



FOREFRONT:

Ideas in Food and Farming

FARMERS, LAND OWNERS, CHEFS, LOCAL FOOD ENTHUSIASTS, AND OTHERS INTERESTED IN THE FOOD ECONOMY ARE INVITED TO GET INFORMED AND INSPIRED WITH THESE ENGAGING SESSIONS.

All sessions take place on Sunday in MCC's Luecht Auditorium.

USING THE LEAN SYSTEM TO EARN A COMFORTABLE LIVING ON A FARM

Ben Hartman, Clay Bottom Farm
January 26, 2020 / 10 a.m.–Noon
Free to attend, registration required

Lean farming expert Ben Hartman explains concepts and takeaways from the lean system that he uses to earn a comfortable living farming on less than one acre of land.

***Bonus Workshop:**

Lean Ideas Applied to the Market Garden
Noon–4:30 p.m.
\$59

Immediately following the morning session, join Ben for an immersive workshop geared toward fruit and vegetable market growers.

ROTATIONAL GRAZING

Rod Ofte, Willow Creek Ranch
February 23, 2020 / 2 p.m.
Free to attend, registration required

Finishing cattle on grass can allow a producer to capture a market premium from consumers looking for the human health benefits of grass-fed beef. Grazier Rod Ofte will explain how to maximize your farm's productivity all while being a better long-term steward of your land.

LEARN MORE AND REGISTER FOR ALL SESSIONS AT
www.mchenry.edu/forefront

WHOLE GRAIN REVOLUTION

Erin Meyer, Dietitian, Basil's Harvest
Rachel Bernier-Green, 'Laine's Bake Shop
Andy Hazzard, Hazzard Free Farm
March 29, 2020 / 2 p.m.

Free to attend, registration required

A dietitian, a baker, and a farmer discuss their personal experiences working with specific grains, explore the challenges they face doing so, and share how their work with the Artisan Grain Collaborative is helping to improve soil health, human health, and local economies.

SOIL SISTERS: HOW WOMEN TRANSFORM OUR FOOD SYSTEM

Lisa Kivirist, Inn Serendipity Farm
Dulce Morales, Cedillo's Fresh Produce
FL Morris, Grassroots Farm
Beth Vercolio-Osmund, Cedar Valley Sustainable Farm
April 26, 2020 / 2 p.m.

Free to attend, registration required

Discover how women are finding innovative ways to champion local agriculture and foster greater collaboration to improve our environment, economy, and community as a whole.



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