

Lifestyle Farming Conference – Fall 2017 Courses

Morning Session 1 | 8-9:30am

Fruits for Fermentation

Get creative with your fruit, spike it! This fun introductory workshop will cover all the different alcoholic drinks you can make with fruits growing in your backyard.

Whether you want to make beer, ciders, wines, or liquors, come learn how to use fruit as the base or as an additive into your favorite homebrew.

Presenter: J. Stephen Casscles, Esq. is an accomplished lawyer, author, grape historian, and fruit fermenter. Stephen comes from a fruit growing family based in the Mid-Hudson Valley since the 1820s. He is the head winemaker for Hudson- Chatham Winery and author of the book 'Grapes of the Hudson Valley and Other Cool Climate Regions of the United States and Canada' and writes articles for wine industry journals. He has concentrated on identifying, growing, evaluating, and propagating heirloom grape varieties that were first developed in the Hudson Valley and Cape Ann, Massachusetts, around the time of the American Civil War.

Food Preservation 101

Does the thought of preserving food sound intimidating or complicated to you? Let us help. If you're curious about the steps needed to safely store your gardens harvest then come learn the basics of safe home food preservation in our introductory course.

Presenter: Sharon Wild is a former Cornell Cooperative Extension Educator who has a B.S. degree in Home Economics and is a certified Master Food Preserver. Sharon has taught food preservation for various groups in Western New York and has been preserving food for over 50 years on her family homestead.

Goats & Sheep Care

Are you interested in owning your own sheep or goats and not sure where to get started? This workshop will cover the ins and outs of owning livestock - including health, nutrition, diseases, breeding, meat and slaughter, and much more!

Fresh Milled Grains for Baking

Are your grains farm to table? Explore the taste and possibilities of fresh flours and grains, and how these ingredients differ from standard products. This class will cover the basics of wholegrains, stoneground flours, sourdough, and other leavening styles. You'll gain confidence to incorporate more of these elements into your baking, from shortbreads and crackers to sourdough English muffins and easy everyday loaves.

Presenter: Amy Halloran is the author of The New Bread Basket. She ran Troy Waterfront Farmers Market in its infancy and runs a soup kitchen and food pantry at Unity House. She invented the Flour Ambassador pledge and campaign to draw attention to local mills. Through writing and teaching, she works to support farmers, eaters, and change in food and agriculture.

Herbal Teas

Do you need a comforting, caffeine alternative this winter? Perhaps you haven't discovered your herbal tea quite yet? Explore the tastes, comforts, and medical uses of herbal tea. Our adventure will include using local ingredients, blending, brewing, and purchasing options.

Presenter: Liz LaPorte is a local tea enthusiast, organizer of the Albany Tea Festival, and gardener; who loves to make tea and wine with locally grown products.

Homestead Planning

Whether you're just starting your farm daydreams or have a small farm right now, it can be a daunting task to plan for the future; so where should you begin? Having a plan is always a good way to look ahead at ways you can save time and money. Learn to lay out your farm or homestead around basic permaculture principles with the help of an experienced homesteader.

Presenter: Gaz Lewis is an author and runs the Startoff Homesteading Blog. He may be a native of Australia, but he has been homesteading in Colorado and Maine since 2005. Gaz has been building his homestead and farm in Maine since 2012.

Small Farm Equipment Operations

Operating and using the right pieces of equipment for the job is a fact of farm life. This class will teach you what to look for in proper equipment for the small farm and improve your operating knowledge of agricultural machinery. Topics will also include tillage and farm maintenance attachments.

Presenter: Nick Testa is an Associate Professor in the Agricultural Engineering Technology where he integrates a mix of classroom instruction and hands-on learning in Small Engine Repair, Diesel Engine Repair, Farm Equipment Safety and Turf & Grounds Care Equipment classes.

