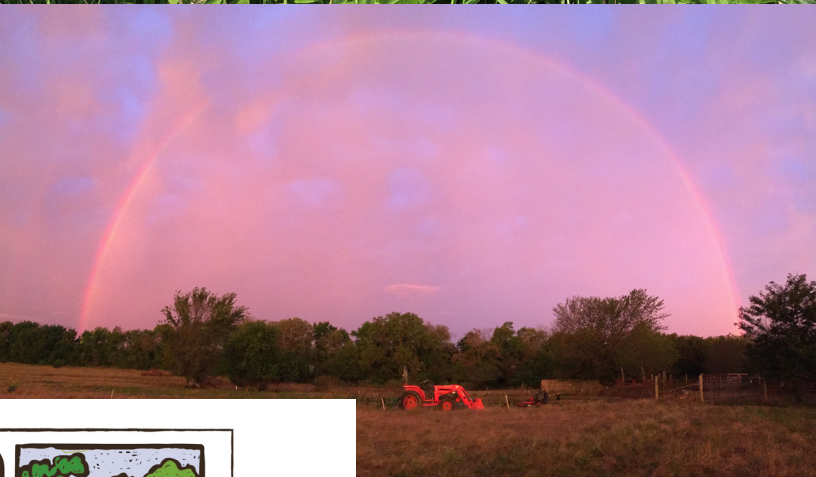


Kansas Rural Center
2019 Farm & Food Conference
&
40th Anniversary Celebration

November 8 - 9
Drury Plaza Hotel Broadview
Wichita, Kansas

Planting Ideas, Growing Our Future:
Carbon, Climate and Communities



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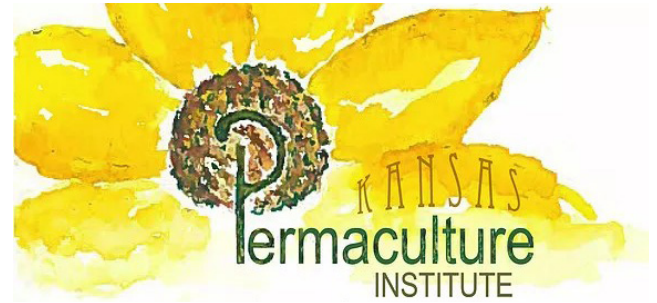
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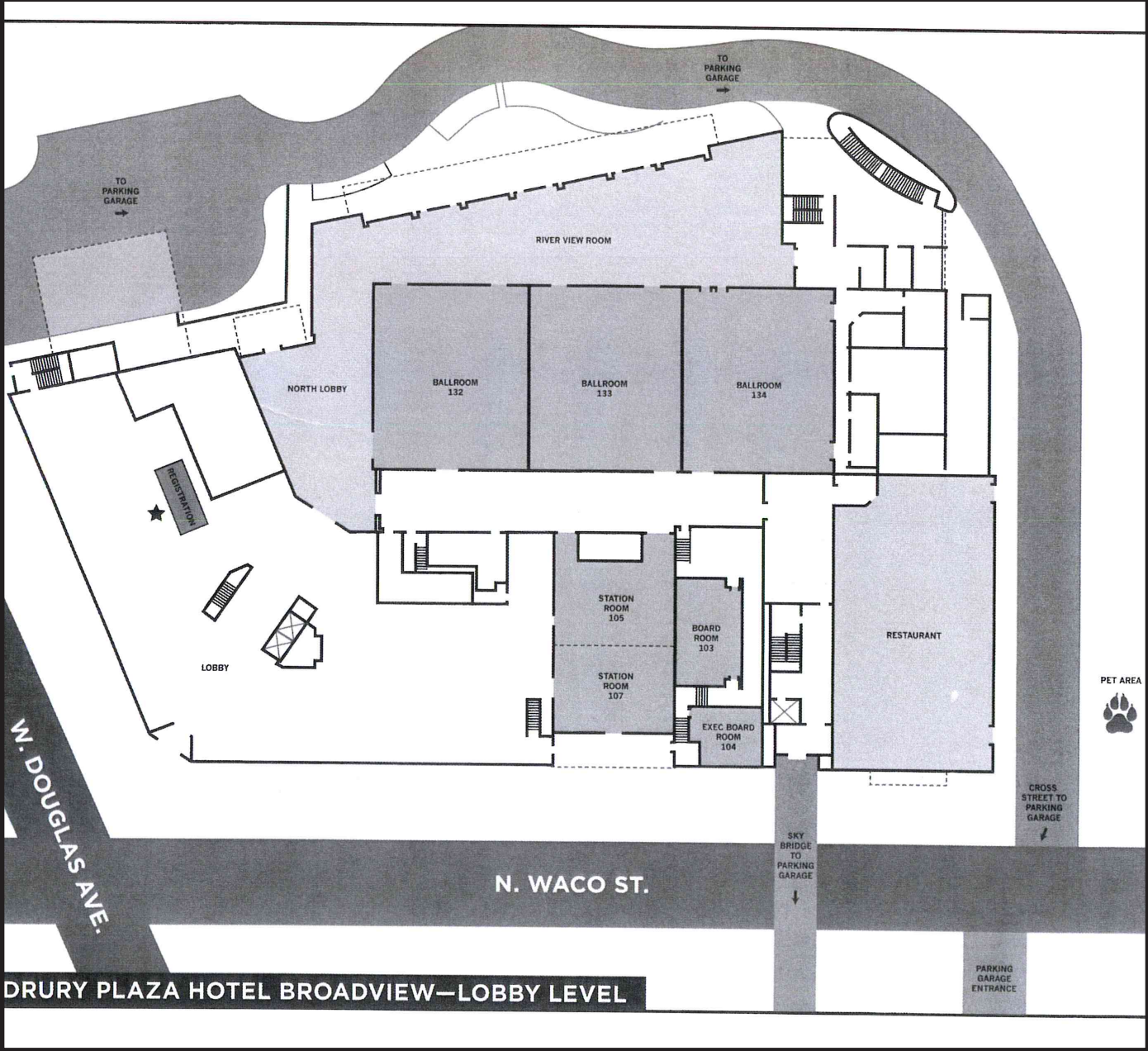
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Friday Agenda

Planting Ideas, Growing Our Future: Carbon, Climate and Communities

8:00 a.m. Conference Opens, Registration

Light breakfast snacks available

9:00 a.m. Welcome and Introduction (Ballroom 132/133) Mary Fund, Executive Director, Kansas Rural Center

Keynote - “Agriculture’s Role in Ecological Sustainability and Economic Justice”

