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**ONTRACT/GRANT/AGREEMENT NO:** 2009-49400-05967 **PROPOSAL NO:** 2009-03858

TART: 01 SEP 2009 TERM: 31 AUG 2012 RANT AMT: \$639,301 GRANT YR: 2009

NITIAL AWARD YEAR: 2009 NVESTIGATOR: Adams, A. J. ERFORMING INSTITUTION:

OLISTIC MANAGEMENT INTERNATIONAL

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## MPOWERING BEGINNING WOMEN FARMERS IN THE NORTHEAST THROUGH WHOLE FARM PLANNING

ION-TECHNICAL SUMMARY: This Standard BFRDP Project will empower beginning women farmers in the Northeast y teaching them entrepreneurship and business planning skills, whole farm planning, and profitable sustainable vestock and crop farming practices. Beginning women farmers are our target audience as they are a growing opulation of principal operators in the northeast and many are supported through existing networks such as Women' griculture Networks (WAgN) and Beginning Farmers groups. These existing networks provide a community to ontinue skill building after the project is complete, thus offering an element of post project sustainability. Up to 270 omen farmers throughout the Northeast will be trained in the topics identified above using an experiential curriculum and mentored through their state associations. Six participants will also be trained as whole farm trainers for the ngoing success of this program. Our program seeks an 80% participant retention over the three years and the ontinued participation in association meetings after the end of the grant. This program will measure success in a ariety of manners, but the primary targeted outcomes include an increase in the participants' farm profitability, nproved quality of life on their farms, and improved farm environmental conditions. These three primary outcomes ill achieve the stated purpose of this program, "to provide beginning farmers and their families with the appropriate nowledge, skills and tools needed to make informed decisions, with the goal of enhancing their success." We believe not our program will help these farmers to be successful in both the short and long term.

**BJECTIVES:** The program teaches an intentional whole farm planning framework which helps farm families integrat ne dynamic relationships of the economic, social, and ecological factors into their management decisions. Infused in nis program are sessions to help farmers learn and implement sustainable cropping and livestock production skills in ddition to the whole farm planning and entrepreneurial focus. The Empowering Beginning Women Farmers in the ortheast Through Whole Farm Planning project's long term goals are to: 1) Expand the knowledge of whole farm lanning among beginning women farmers in the Northeast. This newly acquired knowledge will be translated into nanagement actions that will improve the participants' land stewardship practices, their farm profitability, and the uality of life on their farms. 2) Improve land health and water quality on Northeast farms by developing a beginning armer program in WAgN networks that specifically focuses on whole farm planning and environmental monitoring and ecord keeping. 3) Strengthen healthy, safe, local food production by training beginning women farmers in profitable ustainable agricultural practices and whole farm planning skills resulting in more viable farms. 4) Building community or the growing population of women farmers so they can assist each other during and after this program. 5) Create a uccessful model for teaching beginning women farmers whole farm planning, so this model can be replicated in other tates and regions. Supporting objectives for this project are: 1) Up to one hundred and eighty beginning women armers will be selected from throughout the Northeast. 2) These women will be trained and mentored in whole farm lanning over the course of three years in six states. 3) During the second and third year of training, program articipants will share their knowledge within their women's networks. 4) Six whole farm planning trainers will be ained during years two and three of the program. These trainers will be selected from people skilled at working with eginning women farmers. 5) Online support such as webinars will provide a forum for continued education between ainees and throughout their learning communities during years two and three. 6) A conference will be held at the onclusion of the program to share participants' learnings and to continue to build community for these participants. PPROACH: The approach taken for this program is four-fold: 1) Offer local instruction and mentorship in whole farm lanning and sustainable farming practices to beginning women farmers (more details of curriculum are noted in meline below). 2) Work with already established women's networks 3) Train key individuals within the omen's/small farm network in the Northeast to continue to service the program after grant funding terminates. 4)

