A 3-Day Conference to
Celebrate, Educate & Create a Sustainable & Just Local Food System

**Thursday, May 11**
Food Justice & Public Policy
- Panel Discussion
  at the Africana Center,
  Cornell University

**Friday, May 12**
Agroecology, Food Sovereignty, Sustainability & Farm Tours
- Farm to Plate Dinner, Awards Ceremony,
  Panel Discussion Featuring Raj Patel
  Local Music to follow events
- Daytime Events at the Greenstar Space
  Evening Events at BJM School

**Saturday, May 13**
Workshops, Presentations Resource Fair & Action Plenary
- Food Vendors
  at BJM School

The Conference is FREE. Registration is Required. Details & to Register:
[www.GroundswellCenter.org/FarmtoPlate](http://www.GroundswellCenter.org/FarmtoPlate)

The Farm to Plate Conference is generously funded in part by Engaged Cornell, Cornell Polson Institute for Global Development, and the Cornell Einaudi Center for International Studies, Park Foundation, Institute for the Social Sciences, a Sustainable Tompkins Neighborhood Mini-Grant and the in-kind donation of resources provided by Groundswell Center & Food, Agroecology, Justice and Well-being Collective at Cornell.

In an effort to keep conference attendee costs ZERO, we welcome local business sponsorships and individual donations. DONATE NOW!
WELCOME!

The “Farm to Plate Conference: Uniting to Create, Educate, and Celebrate a Sustainable, Just Local Food System” aims to bring together community members, farmers, gardeners, food activists, policymakers and academics to celebrate and build a sustainable, just local food system, share knowledge, and examine questions around food justice, agroecology, health and well-being. The conference is being held both at Cornell and at downtown Ithaca and is open to everyone.

Farm to Plate came about through two joint visions brought together through conversation and collaboration. Roots Rising Farm, the Groundswell Center for Local Food & Farming in Ithaca, NY and the Food, Agroecology, Justice and Wellbeing Collective at Cornell are partners in designing, planning and hosting this conference including inviting participants, managing logistics, and fundraising. An integral part of the conference are the workshops and field trips, organized by community collaborators, to learn from practitioners who use agroecological practices and participate in community groups around food justice. We have several goals for this conference:

- Share information about local food and farming resources;
- Showcase the abundance and creativity of what exists within our local food system and ways that communities and practitioners are supporting a just, ecological and resilient food system;
- Discuss ways to address equity within local food system and highlight some ‘best practices’;
- Identify joint actions coming out of the conference;
- Bring scholars and practitioners together to better link theory with practice on the themes of agroecology, food, justice and well-being;

This conference is explicitly aimed at moving beyond the academy and fostering action as well as deepening understanding of these issues. As such we have created several opportunities for dialogue and exchange, including roundtable discussions on different themes on Friday morning, and action planning on these themes on Saturday. We hope that the final outcome of this conference will include new and strengthened partnerships, planned activities, learning and dialogue between farmers, community groups, policymakers and academics.

Enjoy, celebrate and learn from one another to create a better food system!

Damon Brangman, Rachel Bezner Kerr, Kate Cardona and Elizabeth Gabriel
Conference Schedule

**Tracks:**

- Food Movements
- Food Policy
- Resilience & Community Empowerment
- Practical Skills Building
- Knowledge, Farming & Food
- Biodiversity, Agroecology & Food Systems
- Health, Food & Well-being

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**Thursday May 11 @ Africana Centre**

5:30 – 7:00  Registration & Food Justice and Public Policy: A Panel Discussion
7:00 – 8:30  Dinner (Suggested Donation $10)

**Featured Panelists:**

- Malik Yakini, Director, Detroit Black Community Food Security Network
- Karen Washington, Rise and Root Farm
- Rafael Aponte, Rocky Acres Community Farm
- Jamila Simon, Civic Engagement Specialist

Moderated by Noliwe Rooks, Interim chair and associate professor, Africana Studies, Cornell university and Bobby Smith II, PhD Candidate, Development Sociology, Cornell University.
Friday May 12 @ Greenstar Space, 8:30AM – 5PM

8:30    Registration and Refreshments available
8:45    Cayuga Nation Opening Welcome & Honoring Ceremony

9:00 – 10:30    Panel on Agroecology, Food Sovereignty and Sustainability
                Ernesto Mendez, Hannah Wittman, Raj Patel, Thor Oechsner &
                Erica Frenay Facilitator: Sunny Power

10:30-10:45    Break

10:45-11:45    Roundtables Discussion on the topics of:
                Food Policy, Urban Agriculture, Educational Farms/Gardens,
                Food movements, Food Recovery/ Waste and more!
                11:45- 12:15    Reporting back from Roundtables

12:15 – 1:00    Lunch

1:00 – 2:00    Keynote: Raj Patel: Reparation Ecology

2:00 pm - 5:00 pm    Regional Farm Tours
                Register in advance or check with the conference registration.
                Nearby walking field trips also available.

Sessions One - Friday, May 12, 2-5:00 pm

2:00 pm - 3:30 pm    Knowledge, Farming & Food Paper Presentation 1:
                        Politics & Action
                From Charity to Justice; From Clients to Advocates: An action research approach to
                organizational change with the Food Bank of the Southern Tier (Alicia Swords)

                Politics of Learning among Bee-keepers (Ellie Andrews)

                Seed to Kitchen Collaborative: regionally adapted varieties for regional cuisines (Julie
                Dawson)

3:30 pm - 5:00 pm    Food Movements Workshop 1:
                        Creating Fair and Democratic Workplaces: Walking our Talk (Elizabeth Henderson,
                        Peacework Farm and the Agricultural Justice Project and Heather Sandford, The
                        Piggery)

Tracks:

- Food Movements
- Food Policy
- Resilience & Community Empowerment
- Practical Skills Building
- Knowledge, Farming & Food
- Biodiversity, Agroecology & Food Systems
- Health, Food & Well-being
Food Movements Film:  *Ingredients*

**Friday Evening, May 12th @ BJM Elementary School, 5:30PM – 9:30PM**

5:30 – 6:30 PM – *Taste of Culture*: Fundraiser Dinner for Roots Rising Farm
6:30 – 8:00 PM – Live Music and Ceremony Honoring Our Elders
8:00 – 9:30 PM – Keynote Talk: **Malik Yakini**, Director, Detroit Black Community Food Security Network and Q&A

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**Saturday May 13 @ BJM Elementary School, 9AM – 5:00PM**

8:45AM – 9:00 AM – Welcome & Registration

**Session Two – 9:00AM – 10:30AM**

- **Kids Zone**
  - 9am – 12pm Primitive Pursuits (ages 4-12 years)
  - 1 – 2pm Cooking with Kids Workshop, for kids (Laura)

- **BJM Playground**
  - Hosted by *Food is Elementary*

**Biodiversity, Agroecology & Food Systems Panel Discussion:**  
**BJM 225**

*Integrating fishery, crop, and livestock systems; Organizers: Aaron Iverson and Katie Fiorella, Cornell University*  
**Panelists:** Katie Fiorella (Cornell), Audrey Baker (Youth Farm Project, Cornell), Brett Chedzoy (CCE-Schuyler, agroforestry), Steve Gabriel (Wellspring Forest Farm, Cornell Small Farms), Paul Simonin (Cornell)

**Food Policy Workshop 1:**  
**BJM 206**

*Food Policy Advocacy 101* (Ariana Taylor-Stanley, Here We Are Farm)

**Food Movements Workshop 2:**  
**BJM 224**

*Building Power through Agroecology* (Corbin Laedlein, WhyHunger)

**Knowledge, Food & Farming Workshop:**  
**BJM 215**

*Doing Food Systems: A Workshop on Connecting Community Practitioners with College Students Through Experiential Food Systems Education* (Elissa Johnson, Internship Coordinator, Food Studies, Falk College, Syracuse University)

**Health, Food & Well-being Workshop 1:**  
**BJM 212**

*Myths that Healthy Food Isn’t Affordable and More Expensive* (Debra Walsh)

**Health, Food & Well-Being Workshop 2:**  
**BJM 210**

*Changing Social Interactions through Natural Food* (Leonora Mims and Ben Komor)

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**Tracks:**

- **Food Movements**
- **Food Policy**
- **Resilience & Community Empowerment**
- **Practical Skills Building**
- **Knowledge, Farming & Food**
- **Biodiversity, Agroecology & Food Systems**
- **Health, Food & Well-being**
Practical Skills Building Workshop 1:  BJM Cafeteria
Waste No Color, Dying with Food Scraps (Sarah Gotowka, Luna Fiber Studio)

Session Three – 10:45AM -12:15PM

Biodiversity, Agroecology & Food Systems Workshop 1:  BJM 225
Reading the Landscape: From Homesteading to Farming at Wolftree Farm (Jeromy Biazzo)

Food Policy Workshop 2:  BJM 206
Participatory Budgeting (Ahja Haedicke, Youth Organizing Fellowship, MRC)

Food Movements Workshop 3:  BJM Library
Building Solidarity in the Food System; A Conversation (Grace Gershuny)

Resilience & Community Empowerment Paper Presentations 1  BJM 224
  o Dynamic Cultural, Ecological, & Indigenous Knowledge Dimensions of Food Sovereignty (Karim-Aly Kassam)
  o Ecological urban agriculture: building soil, building access (Sean Cummings)
  o Food Justice, Intersectional Agriculture, & the Triple Food Movement (Bobby J. Smith)
  o Standing Rock Sioux Indian Tribe’s Ecovillage (Sonia Ingram)

Knowledge, Farming, & Food Paper Presentations 2: Community-Engaged Efforts  BJM 215
  o Building a Regional Food System, approaches from Ithaca (Monika Roth)
  o Seed to Supper, low cost community gardening facilitation (Jessica Barbini/Marcia Eames-Sheavley)
  o Farm to School Meals Initiative (Rebecca Cutter, New Roots School)

Practical Skills Building Workshop 2:  BJM Cafeteria
Growing Mushrooms for Community Resilience (Steve Gabriel)

Practical Skills Building Workshop 3:  BJM 212
Preservation Tips: Freezing and vacuum packaging (Anna Dawson)

Resilience & Community Empowerment Workshop 1:  BJM 210
Resilient Finger Lakes Seed System in a Changing Climate (Fruition Seeds, Petra Page Mann)

11:00 – 12:00 PM – Samples of Culinary Cultures w/ Coalition for Healthy School Food

