

CEOH CFS CME Syllabus



Climate Farm School

Course Description:

Climate Farm School offers transformative learning experiences on regenerative farms through evidence-based, farmer-led experiences. Participants will engage with online learning modules and an on-farm experience designed to expand their understanding of the food-climate connection, and occupational and environmental hazards faced by farmworkers and farmworker communities. Participants will learn to integrate nutrition education and local food systems into total worker health programs and patient care, explore how gardening and soil contact can combat burnout and promote mental health, and discuss systemic, holistic approaches for improving health, starting with the soil.

Audience:

This course is intended for non-industry professionals to engage with food systems and climate at any level of understanding. Course objectives and content have been designed for clinicians and healthcare professionals including nurse practitioners, physician assistants, registered nurses, physicians, OBGYNs, pediatricians, and other aligned professionals.

Disclosure:

This event is made possible through the joint providership of The Center for Occupational and Environmental Health and Climate Farm School.

No individuals involved in the planning or presentation of this activity have any relevant financial relationships with commercial interests to disclose. There were no relevant financial relationships to be mitigated.

Learning objectives:

At the completion of this course, the learner will be able to...

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Course Start Date: May 26, 2025

On Farm Dates: June 9-14, 2025

- Describe how farming systems and farm conditions impact farmworker and community health, including exposure to disease, chemicals, and physical stressors such as heat
- Examine how local food systems, institutional purchasing mechanisms, and public health policies can support or undermine public health and sustainable food and farm systems
- Discuss the core principles of regenerative agriculture
- Identify opportunities and challenges for advancing regenerative food production from a systems perspective and specifically within the healthcare system
- Examine intersections of equity, climate justice, and social wellbeing in regenerating food systems
- Evaluate emerging evidence on the relationships between soil ecosystems, plant nutrition, the human gut microbiome, and human health and identify areas for future study
- Apply evidence based practices related to gardening and soil contact to combat burnout and promote mental health
- Integrate nutrition education and local food systems into total worker health programs and patient care to address diet-related chronic diseases
- Build connections with fellow accomplished and aspiring changemakers and join a supportive community
- Identify strategies for fostering interdisciplinary collaboration and examine the need for all skillsets in transforming food systems
- Develop confidence and capacity to engage in the transformation of our food system & ecological regeneration

Course Schedule:

Monday, May 26, 2025 - Friday, May 30, 2025

Self guided online modules with one live zoom session

Class 00: Welcome to the Climate Farm School

Class 01: The Food-Climate Nexus

Class 03: Soil Health 101

Class 04: Soil Health 201

Class 05: Sustainable water resource management

Note: Self-guided online modules Class 00 - 05 are not available for Continuing Medical Education credit.

Class 06 (1 hour): Farmworker Health: Environmental Exposures in Farmworker Communities with Dr. Kim Harley (Available for Continuing Medical Education credit)

Dr. Kim Harley is a reproductive epidemiologist whose work focuses on community based research approaches to identifying and addressing environmental challenges to maternal, child, and adolescent health. In this recorded talk, Dr. Harley discusses her involvement in the CHAMACOS study (Spanish for “little children”), the longest running longitudinal birth cohort study of pesticides and other environmental exposures among children in a farmworker community. This study began in 1999 with a cohort of pregnant women in the Salinas Valley, one of the nation’s most productive agricultural regions. These families have been followed for the last 25 years in order to measure exposures to pesticides, and assess the growth, health, and development of their children. Dr. Harley will be walking us through this study and its findings.

Live Zoom session #1 : Wednesday May 26, 9-10 AM PST. Introductions and course overview.

Note: *This live Zoom session is not available for Continuing Medical Education credit.*

Assignment 1 released (due the following week): Future of Food in 2040: imagine a future food system that is both climate resilient, healthy, and equitable. Describe the steps we took to get there collectively between now and 2040.