ontinue to build the program over the three-year period in that region Farmers will be recruited via flyers, listserves, neetings from within the network of WAgN, land grant institutions, NRCS, RC&D, Small Farm Programs, Beginning armer Programs, and NGO's. A total of 90 farmers will be recruited initially. 15 farmers from the six states where we ave Local Coordinators committed (ME, VT, CT, MA, NH, & NY). Other states in the Northeast (particularly PA & RI) ill also be notified of this opportunity, so women from those states can also apply for this program. These 90 women ill have the opportunity to continue throughout the three-year program, in turn serving as mentors or support to ther women in the community who may also choose to come into the program. A total of 270 women farmers will otentially be influenced through this program as participants who will share this information with other farmers. hroughout the three-year program, we will also be offering webinars for beginning women farmers from other egions. Likewise, a conference at the end of the program will be advertised through a variety of outlets so beginning omen farmers and those who serve that population can learn from this experience. Moreover, six whole farm trainer ill complete a two-year training program to provide continued support to each of the six states after the grant eriod. Some of the programming will take place onsite at farms, such as field day tours, but with no hazardous ctivities planned. Four of these farm tours will be held each year and will integrate more of the land-based curriculum uring those visits as well as including such activities as pasture walks, observation of sustainable cropping practices, r new techniques and technologies used by regional farmers. Evaluation of this program will be three-fold: 1) ormative Evaluation: This will focus on assessing the effectiveness of the educational methods, the program format, ssess whether the learning objectives were met. 2) Summative Evaluation: This will focus on assessing the action utcomes resulting in terms of new behavior changes and the impacts that result from these behavior changes, such s increased profitability, improved quality of life, and improved environmental conditions. 3) Evaluation of Network uccess: Evaluation of networks created for these programs and networks' abilities to self-sustain. The end-of-session valuations and web-based surveys will be done using HMI staff skills and knowledge in evaluation. Tool development nd follow-up phone surveys will be assisted through a contracted evaluation consultant.

**ROGRESS:** 2009/09 TO 2012/08

UTPUTS: From 2009 through 2012, 270 beginning women farmers were trained in 6 states (Connecticut, New ampshire, Vermont, New York, Massachusetts, Maine). 180 one-day training sessions were held to help these armers develop a whole farm plan (72 of these sessions were on-farm). Curriculum included: Whole Farm Goal, Onarm Decision-Making, Time Management, Financial Planning, Business Planning, Marketing, Leadership and ommunication, Land Planning, Grazing Planning, Biological Monitoring and Soil Fertility. One end of program, twoay conference was held in March 2012 with over 200 participants attending, 11 Whole Farm Planning Trainers were ained to the curriculum to support this program moving forward. 15 webinars/teleconferences to support instructors nd participants were offered with an average of 8 participants attending. There were 13 collaborating organizations t upport the program. One listserve was managed for the 3 years to allow for cross state communication with over 000 messages sent during that time. Six management clubs were started by participants and supported by ollaborators to continue the farmer-to-farmer learning after the program. Six state coordinators were trained to pordinate the program for their state. 16 biological monitoring sites of participant farmers were developed to monitor nvironmental improvement on their land. 22 articles and 92 web pages referencing the program and/or participants the program were written and disseminated. Revision of goal setting and financial planning manuals from lessons earned from the program and those manuals made available to the public as free downloads from the HMI website. MI developed a beta version of an online course for financial planning using the curriculum from this program to upport beginning farmer and rancher education. PARTICIPANTS: Project Director was Ann Adams from HMI. Project valuator was Seth Wilner of University of New Hampshire. Phil Metzger of Central New York RC and D was Regional irector. Lauren Lines later took over his role from the same agency. State Coordinators were: Jessie Schmidt (VT), ail Chase (ME), Kate Kerman (NH), Devon Whitney-Deal (MA), Lauren Lines (NY), Deb Legge (CT). Whole Farm lanning Trainers trained and or used as instructors for the program were: Mary Johnson (MA), Lucy McKain (MA), essie Schmidt (VT), Calley Hastings (VT), Gail Chase (ME), Diane Schivera (ME), Ellen Gibson (ME), Elysa Bryant CT), Dean Bascom (NH), Kate Kerman (NH), Lauren Lines (NY), Erica Frenay (NY), Phil Metzger (NY), Seth Wilner NH), Crystal Stewart (NY), Sherry Simpson (CT). Collaborating Organizations were: University of Vermont Extension, niversity of New Hampshire Extension, Community Involved in Supporting Agriculture (MA), Central New York RC&D mall & Beginning Farmers of New Hampshire, Women's Agricultural Network-Maine, Cornell University, Northeast rganic Farming Association (NOFA)-Connecticut, New Hampshire NRCS, Maine Organic Farming & Gardening ssociation, Maine Agri-Abilities, University of Massachusetts, Hudson-Mohawk RC&D. Professional development pportunities was for collaborators and instructors to be trained as Whole Farm Planning Trainers (a two-year program nat focuses on effective facilitation of the Holistic Management framework as a whole farm planning tool. TARGET UDIENCES: The primary target market for this program was beginning women farmers. All were considered small arm operators or farm workers. Efforts of this program was to produce knowledge change, leading to intended ehavior change and finally actual behavior change that resulted in improved quality of life, finances, and land roduction. HMI's curriculum is experentially based with a strong component of small group work and mentoring that esults in actual plans developed and the opportunity for attendant results (as evidenced in post survey responses). lanagement clubs for continued learning after the program are also established to encourage on going practice and einforcement. Lastly, outreach and dissemination efforts were developed to increase knowledge of the results chieved by the program and encourage other beginning women farmers. PROJECT MODIFICATIONS: Nothing ignificant to report during this reporting period.