11:00 – 2:00 PM – Food Vendors & Informational Tabling
**Session Four - 1:00PM - 2:30PM**

**Biodiversity, Agroecology and Food Systems Workshop 2:** BJM 225
*Perennial crops for food and climate change resilience* (Brian Caldwell)

**Food Policy Paper Presentations:** BJM 206
- *Sustainable Food Sourcing at the Institutional Level:* Examining Cornell University Dining Services (Katherine Constas)
- *Does Minnesota’s Food Access Planning Guide Address Food Justice?* (Claire Stoscheck and Fernando Burgas)
- *Bringing the Country into the City?* Exploring signals of agrarian citizenship and food sovereignty in the practice of urban agriculture in Brazil and Canada (Hannah Wittman and Evan Bowness)

**Health, Food and Well-being Workshop 3:** BJM 212
*Wild and Free! Local Medicinal Walk* (Amanda David) *(Will go outside)*

**Practical Skills Building Workshop 4:** BJM Cafeteria
*Minimalist Cooking: A Farmer and A Chef* (Elizabeth Williams and Brad Marshall)

**Resilience & Community Empowerment Paper Presentations 2:** BJM 210
- *Global connections, local climate change adaptation:* a political ecology of smallholder agriculture in northern Tanzania (Emily Baker)
- *Repairing Rifts or Reproducing Inequalities? Agroecology, Food Sovereignty, Nutrition, Gender Justice and Related Questions in Malawi* (Rachel Bezner Kerr)
- *Gardens and Green Spaces: Arts, Culture, and Food Justice* in Cleveland, OH (Justine Lindemann)
- *Pockets of Peasantness:* Small-scale Agricultural Producers in the Central Finger Lakes Region of Upstate New York (Johann Strube)

**Resilience & Community Empowerment Film:** BJM 215
*Film about Tioga County and Discussion: Our Farms, Our Stories* (Barbara O’Neal)

**3PM- 4:30PM – Action Planning** BJM Library
Clarify and build on the vision and challenges which surfaced during the Friday Round Table Discussions. This is intended to solidify action steps as we move forward from the conference and envision long-term sustainable solution.
Sessions One - Friday, May 12, 2-5:00 pm

Farm & Field Trips

**DOWNTOWN WALKING TOURS**

A. From Greenstar, walk the waterfront trail to Third Street – the Piggery - Ithaca’s only local meats store (we are going there first to meet the owner, Heather Sandford). Then walk though Ithaca’s first and only Permaculture Park where perennial food crops are being integrated into the landscape, then walk back to the Ithaca Community Garden, learn about the garden history and operations. And over to the Ithaca Farmers Market pavilion where 100 vendors and 2000 customers meet up on Saturday (9-3) and Sunday (10-3) to buy local farm products, crafts and prepared foods. We will end at the Space so folks can get their vehicles and head over to BJM for a final tour stop in the school garden.

B. **Gardens at Greenstar** – Learn about the Greenstar Cooperative – enjoying a 45-year history of providing local and natural foods to the Ithaca Community. Join Joy Mathews, Greenstar facilities manager, who will talk about the container gardens and her urban gardening initiative. Finally, head to Cass Park and the Ithaca Children’s Garden to tour the site and learn about programs teaching youth of all ages about plants. Return to Greenstar Space.

**FARM TOURS – Van transportation provided**

C. **Dryden** – Visit the Cornell Organic Research Farm in Freeville – hear from manager Betsy Leonard and researchers about trials that address farmer production and pest management challenges - [https://cuaes.cals.cornell.edu/farms/thompson-research-farm](https://cuaes.cals.cornell.edu/farms/thompson-research-farm). Then travel a short distance to Tompkins Community College (TC3) student organic vegetable farm – (website - tc3farm.com). Meet with farm manager Todd McLane to learn about the FARM to BISTRO program and how students are engaged.

D. **Caroline/Berkshire** – This tour features two intensive diversified farming operations. The first stop is Shelterbelt Farm (website: shelterbeltfarm.com) in Caroline based on permaculture practices and holistic management, features sheep, beef cattle, ducks, chickens, hoop house vegetable production and honeybees, and are soon adding glamping opportunities. The second farm is Kingbird Farm (website: kingbirdfarm.com) in Berkshire, a long established organic farm, with pasture based livestock including pigs, chickens, ducks, turkeys, beef cows, and farming done with draft horses. Another major enterprise is hoop house grown herbs and veggies.

E. **Interlaken** – Take a trip north to Good Life Farm and Finger Lakes Cider House (website: thegoodlifefarm.org) to visit with Melissa Madden and Garrett Miller and learn about the evolution of their farm based on permaculture principles into added value cider making and agritourism. Head around the corner to visit Interbrook Farm (website: interbrookfarm.com), a raw milk dairy CSA and farm store. This is a
woman run farm with a half a dozen cows producing raw milk sold direct from the farm to customers. (visit time: approx. 1 hour per farm)

F. Canceled

G. Ithaca West Hill – ECOVILLAGE – Visit multiple enterprises at Ecovillage and learn about the housing community. Tour Westhaven Farm CSA (website: westhavenfarm.net), Ithaca’s longest operating CSA on 10 acres. Hear from farmer John Bokaer-Smith about his decision to rest the soil for a year to reduce weed and pest pressure. Next, visit the Groundswell Center Incubator Farm (website: groundswellcenter.org) – manager Liz Coakley will talk about how the farm operates; a key focus being to foster new farmers especially recent immigrants. Walk past Kestrel Perch U-Pick Berry CSA, stop in at Gourdlandia to see beautiful and functional carved gourds grown on site, and end up with a guided tour of the Ecovillage residential community.

H. Mecklenburg – Take a trip out Rt 79 west and stop in at Farmer Ground Flour (website: farmergroundflour.com), the area’s only flour mill where locally raised grains are milled into various types of flour that is sold throughout the region. The second stop is Wellspring Forest Farm & School (wellspringforestfarm.com) – a diversified forest farming operation (mushrooms, maple), livestock (ducks, sheep) farm based and extensive gardens based on permaculture principles.

I. South Hill – First make a quick stop at the Ithaca Children’s Garden to learn about Teen Urban Farmers and other activities at this 3 acre garden site. THEN (3 PM) travel to Ithaca’s Youth Farm Project at Three Swallows Farm in Danby (website: youthfarmproject.org). Learn about how this unique educational farm operating since 2009 got started by founder and teacher Dan Flerlage. Learn how youth are engaged in farming and about products they grow and make. Also learn about the Ithaca Fresh Fruit and Vegetable Snack Program to promote healthy eating habits among school aged children. The farm supplies produce to the snack program as well as to the Ithaca School District.
2:00 pm - 3:30 pm Knowledge, Farming & Food Paper Presentation 1: Politics & Action

From Charity to Justice; From Clients to Advocates: An action research approach to organizational change with the Food Bank of the Southern Tier (Alicia Swords)

Abstract: From charity to justice; from clients to advocates: An action research approach to organizational change with the Food Bank of the Southern Tier. How can a regional Food Bank move from a charity model for addressing food insecurity to a social justice model? This presentation uses principles of participatory action research to examine a process of organizational change in New York’s Southern Tier. Beginning with co-investigators who shared a vision of ending hunger and poverty, we built layered collaborations, finding and creating opportunities to deepen our institutions’ commitments to ending hunger and poverty. Our inquiry is embedded in a political-economic analysis of New York’s Southern Tier, a regional economy in crisis. While deepening our critique of charity approaches to distributing food, we investigate and define best practices in social justice food banking. We found that some of the best practices in social justice food banking include: involving “clients” as members, speakers, leaders, researchers and advocates; creating holistic, welcoming pantries rather than simply efficient pantries; building leadership to move pantry users from fear and shame to advocacy and collective politics; and defying party lines to build unity across lines that traditionally divide people. As the Food Bank of the Southern Tier gradually adopts some of these practices, we examine organizational change efforts, along with participants’ descriptions of their experiences in moving from clients to advocates. From individual experiences, we return to regional challenges, possibilities and limitations.

Politics of Learning among Bee-keepers (Ellie Andrews)

Abstract: Mainstream narratives that frame honey bee health problems as yet another indicator of environmental disaster are based on the premise that bees are wild animals that are vulnerable to human activities. To be sure, honey bees are impossible to fully domesticate or control, with bees from one single hive reliant on the forage from over ten thousand acres surrounding that hive. But they are also managed livestock and an integral part of industrialized agriculture. They thus embody both halves of the twin rises of defaunation (“ghosts”) and commodi-faunation (“things”) (Weis, 2015), straddling a conceptual and physical divide between endangered wild animals and the explosion of managed livestock on factory farms. The factors behind long-term declines in colony numbers are correspondingly mixed. Some derive from environmental problems: pests, diseases, pesticides, and poor nutrition because of lower-quality and less diverse forage. But other factors are economic and social, and colony number fluctuate based in part on the price of honey or the demand for wax, subsidies, almond pollination contracts. Indeed, that the stakes of honey bee health seem so high is linked to the shift from beekeeping as a cottage industry to their role in industrial agriculture. This makes conservation imperatives less clear-cut. While honey bees may benefit from these hybrid landscapes and new partnerships, they are themselves a hybrid creature that may not need “saving,” as such, at all.

In this paper, I analyze the politics of learning among beekeepers, using theory from the political ecology of education and situated learning literatures. I present an analysis of pilot data on a beekeeping club in New York State, as its members negotiate the fault lines between conventional beekeeping and more “natural” beekeeping. The data reveals their
collective faith in the scientific method but cynicism about its enactment, mixed motivations for keeping bees, and allegiances to different authorities and allies. As beekeeping often accompanies other sorts of environmental awareness and activities, this case study is pertinent to broader environmental challenges, illustrating the processes of individual and collective learning through navigating environmental knowledge politics.

**Seed to Kitchen Collaborative: regionally adapted varieties for regional cuisines (Julie Dawson)**

Abstract: The Seed to Kitchen Collaborative is a program in Wisconsin that aims to connect farmers, plant breeders, chefs and public citizens in developing vegetable varieties that have adaptation to local climates and organic systems and great flavor and quality. We are specifically trying to build capacity for independent plant breeders, farmer-plant breeders, small seed companies, participatory plant breeding projects and communities to create or steward varieties for the sustainable agricultural systems and healthy food systems we want to see in the future. We have collaborators across the country and are connecting several regional projects into a national network.