Fred Iutzi, President of The Land Institute, in Salina, Kansas

10:15 a.m. Break

10:30 a.m. Concurrent Workshops, Session 1

Feeding Your Neighbors: Funding Resources to Grow Your Farm Business (Ballroom 132/133)

Learn about grant and loan opportunities that help your farm or ranch grow, explore new ideas, and get the food you produce into your communities and the hands of your neighbors. Hear from the Kansas Healthy Food Initiative, Network Kansas, Kansas SARE, and USDA Rural Development. Each will share what they can fund, types of funding, and the resources they can provide to help you along the way. Speakers: Isabelle Busenitz, Kansas Healthy Food Initiative; Tiffany Nixon, NetWork Kansas; Kerri Ebert, KS SARE; Nancy Pletcher, USDA KS Rural Development

Building Resilience in Your Soil to Weather Any Extreme (Ballroom 134)

Learn how the latest in soil health principles and practices can help make your farm more resilient to uncertain weather and extremes. Candy is a repeat conference presenter on soil health who adds new insights and information each year! Speaker: Candy Thomas, USDA NRCS

Extending the Growing Season in Hoophouses (Station Room 105)

High tunnels or hoop houses offer a level of environmental control on factors like temperature, ventilation, and soil moisture, allowing growers to extend the growing season, generally about 30 days in Kansas. Join Cary Rivard, KSU Fruit and Vegetable Specialist at KSU, to learn about managing and maximizing a high tunnel to get a jump on the spring season or extend the fall season. Speaker: Cary Rivard, KSU Fruit & Vegetable Specialist

WEALTH: Water, Energy, Air, Land, Transportation and Health- Kansas State Policy Overview (Station Room 107)

Prioritizing Kansas WEALTH will lead to a stronger, more resilient state. Leading environmental advocates will lay out the political landscape for 2020, an election year, in terms of WEALTH priorities at the state level. Learn about important upcoming legislative priorities and opportunities for civic engagement. Panel: Zack Pistora, KS Sierra Club; Jessica Lucas, Clean Energy Business Council; Paul Johnson, KRC; Sheldon Weisgrau, Alliance for a Healthy Kansas; Dawn Buehler, Friends of the KAW. Moderated by Beth Pauley, Metropolitan Energy Center

12:00 pm Lunch featuring locally grown food (Ballroom 132/133)

1:00 pm Plenary Session: Call for Action - Kansas Climate Health Declaration with Climate and Energy Project, Rachel Myslivy; and Farmer Climate Action Sign-on Letter, National Sustainable Agriculture Coalition with Tara Ritter and Mary Fund

2:00 pm Break

Friday Agenda, continued

2:15 pm Concurrent Workshops, Session 2

Future of Food and Farming: Bridging Gaps in Planning for Diverse Communities (Ballroom 132/133)

Gaps in community and state planning around food and farming can result in issues such as food deserts, lack of access to beginning farmer or immigrant resources, or exclusion of diverse voices in decision making processes. A viewing of Voices from Southwest Kansas: Immigrant Perspectives, part of KRC's Civic Ag for Civic Health initiative will be shared. Following the video a panel will discuss current realities, visions, and gaps people in urban and rural communities across Kansas face to strengthen diversity in the future of food and farming. Panelists all bring experience in organizing and educating to address positive changes within their communities and will discuss ways they are working to bridge gaps. Speakers: Hugo Pérez Trejo; Bertha Mendoza, K-State Extension Agent; Terrell Dyer, Project Rally

Managing Woodlands for Carbon, Changes in Climate and Biodiversity (Ballroom 134)

Woodlands can be managed simultaneously to maximize carbon sequestration, storage, biodiversity and to prepare for changing climates. Join Wayne White, forest landowner and author of Biosequestration & Ecological Diversity, and Bob Atchison, Kansas Forest Service forester for stories from their collective woodland management experiences. Information about services and programs available to landowners interested in forestry and agroforestry will also be offered. Speakers: Bob Atchison, KFS; Wayne White, landowner

Basic Financial Management & Recordkeeping for Specialty Crop Production (Station Room 105)

Keeping track of inputs and labor, costs and crop yields is challenging for all farms, but can be especially challenging for the multiple crops grown by specialty crop farmers. It is also essential for growers to know this information for marketing, farm or business loans and crop insurance. Join Tom Buller, Douglas County Extension Agent and market farmer as he provides best business practices for specialty crop farms. Speaker: Tom Buller

Farm Policy & Practices to Mitigate Climate Change (Station Room 107)

Agriculture is on the frontline for the impact of climate change, but also offers solutions through many farming and ranching practices. The National Sustainable Agriculture Coalition has crafted a policy paper outlining their recommendations on how federal farm policy and programs can offer mitigation, adaptation and reduction of greenhouse gases. Tara Ritter, Institute of Ag and Trade Policy and sub-committee Chair of NSAC's Climate committee will discuss federal farm policy and programs; Ed Reznicek, organic farmer, will offer practical advice on farming practices; and Mark Janzen, USDA NRCS, will discuss how NRCS cost-share programs address resource concerns of soil health and erosion, water quality, wildlife habitat and pollinators. Speakers: Tara Ritter, Institute for Agriculture and Trade Policy for NSAC; Ed Reznicek, farmer; Mark Janzen, USDA NRCS

3:45 pm Break, Snacks Available

4:00 pm Concurrent Workshops, Session 3

Coping with Stress and Anxiety on the Farm (and in the World Overall) (Ballroom 132/133)

The farm economy is undergoing significant stress. Whether you are a conventional farmer/rancher, or a sustainable/regenerative farmer, or a grower for direct marketing, stress can take its toll, sometimes with disastrous outcomes. But it is not just the farm. Place all this within a rising level of anxiety and uncertainty about political /cultural issues, and no wonder we ask ourselves where it will all end? Come discuss how to recognize signals of stress, and learn what to do - for yourself, your family and neighbors. Speakers: Charlie Griffin, Forrest Buhler and Char Henton, Kansas Agriculture Mediation Services

Friday Agenda, continued

4:00 p.m. Concurrent Workshops, Session 3

Extreme Weather in the Plains and How Farmers and Ranchers Can Adapt (Ballroom 134)

No matter what you call it, most people recognize that weather and seasons are changing in Kansas with heavier rainfall events, hotter summers, floods, droughts, and even wildfires. Come listen to an overview of the latest science on a changing climate and its impact on agriculture in the Central Plains. Speaker: Dr. Jeffrey Basara, University of Oklahoma

Ecosphere Artist: An Interactive Soil Art Project (Station Room 105)

