Women, Food, and Agriculture Network

2022 Conference Program

Seeding Community: Revolutionary Healing through Cooperative Models
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Chholing Taha is a certified Cree (Nehiyawa) First Nations artisan. Solitude and wilderness has been a loyal companion throughout her lifetime. It is her heart’s wish to instill a sense of mystery within anyone who views these works and discover that place within each spirit that beats together as one heart. "I grow with my viewers too. All life is connected."

Chholing’s art can be found in museums, corporate and private collections in the USA, Canada, UK, France, Germany, Japan and much more.

Find out more about Chholing’s Painting, *Plant a Seed for Tomorrow* during the Artist Talk Happening on Saturday from 12-1 p.m. CST!
Hello and welcome to this year’s conference!

We are so excited and grateful to share this time and space in community with you this week.

Twenty-five years ago, when Denise O’Brien and our other founding mothers breathed life on to the spark that was ignited at the UN’s Women’s Conference in 1994, much of the technology that allows us to be in virtual community over the course of this week was also just beginning to evolve from concept to reality.

The then-nascent internet was initially developed to allow for the exchange of information between scientists and other academics across the globe. Not surprisingly, the contributions and stories of the many women and gender non-conforming people who were critical to the development of the world wide web that we know today have been nearly lost to the male-dominated narrative about technology and science. Indeed, it was yet another woman, Claire Evans, that ensured their stories were told, their legacies documented to inspire others who felt invisibilized, unseen.

So too it goes with our patriarchal agricultural system. We know that our engagement and contributions in evolving just and ecological food and farming systems have been overlooked for centuries. But thanks to the seeds planted 25 years ago, WFAN has called together our expanding community, providing and cultivating the connections that allow us to continue to conceive and co-create – and sometimes deconstruct and rebuild – approaches to agriculture that center planet and people before profits.

WFAN has continued to reflect on what it means to be a member of our network. This introspection has included a codification of our values, publication of our theory of change, and a new 3-year strategic plan rooted in both gender and racial justice. We strive to continue to grow a transformative, inclusive, and engaged member network that is intentional in its commitment of time, talent and treasure to creating just and ecological food and farming systems that feed and nurture each of our extended and intersectional communities of place, practice and power.

We are so humbled and grateful to walk this collectively liberating path with you.

Always, Jules

Jules Salinas
WFAN Executive Director
WFAN uses the online platform Whova for the virtual conference—here is a bit more information on how to navigate Whova:

**Steps:**
- All registered participants will receive a Whova email invite from a week before to the end of our registration date (NEED DATE) deadline
- Participants will then create an account in Whova (easy and free)
- Participants are "in" the conference platform!
- All presentations run via Zoom through Whova

**How-To Guides and Links:**
Zoom Assistance: (Click **HERE**!)
Whova Assistance: (Click **HERE**!)

**Contact for Help:**
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Conference Whova Support
About the Women, Food and Agriculture Network

Mission
To engage women in building an ecological and just food and agricultural system through individual and community power.

Vision
A vibrant, community-centered food and agricultural system in which women are strong leaders.
WFAN’s Core Values

- Storytelling
- Ecological Relationship with the Land
- Justice
- Ecofeminism
- Interconnectedness

WFAN 2022 Conference, Seeding Community: Revolutionary Healing through Cooperative Models
Helga Garza, Executive Director of Agri-Cultura Network (ACN), a South Valley of Albuquerque farmer-owned cooperative. The network is inclusive of 32 allied farms from urban and rural Rio Grande communities committed to sustainable and regenerative growing methods. Helga is inspired by justice, guided by her ancestral ceremonial agricultural calendar engaging communities through a holistic intergenerational approach in developing a sustainable food system and environmental economy for New Mexico. By developing community-driven markets that strengthen and build assets of local farmers while preserving New Mexico’s historic culture and tradition in sustainable agriculture. Helga is leading efforts that have increased equitable access to healthy local food, by removing structural barriers such as procurement policy, price, availability, and increasing nutritional knowledge through curriculum development of a holistic family-based wellness program that is bilingual, culturally relevant, and community based. Through these efforts Helga Garza is building the capacity of New Mexico’s urban and rural small farmers’ ability to keep production local through an effective farm-to market system. Ensuring household livelihood, by providing farmer’s the opportunity to grow food for their community contributing to positive health outcomes, economic activity and wellbeing. Helga is a Robert Wood Johnson Foundation Culture of Health Leader 2018–2021, Castanea Fellow 2020–2022, Chair Governing Board of the New Mexico Food and Agricultural Policy Council, President of South Valley Main Street.
Watershed: Attending to Body and Earth in Distress
Ranae Lenor Hanson

My roots are in the northeastern wilderness watersheds of Minnesota and in the headwaters of the Mississippi where I was born. Now that I am living in Seattle, I am becoming part of new eco-kinship networks. In each place, I explore with others ways to protect and delight in our watersheds. Raised by a community of story-tellers, I have found stories to be ways to explore, discover, comfort, and embolden. What I learned from the wilderness woods and waters, I have tried to pass on. What I have learned from the stories my students and others offered to me has expanded my awareness. I am striving to discover new stories and new ways of telling old stories that more deeply recognize peoples and other beings indigenous to the lands I live on and to explore the choices made (and not made) by my settler ancestors and myself.