**MPACT:** 2009/09 TO 2012/08

esults from the program are as follows. Percentage averages of participants who increased their knowledge for the ollowing management skills over 3 years (based on N=270 to N=180 depending on course) were: Whole Farm Goal etting (97); On-Farm Decision Making (93); Time Management (97); Financial Planning (89); Marketing (56); usiness Planning (71); Land Planning (67); Soil Fertility (90); Leadership and Communication (100); Planned Grazin 57). Highest percentage of behavior change in one year of training (as based on a post-survey instrument with 52 ercent response) included (average of N=45): 97 percent developed a whole farm goal; 88 percent developed a nancial plan; 86 percent developed a business plan; 74 percent developed a marketing plan; 62 percent developed a ınd plan; 60 percent implemented biological monitoring; and 51 percent developed a grazing plan. Of the 270 articipants, 92 percent increased their farming network because of the program. Key results achieved from the rogram as noted in a retrospective post-survey(based on N= 141)were: Clearer sense of what you are managing 17 towards (72 percent); Improved decision making (67 percent); New and improved recordkeeping systems (62 ercent); Enhanced understanding of farm finances (62 percent); Clearer sense of how your business is projected to row in future years (52 percent). Biological Monitoring Site results on some sites included: 21-65 percent increase in rganic matter, 50-300 percent increase of plant diversity, 300 percent increase in soil cover, 24 percent increase in lant age diversity, 38-100 percent decrease in bare soil, and 100 percent decrease in capped soil. Graduation rates pased on completing 7 out of 10 classes) averaged 90 percent across all states. 94 percent of conference attendees aid they learned something new.

