

M I F F's Article: Four Fridays

Written by A'aila Muhammad

Attending the four workshop sessions facilitated by Michelle Napier-Dunnings was very eye opening. From a comfortable introduction of ourselves to using our imagination to imagine our future to learning how to put our business ideas on paper, the workshops were an invigorating start to establishing myself as a farmer. Whether you are just learning how to start your farming business or a seasoned veteran, I believe everyone could have taken something away from these workshops.

With Michelle's energy there was never a dull moment as we navigated the harmful effects of tilling soil and dove into ideas of certification and the various ways of practicing food safety. Along with many captivating and fun energizers and activities the guest speakers were well informed and great at relaying the information back to the participants. I so enjoyed the workshops and the spacing for each workshop gave me the time to process and practice putting into action what I have learned. Michelle created a great community environment and I would highly recommend other farmers and business owners to attend these well put together workshops in the future.

A'aila Muhammad

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