Important changes in federal food and farming policy are coming in 2013:

**Congress Passes Disastrous Farm Bill Extension**

On New Year’s day, Congress passed the much publicized “fiscal cliff” deal, which included a one year extension of the 2008 Farm Bill that expired October 1, 2012. Rather than passing a clean extension that renewed funding to the same levels as the 2008 Farm Bill, programs that support beginning farmers, organic and specialty crops, and rural development have been left high and dry. In fact, nearly three dozen Farm Bill programs received no mandatory funding in 2013.

One important program that was affected is the National Organic Cost-Share Program, which reimburses organic producers and handlers for 75 percent (up to $750) of their certification fees. The program makes organic certification affordable and enables farmers and processors to meet the growing consumer demand for organic food. In 2011, about 40 percent of the state’s organic operations received cost-share funding. Organic producers who previously applied for reimbursements can now no longer rely on it for budgeting purposes this year, and many are now concerned that organic farms and businesses will not reapply for organic certification.

Another affected program is the Farmers’ Market Promotion Program (FMPP), which provides grants to develop marketing information and business plans, support market innovations, and educate consumers.

In 2012, six Ohio markets received FMPP funding, but under the Farm Bill extension, the program currently has no funding. Now, the Lake-to-River (L2R) Food Cooperative will have to find new sources of revenue to support their work helping school districts access fresh, local produce. L2R has served nearly 14,000 school children with fruit and vegetables sourced from local farms and helped to launch farmers’ markets in Youngstown and Warren.

**Food Safety Rules Released**

Two years after President Obama signed the Food Safety Modernization Act (FSMA) into law, the Food and Drug Administration (FDA) released proposed standards for produce safety and preventative controls for human food production. Together these rules impact about 80 percent of the nation’s food supply regulated by the FDA. FSMA included provisions that help to ensure small and mid-sized family farms would not incur new, costly expenses as a result of the new rules.

OEFFA will be working with the National Sustainable Agriculture Coalition (NSAC) in the coming weeks to analyze the voluminous proposed rules, keep members informed, and participate in the comment period. Public comments are due within 120 days of the release of the rules.

“If ultimately, we want to ensure a safe food supply, strong on-farm conservation of natural resources, and thriving family farms and small value-added farm and food businesses. With scale-appropriate regulations, we can achieve these objectives. We will analyze and comment on the proposed rules with these goals in mind,” said Ariane Lotti of NSAC.

If you have questions, would like to learn more, or want to get involved, contact Mackenzie Bailey, OEFFA’s Policy Program Coordinator, at (614) 421-2022 Ext. 208 or mackenzie@oeffa.org.
The Ohio Ecological Food and Farm Association news is published quarterly as part of the educational mission of OEFFA, a nonprofit organization for farmers, gardeners and citizens interested in ecological agriculture and creating a sustainable alternative food system.

Members receive the newsletter as part of annual dues of $10 (student), $35 (individual), $50 (family), $50 (nonprofit), $100 (business) or $5,000 (individual lifetime). Subscription only is $30/year.

Editorial and advertising correspondence may be sent directly to the OEFFA office or newsletter@oeffa.org. Unsolicited manuscripts welcome. Membership information is available on the OEFFA website at wwwoeffa.org or from the OEFFA office.

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OEFFA is a democratic association of chartered grassroots chapters, existing within state bylaws, working together to create and promote a healthy, ecological, accountable, and sustainable system of agriculture in Ohio and elsewhere.

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Next deadline March 15, 2013

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Farm Tours 2013:
Farm and Business Nominations Wanted for 2013 Farm Tour Series

For more than 30 years, OEFFA has organized a summer farm tour series to highlight great examples of sustainable and organic agriculture in Ohio. Planning is underway for the 2013 farm tours and we need your help. Please consider hosting a tour of your farm this summer, or let us know what farms you’d like to visit. We’ll keep your recommendations confidential. To suggest tour locations, please contact Mike Anderson at (614) 421-2022 Ext. 209 or mike@oeffa.org.
On November 15, OEFFA’s Policy Committee adopted a statement in support of action on climate change.

This is important for a couple of reasons. First, this is one of the first policy statements made by OEFFA’s recently formed Policy Committee, which is comprised entirely of OEFFA members who are responsible for helping to guide OEFFA’s state and federal policy priorities. OEFFA has worked over the past year to strengthen our grassroots capacity and develop a policy program that is guided by our members and responsive to their needs and concerns.