Eating While Black: Food Shaming and Race in America
Psyche Williams-Forson

Dr. Psyche Williams-Forson is Professor and Chair of the Department of American Studies at the University of Maryland College Park. Dr. Williams-Forson is the author of Eating While Black: Food Shaming and Race in America (UNC Press 2022); Taking Food Public: Redefining Food in a Changing World, a co-edited collection (Routledge 2013); and, the award-winning Building Houses out of Chicken Legs: Black Women, Food, and Power (UNC Press 2006). She is known nationally and internationally for her pioneering work in building the scholarly subfield of Black food studies and she has published numerous articles on this aspect of the material lives of African Americans in the United States from the late 19th century to the present.
In *The Token* Crystal Byrd Farmer acts as the bridge between majority white organizations that are dedicated to social justice and "diverse" people in community they want to recruit, across identities of race, LGBTQ, education, socioeconomic status, and disability. With a blunt style that pulls no punches, Crystal tells you how it is, calling you out on tokenism, while extending a hand to help your organization make real transformative change toward diversity and inclusion.

Crystal Byrd Farmer is an engineer turned educator, organizer, and speaker who focuses on cohousing, Black, and polyamorous communities. She serves on the Editorial Review Board of Communities Magazine and is passionate about encouraging people to change their perspectives on diversity, relationships, and the world. She lives in Gastonia, NC.

**Thicker Than Water: The Quest for Solutions to the Plastic Crisis**
**Erica Cirino**

Much of what you’ve heard about plastic pollution may be wrong. Instead of a great island of trash, the infamous Great Pacific Garbage Patch is made up of manmade debris spread over hundreds of miles of sea—more like a soup than a floating garbage dump. And, plastic pollution isn’t confined to the open ocean: it’s in much of the air we breathe and the food we eat. In *Thicker Than Water: The Quest for Solutions to the Plastic Crisis*, journalist Erica Cirino brings readers on a globe-hopping journey to meet the scientists and activists telling the real story of the plastic crisis. From the deck of a plastic-hunting sailboat with a disabled engine, to the labs doing cutting-edge research on microplastics and the chemicals we ingest, Cirino paints a full picture of how plastic pollution is threatening wildlife and human health. Thicker Than Water reveals that the plastic crisis is also a tale of environmental injustice, as poorer nations take in a larger share of the world’s trash, and manufacturing chemicals threaten predominantly Black and low-income communities.
Capacity Building in Farm and Food Systems

Real-life case studies and success stories of farmers and organizations who are pushing the limits of what is possible in the areas of food policy; local, state, regional, and federal politics; alternative economies; radical collaboration; and unexpected partnerships to grow in ways that serve community and wellness in reciprocity.

Equity, Anti-Oppression, and Action

Shared models of success that demonstrate deep work and stories in anti-oppression farming and food systems. Learn and share with folks who are engaged in on the ground work in their communities to answer questions like: How do we serve? What is being learned? How is wellness amplified? What is happening in your community?

Business Development and Systems Design

Hear business owners, farmers, and entrepreneurs share their tools for building successful systems using strategy, storytelling, marketing, and organization. Share models of cooperation available in food systems, and learn how building community can be integral to business development.

Roots of Land Knowledge

When we look at the terms regenerative, sustainable, and land-stewardship, what do we see? When we dig deep, how exactly do practices such as perennial cropping systems, biodynamics, and others revive the land? How are these inputs building community in all ecosystem levels? How is success measured? Where do we trace the lineage of this knowledge? Listen to peers doing this work.
Affinity Rooms and Community Rooms

Affinity Rooms

Our rooms are dedicated spaces for reflection, vulnerability, bravery, and community with trained and skilled facilitators to hold safety as paramount. We recognize that it can be challenging to find time, space, and opportunity to connect with folks with whom you may share intersectional interests and identities. We hope these rooms provide folks with a starting point for future collaboration, an ongoing discussion, and an opportunity to engage in a space inclusive to the identities of the listed affinity rooms where folks do not need or feel they need to conform.

WFAN will be hosting the following Affinity Rooms:

- BIPOC Affinity Room
- LGBTQIA+ Affinity Room
- Farming as Neurodivergent Affinity Room
- Farming as a Trauma Response Affinity Room

Community Rooms

These virtual gathering rooms are intended to provide attendees with thematic networking, resourcing, and support spaces specific to relevant topics of common interest with skilled moderators available to capture notes and highlights and to help foster engagement.

WFAN will be hosting the following Community Rooms:

- Habitat Community Room
- The Farm as Family: Parenting, Homesteading and Farm Education Community Room
- Mutual Aid, Cooperative Food System Models, and Food Sovereignty Community Room

WFAN 2022 Conference, Seeding Community: Revolutionary Healing through Cooperative Models
Workshop Sessions

**Tuesday, November 29**  
**CONFERENCE CONSERVATION DAY**

**3:30-5:00 p.m.-** Let's Talk Weather and Agriculture! Listening Session Hosted by WFAN Program Director Stephanie Enloe (*Open to Iowa Landowners and Farmers only*)

We're hosting a listening circle for Iowa farmers and landowners where you can:
- Meet other women farmers and landowners who are concerned about weird & extreme weather.
- Share about what's happening on your land.
- Hear how others are navigating challenges.
- Help shape future programming according to YOUR needs.
- Have the option to contribute to research.

**5:00-6:00 p.m.-** Increasing Diversity and Resilience: How to Support Pollinators and Beneficial Insects on Specialty Crop Farms with Sarah Nizzi

Please join Sarah with the Xerces Society to explore habitat options to support pollinators and beneficial insects on urban and suburban specialty crop farms. Increasing farm diversity is critical to both wildlife and growers. In this session we will focus on the various habitat options available on a smaller scale to growers, as well as site preparation, native plant materials, establishment, long-term maintenance, and funding opportunities.