Speaker: Rena Detrixhe, Artist in Residence, The Land Institute



Making Eco-spheres (Hikaru Dorodango)

Dorodango (“Mud dumpling”) is a Japanese art form in which earth and water are molded to create a delicate shiny sphere, resembling a billiard ball. Participants in this workshop are invited to work with their hands to create a unique artistic object while contemplating our relationship with and stewardship of land, place, soil communities, and the greater ecosphere. ***All materials will be provided, but participants are welcome to bring their own soil from their home, farm, or place of personal significance if they wish. The material should be completely dry; about 2 cups should be plenty.** The Land Institute’s Ecosphere Studies program has been sharing this practice in workshops and symposia as a grounding exercise and experiential learning practice. The earthen spheres are made by gradual and careful hand-work, demonstrating a focused, intentional, and gentle relationship with the earth. Earth is a dynamic, creative planet composed of living and non-living parts, like water, air, soil, rock, plants, animals and other organisms. The workshop will invite viewers to embody this ecospheric perspective, recognizing we are entangled with, not separate from this intricately interdependent system. Using soil as a material and an entry point, the meditative (and fun) process of hand-making

the eco-sphere provides space for reflection and dialogue. Presenter information and bio: Rena Detrixhe, Artist and Research Resident at The Land Institute, renadetrixhe.com, [@renadetrixhe](https://www.instagram.com/renadetrixhe) on instagram. Rena Detrixhe is an interdisciplinary artist currently based in Salina, KS where she is working as a Research Resident with The Land Institute, collaborating closely with their Ecosphere Studies program. Through large-scale objects and installations, ephemeral sculpture, performance, drawings, and process-based work, she explores systems of value and cultural relations to land and the more-than-human world.

*****Session is limited to 30 people. Please sign up at the registration table.*****

Land/Farm Owner and Land Seeker Mixer (Station Room 107)

Join this opportunity to network and connect those who have farms or land to those who are seeking a farm or land or an opportunity to gain experience farming. Research has shown that the biggest challenge for retiring farmers to passing the farm to a non-kin successor with similar values and goals is identifying the new farmer and vice versa. This workshop attempts to tackle this dilemma. **The session is limited to those who Pre-registered for this workshop and filled out a survey describing your farm and what kind of successor you are looking for, or the kind of farm or farming opportunity you are interested in.** This is a pilot to test this approach to linking landowners and seekers in Kansas. Facilitated by Mary Fund, KRC, and Julia Valliant, Indiana University.

5:30 - 8:00 pm 40th Anniversary Reception (Hotel River View Room)

**Join us Friday evening from 5:30 to 8:00 pm to celebrate our 40th Anniversary
*Hotel River View Room - Drury Plaza Hotel Broadway***

Come join us to celebrate KRC’s 40th anniversary with food, music, and complimentary Kansas beer and wine, and networking! Annie Wilson, former KRC board member, also known as the “Flint Hills Balladeer” and the Tallgrass Express will provide background music plus a concert from 6:45 pm to 7:30 pm. There’ll be plenty of space to enjoy visiting with old and new friends while enjoying good food and drink. Thanks to Free State Brewery and Chicken and Pickle for donating beer & wine.

5:30 - 6:15 pm Reception begins in River View Room with Hors d’oeuvres buffet, cash bar and music

6:15 - 6:45 pm Program: Looking Back but Moving Forward; Comments from KRC board and past board and staff, and our partners.

6:45 - 7:30 pm Concert - Tallgrass Express (See bio page 12)

Saturday Agenda

Planting Ideas, Growing Our Future: Carbon, Climate and Communities

8:00 a.m. Conference opens, Registration

Light breakfast snacks available

9:00 a.m. Welcome and Introduction (Ballroom 132/133)

Natalie Fullerton, Assistant Director, Kansas Rural Center

Keynote: “Leveraging Urban Food Markets to Support Rural-Urban Linkages & Regional Economic Development” Dr. Becca Jablonski, Food Systems Extension Economist, Colorado State University

10:15 a.m. Break

10:30 a.m. Concurrent Workshops, Session I

Assessing the Economic Impacts of Food Systems Programming, Policies, and Initiatives (Ballroom 132/133)

This session will highlight best practices to evaluate the economic impacts of food systems programming using recommendations from the USDA Ag Marketing Services Toolkit (<https://localfoodeconomics.com/>). The Toolkit has been used in communities around the country to communicate the economic impacts of food system programs to diverse stakeholders. Speaker: Dr. Becca Jablonski, Colorado State University Economist

Weathering the Extremes for Grazing and Livestock Management (Ballroom 134)

In the future, weather promises to become more erratic in terms of drought and/or flood, and extreme weather events, such as extreme heat, heavy rainfall or snow. This makes management of grass, forages, and grazing of livestock more challenging. Come learn how to prepare your management system for all of the above. Speakers: Keith Long, Flint Hills rancher, and Dale Strickler, agronomist, soil and grazing consultant

Changing the World One Chicken at a Time: How RegeNErate Nebraska is Building Communities From the Soil Up (Station Room 105)

Regenerative agriculture is the new buzz word for an ecological farming system based on soil health, and our connection to soil and to each other. Come hear how a regenerative model of poultry production hopes to challenge the extractive industrial poultry model, and how Nebraska farmers are building communities by building healthy soil, developing new markets, and offering opportunities for beginning and existing farmers to be part of a new regenerative food system. Speaker: Graham Christensen, GC Resolve

Is it Time for a New Approach to Renewable Energy and Wind Farm Siting? (Station Room 107)

Join Climate + Energy executive director Dorothy Barnett, rancher and Elk Creek Wind Farmer Pete Ferrell, and Mary Fund, KRC executive director, for a conversation about wind energy and public opinion. The panel will explore: how the renewable energy landscape has changed over the past decade? what role should collaborative or community planning play in wind farm siting? how does available information about wind energy impact public opinion? and what about solar? Panel: Dorothy Barnett, CEP; Pete Ferrell, rancher; Mary Fund, KRC.

12:00 p.m. Lunch, featuring locally-grown foods. (Ballroom 132/133)

1:00 p.m. Plenary Session: Harvesting Opportunities for the Future of Farming & Food in Kansas

Lt. Governor Lynn Rogers & Office of Rural Prosperity; Marlin Bates, Douglas County Extension; Member of The Rural Revitalization Committee (TBA); and Mary Fund and Natalie Fullerton, KRC.