Second, this statement acknowledges OEFFA’s deep-seated belief in the link between food production and the environment and reflects our stewardship ethic, which is at the core of why OEFFA was founded more than 30 years ago.

The statement reads:
“OEFFA agrees with the conclusions of the Intergovernmental Panel on Climate Change; that the changing climate is due to an increase in human-caused greenhouse gases leading to changes in the frequency, intensity, and duration of extreme weather and climate events as well as an increase in average global temperature. Conventional agriculture is a major contributor to global climate change, responsible for 10 to 12 percent of human-caused emissions of carbon dioxide, 60 percent of nitrous oxide emissions, and about 50 percent of methane emissions. These emissions result directly from a heavy reliance on petrochemical inputs, intensive cultivation of land, and concentrated animal feeding operations. Indirectly, additional emissions are due to deforestation, which results in part from degraded and eroded soils.

In contrast, organic farming practices help to address the critically important need to reduce greenhouse gases. Organic farming is not dependent on the types of fertilizers, herbicides, and insecticides derived from petrochemicals, in which tremendous quantities of fossil fuel energy are embedded. In addition, organic farming’s emphasis on soil quality sequesters carbon in both the soil (due to higher organic matter content) and above ground in biomass (due to crop rotations emphasizing cover crops and green manures).

In recent years, farmers across Ohio and elsewhere have struggled to contend with an increase in severe and unpredictable weather patterns, including drought one year and an overabundance of rain in another. In order to protect the health of Ohio’s farming community and to ensure a secure future for local and regional food systems, OEFFA supports actions taken on the local, state, federal, and international levels to reduce greenhouse gas emissions and respond to the effects of climate disruption.”

Sadly, we are continually reminded of the urgent need to take meaningful action to prevent the worst effects of a warming planet: Superstorm Sandy, last summer’s devastating drought, and the northward shifting of USDA plant hardiness zone maps. The time is now and the place is here to address this crippling challenge. Food production will be critically important in solving the climate puzzle.
Troy Bishopp—Known as “The Grass Whisperer,” Troy Bishopp is a grassland conservation professional and raises grass-fed dairy and grass-finished beef cattle on his family’s fifth generation New York farm. Join Troy to learn more about livestock grazing at a full day pre-conference workshop, “From Our Grazing Experience.”

Chris Blanchard—Chris Blanchard grows 15 acres of vegetables and herbs at Rock Spring Farm in Iowa, supplying a 200 member community supported agriculture program and other markets. Join Chris for workshops on vegetable transplant systems and on-farm labor saving strategies, and a full-day pre-conference workshop, “Post-Harvest Handling, Food Safety, and GAP: Making It Work on a Real Farm.”

Mark Shepard—Mark Shepard manages New Forest Farms, a 106 acre perennial polyculture farm in Wisconsin. Mark is trained in mechanical engineering and ecology and has 20 years of experience growing for market, designing farms, and teaching farm-scale Permaculture techniques around the world. Join Mark for his Sunday morning workshop, “Restoration Agriculture: Designing Your Perennial Farm,” to learn about techniques for designing a perennial staple food crops farm.

Guy Jodarski, DVM—A practicing veterinarian in Wisconsin for more than 25 years and staff veterinarian for Organic Valley, Dr. Guy Jodarski treats organic and sustainable livestock, including dairy and beef cattle, sheep, and goats. Join Guy for his Saturday workshop to learn about holistic livestock health care.

Troy Bishopp

Chris Blanchard

Mark Shepard

Guy Jodarski, DVM

OEFFA News Winter 2013
WORKSHOPS
The conference will feature cooking demonstrations and more than 90 educational workshops on sustainable farming, gardening, green living, livestock, and business management. Whether you’re a full-time farmer, backyard gardener, or local food enthusiast, there are plenty of workshops to choose from.

For a complete list of workshops, including times, speakers, and descriptions, go to www.oeffa.org/2013.

EXHIBIT HALL
The Exhibit Hall will feature dozens of businesses, non-profits, and government agencies offering an array of food, books, farm and garden products, tools, information, and services. The Exhibit Hall will also include a raffle, book signings by Mark Shepard, Nicolette Hahn Niman, and Gene Logsdon; OEFFA merchandise including posters and water bottles; and OEFFA Certification staff will be on hand to provide one-on-one assistance to organic and transitioning farmers.