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## ROGRESS: 2010/09/01 TO 2011/08/31

UTPUTS: 60 one-day training sessions (of which 24 were also on farm field days for participants); 92 women farmer ecruited to program with 16 mentors; 1 Yahoo Group for group with calendar of events, file sharing, self-assessment nd email service; 9 webinars on marketing, grazing planning, land planning, biological monitoring, business planning me management, leadership and communication, and gross profit analysis; 1 Excel financial planning spreadsheet to upport implementation of financial planning; 10 biological monitoring sites with data collected; 11 Whole Farm lanning Trainers trained in 3 additional training sessions with monthly webinar support; 1 Program Coordinator neetings; 10 agendas for courses (with facilitator notes) revised based on participant and local coordinator feedback; 2 powerpoints for instructional use revised; 1 decision case for instructional use including financial planning xamples; and 11 evaluation tools to determine knowledge and behavior change from each class and at year's end. To ublicize the program, we had four internal newsletter article and 30 websites noting this training opportunity funded y NIFA. To advertise the program to prospective participants, we also used email lists extensively with an electronic yer. PARTICIPANTS: Project Director was Ann Adams of Holistic Management International. Regional Coordinator wa hil Metzger of Central New York RC&D. Local coordinators included Kate Kerman of Small and, Beginner Farmers of ew Hampshire, Devon Whitney-Deal of Community Involved in Sustaining Agriculture (CISA) & Massachusetts WAgN auren Lines of Central New York RC&D, Gail Chase of WAgN Maine, Jessie Schmidt of UVM Extension/VT WAgN, and ill Duesing and Deb Legge of Connecticut NOFA. In addition we had instructors for the trainings which included: Erica renay of Cornell Small Farm Program, Seth Wilner of New Hampshire Cooperative Extension, Phil Metzger of Central ew York RC&D, Sherry Simpson a farmer from Connecticut, Lisa McCrory from Vermont NOFA, Dean Bascom of New ampshire NRCS, Diane Schivera of Maine Organic Farm and Garden Association, Crystal Stewart of Cornell ooperative Extension, Donna Murray of Hudson-Mohawk New York RC&D, Ellen Gibson of Agri-Abilities, Calley astings a farmer from Vermont, and Mary Johnson an International Permaculture Design Consultant and farmer from lassachusetts. This program was a professional development training for 90 women farmers in whole farm planning s well as the beginning of the professional development opportunity for 11 people to be trained as whole farm lanning trainers. TARGET AUDIENCES: At project start we intended to reach a total of 180 women by the end of the rogram, with a yearly goal of 90 women. Year 2 we recruited 92 women. Total number of people involved in Year 2 coordinators, instructors, mentors, participants) was 126. Combined with Year 1 we have trained 183 women. Total umber of women who completed 7 or more trainings out of the 10 offered was 61 (66%). The demographics of the articipants was 100% of all women participants are considered to be socially disadvantaged, limited resource, female arm workers (they work on their own farms). The specific breakdown by state as to whether they have been farming or less than a year or more than a year are as follows: Connecticut had 38% of participants with less than one year c arming experience and 62% with more than one year of farming experience. New York had 27% of participants with ess than one year of farming experience and 73% with more than one year of farming experience. Massachusetts have 0% of participants with less than one year of farming experience and 60% had more than one year of farming xperience. Maine had 7% of participants with less than one year of farming experience and 93% had more than one ear of farming experience. Vermont had 0% of participants with less than one year of farming experience and 100% ith more than one year of farming experience. New Hampshire had 25% of participants with less than one year of arming experience and 75% with more than one year of farming experience. PROJECT MODIFICATIONS: Nothing ignificant to report during this reporting period.

## **MPACT:** 2010/09/01 TO 2011/08/31

rom the Whole Farm Goal Setting Session 97% of participants learned the value of a whole farm goal and how to reate one. 85% also learned how to evaluate decisions using a testing filter toward their whole farm goal. In the inancial Planning Sessions, 95% learned how to plan for profit and prioritize expenses. From the Marketing Session, 0% improved their ability to do market planning. The Business Planning session showed a 37% increase in nowledge about business planning. The Land Planning session showed that participants had a 33% increase in