**6:00-7:00 p.m.-** Habitat Community Room moderated by Heather Medina-Sauceda and sponsored by Minnesota Agricultural Water Quality Certification Program - Minnesota Department of Agriculture

Join a community conversation about habitat preservation and restoration for pollinators and wildlife. Share personal wins, promising practices from your own experience, or come with questions to discuss with other folks interested in habitat restoration.

**Wednesday, November 30th**  
**CONFERENCE DOCUMENTARY SCREENING**

Screening of *The Seeds of Vandana Shiva*

5:30 p.m. CST

A note from the Directors:

Through Vandana’s evolution as an activist against the global Goliaths of food and farming, the film also aims to shine a light on where we are today—industrial food accounts for up to 40% of carbon emissions, while pesticides destroy soils, water systems and biodiversity, and harm human health. Contrary to the spin that industrial food is essential to feeding the world, today more than two billion people face food insecurity across the globe. Vandana speaks for an ecological vision for food and farming in which we can regenerate the environment and human democracies. Our hope is that Vandana’s extraordinary story will act as a catalyst for more awareness around the issues, and to inspire audiences to be part of the change.
FRIDAY, DECEMBER 2ND

9:00-10:30 a.m. Workshop Session One
Campesinas (Farmworker Women) Helping to Create a Safe and Healthy Mother Earth

Essential Food Safety for Value Added/Specialty Food Producers

Agrarian Trust, Rethinking Farmland Access and Tenure Across the Country

Resource Sharing in Omaha Urban Ag - Growing Cooperatives, Collective Work and Impact

11:00-12:00 p.m. Welcome from the Women, Food, and Agriculture Network's Executive Director, Juliann Salinas
Welcome and Announcement of 2022 WFAN Recognition Award Winner

12:00-1:00 p.m. LUNCH BREAK
Log off and enjoy lunch before our afternoon of workshop sessions!

1:00-1:45 p.m. Conference Book Talks
Erica Cirino, Thicker than Water: The Quest for Solutions to the Plastic Crisis

Renae Hanson, Watershed: Attending to Body and Earth in Distress

2:00-3:30 p.m. Workshop Session Two
Cover Crops for Beginners, and Beyond!

Reducción del estrés y bienestar mental para todos (Spanish session)

Farmer Voices in the Room Where it Happens: Advocating for government funds to support small/midsized producers

From Farm-to-Pantry to Food Sovereignty: supporting farm viability and community health through the Food Sovereignty Fund

4:00-5:00 p.m. BIPOC Affinity Room
5:30-6:30 p.m. LGBTQIA+ Affinity Room

6:45-7:15 p.m. Conference Book Talks
Dr. Psyche A Williams-Forson, Eating while Black: Food Shaming and Race in America
Crystal Byrd Farmer, The Token: Common Sense Ideas for Increasing Diversity in your Organization
Saturday, December 3rd

9:00-9:30 a.m. Conference Sponsor Rooms
Log on and learn from our conference sponsors in their sponsor host rooms!

9:30-10:30 a.m. Keynote Address from Helga Garcia-Garza

10:30-12:00 p.m. Workshop Session Three
Deeply Rooted: connecting to the land through prairie strip conservation
Understanding and Challenging Oppression In U.S. Food Systems
This Mother Farmer Makes $$$

12:15-1:00 p.m. Lunch BREAK and Artist Talk with Chholing Taha (2022 Conference Artist)
Grab your lunch and listen in as our conference logo artist Chholing Taha shares about her vision behind this year's conference logo, titled 'Plant a Seed for Tomorrow'

1:00-1:45 Community Room Sessions
Join one of two concurrent Community Room sessions
The Farm as Family: Parenting, Homesteading, and Farm Education
Mutual Aid, Cooperative Food System Models, and Food Sovereignty

2:00-3:00 p.m. Farming as Neurodivergent Affinity Group
3:30-4:30 p.m. Farming as a Trauma Response and Recovery Affinity Group

5:00-6:30 Workshop Session Four
Taking Back the Farm Bill: How to advocate for a just and climate-friendly food system
Ecology Lessons from a Developing Neighborhood
Stress Reduction & Mental Wellness for Everyone (English version)
Interns aren't free labor: The ins and outs of a successful partnership

6:45-7:45 p.m. Story Session - Big Horse Woman by Barbara Salvatore
We complete our 2022 Annual Conference with a story session from author Barbara Salvatore. Through Big Horse Woman, we learn, remember, and experience the essence of our connection and relationship to those plants and medicines that grow in our gardens, fields, and forests, and that nourish, restore, support, and heal us, through our practices of gathering, harvest, seed saving, and use as food and medicine.
Campesinas (Farmworker Women) Helping to Create a Safe and Healthy Mother Earth

This session will share how the collaborative project Campesinas (Farmworker Women) Helping to Create a Safe and Healthy Mother Earth strengthens and builds leadership and advocacy capacity through sharing ancestral agricultural knowledge and practices, so that Farmworker women can work towards reorienting our food, fiber, and energy systems to help heal the land and restore balance in our ecosystem.