Monday, June 2, 2025 - Friday, June 6, 2025

Self guided online modules with one live zoom session

Class 07: Role of animals in regenerative farming systems

Class 08: Models of transformation

Class 09: Future of food

Note: *Self-guided online modules Class 07 - 09 are not available for Continuing Medical Education credit.*

Class 10 (1 hour): Food is Medicine and Prescribed Produce Programs *with Dr. Hilary Seligman (Available for Continuing Medical Education credit)*

Hilary Seligman, MD, MAS is Professor at the University of California San Francisco. Dr. Seligman is an expert in food insecurity and its health implications across the life course. Her policy and advocacy expertise focus on federal nutrition programs (particularly SNAP), food banking and the charitable food network, hunger policy, food affordability and access, and income-related drivers of food choice. She will be presenting on Food is Medicine in healthcare spaces and prescribed produce programs.

Live Zoom session #2 : Wednesday June 4, 9-10 AM PST. Introducing the food-climate nexus and climate friendly food systems discussion.

Note: This live Zoom session is not available for Continuing Medical Education credit.

ON FARM COMPONENT:

Monday, June 9, 2025, 10:00 AM - 8:00 PM

10:00 AM - 12:00 PM Welcome Circle, Course Roadmap, and Farm Tour *with Laney Siegner, Founder of Climate Farm School and Aubrie Maze, co-owner of and farmer on Green Valley Farm + Mill.*

Laney Siegner will lead the cohort through course welcome, group agreements, and key information for the week on the farm together. Aubrie Maze will lead a Land acknowledgement and breakdown of recent land history, followed by a farm tour for participants.

Note: This presentation is not available for Continuing Medical Education credit.

12:00 PM - 2:00 PM Lunch and Break

2:00 PM - 5:00 PM Soil Health Workshop *with Greg Richardson, Soil Scientist at Point Blue Conservation Science (Available for Continuing Medical Education credit)*

Greg Richardson will discuss the principles of soil health and discuss the role of organic matter and biology in the soil ecosystem. Participants will learn how to collect their own soil samples and how this practice can be applied to farming ecosystems. Participants will also learn how nutrients are exchanged between soil and plants through the root system, aided by soil biota.

5:00 PM - 6:00 PM Edible Education Session & Dinner Prep: Issues of Food Access + Awareness, Health impacts, and the role of re-regionalized food systems. Solutions through Food is medicine in practice and Produce Prescription Programs *with Claire Hambrick + Ann Thrupp?, Climate Farm School Healthcare and Programs Coordinator (Available for Continuing Medical Education credit)*

Claire Hambrick will lead a discussion on Issues of Food Access + Awareness, Health impacts, the role of re-regionalized food systems, Food is medicine in practice, and Produce Prescription Programs. Discussion will incorporate a presentation of relevant research including publications on food insecurity, benefits of local food systems, and health outcomes from FIM programs, along with guided questions.

6:00 PM - 7:00 PM Dinner *prepared by CFS Chef Gary Podesto*

A rotating team of participants assist in preparation of dinner.

7:00 PM - 8:00 PM Daily Discussion and Debrief, First DIGA and Goals for the week *with Laney Siegner, Founder of Climate Farm School*

Laney Siegner will lead a discussion and debrief of the day, set goals and community agreements for the week, and take the cohort through D-I-G-A: Daily Highlight, Emerging Interest, Gratitude, and Announcements.

Note: This presentation is not available for Continuing Medical Education credit.

Tuesday, June 10, 2025, 8:00 AM - 8:00 PM

8:00 AM - 12:00 PM Morning Session: Morning Milking; Grassland and Grazing Discussion; The Role of Animals in Farming Ecosystems *with Aubrie Maze co-owner of and farmer on Green Valley Mill + Farm*

Aubrie Maze will lead the cohort in a cow milking activity and discussion on grassland ecosystems, the role of grazing animals in farming ecosystems.

Note: This presentation is not available for Continuing Medical Education credit.

12:00 PM - 1:00 PM Lunch *prepared by CFS Chef Gary Podesto*

1:00 PM - 2:00 PM Break

2:00 PM - 5:00 PM Afternoon Session: Cheese Making in the Creamery *with Aubrie Maze co-owner of and farmer on Green Valley Farm + Mill*

Note: This presentation is not available for Continuing Medical Education credit.