Saturday Agenda, continued

2:00 pm Break

2:15 p.m. Concurrent Workshops, Session 2

Feeding Communities through Civic Agriculture (Ballroom 132/133)

Civic Agriculture is defined as locally based agriculture and food production that is tightly linked to a community's social and economic development. Get connected to efforts and resources through Kansas ministries, schools and farms around Kansas as they work towards building food systems with their community, for their community. Speakers: Kathleen Webb, Children First; Jennifer Speer, Milpa Garden Farmer, Lauren Scislowski, Legacy Garden Works; Sister Jane Belanger, Heartland Farm

Managing for Soil Health: A Farmer Panel (Ballroom 134)

Improving soil health, and the benefits of doing so, have been hot topics in recent years. Come find out what regional farmers, with a diverse array of enterprises, are doing to improve soil health on their farms, and what the impacts of their efforts have been. The farmer panel includes a rancher who utilizes holistic management, an urban gardener who focuses heavily on soil health to grow food for her family, a farming/ranching couple who are taking regenerative ag practices to new heights, incorporating human and community health into their equation for success, and a No-Till farmer who is stretching the boundaries of cover-cropping and multi-species planting on a large scale. Moderated by Hank Will, editorial director of Mother Earth News, GRIT and other magazines. Panel: Linda Pechin-Long, Jessica Gnad, Keith Thompson, Gail Fuller and Lynnette Miller

Lessons on How to Make a Non-Traditional Farm Succession Work (Station Room 105)

Many existing farmers do not have a family successor to take over, but they want to see the farm business continued with their values, and not be swallowed up by other farms in a get big at all costs approach. There are people exploring this via "out of the box" thinking, and we need to hear the successes, challenges, and failures, as cautionary tales. Come listen to a panel of farmers and landowners talk about what they have learned as they navigate this complicated issue. Facilitators: Mary Fund and Julia Valliant; Farmer/Rancher Panel: Mark Janzen; Dennis Demmel and Ted Bruns; Pete Ferrell, and Susan Jones.

CAFO's and "Right to Harm": How to Protect Kansas Citizens (Station Room 107)

People living near "concentrated animal feeding operations" or CAFO's, often struggle with nuisance and health issues from odor & poor air and water quality, and Kansas laws are stacked against them. As citizens in surrounding states organize to protect themselves, Kansans may find ourselves the state of least resistance if we do not engage. Come watch a short version of the independent film documentary "Right to Harm." Learn about the challenges, then engage in discussion of how current Kansas law can be improved to protect us. Speakers: Craig Volland, Kansas Sierra Club and Ashlen Busick, Socially Responsible Agricultural Project

3:45 pm Break, Snacks Available

4:00 pm Concurrent Workshops, Session 3

Why Local Food Matters: A Wichita Food Shed Perspective (Ballroom 132/133)

From building community and food access to supporting regional economies, there are many reasons why local food and it's future matters. As more and more communities, farmers, and consumers embrace local food systems, increased support is needed to get food from the farm to the plate. Hear from a panel of Wichita local food advocates on why they choose to support the ICT local food system; importance for the future of food in ICT & Kansas; and action we can all take to support it wherever we are. Panel: Luke Snow, Farmshop; Carlos Vera, Chef; Megan Greenway, Ories Farm Fresh; Katherine Elder, Chef; Josh Rathbun, Chef

Saturday Agenda, continued

4:00 pm **Concurrent Workshops, Session 3**

Water in Kansas: Past & Present (Ballroom 134)

Early evidence of Native peoples in Kansas shows that they lived near springs, seeps, and rivers. Later, European settlers moved along water sources, and eventually, cities were established in areas with plentiful water supplies. Even today, demographic changes in Kansas are the result of water: scarcity connected to water-level declines in the Ogallala Aquifer is impacting depopulation in western Kansas, whereas some eastern Kansas counties, are gaining population. Recently the state government developed a 50-year water planning vision, identifying two major issues: reservoir sedimentation and the rapid drawdown of the Ogallala portion of the High Plains Aquifer in western Kansas. This presentation will highlight how water issues today will define much about Kansans in the future, just as they always have. Speaker: Rex Buchanan, Kansas Geological Survey

Dealing with Pesticide Drift: Existing Laws, New Legal Options, and Practical Advice (Station Room 105)

Pesticides are a persistent and increasing issue for people, plants, pollinators and wildlife. From the devastating impacts on specialty crops and specialty crop farmers, pollinator populations and human health, the reach of pesticides is long. Hear from beekeeper Chad Gilliland (in a short video produced by KRC) about the impacts of pesticide drift on his beekeeping operation. Learn about existing pesticide laws in Kansas, and how proposed legislation could impact farmers and landowners, and take part in a discussion on the current options for filing complaints when impacted by drift. Also, discover how farming practices can be a part of the solution when it comes to stemming the tide of pesticide use. Speakers: Joanna Will, KRC; Zack Pistora, Ks. Chapter of Sierra Club; and Paul Johnson, KRC

Organizing for 2020: How & Why Your Vote Matters (Station Room 107)

Explore voting trends with Lindsay Behagam from Mainstream Coalition, and find out why people don't participate in elections and learn how to encourage those non-voters. A walk through of a simple yet effective technology tool Mainstream Coalition created to engage voters will be provided, as well as other resources available to encourage an informed and active voter population. Speakers: Lindsay Behagam, Mainstream Coalition

5:15 pm **Wrap up and evaluations. Safe travels home!**



Keynote Speakers

Fred Iutzi, President The Land Institute



In 2016, Fred Iutzi was named as president of The Land Institute, effective October 1. He grew up on an Illinois farm and describes the fighting of soil erosion as a deep-rooted moral value instilled by his parents and grandparents. Since then, Fred has focused his career on the sustainability of agriculture and rural communities. Prior to his move to Kansas, he managed agriculture, energy, and cooperative development programs for the Illinois Institute for Rural Affairs at Western Illinois University. His ties to The Land Institute are deep. Fred joined the institute's Graduate Fellows Program in 2002, where he studied the possibility of growing small grains in mixtures with forage legumes.

Iutzi earned a bachelor's degree in Geography and Plant Sciences at the University of Missouri – Columbia, and a master's degree in Sustainable Agriculture and Agronomy at Iowa State University. He has served in leadership roles in numerous environmental and agriculture organizations, including vice chair of the board of the Agricultural Watershed Institute and founding chair of the Illinois Biomass Working Group. He is married to Melissa Calvillo, who has joined the teaching staff at Kansas Wesleyan University, Salina. They have two young children, Phillip and Maria.

