**KIRSTEN C. WORKMAN**

**Curriculum Vitae**

Senior Extension Associate 328 Morrison Hall

Nutrient Management & Environmental Sustainability (607) 255-4890

Cornell University Ithaca, NY 14853

PRO-DAIRY & Nutrient Mgt. Spear Programs [kw566@cornell.edu](mailto:kw566@cornell.edu)

<https://www.linkedin.com/in/kirsten-workman> <https://cals.cornell.edu/pro-dairy>

**Education:**

MS University of Vermont, (2020), Plant & Soil Science, Agronomy

Advisor: Dr. Sidney Bosworth

BA Pacific Lutheran University (2000), Environmental Studies

**Professional Experience:**

2022 – present Senior Extension Associate, Nutrient Mgt. & Environmental Sust.

Cornell University PRO-DAIRY Program, Ithaca, NY

2011 – 2021 Agronomy Outreach Professional Senior, University of Vermont Extension, Middlebury, VT

2005 – 2011 Small Farms Water Quality Extension Educator, Washington State University Extension & Mason Conservation District, Shelton, WA

2005 – 2011 Owner/Operator, Barnyard Gardens Farm & Nursery, Shelton, WA

2004 – 2005 Salmon Recovery Outreach Coordinator Nisqually Indian Tribe Natural Resource Department, Olympia, WA

2001 – 2004 Environmental Specialist/Environmental Educator, Mason Conservation District, Shelton, WA

**Professional Certifications:**

* Certified Crop Advisor, American Society of Agronomy/Northeast Region CCA
* Vermont Certified Pesticide Applicator, Research & Demonstration and Agricultural-Plant

**Awards & Recognition:**

* Bradlee Memorial Scholarship, University of Vermont, professional development scholarship to attend American Society of Agronomy Meeting in Tampa, FL. (2017)
* No-Till Innovator Award, “Organization” category for Champlain Valley Farmer Coalition, National No-Tillage Conference (2016)
* Communication Award Regional Winner, National Association of County Agricultural Agents. (2013)

**Leadership:**

* New York CAFO Work Group
* New York Water Quality Work Group
* Cornell University Nutrient Management Program Work Team
* Member, American Society of Agronomy (2013 – Present)
* Northeast Cover Crop Council Annual Conference Planning Committee (2021 & 2022 events)
* Co-Lead, UVM Extension Sustainable Ag, Food & Forest Strategic Planning Result Area Team (2019 – 2021)
* Vermont Agency of Agric. Food & Markets, Nutrient Management Commission (2019 – 2021)
* Represented ASA, CSSA and SSSA during Congressional Visit Day, Washington, D.C. (2017)
* Member, National Association of County Agricultural Agents (2013 – present)
* Secretary, Board of Directors, Champlain Valley Farmer Coalition Inc. (2013 – 2021)
* Washington State University Cultivating Success Advisory Committee (2006 – 2011)
* Co-Chair, WSU Small Farms Team (2006 – 2010)
* AgForestry Leadership Area 1 Interview Committee (2008 & 2011)
* Shelton High School Natural Resources Advisory Group (2002 – 2011)
* Chair, Shelton High School Horticulture Advisory Group (2003 – 2007)

**Selected Extension Programs**

Cornell University

* Annual March Water Quality Symposium/CNMP training 2022
* NYS CAFO Permit review, comment, training 2022

University of Vermont Extension

* Nutrient Management Planning for Vermont Farmers 2012 – 2021
* NMP Update Workshops 2012 – 2021
* Certified Manure Applicator Training 2018 – 2021
* Vermont No-Till & Cover Crop Symposium (Burlington, Vermont) 2014 – 2020

Washington State University Extension

* Sustainable Small Farm & Ranch Overview (Cultivating Success) 2005 – 2010
* Small Farm Business Planning (Cultivating Success) 2007 – 2011

**Teaching Experience**

Cornell University

* Whole-Farm Nutrient Management (ANSC 4120) Spring 2022

Guest Lecture, CAFO Permit

Guest Lecture, Cover Crops & Nutrient Management

University of Vermont

* Weed Ecology & Management (PSS 112) Fall 2021

Instructor for undergraduate Plant & Soil Science Department required course and lab, three credit course.

* Farmer Training Program (Sustainable Agriculture Continuing Ed. Cert.) Summer 2021

Guest Lecture, Cover Crops

Guest Lecture, Crop Rotation

* Soils and Sustainable Civilization: Mesopotamia to Vermont (HCOL 186) March 2018

Guest Lecture, Farming in Vermont: Soil, Water, People

* Weed Ecology & Management (PSS 112) Fall 2016

Guest Lecture, Cover Crops in Vermont: A Practical Approach for Farmers & the Environment.

Led two lab sections to measure cover crop biomass, species composition and effective weed suppression.

* Soil Fertility (PSS 162) Spring 2016

Guest Lecture, Nutrient Management for Dairy Farms in Vermont & goCrop™ software.