5:00 PM - 6:00 PM Culinary Education Session & Dinner Prep: Soil Health themed menus and Discussion on Decolonizing our Diets *with Claire Hambrick, Climate Farm School Healthcare and Programs Coordinator (Available for Continuing Medical Education credit)*

Claire Hambrick will lead a discussion on Soil health based diets and how to decolonize diets. Discussion will incorporate a presentation of relevant research including

developing research on soil quality and nutrient density, history of seeds and food development, along with guided questions and activity.

6:00 PM - 7:00 PM Dinner *prepared by CFS Chef Gary Podesto*

Rotating team of participants assist in preparation of dinner.

7:00 PM - 8:00 PM Daily Discussion and Debrief and DIGA *with Laney Siegner, Founder of Climate Farm School*

Laney Siegner will lead a discussion and debrief of the day, and take the cohort through D-I-G-A: Daily Highlight, Emerging Interest, Gratitude, and Announcements. Reflection question posed for the day: How is soil health connected to human health?

Note: This presentation is not available for Continuing Medical Education credit.

Wednesday, June 11, 2025, 8:00 AM - 8:00 PM

8:00 AM - 12:00 PM Morning Session: Farm Visit and work on Fledgling Farm *with Alice Tibbetts, owner of Fledgling Farm*

Alice Tibbetts will give a farm tour and lead discussions and workshops on organic, diversified vegetable production and harvesting. Alice is a BIPOC woman farm owner who sells her vegetables through a Community Supported Agriculture (CSA) model and at weekly farmer's markets, and a few local restaurants.

Note: This presentation is not available for Continuing Medical Education credit.

12:00 PM - 1:00 PM Lunch *prepared by CFS Chef Gary Podesto*

1:00 PM - 3:00 PM Break

3:00 PM - 5:00 PM Afternoon Session: Farmhouse Discussion on Definitions, Recent Research and Key Debates in Regenerative Agriculture *with Laney Siegner, Founder of Climate Farm School (Available for Continuing Medical Education credit)*

Laney Siegner will lead a discussion on Discussion on Definitions, Recent Research and Key Debates in Regenerative Agriculture. Relevant research on regenerative and conventional practices will be presented along with guiding questions to facilitate discussion on the impact of input levels, tillage and soil health, and crop diversity.

5:00 PM - 6:00 PM Culinary Education Session & Dinner Prep: Diets that maximize personal and planetary health & Integrating Regen Ag / Food is Medicine *with Claire Hambrick, Climate Farm School Healthcare and Programs Coordinator (Available for Continuing Medical Education credit)*

Claire Hambrick will lead a discussion on diets that maximize personal and planetary health & on a recently published research article about integrating the regenerative agriculture and food is medicine movements. Discussion will incorporate a presentation relevant research on climate friendly food access points and nutrition education, along with guided questions.

6:00 PM - 7:00 PM Dinner *prepared by CFS Chef Gary Podesto*

Rotating team of participants assist in preparation of dinner.

7:00 PM - 8:00 PM Daily Discussion and Debrief and DIGA *with Laney Siegner, Founder of Climate Farm School*

Laney Siegner will lead a discussion and debrief of the day, and take the cohort through D-I-G-A: Daily Highlight, Emerging Interest, Gratitude, and Announcements. Reflection questions posed for the day: What is my relationship to or understanding of sourcing in my personal/professional life? How can I make responsible sourcing more accessible to low-income populations?

Note: This presentation is not available for Continuing Medical Education credit.

Thursday, June 12 2025, 8:00 AM - 8:30 PM

8:30 AM - 12:00 PM Morning Session: Longer Table Farm visit *with Will Holloway, owner of Longer Table Farm Farm (Available for Continuing Medical Education credit)*

Will Holloway will lead a tour of Longer Table Farm. Participants will work with the farm team to do a vegetable cultivation activity. A discussion will be held on regenerative vegetable production and nutrient density research links to soil health practices. Will is a leading innovator in bringing farmers together to form cooperatively owned food hubs to enable distribution of local and regenerative food to institutions including schools and hospitals.

12:00 PM - 1:00 PM Lunch *prepared by CFS Chef Gary Podesto*

1:00 PM - 2:00 PM Break

2:00 PM - 5:00 PM Discussion on Integrating Soil Health and Human Health + Visit to Ceres Food Project garden at Sebastopol Charter School

Participants will discuss recent research on the soil health / human health connection, including research on land connection and gardening benefits for mental health. Then the group will visit the Ceres Community Project garden site, participating in a hands-on garden activity and learning about the project's unique model for growing and sourcing organic produce for their medically tailored meals program.