Becca Jablonski, Assistant Professor and Food Systems Extension Economist, Department of Agricultural and Resource Economics, Colorado State University



As part of her position, she facilitates the Colorado Governor's Food Systems Advisory Council and is a co-leader of Colorado State University's Food Systems Extension Team. Dr. Jablonski's research and extension program is comprised of two primary components: 1) evaluating the farm and ranch profitability impacts of sales through non-commodity markets (e.g., local food markets, certification, or other product differentiation strategies); and, 2) assessing the community economic impacts of food system policies, investments, and programs. Dr. Jablonski holds a PhD from Cornell University.

40th Anniversary Celebration Band

Tallgrass Express

Tallgrass Express is a truly regional band who began playing together in 2014, playing primarily at community events in the Flint Hills, "celebrating the history and wonder of the Flint Hills and its ranching culture." They have recorded four CDs including a unique album series of 4 all-original Songs from the Kansas Flint Hills. Several of these songs by Flint Hills Balladeer and Tallgrass Express lead singer Annie Wilson have been winners in the Walnut Valley Festival Annual Song Contests. Other band members are: Carl Reed, Jim Versch, and Brent Entz. Check out their website at <http://tallgrassexpress.com/>.



Workshop Speakers

Robert (Bob) L. Atchison, is the Rural Forestry Coordinator with the Kansas Forest Service at Kansas State University, Manhattan. He directs the Rural Forestry and Agroforestry Programs. He supervises 12 employees and manages the USDA Forest Service, Forest Stewardship Program, and serves as liaison to the USDA Forest Service's Northern Research Station, Bob is the father of four children, two through adoption and has been married for 37 years. He is an active member of the Mennonite Church.

Dorothy Barnett, CEP Executive Director, is leading the effort to address the Heartland's energy future. Barnett has coordinated winning campaigns to protect the Kansas Renewable Portfolio Standard from attacks and today, wind is 40% of the state's power generation. Barnett provides expert testimony at regulatory proceedings, has been published in the Electricity Journal, appeared on the Rachel Maddow show and received the Advocacy Leadership Award from DOE and MIT Energy Initiative - C3E.

Dr. Jeffrey Basara received his B.S. Degree in Atmospheric Science from Purdue University and his M.S. and Ph.D. in Meteorology from the University of Oklahoma. Currently, he serves as the Executive Associate Director of the Hydrology and Water Security Program at the University of Oklahoma. His research interests are focused on the interactions between weather, climate, water, and ecosystems from local to global scales, and in particular, precipitation extremes and land-atmosphere interactions.

Lindsay Begham is the Voter Engagement Director at Mainstream Coalition. She oversees Mainstream Coalitions Voter to Voter campaigns which seeks to increase voter turnout during elections. Prior to working at Mainstream Coalition, Begham has worked at the Mayor's office in Kansas city and has held roles in political campaigns. Lindsay believes that an empowered electorate creates responsive, transparent and inclusive governments.

Sister Jane Belanger has been a part of Heartland Farm, an ecological ministry of the Dominican Sisters of Peace, for the last 11 years--coming from a similar farm/eco-center in central Ohio. Learning to grow vegetables and raise animals in Kansas has been a climate learning curve. The Farm provides vegetables at the Great Bend Thursday afternoon Farmers' Market.

Ted Bruns is an organic grain farmer in Southwest Nebraska. Bruns and his family moved from west central Ohio in 2015 to work for and then buy into Dennis Demmel's existing organic farm. They have 3 children ages 7, 4, and 8 months. The Bruns grow several different crops, including soybeans for seed. Crops grown for human consumption include yellow popcorn, con-oil sunflowers, yellow field peas and triticale.

Dawn Buehler is the Kansas Riverkeeper and Executive Director with Friends of the Kaw. Dawn holds a Bachelor of Science in Natural Resources from Oregon State University and a Bachelor in Business Administration from Baker University. Dawn serves on the Kansas Basin Regional Advisory Committee and is the Governor's Appointee for the Oil & Gas Advisory Committee. Dawn is also active on the Board of Directors for the Kansas Land Trust and Kansas Alliance for Wetlands & Streams.

Forrest Buhler was staff attorney for the Farmers Assistance Counseling and Training Services (FACTS) from 1987 to 1995 at Kansas State University. He taught the undergraduate course in Agricultural Law and Economics at Kansas State University from 1988 to 1994, while also working with FACTS. He has been Staff Attorney for KAMS since 1995. He is a member of the Kansas Bar Association, the American Bar Association, and the American Agricultural Law Association.

Tom Buller is the horticulture extension agent for K-State Research and Extension- Douglas County, Kansas and a farmer who has been growing vegetables organically in the Kansas River Valley since 2006. He co-authored "Growing Under Cover: A Kansas Grower's Guide" and "Growing Over Cover: A Kansas Specialty Crop Grower's Guide to Cover Crops" with partners at the Kansas Rural Center and K-State Research and Extension. Tom was the founding president of the Kansas City Food Hub, a farmers' owned cooperative.

Workshop Speakers

Rex Buchanan is Director Emeritus of the Kansas Geological Survey (KGS), based at the University of Kansas. He is the co-author of *Petroglyphs of the Kansas Smoky Hills* (2019) and other books on the geology of Kansas. He has an undergraduate degree from Kansas Wesleyan University and graduate degrees from the University of Wisconsin-Madison.

Isabelle Busenitz is a Program/Project Manager for the Center for Engagement and Community Development. She serves as the technical assistance coordinator for the Kansas Healthy Food Initiative (KHFI). The KHFI aims to increase access to healthy food in underserved, low-resources communities. Isabelle uses her background in Chemistry and Human Nutrition to fiddle with recipes in the kitchen to maximize their health benefits, while still passing her kids' taste test.

Ashlen Busick grew up on a farm in Northern Missouri next to one of the state's largest corporate hog operations. Her family's ongoing battle for justice and advocacy for family farms led her to the Socially Responsible Agricultural Project, where she works as a regional representative assisting communities in Missouri, Arkansas, Oklahoma, Kansas, and Nebraska in their fights against factory farms.

Graham Christensen is the Founder and President of GC Resolve, a Nebraska business that focuses on grassroots community development, mobilization, and education with an emphasis on environment and the creation of sustainable communities. Current projects under GC Resolve include raising awareness about Nebraska's rising water quality issues, and educating and advocating for a change in the food production system to "regenerative" farming and ranching principles.

Dennis Demmel has farmed in Perkins County of southwest Nebraska for 32 years, beginning in 1983 with the family of his wife, Ruth. The farm has been certified organic since 2007. Through Land Link, he recruited a younger farmer, Scott Hanson, in 2009 to bring cattle into the operation and purchase the Demmel's pasture poultry operation. Demmel hired Bruns full time in 2015. The farm raises 8 different harvested organic crops in addition to a range of cover crops. Demmel continues as part time employee, mentor, land lord and coordinator of research on the farm.