Organic systems and regional cuisines require decentralizing control of our seed and food systems, with communities reclaiming sovereignty over seed and food choices. Our network involves a diverse range of actors, from sub-acre urban farms to larger CSAs, and from farmer breeders to professional plant breeders at universities or seed companies. While focused on regional adaptation, we recognize that there are not enough people across the country working on developing varieties for organic systems and hope to leverage work going on in other regions similar to our own.

In Wisconsin we conduct variety trials on organic land at a university research station for ten crops prioritized by farmers, with varieties contributed by breeders (including farmers) across the country. We also have over 50 farms and gardens participating in on-farm trials of promising varieties. We work with local chefs to conduct flavor evaluations and also ask for farmer evaluations of flavor for the varieties trialed on their farms. Chefs have the ability to clearly articulate what they like or do not like about vegetable varieties, something that is key to the ability of breeders to improve quality in their varieties. The chefs involved in our project are clear that their priority is to keep the farmers they purchase from in business, and so they are interested in varieties that perform well on farms in the Upper Midwest, not just in the variety that tastes the best, regardless of how difficult it is to grow.

By helping plant breeders develop varieties with exceptional flavor and adaptation to regional food systems, we hope to increase the availability of local food and the ability of farmers to serve local food systems. We are developing important trialing infrastructure that can give farmers a stronger voice in what varieties are developed, and give independent farmer breeders and small seed companies a chance to have their varieties tested on many farms. This capacity is critically important to creating strong seed systems for organic and regional agriculture, as increasing consolidation in the seed industry leaves farmers with fewer choices. The project also helps bridge the gap between the food movement which often puts most value on heirloom varieties, and the farmers and plant breeders who are working to develop new varieties for current climates and organic farming system, in the same spirit of the heirlooms developed over 50 years ago.
3:30 pm - 5:00 pm
Food Movements Workshop 1:
Creating Fair and Democratic Workplaces: Walking our Talk (Elizabeth Henderson, Peacework Farm and the Agricultural Justice Project and Heather Sandford, The Piggery)

In our movement, we talk a lot about food justice. Meanwhile, family-scale farmers struggle financially, structural violence keeps farm and other food system workers unorganized and poorly paid with people of color at the bottom, and many change groups lack internal policies that ensure full participation and respect for everyone who wishes to contribute. Let’s talk about what fairness means and how to make it a reality for our movement. For a farm, food enterprise or not-for-profit to be socially just and sustainable, the workplace needs a steady, well-trained labor force, a smoothly functioning conflict resolution process, and wages must at least be what is called “living” wages with decent benefits. Many participants in our food justice movement have the best intentions, but under the day-to-day pressures of farming, serving food or running a not-for-profit organization, do not take the time to learn all the relevant laws and regulations, and to document their well-intentioned practices. The purpose of this workshop is to provide the concrete information and documentation folks need to live up to the claim of social justice.

The workshop will start with a short brainstorm by participants to share with one another what they understand as fairness. I will give a short quiz about labor rights to see how familiar participants are with existing legalities. Then I will share some of what I have learned about fair labor policies from my experience in developing the standards for farms and food businesses for the Agricultural Justice Project, Heather Sandford of The Piggery will talk about why she decided to seek Food Justice Certification and together we will lead a discussion about how to implement fair standards.

Outcomes - participants will have a better understanding of what the claim of fairness means for an enterprise, what the law is and where it falls short, and where to access resources to improve the labor policies of the enterprise they work for or with.

Facilitator bios: Elizabeth Henderson produced organically grown vegetables for the fresh market for over 30 years. Peacework Organic CSA (in its 29th year in 2013) is the oldest CSA in upstate New York. She represents the Northeast Organic Farming Association (NOFA) on the Board of the Agricultural Justice Project, her writings on organic agriculture appear in The Natural Farmer and other publications, and she is the lead author of Sharing the Harvest: A Citizen’s Guide to Community Supported Agriculture (Chelsea Green, 2007).

Heather Sandford is one of the owners of The Piggery in Ithaca and farms with her business partner in Trumansberg.
Food Movements Film: *Ingredients*
From the website http://ingredientsfilm.com/the_story.php: “At the focal point of this movement, and of this film, are the farmers and chefs who are creating a truly sustainable food system. Their collaborative work has resulted in great tasting food and an explosion of consumer awareness about the benefits of eating local. Attention being paid to the local food movement comes at a time when the failings of our current industrialized food system are becoming all too clear. For the first time in history, our children’s generation is expected to have a shorter lifespan than our own. The quality, taste and nutritional value of the food we eat has dropped sharply over the last fifty years. Shipped from ever-greater distances, we have literally lost sight of where our food comes from and in the process we’ve lost a vital connection to our local community and to our health. A feature-length documentary, INGREDIENTS illustrates how people around the country are working to revitalize that connection. Narrated by Bebe Neuwirth, the film takes us across the U.S. from the diversified farms of the Hudson River and Willamette Valleys to the urban food deserts of Harlem and to the kitchens of celebrated chefs Alice Waters, Peter Hoffman and Greg Higgins. INGREDIENTS is a journey that reveals the people behind the movement to bring good food back to the table and health back to our communities.”

**Friday Evening, May 12th @ BJM Elementary School,**
**5:30PM – 9:30PM**

5:30 – 6:30 PM – *Taste of Culture:* Fundraiser Dinner for Roots Rising Farm
6:30 – 8:00 PM – Live Music and Ceremony Honoring Our Elders
8:00 – 9:30 PM – Keynote Talk: **Malik Yakini**, Director, Detroit Black Community Food Security Network and Q&A
Saturday May 13 @ BJM Elementary School, 9AM – 5:00PM
8:45AM – 9:00 AM – Welcome & Registration

Session Two – 9:00AM – 10:30AM

**Kids Zone**

9am – 12pm Primitive Pursuits (ages 4-12 years)

1 – 2pm Cooking with Kids Workshop, for kids (Laura)

Hosted by Food is Elementary. Children participants will learn to prepare a gourmet with fresh ingredients.

**Biodiversity, Agroecology & Food Systems Panel Discussion:**

BJM 225

*Integrating fishery, crop, and livestock systems; Organizers: Aaron Iverson and Katie Fiorella, Cornell University* Panelists: Katie Fiorella (Cornell), Audrey Baker (Youth Farm Project, Cornell), Brett Chedzoy (CCE-Schuyler, agroforestry), Steve Gabriel (Wellspring Forest Farm, Cornell Small Farms), Paul Simonin (Cornell)

Summary: As efforts to understand the sustainability and resilience of local food systems expand, we can best understand local food systems by appreciating the integration of food production across fishery, crop, and livestock systems. Our failure to do so thus far has fostered a disjointed understanding of our food system, contributed to inequalities in food access, and exacerbated overexploitation and environmental degradation. For example, the conversion of low-value fish products to livestock feed or the extent of eutrophication of waterways with agricultural run-off demonstrate the ways these systems are linked.

In this session, we explore the links between different types and scales of production in local food systems. We ask, how are these systems linked? How can appreciating these ties benefit community health, well-being, and resilience? What potential synergies and tradeoffs emerge when systems are integrated? And, what are the challenges to their integration?

We propose to recruit both academics and practitioners to provide brief presentations on their work and discuss the challenges and opportunities to integration of agricultural, animal, and fishery production in our conceptions of local food systems both in New York and elsewhere in the world.

**Food Policy Workshop 1:**

BJM 206

*Food Policy Advocacy 101 (Ariana Taylor-Stanley, Here We Are Farm)*

Description: This multimedia, interactive workshop addresses the development of the industrial food system, the impacts of food policy on our lives and communities, and what you can do about it. It uses hand-drawn visual animations (shown on a projector), an assortment of props, and an interactive skit to bring the policy process to life. Goals of the workshop: Participants will gain an enriched understanding of the food system, the role of food policy, and how to get involved in the policy process. In turn, this will help develop the movement for a better food system. Workshop facilitators: Ariana Taylor-Stanley

**Tracks:**

- Food Movements
- Food Policy
- Resilience & Community Empowerment
- Practical Skills Building
- Knowledge, Farming & Food
- Biodiversity, Agroecology & Food Systems
- Health, Food & Well-being
Goals of the workshop: Participants will gain an enriched understanding of the food system, the role of food policy, and how to get involved in the policy process. In turn, this will help develop the movement for a better food system.

**Food Movements Workshop 2:**

*Building Power through Agroecology* (Corbin Laedlein, WhyHunger)

*Description:* This workshop will explore the processes currently underway in the U.S. to scale-out agroecology—not solely as a set of techniques to make food production more ecological and resilient, but as a path for our collective liberation. We will discuss the ways in which agroecology is a concept in dispute, how the term has been articulated by global social movements of farmers and indigenous peoples fighting for the rights of mother earth, climate justice, and food sovereignty, and how regional encounters are being used to help grow the movement for agroecology and food sovereignty here in the U.S. This workshop is for anyone interested in learning about the regional agroecology encounters and how to support and/or participate in them.

*Facilitator bio:* Corbin works as the Global Linkages program coordinator at WhyHunger, a NYC-based grassroots support organization, where he works to support social movements for food sovereignty and agroecology. He was first introduced to food justice and food sovereignty through working at Added Value’s Red Hook Community Farm and as an Emerson Hunger Fellow at the Congressional Hunger Center. Corbin is born and raised in Brooklyn, NY, and currently lives in the neighborhood of Sunset Park.

**Knowledge, Food & Farming Workshop:**

*Doing Food Systems: A Workshop on Connecting Community Practitioners with College Students Through Experiential Food Systems Education* (Elissa Johnson, Internship Coordinator, Food Studies, Falk College, Syracuse University)

This workshop aims to illuminate different formats for experiential learning and partnership between institutions of higher education and community based organizations and businesses. We do not present a solely “service-learning” perspective, and I critique this model as a “fall back” approach to community engaged learning. Instead, we present several frameworks for exploration and discussion. Those who will benefit from this workshop include:

- folks working in food systems from a direct services or business perspective (farms, food pantry, community gardens, food access orgs, farm-to-table businesses, etc)
- academics and educators or university programs exploring the role of food systems education in an applied setting (or those who want to!)