nowledge on how to prioritize land planning decisions and integrate natural resource issues and assess management onsiderations. 100% of the participants in the Soil Fertility Session increased their knowledge in indicators of ffective mineral cycle, benefits of covered ground, value of soil testing, and optimizing solar energy harvest. 56% of ne participants in the Grazing Planning Session increased learning in how to assess recovery periods, determine razing periods, determine quality of forage, and understand the value of grazing planning, 100% of participants in ne Leadership & Communication session better understood communication patterns and principles as a result of this ession. 73% increased conflict resolution skills and 85% are better able to engage with others on the farm. 33% of articipants in the Time Management session increased their ability to differentiate how their time was spent in ffective vs. ineffective time management categories. Evaluating behavior change showed that 73% of participants in ne Marketing session plan to use their whole farm goal to prioritize their marketing decisions through such technique s develop a market survey, use research techniques, adapt marketing based on competition, and develop pricing trategies. 100% of participants in the Business Planning session intend to write or revise their business plan. 85% of ne participants in the Land Planning Session intend to use land planning techniques they learned such as mapping, se of overlays, and develop written/visual land plans. 51% of participants in the Soil Fertility Session intend to use nonitoring techniques such as soil testing and biological monitoring, 84% of the participants in the Grazing Planning ession intend to change grazing practices to improve ecosystem processes. 94% of participants in the Time lanagement session intend to use the tools they learned such as time management systems and techniques to nanage employees more effectively. Moreover, 75% intend to use their whole farm goal to help prioritize time. When urveying Year 1 participants for actual behavior change, we received responses from 68% of participants. Of those articipants, 83.7% have developed a whole farm goal, 65.3% have defined the resources available to manage their arms, 42.9% have developed a financial plan, 34.7% have developed a land plan, 24.5% have developed a grazing lan, and 87.8% have improved their decision making skills as a beginning farmer. Moreover, 84.9% of participants aid they had forged relationships through this program that have positively impacted their farms.

**UBLICATIONS:** 2010/09/01 TO 2011/08/31

o publications reported this period **ROGRESS:** 2009/09/01 TO 2010/08/31

UTPUTS: 60 one-day training sessions (of which 24 were also on farm field days for participants); 91 women farmer ecruited to program; 1 Yahoo Group for group with calendar of events, file sharing, self-assessment, and email ervice; 2 webinars on financial planning for livestock producers; 10 biological monitoring sites with data collected; 11 /hole Farm Planning Trainers selected; 1 Program Coordinator meetings; 10 agendas for courses (with facilitator otes); 12 powerpoints for instructional use; 1 case study for instructional use; and 10 evaluation tools to determine nowledge and behavior change. To publicize the program, we had one internal newsletter article and one PR nnouncement in the Albuquerque Journal. To advertise the program to prospective participants, we used email lists xtensively with an electronic flyer. We also posted an announcement on the HMI website. Demographics of program ere that 100% of all women participants are considered to be socially disadvantaged, limited resource, female farm orkers (they work on their own farms). The specific breakdown by state as to whether they have been farming for ess than a year or more than a year are as follows: Connecticut had 45% of participants with less than one year of arming experience and 55% with more than one year of farming experience. New York had 20% of participants with ess than one year of farming experience and 80% with more than one year of farming experience. Massachusetts have % of participants with less than one year of farming experience and 95% had more than one year of farming xperience. Maine had 25% of participants with less than one year of farming experience and 75% had more than one ear of farming experience. Vermont had 20% of participants with less than one year of farming experience and 80% ith more than one year of farming experience. New Hampshire had 7% of participants with less than one year of arming experience and 93% with more than one year of farming experience. PARTICIPANTS: Project Director was nn Adams of Holistic Management International. Regional Coordinators included Seth Wilner of University of New ampshire Agricultural Resources and Phil Metzger of Central New York RC&D. Local coordinators included Kate erman of Small and, Beginner Farmers of New Hampshire, Devon Whitney-Deal of Community Involved in Sustaining griculture (CISA) & Massachusetts WAgN, Lauren Lines of Central New York RC&D, Gail Chase of WAgN Maine, Jessie chmidt of UVM Extension/VT WAgN, and Bill Duesing and Deb Legge of Connecticut NOFA. In addition we had istructors for the trainings which included: Erica Frenay of Cornell Small Farm Program, John Thurgood of New York latershed Program, Dean Bascom of New Hampshire NRCS, Diane Schivera of Maine Organic Farm and Garden ssociation, Crystal Stewart of Cornell Cooperative Extension, Gabe Clark of Cold Spring Ranch in Maine, Steffen chneider of Hawthorne Valley Farm in New York, and Mary Johnson an International Permaculture Design Consultant

