THANK YOU TO OUR LEVEL A SPONSORS!
Visit pages 30-31 to see the rest of our major sponsors!
Welcome to Practical Farmers of Iowa’s 2023 Field Day Season!

Over 40 farms across Iowa, as well as Illinois, Minnesota, Nebraska and Wisconsin, are opening their farm gates, inviting you to join PFI for another summer of farmer-to-farmer learning.

Whether you’re new to PFI field days or a yearly attendee, you’ll find a welcoming atmosphere, a spirit of curiosity, a culture of mutual respect and farmers openly sharing their knowledge and experience. At PFI, we have a unique learning model: Our events are led by farmers – we know they are the experts on their specific farming systems. At PFI field days, farmers believe in sharing their knowledge, discoveries, mistakes and successes so you can learn and grow your own operation.

Please join us – we look forward to seeing you at a field day this season.

See you on the farm,

Liz Kolbe
Senior Farmer-Led Education Manager
Looking for more events or information?

• Find events, resources and more on our website at practicalfarmers.org.
• Connect with us on social media.
• Sign up for our free weekly email newsletter at bit.ly/practicalnews and get the latest news delivered right to your inbox.
• Have a specific area of interest? Sign up for one or more of our specialty email newsletters. Visit bit.ly/PFInewsletters or scan the QR code here to learn more.
FIELD DAY POLICIES & LOGISTICS

Open to Everyone

All PFI field days are free for anyone to attend; membership in PFI is not required or expected. Our goal here is simple: We want farmers to visit with and learn from one another. Not a farmer? That’s okay, you’re invited too! If you’re an eater, consumer, researcher, friend-of-farmer, policymaker, neighbor or simply curious to learn about agriculture – everyone has a role to play in supporting resilient farms and communities. We hope you’ll join us.

RSVPs Appreciated

RSVPs are appreciated for PFI field days. To RSVP, visit practicalfarmers.org/field-days, or call our office at (515) 232-5661.

Getting to Field Days

For most field days, online maps are accurate. However, if special guidance is needed, it will be included under “Location Notes” on the individual field day pages in this guide. To help you find your way, directional signs with the PFI logo will be placed near the last few turns.

What to Bring

All PFI events occur rain or shine. Please dress for the weather and the terrain. Many field days include walking through tall grasses or fields, or around equipment, and in a range of weather conditions. We recommend that you bring:

- **Close-toed shoes**
  (comfortable for walking)
- **Sun protection**
  (cap or hat, sunscreen)
- **Water bottle**
  (we will provide refills!)
- **Rain jacket or poncho**
  (depending on the forecast)
- **Camp chair or stool**
  (especially if there’s a meal!)
- **Personal snacks**
  (particularly if you have a food allergy or other dietary restrictions, please bring personal snacks in case the provided meal or refreshments do not meet your needs.)

What Not to Bring

- Dogs or other pets are not permitted (service dogs, as defined by the Americans with Disabilities Act, are permitted)
- Professional camera or recording equipment, unless you are a member of the news media or have prior approval from PFI – see more at practicalfarmers.org/resourcesformedia
- Exhibitor or promotional materials or solicitations, unless you are an official field day sponsor
Civility Commitment

Our commitment is to learn from each other. We acknowledge differences in beliefs, values, politics, culture, interests and experiences.

We Commit To:

• Listening respectfully to each other
• Recognizing and respecting different levels of understanding
• Actively seeking common ground
• Creating an environment free from language and symbols that are hostile, intimidating or abusive of others

COVID-19 Safety Policy

Practical Farmers of Iowa sets our COVID-19 policies in accordance with guidance from the Centers for Disease Control and Prevention.

If you are experiencing COVID-19 symptoms or have tested positive for COVID-19 in the previous five days, we ask that you stay home.

• Any updates to these policies will be posted at practicalfarmers.org/covid-19-policy.

Special Instructions for Visiting Farms With Livestock

We ask that all attendees at field days where livestock are present – particularly birds and poultry – observe the following biosecurity practices. While biosecurity is important on all farms, clean shoes and clothes are particularly important due to the presence of highly pathogenic avian influenza (HPAI).

When visiting farms with livestock, we ask that attendees:

• **Wear clean shoes or boots** that have not been worn on other farms with livestock or livestock buildings, or around a dense population of wild birds. If shoes or boots were worn around livestock or birds, they must be cleaned and disinfected.

• **Wear clean clothes** that have not been worn around other livestock.

• Upon request of the farmer host or PFI staff during the field day, you may be asked to:
  • Disinfect shoes or boots in a phenol or similar solution.
  • Wear disposable plastic boot covers over your shoes (provided by PFI).

Questions?

Contact the PFI office at info@practicalfarmers.org or (515) 232-5661.
FIELD DAY LIST & MAP

(Please note: The map ID corresponds to the event’s location on the map on page 9.)

June 9 · Rockwell City .......................p.10 | Map ID 1
Profitability With Cover Crops
Hosts: James Hepp & Family | Hepp Farms

June 13 · Cambridge ......................p.11 | Map ID 2
No-Till Organic Relay Cropping
Hosts: Caleb Akin & Noah Wendt | A&W Farms

June 17 · Fort Atkinson ....................p.12 | Map ID 3
Creating a Soil Health System With No-Till, Cover Crops and Livestock
Hosts: Ross, Cassie, Henry & Ruthie Kurash | Kurash Family Farm

June 18 · Mitchell .........................p.13 | Map ID 4
Maximizing Opportunity in a Small Town
Host: Steve Strasheim | Twisted River Farm

June 21 · Spencer ..........................p.14 | Map ID 5
Creating On-Farm Habitat to Foster Wildlife Diversity
Hosts: Bev & Dwight Rutter | The Prairie Flower

June 28 · Prairie City .......................p.15 | Map ID 6
Rematriating Iowa’s Historical Prairie: Combining Historical Management Techniques to Foster Modern Conservation
Host: Shelley Buffalo

July 7 · Fonda ..............................p.16 | Map ID 7
Drilling Down on Oat Varieties, Double-Crop Soybeans and Rotational Grazing
Hosts: Neil & Elizabeth Peterson, sons Paul & Timothy | Clover Lane Farm

July 8 · Newton ............................p.17 | Map ID 8
Sheep Shearing
Host: Greg Padget | Plaid Perch

July 8 · Breda ................................p.18 | Map ID 9
Closing the Loop With Complementary Enterprises
Hosts: Brice & Melanie Handling | Handling Family Fresh Foods

July 12 · Lohrville .........................p.19 | Map ID 10
Purgatory Creek: A Tale of Oxbow Restoration on a Legacy Farm
Hosts: Kathy & David Law

July 14 · West Chester .....................p.20 | Map ID 11
Shifting to Regenerative While Transitioning Generations
Hosts: Natasha Wilson, Brian Wilson & Nancy Wilson | West Fork Farmstead

July 14 · Adel ...............................p.21 | Map ID 12
Agritourism and Orcharding With an Ecological Focus at Wills Family Orchard
Hosts: Maury & Mary Wills | Wills Family Orchard

July 16 · State Center .....................p.22 | Map ID 13
Elevating Prairie Plants on a No-Till Flower Farm
Hosts: Hannah Sates Kettler & Kurtis Kettler | Minerva’s Meadow

July 19 · St. Anthony .......................p.23 | Map ID 14
Pollinators of the Iowa Prairie: Conservation 70 Years in the Making
Host: Carl Kurtz

July 19 · Spencer ..........................p.24 | Map ID 15
Relay Cropping, Permanent Clover and Irrigation Systems in Northwest Iowa
Hosts: Patrick White & Chuck White

July 23 · Atlantic .........................p.25 | Map ID 16
Trying Out Tools and Talking About Farm Transition
Hosts: Denise O’Brien & Larry Harris | Rolling Acres Farm | Kent Morris

July 24 · Mt. Vernon .......................p.26 | Map ID 17
Playing the GAP Game: Looking at On-Farm Food Safety
Host: Donna Warhover | Morning Glory Farm

July 28 · Zumbrota, MN .................p.27 | Map ID 18
Converting Row Crops to Perennial Pasture
Hosts: Zach Knutson & Brooke Calaway | Knutson Shorthorns

Aug. 6 · Donahue .........................p.28 | Map ID 19
Diversity, Resilience and Beauty at Miss Effie’s Country Flowers
Host: Cathy Linker Lafrenz | Miss Effie’s Country Flowers & Garden Stuff