About half of the time will be devoted to laying out different options, best practices, and things to consider for both food systems practitioners and academic institutions. This includes a discussion on privilege and power between universities and the greater community, and how food systems academic work is uniquely positioned to contribute to applied food systems work addressing issues of inequality across race, class and gender. We will also cover some of the ways that community engaged learning formats "get it wrong." The second half of the workshop will be about brainstorming and networking. The facilitator will share some of the paperwork that she use as part of her job setting up
internships and teaching a class about applied food systems work. We will divide into groups based on who is in the room (educators or practitioners) and discuss different models and craft possibilities and next steps.

**Facilitator bio:** Elissa Johnson, Internship Coordinator, Food Studies, Falk College, Syracuse University. I have lead multiple experiential education courses in both Vermont and Minnesota. I currently work at Syracuse University in the Food Studies Program where I coordinate all internships for students in Food Studies.

**Health, Food & Well-being Workshop 1:**

BJM 212

*Myths that Healthy Food Isn’t Affordable and More Expensive* (Debra Walsh)

**Description:** You’ve seen the statistics: our current food system does not allow all people access to nutritious and affordable food. Today access to healthy food is not just in low income neighborhoods and the working poor, communities of color and rural areas, it is all around us. Climate change and the rising incidence of extreme weather patterns is affecting our food supply, crop yields, food prices, food processing, and storage and distribution systems which makes healthy food less accessible to everyone. We need access to high quality food; they are fundamental to a healthy life. This workshop will dispel some myths about not being able to eat healthy on a budget, and provide you with some strategies to stretch your food dollar.

**Health, Food & Well-being Workshop 2:**

BJM 210

*Changing Social Interactions through Natural Food* (Leonora Mims and Ben Komor)

**Description:** As Peer Specialists at the Jenkins Center for Hope and Recovery, we have noticed that the incidents of aggression, anxiety, social isolation, and hunger were reduced significantly whenever soup was prepared, including vegetarian African Soups, Lentil Soups, Sweet Potato, butternut squash soups and many other legume based soups using whole/natural ingredients. In this workshop we will share our history and heritage, as migrant workers who ate most of our food from the fields that we picked produce and we had our own gardens that fed people in our neighborhood. We will use stories from our experience and education to help the workshop participants understand that eating healthy is tied up in the way they feel.

**Practical Skills Building Workshop 1:**

BJM Cafeteria

*Waste No Color, Dying with Food Scraps* (Sarah Gotowka, Luna Fiber Studio)

**Description:** This workshop will demonstrate how to use food waste to create dyes. I have been teaching natural dye and other fiber oriented processes in the local community for the past 3 years! Facilitator: Sarah Gotowka, Multicultural Resource Center/ Luna Fiber Studio
Session Three – 10:45AM -12:15PM

**Biodiversity, Agroecology & Food Systems Workshop 1:** BJM 225
*Reading the Landscape: From Homesteading to Farming at Wolftree Farm* (Jeremy Biazzo)

Description: My wife, Margaret and I have been farming since 2005. We have a 92 acre property that is our home in Hector New York. We raise Icelandic sheep, blueberries, hay and a 15 month old girl person. We presented this talk at this years NOFA New York winter Conference. And would like an opportunity to present to a "local" audience. The scope of our presentation is to, coached in our own context, convey how one might learn of past land use practices by historical account and reading legacy signs in the landscape to inform how one might proceed in their new ventures as land stewards. Stone walls, raised beds, vegetation etc tell us a lot about what was done in the past. Having a degree in Sociology myself from SUNY Binghamton I appreciate putting one into a larger historical context. Hector is rich with "history" ripe for a political economic critic. From the murderous campaign of General Sullivan, the displacement of Native peoples, the disjointed and sporadic settlement of New Englanders, The Military land track, the Bread basket nature of the Finger Lakes, to the impoverishment of farmers during the great depression and then big cooperate wine makers abandonment of growers to New of Liberal Globalism. We ask others to understand their own local history when they farm. Participation will be limited to questions and discussions but also a demonstration of how to use web resources to learn of your soil types and what watershed you are within.

Facilitator: Jeremy Biazzo (Wolftree Farm, and Biologist with the Emerging Pests and Pathogens Research Unit, USDA Agricultural Research Service, Robert W. Holley Center for Agriculture and Health)

**Food Policy Workshop 2:** BJM 206
*Participatory Budgeting* (Ahja Haedicke, Youth Organizing Fellowship, MRC)

Description: This workshop will describe participatory budgeting and the possibilities for Ithaca and region. The Youth Organizing Fellowship has been working on a campaign to implement participatory budgeting in Ithaca for a year, and will continue for another year. This included going to workshops on the subject, meeting with people who work with participatory budgeting and who have tried to implement it in Ithaca before, doing case studies, and overall getting to know the process and what it will take to implement in Ithaca and the surrounding region.

Facilitator Bios: Ahja Haedicke is a Youth Facilitator at the Youth Organizing Fellowship of the Multicultural Resource Center, Ithaca.

**Food Movements Workshop 3:** BJM Library
*Building Solidarity in the Food System; A Conversation* (Grace Gershuny)

The many faceted "good food" movement is a primary leverage point in the social and political transformation needed if we are to have any hope of a livable planet and a just society. A brief overview of the history of the modern organic movement, with a summary of issues that have generated deep internal divisions, will be followed by an open
discussion. In the face of an administration hostile to our values, how can we work together in solidarity and form strategic alliances within the larger movement for social change through food system transformation?


**Resilience & Community Empowerment Paper Presentations 1**

* BJM 224

- Dynamic Cultural, Ecological, & Indigenous Knowledge Dimensions of Food Sovereignty (Karim-Aly Kassam)
  Abstract: The aim of food sovereignty is self-determination and empowerment at the level of communities. This suggests that food sovereignty is a dynamic sociocultural and ecological process rather than just an outcome or product. Although scholars often position food sovereignty and food security as alternative paradigms, food security is one important outcome of food sovereignty. Food sovereignty is achieved through interdependence between and engagement with a community’s phenomenological environment. The cornerstones of food sovereignty include: (1) use of place-based or indigenous knowledge; (2) facilitated by what is ecologically possible in a particular context; (3) grounded in the local cultural fabric; and (4) reached through effective institutional governance structures that adapt to changing sociocultural and environmental circumstances. While seemingly counter intuitive, at the heart of food sovereignty is difference, which is necessary to achieve the common outcomes of food security, empowerment, and self-determination. Differences among human communities and between their habitats is key to establishing secure food systems. Enduring food sovereignty, therefore, is a result of diversity in ways of knowing supported by a variety of cultures and multiplicity of ecological contexts.

- Ecological urban agriculture: building soil, building access (Sean Cummings)
  Abstract: Urban agriculture (UA) has been one response to the growing problem of inadequate access to fresh affordable foods in urban communities. There are at least two basic challenges to UA initiatives: the degraded state of most urban soils, and the loss of agrarian values once largely defined by a community’s relationship with the soil. In order to achieve a long-term sustainable solution to the problem of food access in urban communities UA initiatives should focus primarily on rebuilding urban soil and rebuilding the relationship between soil and urban residents. It is my view that the best approach to bridging the gap between the life of the soil and urban life is through a specifically ecological urban agriculture (EUA). EUA looks to specifically rebuild the connection between home, shared work and well-being in urban communities by focusing on the role that access to soil can play in forging these connections. Just as ecological agriculture looks at the farm as an ecosystem EUA looks at the city as an ecosystem with potential resources flowing through it. In this way the goals of creating access to fresh healthy food and creating more sustainable cities intersect for EUA. Recognizing this intersection and responding to it can have implications for the way we understand urban food access and the on the ground practices of urban agriculture.
- **Food Justice, Intersectional Agriculture, & the Triple Food Movement** (Bobby J. Smith)
  Abstract: Emerging in response to race- and class-based inequalities perpetuated by food movements in the United States, the food justice movement is being used by low-income communities of color to address their food needs. This movement relies on an emancipatory discourse, characterized by what I call intersectional agriculture. While a small number of scholars have drawn attention to the ways in which food justice attempts to counter inequalities, little is known about it in relation to the two dominant food movements in the United States: corporate agriculture and local food. The corporate agriculture movement is characterized by a marketization discourse, which relies on large farms practicing conventional agriculture, supported by the corporate-controlled, transnational U.S. food system. In contrast, the local food movement relies on a social protectionist discourse, led by small farmers and environmentally concerned consumers, supporting civic or sustainable agriculture. Each movement attempts to restructure the ways in which food is distributed, consumed, and produced, impacting the social, cultural, political, economic, and environmental dimensions of food. However, many studies of food justice tend to treat the movement in isolation, ignoring how it operates with and against the other two movements. Using the lens of Nancy Fraser’s triple movement theory, located at the nexus of Karl Polanyi’s double movement and fictitious commodities, this paper develops a conceptual framework to explore the role of food justice in the context of U.S. food movements.

- **Standing Rock Sioux Indian Tribe’s Ecovillage** (Sonia Ingram)
  Abstract: This brief is summarizes a paper about the Standing Rock Sioux Indian Nation’s eco village for 17,000 people created on the banks of the Missouri River in Cannonball, North Dakota. The paper would discuss the ceremonial prayerful resistance ecovillage village established by the Lakota and their allies to protect food, water, and tribal sovereignty and prevent an oil pipeline from being drilled next to the Standing Rock Sioux Reservation under the Missouri River their drinking water source. The water protectors created a vibrant expanding community outreach program that developed a Local Food System, a Local Food Economy, community gardens, resiliency, food justice, farmer’s markets, community kitchens and a global supply chain.

  Beginning in April of 2016, issues of food and water sovereignty, treaty rights, constitutional rights and climate change were confronted in a creative and unique way on the American Plains. For the first time in recent political and social memory, the word water protectors was promoted across all social and corporate media and live streamed daily. The water protectors were out on the front lines struggling to protect what every human and animal needs: fresh water. This is a first hand report of the eco village built, meals served to the 14,000 to 16,000 allies. This historic gathering of 386 Federally recognized tribes to protect water drew allies from nations all over the world. The outreach program to the United Nations, international environmental organizations, faith based asset managers, pension fund coalitions, and many non profit organizations make this moment of solidarity possible.