MILY TREVINO-SAUCEDA, ELVIRA CARVAJAL, LORENA ANDRADE

Agrarian Trust, Rethinking Farmland Access and Tenure Across the Country

Agrarian Trust is the only land trust working nationally to permanently remove land from the commodity market and place it in the ownership and control of local communities for chemical-free food production agriculture. Find out about the new and innovative way Agrarian Trust is working within this unsustainable system to provide long term, secure land tenure to farmers and ranchers across the country through the Agrarian Commons which are being led by 83% Black, Indigenous, people of color, and women.

KRISTINA VILLA

FRIDAY Workshop Session 1
9:30-10:30 CST
12.2.2022

The colors and symbols in the program correspond to the colors of the program tracks- use these to personalize your conference experience! (Find the program tracks on page 13!)
Resource Sharing in Omaha Urban Ag - Growing Cooperatives, Collective Work and Impact

How can resource sharing and collaboration be a catalyst for food system change and supporting the growth of farmers? How do you build a cooperative framework? Come meet four women farmers from Omaha food-shed discussing cooperative farming successes and challenges, what to consider, and how to get alternative farming models off the ground. Presenters will share about Omaha Sunflower Cooperative, Blazing Star Seed Cooperative, and Free Farm Syndicate and other farming initiatives in our area. We will provide an overview of how and why we developed cooperative models, accessing land, sharing resources, labor, markets, tools and equipment, and how we believe our cooperatives can build a bigger impact in our food-shed.

ALEX O’HANLON, CAIT CAUGHEY, STEPHANIE FINKLEA, KATIE BETTIN

CATHY DAVIES

**Essential Food Safety for Value Added/Specialty Food Producers**

Processing farm produce and making value-added products for wholesale comes with a lot of responsibility and confusion. Food Safety is part of that confusion with many agencies and regulatory authorities. Attend this session to have some of the confusion explained and support to grow your speciality food business.
Workshop Session 2
2:00-3:30 PM CST
12.2.2022

ELENA VELEZ

Redución del estrés y bienestar mental para todos
(Spanish session)
Aprenda técnicas efectivas para reducción del estrés usando atención plena para ayudarle a responder a las demandas físicas de la agricultura y la vida. La práctica guiada incluirá respiración, meditaciones breves y estiramientos reparadores. Obtendrá información útil para responder positivamente al estrés y progresar su carrera agrícola de manera saludable.

ANNA MORROW

Cover Crops for Beginners, and Beyond!
Cover crops can be used on a small scale, or on large acreages with many benefits for market gardens, row crops, and livestock. The Midwest Cover Crops Council (MCCC) program manager, Anna Morrow will provide an introduction to cover crops, their benefits, uses, and resources. Cover crops should be used according to your goals and cropping system. They can be used for a host of benefits from reducing soil erosion to providing nutrients for a following crop, and even livestock feed. Anna reviews MCCC resources and materials, so you can make cover crops work for your situation.

Learn effective stress-reduction and mindfulness techniques to help you respond to the daily demands of farming and life. Guided practice will include breathing patterns, short meditations, and restorative stretching. You will gain useful skills and information to positively respond to stress and extend your farming career in a healthy way.
(English Session available on Saturday)
From Farm-to-Pantry to Food Sovereignty: supporting farm viability and community health through the Food Sovereignty Fund

Founded in 2020, Glynwood’s Food Sovereignty Fund pays farmers in advance to grow nutrient dense, culturally appropriate food for community-led food access initiatives in the Hudson Valley and New York City. This presentation will provide a roadmap for other efforts seeking to shift towards a more self-determined model rooted in food sovereignty.

Farmer Voices in the Room
Where it Happens:
Advocating for government funds to support small/midsized producers
With the introduction of ARPA, the Infrastructure Act, and the IRA, regional governments have access to large new funds to spend on regenerative agriculture. We need to insure that funds are allocated towards the most pressing issues for small and mid-sized farmers. We will demonstrate how their voices can be amplified.

KATE ANSTREICHER

DEVORA KIMELMAN-BLOCK, CLEO BRAVER

WFAN 2022 Conference, Seeding Community: Revolutionary Healing through Cooperative Models
Understanding and Challenging Oppression in U.S. Food Systems

How does racism, classism, and nationalism impact food systems in the U.S.? Who produces our food, who has access to the food we produce, and on whose land is all this production happening? Join this session to deepen your knowledge on oppression in food systems and creating equitable solutions.

Deeply Rooted: connecting to the land through prairie strip conservation

Prairie strips are a conservation practice that incorporates native, perennial systems into farming landscapes. We invite you to form a deeper connection to the environment as you will hear from farmers, scientists, and artists on how these systems have the potential to enrich the land and the soul.

This Mother Farmer Makes $$$

We all want to make money running our farm, so why are the dollars so elusive? I am a mother, wife, and owner of the first commercial bison operation in West Virginia. We run a farm business just five years old that brings in six figures and pays two full-time salaries. I teach from a foundation and background in holistic management, with an emphasis in farm and financial planning.
Ecology Lessons from a Developing Neighborhood

Star Farm will cross-present lessons of ecology and equity to show how they mirror each other, while interacting as a greater system. Detailing our first-of-its-kind relationship with WIC food pantries, we’ll introduce what it means for a neighborhood to be encouraged to blossom into their own successful right.

STEPHANIE DUNN, ROCIO VARGAS, GUADALUPE GARCIA

Taking Back the Farm Bill: How to advocate for a just and climate-friendly food system

Congress will start writing a new Farm Bill in January 2023. How will this impact you? This interactive workshop will explore the history of the farm bill, what to expect this year, and leave you with tangible next steps for using your power to create a more sustainable food system.