SATURDAY EVENING ENTERTAINMENT
On the evening of Saturday, February 16, enjoy music and dancing with The Back Porch Swing Band and a screening and discussion of the movie, American Meat, presented by Chipotle Mexican Grill, which takes a pro-farmer look at chicken, hog, and cattle production in the U.S.

DONATE TO OEFFA’S CONFERENCE RAFFLE
Support OEFFA and introduce our members to your products and services by donating to the OEFFA conference raffle. To donate, please contact Kristen Pool at (330) 527-3647 or blackdogacres@gmail.com.

GENTLY USED BOOKS NEEDED
Donate your gently used food and farming books to OEFFA. Drop off your books at OEFFA’s book table at the annual conference. All proceeds from used book sales benefit OEFFA. For more information, contact Renee Hunt at (614) 421-2022 Ext. 205 or renee@oeffa.org.

REGISTRATION UPDATE
At the time of this writing, a limited number of Saturday and Sunday registrations are still available. Pre-conference registration remains open. For the latest news or to register, go to www.oeffa.org/2013 or call (614) 421-2022 for a mail-in registration form.

LEARN MORE
For more information about the conference, including maps, directions, workshop descriptions, speakers, hotel options, meal menu, a schedule, and more, go to www.oeffa.org/2013. For additional questions, call (614) 421-2022.

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Wayward Seed Farm

OEFFA News Winter 2013
My Love Affair with Maple Syruping

By Christine Tailer

You can produce your very own, 100 percent natural maple syrup, and it doesn’t matter if you live in the country or in the city. All you need is a maple tree that is at least 12 inches in diameter and a few other very simple things, many of which you may already own.

Our city house had a beautiful old maple tree growing in the front yard, but it never occurred to me to make my own maple syrup until my husband, Greg, and I moved to our 63 acre farm just north of the Ohio River. It was then, as some of the fall leaves turned to bright yellow, that I realized that we had a good number of sugar maples. I began to mark the trees with twine and gather the syruping supplies I would need.

On Valentine’s Day 2006, we tapped our first tree. The weather was perfect for sugaring. Freezing nights were followed by sunny 40 degree days. The date must have been prophetic, because I fell head over heels in love, with sugaring that is.

We had collected several antique taps over the years, but we also ordered new taps online. Greg used his cordless drill and a 7/16 bit to drill 1 ½ inches into the wood. We placed the hole on the southern side of the tree, about 2 feet off the ground, right over a large root, and right under a large overhead branch. This is where the sap flows best: up from the roots to the branches above. Greg drilled up at a slight angle so that the sap would tend to flow down and out, aided by gravity. He then gently tapped in the metal spout with a hammer, so that it sat securely in the drilled hole.

My sap collection system could not have been simpler. I used one gallon plastic milk jugs that I had collected for several months. I kept the screw tops on the jugs, and made a small dime-sized hole up by the neck, on the side opposite the handle, just under the screw top ridges. At first, I used a short length of plastic tubing, so the sap could flow to the jug sitting on the ground, but the jugs tended to fall over and were prone to ant infestation. I eventually learned to simply hang the jugs from the taps, by slipping the hole over the tap and letting it rest on the tap’s “bucket hanger” node.

Greg and I stood back and listened in amazement to the steady drop of sap into the jugs. It was as though we had turned on a spigot. By evening the jugs were full of clear maple sap that tasted like mildly sweetened water. I put the full jugs in the kitchen refrigerator. It was as though we had turned on a spigot. By evening the jugs were full of clear maple sap that tasted like mildly sweetened water. I put the full jugs in the kitchen refrigerator.

After hours of boiling and letting 7 gallons of sap drip into the pan, the level of now brown, sweet smelling liquid was less than an inch deep. I emptied the condensed sap into a sauce pan and finished up the last half hour of boiling inside the cabin on the cook stove. The syrup was finished when it no longer dripped off of a spatula, but hung in a sheet.

I figured that if I billed at my lawyerly rate, each of my first two 12 ounce jars of maple syrup would have been worth several hundred dollars, but in reality, each jar was priceless. I remember wishing that I did not have to wash the wonderful, sweet, wood smoke smell out of my hair before I headed off to court the next morning.