6:00 PM - 7:00 PM Edible Education Session & Dinner Prep: Responsible Sourcing + Sourcing in Healthcare Facilities *with Claire Hambrick, Climate Farm School Healthcare and Programs Coordinator, and Barbara Sattler, CA Nurses for Environmental Health and Justice (Available for Continuing Medical Education credit)*

Claire Hambrick will lead a discussion on Responsible Sourcing + Sourcing in Healthcare Facilities. Discussion will incorporate a presentation of relevant research on food procurement pathways, a case study on institutional purchasing, and guided questions.

7:00 PM - 8:00 PM Dinner *prepared by CFS Chef Gary Podesto*

A rotating team of participants assist in preparation of dinner.

8:00 PM - 8:30 PM Daily Discussion and Debrief and DIGA *with Laney Siegner, Founder of Climate Farm School*

Laney Siegner will lead a discussion and debrief of the day, and take the cohort through D-I-G-A: Daily Highlight, Emerging Interest, Gratitude, and Announcements. Reflection question posed for the day: What changes can I make in my dietary practices to amplify personal and planetary health?

Note: This presentation is not available for Continuing Medical Education credit.

Friday, June 13, 2025, 6:30 AM - 8:00 PM

7:00 AM - 12:00 PM Morning Session: Seaweed foraging on the Sonoma Coast *with Maria Clementi*

TBD

Note: *This presentation is not available for Continuing Medical Education credit.*

12:00 PM - 1:00 PM Lunch *prepared by CFS Chef Gary Podesto*

3:00 PM - 5:00 PM Afternoon Session: Barn Discussion on Models of Transformation: Community Food Systems and Education and Farmworker Health Realities *with Laney Siegner and Wanda Stewart (Available for Continuing Medical Education credit)*

Laney Siegner and Wanda Stewart will lead a discussion on existing models of communities rebuilding healthy, equitable regional food systems, including through school gardens, institutional procurement, and tree planting initiatives. Relevant research on health effects of pesticides and practice related ailments such as valley fever will be presented along with guiding questions to facilitate discussion on topics such as urban heat island effect and pesticide exposure, etc.

5:00 PM - 7:00 PM Graduation Dinner *prepared by CFS Chef Gary Podesto*

Rotating team of participants assist in preparation of dinner; Special guests invited to join for last night's dinner, including local farmers and those who have met with the group throughout the week.

Note: *This presentation is not available for Continuing Medical Education credit.*

7:00 PM - 8:00 PM Daily Discussion and Debrief and DIGA *with Laney Siegner, Founder of Climate Farm School*

Laney Siegner will lead a discussion and debrief of the day, and take the cohort through D-I-G-A: Daily Highlight, Emerging Interest, Gratitude, and Announcements. Reflection questions posed for the day: How do I engage with issues of access? How has my stance on regenerative ag and accessibility evolved throughout the week? How can you take what you have learned and apply it to your life or practice?

Note: *This presentation is not available for Continuing Medical Education credit.*

Saturday June 14, 2025

Climate Action Plans and Closing Reflections
Participants leave

Monday, June 16, 2025 - Friday, June 20, 2025

Assignment 2 Released Food and Climate Action Plan: Participants will reflect on their time throughout the course and formulate a personal action plan for how to apply their newfound knowledge into their careers

Live Zoom session #3: Food and climate action planning and presentation, Peer networking and follow up, Independent/group project work supporting the host farms or local food system (optional, ongoing)

Note: *This live Zoom session is not available for Continuing Medical Education credit.*

Feedback & Assessment (survey/project/discussion)

Speaker Biographies:

Dr. Kim Harley

Faculty Director, [Wallace Center for Maternal and Child Health](#)

Associate Director, [Center for Environmental Research and Community Health \(CERCH\)](#)

Adj. Professor, [School of Public Health](#), University of California, Berkeley

Kim Harley, PhD is a professor of Public Health and Associate Director of the Center for Environmental Research and Community Health (CERCH) at UC Berkeley. She is a reproductive epidemiologist whose research focuses on how chemicals in our homes and in the environment influence women's reproductive health and the health of their children. For much of her career, she has conducted community engaged research with farmworker families in California's Salinas Valley through the CHAMACOS Study. Dr. Harley has published extensively on environmental chemical influences on fertility, birth outcomes, neurodevelopment, respiratory health, and timing of puberty. She has also engaged youth from farmworker communities in conducting research and advocacy to address environmental justice issues.