  If the pipeline ever leaked or broke (high probability), it could spill into the Missouri River upstream of the tribe’s major population center. The Missouri River is the tribe’s only source of water. Because the Army Corps failed to involve the tribe in its permitting of an easement for the pipeline, Energy Transfer Partners have violated the Clean Water Act and the National Environmental Policy Act; the original pipeline was to be routed just north of
Bismarck, North Dakota and was moved to the present route to protect the white residents of Bismarck, North Dakota’s and its drinking water. Remarkable news from the U.S. Army Corps of Engineers occurred during and after the trip. The pipeline company Energy Transfer Partners began drilling when the Army Corps of Engineers granted them an easement needed for construction to continue on 8 February 2017. The easement had been denied just two months earlier when the Corps said that an Environmental Impact Statement would need to be completed. Now the fate of the fresh water supplies and the Missouri and Mississippi Rivers lies in the Federal Courts for the Standing Rock Sioux Nation and 17 million people who live and work downstream of the route of the Dakota Access pipeline.

Knowledge, Farming, & Food Paper Presentations 2: Community-Engaged Efforts

- **Building a Regional Food System**, approaches from Ithaca (Monika Roth)
  
  Abstract: Ithaca has one of the most vibrant food systems in all of upstate NY with roots back to the 1970’s when locavore was not even a word in the dictionary and food justice and food access were not such a prominent concern as they have become. As an extension educator since 1980, I have been immersed in the transition that has take place in our local food system over the years. And I have conducted many studies that quantify it's growth and impact. This session will provide a context for understanding local food systems what makes them work/thrive and why many struggle. Information on how to track local food system impacts will be shared along with the results of local studies. Recently, I have also compared Ithaca with other NY regional food systems to develop a tool for assessing the maturity of a local food system...how far has it come, is there room to grow or is it mature. Challenges and opportunities will be shared for Ithaca and beyond.

- **Seed to Supper**, low cost community gardening facilitation (Jessica Barbini/Marcia Eames-Sheavley)
  
  *Seed to Supper* is a comprehensive beginning gardening course that gives novice gardeners the tools they need to connect with others in community, grow in confidence, and successfully grow a portion of their own food on a limited budget. A joint effort of Oregon Food Bank and the Oregon State University Extension Master Gardener Program, *Seed to Supper* is offered in collaboration with community-based host agencies throughout the state of Oregon. Agencies affiliated with housing authorities, community centers, Head Start and other hunger-relief agencies such as food pantries and hot meal sites host *Seed to Supper* gardening classes and workshops to aid participants in growing fresh produce, preparing nutritious foods and learning new life skills. The program is also available in Spanish to meet the needs of Oregon’s underserved Latino community. *Seed to Supper* relies on a successful multiplier approach in which facilitators lead classes at community host sites such as emergency food pantries, public libraries, affordable housing units, schools, churches, and prisons. Classes are taught indoors in the off-season in order to prepare participants for successful gardening. In New York state, we have engaged in ways to strengthen and adapt key facets for local use, including: identifying facilitators who reflect the diversity of the constituents with whom they are gardening; shifting from a ‘training’ approach to a leadership development model; employing approaches such as shorter meeting times and online components to minimize lengthy in-person meetings which may
tend to favor predominantly upper-middle class Caucasian retired facilitators; and deeply engaging students in the process of developing and ultimately distance teaching facilitator preparation in three pilot sites, with the intent of fine tuning and continuing thereafter. Our two semester course sequence uses embedded assessment techniques such as robust reflective writing, critical incident questionnaires, small group reflection, a retreat model and other techniques to determine student learning throughout the process (not simply an evaluation at course’s end). Community partners are surveyed and interviewed at key points to ensure that the facilitation partnership is meeting their needs. Similar to student learners, those involved in facilitator preparation also respond to embedded assessment throughout their leadership development experience.

**Practical Skills Building Workshop 2:**

*Growing Mushrooms for Community Resilience* (Steve Gabriel)
Description: This workshop will engage participants in hands-on inoculation of mushrooms to take home. We will have some discussion of mushrooms and then spend most of the time inoculating logs with shiitake and straw with oysters. Come prepared to get a bit messy.

**Practical Skills Building Workshop 3:**

*Preservation Tips: Freezing and vacuum packaging* (Anna Dawson)
Summary: A sustainable local food system needs cooks who will freeze the harvest. The objective of this workshop is to awaken interest in using freezing and vacuum packaging in community kitchens to build a resilient community where all ages work together to design, taste, make, market and eat healthy frozen local food with pride. The possibilities are endless. Freezing is faster and easier than canning. The product is also higher quality. If canning was so much better than freezing, the grocery store would not have six aisles of frozen meals compared to one aisle for canned vegetables and fruits. With freezing and vacuum packaging, new combinations can be put together than grandma could never have done. The facilitator has many years experience using these skills and will have samples of equipment and final products to share and discuss.

**Resilience & Community Empowerment Workshop 1:**

*Resilient Finger Lakes Seed System in a Changing Climate* (Fruition Seeds, Petra Page Mann)
Description: Seed, the foundation of food & of civilization, is now a commodity after millennia of being shared as a commons. After losing over 80% of the genetic diversity of our agricultural crops in the last century, adaptation & imagination have never been so critical. Come be inspired by the collaborations between organic farmers, seed companies, chefs, food banks & universities that are strengthening our food system in the Finger Lakes, even as our climate changes. [Everyone who attends leaves with a complimentary Fruition seed packet.]

Facilitator: Petra Page-Mann  Bio: Raised in the Finger Lakes of New York, Petra Page-Mann spent over a decade traveling the world, working for one of the smallest seed companies in the world & also one of the largest before returning to co-found Fruition Seeds in 2012. Be inspired by 350+ varieties at [www.fruitionseeds.com](http://www.fruitionseeds.com) and follow Fruition Seeds on Instagram & Facebook. If she’s not farming she is singing, on her bike, hunting
mushrooms or sharing a feast with a friend.

11:00 – 12:00 PM – Samples of Culinary Cultures w/ Coalition for Healthy School Food

11:00 – 2:00 PM – Food Vendors & Informational Tabling

Session Four – 1:00PM - 2:30PM

Biodiversity, Agroecology and Food Systems Workshop 2: BJM 225
Perennial crops for food and climate change resilience (Brian Caldwell)
Description: This workshop will discuss various perennial crops which can contribute to both food security and climate change resilience. Crops to be discussed include tree fruit, nuts, perennial wheatgrass and perennial forages.

Facilitator: Brian Caldwell, Sustainable Cropping Systems lab, Cornell University

Food Policy Paper Presentations: BJM 206

1. Sustainable Food Sourcing at the Institutional Level: Examining Cornell University Dining Services (Katherine Constand)
   Abstract: The food purchasing decisions of large institutions have enduring environmental and social implications. As a land-grant university situated in an agricultural area, and housing some of the world’s leading scholars of food systems and sustainable development, Cornell University is poised to use its position as a major food provider to initiate change and to lead in the development of ethical and sustainable institutional food procurement.

Partnering with a nation-wide effort to track higher education institutional food purchasing, Cornell University's Food Focus Committee has investigated the supply chain, sourcing, and food procurement criteria of Cornell Dining’s food purchases between January and December 2016. This work is funded by the Cornell University Atkinson Center for a Sustainable Future, and is the product of collaboration between the Cornell University Horticulture Department and Cornell’s Procurement and Payment Services in the Division of Financial Affairs. The goal is to engage with Cornell Dining Services to support Cornell’s dedication to sustainability.

We examine the geographic source of each item, and characterize the foods in categories of local, community-based, environmentally sustainable, socially just, and ethically produced. We use the results to identify opportunities for Cornell Dining to improve sourcing to be more environmentally and socially just.

It is important for Cornell Dining to increase transparency both at the consumer level and at the procurement level. Making sourcing and production information available to students dining at Cornell will enhance environmental and social responsibility in the student body. At the procurement level, the information will allow Cornell University to more deeply understand its own process of procuring food, and will help the University accomplish its commitment to environmental and social justice.
Through our work to foster collaboration between researchers, sustainability advocates, and Cornell Procurement and Payment Services, we have learned much about the process of advocating for change in an institutional food system. We would like to share insights on this experience, and propose opportunities for collaboration between local institutions.

- **Does Minnesota’s Food Access Planning Guide Address Food Justice?** (Claire Stoscheck and Fernando Burgas)
  Abstract: This paper evaluates Minnesota’s Food Access Guide to consider a food justice lens in food systems planning. Minnesota faces major racial disparities in health and economic outcomes. Primary causes of these disparities are inequities in access to healthy, affordable food as well as living wage jobs, land, and capital. Food and agriculture policies and planning practices rooted in food justice can be effective at reducing racial and class disparities. Over the past two years, statewide efforts have led to the creation of the Minnesota Food Charter, a document and associated network aiming to create policies and practices that increase healthy food access for all. The Food Access Planning Guide derives from the MN Food Charter, and it provides instructions, policies and principles on how urban and regional planners and food advocates may marshal comprehensive planning policies to promote healthy food access. The Food Access Planning Guide is one of the most robust attempts at crafting policy language in Minnesota, and could have a powerful effect on the state’s food systems—as well as inspire similar efforts across the nation. Given its importance we interrogate how the Minnesota Food Access Planning Guide promotes food justice. We start by building a food justice policy and planning framework for analysis, by building on Cadieux and Slocum’s “four key points of food justice intervention” -- trauma/inequity, exchange, land and labor--and adding power and systems change as categories for analysis. By conducting archival research and a discourse analysis we assess the pros and cons of the guide using the food justice framework. While the guide contains some Food Justice principles, particularly in relation to food access, our analysis shows that it lacks a critical race and class analysis. Rather it offers a superficial representation of race in food systems planning, conceives advocacy according to the ownership of private property, and prioritizes urban development as the driving force for change. We conclude by addressing the realities of implementation and providing recommendations for how the guide --and urban and regional planners-- can promote food justice and reduce health and income inequities in Minnesota and beyond.