Aug. 7 · Craig, NE .........................p.29 | Map ID 20
Improving Water Quality and Soil Health With Cover Crops
Hosts: Mark & Jodi Peterson and Lane Peterson | Peterson Farms

Aug. 10 · Lovilia .........................p.32 | Map ID 21
Grazing a Perennial Forage Chain
Hosts: Beth Hoffman & John Hogeland | Whippoorwill Creek Farm

Aug. 10 · Austin, MN .....................p.33 | Map ID 22
Creating a Legacy of Conservation in Traditional Row Cropping
Host: Joe Merten

Aug. 19 · Cedar Rapids ..................p.34 | Map ID 23
Community Farm Tour at Matthew 25
Host: Matthew Arndt | Matthew 25 Community Farm

Aug. 20 · Solon ............................p.36 | Map ID 24
Trying Out Tools
Hosts: Carmen Black, Maja Black & Helaina Thompson | Sundog Farm

Aug. 20 · Solon ............................p.37 | Map ID 25
Collaborating to Scale Up Local Food Production
Hosts: Carmen Black, Maja Black & Helaina Thompson | Sundog Farm

Aug. 21 · Cedar Falls .....................p.38 | Map ID 26
Growing, Processing and Marketing Popcorn in Iowa
Hosts: Jim & Debbie Fitkin, daughters Lora Fitkin & Jennifer Fitkin and Jim’s father, Wayne Fitkin

Aug. 23 · Traer .............................p.39 | Map ID 27
Pollinators, Prairie Strips and Oxbows: Creating Varied Habitat on a Central Iowa Farm
Hosts: Larry & Margaret Stone

Aug. 26 · Buffalo Center .................p.40 | Map ID 28
The Secrets of Stock Cropping
Host: Zack Smith | The Stock Cropper

Aug. 31 · Winslow, IL .....................p.41 | Map ID 29
Practical Tips for Growing Wheat, Rye and Summer Cover Crops
Hosts: Ben Moest & Grant Moest | High Plains Grains

Sept. 6 · Spirit Lake ......................p.42 | Map ID 30
Microgreens and Marketing to Build a Food System in Northwest Iowa
Hosts: Calvin & Krissey Thiessen | Cherry Lane Farm

Sept. 8 · Belmond .........................p.43 | Map ID 31
Creating Space for Conservation and Regenerative Practices With Supportive Landowners
Hosts: Josh Nelson & Family; Paul Thompson; and Elena Meyer | Cardinal Creek Farm
Sept. 8 • Pella ....................................p.44 | Map ID 32
Going With the Flow: Saturated Buffers to Improve Water Quality
Host: Jerry Vander Wert | Vander Wert Farms

Sept. 9 • Spring Grove, MN ............p.45 | Map ID 33
Pastured Pigs in a Wagon Wheel Pasture at Nettle Valley Farm
Hosts: Dayna Burtness & Nick Nguyen | Nettle Valley Farm

Sept. 10 • Decorah ............................p.46 | Map ID 34
Transitioning to No-Till, Tarping and More
Hosts: Hannah Breckbill & Emily Fagan | Humble Hands Harvest

Sept. 10 • Decorah ............................p.47 | Map ID 35
Farmland Owner Legacy Award Celebration
Hosts: PFI, Humble Hands Harvest and Hidden Falls, LLC

Sept. 13 • Winterset ......................p.48 | Map ID 36
Visual Soil Assessments and Johnson-Su Compost
Hosts: Rory & Lynette Van Wyk | RoLyn Hills Farm

Sept. 16 • Blair, NE .......................p.49 | Map ID 37
Pastured Eggs 101
Hosts: Mariel & Anthony Barreras | Barreras Family Farm

Sept. 18 • Hayward, MN ...............p.50 | Map ID 38
Cooperators’ Trial With Soybeans Planted Green, Legume Covers and Strip-Till Corn
Hosts: Tracy & Sue Skaar and Mic Skaar

Sept. 19 • Ashton ..........................p.51 | Map ID 39
Grazing Cover Crops for Soil Health
Hosts: Aaron Alons & Andy Getting | Tallgrass Cattle Company

Sept. 21 • Watertown, WI ..............p.52 | Map ID 40
Cover Crops Following Small Grains and Grazing Cattle
Hosts: Scott & Nancy Schultz and Family | Double S Ranch

Sept. 23 • Stanton ..........................p.53 | Map ID 41
Aerially Seeding Cover Crops, Talking Farm Transfer and Cooperators’ Program Research
Hosts: Mark & Melanie Peterson and Monroe Peterson | Bent Gate Farm

Oct. 6 • Honey Creek .....................p.54 | Map ID 42
Mushroom Cultivation, Marketing and Tasting
Host: Kevin Novak | Flavor Country Farm

Nov. 18 • Panora ............................p.55 | Map ID 43
Milling and Marketing Small Grains Through Multiple Channels
Hosts: Jeff Hafner & Earl Hafner | Early Morning Harvest

Note: Out-of-state locations are not shown to geographic scale; they have been placed to give you an approximate representation of their position relative to Iowa.
First-generation farmer James Hepp and his family farm near Rockwell City, Iowa, where they grow 1,400 acres of corn, soybeans, and cereal rye. They began with cover crops in 2020 and are now making their cover crop practice into a new business enterprise through custom seeding and raising rye for cover crop seed.

At this field day, James will explore how cover crops make sense financially. He’ll also share benefits he sees from his rye cover crop along with practical advice for getting started with cover crops. Guests will see corn and soybeans growing that were planted into cover crops, and James’ relay crop plot that he aims to harvest so he can sell the rye for seed.

**SPONSORS**
- Iowa Agriculture Water Alliance
- Iowa Farmers Union
- Sunderman Farm Management Co.

**SPEAKERS**
Mike Evans and Kelly Garrett – Integrated Ag Solutions and Xtreme Ag

**MEAL**
Dinner will follow the field day.

**HOST CONTACT INFO**
(712) 887-0734

**See & Discuss**
- Profitability with cover crops
- Reducing inputs
- Corn and soybeans planted into cereal rye
- A relay crop of rye and soybeans
- Cover crop application methods
- Cost-share opportunities
Caleb Akin and Noah Wendt started A&W Farms near Cambridge, Iowa, in 2006. As a farm team, they feed cattle, produce conventional corn and soybeans and grow a variety of organic grain on 1,500 acres. The farm is no-till and Caleb and Noah have planted cover crops since 2015 on all of their acres. At this field day, they will discuss how they relay-crop rye and soybeans in their organic no-till system. Attendees will see the organic cultivation equipment Caleb and Noah use, and the custom-built roller-crimper and planter that Caleb uses to crimp rye and plant soybeans.

**SPONSORS**

Albert Lea Seed
ADM re:generations
Farming for Public Health
Iowa Organic Association
OCIA Chapter 1 of Iowa
Polk Soil and Water Conservation District

**Tuesday, June 13**
**10 a.m.-Noon**

29630 600th Ave.
Cambridge, IA 50046

**HOSTS**
Caleb Akin & Noah Wendt
A&W Farms

RSVPs appreciated at practicalfarmers.org/field-days

**See & Discuss**

- Organic no-till relay crop rye with soybeans
- A custom-built combination roller-crimper and planter
- Organic cultivation equipment

**MEAL**

Lunch will follow the field day.
Creating a Soil Health System With No-Till, Cover Crops and Livestock

Kurash Family Farm is located near Fort Atkinson, Iowa, where the family raises corn, soybeans, rye, hay and beef cattle. They no-till and plant green for both corn and soybeans, drill hybrid rye in the fall and drill a cover crop mix following rye in the summer. At this field day, Ross will discuss how he has made cover crops and no-till work on his farm. Guests will also see how Ross is working towards his soil health goals.

Saturday, June 17
4:30-6:30 p.m.
3173 140th St.
Fort Atkinson, IA 52144

HOSTS
Ross, Cassie, Henry & Ruthie Kurash

Kurash Family Farm

RSVPs appreciated at practicalfarmers.org/field-days

MEAL
Dinner will follow the field day.

HOST CONTACT INFO
kurashfarm@gmail.com
Facebook: Kurash Family Farm
Instagram: @kurashfamilyfarm

See & Discuss
• No-till corn, soybeans and rye
• Planting green with corn and soybeans
• Making cover crops work with the equipment you have
• Making no-till and cover crops work economically
• Rotational grazing beef cattle with daily moves on pasture, crop residue and cover crops

SPONSOR
Albert Lea Seed
Farmer Steve Strasheim has truly made the most of the opportunities and available spaces to operate Twisted River Farm in his small northern Iowa town. With greenhouses and production space on his 1 acre of land, and another 2 acres a couple of blocks away, Steve uses several production-maximizing techniques often associated with urban farms to make the most of a small footprint. At the end of the event, we will travel 7 miles to a field where Steve grows crops in a geothermal-heated hoophouse.

