Food Fund is striving to build healthy communities by changing the culture of lending. In this session you will hear stories from the field and learn about strategies to increase your net worth and build your farm business.

PFAS & Biosolids: What Happens When PFAS Are Discovered on Your Farm

Track 5, Room 4540 *Session 2a & 2b

Erica Bloom, Ecology Center; Jason Grostic, Cattle Farmer; & Adam Nordell, Defend Our Health

See description in 2a.

**Permaculture Planning for
Climate Resilience: Stormwater
Management for Farmers**

Track 6, Room 4520

Lise Krause, Roots & Sky LLC

Climate change takes many forms. Our region can expect increasing frequency and severity of storms, as well as periods of drought. But how can the problem become the solution? Ecological design systems-thinking can provide insight into how to work with nature to mitigate the effects of these extremes. Learn how to analyze and assess your site using a permaculture systems approach, with guidance on industry design standards from a real-world example.

**Green Book Project x Detroit Sugar
Bush: Recreational Land Access for
BIPOC**

Track 7, Room 4240 *Session 2a & 2b

*Erin Preston Johnson and Antonio Rafael,
Black to the Land; & Rosebud Bear
Schneider, Indigenous Farmer*

See description in 2a.

Join us in the Auditorium (room 1520) at 1:25 pm for a brief welcome speech and an award ceremony for this year's recipients of the Dr. LeRoy Ray, Jr. Award, Farmer of the Year Award, and the Morse Brown "Courageous Catalyst" Award.

We will also enjoy a musical performance by Soufy a Detroit-based Anishinaabe hip-hop artist, and a performative ethnographic storytelling experience performed by The Sister Tour!

Native Cut Flower Project

Track 1, Room 1350

Alex Cacciari, Seeley Farm

Trialing upper-Midwest native plants for their use as cut flowers and foliage for florists and design work.

Farmer Chat & School Resource Rundown

Track 2, Room 1330 *Session 3a & 3b

Garrett Ziegler, MSU; Devon Wilson, Sunlight Gardens; & Lori Yelton, MDARD

This day-long education opportunity is designed to give agricultural producers training and tools to build their capacity to launch or grow efforts to market to schools. Using a national curriculum with interactive sessions, the team of experienced trainers will also share insights from many years of farm to school work in Michigan.

Past, Present & Future: 2023 Farm Bill Perspectives

Track 3, Room 1310 *Session 3a & 3b

Khadija Jahfiya (Policy Analyst) Terry Campbell (Regional Manager) & Mary Judnich (Regional Manager) with Senator Stabenow's Office

Congress passes a Farm Bill only once every five years covering major agriculture, conservation, rural economic development, research, forestry, energy, and nutrition policies. Our current Farm Bill expires in September of 2023. U.S. Senator Debbie Stabenow will once again lead the renewal of the Farm Bill as Chairwoman of the Senate Agriculture Nutrition and Forestry Committee. Join members of her team who will share some historical perspective and how you can have an impact on this significant legislation.

Selling to Food Hubs

Track 4, Room 4560 *Session 3a & 3b

Crystal Van Pelt, KVCC ValleyHUB; & Nic Harlow, Cherry Capitol Foods

Food hubs are businesses or organizations that actively manage the aggregation, distribution, and marketing of source-identified food products to multiple buyers from multiple producers, to strengthen the ability of these producers to satisfy local and regional wholesale, retail, and institutional demand. Join this session to learn about two of the food hubs active in Michigan, ValleyHUB and Cherry Capital Foods. Presenters will talk about what market channels they serve, what kind of farmers and value-added food makers they're looking for, and other services they provide.

Farming from the Ground Up: Soil Health 101

Track 5, Room 4540 *Session 3a & 3b

Christine Charles, MSU

Healthy soils can play a key role in a successful farming operation. How do we manage our systems with this in mind? Are there ways we can promote a healthy soil? In this session we will discuss what is meant by "soil health", the attributes of soil, and how to observe and assess the soils on your landscape. In addition, we will also discuss different soil management practices and specific considerations for a diverse operation, such as the implications of using different manure types, small scale no-till, cover crop use, and more.