- **Bringing the Country into the City?** Exploring signals of agrarian citizenship and food sovereignty in the practice of urban agriculture in Brazil and Canada (Hannah Wittman and Evan Bowness)
  Abstract: What role(s) do urban actors play in the development of the food sovereignty framework in particular and in food-systems change in general? Urban agriculture, while not a unified social movement in its own right, is a growing social practice surrounded by claims - including from some movements for food sovereignty - to increase food security, empower consumers in decision-making about the food system, reclaim urban lands, close nutrient cycle loops and ‘reconnect’ urban residents to nature. As such, it occupies a rich conceptual space in thinking through mechanisms to repair the “metabolic rift” between town and country, driven by urbanization, capital accumulation and the industrialization of agriculture. Through the development of three case studies of urban agriculture initiatives that deploy the language of food sovereignty in Canada and Brazil, our paper explores if,
how and to what extent urban agriculture can "close the rift" by discursively and materially mobilizing the urban into agrarian struggles related to social and ecological justice and food sovereignty. On one hand, principles, practices and values related to agrarian citizenship are expressed in urban settings, as consumers and urban farmers articulate and re-assert agrarian "identities, knowledges, positions and political struggles" (Roman-Alcalá, 2015). Urban farmers bring the discourses of food sovereignty and agroecology into the city, while at the same time urban and peri-urban grower communities attract new generations who bring radical social justice discourses and networks to urban agriculture. Urban agriculture can further provide an “experiential production” context (Mincyte and Dobernig 2016) and space for the participatory embodiment of food sovereignty (Morrison 2011), through which urban actors adopt and adapt a broadening collective identity of “agrarian citizenship.” But on the other hand, some urban farming initiatives in North America, as part of growing alternative food movements, have also been widely critiqued for the exclusionary tendencies of "progressive whiteness" (Slocum 2007), diverting energy and resources away from participation in radical peasant struggles. Tensions in emergent urban agrarianisms are expressed differently across a number of interrelated urban actor positions (farmer, gardener, consumer, activist, and policy-maker). Our interrogation into whether and how the theoretical reach of food sovereignty extends into urban contexts through urban agriculture addresses the following interrelated questions: 1) what processes of urban agriculture radicalize and which ones deradicalize urban actors? 2) among different urban actors, does the practice of urban agriculture maintain conceptual separations of nature/society, urban/rural, producer/consumer or dissolve those binaries, and to what effect for urban agrarianism? 3) are urban agrarianism and rural agrarian citizenship different identity frames, if so how and what tensions exist between them? and 4) in what ways has urban agrarianism advanced and hindered food sovereignty as a political project? In unpacking the concept of urban agrarianism, our paper begins to clarify the ‘urban food question’ within the global struggle for food sovereignty.

**Health, Food and Well-being Workshop 3:**

*Wild and Free! Local Medicinal Walk* (Amanda David) *(Will go outside)*

This will be an outdoor walk to identify local sources of medicinal plants.

Facilitator: Amanda David, Rootwork Herbs / Bramble Community Herbalism

**Practical Skills Building Workshop 4:**

*Minimalist Cooking: A Farmer and A Chef* (Elizabeth Williams and Brad Marshall)

Description: A Farmer and A Chef demystifies the process of making delicious and wholesome food with minimal equipment, local ingredients and simple processes.

Facilitator: Brad Marshall will be presenting. He is a co-owner of the Piggery Butcher Shop and runs a 600-head pasture-raised pig farm in Trumansburg NY. He was trained at the French Culinary Institute and is a former Cornell trained geneticist.

**Resilience & Community Empowerment Paper Presentations 2:**

*Global connections, local climate change adaptation: a political ecology of smallholder agriculture in northern Tanzania* (Emily Baker)

Abstract: This study explores the dynamics of local-level climate change adaptation strategies among smallholder farmers in Same District, northern Tanzania. Socio-political
and ecological contexts for farmer adaptation exist at multiple scales, from the household to the global. Through the examination of mixed-methods fieldwork data, regional historical perspectives, and the broader discourse on community based adaptation and resilience, this paper develops a regional political ecological case study from what was a larger, eight-country research program and subsequent NGO community-based intervention, that promoted particular local agronomic strategies for increased “resilience.” It was found that the determinants of farmer adoption of these adaptation strategies were shaped not only by their household decision-making strategies, but also by their social networks, place-based traditional knowledge, and institutional support. Despite relatively high levels of farmer utilization of “adaptive” practices, technical challenges to smallholder rainfed crop production persist, in particular with regard to increasing rainfall variability, an aging farmer population, and widespread out-migration of youth and working-age men from the rural areas. These findings prompt a policy discussion on the efficacy of community based adaptation programs to help people increase their resilience “where they are,” and the need for multi-scaled and multi-regional planning for human migration as an adaptive strategy. This paper contributes to the growing debate on the feasibility and necessity of community-based adaptation, human migration, and climate change.

- **Repairing Riffs or Reproducing Inequalities? Agroecology, Food Sovereignty, Nutrition, Gender Justice and Related Questions in Malawi (Rachel Bezner Kerr)**

Abstract: Recent scholarship, debates and advocacy on agroecology have centered the ways in which it can and should be linked to issues of power. Terms such as political agroecologies have highlighted the importance of attention to political and economic factors which shape the possibilities for using agroecology to address control and rights to food and build food sovereignty. Discussions about praxis – how to teach agroecology – and how to differentiate it from terms such as sustainable intensification or regenerative agriculture, have largely focused on the ways in which agroecology can be de-politicized, co-opted and framed as primarily technical approaches to agriculture. These broader debates often fail to be embedded in critical examinations of the power dynamics within households and communities who are using agroecological approaches. In this paper a case study in Malawi with a long-term farmer-led agroecology project is used to examine whether agroecology can be effectively used to address food sovereignty, which includes improved nutrition.

Three simple agroecological strategies – crop diversification, intercropping and incorporating organic material into the soil – were important strategies utilized by smallholder farmers in Malawi. These methods, however, are labor intensive, may require additional knowledge, and often require negotiation and addressing power dynamics within and beyond households in order to prove effective at addressing food sovereignty and improved nutrition. We find that the re-centering food production on relationships and using a feminist and participatory praxis which centered on experimentation, iterative dialogue, and intersectionality, were critical components for addressing food security and nutrition. Our focus on child nutrition improvements led to increased attention to inequalities in decision-making and labour at the household and community level, and we developed several innovative educational strategies to address these inequalities. Many of these strategies focused on dialogue and problem-solving and drew on local concepts of traditional leadership and knowledge to foster change. We also paid attention to particular inequalities such as those experienced by youth or people infected with HIV/AIDS.

Advocates of agroecology and food sovereignty need to ground the discussion in the daily lived realities of smallholder farming families, including the difficult and complex issues
related to gender, nutrition and power dynamics. At the same time, the labor intensive nature of many agroecological practices, alongside unequal access to knowledge and resources such as land and organic material, means that some farmers are more likely to benefit from agroecology than others. We argue that the feminist concepts of intersectionality and participatory praxis are central to mobilizing agroecology to truly build food sovereignty and achieve food security and nutrition for all.

**Gardens and Green Spaces: Arts, Culture, and Food Justice** in Cleveland, OH (Justine Lindemann)

Abstract: Over the course of my research with black farmers and gardeners in Cleveland, Ohio, interview topics have often strayed from food or growing and the experience of race to themes including art, literature, poetry, yoga, exercise, safety (and violence), among others. The concept that poor and historically marginalized people are full, complex, and multi-faceted human beings with needs beyond food and shelter is not a hard sell. However, community development and social welfare programs often approach poor communities of color from a ""needs only"" perspective, addressing only what is necessary for survival. Food, housing, healthcare, and jobs. The arts, or culture more broadly, are implicitly understood to be unnecessary or even excessive. The unspoken assumption becomes, ""If you can't afford to buy food at the end of the month, you couldn't possibly want to participate in a poetry slam or take dance lessons."" Notwithstanding, black growers in Cleveland are not solely focused on producing food, and they do not want to simply survive, they want to see their communities thrive. Residents are participating in urban gardening and farming as a way to create beautiful spaces, to produce urban natures in a way that shifts the perception of their neighborhoods (both internally and externally). Furthermore, they want to see a holistic approach to community building and urban development more broadly, which means addressing the whole human being: the physical, mental, emotional, and the spiritual.

This philosophy is partly what undergirds the FreshLo pilot grant program funded by the Kresge Foundation. FreshLo, or Fresh, Local, and Equitable, centers four main themes: creative placemaking, health, economic development, and equity. Kresge defines creative placemaking as ""any artistic or creative effort to make a particular community stronger\"", essentially recognizing that arts and culture are central to a thriving community. In Garden Valley, an extremely impoverished, majority black neighborhood in Cleveland, the FreshLo project is constituted as a partnership between four black run and owned organizations and businesses, including an environmental and sustainability non-profit, a 7-acre urban farm, a music record label, and a food pantry that also serves as a community center. These partners work together to engage Garden Valley residents on ""History, Health, and Healing"" in the black community, education focusing on music and arts production, and a program designed to jumpstart a youth run café in the community, sourcing produce from community gardens and urban farms.

This paper analyzes the FreshLo pilot program in Cleveland, how arts, culture, food, and farming articulate together to effect change, as well as the tensions between community development as it has been historically practiced, and a more collaborative, resident-driven model. This alternative approach is not entirely unproblematic, nor does it completely eschew well-known tropes of hard work, self-reliance, and entrepreneurialism as a proxy for equitable investment in poor communities of color across the city. It does, however,
provide insight into the strategies adopted by black Clevelanders and grassroots organizations, leveraging grant money to catalyze structural and sustainable change within their community.

- **Pockets of Peasantry: Small-scale Agricultural Producers in the Central Finger Lakes Region of Upstate New York (Johann Strube)**
  
  **Abstract:** Farmers in the Central Finger Lakes Region of New York (USA) balance their production between principles of peasant farming and capitalist farming. They struggle to extend their sphere of autonomy and subsistence production, while extended commodity production is often a response to external forces of the state and capital. This struggle, together with a quantitative increase of small farms, can be described as an instance of reappeonatization.

Based on inductive, empirical qualitative social research, in particular participant observation and semi-structured interviews, this thesis describes the economy and social organization of six farms in the area under investigation. Besides selling commodities to pay for many farming inputs and consumer goods, the farms produce for their subsistence and that of their community. They exchange products and services with other farms, they build networks of mutual provisioning, support and mentorship and try to take good care of the land.

This thesis shows that subsistence production and peasant culture are not restricted to the past or the Global South, but also exist in the United States of America, albeit subject to the globalized capitalist market economy. I suggest that these pockets of peasantry are an important source of inspiration for society at large, while the dominant capitalist social order fails to deliver good living conditions for most people. It is therefore critical to support farmers in their struggle.