CATHY DAY, HAMSA GANAPATHI
Interns aren't free labor: The ins and outs of a successful partnership
Internships are much-needed in modern agriculture. Managers and owners of agriculture projects and interns can benefit significantly from mentoring opportunities. Learn how over the past 15 years Annie has developed a program for over 95 interns. Forming relationships that last create future leads – that's the goal of her program.

Stress Reduction & Mental Wellness for Everyone
Learn effective stress-reduction and mindfulness techniques to help you respond to the daily demands of farming and life. Guided practice will include breathing patterns, short meditations, and restorative stretching.
You will gain useful skills and information to positively respond to stress and extend your farming career in a healthy way.

Aprenda técnicas efectivas para reducción del estrés usando atención plena para ayudarle a responder a las demandas físicas de la agricultura y la vida. La práctica guiada incluirá respiración, meditaciones breves y estiramientos reparadores. Obtendrá información útil para responder positivamente al estrés y progresar su carrera agrícola de manera saludable. (Sesión en español disponible el viernes)
Kristina Villa
Kristina Villa is a farmer, communicator, and community coordinator who believes that our connection to the soil is directly related to the health of our bodies, economy, and society. Kristina enjoys using her skill sets to share photos, stories, and information which help to inspire change in human habits and mindsets, causing the food system, climate, and overall well-being of the world to improve.

Hamsa Ganapathi
Hamsa Ganapathi is the Policy Fellow for the National Sustainable Agriculture Coalition. She supports work in food system policy across a variety of topic areas including conservation, climate, food processing, and local food issues. She recently received her master’s degree in Agriculture, Food and Environment from Tufts University in Boston, Massachusetts.

Cathy Day
Cathy Day is the Climate Policy Coordinator for the National Sustainable Agriculture Coalition. She leads work on climate change in agricultural conservation and research policy advocacy. She previously taught in the Environmental Studies and Sustainable Food Systems programs at Stetson University, where she also co-directed the Sustainable Farming Fund. She holds a PhD in Geography from the University of Wisconsin-Madison. Her research has focused on how farmers transform their farming systems in the face of climate, market, and social change. Her past also includes time as a Peace Corps volunteer in Niger and a public school science teacher.
Cleo Braver

Cleo’s interest lies in the very broad intersection between personal food choices, personal and public health, agriculture, the environment, and increasingly food security and national security. Cleo has operated a farm for sixteen years – certified organic for twelve years- to learn the issues facing produce and meat producers and to understand the change that is needed in order to see a meaningful conversion of land from conventional grain to sustainably produced real foods intended for regional distribution. Cleo is the founder of both the Eastern Shore Food Hub Corp. and of Real Food Productions, L3C, the operator of the Food Hub, and serves on the Board of both organizations.

Devora Kimelman-Block

Devora Kimelman-Block is a food business entrepreneur, agricultural supply chain specialist, and farm owner with a mission to support the adoption of regenerative agriculture. She is the Founder and CIO of KOL Foods – the only national purveyor of 100% grass-fed kosher beef and kosher heritage chicken. She has 15 years of experience promoting regenerative farming practices, recruiting partners, and setting up systems of production and distribution. Devora, her husband Jason, and four children are founding members of Eastern Village Cohousing, an award winning LEED certified green building in downtown Silver Spring, MD.

Elena Velez

Elena Velez is the Founder & Director of Community Restorative Trainings (CRT), a bi-lingual stress reduction and mental wellness program designed for essential farm workers in the Latine community. She also works as a professional Certified Healthcare Interpreter providing services across the San Francisco Bay Area. Elena’s mission is to guide her community in understanding the importance of mind-body health and introduce self-care tools that support lifelong wellness. Her method uses evidence-based breathing techniques, meditations, and restorative stretching to generate lasting relief from the multiple stresses of labor-intensive work. Elena’s 17+ years as an interpreter and bi-lingual environmental educator, plus her training in mindfulness practices, make her a uniquely effective teacher. She creates comfortable, culturally relevant settings for sharing wellness information with both Spanish-speaking and English-speaking audiences.
Anna Morrow

Anna Morrow was raised on a small farm in South Central Indiana, and continues to participate in the family farm. She earned a B.S. in biochemistry and M.S. in agronomy from Purdue University. Anna’s master’s research investigated soil compaction and fertility in intensively managed dairy pastures in the Alajuela Province of Costa Rica. She has experience as a county Ag and Natural Resources Purdue Extension Educator. Anna now works as the Senior Program Manager for the Midwest Cover Crops Council, and lives in Shelby County Indiana with her husband and two children.

Liz Riffle

U.S. Navy veteran Liz Riffle raises grass-fed and finished bison in West Virginia. Riffle Farms was the first commercial bison operation in the state, and also the first to field harvest animals for state certified commercial sale. Liz is passionate about meat transparency and humane practices. She also runs a sister company, The Honest Carnivore, which offers farmers a route to field harvest their animals in preparation for butchery classes or monthly subscription boxes. For the past two years, Liz has been renting a commercial kitchen where she more than doubles the value of her raw meat by creating chilis, pastas, broths, burgers, and more. Originally a Registered Nurse by trade, she has been able to step away from that job and make a full-time salary herself and support another employee off the farm income!