Dr. Hilary Seligman MD, MAS

Professor at the University of California San Francisco with appointments in the Departments of Medicine and of Epidemiology and Biostatistics.

Dr. Seligman is an expert in food insecurity and its health implications across the life course. Her policy and advocacy expertise focus on federal nutrition programs (particularly SNAP), food banking and the charitable food network, hunger policy, food affordability and access, and income-related drivers of food choice. She directs the Food Policy, Health, and Hunger Research Program at UCSF's Center for Vulnerable Populations and the CDC's Nutrition and Obesity Policy, Research and Evaluation Network (NOPREN). She also co-directs UCSF's IMPACT Program (part of our Clinical and Translational Sciences Institute), which aims to influence real-world decision-makers to use data and science to inform their work. IMPACT provides UCSF faculty and staff with resources and training in collaborating with a broad range of stakeholders to quicken the adoption of evidence-informed policies in healthcare, government, industry, and other sectors.

Laney Siegner, Ph.D.

Founder and Co-Director, Climate Farm School

Laney completed her Ph.D. program at the Energy and Resources Group at U.C. Berkeley in December 2019, focusing on sustainable food systems and climate change education. Inspired by the farmers she met, interviewed, and worked for as an apprentice during her graduate studies, she launched the Climate Farm School program in fall of 2021, as a way to bring diverse adult

professionals directly onto regenerative farms for learning, working, community building, and climate action planning. She lives at Green Valley Farm + Mill.

Claire Hambrick

Healthcare and Programs Coordinator, Climate Farm School

Claire joined Climate Farm School in 2023 and is currently operating as their Healthcare and Programs Coordinator, working to get courses accredited for CME/BRN units. Claire earned her Bachelors of Science in Conservation Resource Studies from UC Berkeley and has since participated in research and education projects centering localized food systems, community health and nutrition, climate minded agricultural practices, and healthcare interventions in the foodscape.

Aubrie Maze

Co-owner and farmer, Green Valley Farm + Mill, Brambletail Homestead

After falling in love with land-based, communal living after college co-op days, Aubrie has immersed herself in the daily work of tending land, raising animals, growing native & medicinal plants, making herbal medicine, making cheese & other dairy products, and looking after all the behind the scenes work that creates a foundation for community and relationship based farming. Her creativity and passion are expressed in the aesthetics of land-tending and in creating spaces for community to thrive.

Greg Richardson

Soil Carbon and Regenerative Systems Specialist, Point Blue Conservation Science

Greg is a soil scientist by training with specialization in soil health, holistic management, and systems thinking. He joined Point Blue in November of 2023 to convene cross-disciplinary advisory committees in developing a guide for soil carbon sampling on croplands. Previously he served as the Director of Research and Monitoring at Paicines Ranch from 2018 to 2023, where he worked closely with their vineyard and livestock teams to advance landscape health through agriculture. Greg received an M.Sc. in agroecology and soil science from the University of Wisconsin-Madison. Prior work includes project management on invasive plant prevention at the nonprofit Sustainable Conservation and working as a farmhand at Singing Frogs Farm in Sebastopol, CA.

Alice Tibbetts

Farmer and Owner, Fledgling Farm

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On Farm Dates: June 9-14, 2025

Alice started Fledgling Farm at age 21, after 8 seasons spent working on other diversified farms on the East Coast, West Coast, and Alaska.

Will Holloway, Longer Table Farm

Wanda Stewart, Executive Director of Common Vision

Sara McCamant, Ceres Food Project

Ann Thrupp, Director, California Food is Medicine Coalition, Senior Program Officer in Food Systems, Clif Family Foundation

Gary Podesto, Chef and CFS Head of Culinary

Maria Clementi, Chef and forager