**Resilience & Community Empowerment Film:**

Film about Tioga County and Discussion: **Our Farms, Our Stories** (Barbara O'Neal)

**Description:** Our Farms, Our Stories is a 23-minute film that features the small farmers of Tioga County, NY. The project sought to raise awareness of the farms and farmers of our county by getting beyond mere production statistics; rather, we aimed to understand the stories of the farmers—why they farm, how they approach their work, challenges and opportunities. The film was one of the outcomes of an Engaged Cornell grant in which four students spent 10 weeks working with the CCE Tioga educator to interview about fifteen farmers in depth. The film features five farms that produce a range of products. It is a beautiful, quiet film that allows the farmers to shine. The film has resonated with every audience, from students to civic leaders to seniors. We will watch the film and then have a conversation about how to improve agriculture in our community by highlighting local farms and farmers.

**3PM- 4:30PM – Action Planning**

Clarify and build on the vision and challenges which surfaced during the Friday Round Table Discussions. This is intended to solidify action steps as we move forward from the conference and envision long-term sustainable solution.
<table>
<thead>
<tr>
<th>Time</th>
<th>PM</th>
<th>Thursday, May 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:30 - 6:00</td>
<td>Registration &amp; Panel Discussion: Food Justice and Public Policy</td>
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<tr>
<td>6:00 - 6:30</td>
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<td>7:00 - 7:30</td>
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<tr>
<td>7:30 - 8:00</td>
<td>Dinner (Suggested Donation $10)</td>
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<tr>
<th>Time</th>
<th>AM</th>
<th>Friday, May 12</th>
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<tbody>
<tr>
<td>8:30 - 8:45</td>
<td>Registration</td>
<td>The Space at Greenstar</td>
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<td>8:45 - 9:00</td>
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<td>11:15 - 11:45</td>
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<tr>
<td>11:45 - 12:15</td>
<td>Roundtable Report Backs</td>
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<tr>
<td>12:15 - 1:00</td>
<td>Lunch</td>
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**Tracks for Workshops (w), Paper Presentations (p), Panel Discussions (d), and Films (f)**

<table>
<thead>
<tr>
<th>Track</th>
<th>Description</th>
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<tbody>
<tr>
<td>BAFS</td>
<td>Biodiversity, Agroecology &amp; Food Systems</td>
</tr>
<tr>
<td>FM</td>
<td>Food Movements</td>
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<tr>
<td>FP</td>
<td>Food Policy</td>
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<tr>
<td>HFW</td>
<td>Health, Food &amp; Well-Being</td>
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<tr>
<td>KFF</td>
<td>Knowledge, Farming &amp; Food</td>
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<tr>
<td>PSB</td>
<td>Practical Skills Building</td>
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<tr>
<td>RCE</td>
<td>Resilience &amp; Community Empowerment</td>
</tr>
</tbody>
</table>

**Keynote Talk:** Raj Patel

**Session 1:** Workshops and Paper Sessions

**Registration & Panel Discussion:** Food Justice and Public Policy

**Break**

**Roundtable Discussions:** Food Policy, Urban Agriculture, Land Access, and much more!

**Lunch**

**Farm Tours**
# Friday, May 12

## BJM Elementary School

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>5:30 - 6:00</td>
<td>Dinner</td>
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<tr>
<td>6:00 - 6:30</td>
<td>Ceremony Honoring Elders in the Finger Lakes Farming Community</td>
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<tr>
<td>6:30 - 7:00</td>
<td>Keynote Talk: Malik Yakini</td>
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<td>8:30 - 9:00</td>
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<tr>
<td>9:00 - 9:30</td>
<td>Live Music</td>
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# Saturday, May 13

## BJM Elementary School

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>9:00 - 9:30</td>
<td>Session 2: Workshops and Paper Sessions</td>
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<tr>
<td>9:30 - 10:00</td>
<td>BAFS (d)</td>
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<tr>
<td>10:00 - 10:30</td>
<td>Break</td>
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<td>10:30 - 10:45</td>
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<tr>
<td>10:45 - 11:15</td>
<td>Session 3: Workshops and Paper Sessions</td>
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<tr>
<td>11:15 - 11:45</td>
<td>BAFS (w1)</td>
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<tr>
<td>11:45 - 12:15</td>
<td>RCE (w1)</td>
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<td>12:15 - 1:00</td>
<td>Lunch</td>
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<tr>
<td>1:30 - 2:00</td>
<td>Session 4: Workshops and Paper Sessions</td>
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<tr>
<td>2:00 - 2:30</td>
<td>BAFS (w2)</td>
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<td>2:30 - 3:00</td>
<td>Break</td>
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<tr>
<td>3:00 - 3:30</td>
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<tr>
<td>3:30 - 4:00</td>
<td>Action Planning</td>
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<td>4:00 - 4:30</td>
<td></td>
</tr>
<tr>
<td>4:30 - 5:00</td>
<td>Report Backs and Closing Remarks</td>
</tr>
</tbody>
</table>
Panelist & Keynote Biographies (listed alphabetically)

Rafael Aponte
Born and raised in the South Bronx, NY, Rafael Aponte has a deep commitment to education, food justice, and sovereignty. He brings over twelve years of experience working as a community activist, advocate, and educator in NYC. Rafael relocated to Tompkins County and established Rocky Acres Community Farm, a 10-acre farm which focuses on education and the sustainable production of local vegetables, herbs, and meat for underserved communities in Freeville, NY.

In 2014, Rafael began working with the Youth Farm Project, bringing his experience in farm operations and after-school education in facilitating workshops dedicated to equity, food justice, and livestock production. Rafael piloted and partnered with the Youth Farm Project to implement the Harvest Box program, a way to increase agency of marginalized residents of Tompkins county in our local food system. Rafael is currently the acting director of YFP where he works alongside dedicated youth, staff, and farmers to fulfill YFP’s mission and vision for the future.

Erica Frenay is a Program Manager for the Cornell Small Farms Program and owner/operator of Shelterbelt Farm. An upstate NY native and Cornell graduate, she found her passion for farming while managing Dilmun Hill, Cornell’s student-run farm, in its 3rd season. She’s consistently had a farm in her life since then, ranging from an urban farm in Portland, OR where she was the Executive Director, to a permaculture farm and nursery on Orcas Island, WA. In 2004 she became a certified educator of Holistic Management, and also completed a Permaculture Design Course. Both of these trainings have heavily influenced the vision for Shelterbelt Farm, where Erica and her husband raise grass-fed beef and sheep, pastured duck eggs, tree fruits and berries, veggies, and raw honey. For the past 12 years she has worked for the Cornell Small Farms Program, primarily helping beginning farmers develop the skills and find the information they need to launch and grow viable farms.

V. Ernesto Méndez is an Associate Professor of Agroecology at the University of Vermont’s Environmental Program and Department of Plant and Soil Science, where he leads the Agroecology and Livelihoods Collaborative (ALC). His research and teaching focus on agroecology, agrifood systems, participatory action research (PAR), and transdisciplinary research approaches. At UVM he is also an active member of the Food Systems Initiative and a fellow of the Gund Institute for Ecological Economics. He has more than fifteen years of experience doing research and development work with smallholder farmers in Latin America, with an emphasis on coffee farmer cooperatives. He is also working with a team of faculty and extensionists to address agricultural resilience in the face of climate change in Vermont and the Northeast. He has authored or co-authored over 40 peer-reviewed articles and chapters, as well as three edited books. Most recently, he was the lead editor of the book Agroecology: a transdisciplinary, participatory and action-oriented approach, published in 2016, which explores how the field of agroecology can contribute to attain more ecologically sound and socially just agrifood systems. Ernesto
was born and raised in El Salvador and has worked extensively in Latin America, California and Spain.

**Thor Oechsner, Oechsner Farms**

Oechsner Farms has been a lifetime in the making. The grandson of a German baker, Thor Oechsner credits spending time on his uncle's dairy farm as his first foray into the world of farming. As a teenager, Oechsner was able to convince his parents to allow him to turn their suburban yard into his first corn field. Oechsner now farms approximately 1,000 acres of certified organic grains on rented land throughout the Finger Lakes region of New York.

Oechsner graduated with a Bachelor's of Science degree from Cornell and by 1991 had started a three-acre vegetable farm while also running a Volkswagen and Audi repair business. The auto repair business helped fund his farming passion and also satisfied his passion for diesel engines. By 1997 he was able to sell his VW/Audi repair business and start spending more time farming while teaching diesel mechanics at a local vocational college. Finally, in 2003 he was financially able to start farming organic grains full-time.

Thor also has Farmer Ground Flour, a milling venture offering a value-added product line of ground organic flour. He collaborates with Wide Awake Bakery to direct-market bread made from unique and heritage grain varieties that he produces. Source: [https://www.oechsnerfarms.com/about/](https://www.oechsnerfarms.com/about/)

**Raj Patel** is an award-winning writer, activist and academic. He is a Research Professor in the Lyndon B Johnson Public Policy School at the University of Texas, Austin and a Senior Research Associate at the Unit for the Humanities at the university currently known as Rhodes University (UHURU), South Africa. He has degrees from the University of Oxford, the London School of Economics and Cornell University, has worked for the World Bank and WTO, and protested against them around the world. He has been a visiting scholar at UC Berkeley’s Center for African Studies, an Honorary Research Fellow at the School of Development Studies at the University of KwaZulu-Natal and continues to be a fellow at The Institute for Food and Development Policy, also known as Food First. In 2016 he was recognized with a James Beard Foundation Leadership Award. Raj co-taught the 2014 Edible Education class at UC Berkeley with Michael Pollan. He was also an IATP Food and Community Fellow from 2011-2013. He has testified about the causes of the global food crisis to the US House Financial Services Committee and was an Advisor to Olivier De Schutter, the United Nations Special Rapporteur on the Right to Food.

In addition to numerous scholarly publications in economics, philosophy, politics and public health journals, he regularly writes for The Guardian, and has contributed to the Financial Times, Los Angeles Times, New York Times, Times of India, The San Francisco Chronicle, The Mail on Sunday, and The Observer. His first book was Stuffed and Starved: The Hidden Battle for the World Food System and his latest, The Value of Nothing, is a New York Times best-seller. He can be heard co-hosting the fortnightly food politics podcast The Secret Ingredient with Mother Jones’ Tom Philpott, and KUT’s Rebecca McInroy. He is currently working on a ground-breaking documentary project about the global food system with award-winning director Steve James. He’s also completing a book on world...
ecology with Jason W Moore for the University of California Press entitled “Seven Cheap Things”. Source: rajpatel.org

**Jamila Walida Simon, NYS 4-H Civic Engagement Specialist**

Jamila Bachelor's Degree from Wells College and her Master's Degree from Cornell University. She began her career with Cornell University Cooperative Extension in New York City (CUCE-NYC) under the direction of Dr. Davis-Manigaulte the CUCE-NYC Family and Youth Development Program Leader. Jamila served as the CYFAR CITY Project Coordinator and worked to build capacity at Henry Street Settlement in lower Manhattan, and the Police Athletic League (PAL) in the Bedford-Stuyvestant section of Brooklyn. After she completed her master's degree she joined the staff at Cornell Cooperative Extension of Tompkins County where she served as the Program Manager of the 4-H Urban Outreach Program at West Village. In addition, in 2010, Jamila Walida joined the NYS 4-H team part-time and served as a Civic Engagement Coordinator and Communications Coordinator. In 2015, Jamila Walida joined the NYS 4-H team full-time.

