



~3RD ANNUAL~
**WESTERN COLORADO
FOOD AND FARM FORUM**
JANUARY 10, 2015

A conference seeking to improve the sustainable production, marketing and consumption of local food.



For Immediate Release
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Western Colorado Food and Farm Forum Announces Topics and Registration Discounts

The conference will be held January 10, 2015 at the Montrose Pavilion.

Montrose, CO – December 1, 2014 - The Western Colorado Food and Farm Forum, the state's premier gathering of small-scale farmers and ranchers, and others involved in the small farm community, announced today its line-up of workshops and talks to address the components of raising good food. The conference has a wide array of breakout sessions, which convey vital, regionally specific agricultural information in areas including maximizing crop and livestock production, innovative agricultural marketing and management strategies, and specialty crops.

Bill McDorman, co- director Rocky Mountain Seed Alliance, will present *Seed Save the Rocky Mountains*, a preconference workshop held Friday January 9th. During the workshop he and his co-director Belle Starr will address the current context for understanding the world of seeds and will outline different practical scenarios for re-engaging with the ancient tradition of seed saving. Bill will also present a breakout session: *What's Stopping You? Secrets of Seed Saving Decoded: Stop buying and start saving while adapting varieties to your soil and climate.*

Jay Fuhrer, National Resource Conservation District, teaches attendees how plant diversity builds soils, restores the water cycle and allows the nutrient cycle to function well in his presentation *Soil Health and Covers: Finding the Fit*. Jay will also present *Livestock on the Landscape*, an exploration of how integrating livestock management with diverse cover crops can yield sustainable long-term results by improving soil health.

One of the conferences breakout sessions, *Pesticides in My Beef?* Will be presented by Tom Lasater. Attendees will learn the secrets of raising great beef by selecting for genetics, utilizing rotational grazing and grass finishing. Lasater is a fourth generation rancher and manager of the Lasater Ranch that developed the Beefmaster breed by developing herd genetics.

Attendees can choose four, one-hour workshops from 20 breakout sessions including: *Super Delicious Means Super Nutritious*, *Rev Up the Flavor*, *Value Added Herbs and Spices*, *If It's Not Safe, It's Not Good*, *Natural Potato and Garlic Production* and *Water Law 202*. The theme of this year's conference, "*Unlocking the Secrets of Raising Great Food*" prompts speakers to answer the question of what techniques create super nutritious, delicious, local food. "Seed genetics, herd genetics, soil fertility, and a myriad of other management decisions are all a part of the answer", says Carol Parker, President of Valley Food Partnership one of the hosting organizations. Participants will delve into these topics with some of the regions most experienced agriculturalists.

The educational conference offers registration discounts to those registering by December 7th. Attendees also receive discounts when they attend both the preconference workshop and the Forum. Some new and young farmer scholarships are available. To find a complete topics and speakers list and to register, visit the conference website www.foodfarmforum.org or call 970.249.3739.

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