Rena Detrixhe is an interdisciplinary artist based in Salina, KS. She is currently working as a Research Resident with The Land Institute, collaborating closely with their Ecosphere Studies program. Through objects and installations, ephemeral sculpture, performance, drawings, and process-based work, she explores systems of value and cultural relations to land and the more-than-human world.

Terrell Dyer is a graduate of Park University, where he obtained a degree in Public Relations. He is currently the Chief Operating Officer of Project Rally where he assists with organizing events and community engagement. His plans also include furthering his education in the environmental field by enrolling in nearby horticulture programs.

Kerri Ebert is the communications and outreach coordinator for the K-State Olathe Horticulture Center where she also oversees the Kansas Center for Sustainable Agriculture and Alternative Crops and the Kansas SARE Professional Development Program.

Katherine Elder is the Executive Chef at Elderslie Farm's restaurant, which features a farm-to-table experience near Kechi. The farm also has a goat creamery and offers u-pick blackberries.

Pete Ferrell has worked at the Ferrell Ranch (established by his great-grandfather in 1888) basically all his adult life. In 1995, he co-founded the Tallgrass Prairie Producers Cooperative. He initiated development of the Elk River Wind Farm constructed on the Ferrell Ranch in 2005. Pete serves as chair of the Board of Directors of The Land Institute. He is a project development consultant for Energy for Generations, LLC (a wind power development company).

Gail Fuller, G & L Whole Foods, thinks the way to grow soil is through biodiversity. When Gail started looking into what it would mean for his family farm north of Emporia to be ecologically regenerative, he found himself learning the science behind soil life, photosynthesis, and the carbon, mineral and water cycles. He also started finding direct correlations between the health of the soil and his own health. His exploration led him to organize an annual "Field School" that draws speakers and guests from around the world to share the latest knowledge on regenerative agricultural practices.

Workshop Speakers

Natalie Fullerton is the Assistant Director of the Kansas Rural Center's Community Food Solutions Initiative. Natalie has a master's of science in Public Horticulture Administration with a minor in Community & Regional Planning from the University of Nebraska-Lincoln. She has a bachelor's degree in horticulture and grew up on a family farm in North-east Nebraska. Natalie believes local food is a fundamental aspect in the future health of our citizens and economy in Kansas and nationwide.

Mary Fund has worked on natural resource issues for KRC for most of its 40 years, serving as Executive Director since January 2015. She directed KRC's early water policy work, writing extensively on Kansas water issues, and managed KRC's Clean Water Farms Project from 1995-2012, working with over 300 farmers and ranchers on whole farm planning and practices that protect water quality. She has served on numerous task forces and advisory teams for organizations and state entities. She currently serves on the Delaware WRAPS Advisory Team, Kansas Center for Sustainable Ag and Alternative Crops Advisory Team, and represents KRC on the National Sustainable Agriculture Coalition. She and her husband, Ed Reznicek, own and operate a 400-acre certified organic crop and livestock farm.

Jessica Gnad's path in soil health started with a curiosity about healthy food options in rural communities more than a decade ago. It was while she was living in Pratt, Kansas, and starting her family with her husband that Jess worked to form a farmer's market, a local food coop, and a Regenerative Ag School Garden. The Gnad's farm 150 acres of row crops and are on their 3rd year of farming using Regenerative practices. Jessica works as a soil health content consultant for Soil Health U and Indigo Ag.

Megan Greenway is co-owner/operator of Orié's Farm Fresh, a regenerative urban garlic farm in Wichita, Kansas. She has been working within the horticulture industry for nearly twenty years and graduated with a horticulture degree from Kansas State University in 2007. Her passions include sharing healthy and approachable meal ideas for the whole family and reintroducing the human connection between food producer and consumer.

Charlie Griffin has been on the board of the KRC since the mid 80's. His career has been focused on assisting farm and ranch families under stress as they navigate the changing realities of agriculture and family life. He worked in Kansas's farm crisis hotline from 1985-1994. He directed the Kansas Rural Family Helpline from 2001-2010. He retired in August of 2018, but continues to support rural families in many ways.

Char Henton has worked with Kansas farmers' assistance programs since 1985, beginning with the original farmers' hotline, Farmers Assistance Counseling and Training Services. Presently she is the Mediation Coordinator for the Kansas Agricultural Mediation Services. She holds a bachelor's degree in Consumer and Family Economics and a master's degree in Adult and Occupational Education. Over the years Char has talked to hundreds of farm families with issues concerning their agricultural operation.

Mark Janzen is employed by the United States Department of Agriculture, Natural Resources Conservation Service (NRCS) as a Natural Resource Specialist with an emphasis on working as the Plant Materials Specialist for the states of Kansas, Nebraska and Oklahoma. He is also the NRCS forestry and organic contact person for Kansas. His past NRCS positions include managing the Manhattan Plant Materials Center and assignments in Lyon, Gove and Kiowa Counties in Kansas. Mark also has an organic farm.

Paul Johnson is a policy analyst consultant for the Kansas Rural Center working on environmental, local food and independent family farm issues. Paul monitors the state legislature and writes KRC's weekly legislative e-reports. Paul has been an organic market gardener since 1994 with the Rolling Prairie Farmers Alliance that provides produce weekly to 300 households in Lawrence and Kansas City from April to November.

Susan Jones is a retired small landowner (10 acres) near Grantville, Kansas. She is interested in helping a beginning farmer get established growing specialty crops for local markets.

Keith Long and Linda Pechin-Long raise and market grass fed beef and lamb through their business named Graze the Prairie, located in the Kansas Flint Hills near Latham. They graze totally on native grass pastures utilizing Holistic Planned Grazing (HPG). They market the meat through our website and at the Wichita Farmer's Market. They started Graze the Prairie in 2013, but before that, Keith managed ranches in New Mexico, Wyoming and Kansas.

Workshop Speakers

Jessica Lucas is Vice President at Watkins Public Strategies, a full-service government affairs firm. She's represented the Clean Energy Business Council since its inception and has led efforts at the statehouse for energy efficiency and distributed generation policies.

Bertha Mendoza is the Expanded Food and Nutrition Education Program, Supplemental Nutrition Assistant Education Program Instructor, Kansas State University Research and Extension Southwest Center. Bertha has been in this role since 2009, providing nutrition education to families with young children in counties in the southwest area of Kansas. She has worked with families from diverse ethnic and cultural backgrounds. Bertha has a degree in elementary education and a master's in special education.