Cathy Davies

Dr. Cathy Davies has always been passionate about food and having fun with everything from growing and cooking to studying, teaching, and writing about food. Dr. Davies built her food knowledge by earning a BS in Human Nutrition, a Ph.D. in Food Science, and many food safety certificates. She taught food science and nutrition for 20 years before leaving academia to found Food Safety Mid Atlantic. Food Safety Mid Atlantic makes food safety approachable, while also providing knowledge-based services and the support that small startups need to expand. Originally from Birmingham England, she moved to the US in 1995 and became a US citizen in 2008. She now lives in the very south of NJ and enjoys walking in nature, knitting, spindle spinning and music when not thinking about food. Cathy’s life purpose is create, build and support a food system that is safe, resilient, sustainable, equitable, and healthy by bridging the gap between food science and the food system.
2022 Conference Presenters

Melissa Shaw
Melissa Shaw is a first-generation farmer alongside her husband, a 4th-generation farmer, on his family farm in Michigan. Together they manage and operate a 1400-acre farm, raising sugarbeets, corn, soybeans, and cereal rye with a soil health-focused approach that utilizes strip-till, crop rotation, nutrient and pest management, cover crops, buffer strips, and pollinator habitat. Her aspiration is to pair what she has learned and endeavored on the farm with viable concepts that will advance Michigan agriculture to be a dynamic and enduring industry for generations to come.

Corinn Rutkoski
Corinn Rutkoski is an artist and graduate student in the department of Integrative Biology at Michigan State University. She focuses on the use of perennials in agricultural systems, science policy, and soil health. She creates relief prints and mixed media collages, and draws her inspiration from Michigan flora and the mysteries of the natural world.

Fahimeh Baziari
Fahimeh Baziari is the MiSTRIPS coordinator for the Long-term Ecological Research program at Michigan State University W. K. Kellogg Biological Station. Through the MiSTRIPS program, she works with farmers and landowners to adopt prairie strips as a conservation practice on their farm. Fahimeh received her Master’s degree at Michigan Technological University in the Collage of Forest Resources and Environmental Science and has worked in various areas of natural resources management including agriculture, wildlife management, and forestry. While a Peace Corps Volunteer in Ghana (2013 - 2015), Fahimeh worked with farmers to enhance their farming business through improved market access and agricultural productivity. It is through this experience that she has developed a passion for meeting the needs of people through stewardship of the land.
Mily Treviño-Sauceda

Mily Treviño-Sauceda is the Executive Director & Co-Founder of Alianza Nacional de Campesinahas, Inc. She also co-founded “Mujeres Mexicanas,” in 1988 and Líderes Campesinas in 1992, the first state-based farmworker women's unique grass roots organization advocating on behalf of campesinas where she served as Executive Director for over 12 years. Ms Treviño-Sauceda holds a Masters degree in Social Sciences: Rural Development, Capacity Building, Women's Leadership and Oral History, from Antioch University Midwest. For over 40 years, Ms Treviño-Sauceda, has worked on farmworker women’s issues in the state of California and nationally.

Elvira Carvajal

Elvira Carvajal a Co-founder and National Organizer of Alianza Nacional de Campesinas, Inc. Originally from Michoacán, Mexico. She started working in agriculture at the age of eight. After losing a pregnancy due to the kind of work she was doing at a nursery in Florida, Ms. Carvajal started volunteering with the Farmworker Association of Florida (FWAF) in the late 1990s. Later becoming an Area Coordinator and helping start initiatives within the FWAF to talk about gender issues and art. Through all this, Ms. Carvajal has been an advocate for the farmworker community. Interacting daily with the community, conducting pesticide health and safety trainings with community members, dealing with cases of wage theft and workplace harassment, reporting cases of pesticide exposure, helping families impacted by immigration detentions/deportations, and more.

Lorena Andrade

Lorena Andrade is the director of La Mujer Obrera, a local independent organization located in El Paso, TX and dedicated to creating communities defined by women. Andrade helped organize women displaced by NAFTA. She has collaborated to identify, develop and implement programs grounded in the history of women workers and Mexican indigenous heritage.
Rocio Vargas

Rocio is a culinary chef with 8 years experience catering private events. She manages the Star Farm CSA food safety protocol, quality control, packing, and delivery logistics. When she's not harvesting edible flowers for salad toppings, providing excellent customer service for CSA inquiries, staffing farmers markets, she also provides menu development for the Star Farm dinners and oversees our packing and delivery staff. Rocio is driven to bringing local, organic products and produce to low income communities on the Southside.

Mira Cameron

Mira Cameron joined Star Farm this past growing season through a fellowship program with the Mansfield Institute of Social Justice and has quickly risen to become a fundamental member of the team. Having studied English and Sustainable Agriculture at Roosevelt University, they bring an extensive knowledge of restoration ecology, food systems, ecosystem interaction, and systems literacy to the team; as well as being well-versed within digital communication. As Communications Director, they handle Star Farm’s social media management, marketing and graphic design for products and programming, newsletter campaigns, and assist as needed with grant applications, in addition to working on the farm and at farmers markets in effort to further grow within the urban agriculture and Back of the Yards communities. Prior to Star Farm, they have led mutual aid efforts within the world of food justice, built and managed a community garden and distribution program; and continue to work as a freelance writer, poet, and educator.