Sunday, June 18
1–3 p.m.
195 S Madison St.
Mitchell, IA 50461

HOST
Steve Strasheim
Twisted River Farm

RSVPs appreciated at practicalfarmers.org/field-days

MEAL
Light refreshments will be served following the field day.

SPONSOR
Regenerative Agriculture Alliance

See & Discuss
- Diverse production in a small footprint
- Creative land access
- Starting an on-farm store
- Geothermal heat in a hoop house

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Regenerative Agriculture Alliance

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RSVPs appreciated at practicalfarmers.org/field-days

MEAL
Light refreshments will be served following the field day.

SPONSOR
Regenerative Agriculture Alliance

See & Discuss
- Diverse production in a small footprint
- Creative land access
- Starting an on-farm store
- Geothermal heat in a hoop house
Creating On-Farm Habitat to Foster Wildlife Diversity  
In partnership with Pheasants Forever

Wednesday, June 21  
Noon–3 p.m.

1760 290th St.  
Spencer, IA 51301

HOSTS  
Bev & Dwight Rutter  
The Prairie Flower

RSVPs appreciated at practicalfarmers.org/field-days

Join Bev and Dwight Rutter of The Prairie Flower Farm in Spencer, Iowa as they explore the multitude of ways to create wildlife habitat on working lands. The Prairie Flower is a 640-acre farm specializing in native seed production and agrotourism. The farm originally began as a traditional corn and soybean acreage before being converted to native grasses starting in 2002.

SPEAKERS  
Josh Divan and staff – Pheasants Forever

MEAL  
Lunch will precede the field day.  
Light refreshments will follow the field day.

See & Discuss

- Prairie seed selection  
- Creating wildlife habitat  
- Grassland birds  
- Native prairie  
- An oxbow and ponds  
- Riparian habitat  
- Wildlife  
- Transitioning to native grasses
Rematriating Iowa’s Historical Prairie: Combining Historical Management Techniques to Foster Modern Conservation

Join prairie rematriation advocate and consultant Shelley Buffalo of the Meskwaki Tribe as she leads attendees on a prairie tour. This field day will be held at the Neal Smith National Wildlife Refuge in Prairie City, Iowa, and will consist of an indoor nature center tour and an outdoor prairie walk. Shelley will discuss how to holistically manage prairie landscapes to support biodiversity. She will also discuss the cultural relevance Iowa’s prairie had, and still has, to the Meskwaki and other local Tribes. The outdoor trail is paved and wheelchair-accessible.

Wednesday, June 28
10 a.m.–2 p.m.
Neal Smith National Wildlife Refuge
9981 Pacific St.
Prairie City, IA 50228

HOST
Shelley Buffalo

RSVPs appreciated at practicalfarmers.org/field-days

MEAL
A lunch featuring Meskwaki traditional food will follow the indoor tour.

SPONSORS
Prudenterra
Women, Food and Agriculture Network (WFAN)

See & Discuss

- Prairie restoration
- Cultural and historical prairie management
- Fire management practices
- Wildlife (bison, birds, insects and more)
- Soil and water quality
- Implementing historical practices for modern conservation

LOCATION NOTES
Attendees may park in front of the visitor center at Neal Smith National Wildlife Refuge.
Drilling Down on Oat Varieties, Double-Crop Soybeans and Rotational Grazing

Friday, July 7
10 a.m.-Noon

18359 590th St.
Fonda, IA 50540

HOSTS
Neil & Elizabeth Peterson and sons Paul & Timothy | Clover Lane Farm

RSVPs appreciated at practicalfarmers.org/field-days

Neil Peterson raises corn, soybeans, small grains and cattle at Clover Lane Farm near Fonda, Iowa, with his wife, Elizabeth, and sons Paul and Timothy. Neil plants oats using no-till with an underseeding of red clover before corn, then harvests the oats using both a combine and a swather. He rotationally grazes 50 cows on 20 acres of former row crop ground converted to pasture and directly markets beef to customers through local lockers. In addition to the topics listed, attendees may even catch a swather ride.

See & Discuss

- Oat varieties from the oat variety trial
- Double-cropped rye and soybeans
- Converting row crops to pasture
- Rotationally grazed cattle

MEAL
Lunch will follow the field day.

HOST CONTACT INFO
Facebook: Clover Lane Farm

SPONSORS
Albert Lea Seed
Grain Millers Inc.
Greg Padget runs Plaid Perch, a farm dedicated to raising heritage livestock and providing a nurturing environment for his family. Shetland and Romeldale CVM sheep are both raised for breeding stock and their wool is sold to fiber artists and crafters. In addition to sheep, Greg and his husband, Travis, raise laying hens and beef cattle.

This is a hands-on shearing workshop. For safety and logistics reasons, attendance is limited to 12 and registration is required. No walk-ins.

Saturday, July 8
11 a.m.–2:30 p.m.
4965 Highway 14 East
Newton, IA 50208

HOST
Greg Padget
Plaid Perch

RSVPs REQUIRED at practicalfarmers.org/field-days

MEAL
Lunch will follow the workshop.

HOST CONTACT INFO
Facebook: Plaid Perch
Instagram: @plaidperch

SPONSOR
Premier 1 Supplies

See & Discuss
- Shearing for a small-scale herd (less than 50 head)
- Preparing for your shearer to arrive
- Traditional ram shearing with a professional shearer
- Hand-shearing Shetlands on a stand (tutorial from Greg)
- Crutching
- Stations to try shearing firsthand
The Hundlings operate a diversified farm in western Iowa. They raise sheep and goats for direct-to-consumer sales; pigs and cattle for Niman Ranch; and grain. They also enjoy trying out new production systems and technology, including Nofence collars on their sheep. Brice and Melanie believe that having both grain and livestock on a farm is important for environmental well-being and as a way to be more economically viable. They also try to raise as much of their food as possible and model healthy eating habits for their children.

**Saturday, July 8**
**3–5 p.m.**

**11879 Birch Ave.**
**Breda, IA 51436**

**HOSTS**
**Brice & Melanie Hundling**
**Hundling Family Fresh Foods**

**MEAL**
Dinner will follow the field day.

**HOST CONTACT INFO**
Facebook: Hundling Family Fresh Foods

**SPONSORS**
Niman Ranch
Nofence

**See & Discuss**
- Nofence’s pilot program
- Grazing cover crops with sheep and goats
- Raising Niman Ranch pigs and cattle
- Growing your own livestock feed
- Planting an edible windbreak with NRCS funds

RSVPs appreciated at practicalfarmers.org/field-days
Purgatory Creek: A Tale of Oxbow Restoration on a Legacy Farm

RSVPs appreciated at practicalfarmers.org/field-days

Wednesday, July 12
Noon–2 p.m.
33031 110th St.
Lohrville, IA 51453

HOSTS
Kathy & David Law

Kathleen Law's family farm is a 300-acre corn, soybean and cattle operation near Lohrville, Iowa. Kathleen has been farming the acreage since the 1970s, alongside her husband, David. In the last several years, the pair has worked with the U.S. Fish and Wildlife Service to restore an oxbow on their land to provide additional habitat for wildlife. Come hear from Kathleen and David as they discuss their experience with oxbow restoration and the reintroduction of Topeka shiner, a federally endangered species, into Purgatory Creek.

LOCATION NOTES

Please park in the field with the two round corn cribs (enter the field on the north side of 110th Street / County Road E13), near the intersection of 110th Street / Co Rd E13 and Zephyr Avenue.

SPEAKER
Darrick Weissenfluh – U.S. Fish and Wildlife Service

MEAL
Light refreshments will follow the field day.

SPONSOR
Iowa Agriculture Water Alliance

See & Discuss

- Oxbow restoration
- Water quality and stream health
- Habitat restoration for wildlife diversity
- Restoration programs and conservation initiatives
- Floodwater drainage and storage
- Endangered species: Topeka shiners
- Tiled vs. non-tiled oxbows
Natasha Wilson runs West Fork Farmstead with her parents in West Chester, Iowa. Together, the family is building a pasture-based rotational grazing system that prioritizes happy and healthy livestock while also caring for the land and their community. West Fork Farmstead offers grass-fed beef, heritage pork, pastured chickens, chicken and duck eggs and raw honey.