Morning Session 2 | 9:45-11:15am

Food Dehydration

Learn how to preserve your food the low-cost way- through dehydration! Save space and cost while still enjoying the flavor of the foods you enjoy. Whether you want to dry whole fruits and vegetables or make fruit leathers, we will teach you the basics to get started dehydrating in an oven, dehydrator, or the sun.

Presenter: Chef Dave Yanisko is a Professor of Culinary Arts at SUNY Cobleskill with 12 years of experience as a chef in a la carte and private event dining in Philadelphia and resort areas of Southern New Jersey. He is heavily influenced by and classically trained in French brigade/contemporary restaurants.

Animal Nutrition

Do you know if your herd or flock is getting the proper nutrition? Understanding animal nutrition is essential for the health and production of your barn family, but it does not have to be complicated. This introductory class will explore the basics for feeding your flock or herd from start to finish, or just maintenance of good health for your livestock.

Introduction to Fibers

From raw to finished! Fleece by itself isn't enough. Explore how you can go from raw fleece to finished product. This introductory workshop will go through the steps of assessing what makes a good quality fleece, the carding and combing process to get wool into spinnable condition, and types of yarn that make sense from a small flock perspective. In addition to assessing and preparing fleece, come learn about the types of yarn that make certain finished goods, the number of knitters you can actually sell yarn to, and strategies for marketing your products to actually make a profit.

Presenter: Rabbit Goody is the owner, designer, and master weaver of Thistle Hill Weavers, a custom weaving mill providing historic reproductions to the museum field, the film industry, designer and home owners, and custom woven textiles to designers.

Seed Saving

Tired of having to buy seeds for your garden every spring? Don't want to buy seed that has been treated with pesticides? Then grow and save your own seeds! This workshop will explore the steps necessary to harvest, process and store your own seeds for planting.

Small Engine Equipment Care

Fall is the time of the year that we tend to put away a lot of small engine equipment including mowers, brush cutters and tillers; while we dust off snow blowers and chainsaws. Learn basic troubleshooting and the key steps to proper seasonal shutdown and startup of typical farm small engine equipment.

Presenter: Nick Testa is an Associate Professor in the Agricultural Engineering Technology where he integrates a mix of classroom instruction and hands-on learning in Small Engine Repair, Diesel Engine Repair, Farm Equipment Safety and Turf & Grounds Care Equipment classes.

Vineyard Management – 3 Hour Session

This three-hour class will cover the basics of how to install and manage a small- to medium-scale vineyard for the production of wine or table grapes. Topics include the selection and installation of appropriate vineyard hardware, preparation of the soil, planting and initial training of the vines, long-term pruning and training, nutrient management strategies, and pest management. A portion of the class will be spent in the SUNY Cobleskill vineyards observing a recently planted vineyard and gaining practical experience in pruning established vines in the commonly- encountered 4-arm Kniffin system. This course may be considered a companion piece to the afternoon Wine Making Workshop.

Presenter: Daniel Weber is an Assistant Professor in Plant Science at SUNY Cobleskill where he teaches Fruit Science

Cheese Making – 3 Hour Session

SAY CHEESE! Cheese has long been both art and science but comes down to basic techniques that we can do on the farm and at home. Come get hands-on experience and learn the basics of making simple cheeses like mozzarella and ricotta with milk from local dairies.

Introduction to Charcuterie and Fresh Sausage Making – 3 Hour Session

A hands-on experience in the theory and fundamentals of sausage and charcuterie. Gain an understanding of sanitation, equipment, appropriate proteins, meat/fat ratio, salt, seasonings, and make-up techniques.

Presenters: Chef Dave Campbell is Certified Culinary Educator, Certified Chef de Cuisine, and Professor of Culinary Arts at SUNY Cobleskill. Chef Campbell will be joined by Mackenzie Waro, a livestock processing and marketing specialist with the Cornell Cooperative Extension Harvest New York team.