Lynnette Miller, G & L Whole Foods, grew up on the family ranch in Kansas. Lynnette joined with Gail Fuller in a venture to provide regenerative grown food to the local food systems in 2015. She owns and holistically manages a flock of Katahdin ewes, along with laying hens, pastured pigs and meat chickens. She also co-owns a milk cow with her neighbors. From canning & preserving the harvest to making most of their beauty care products, Lynnette is constantly changing and learning to provide a sustainable life while protecting and regenerating the environment and land.

Rachel Myslivy, Assistant Director for the Climate + Energy Project (CEP), facilitates CEP's climate resilience, health equity, leadership, and capacity-building through the Kansas WEALTH project. Rachel joined CEP in 2012 to strengthen relationships with the agricultural community through the Water + Energy Progress initiative which recognized 20 farmers and ranchers for successful innovations that save water and energy in Kansas. She was named Assistant Director in 2017.

Tiffany Nixon is the Manager, of Referral Center Operations at NetWork Kansas. She works with entrepreneurs in providing resources and capturing key metrics on various state-wide programs. She has now been with NetWork Kansas for about five years and loves being able to work one-on-one with entrepreneurs, business owners, and resource partners. Her passion was always to be able to help others in any way.

Beth Pauley is the Development and Advocacy Manager for Metropolitan Energy Center (MEC) and oversees the development, volunteer, and advocacy programs of the organization. Her main charge is advocating for alternative fuel adoption and energy efficiency programs to municipalities, state, and federal lawmakers. Additionally, she works with several local coalitions across KS and MO that address climate policy, offering up the needs and perspective of clean transportation and energy efficiency.

Linda Pechin-Long is co-owner and operator of Graze The Prairie. They raise and direct market grass fed beef and grass fed lamb using Holistically Planned Grazing. Linda is recognized by Holistic Management International (HMI) as an outstanding HMI Demonstration Site. She is a certified HMI Practitioner and working towards becoming an HMI Certified Educator. Linda is a Kansas Rural Center Board Member, and is an advocate for local and sustainable food production.

Hugo Perez Trejo is an archeologist and sociologist who has worked in human rights, immigration, gang intervention, and social work with formerly incarcerated youth in southern and central Mexico. He is currently completing his Ph.D. in Archeology from the National School of Anthropology and History (ENAH) in Mexico City. He received his Master's Degree in Archeology from ENAH in 2016.

Zack Pistora is the Legislative Director for the Kansas Chapter of the Sierra Club where he strives to provide information and analysis for members, and support to state legislators regarding environmental issues. He represents Sierra Club and other Kansans on issues such as water conservation, hydraulic fracking, energy efficiency, clean energy, and more at the Kansas State Legislature.

Workshop Speakers

Nancy Pletcher serves as a Business and Cooperative Specialist for USDA Rural Development in Kansas. She works with farms, businesses and communities on programs such as the Value Added Producer Grant, Rural Economic Development Loan, and Rural Energy for America Program.

Ed Reznicek lives in Nemaha county where he operates a 400-acre diversified beef cattle and certified organic grain farm. He raises corn, soybeans, cereal grains, alfalfa and other forages. Ed is the general manager for Central Plains Organic Farmers (CPOF), a cooperative that markets organic grains for farmer members in Kansas and bordering states. In his past work for KRC and for CPOF he has helped farmers plan and implement transitions to organic and diversified farming systems.

Tara Ritter has worked at the Institute for Agriculture and Trade Policy in Minneapolis, MN since 2013. She works on climate change and rural development, including research and advocacy on the farm bill and conservation practices. Prior to IATP, Tara worked across the Upper Midwest researching nutrient management and soil health. Tara holds a B.A. in Environmental Studies from St. Olaf College and a M.S. in Environment and Natural Resources from The Ohio State University.

Josh Rathbun is the Executive Chef at Siena Tuscan Steakhouse in Wichita. A native Wichitan, Josh creates dishes with local heritage meats from nearby farms, and other local ingredients.

Cary Rivard is a Fruit and Vegetable Extension Specialist at Kansas State University in the Department of Horticulture, Forestry, and Recreation Resources, and is Center Director of the Olathe Horticulture Research and Extension Center located near Kansas City. His research program focuses on sustainable farming production systems and current projects include: vegetable grafting, annual strawberry production systems, high tunnels, no-till and minimum tillage systems, and reducing postharvest losses. He also coordinates the Growing Growers farmer education program (www.growinggrowers.org) and is responsible for the www.hightunnels.org webpage and listserv.

Lauren Scislowski is the program director of Legacy GardenWorks, an urban youth employment garden in South Central Wichita. The program hires young people from nearby high schools, foster care, and placements. Our core beliefs are that gardens are better than empty lots, that young people thrive when given meaningful work, and that growing food is crucial to our community's well being. Lauren lives across the street from the garden with her husband and 3-year-old daughter.

Luke Snow is President of FarmShop, LLC and Operations Manager at the Old Town Farmers' Market. He sits on KRC's Board of Directors and is involved in the City of Wichita Master Food Plan Steering Committee. Through FarmShop, LLC, Luke and his wife Amy support the growth of a vibrant, integrity based Local Food System by increasing economic opportunities and visibility. In addition to small farm, garden and landscape service and consultation, their company owns and operates Old Town Farmers' Market, located in downtown Wichita.

Jennifer Speer, RN is director of Case Management at Newton Medical Center. She serves on the Healthy Harvey Coalition Food and Farm Council. Despite her black thumb, Jennifer has become known as "The Vegetable Lady," due to the bounty of vegetables she and her husband, Ryan, grow and donate each summer in their one-acre milpa chaos garden. Jennifer is passionate about securing healthy food options for the food insecure, educating fellow growers about chaos gardens.

Dale Strickler is an agronomist for Green Cover Seed, the author of two books (*The Drought Resilient Farm and Managing Pasture*) and a farmer/rancher.

Candy J. Thomas got her start in 1994 working for the Natural Resources Conservation Service (NRCS) in Missouri as a Soil Conservationist and later holding the titles of Resource Conservationist and District Conservationist. In 2010 She worked as a national trainer for NRCS until 2013 when she transferred to KS as the state agronomist and in 2015 became the regional soil health specialist for KS and NE stationed in Salina. She completed a BS in Horticulture at NWMSU and an MS in Agronomy at ISU.