Christine practices law and lives with her husband, Greg, at Straight Creek Valley Farm, an off-grid, 63 acre farm in Brown County, Ohio. They sustainably farm 10 acres of creek bottom land with antique farm machinery that Greg manages to keep running. For more information, go to www.straithcreekvalleyfarm.com.

A Sticky Situation: Identifying Syruping Trees

There are many varieties of maple trees in Ohio that are suitable for syrup production, including sugar, black, red, and silver maples, and boxelders. Sugar and black maples are the best choice, if available, because they have a higher sugar content and only half as much sap is needed as other maples to produce the same amount syrup. Good syrup can be made from red or silver maples, but it is more likely to be cloudy. Boxelder syrup tastes something like sorghum syrup. Ornamental maples have a milky sap and cannot be used for syrup production.

It is easiest to identify sugar maples when the leaves are on the trees. According to the University of Minnesota Extension, the leaves are three to five inches long, broad, and usually five-lobed. The leaves are thin, firm, dark green above and paler beneath, and turn brilliant shades of yellow, orange, and red in autumn. The fruit is called a two-winged samara or key. The bark on young trees is light gray to brown and rather smooth, later breaking into long irregular plates of bark that often loosen vertically along the side.
U.S. Court of Appeals Hears Oral Arguments in Monsanto Lawsuit

On January 10, the U.S. Court of Appeals for the Federal Circuit in Washington, D.C. heard the Appeal of Dismissal in the *OSGATA et al. v. Monsanto* lawsuit, originally filed in March 2011 by the Public Patent Foundation (PUBPAT) on behalf of OEFFA and 82 other family farmers, seed businesses, and agricultural organizations. The hearing was in response to the plaintiffs’ request to the appellate court to reverse a lower court’s decision to dismiss their request for protective legal action against agricultural giant Monsanto. Currently, if genetic contamination occurs, innocent farmers can be legally charged with patent infringement.

The Court is expected to issue its ruling within the coming months.

Ten Percent of U.S. Children Now Born with Neurodevelopmental Problems

Agricultural pesticides have contributed to an array of health problems in children, including autism, cancer, birth defects, attention deficit hyperactivity disorder, lowered IQ, and asthma. Studies suggest that exposure to pesticides, even at low levels, can disrupt brain development in fetuses and children. The *San Francisco Chronicle* reports that more than 400,000 of the four million children born annually in the U.S. are affected by neurodevelopmental disorders. According to National Academy of Sciences estimates, one-third of these disorders are caused either directly by pesticides and other chemicals or exposure to environmental factors.

Herbicide Use in GE Crops on the Rise

A study by Washington State University professor Charles Benbrook found that the use of herbicides in the production of GE herbicide-tolerant cotton, soybeans, and corn increased from 1.5 million pounds in 1999 to about 90 million pounds in 2011. The study, which appeared in the journal *Environmental Sciences Europe*, concludes that the emergence and spread of glyphosate-resistant weeds is strongly correlated with the increased herbicide use. Marketed as Roundup, glyphosate is a broad-spectrum systemic herbicide used to kill weeds. Approximately 95 percent of soybean and cotton, and more than 85 percent of corn planted in the U.S. are genetically modified to be herbicide resistant.

GE Labeling Defeated in California

California voters defeated Proposition 37 by a margin of 52 to 48 percent. The ballot measure would have required package labeling on foods containing genetically engineered ingredients. Pesticide and biotechnology companies spent $46 million to defeat the measure, outspending labeling supporters 5 to 1.

Malabar Farm Receives State Funding for Restoration

The Ohio Department of Natural Resources (ODNR) has committed up to $500,000 for much-needed capital improvements at Richland County’s historic 933 acre Malabar Farm State Park. In addition to funding, ODNR has announced new management and a commitment to implement conservation farming practices, including intensive grazing. Malabar Farm was established by Mansfield native and Pulitzer Prize winner Louis Bromfield, who pioneered conservation farming practices like crop rotations and cover cropping.

Farmland Values on the Rise

Cropland values in Ohio increased by 13.6 percent in 2012, with bare cropland averaging $5,000 per acre, according to the Ohio Agriculture Statistics Service. Land values are expected to continue on an upward trend in 2013. “Crop profitability along with low interest rates have been the primary drivers in the run-up in cropland values,” according to Barry Ward with OSU Extension.