Poultry Processing – 3 Hour Session

Tired of having to pay to have your flock processed? Come learn and experience all the steps needed to process a chicken at home. In this workshop, you will process a chicken from start to finish in the SUNY Cobleskill Meat Processing facility. Participants can take their processed bird home with them; please bring cash with you to pay workshop presenters if you would like to purchase your poultry.

Presenter: Mike Lapi is an award-winning Farm to Table Chef and Culinary Instructor at SUNY Cobleskill and Betsy Jensen is the Meat Lab Manager at the SUNY Cobleskill USDA Inspected Meat Processing Facility.

Morning Session 3 | 11:30am-1pm

Extended Season Gardening

Gardening does not have to be limited to May through September in the northeast. If you want to extend your growing season while being cost effective, then this is the workshop for you. By planting cold hardy crops and using simple, but effective, protective coverings you can be gardening late into the year. Come learn how you can get more produce from your land.

Presenter: Dr. George Crosby is a skilled gardener and professor of Plant Science at SUNY Cobleskill where he teaches courses in Vegetable Production, Botany, Greenhouse Management, Irrigation, and Hydroponics.

Raw Milk Production

Do you want to know more about pasteurized vs. raw milk? In this workshop you will learn all about raw milk and the policies involved. This will be geared towards producers who are considering entering into the raw milk market, and those who want to know more about raw milk food production.

Presenter: Kimberly Tarvis is an Assistant Professor of Dairy Cattle Management at SUNY Cobleskill with experience in dairy herd management, reproduction, and dairy food production.

Root Cellars

Root cellars have long stored harvested vegetable and root crops along with canned foods and fermented beverages. Proper roots cellar construction and storage techniques help ensure your harvest is stored safely for the long winter months. Come learn the steps necessary to properly construct a root cellar.

Grazing and Pasturing

Livestock, nature's lawnmowers, are happiest when in the pasture on fresh grass to naturally feed themselves. Grazing is not difficult but to be done effectively, rotational grazing must be incorporated in a managed plan. This workshop will explore the benefits of grazing your herd or flock, forage types, pasture management, rotational grazing, and nutrient management. Say yes to grass!

Presenter: Don Wild is a retired agronomist where he worked for over 40 years as a grazing specialist working one-on-one with farmers to develop grazing plans. His passion is to educate farmers in rotational grazing and proper forage management. Since retiring, he continues to advise farmers in forage management as a seed salesman for King's AgriSeeds and as the owner operator of Wild Acres Farm which produces grass finished poultry and livestock.

Introduction to Hops

Bitter but florally, hops add unique flavoring and preservation qualities to beer. Whether you want to grow hops for home brewing, gain a better understanding of hops for beer production, or grow hops to sell to brewers, this introductory workshop will provide the basics to get you started. Everything from growing, trellising, harvesting, and drying will be covered along with how hops are used in the brewing process, hop varieties, and a basic understanding of the lupulin and oils that are in hops.

Afternoon Session 1 | 2-3:30pm

Forest Medicinals

Want to learn about the uses of the plants and fungi in your local forest? This introductory course will explore local plants as food and medicine as well as their uses as dyes, fiber, and many other purposes. The workshop will focus on the identification of these plants, where to find them growing, how to grow them in your own forest, and how to use them. The course will also include peeks into the plant- and forest-related folklore of local native peoples.

Presenter: Justin Vergottini-Wexler has a master's degree in education and is an expert on the ethnobotany of local native peoples. He works with Mohican and Delaware Indian communities, but he is also familiar with local Iroquois culture and has worked with Six Nations community members.

Food Preservation 101 (repeat of Morning Session)

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Homestead Planning (repeat of Morning Session)

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Presenter: Gaz Lewis is an author and runs the Startoff Homesteading Blog. He may be a native of Australia, but he has been homesteading in Colorado and Maine since 2005. Gaz has been building his homestead and farm in Maine since 2012.