nd farmer from Massachusetts. This program was a professional development training for 90 women farmers in hole farm planning as well as the beginning of the professional development opportunity for 11 people to be trained s whole farm planning trainers. TARGET AUDIENCES: At project start we intended to reach a total of 180 women by ne end of the program, with a yearly goal of 90 women. We did recruit 90 women. Total number of people involved in ear 1 (coordinators, instructors, mentors, participants) was 116 with total number of participants who attended ainings at 91. Total number of women who completed 7 or more trainings out of the 10 offered was 63 (70%). The emographics of the participants was 100% of all women participants are considered to be socially disadvantaged, mited resource, female farm workers (they work on their own farms). The specific breakdown by state as to whether ney have been farming for less than a year or more than a year are as follows. Connecticut had 45% of participants ith less than one year of farming experience and 55% with more than one year of farming experience. New York had 0% of participants with less than one year of farming experience and 80% with more than one year of farming xperience. Massachusetts had 5% of participants with less than one year of farming experience and 95% with more nan one year of farming experience. Maine had 25% of participants with less than one year of farming experience 5% with more than one year of farming experience. Vermont had 20% of participants with less than one year of arming experience and 80% with more than one year of farming experience. New Hampshire had 7% of participants ith less than one year of farming experience and 93% with more than one year of farming experience. PROJECT IODIFICATIONS: Nothing significant to report during this reporting period.

**MPACT:** 2009/09/01 TO 2010/08/31

ercentage change in knowledge for Introduction to Holistic Management was 100 %. The first Financial Planning ession showed 100% increased knowledge with 70% total correct answers. The second Financial Planning Session howed 100% increased knowledge with 72% total correct answers. The Marketing session showed an 18.5% icreased knowledge. The Business Planning session showed 100% increased knowledge with 84% correct answers. he Time Management session showed that 97% of the participants acquired skills that will help them better focus on asks that are urgent and important (better time management skills/prioritization). The Soil Fertility session showed 00% increased knowledge with 80% total correct answers. The Land Planning session showed 100% of attendees ained increased knowledge with 71% correct answers. The Integrating Livestock and Holistic Planned Grazing session howed 100% of attendees gained knowledge with 47% correct answers. The Leadership and Communication session howed 100% increase in communication awareness. Percentage change in attitudes was demonstrated in the usiness Planning sesssion with 95% of participants noting they had gained confidence about writing a business plan nd indicated they understood the value of a written business plan beyond its usefulness for obtaining a bank loan. he percentage of planned change in behavior/approach was demonstrated in the Introduction to Holistic Managemen ession with just under half of participants (44%) reporting that the testing questions would be helpful to them on neir farms. Other helpful information included: how to develop a holistic goal (40%), understanding the role of ecision-makers (23%), understanding the value of a written holistic goal (22%), and understanding whole-farm lanning (19%). The Marketing session showed 83% will tie their marketing decisions to their holistic goal/farm nission statement. The Time Management session showed that 100% would use the life planning/time management ools as a result of the class. The Soil Fertility showed that 82% of participants were committed to monitoring soil ealth on farm as a result of class. The Integrating Livestock and Holistic Planned Grazing showed that 58% of articipants will use some method to assess forage based on knowledge they learned in the class. The Leadership and ommunication session showed that 88% of participants would structure their farm or family meetings differently ased on what they had learned in class. 76% also increased their conflict resolution skills as a result of their training

**UBLICATIONS:** 2009/09/01 TO 2010/08/31

o publications reported this period