Session 3a (continued)

3:20 – 3:50 p.m.

Farming with a Disability: You can, and there's help!

Track 6, Room 4520

Bev Berens, Michigan AgrAbility; & Adam Ingrao, Heroes to Hives, MIFFS & BeeWise Farms

Do you have a medical condition that compromises your ability to work? Learn about Michigan AgrAbility during this workshop and the services they provide to farmers who work through disability, medical conditions, pain, injury and more. You will be introduced to ideas that can help you continue your farming operation and thrive with assistive technology tools to make work easier. You will also learn techniques to deal with arthritis pain during this session. We will also take a look at one farm's success story with AgrAbility and how it has helped them create a safe and accessible operation specific to their needs.

Economic Feasibility of Small Farms: A Case Study in Detroit Public Schools Community District

Track 7, Room 4240

Matt Hargis, Detroit Public Schools Community District

As part of a USDA Farm to school grant, DPSCD and MSU conducted an economic feasibility study of its farming operations. This session will dissect the study and it's findings with tangible takeaways for small or beginning farmers.

Session 3b

3:55 – 4:25 p.m.

Increasing Revenue Streams Through Food Assistance Programs

Track 1, Room 1350

Joe Lesausky & Alkesha Griffin, MIFMA

Join MIFMA's Food Access Team, and learn how food assistance programs can help bring new customers to your business, and help your community. We'll take a look at the current programs and how to apply for them.

Farmer Chat & School Resource Rundown

Track 2, Room 1330 *Session 3a & 3b

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Track 5, Room 4540 *Session 3a & 3b
Christine Charles, MSU

See session description in 3a

On-Farm Education 101: Engaging Youth & Community Members

Track 6, Room 4520
TC Collins, Willow Run Acres

Many small and beginning farmers want to engage youth and community members in gardening and farming as part of their farm plan. This workshop will discuss how to successfully engage young children and adult community members in the natural processes of gardening and farming through the medium of the seven senses.

Story Telling Video Screenings

Track 7, Room 4240

Get to know the following farms and farmers through these pre-recorded story telling sessions:

- Bee Wise Farms, Newberry, MI
- Organic Production of Mixteco Crops in SW Michigan
- Agape Farm, Dansville, MI
- Rosebud Bear Schneider, Anishinaabe Farmer
- Old City Acres, Belleville, MI
- Sunlight Gardens, Battle Creek, MI



Exhibitors

Access of West Michigan & New City Neighbors

Angelic Organics Learning Center

Food Bank Council of Michigan

Grand Traverse Conservation District Great Lakes Incubator Farm

GreenStone Farm Credit Services

Heroes to Hives

Ohio Department of Agriculture

Michigan AgrAbility

Michigan Agriculture Environmental Assurance Program (MAEAP)

Michigan Department of Agriculture & Rural Development (MDARD)

Michigan Farmers Market Association (MIFMA)

Michigan Farmers Union

Michigan Food & Farming Systems (MIFFS)

Michigan Good Food Fund at MSU Center for Regional Food Systems

Michigan Organic Food & Farm Alliance

Michigan Public Health Institute (MPHI)

Mrs. Pruitt's Gourmet CHA CHA

MSU Extension - Community Food Systems

MSU Extension

MSU Organic Farmer Training Program

National Young Farmers Coalition

North Central Sustainable Agriculture Research & Education (SARE)