Guadalupe Garcia

Guadalupe Garcia is a mother of four and a Mexican immigrant who calls Back of the Yards her home. She is passionate about growing food and education the next generation on what it means to be an urban farmer, especially local youth. As a mother and community advocate, she loves working hard every day to improve the quality of life for her community. Guadalupe serves as advisor to the Star Farm Incubator growers who consult with her on business expansion, organic farming methods, and community engagement opportunities. Growing up on a farm in Mexico has taught her a love for sustainable agriculture and for eating fresh, not just for human health, but for the health of the environment and so many other animals that we coexist alongside.
2022 Conference Presenters

Stephanie Dunn
Stephanie Dunn is the founder and lead farmer of Star Farm Chicago, established in 2016 in the Back of the Yards neighborhood of Chicago. With a background in education and advocacy, and as a community resident, Stephanie sought to establish a neighborhood farm that would serve as a source of recreation, education, safety, vocational training, horticultural therapy, nutrition, and employment for the local community. Overseeing an annual production of 10-15,000 pounds of produce on just over ¼ acre, Stephanie also has ensured a strong community distribution process prioritizing homebound seniors and single-parent households in the neighborhood.

Kate Anstreicher
Kate joined Glynwood in the spring of 2019. As Program Manager, Kate supports Glynwood’s Regional Food and Farmer Training Programs, helping build, maintain and support networks of farmers, chefs, cider makers, and other food system actors. Kate graduated from Yale in 2018 with a degree in Environmental Studies. Originally from Iowa, Kate sees sustainable agriculture as an imperative initiative to protect the environment and local farming communities. She is passionate about food justice and accessibility, and is involved in Glynwood’s efforts to advance equity, diversity and inclusion in the food system.

Barbara Salvatore
Big Horse Woman arrived in a dream, decades ago, and was the reason Barbara moved from New York to Nebraska. Big Horse Woman, a haunting historical fiction novel about a Ponca woman born by the Niobrara River, won First Place, Prairie/First Nations Category in the Chanticleer Review’s Laramie Prize for Western Fiction, and Book Two, Magghie was awarded Finalist. Devoted to learning the history and culture of her characters, Barbara became a student of the Ponca language, and later served as Ponca Language Educator for the Ponca Tribe of Nebraska, and her art is featured in The Omaha Language, Omaha Way, UNL Press, 2018. Her stories, poetry and art have been included in numerous magazines, Anthologies and Literary journals. Barbara holds a Bachelor of Fine Arts in Painting from the School of Visual Arts, and loves writing, drawing, horses, plants, and people.
Stephanie Finklea

Stephanie Finklea is a grower. She has been passionate about the environment from a very young age. As the only daughter of Arnold and Patricia Finklea, her playmates and toys were often trees, flowers, and seeds. After living in Austin for a brief period, Stephanie moved back to Omaha to help with increasing access to organic food for people of all income levels, building a sustainable local food system, and to participate in agricultural knowledge sharing with the Omaha community. After obtaining her Bachelor's Degree from University of Nebraska at Omaha in General Science, she began working for agricultural nonprofit The Big Garden. After four years of service, Stephanie left her position as the Director of Education at The Big Garden. She has since spent her time organizing a community cooperative called Omaha Sunflower Cooperative and running her micro urban farm Black Chick Farm.

Alex O’Hanlon

Alex O’Hanlon is an active community member born and raised in Omaha, Ne. Alex works as an Engagement Manager at One Omaha where she supports other neighborhood organizers with help finding funding, creating partnerships with other organizers and thinking strategically. In her free time she works with other community members to address social inequality through creating long lasting change in joyful ways mostly through collective gardening projects and seed saving, but she also really likes eating, dancing and swimming.

Cait Caughey

Cait Caughey is a farmer and a mama of two. She tends prairie, herbs, chickens, and vegetables at her farm Mullein Hill Farm in the Loess Hills of Southwest Iowa. For many years Cait has been involved in various urban and rural agriculture projects and has a deep interest in seed saving, foraging, and cultivating and on-going relationship with land and all species. Off the farm Cait works supporting, educating and equipping farmers at the Center for Rural Affairs.

Katie Bettin

Katie (she/her) is a beginning farmer who loves to live in the small metropolis of Omaha. In her pursuit of urban farming, she hopes to see local food production and systems solidify. Curiosity has been a guiding principle as she navigates the seasons.
Felicia Bell has worked as a Sustainable Agriculture Specialist at the National Center for Appropriate Technology Gulf States regional office in Jackson, Mississippi since 2013. Bell, a fourth-generation farmer and founding member of RD&S Farm, LLC, is fascinated by traditional agriculture strategies of all cultures, especially African farming methods and techniques. She was born into agriculture, and what most people today would refer to as homesteading. Her family sustained themselves from the land with food and by-products. Bell's deep-rooted values in helping others as a producer have been the driving force in her assisting communities. Over many years, she has learned several appropriate technologies (i.e., methods and practices) to assist small-scale producers with resourceful and inexpensive solutions to lessen cost burdens and increase the viability of farm enterprises. These experiences have warranted Bell rewarding opportunities through sustainable agriculture project development, Board of Directors' assignments, and contractual agreements. Bell believes that everyone deserves the right to access healthy foods, and with the collective effort of small sustainable farmers across the country, this can become a reality.