MEAL
Lunch will follow the field day.

HOST CONTACT INFO
westforkfarmstead.com
Facebook: West Fork Farmstead
Instagram: @westforkfarmstead

SPONSOR
Premier 1 Supplies

LOCATION NOTES
Google Maps will direct drivers down Hemlock Avenue, part of which is permanently closed. To avoid this closure: When driving from the north, use Hickory Avenue. Turn south onto Hickory Avenue, right onto Lexington Boulevard and then left (south) to rejoin Hemlock Avenue.
Agritourism and Orcharding With an Ecological Focus at Wills Family Orchard

Friday, July 14
10 a.m.-Noon

33130 Panther Creek Road
Adel, IA 50003

HOSTS
Maury & Mary Wills
Wills Family Orchard

RSVPs appreciated at practicalfarmers.org/field-days

The enterprises at Wills Family Orchard near Adel, Iowa, are diverse, yet with a common thread of agritourism. With 5 acres of certified organic apples, 2 acres of conventional-ish apples, 1 acre of organic peaches, a sorghum-sudan grass (instead of corn!) maze, pumpkins and more, this farm is a family affair that draws about 7,000 customers annually. Learn about the goals and lessons of managing this multifaceted operation and how the farm has grown and changed over time.

See & Discuss

- Certified organic and “conventional-light” apple production
- IPM practices
- An on-farm apple processing facility
- A sorghum-sudan grass maze
- Organic peach production
- Diverse agritourism enterprises

MEAL
Apple cider donuts and light refreshments will be served.

SPONSORS

Iowa Organic Association
Iowa State University Organic Agriculture Program
OCIA Chapter 1 of Iowa
Minerva's Meadow near State Center, Iowa, is a 10-acre farm where Hannah Scates Kettler and her husband, Kurtis, are in their fourth growing season. Hannah uses no-till methods and natural products to grow hundreds of cultivars of cut flowers that she sells through farmers markets, subscriptions and – new this year – U-pick. Every bouquet Hannah makes also includes components of native plants harvested from the 2-acre prairie strip Hannah and Kurtis are establishing on their farm. Including these natives elevates their beauty and starts conversations about the value of native plants.

Sunday, July 16
2–4 p.m.

1149 190th St.
State Center, IA 50247

HOSTS
Hannah Scates Kettler & Kurtis Kettler
Minerva’s Meadow

MEAL
Light refreshments will follow the field day.

HOST CONTACT INFO
minervasmeadow.com
Facebook: Minerva’s Meadow Flower Farm

SPONSOR
Iowa Specialty Crop Growers Association

See & Discuss
• No-till cut flower production that highlights native plants
• Establishing a 2-acre prairie strip
• Learning to manage U-pick on a flower farm
Pollinators of the Iowa Prairie: Conservation 70 Years in the Making

Wednesday, July 19
9:30 a.m.–Noon
1562 Binford Ave.
St. Anthony, IA 50239

HOST
Carl Kurtz

RSVPs appreciated at practicalfarmers.org/field-days

Carl Kurtz operates a 180-acre farm near St. Anthony, Iowa, where he grows corn and soybeans on 75 acres. The remaining farm Carl has transitioned to native prairie and wetland, from which he harvests seed for his prairie seed business. At this field day, you'll enjoy a walking tour of the sprawling prairie. Carl will share his knowledge of prairie seeds and establishing prairie, and he'll discuss what landowners can do to promote insect and pollinator health and diversity.

Note: Attendees should be prepared to walk extensively through tall grass during the field day; motorized vehicles will not be available.

SPONSORS
Iowa Agriculture Water Alliance
Prudenterra

LOCATION NOTES
Please park on Binford Avenue and walk up the driveway to the yard.

SPEAKER
Ryan Schmidt – Iowa Natural Heritage Foundation

MEAL
Bring your blankets and lunch baskets! A bring-your-own picnic among the wildflowers will follow the field day.

See & Discuss
• Native prairie
• Native seed production
• Pollinators and beneficial insects
• Wetland species and ecosystem function
• Water quality
• Trees for pollinators
• The Conservation Reserve Program
• Conservation practices
• Wildlife
• Equipment for harvesting and seeding prairie
Patrick White and his father, Chuck White, farm corn, soy and cereal rye on 1,200 acres just west of Spencer, Iowa. They have practiced no-till since 2004 and used cover crops since 2013. Through their farm management business, Agriland, they help landowners get more involved in conservation in their area. At this field day, learn from Patrick and Chuck about the soil health benefits of cover crops and what incentives are available to landowners to help implement cover crops and conservation practices.

**SPONSORS**

- Albert Lea Seed
- Continuum Ag
- Iowa Natural Heritage Foundation

**LOCATION NOTES**

The field day will begin and end at the Clay County Fair Events Center Ballroom. We will take a bus to the farm for a portion of the field day.

**Wednesday, July 19**

**10 a.m.–Noon**

800 W 18th St.
Spencer, IA 51301

**HOSTS**

Patrick White & Chuck White

**SPEAKER**

Representative from Continuum Ag

**MEAL**

Lunch will follow the field day.

**HOST CONTACT INFO**

(712) 260-2387
agrilandinc@gmail.com
Facebook: Agriland Farm Management & Realty

**See & Discuss**

- Cover crop incentives for farmers and landowners
- A permanent clover plot
- A hardline irrigation system
- 15 acres of relay-cropped rye and soybeans
- Soil health benefits of cover crops
Denise O’Brien and Larry Harris of Rolling Acres Farm have spent the last 40 years transitioning Larry’s fifth-generation family farm from corn and soybeans to dairy and vegetable production. In 2020, they launched a greenhouse business selling farm-grown starter plants.

Join us at Rolling Acres Farm to learn about and try out vegetable-specific tools and implements ranging from hand tools to 2-wheel and small tractors. Denise and Larry will share their vegetable farming experience and their fellow farmer, Kent Morris, will share his considerable vegetable machinery expertise. Kent, Densie and Larry will try to accommodate specific tool and implement requests from attendees. Requests can be made through the PFI registration form for this event.

Following the event, attendees may take part in a farm transition meetup; tour Denise and Larry’s solar, straw-built house; or hop over to Kent’s farm to see more equipment.

**NOTE:** For safety and logistics reasons, participation in the hands-on portion of this event is limited to 20 people. Preregistration is required; no walk-ins.

**Sunday, July 23**

2-5 p.m.

59624 Chicago Rd.

Atlantic, IA 50022

**HOSTS**

Denise O’Brien & Larry Harris | Rolling Acres Farm | Kent Morris

**MEAL**

A meal for the community will follow the field day. The meal and after-dinner tour and discussion do not have an attendance limit. Register for the workshop, the meal or both.

**HOST CONTACT INFO**

rollingacres76.com

**SPONSORS**

Iowa Interfaith Power & Light
Iowa Specialty Crop Growers Association
Treffler-Man@Machine
Women, Food and Agriculture Network (WFAN)

**See & Discuss**

- Recycled and improvised containers for greenhouse plants
- Plows, tillers, planters
- Small-scale irrigation tools
- Small tractor-scale implements: mower, tiller, cultivator, water wheel planter
- Two-wheeled walk-behind machinery
- Hand-scale tools available
- Tool selection, use, maintenance and care
- Farm transition (after dinner)
- A passive solar, straw-built house (after dinner)
Playing the GAP Game:
Looking at On-Farm Food Safety

Monday, July 24
10 a.m.–Noon
681 State Route 1
Mt. Vernon, IA 52314

HOST
Donna Warhover
Morning Glory Farm

RSVPs appreciated at
practicalfarmers.org/field-days

Get ready for a scavenger hunt as farmer Donna Warhover hosts us at Morning Glory Farm, where we will gamify a mock on-farm food safety audit to maximize audience participation and learning. Hear from the ISU Extension and Outreach food safety team about what to expect from a Good Agricultural Practices (GAP) audit, and from Donna about the benefits of getting audited. GAP audits are a voluntary program run through the U.S. Department of Agriculture. Though voluntary, GAP certification is required by some institutional buyers, and it can be a helpful addition toward scaling up a vegetable farm.

SPEAKER
Representative from the ISU food safety team

MEAL
Lunch will follow the field day.