Rime Time Productions

USDA/NASS - Great Lakes Region

USDA-NRCS

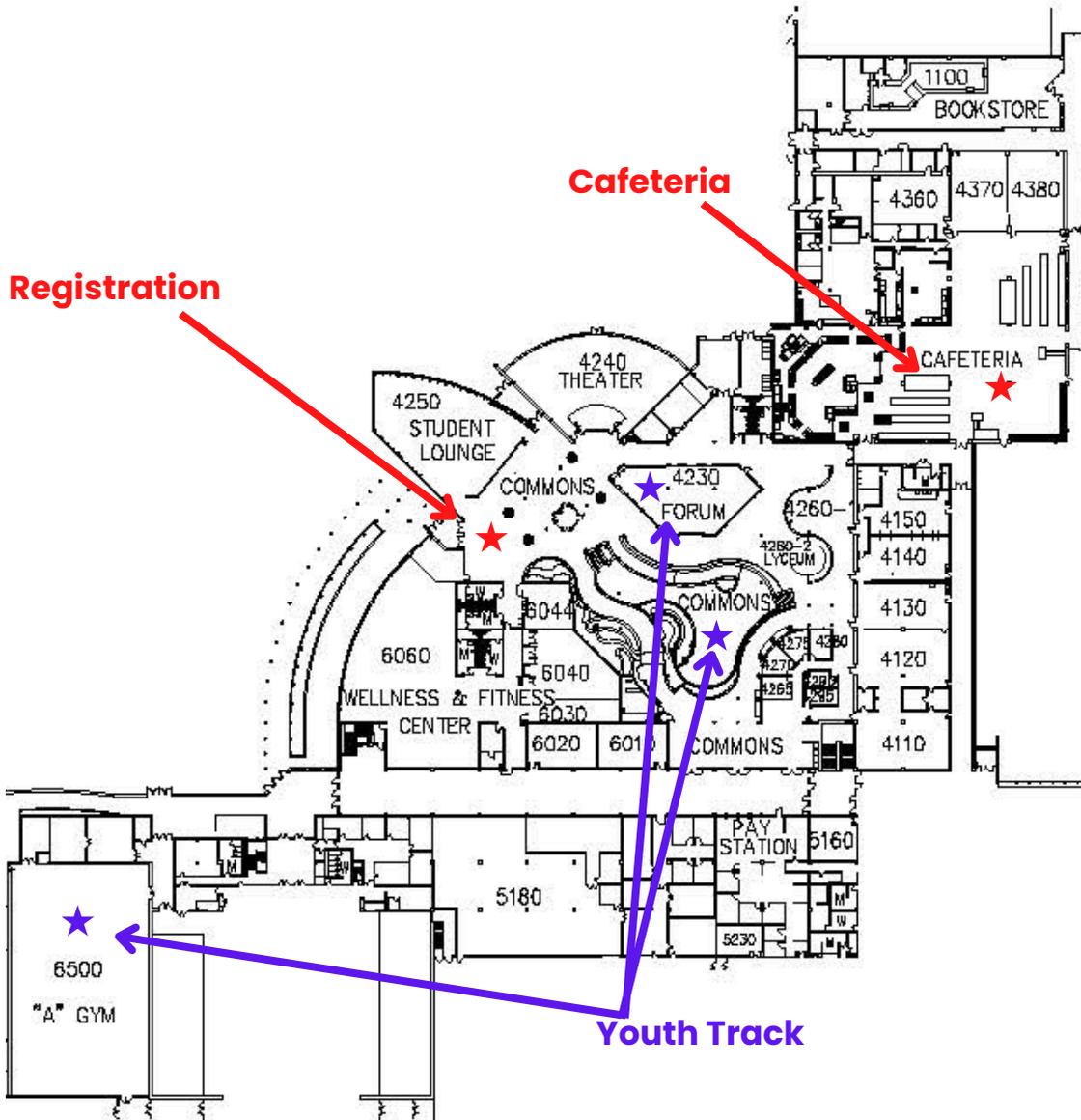
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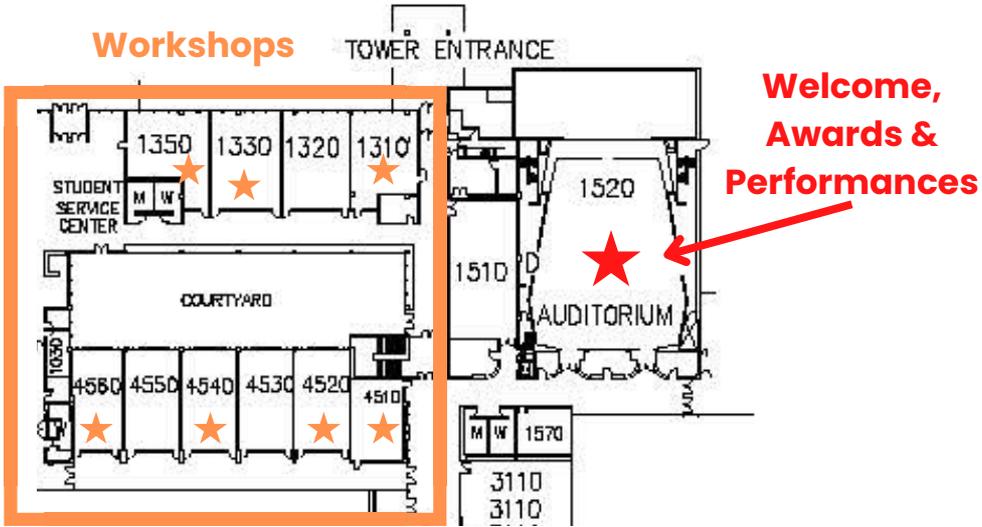
2023 MFFC Schedule