* Forage & Pasture Ecology (PSS 142) Fall 2013

Guest Lecture, Cover Crops as Forage Crops.

Vermont Technical College

* CBD Hemp Crop Certification Program Spring 2020, Fall 2019

Guest Lecture, Cover Crops for Hemp Production

* Nutrient Management Course Spring 2019

Guest Lecture, Nutrient Management Planning in Practice

Guest Lecture, Cover Cropping

American Society of Agronomy Classroom

* Workman, K.C. (2017). 4R Nutrient Management: Decision Making with Gathered Data. Cultivating Sustainability: A Training Curriculum for Agronomy Professionals. <https://www.agronomy.org/education/classroom/classes/524/>

**Selected National/Regional Presentations:**

* Workman, K.C. (2021). Grassland Manure Injection. New England In-Service Training for Agricultural Service Providers/CCA, Virtual.
* Foster, G. and K.C. Workman (2021). Cover Crop Innovation at Foster Brothers Farm. Northeast Cover Crop Council Conference. Virtual.
* Workman, K.C. (2018). Strategies for Sustainable Crop Production. Sustainable Agronomy Conference, American Society of Agronomy, Madison, WI.
* Workman, K.C. (2017). Lab to Field, Field to Lab: 4R Nutrient Management and Soil Health Working Together. American Society of Agronomy Annual Meeting, Tampa, FL.
* Workman K.C. (2017). Forage Radish and Winter Rye Cover Crop Performance in Corn Silage Cropping Systems. American Society of Agronomy Annual Meeting, Tampa, FL.
* Workman, K.C. (2016). Selecting Cover Crop Species for Interseeding. Northeast SARE Coffee Break for Cover Crops webinar series. <https://youtu.be/k90CcqXekFQ>
* Carter, J.E., Workman, K.C. (2014). No-Till and Cover Crops in Vermont. New England In-Service Training for Agricultural Service Providers/CCA, Claremont, NH.

**Products/Publications:**

* Northeast Cover Crop Council Species Selector Tool (2021). Zones 4 and 5 Development Team. Online tool: <https://covercrop.tools/species-selector>
* Workman, K.C., "Does Adding Forage Radish Enhance Winter Rye Cover Crops in Northeastern Corn Silage Systems?" (2020). Graduate College Dissertations and Theses. 1271 <https://scholarworks.uvm.edu/graddis/1271>

**Extension Publications**

* O'Neil, Kitty; J. Lawrence, K. Workman, Q. Ketterings (2022). Maximize fertilizer use efficiency for peak fertilizer prices of 2022. Progressive Dairy. The Manager.13(1): 8-9 <https://hdl.handle.net/1813/111142>
* Workman, Kirsten, Q. Ketterings, J. Lawrence, K. O’Neil (2022). Manure – A valuable nutrient asset. Progressive Dairy. The Manager. 13(1):12-15 <https://hdl.handle.net/1813/111144>
* Ketterings, Q.M., K. Workman, D. Gates, J. Hornesky, A. Langner, S. Latessa, R. Bush, B. Jordan, and G.L. Albrecht. 2022. New York Nitrate Leaching Index. Cornell University, Ithaca NY.

<http://nmsp.cals.cornell.edu/publications/extension/NLeachingIndex2022.pdf>.

* Workman, K.C. and Betsy Miller. (2020). A Vermont Case for Conservation Agriculture: Foster Brothers Farm Inc. Accessible at: <https://www.uvm.edu/sites/default/files/Agriculture/CVCROPS/CaseStudy_Foster.pdf>
* Workman, K.C. (2019). Farming and Motherhood. Cornell Small Farms Quarterly. <https://smallfarms.cornell.edu/2019/07/farming-and-motherhood/>
* Ross, D, J. Tilley, H. Darby, J. Carter, K. Workman. (2017). Nutrient Recommendations for Field Crops in Vermont. University of Vermont Extension (BR 1390.1). 2017 Update reviewer.
* UVM Extension Champlain Valley Crop, Soil & Pasture Team Newsletter Articles:

(Recent editions online: <https://www.uvm.edu/extension/agriculture/publications_newsletters>)

* + Managing Nitrogen in Hay and Pasture Crops (Summer 2021)
  + Keeping the Nitrogen in Manure. (Spring 2021)
  + Nitrogen: An Overlooked Macronutrient. (Fall/Winter 2020)
  + Cover Crops and No-Till Are Net Benefit for Foster Brothers Farm. (Summer 2020)
  + Grassland Manure Injection: By the Numbers. (Spring 2020)
  + Organic Matter: What’s the Big Deal? (Fall 2019)
  + Manure Calibration is Worth the Effort (Spring 2019)
  + Grassland Manure Injection (Winter 2019)
  + Taking Cover Crops Up a Notch (Fall 2018)
  + Putting a Public Face on the Pursuits of Farming (Summer 2018)
  + Nutrient Management Is More Than Just a Plan (Spring 2018)
  + Winter Is the Time to Focus on Record Keeping (Winter 2018)
  + Demonstrating Success: Corn Hybrid Trials (Fall 2017)
  + Think Spring When Planting Cover Crops (Summer 2017)
  + Cover Crops: From Research to Reality (Spring 2017)
  + Gullies: A Significant Source of Soil Loss (Winter 2016-2017)
  + Legumes: Getting More Out of Your Cover Crop (Fall 2016)