Nicole Bauman (they/them) is a midwest-based queer parent steeped in the sacred work of facilitation, transformative justice, somatics and Nonviolent Communication. They see building conflict resiliency as an essential part of living into the world to come, and are passionate about creating space where personal and collective liberation feel possible. As the descendant of white Western European peasant farmers who carried their trauma with them to the Americas, Nicole is committed to centering racial justice and ancestral healing in their work. Nicole's background in farming, yoga, doula work and natural building grounds their work in connection to the earth and the body. Nicole is an ICF-certified Professional and Community Healing-Centered Coach and a student of Somatics with the Strozzi Institute and in the lineage of generative somatics. Nicole finds rootedness in growing food, daily walks to the river, sewing ancestral quilts and through being a part of the Prairie Wolf Collective co-housing community in the Rust Belt city of Elkhart, Indiana (occupied Potawatomi territory).
Yvette Bonilla-Leach

Affinity Room Facilitators

Farming as a Trauma Response
Affinity Room

Liza Wolff-Francis has been a therapist since 2000 and has had her independent social work license since 2005. She got her MSW at Smith College School for Social Work where she was trained in Psychodynamic theory and she has studied Eco-therapy, EMDR, Somatic Experiencing, Play Therapy, Sand Tray Therapy, Couples Therapy, Feminist theory, and Mindfulness. She is trauma informed and has worked with survivors of sexual violence, intimate partner violence and domestic violence. She is fluent in both Spanish and English and she started the non-profit, Casa Fortaleza in Albuquerque, New Mexico which works with survivors of sexual violence, focusing on Spanish speaking survivors. She believes in the importance of a client-centered, collaborative approach to clinical work, considering the whole person and honoring individual differences and cultural contexts. She is also a poet and writer, has an MFA in Creative Writing from Goddard College, and has led workshops and writing groups in both English and Spanish to facilitate and encourage creative expression and healing through writing.

Farming as Neurodivergent Affinity Room

Yvette lives on a small Texas Hill Country homestead with her husband and son (both named Keith*), two dogs, three barn cats, and three little Nigerian Dwarf goats. 'I love to spend my days gardening, dancing, taking webinars and educating myself about multiple subjects to build Alora. My interests are vast and include music, art, quantum physics, philosophy, psychology and esoteric studies. I am eager to take my background in finance, client and team relationship building & management into the world of Social Impact Entrepreneurship as the Founder of Alora Farm'. Alora Farm began as an idea to alleviate the loneliness that affects autist community members. An alternative to today's group home, Alora is built on a self-sustaining model that leads to autonomy when it is time to live away from loved ones or caretakers.
Stephanie Enloe

Iowa Landowner Listening Session Moderator
Tuesday, November 29th 3:30-5:00 p.m. CT

Stephanie has been involved with efforts to build socially and ecologically just food system since her undergraduate years at the University of Iowa. She continues to work toward this vision in her role as WFAN’s Director of Programming. Stephanie recently returned to her home state of Iowa after living for several years in Ithaca, NY, where her PhD program is based. As a graduate student, Stephanie worked closely with a Malawian farming organization to support their ongoing efforts to advance agroecology, gender equity, and climate justice. She also discovered her love of teaching, especially using models that invite learners to collaborate in the process of building knowledge. Stephanie brings this passion to her work coordinating the Women Caring for the Land and Harvesting Our Potential programs.

Heather Medina Sauceda

Habitat Community Room Moderator
Tuesday, November 29th 6:00-7:00 p.m. CT

Heather Medina Sauceda has worked for the Natural Resources Conservation Service for over 22 years. She has served as an earth team volunteer, student trainee, soil conservationist, district conservationist and now assistant state conservationist for field operations in Tangent, OR. Heather is a Returned Peace Corps Volunteer and served in the environmental educations sector in the Dominican Republic in 2003 – 2005. Heather was born and raised in Saginaw, Michigan. She attended Michigan State University and received her B.S. in Zoology / environmental biology. Heather currently serves as the Women in NRCS (WiN) Past President. Heather uses the pronouns: she, her, and ella.
Community Room Moderators

Dr. Rachel Brummel

*The Farm as Family Moderator*

*Saturday, December 3rd, 1:00-1:45 p.m. CT*

Rachel Brummel (she/her) is a teacher, parent, and community-member from rural Decorah, Iowa. Rachel currently serves as an associate professor and director of the Environmental Studies program at Luther College, where she focuses her teaching, service, and scholarship on environmental politics & policy, with a focus on exploring the lived experiences of policies in communities and on the ground. Rachel lives with her spouse Joel Fassbinder in rural Northeast Iowa; their farm serves as the base for Highlandville Honey Farm, which Joel owns and operates. Together, Rachel and Joel parent their two children (12 and 7 years old) and as a family they care for a small herd of goats and a flock of chickens.

Aubrey Alvarez

*Mutual Aid & Cooperative Food System Models Moderator*

*Saturday, December 3rd, 1:00-1:45 p.m. CT*

Aubrey Alvarez is co-founder and Executive Director of Eat Greater Des Moines, a nonprofit organization based in Des Moines, Iowa. Launched in April 2013, Eat Greater Des Moines is cultivating and redefining a food system for everyone so that good food is not wasted; our neighbors don’t go hungry; everyone has easy access to healthy, locally produced food; and food is produced and transported using sustainable, environmentally friendly practices. Through collective action, advocacy, and innovation, Eat Greater Des Moines is empowering people and organizations to change how food is grown, who can access it, and where and how you can get it. Aubrey is a member of the board with Les Dames d’Escoffier of Greater Des Moines, Hunger Free Dallas County Coalition, Regional Food System Working Group, and Wallace Centers of Iowa. She serves on the Ankeny Human Rights Commission and is also active in the Ankeny Community Network, Iowa Hunger Coalition, and Food Hub Managers Working Group. She was selected as a 2019 Health Connect Fellow, 2020 Les Dames d’Escoffier Women of Purpose nominee, and is a 2015 graduate of the Greater Des Moines Leadership Institute. In her free time, Aubrey enjoys spending time with her husband and 2 young kids.
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