| 2023 | | Track 1 Room 1350 | Track 2 Room 1330 | Track 3 Room 1310 | Track 4 Room 4560 |
|--------------------|-------------|---|---|---|--|
| CHECK-IN | 8:00-8:55 | Registration, Network, Visit Exhibitors | | | |
| Session #1 | 9:00-10:05 | Grant Brainstorming & Collaboration | Getting to Know School Markets & Selling to Them | Farm Bill Policy 101: Nuts, Bolts, & Opportunities in 2023 | Building a Budget Friendly Wash Pack Station |
| BREAK | 10:10-10:35 | Network, Visit Exhibitors | | | |
| Session #2a | 10:40-11:10 | Youth Connections in Community Food Systems | Getting Ready & Growing for School Markets | The Importance of Branding & Content Marketing | Whole-Farm Revenue Protection & Micro Farm Insurance Overview |
| Session #2b | 11:15-11:45 | Small-Scale Farm Viability and Diversification Through Agritourism | | How to Advocate for Your Farm at the State & Federal Level | Changing the Culture of Lending: Stories from the Michigan Good Food Fund |
| LUNCH | 11:50-1:20 | Lunch, Network, Visit Exhibitors | | | |
| WELCOME | 1:25-2:55 | Welcome, Awards, Storytelling, Music | | | |
| BREAK | 2:55-3:15 | Network, Visit Exhibitors | | | |
| Session #3a | 3:20-3:50 | Native Cut Flower Project | Farm to School Resources Rundown & Fireside Chat | Past, Present and Future: 2023 Farm Bill Perspectives | Selling to Food Hubs |
| Session #3b | 3:55-4:25 | Increasing Revenue Streams Through Food Assistance Programs | | | |

| Track 5 Room 4540 | Track 6 Room 4520 | Track 7 Theatre Room 4240 | Youth Track Room 4230 Commons & Gymnasium |
|---|---|---|--|
| Manoomin | Getting Started with Beekeeping | Starting Small: Scaling Your Farm for Sustainable Outcomes | Room 4230 & Commons: The Environment & You and Youth Storytelling Workshop |
| PFAS & Biosolids: What Happens When PFAS Are Discovered On Your Farm | Centering Small Scale Agriculture in Underserved Communities Permaculture Planning for Climate Resilience: Stormwater Management for Farmers | Black to the Land X Detroit Sugar Bush | Room 4230 & Commons: Share Your Stories Commons: Art Project |
| Farming from the Ground Up: Soil Health 101 | Farming with a Disability: You can, and there's help! On-Farm Education 101: Engaging Youth & Community Members | Economic Feasibility of Small Farms: A Case Study in Detroit Public Schools Community District Storytelling Video Screenings | Gymnasium Room 6500: Sensory Play Activities including composting, worm bins, seed saving, and free play |