**Agronomy Fact Sheets:**

*Cornell University Nutrient Management Spear Program Fact Sheets*

(<http://nmsp.cals.cornell.edu/guidelines/factsheets.html>)

* #18: Calibrating Manure Spreaders (2021)
* #117: How to Use Grid Soil Sample Results for the NY-PI 2.0 (1/17/2022)
* #119: Farm Greenhouse Gas Inventory (1/31/2022)

*University of Vermont Extension Fact Sheets*:

* Taking a Manure Sample (2019) <https://www.uvm.edu/sites/default/files/media/Manure3.pdf>)
* Multi-species Cover Crop Decision Tool (2019) <https://www.uvm.edu/sites/default/files/media/Multispecies_Cover_Crop_Decision_Tool_1.pdf>
* Manure and Cover Crops (2014) <http://blog.uvm.edu/cvcrops/files/2015/02/3-Manure-and-Cover-Crops.pdf>
* Cover Crops as Forage Crops…A Look at Winter Rye and Triticale (2013) <http://blog.uvm.edu/cvcrops/files/2012/09/Cover-Crops-as-Forage-Crops.pdf>
* Record Keeping for Dairy & Beef Farms in Vermont (2013) <https://www.uvm.edu/sites/default/files/fact-sheet-record-keeping.pdf>

**Selected Grant Awards:**

* Workman, K.C., T.R. Overton, C. Potter. Dairy Advancement Program (DEC Component). $3,500,000, New York State Department of Environmental Conservation, 2022 – 2027.
* Ketterings, Q.M. and K.C. Workman. Cornell Agricultural Environmental Stewardship Program, Nutrient Management Spear Program. $2,000,000, New York State Department of Agriculture & Markets, 2021 – 2026.
* Workman, K.C., and J. Faulkner. Assessing innovative manure management techniques for reduced nutrient losses. $84,372, USDA-NRCS Vermont Conservation Innovation Grant, 2020 – 2022.
* Workman, K.C. Grassland Shallow Slot Manure Injection. $213,837, Vermont Agency of Agriculture, Food & Markets Clean Water Implementation Grant, 2017 – 2020.
* Workman, K.C., J.C. Carter, M. Cannella. Economic Analysis of Cover Crops and Reduced Tillage Systems in Vermont. $73,130, USDA-NRCS Vermont Conservation Innovation Grant, 2016-2019.
* Carter, J.C., K.C. Workman. Support for Champlain Valley Farmer Coalition’s Outreach & Education to Dairy Producers. $45,000, Keep Local Farms Fund, 2016-2017.
* Carter, J.C., K.C. Workman, N. Severy. Champlain Valley Farmer Coalition Capacity Building. $80,200, High Meadows Fund, 2015 – 2017.
* Workman, K.C., J.C. Carter. Evaluating the Use of Forage Radish to Enhance Winter Rye Cover Crops. $14,998, Northeast SARE – Graduate Student Grant, 2014-2016.
* Carter, J.E., K.C. Workman. Better Cover Crop Mixes in Vermont. $67,335, Vermont NRCS – Conservation Innovation Grant, 2014-2016.
* Carter, J.E., K.C. Workman. Champlain Valley Farmer Coalition for Improved Agricultural Water Quality. $30,436, Vermont NRCS – Conservation Innovation Grant, 2012 – 2015.
* Carter, J.E., K.C. Workman, A. Balzano, C. Cesario, J. Brouillard. Cover Crop Diversity in No-Till Systems. $14,964, NE Sustainable Agriculture Research & Education – Partnership Grant, 2013-2014.
* Carter, J.E., K.C. Workman, A. Balzano. Nutrient Management Implementation Assistance. $14,785, Lake Champlain Basin Program-Pollution Prevention Grant, 2012 – 2013.
* Bolender, J., K.C. Workman, Hood Canal Integrated Watershed Management Plan Activities: Agricultural Capacity Study (Phase I). $22,500, Laird Norton Family Foundation, 2011- 2012.
* Madsen, M., J. Bolender, K. Whalen, and K.C. Workman. Totten/Eld Inlet TMDL Response. $168,475, WA Department of Ecology Centennial Clean Water Fund, 2006 – 2010.
* Workman, K.C. Realizing the Potential of Pastured Poultry in Local Food Systems. $10,000, Heifer International, 2009.