

# Peer Learning & Networking for Beginning Farmers



## 2022 Learning Circles

Join with other new farmers from Northern New England to share experiences, tips and strategies in this three-session, online, learning circle series via Zoom.

- **Balancing Farming and Care Giving - August 24, 6-7:15 pm**  
In this session, we'll focus challenges related to raising children – or caring for other family members – while growing a farm. Learn and share tips and strategies to help manage all the moving parts, keep children safe, and get the work done. *(75-minutes)*
- **Taking Care of Your Body - September 7, 6-7 pm**  
Farming is hard work, especially in early stage operations. From lifting and carrying heavy items to long hours of repetitive tasks such as weeding, farm work can take a toll on the body. This session will focus on practices and systems you can use to keep yourself -- and everyone who works on the farm -- safe and healthy. *(1 hour)*
- **Talking Shop - September 21, 6-7 pm**  
This evening's focus is on communication strategies and approaches that can help couples keep on top of both the day-to-day stuff and big picture things -- from chores to marketing to finances -- needed to farm successfully. *(1 hour)*

### Registration

The series is free, but registration is required. Space is limited, and priority will be given to people who commit to attending all three sessions.

Register at: <https://go.uvm.edu/learning-circles-2022>

### Format

These virtual (online) sessions will be highly interactive. After introductions, we'll hear from a farmer with expertise on session's topic, as a lead-in to a facilitated group discussion. All participants' will have an opportunity ask and answer questions, and to share their perspectives and experience. The goal is that every participant will leave with new ideas and resources to incorporate into your farm planning and development.

### Feedback and Follow-Up

Everyone who participates in the series and provides feedback through a follow-up survey in October will be eligible to receive a \$10 gift card.

These farmer-to-farmer learning circles are offered by the Farm Labor Dashboard, a multi-state project working to help beginning, small and medium-sized farms grow and succeed.

The learning circles are being co-sponsored by two of the Farm Labor Dashboard partners:

- The University of Vermont Extension New Farmer Project
- University of New Hampshire Cooperative Extension

Funding support is provided by USDA-NIFA through the Northeast Extension Risk Management Education (NERME) Program and the Beginning Farmer and Rancher Development Program (BFRDP).

**Find additional labor management tools and resources at: [uvm.edu/aglabor/dashboard](https://uvm.edu/aglabor/dashboard)**

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