Kroger Decides to Stop Selling Sprouts

OEFFA members Steve and Pat Sauer of Sunsprout Farms, who have grown alfalfa, mung bean, broccoli, clover, and radish sprouts for more than three decades, lost 65 percent of their business when Kroger decided to stop selling sprouts, citing food safety concerns. Sunsprout Farms, which has never had a food recall, has supplied sprouts to Kroger stores in Ohio and Michigan for 37 years. Since 1996, at least 30 illness outbreaks have been traced to sprouts, mostly from salmonella or *E. coli* contamination.

Teresa Peters Wins Environmental Achievement Award

Local green business owner and OEFFA member Teresa Peters won the Ohio Environmental Council’s 2012 Environmental Watchdog award in November. Teresa, who owns The Going Green Store in Granville, is living with metastatic breast cancer and works with a variety of groups in her community to educate others about chemical and environmental health hazards.

Edible Columbus to Open Learning Studio

In March, *Edible Columbus* will move into new Clintonville office space and open a new cooking school, The Seasoned Farmhouse, where they will offer seasonal cooking classes, lectures, and workshops.

New Farmland Preservation Director Named

Denise Franz King has been named the Executive Director of the Office of Farmland Preservation at the Ohio Department of Agriculture. King has previously worked for the Ohio Department of Commerce, the Nature Conservancy, the Division of Recycling and Litter Prevention, and ODNR, and has served on the Dublin City Council and as vice-mayor of Dublin. Mike Bailey, the former director, is now the Deputy Chief of the Division of Soil and Water with ODNR.

Montgomery and Clark County FSA Offices Closed

The Montgomery and Clark County Farm Service Agency (FSA) offices have closed, due to budget constraints. FSA program services will now be provided by the Preble County and Madison County FSA offices, respectively.

Governor Signs Agriculture Marketing Bill

This fall, Governor Kasich signed Senate Bill 309, which allows for the creation of a voluntary agricultural marketing agreement in Ohio. The initiative is backed by the Ohio Produce Growers and Marketers Association, which has spent three years developing a food safety certification and marketing program for fruits and vegetables.
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Work in the transplant house starts at a slow time of year for most vegetable growers, but the pace rapidly accelerates as field operations get under way. A carefully designed greenhouse layout and a few well-selected tools can make your operation more efficient as you get your plants ready to hit the field.

**Workstation Design**

Effective workstations can have a tremendously positive influence on productivity by minimizing extraneous movement and avoiding discomfort or injury.

The top of the work table should be at elbow height—considerably higher than a standard folding table or kitchen counter. Workers move faster when standing, so we have workstations at two different heights, to accommodate both larger and smaller members of the crew. Anti-fatigue mats reduce wear-and-tear on knees and backs.

Everything the worker needs should be within easy reach. Keep tools and supplies within a 24 inch radius. We provide a coffee cup at each workstation to store the tools needed for the job at hand. Completed flats are moved to a trolley or cart that requires only a turn and a step to get to; workers without easy access to the trolley slide flats across the table for handling by somebody who can pivot to it.

For filling flats, we’ve constructed a table with walls on three sides. We buy our potting mix in two yard slings, so we shovel mix from the sling up onto the table. Workers mound the mix over the flat with their hands, then shake the flat hard once before using a flat board to sweep the soil from the middle of the flat to the ends.

**Moving Flats**

Moving flats around one or two at a time takes a lot of time. We installed an overhead trolley so that one person could move 24 flats at once around the greenhouse, but even a flat rack or modified wheelbarrow that can hold four or eight flats will save a tremendous amount of time.

Our four-shelved trolley runs above the transplant benches on a tubular track that hangs from the greenhouse frame. The track makes a complete circle that allows the trolley to travel through the work area right up to the garage door for easy vehicle loading.

**Speedy Seeding**

We use a combination of high- and low-tech tools to seed flats. The simplest is a six inch long piece of folded plastic shaped to a point at one end and closed at the other. Seeds are placed in the crease, and the tool is held at such an angle that the seeds at the pointed end lie in the crease in a single line. Seeds are singulated and pushed into a seeding tray with any variety of pointy tools—I like one made out of #9 wire, pounded flat on an anvil, and ground to the right shape with a bench grinder.