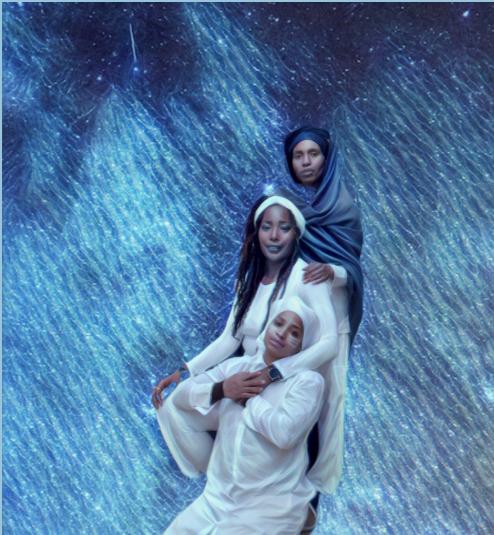
Facilities Map





2023 Performers

The Sister Tour



Soufy

Sponsorships



MIFFS

**Michigan Food &
Farming Systems**

Supporting the Many Faces of Farming

"Connecting beginning and historically underserved farmers to each other and resource opportunities; ensuring social justice, environmental stewardship, and profitability."

Since 1998, MIFFS has been dedicated to supporting the many faces of farming. With each project, program, and activity, we endeavor to build a food system that is stronger and healthier for our farms, families, and futures.

www.miffs.org

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The conference is made possible in part by a grant from the USDA 2501 Program – Outreach and Assistance to Socially Disadvantaged and Veteran Farmers and Ranchers.

Sponsorships

Sustainable Agriculture Research and Education

Advancing sustainable innovation through grants and education.

North Central SARE helps strengthen communities, increase producers' economic viability, and improve the environment.

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Sponsorships



Proud supporter of
the Michigan Family
Farms Conference!



We join in celebrating rural and urban producers with diverse production methods, cultures, and backgrounds.

MPHI is a Michigan-based, nationally engaged public health institute working to build a just world where tomorrow is healthier for all.

Connect with us by visiting MPHI's website using our QR code or following us on social media @MPHIHealth using the channels listed below.



We're here to invest in your farm

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We work with you to meet your needs.

- Financing for acquisition, construction, working capital, or equipment
- Business assistance and connections with Michigan's food and farming industry

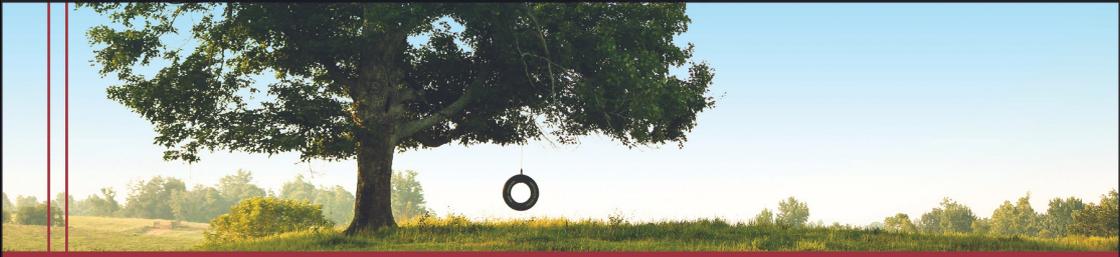
Find us at Michigan Food & Farming Systems' Michigan Family Farms Conference 2023

MiGoodFoodFund.org

Have questions? We're here to help.



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THAT BELIEVES STRONG FAMILY AGRICULTURE IS THE
BASIS FOR THRIVING COMMUNITIES.**

Learn more and join one of our upcoming events at

www.michiganfarmersunion.org

Thank You to Our Sponsors & Partners!



We value your feedback! Please complete the conference survey and session surveys at the links below. Your input plays a critical role in planning each year's conference.



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www.bit.ly/mffc2023workshopsurvey