

WHO SHOULD ATTEND

Women and young women (high school age) interested in or involved with food, agriculture, natural resources, or small business are invited to attend.

This one-day conference offers a fantastic opportunity to learn, share, and network with others. Connect with women who are navigating similar challenges, experiences, and opportunities in the world of agriculture and business.

AGENDA

- 9 a.m. Registration, Network Fair & Breakfast
- 9:30 a.m. Welcome
- 10 a.m. Breakout Session 1
- 11 a.m. Breakout Session 2
- 12 p.m. Lunch Buffet
- 12:30 p.m. Keynote



Living an Intentional Life

Elaine Froese, Farm Family Coach Inc. Rural women navigate many roles, daily. Farm partner, coach, and grandmother, Elaine Froese's tools will give you a role map for self-wellness, relationships in the farm family dynamic, and community connections. What do you need in this moment? What are the key 3 things that you will stop doing and start taking on to give you the life you've always wanted? Who will you be accountable to for action?

- 1:15 p.m. Breakout Session 3
- 2:45 p.m. Breakout Session 4
- 3:45 p.m. Closing and Door Prizes

CFAES provides research and related educational programs to clientele on a nondiscriminatory basis. For more information: <http://go.osu.edu/cfaesdiversity>.



CONFERENCE DETAILS

March 21, 2025 | 9 a.m. - 4 p.m.
WOOSTER, OHIO at the Shisler Conference Center (1680 Madison Ave., Wooster, OH 44691)

COST

\$70 Adults/ \$35 Students*

REGISTRATION DEADLINE

March 7

For more information, call 330-627-4310

Register online at go.osu.edu/eowia2025 or complete & send this registration form.

**Cancellation Policy: In the event of an unforeseen emergency or if the OSU Wooster campus is closed, the conference will be cancelled by 11:59 PM, March 20, 2025. Attendees will be notified by email. The event will not be rescheduled. No registration fees will be refunded.*

Ohio State University Extension is part of
The Ohio State University College of Food, Agricultural,
and Environmental Sciences.