HOST CONTACT INFO
morningglory.community

See & Discuss

• On-farm food safety on a vegetable farm
• Preparing for a GAP audit
• GAP-friendly pack shed materials and processes

SPONSOR
Iowa Farmers Union
Zach Knutson farms near Zumbrota, Minnesota, where he has been converting row crop ground to perennial pastures one field at a time. He currently raises 30 cow-calf pairs and 14 ewes and their lambs, both of which he rotationally grazes on hay and grass pastures. He has used continuous cover crops like sorghum-sudangrass and winter cereal rye to transition ground from row crops to perennial pasture. During this whole-farm transition, he’s evaluating forage quality and soil properties in each field.

**See & Discuss**
- Converting row crops to perennial pasture
- Alfalfa and grass mixes for grazing and hay
- Rotational grazing with cattle on perennial pasture
- Continuous cover crops for transitioning how land is used
- Forage quality and soil testing data

**SPONSORS**
- Albert Lea Seed
- Goodhue County Soil & Water

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**RSVPs appreciated at practicalfarmers.org/field-days**

**Friday, July 28**
3–5 p.m.

46998 170th Ave.
Zumbrota, MN 55992

**HOSTS**
Zach Knutson & Brooke Calaway  
Knutson Shorthorns

**MEAL**
Dinner will follow the field day.

**HOST CONTACT INFO**
knutsonshorthorns.com  
Facebook: Knutson Shorthorns
RSVPs appreciated at practicalfarmers.org/field-days

Cathy Linker Lafrenz prioritizes adaptability in all aspects of her business. She raises no-till cut flowers on her nearly 1.8-acre farm, Miss Effie’s Country Flowers and Garden Stuff. To grow her flowers, she uses methods like “lasagna gardening” – a no-dig, no-till approach that builds soils from the ground up by layering different compostable materials. She also uses sustainable materials to construct supports for her crops.

To grow her business, Cathy has created a diverse income stream that includes cooking and baking classes, serving as a Hipcamp host, holding garden events and offering photography rentals. Join us for a fabulous afternoon learning about the joy that abounds with Cathy’s big personality on her little farm.

**MEAL**

Light refreshments will follow the field day.

**HOST CONTACT INFO**

misseffies.com
Facebook: Miss Effie’s Country Flowers and Garden Stuff

**See & Discuss**

- Running a U-pick flower operation
- No-till flower production methods
- Building resiliency with diverse income streams

**SPONSOR**

Iowa Specialty Crop Growers Association
Mark and his son, Lane, farm 2,000 acres near Craig, Nebraska, and use cover crops on about half of their acres. Together, they raise corn and soybeans and Lane operates his own cover crop seeding and custom application business. Mark advocates for clean water and healthy soils by promoting buffer strips and testing the soil and water on their farm. The Petersons have been using cover crops for nine years and hope to share with field day attendees how to get started and keep going with cover crops in Nebraska.

Monday, Aug. 7
10 a.m.–Noon
2410 County Road M
Craig, NE 68019

HOSTS
Mark & Jodi Peterson and Lane Peterson
Peterson Farms

MEAL
Lunch will follow the field day.

SPONSORS
Center for Rural Affairs
Grain Millers Inc.

RSVPs appreciated at practicalfarmers.org/field-days

See & Discuss

- Getting started with cover crops
- Improving water quality and soil health
- Soil-water holding capacity
- No-till fields
- Weed control with cover crops and herbicide reduction
- Buffer strips
THANK YOU TO OUR LEVEL B SPONSORS!

IOWA INTERFAITH
POWER & LIGHT

IOWA SPECIALTY CROP GROWERS ASSOCIATION

WARD Laboratories, Inc.
Ag Testing - Consulting

USDA Farm Service Agency
U.S. DEPARTMENT OF AGRICULTURE

IOWA STATE UNIVERSITY
Extension and Outreach
Whippoorwill Creek Farm produces grass-fed and finished beef and goat, vegetables and foraged wild mushrooms. The farm is a work in progress to make the ecosystem and the community around it more sustainable and vibrant. Come visit and share in the experience!

**LOCATION NOTES**

Google Maps gives an incorrect location about 0.2 mile west of the correct location. From the intersection of County Road H16 and 120th Street, go a half-mile west. Look for a blue house on top of the hill on the north side of the road.

**Thursday, Aug. 10**
**10 a.m.–Noon**

5655 120th St.
Lovilia, IA 50150

**HOSTS**
Beth Hoffman & John Hogeland
*Whippoorwill Creek Farm*

**RSVPs appreciated at**
practicalfarmers.org/field-days

**MEAL**
Lunch will follow the field day.

**HOST CONTACT INFO**
iowa-farm.com

**SPONSORS**
Iowa Farmers Union
Premier 1 Supplies

**See & Discuss**

- Grazing warm-season native perennials
- Establishing warm-season permanent pasture
- Grazing cool-season pasture
- Using goats for invasive species management
- Rotational grazing
The Merten family farm is a 2,200-acre corn and soybean farm in Austin, Minnesota. After taking over farm operations from his father in 1995, Joe has steadily been adding conservation strategies to the farm. In their fields, they are working to reduce tillage and nitrogen and looking at their field data for precision conservation opportunities. Through partnerships with Pheasants Forever and other organizations, Joe and his family have added habitat to environmentally sensitive areas throughout their operation, including installing wetlands, prairie and buffer strips and enrolling land in the Conservation Reserve Program.

Come hear from the Mertens about their past experiences, current projects and decision-making process to improve profitability through a lens of precision conservation on a row crop farm.

**LOCATION NOTES**

Attendees may park behind a large workshop nearest the road when they pull into the property.
Matthew 25 is an Iowa-based nonprofit committed to food, housing and education. The organization’s farm, Cultivate Hope Urban Farm, is a 2-acre farm near downtown Cedar Rapids, Iowa, that offers small farming and gardening plots to community members. Cultivate Hope farmers provide produce for the Matthew 25 corner store and the neighboring Groundswell Cafe. At this field day, you’ll tour the urban farm, learn about its history and mission and hear from farmers who grow for the Matthew 25 store.

Saturday, Aug. 19
1–3 p.m.
437 G Avenue NW
Cedar Rapids, IA 52405

HOST
Matthew Arndt
Matthew 25 Community Farm

MEAL
Lunch catered by Groundswell Cafe will follow the field day.

HOST CONTACT INFO
hub25.org
Facebook: @Matthew25MinistryHub
Instagram: @matthew25hub

See & Discuss
• Managing volunteers and shared spaces on a community farm
• The benefits and challenges of farming in an urban context
• Addressing land and food access in Cedar Rapids
• Strategies for youth and community engagement
• Practical tips for growing in small plots
• Growers’ favorite crops
• Farming as a community-building tool
• The relationship between Cultivate Hope Urban Farm, Cultivate Hope Store and the Groundswell Cafe
Attendees enjoy a meal at Chris Henning's field day on June 24, 2022 in Jefferson, Iowa. She received PFI’s Farmland Owner Legacy Award during the event.
The team of farmers at Sundog Farm loves equipment, and mechanization has been critical to increasing their efficiency as they scale up and add enterprises. Sisters Carmen and Maja Black and their farm partner, Helaina Thompson, are excited to share what they have learned about using and caring for different types of equipment on their vegetable farm. They are also eager to give beginners a chance to try these tools out and ask questions that can help them make decisions for their own farms.

Sundog Farm will try to accommodate specific tool and implement requests beyond what is listed. Requests can be made through the PFI registration form for this event.

This is a hands-on machinery and tool workshop. For safety and logistics reasons, attendance is limited to 20, and registration is required. No walk-ins.

SPONSORS
Iowa Specialty Crop Growers Association
Treffler-Man@Machine

MEAL
A lunch will follow this workshop from noon–1 p.m. After lunch, attendees are encouraged to stay for the Sundog Farm field day from 1–3 p.m. and a land access discussion from 3:30–4:30 p.m.

HOST CONTACT INFO
solonsundogfarm.com
Facebook: Local Harvest CSA
Collaborating to Scale Up Local Food Production

Sundog Farm raises and markets vegetables, flowers, sheep, goats, eggs and broilers spread across five farm locations that they own or rent from neighbors. This farm is scaling up their local food production through more enterprises, additional season extension and on-farm processing, including a new freeze-pack facility.

For Carmen, Maja and Helaina, collaboration is key to unlocking what is possible among farmers and landowners within a single operation and across a region. For this field day, we will tour Sundog Farm’s vegetable production, including the vegetable freeze-pack processing facility, and see firsthand how working together has opened doors for them.