**Karen Washington, Co-Owner, Rise and Root Farm**

Karen Washington has lived in New York City all her life, and has spent decades promoting urban farming as a way for all New Yorkers to access to fresh, locally grown food. Karen has been a resident of the Bronx for over 26 years, although in 2015 she began living part time in Orange County, NY near the farm. Since 1985 Karen has been a community activist, striving to make New York City a better place to live. As a community gardener and board member of the New York Botanical Gardens, Karen worked with Bronx neighborhoods to turn empty lots into community gardens. As an advocate, she stood up and spoken out for garden protection and preservation. As a member of the La Familia Verde Community Garden Coalition, she helped launched a City Farms Market, bringing garden fresh vegetables to her neighbors.

Karen is a Just Food board member and Just Food Trainer, leading workshops on food growing and food justice for community gardeners all over the city. Karen is a board member and former president of the New York City Community Garden Coalition, a group that was founded to preserve community gardens. She also co-founded Black Urban Growers (BUGS), an organization of volunteers committed to building networks and community support for growers in both urban and rural settings. In 2012 Ebony magazine voted her one of their 100 most influential African Americans in the country, and in 2014 she was awarded with the James Beard Leadership Award.

Source: riseandrootfarm.com

**Hannah Wittman, Director of the Centre for Sustainable Food Systems and Associate Professor in the Institute for Resources, Environment and Sustainability (IRES) at the University of British Columbia.** She received her PhD in Development Sociology from Cornell University and conducts community-based research related to food sovereignty, agrarian reform, and urban agriculture in Canada and Latin America. Her work contributes towards a critical discussion of grassroots and policy pathways towards agroecology, agrarian citizenship, and health equity. Her recent edited books include Environment and Citizenship in Latin America: Natures, Subjects and Struggles; Food Sovereignty:
Malik Yakini, Executive Director of the Black Community Food Security Network
Malik Kenyatta Yakini is an activist and educator who is committed to freedom and justice for African people in particular and humanity in general. Yakini is a founder and the Interim Executive Director of the Detroit Black Community Food Security Network, which operates a four acre farm in Detroit and spearheaded efforts to establish the Detroit Food Policy Council, which he chairs. He served as a member of the Michigan Food Policy Council from 2008 – 2010. He serves on the facilitation team of Undoing Racism in the Detroit Food System. From 1990 – 2011 he served as Executive Director of Nsoroma Institute Public School Academy, one of Detroit’s leading African centered schools. In 2006 he was honored as “Administrator of the Year” by the Michigan Association of Public School Academies. He has served as a member of the Board of Directors of Timbuktu Academy of Science and Technology since 2004. He is C.E.O. of Black Star Educational Management.

Malik is dedicated to working to identify and alleviate the impact of racism and white privilege on the food system. He has an intense interest in contributing to the development of an international food sovereignty movement that embraces black farmers in the Americas, the Caribbean and Africa. He views the “good food revolution” as part of the larger movement for freedom, justice and equality. Yakini has presented at numerous local community meetings and national conferences on food justice and implementing community food security practices. He is featured in the book Blacks Living Green, and the recent movie “Urban Roots.” He is a vegan and an avid organic grower. He is a musician who plays guitar, bass and dundun drums. He has traveled to Ghana, Mali, Senegal, Gambia, Cote d’Ivoire, Jamaica and the U.S. Virgin Islands. He is the father of three.
Source: foodfirst.org

Conference Lead-Organizer Biographies and Information

Damon Brangman – Farmer / Producer / Educator
Damon Brangman is a Community & School Garden Educator. In 2012, he began working at Cornell Cooperative Extension teaching basic gardening, and nutrition. He founded Roots Rising Farm to offer educational resources to local school students, and community gardeners.

Rachel Bezner Kerr is an Associate Professor in Development Sociology at Cornell University. For the past 17 years, she has worked with the Soils, Food and Healthy Communities organization in Malawi. She is now the project director of the Malawi Farmer to Farmer Agroecology project, which works with 6000 farmers in northern and central Malawi. She is also the director of the Community Food Systems minor in Cornell University which provides engaged learning experiences for students with organizations working on sustainable agriculture and food justice issues. When she is not working, Rachel loves spending time with her family, gardening, hiking and participating in local community organizing activities for social justice.
Kate Cardona is Groundswell Center’s Outreach and Equity Coordinator. She works to connect with community partners, coordinates and helps develop Groundswell programs and curriculum, and supports Groundswell’s commitment to the creation of an equitable local food system. Originally from Brooklyn, NY, Kate has been a part of various organizations working for food justice in NYC such as Corbin Hill Farm, Just Food, and the Community/Farmworker Alliance. Kate moved to Ithaca four years ago to deepen her knowledge of food production on a small organic farm. She is a graduate of SUNY Binghamton where she earned her bachelor’s degree in Latin American and Caribbean Area Studies. She is on the Coordinating Team of the Ithaca chapter of Showing Up for Racial Justice (SURJ) and serves on the board of Ithaca’s Multicultural Resource Center. Kate is inspired by people’s movements for liberation, land, and power around the world and her commitment to justice is guided by this work. She finds her peace in the garden, on long walks through the gorges, and on the dance floor.

Elizabeth Gabriel is the Director at Groundswell Center for Local Food & Farming. She served as founding director of Washington, DC-based non-profit Common Good City Farm, where she grew the organization from the ground up; securing grants, turning a baseball field into a productive urban farm, and established strong community-wide relationships with youth and adults. Her passion for equitable food access and her collaborative leadership style was seminal to the urban agriculture movement of the Nation’s Capital. More recently, Elizabeth served as the Professional Development Educator with Cornell Cooperative Extension. Elizabeth has a background in environmental studies and education and a dual master’s degree in Natural Resources and Sustainable Community Development. She moved back to her roots in the Finger Lakes in 2009, where she and her husband Steve co-own a small agroforestry farm and homestead called Wellspring Forest Farm.

Food, Agroecology, Justice and Well-being Collective @ Cornell
The Food, Agroecology, Justice and Well-being Collective is a research group consisting of graduate students, faculty and post-doctoral students from across the university. Our overarching interests are on the intersections and connections between the broad themes of agroecology, food, justice and well-being. We are collaborating with local, national and international organizations and community groups interested in promoting and building sustainable, resilient and equitable agriculture and food systems.
Roots Rising Farm

A resource for empowering food education.

Roots Rising Farm, our mission is to provide youth the experience of connecting to nature through hands on learning experiences in basic gardening, healthy eating, & food preparation.

Roots Rising helps your group make a connection!
1. Roots Rising founder, Damon Brangman does gardening, cooking, and nutrition workshops with classes & groups.

2. Roots Rising is creating a curriculum of lessons available in the Fall of 2017. The curriculum includes lessons for a group leader to do with your group.

3. Let Damon design your school garden or edible landscape!

4. Roots Rising is creating a library of resources, including books and tools for loan to groups.

**Damon Brangman, farmer, educator:** Damon is a Community & School Garden Educator teaching basic gardening and healthy eating. In 2012, he founded Roots Rising Farm to provide “Farm to Plate” garden-based educational resources to local schools and communities.

Roots Rising Farm
rootsrisingfarm@gmail.com
607.342.3483
We support growers and producers to make their dreams a reality.

Groundswell Center supports individuals as they develop agricultural skills and grow profitable, equitable and ecologically-sound farm and food businesses. We provide affordable access to land, equipment, training and resources. All of our services and programs are guided by our commitment to a just and sustainable food system and are led by farmers and mentors active in food, farming or social justice. Our learning opportunities include the Incubator Farm Program, where Ye (left) cultivates crops from Burma for his family and the refugee community, the Marketing course that helped Rusty Oven owners Melanie and Dominic (top right) articulate their business’s values, and the Farm & Food Business Planning Course, in which Roots Rising Farm owner Damon (bottom right), Farm to Plate Conference visionary, recognized his business goals of creating an educational farm enterprise.

Dig deeper into these stories and more at GroundswellCenter.org.
THANK YOU!!!

Thank You so much to the **ORGANIZING TEAM** for the **Farm to Plate Conference**! It could not have happened without the many volunteer hours, brainpower and hard work of the following dedicated organizations and individuals: The Youth Farm Project, Cornell Cooperative Extension, Greenstar Community Projects, Rafael Aponte, Nina Trautmann Chaopricha, Aaron Iverson, Hannah Kinsella, Jeff Liebert, Todd McLane, Holly Payne, Tess Pendergrast, Noliwe Rooks, Monika Roth, Bobby Smith II, and Jay Smith and many volunteers.

And Thank You to the incredible **Farm Tour hosts** - those who grow and prepare our food and create the vibrant farming landscape of our region: Shelterbelt Farm, Kingbird Farm, The Good Life Farm and Finger Lakes Cider House, Interbrook Farm, Westhaven Farm, The Groundswell Incubator Farm, Kestrel Perch Berry Patch, Gourdlandia, Farmer Ground Flour, Wellspring Forest Farm and School, the Youth Farm Project, the TC3 Student Organic Farm, the Cornell Organic Research Farm, the Ithaca Children’s Garden, the Piggery, the Ithaca Permaculture Park, the BJM School Garden, the Ithaca Community Garden, and the Ithaca Farmers Market.
THANK YOU!!!

- Engaged Cornell
- GreenStar Natural Foods Market
- Polson Institute for Global Development
- Park Foundation
- Mario Einaudi Center for International Studies
- Organic Valley
- Tompkins Charitable Gift Fund
- Cornell University Institute for the Social Sciences
- Cooperative Extension Tompkins County
- Roots Rising Farm
- Groundswell Center for Local Food & Farming