CELEBRATING 10 YEARS

East Ohio Women in Agriculture Conference

KEYNOTE SPEAKER | ELAINE FROESE

March 21, 2025 | 9 a.m. - 4 p.m.
WOOSTER, OHIO



THE OHIO STATE
UNIVERSITY
EXTENSION

Break Out Tracks & Sessions

	Plants	Animals	Business & Marketing	Home & Family	Special Interest	Personal Development
Session 1	1-A Becoming a Good Woodland Steward – Kathy Smith, OSU Extension <i>Explore key woodland management techniques, gain valuable insights, and access helpful resources to enhance your woodland experience!</i>	1-B The Joys of Equine Ownership – Janessa Hill, OSU Extension <i>Explore the joys of horse ownership! Engage in discussions on testing, nutrition, and management practices. Share your experiences and insights.</i>	1-C Selling Food Made or Raised at Home – Emily Marrison, OSU Extension <i>Whether you are thinking baked goods, canned foods, eggs, meat, or something else, learn to navigate the world of food regulations.</i>	1-D Soulful Soups – Corinna Gromley, OSU Extension <i>Discover how to bring family and friends together around the table with heartwarming, homemade soups that nourish both body and soul.</i>	1-E Agricultural Literacy: Growing Awareness – Heather Neikirk, OSU Extension and Mary Klopfenstein, OFBF <i>Boost your agricultural literacy skills with hands-on activities, engaging resources, and exciting opportunities enabling you to share knowledge with diverse audiences.</i>	1-F What are my stepping stones? – Shelby Rhodes, Ohio OFBF <i>Our unique stepping stones, whether small or broken, guide us to our next destination. Let's explore their unexpected paths.</i>
Session 2	2-A Native Plants: Guidelines to Establishing an Interconnected Natural Realm – Judy Semroc, Nature Spark LLC <i>Strategies to aid in creating a native plant habitat to attract beneficial insects, birds, and other desired wildlife.</i>	2-B Hay Mysteries Solved – Christine Gelley, OSU Extension <i>Unravel the complexities of hay production to make hay buying and feeding less mysterious. Break down hay quality and selection criteria.</i>	2-C Current Food and Farm Marketing Trends – Christie Welch, OSU Extension <i>Learn about the latest marketing trends. Where are customers seeking information and how can you take advantage of these trends?</i>	2-D Food for Later: Preserving Properly – Kate Shumaker, OSU Extension <i>Preserving your own food can reduce waste, save money, promote your health goals and allow you to enjoy year-round freshness!</i>	2-E Fire Safety on the Farm – Jesse Baughman, Fire Prevention Bureau, State Fire Marshal Office <i>Learn to manage farm fire and safety hazards, plus essential home safety tips, in this comprehensive, risk-reducing program.</i>	2-F Empowering Women in Ag: Strategies for Thriving in a Changing Industry – State FFA Officers <i>This workshop equips women in agriculture with leadership, adaptability, and self-care strategies, fostering community and resilience in a changing industry.</i>
Session 3	3-A Sow It Begins: A Guide to Garden Planning – Rebecca Davis, OSU Extension <i>Learn to plan, design, and maximize your garden with techniques for any space, season, and commitment.</i>	3-B The Do's and Don'ts of Livestock Fencing – Ted Wiseman, OSU Extension <i>Learn key techniques, safety tips, and common mistakes to avoid when building and maintaining effective livestock fencing.</i>	3-C Starting a New Business: Legal Considerations – Peggy Hall and Robert Moore, Ohio State University <i>Learn about the legal requirements and legal issues to consider when starting a new farm, food, or value-added business.</i>	3-D Understanding Credit in the Banking World – Michael Swiegert, Alcovia Mortgage <i>Take a dive into what your credit score really means and what drives your credit score in the banking industry.</i>	3-E This is NOT Your Goldilocks Weather – Aaron Wilson, OSU Extension <i>Weather helps determine the success of farmers but knowing its impacts and building resilience are keys to a prosperous future.</i>	3-F Discuss the Undiscussabull – Elaine Froese, Farm Family Coach Inc. <i>New language to ask for what you need and discover what is keeping your transition stuck!</i>
Session 4	4-A Grow More, Grow Better with Backyard Greenhouses – Beth Scheckelhoff, OSU Extension <i>Unlock the secrets to growing lush edibles and stunning ornamentals in your backyard with diverse greenhouse structures.</i>	4-B Beef Up Your Knowledge of Raising Cattle - Sandy Trushel, OSU Extension <i>Explore the essentials of raising beef cattle, including breeds, genetics, housing, nutrition, reproduction, and marketing strategies.</i>	4-C Getting (Back) to Work Shelby Rhodes, OFBF and Jen Paynter, Topsy Farmer Winery <i>Strategies for entering and re-entering the workforce. Listen to personal stories and share insights of what has worked for you.</i>	4-D Raising Responsible and Safe Farm Children – Dee Jepsen, OSU Extension <i>How does a child's age and stage of development match up to their farm chores? Learn best practices and legal parameters of youth employment on Ohio farms.</i>	4-E IGNITE Interest in Ag! Youth Symposium <i>Explore the future of agriculture as youth share their research, supervised agricultural experience (SAE), capstone, thesis, and in-depth study projects.</i>	4-F A Laugh a Day... – Holly Bandy, OSU Extension <i>Discover the many health benefits of daily laughter and learn fun, practical ways to incorporate intentional laughter into your routine!</i>

REGISTRATION FORM

Name _____ Phone _____

Address _____

Email _____ Dietary Restrictions _____

Breakout Sessions: 1 _____ 2 _____ 3 _____ 4 _____

Payment Enclosed: _____ Adult(s) and/or _____ Student(s) _____

Register on-line at go.osu.edu/eowia2025 or mail registration and payment to:

OSU Extension — Carroll County ATTN: Women in Ag 540 High St. NW Carrollton, OH 44615