Following the field day, the Sundog team is excited to help land seekers and landowners connect at a land access meetup from 3:30–4:30 p.m.

Sunday, Aug. 20
1–3 p.m.

5025 120th St NE
Solon, IA 52333

HOSTS
Carmen Black, Maja Black & Helaina Thompson | Sundog Farm

RSVPs appreciated at practicalfarmers.org/field-days

MEAL
Come early for lunch at noon and stay afterwards for refreshments and a conversation about land access.

See & Discuss
- Collaborating for land access
- Scaling up vegetable production
- Managing multiple enterprises
- An on-farm vegetable freeze-pack processing facility
Jim Fitkin raises corn and soybeans – and most importantly, popcorn – near Cedar Falls, Iowa. Starting with bagged kernels at some area Hy-Vees, Jim now sells Fit-Pop kernels, popped corn and microwave popcorn directly to consumers and through a number of retail outlets. At this field day, Jim will discuss the similarities between growing popcorn and field corn. He’ll also discuss popcorn variety selection, how to process popcorn for retail sales and marketing. Attendees will see popcorn growing in the field and Jim’s set-up for popcorn processing.

Monday, Aug. 21
10 a.m.–Noon

5400 Ford Rd.
Cedar Falls, IA 50613

HOSTS
Jim & Debbie Fitkin, daughters Lora & Jennifer Fitkin and Jim’s father, Wayne Fitkin

RSVPs appreciated at practicalfarmers.org/field-days

Lunch will follow the field day.

FIT-POP.com
Facebook: FIT-POP Popcorn

See & Discuss
- Selecting popcorn varieties
- Growing and marketing popcorn
- Popcorn processing infrastructure
- Year 1 of a research trial: perennial cover crops in corn-soy-popcorn
Whannel Farm is located near Traer, Iowa, and is owned by Margaret Stone and her two brothers. Their tenant raises about 150 acres of corn and soybeans; the remainder are 30 acres of established prairie (enrolled in the Conservation Reserve Program) and 20-plus acres of woodlands. Join the Stone family and ISU’s Tim Youngquist as they lead attendees on a tour of the farm’s prairie strips and hear the latest results from prairie strips research projects. Attendees also will see an oxbow restored by The Nature Conservancy, as well as a variety of native grasses and forbs.

**See & Discuss**
- Prairie strips
- An oxbow restoration project
- Pollinator habitat and species
- CRP management
- The latest prairie strips research from ISU
- Habitat diversity
- Soil and water quality
- A CRP wetland

**RSVPs appreciated at**
practicalfarmers.org/field-days
Zack Smith is the fifth generation on his farm in Winnebago County, Iowa. His operation is centered on conservation practices like strip-till and planting cover crops on 100% of his acres – which he has done since 2014 – along with innovative cropping experimentation. In 2020, he started work on the Stock Cropper project, a system of integrating livestock and crop production in the same field at the same time. Join Zack to learn about his unique system and how he’s integrating conservation into his farm.

**See & Discuss**

- The stock cropping system
- An autonomous ClusterCluck chicken tractor
- Wide-row corn spacing with cover crop mixes
- Integrating stock cropping with specialty crops like cucurbits

**MEAL**

Lunch will follow the field day.

**HOST CONTACT INFO**

thestockcropper.com

**SPONSOR**

Albert Lea Seed

**RSVPs appreciated at**

practicalfarmers.org/field-days

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**Saturday, Aug. 26**

**10 a.m.–Noon**

**4284 Hwy 9**

**Buffalo Center, IA 50424**

**HOST**

Zack Smith

*The Stock Cropper*
The Moest family farm, located in Winslow, Illinois, is owned and operated by brothers Ben and Grant Moest. Together, they farm just under 3,000 acres of non-GMO corn, food-grade soybeans and small grains used for seed and grain. They use cover crops on most of their acres and own and operate their independent pork business, High Plains Pork. Join them at this field day to gain practical insights into wheat and rye production, summer cover crops and more.

Thursday, Aug. 31
10 a.m.–Noon

11113 N Christian Hollow Rd.
Winslow, IL 61089

HOSTS
Ben Moest & Grant Moest
High Plains Grains

MEAL
Lunch will follow the field day.

HOST CONTACT INFO
ben.j.moest@gmail.com
(815) 291-4238

See & Discuss
• Wheat and rye production practices
• Summer cover crops following wheat and rye
• Post-harvest handling of rye
• On-farm uses for rye
• A relay-crop test plot with rye and soybeans

RSVPs appreciated at practicalfarmers.org/field-days
Cherry Lane Farm near Spirit Lake, Iowa, has seen big changes in recent years. Family matters and career changes, plus business pressures like labor shortages, have led Calvin and Krissy Thiessen to scale back their farm from diverse vegetable production to focus on microgreens and marketing. Through working with locally based Bonfire Marketing, the Thiessens created customized packaging that sets their products apart at area grocery stores. As the manager of the robust Farmers Market in the Park, which sees 3,000 visitors per week during the season, Krissy has unique insight, making their story about building a robust local food system a critical one in northwest Iowa.

See & Discuss
- Microgreens production
- Managing a farmers market
- Design and marketing for local food
- Building a local food system through partnerships and collaboration
- Balancing business ownership and family life

MEAL
Lunch will be served at noon.

HOST CONTACT INFO
Facebook: Cherry Lane Farm, LLC

SPONSOR
Farming for Public Health
Creating Space for Conservation and Regenerative Practices With Supportive Landowners

Josh Nelson operates Cardinal Creek Farm near Belmond, Iowa, a diversified regenerative family farm that grows rye, oats, corn and soybeans. He also raises a small herd of registered Scottish highland cattle and feeder pigs. At this field day, hear from Josh about ongoing conservation efforts on his farm, new practices he’s trying and how he has been able to engage with his landlords, Paul Thompson and Elena Meyer, on regenerative practices.

SPONSORS
Agronomy First
Albert Lea Seed
Continuum Ag
Farming for Public Health
Iowa Agriculture Water Alliance
Sunderman Farm Management Co.

LOCATION NOTES
The field day will be held across the street from the listed address. Follow signs for parking.

RSVPs appreciated at practicalfarmers.org/field-days

Friday, Sept. 8
12:30–2:30 p.m.
1243 Madison Ave.
Belmond, IA 50421

HOSTS
Josh Nelson & Family
Cardinal Creek Farm

SPEAKER
Dean Sponheim – Sponheim Sales & Seed
Knute Severson – Agronomy First

MEAL
Beverages will be provided.

HOST CONTACT INFO
Facebook: Cardinal Creek Farm

See & Discuss
• Bioreactor and conservation projects
• Diverse cover crop and crop rotations
• No-till soybeans and strip-till corn
• A roller-crimper trial
• Tenant-landowner relations to steward regenerative practices
Vander Wert Farms is a 340-acre corn and soybean farm in southeast Iowa, with 110 tillable acres. Owned and operated by seasoned farmer Jerry Vander Wert and his wife, Marie, the farm has 4 acres enrolled in the Conservation Reserve Program for the past seven years. Join the Vander Wert family for a tour of the riparian buffer strips, installed by the Mahaska County Soil and Water Conservation District, and a discussion of how the buffers benefit wildlife, soil and water. Don Willemsen, a neighbor and Mahaska County Soil and Water Conservation District commissioner, will join in to discuss the first steps to installing saturated buffers.

**SPEAKERS**

Joy Van Wyngarden, Myriam LaFreniere Landry and Don Willemsen – Mahaska County Soil and Water Conservation District

**MEAL**

Coffee and snacks provided by Mahaska County Soil and Water Conservation District will follow the field day.

**See & Discuss**

- Saturated buffers
- Soil and water quality
- CRP projects
- Wildlife habitat
- Game bird habitat
- Precision conservation on a traditional row crop farm
- No-till row crops

**SPONSOR**

ADM re:generations
Dayna Burtness runs Nettle Valley Farm in Spring Grove, Minnesota. With help from her husband Nick Nguyen, Dayna finishes about 75–80 pigs each year on diverse, pollinator-oriented annual and perennial pastures using a barn-plus-pasture hybrid model. Nettle Valley Farm also has an incubator farm program, pastured egg layers and seasonal brush goats.

**SPONSORS**
- Albert Lea Seed
- Nofence
- Riverside Feeds, LLC

**LOCATION NOTES**
Enter “Nettle Valley Farm” into Google Maps, rather than typing in the the address (doing that will give incorrect directions). The correct location is just east of the T intersection where Crystal Creek Road meets County Road 18 and County Road 19.