Workshop Speakers

Keith Thompson farms with his son, Ben and brother, Doug, near Osage City, Kansas. Their farm has been in a continuous no-till system since 1991. The system has evolved to include growing more species of cash crops, plus adding cover crops and livestock to benefit the environment and society in the way it mimics Mother Nature. Crops produced on their farm include corn, grain sorghum, soybeans, wheat and sunflowers, plus cover crops and forage crops. A long-time member of the No-till on the Plains Board of Directors, Keith believes in the organization’s mission to “share information for the betterment of all.”

Julia Valliant is a food and farming researcher with Elinor Ostrom’s Workshop at Indiana University, where she is one member of the university’s Sustainable Food Systems Science initiative. She earned a PhD in Public Health with the Center for a Livable Future of the Johns Hopkins Bloomberg School of Public Health, and a Master’s of International Health from the same school. She is attending the conference with her husband, Michael, and their son, Xavier.

Carlos Vera is a Wichita chef partnering with local businesses and producers at Wichita Local Eats. He specializes in making tacos featuring local, organic, non GMO ingredients. Vera is graduate of Austin’s Le Cordon Bleu culinary school and has worked at YaYa’s and the 37 West Cafe at Koch Industries.

Craig Volland is Chair of the Agriculture Committee of the Kansas Chapter Sierra Club. He has spent more than 20 years assisting rural Kansans oppose large CAFOs (concentrated animal feeding operations).

Kathleen Webb is the Executive Director for Children First CEO Kansas Inc., which supports students to feel safe and empowered, so they can learn and thrive, by staying in school and achieving in life. Once learning about food insecurity through the efforts of social workers, Kathleen developed the education garden concept to engage the school and neighborhood. In 2018, Kathleen received the “100 Difference Makers For A Better Tomorrow” national award for creating the education garden program.

Sheldon Weisgrau is the Senior Policy Advisor for the Alliance for a Healthy Kansas, a broad-based statewide coalition that works to improve the health of Kansans. Sheldon has more than 35 years of experience in health policy in the public, private, and non-profit sectors. During this time he has worked effectively to ensure the delivery of health care services in rural and underserved communities and to enhance the knowledge and engagement of health care consumers, providers, and policymakers.

Wayne A. White is an environmental sociologist and author of the book *Biosequestration and Ecological Diversity: Mitigating and Adapting to Climate Change and Environmental Degradation* (CRC Press). White’s primary interest is in protecting and restoring terrestrial ecosystems, especially forests, woodlands and native grasslands, an often overlooked and essential component of carbon management and ecological health.

Joanna (Voigt) Will works for the Kansas Rural Center on pollinator programming, soil health and regenerative agriculture. She is a beekeeper and farms with her husband, Hank Will, and her two grown children, raising heritage breed sheep, cattle, chickens, ducks, and geese, along with livestock guardian dogs and donkeys. Her education is in Civil and Environmental Engineering, Environmental Sciences, English and life.



Local Food and Farms

Thanks to these local farms and business who produced the food you're eating at the conference!

Friday, November, 8

Taco Salad Lunch

Dale Family Farms, Protection, KS – Chicken and Beef
MG Honor Farms, Cheney, KS – Bell peppers and Tomatoes
Orie's Farm Fresh, Wichita, KS –Garlic & Taco Seasoning
Holmes Made Salsa, Wichita, KS – Salsa
Elm Lane Farm, Derby, KS - Salad Mix
Grazing Plains Farm, Newton, KS - Cheddar and Tilsit Cheeses

Reception hors d'oeuvres

Graze the Prairie, Latham, KS - Summer Sausage
Dale Family Farms, Protection, KS - Pork Shoulders and Bacon
Golden Prairie Farm, Sedgwick, KS – Eggs
Orie's Farm Fresh, Wichita, KS –Garlic
Romney Farms, Cassoday, KS - Honey
Holmes Made Salsa, Wichita, KS -Salsa
Grazing Plains Farm, Newton, KS - Cheddar and Tilsit Cheeses
Free State Brewery, Lawrence, KS - Beer
Chicken N Pickle, Wichita, KS - Beer and Wine

The logo for Chicken N Pickle features the words "Chicken N Pickle" in a bold, black, sans-serif font. The letter "N" is highlighted in a vibrant green color. A small green pickle with a stem is positioned above the letter "i" in "Pickle". A registered trademark symbol (®) is located at the end of the word "Pickle".

Saturday, November, 9

Lasagna Lunch

Graze the Prairie, Latham, KS - Beef
Dale Family Farms, Protection, KS - Sausage
Faye Farms, Udall, KS – Chicken
MG Honor Farm, Cheney, KS - English Cucumbers
Orie's Farm Fresh, Wichita, KS - Garlic & Italian Seasoning
Little Red Hen Ranch, Newton, KS - Dinner Rolls
Elm Lane Farm, Derby, KS - Bib and Romaine Lettuce
Grazing Plains Farm, Newton, KS - Feta Cheese

Snacks

Sunny Day Farms, Clay Center, KS - Grassfed Beef Sticks



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Since 1979, the Kansas Rural Center has worked to advance an ecologically sound, diversified food and farming system. KRC helps farmers and ranchers implement alternative practices, enhance their natural resources, improve their livelihoods and support their rural communities. We also help farmers and citizens join together in growing opportunities for local and regional food.

The KRC Vision for Our Farm and Food System

Ecologically Sound - Preserves and improves our soil, water and air, and honors our fellow creatures.

Economically Viable - Supports those who grow our food, and new farmers, with vibrant communities and options.

Socially Just - Connects our rural and urban communities in our common destiny of sustaining the planet.

Who We Are - KRC is the voice of a sustainable, regenerative agriculture and food system in Kansas, providing information and education, analysis and networking opportunities.

What We Do - KRC provides practical workshops, field and farm tours for hands-on education, and information and analysis on farm and food issues and policy via our events, publications, news articles, quarterly *Rural Papers* newsletter, legislative e-update *Policy Watch*, and through social media.

Our Goals

- KRC promotes widespread adoption of an ecologically based farming and food system to ensure more farms, more opportunities for beginning or new farmers, and a more resilient environment for current and future generations.
- KRC seeks to expand community food solutions via local and regional food production, processing and marketing, to enhance farming and food related opportunities and provide healthy food for all Kansans.
- KRC promotes enhancement of land and asset transition opportunities making land and resource access easier for the next generation of farmers and ranchers.
- KRC works to build a well-informed, engaged grassroots support base to advocate for policies that protect, restore and enhance an ecologically based, biologically and socially diverse farming and food system.

Get Involved!

Sign Up for Our Emails - Stay informed about important news and events.

Donate - Support our work and receive the Rural Papers and other information during the year.

Attend Our Events - Don't miss our annual food and farm conference, workshops, farm tours & more.

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