Hard Cider Making – 3 Hour Session

Crisp and refreshing, hard cider has quickly become a favorite cocktail drink. Why buy hard cider when you can make it yourself! The steps in making hard cider can be easy and fun, but not all ciders are the same and careful attention to detail must be taken to produce a great tasting drink your friends will come back asking for again. *This hands-on workshop will take you from crushing the apples to preparing the juice for fermentation.*

Presenter: Mitch Rodger, formerly a cider maker at Nine Pin Cider Works is the owner and head cider maker for Rogers' Cideryard in Johnstown, NY.

Wine Making – 3 Hour Session

Wine time! Time to turn your grapes into the worldwide favorite drink, wine. This hands-on experience will expose you to the steps and equipment needed to destem, crush, blend varieties and ferment your own wine. You are going to be everyone's favorite friend when you start making your own wine!

Presenter: J. Stephen Casscles, Esq. is an accomplished lawyer, author, grape historian, and fruit fermenter. Stephen comes from a fruit growing family based in the Mid-Hudson Valley since the 1820s. He is the head winemaker for Hudson- Chatham Winery and author of the book 'Grapes of the Hudson Valley and Other Cool Climate Regions of the United States and Canada' and writes articles for wine industry journals. He has concentrated on identifying, growing, evaluating, and propagating heirloom grape varieties that were first developed in the Hudson Valley and Cape Ann, Massachusetts, around the time of the American Civil War.

Canning and Pickling – 3 Hour Session

Want to enjoy your garden bounty all year round? This hands-on workshop will cover the basics of home canning and pickling your locally grown produce so that you can enjoy it all through the year.

Presenter: Chef Dave Yanisko is a Professor of Culinary Arts at SUNY Cobleskill with 12 years of experience as a chef in a la carte and private event dining in Philadelphia and resort areas of Southern New Jersey. He is heavily influenced by and classically trained in French brigade/contemporary restaurants.

Bread Baking – 3 Hour Session

There is nothing better than the smell of freshly baked bread! Whether you are new to bread baking or want to improve your methods, this workshop will be sure to step-up your bread baking skills. This hands-on course will cover all aspects of bread baking from kneading, proofing, using fresh grains, and sourdoughs.

Participants will be able to walk away with their own freshly baked loaf.

Presenter: Chef JoAnne Cloughly is a certified Executive Pastry Chef, Chef de Cuisine, award winning educator and Professor of Culinary Arts at SUNY Cobleskill.

Meat Smoking – 3 Hour Session

Put on your apron and learn the steps needed to be successful in smoking choice cut meats. Come learn how meat smoking lets you explore many extraordinary flavors one meat at a time.

Presenters: Betsy Jensen is the Meat Lab Manager at the SUNY Cobleskill USDA Inspected Meat Processing Facility and Chef Mike Lapi is an award-winning Farm to Table Chef and Culinary Instructor at SUNY Cobleskill where he teaches International Cuisine, Meat Products and Farm to Table Management. Michael has long been a champion of cooking with local ingredients and sources many of his ingredients from the farms throughout Schoharie and Albany counties.

Afternoon Session 2 | 3:45-5:15pm

American Ginseng

Ginseng has a mystique that dates back thousands of years and along the way had an important role in early American history. American ginseng, native to eastern North America, can be found in our area by those who know how to look for it. Come to explore the world of American ginseng: where it grows, its medicinal benefits, and how to grow, sustainably harvest, and process ginseng.

Presenter: Anna Plattner has a degree in Natural Resources from Cornell University and is the manager of the largest wild-simulated American ginseng farm in the country. She manages over 100 acres of ginseng and also has experience with the cultivation of other herbs and various medicinal mushrooms.

Basics of Soap Making

Lye and oils make soap Oh My! Learn the basics of creating your own soaps by following these simple and fun steps and using products found around your homestead.

Presenter: Dr. Cindi Shelley is a Professor of Animal Science at SUNY Cobleskill and owner operator of her own livestock farm.