**See & Discuss**
- Pastured pigs
- Wagon wheel hub pasture design
- Supporting pollinators with goats and pigs
- Nofence collars on goats

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**Pastured Pigs in a Wagon Wheel Pasture at Nettle Valley Farm**

**Saturday, Sept. 9**
10 a.m.–Noon

23970 County Road 19
Spring Grove, MN 55974

**HOSTS**
Dayna Burtness & Nick Nguyen
Nettle Valley Farm

RSVPs appreciated at practicalfarmers.org/field-days

**MEAL**
Lunch will follow the field day.

**HOST CONTACT INFO**
nettlevalleyfarm@gmail.com
nettlevalleyfarm.com
Humble Hands Harvest is a worker-owned cooperative farm with 2-plus acres of organic vegetables, grass-finished lamb, pastured pork and perennial crops. Co-farmers Hannah Breckbill and Emily Fagan have been on a journey toward no-till vegetable production to increase the resiliency of their farm. Come learn from their experiences with no-till methods, including how it has affected their soil quality and what they are excited to try next.

**See & Discuss**

- Methods and challenges of transitioning to no-till vegetables
- Tarping, crop rotation, bed management and tools
- Introducing perennial crops and native plants
- Pasture management for sheep and pigs
- Prairie management

**MEAL**

Attendees are encouraged to stay for PFI's Farmland Owner Legacy Award celebration, with dinner at 6 p.m.

**HOSTS**

Hannah Breckbill & Emily Fagan
Humble Hands Harvest

**HOST CONTACT INFO**

humblehandsharvest.com
Facebook: Humble Hands Harvest
Instagram: @humblehandsharvest

RSVPs appreciated at practicalfarmers.org/field-days
Join us to celebrate the founders of Hidden Falls, LLC at Humble Hands Farm in Decorah, Iowa. Members of the LLC, comprising 16 households that joined together in 2014, will share how they developed a business partnership that successfully purchased and transferred an environmentally sensitive piece of farmland to Hannah Breckbill and Emily Fagin of Humble Hands Harvest.

Guests will have a chance to take part in casual tours of the farm. For those more interested in learning about specific production practices, consider attending Hannah and Emily’s production-focused field day earlier in the day and staying for the dinner and celebration. During the celebration, PFI will award Hidden Falls, LLC with the 2023 Farmland Owner Legacy Award.

**MEAL**
Dinner will be served at 6 p.m.

**HOSTS**
Practical Farmers of Iowa
Hannah Breckbill & Emily Fagan
Humble Hands Harvest

*Hidden Falls, LLC founding members, including: Steve McCargar, Heidi Swets, Perry-O and David Sliwa and more. A full list of Hidden Falls, LLC founders will be recognized during the event.*

RSVPs appreciated at practicalfarmers.org/field-days

Sunday, Sept. 10
5–8 p.m.

2741 Hidden Falls Rd.
Decorah, IA 52101
Rory and Lynette Van Wyk own and operate RoLyn Hills Farm with daughters Annika and Emma near Winterset, Iowa. They raise grass-fed beef and lamb and pastured pork and poultry. Currently, Rory and Lynette are experimenting with spreading Johnson-Su compost extract – a compost method that requires little manual labor, no turning and produces no odors – on pasture with a goal to improve the health of their land, livestock and community by restoring soil health. Join the Van Wyk family to learn about this unique composting method, how to visually assess soil and more at this soil health-focused event.

**LOCATION NOTES**

Google gives an incorrect location about a quarter-mile west of the farm. From U.S. 169, turn west onto 148th Street and go 0.2 mile. The farm is on the south side of the road.
Mariel and Anthony Barreras operate Barreras Family Farm, in Washington County, Nebraska, raising cattle, pigs, chickens, turkeys and pastured eggs, along with seasonal fruit and vegetables marketed through a CSA. They also run a farm-to-table market in Omaha, The Barreras Farm Market, that sells their products and the products of nearby farms. In their endeavors, Mariel and Anthony are both farmers and teachers who are finding new ways to serve their community.

LOCATION NOTES
Inputting the listed address will bring you to neighboring properties. Instead, enter “Barreras Family Farm” into Google Maps. The driveway is on the north side of County Road P30. Look for the Barreras Family Farm sign on the farm gate.
Tracy Skaar grows corn, soybeans, oats and hay with his son, Mic, on a combined 850 acres in Hayward, Minnesota. Half of their beans are no-tilled with a cereal rye cover crop, and their oats are underseeded with a mix of red clover and non-dormant alfalfa. This year, Tracy is involved in a PFI Cooperators’ Program trial testing termination dates after planting soybeans into green rye cover crops.

**Cooperators’ Trial With Soybeans Planted Green, Legume Covers and Strip-Till Corn**

**Monday, Sept. 18**

10 a.m.–Noon

18809 810th Ave
Hayward, MN 56043

**HOSTS**

Tracy & Sue Skaar and Mic Skaar

**MEAL**

Lunch will follow the field day.

**SPONSORS**

Albert Lea Seed
Northern Country Coop

**LOCATION NOTES**

The field day will be held ¼-mile south and west of the listed address (around the corner). Directional signs will indicate where to park.

**See & Discuss**

- Corn planted green into fall strip-tilled alfalfa
- No-till soybeans planted green
- Legume cover crops following an oat crop
- A PFI Cooperators’ Program research plot: Planting green with soybeans
Aaron Alons raises grass-fed and -finished beef, selling directly to consumers. He has 30 cow-calf pairs and 30 feeder calves. Working with the Natural Resources Conservation Service, he has transitioned two row crop fields to perennial pastures in the last three years. Aaron is also partnering to graze his cattle on 114 acres farmed by Andy Getting, who raises organic row crops including corn, soybeans, oats and hay. Andy’s farm is in year two of organic transition and is planted to oats with a cover crop that will be grazed by Aaron’s cattle after oat harvest.

**See & Discuss**
- Transitioning row crops to permanent pasture
- Grazing cover crops
- Using EQIP for grazing infrastructure
- Testing for microbiology and soil health
- Small grains with cover crops used for grazing

**LUNCH**
Lunch will follow the field day.

**HOST CONTACT INFO**
Tuesday, Sept. 19
10 a.m.–Noon
2266 Olive Ave.
Ashton, IA 51232

HOSTS
Aaron Alons & Andy Getting
Tallgrass Cattle Company

RSVPs appreciated at practicalfarmers.org/field-days

LOCATION NOTES
The field day is across the road from the listed address.
Scott Schultz and his family farm on 200 acres near Watertown, Wisconsin, rotating corn, soybeans and wheat with diverse cover crop mixes – including rye, oats, vetch and red clover – between each cash crop. Scott also raises 30 beef cows in his cow-calf operation that he'll graze on cover crops, and he bales covers, like his clover, for feed. Join Scott to learn about farming with diverse covers and integrating livestock and cover crops. You’ll also have a chance to see a drone demonstration led by neighbor, drone pilot and custom applicator John Pernat.

**LOCATION NOTES**

The farm is 1 mile south of the Bennett Barn wedding venue.

**RSVPs appreciated at practicalfarmers.org/field-days**

**See & Discuss**

- Cover crop mixes following wheat
- Cover crop mixes between cash crops
- Grazing cattle on cover crops
- Custom equipment for cover crops and small grains
- A drone demonstration
RSVPs appreciated at practicalfarmers.org/field-days

Lifetime PFI members Mark and Melanie Peterson farm about 500 acres of corn and soybeans at Bent Gate Farm near Stanton, Iowa, and are among PFI’s top cover crop champions. Mark is a past board president of PFI and served on PFI’s board of directors for nine years. Mark and Melanie are in the process of renting and transferring some of their acres to their son, Monroe, as he expands his hay business. Come and discuss cover crop successes, challenges, bright ideas and what we can leave for the next generation.

See & Discuss
• Aerially seeding cover crops
• Cover crop strategies for corn and soybeans
• A nitrogen reduction trial with PFI’s Cooperators’ Program
• Transferring the farm to the next generation

LOCATION NOTES
“N” is the name of the Avenue, not an abbreviation for “North.”
At Flavor Country Farm, Kevin Novak produces 800 pounds of mushrooms each week and markets them to chefs in Omaha. The farm also includes microgreens, tomatoes and a handful of other vegetables. Visit Kevin’s lab and production facility, hear what it takes to work with this system at this scale and learn from a chef-turned-farmer about his unique operation and marketing approach.

**MEAL**

A mushroom tasting and light refreshments will follow the field day.

**HOST CONTACT INFO**

flavorcountryfarms.com

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**RSVPs appreciated at practicalfarmers.org/field-days**

**Friday, Oct. 6**

1–4 p.m.

27124 Ski Hill Loop
Honey Creek, IA 51542

**HOST**

Kevin Novak
*Flavor Country Farm*

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**See & Discuss**

- Mushroom culture, fruiting and harvest
- Microgreens production
- Marketing to chefs

**SPONSOR**

Iowa Specialty Crop Growers Association
Early Morning Harvest, located in Panora, Iowa, is a unique aquaponic, produce and grain farm owned and operated by father-son team Earl and Jeff Hafner. The Hafners grow corn, soybeans, wheat, rye and buckwheat that they stone-grind into flours, meals and cereals. They also raise and market honey and eggs. This field day will take place on the same day as their annual open house and will explore the growing and milling of their small grains.

**See & Discuss**

- Milling (stone-grinding) small grains
- Creating grain products
- Getting value-added products ready for market
- Marketing locally raised products
- Value-added small grains products and market options

**SPONSORS**

- Farming for Public Health
- Iowa Organic Association
- Iowa State University Organic Agriculture Program
- OCIA Chapter 1 of Iowa

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**Saturday, Nov. 18**

**2–4 p.m.**

**2425 Willow Ave.**

**Panora, IA 50216**

**HOSTS**

Jeff Hafner & Earl Hafner

*Early Morning Harvest*

**MEAL**

Dinner will follow the field day.

**HOST CONTACT INFO**

earlymorningharvest.com

Facebook: Early Morning Harvest

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RSVPs appreciated at practicalfarmers.org/field-days
ACKNOWLEDGEMENTS

Thank you to the organizations, businesses and agencies who provide funding for our field day season:

- ADM
- Cargill
- Cedar Tree Foundation
- Ceres Trust
- McKnight Foundation
- Oatly
- PepsiCo
- Prime Pursuits
- Unilever
- W.K. Kellogg Foundation
- Walmart
- Walton Family Foundation
- National Fish and Wildlife Foundation and the U.S. Department of Agriculture, under agreement number 2004.22.074823
- National Fish and Wildlife Foundation and U.S. Department of Agriculture under grant ID 2004.22.075401 and agreement number 75401
- U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM22SCBPIA1134 under contract # SCBG-1430-4
- U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM22SCBPIA1134 under contract # SCBG-1430-1
- USDA National Institute of Food and Agriculture, project 2020-03788
- U.S. Department of Agriculture, under agreement number NR213A750013G024
- U.S. Department of Agriculture, under agreement number NR226114XXXXG004
- NRCS CIG, through a subaward with Pheasants Forever (agreement # NR223A750013G028)
- Financial support from U.S. EPA under an Assistance Agreement

The views and conclusions contained in this document are those of the authors and should not be interpreted as representing the opinions or policies of the U.S. Government or the National Fish and Wildlife Foundation and its funding sources. Mention of trade names or commercial products does not constitute their endorsement by the U.S. Government, or the National Fish and Wildlife Foundation or its funding sources. USDA is an equal opportunity provider, employer, and lender.
BECOME A MEMBER TODAY!

PFI MEMBERSHIP

Our inclusive organization represents a diversity of farmers, friends of farmers and farmland owners who guide PFI’s priorities and lead our programming. Farmers in our network represent a range of experience levels and production practices, raising corn, soybeans, livestock, fruits and vegetables, hay, small grains and more.

We invite you to join our expanding network and take part in an open exchange of practical information to improve our farms and communities.

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Membership For</th>
<th>Annual Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Access</td>
<td>Individuals who are current students, retired or beginning farmers, others on fixed or limited incomes and those who want to try us out</td>
<td>$25</td>
</tr>
<tr>
<td>Individual</td>
<td>Individuals</td>
<td>$50</td>
</tr>
<tr>
<td>Farm / Household</td>
<td>All members of farm families and any farm employees</td>
<td>$60</td>
</tr>
<tr>
<td>Organization</td>
<td>Non-farming businesses, agencies and departments; benefits cover up to three employees</td>
<td>$110</td>
</tr>
<tr>
<td>Lifetime</td>
<td>Individuals or families who would like to make a lifetime commitment *terminates with the primary members; excludes businesses</td>
<td>$1,200</td>
</tr>
</tbody>
</table>

MEMBER BENEFITS

• A subscription to our quarterly magazine, the Practical Farmer, full of inspiring stories, on-farm research results, innovative projects, member profiles and more

• Invitations to 100+ (virtual and on-farm) events annually, with steep discounts to our annual conference and other events

• Eligibility to participate in our members-only email discussion groups to share ideas, resources and tools with one-another. Discussion groups include Announcements, Field Crops, Horticulture, Livestock and Perspectives

• Eligibility to participate in our Cooperators’ Program and to design and conduct on-farm research projects exploring questions you want to answer for your farm

• Eligibility to participate in Labor4Learning, our program for aspiring farmers, and our Savings Incentive Program for beginning farmers

• Opportunities to serve as a farmer leader, with stipends for sharing your knowledge as an event host, speaker or mentor

• The ability for your farm to be listed in our public Local Foods Directory, or your organization to be listed in our Business Directory, which can help you find new customers and markets for your products

• The chance to become part of a network of people who share our vision for healthy soil, healthy food, clean air, clean water, resilient farms and vibrant communities – and to help guide the focus of our farmer-led organization

INTERESTED?

Visit practicalfarmers.org/join-or-renew or fill out the following page and send it to our office.
When you join our email discussion groups, you can network, build community and exchange ideas from anywhere, at any time. Sign up for as many groups as you’d like (and be sure to include your email address above)!

MEMBER INFORMATION

Contact Name(s)*: 

Farm or Organization Name: 

Address: 

City: State: ZIP: County: 

Phone: Email: 

* For Farm or Household membership, please list names of all persons included. For Organization membership, you may list up to three contact persons.

JOIN OR RENEW

1. I am joining at the level of: 
   - [ ] Access – $25
   - [ ] Individual – $50
   - [ ] Farm or Household – $60
   - [ ] Organization – $110
   - [ ] Lifetime Member* – $1,200

2. Which category best describes you? (choose one)
   - [ ] Farmer or farm operator
   - [ ] Not farming yet, but would like to
   - [ ] Farmland owner who does not actively farm myself
   - [ ] Other: 

3. How many years of farming experience do you have?
   - [ ] 0
   - [ ] 1–5
   - [ ] 6–10
   - [ ] 11 or more

4. How did you hear about PFI?

MEMBER BENEFITS

When you join our email discussion groups, you can network, build community and exchange ideas from anywhere, at any time. Sign up for as many groups as you’d like (and be sure to include your email address above)!

- [ ] Announcements
- [ ] Perspectives
- [ ] Field Crops
- [ ] Horticulture
- [ ] Livestock

Please add my farm to PFI’s:
   - [ ] Local Foods Directory
   - [ ] Business Directory (Organization members only)

SUSTAIN PRACTICAL FARMERS WITH AN ADDITIONAL DONATION

For the sake of the long-term health and vitality of Practical Farmers of Iowa, we ask you to consider making a donation above and beyond your membership fee. Practical Farmers of Iowa is a 501(c)3 organization. Your gift is tax deductible to the extent allowed by law.

I would like to make a one-time, tax-deductible donation to PFI in the amount of: $1,000 $500 $250 $100 $50 $________________

Or, make a recurring monthly or quarterly donation. This will be automatically charged to your credit card on the first day of each month or quarter.

- [ ] Yes, I would like to give $________________ per month OR [ ] per quarter

PAYMENT

Membership Level $________ per year for _____ year(s) = $________

Additional Donation $________

TOTAL AMOUNT $________

- [ ] Check or money order is enclosed (Please make payable to "Practical Farmers of Iowa.")
- [ ] Credit card (Visa, MasterCard or Discover only)

Name on card __________________________ Number __________________________

Exp. Date __________ CVC# (3 digits) __________ [ ] Please automatically charge this credit card annually for membership

Office Use Only: Check # ______ Check date ______ Total amount ______ Notes __________________________
PAST FIELD DAY SEASON HIGHLIGHTS

Wischover field day, 2017

Alexander field day, 2019

Paez field day, 2014

Raasch field day, 2015

Stolee field day, 2022

Jonas field day, 2022

Jensen field day, 2016

Deal field day, 2018