For round seeds like brassicas, we use a plate seeder. A vacuum holds seeds onto a plate drilled with small holes to match the seed size and the pattern of cells in a tray. Seeds are poured onto the plate and moved around the tray until all of the holes are filled. Once all of the holes are filled, the remaining seeds are poured off, or maneuvered into a seed channel attached to the seeding plate. One worker can easily seed 60 to 90 flats per hour with this tool.

**Efficient Watering**

Installing an overhead watering system in our transplant house helped reduce critical management time spent watering. We learned quickly that automatic watering needs careful monitoring in the diverse greenhouse of a market farm, and developed recordkeeping forms to track how long the water ran on each bench, and information about weather conditions so that we could decide how much water to put on each day based on previous results. An automatic watering system doesn’t eliminate the need to hand-water transplants—spot watering is still required, especially when one bench houses crops at multiple stages of maturity. Careful design and planning, along with appropriate tools, can help you save labor and have a more profitable farm.

Through Flying Rutabaga Works, Chris Blanchard provides systems and tools for farmers to succeed in agriculture, business, and life. He has owned and operated Rock Spring Farm, with 15 acres of vegetable, herb, and greenhouse production north of Decorah, Iowa, since 1999. For more information, go to www.flyingrutabagaworks.com.

Editor’s Note: Join Chris on Saturday, February 16 for conference workshops on vegetable transplant systems and on-farm labor saving strategies, and a full-day pre-conference food safety workshop on Friday, February 15. For more information, see pg. 4.

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*COMPETITION - THERE IS NONE*
Rolling out Fertility
By Troy Bishopp

It’s amazing how resistant I was to changing the tradition of feeding hay to beef cattle. Once you’re in a certain agricultural paradigm for so long it’s hard to break the cycle of thinking. It wasn’t until I actually looked at my farm’s displaced fertility levels from a nutrient management perspective that I started to question my hay feeding practices and the labor it took.

Tradition for me was feeding hay close to the barn, in the barn, or on a convenient paddock that turned into a muddy quagmire. I utilized homemade wooden skid feeders, hay wagons, and bale rings, much to the delight of the cows. They liked playing the “who can pull out the most hay and waste it” game. Even as this was going on for years, I seemed paralyzed to change the situation because I fell into the trap of thinking cows couldn’t survive without being near a barn. Change doesn’t come easy when the old-timers keep reminding you, “That’ll never work in a northeast winter.”

Several things happened to shake my brain cells loose. I read a lot of back issues of the Stockman Grass Farmer and 1930s vintage agricultural books, met some very successful out-wintering cattle farmers, and realized how all the nutrients on my 100 acre farm were confined to about 20 acres. Couple that with the high price of fuel and fertilizer, old equipment, and older bones, and you have a recipe to alter your mind. It seems foolish to ride the feed and cleanup merry-go-round when the cows can do it all with a little planning and management.

Now, my winter feeding formula is simple. First, I try and plan to graze longer into the season by utilizing stockpiled forage. Second, I move all the feed (I now buy all my feed) to where I need the nutrients (usually the farthest field from the barn) before winter. And, third, I move the cows to the feed and close the gate.

Last winter I only started the tractor once a week, usually to move bales around to strategic places and or keep a path open during horrid weather. This method wasn’t without work, however, as rolling out round bales in the snow can be challenging, but I saved money on a gym membership. I would recommend pushing bales downhill or on the level. Rolling out a bale of hay is like spreading a load of manure—the cows eat the hay and defecate, resulting in a pretty cheap and efficient nutrient transfer. But, ohhh, the waste you say!

The grazing aficionado Jim Gerrish tells me that a ton’s worth of these big hay bales are worth 60 bucks just in fertilizer value alone. He says, “If you buy hay for $60 a ton, you either get your feed for free or free fertilizer.” In addition, if you only roll out enough hay for one day, the waste should only run around 10 percent, compared to 5 to 8 percent with ring feeders. But, if you add in the fertilizer benefits and advantages of allowing more access for timid animals, it makes sense to look at a different paradigm.

After just one season, this simple strategy had totally transformed my fields of pale, spotty grass into a dense, thick carpet of diverse forage teaming with biological life. It’s truly remarkable to witness the transformation and all it took was a change in behavior.

The next time you’re frustrated with bale-ring dead spots, think about the possibilities of what you can do on your farm. Even if you could graze a little longer or feed out in the back reaches of the property for a month, it’s worth the effort. Lush, healthy spring grass packed with nutrients is a good thing for your wallet and the environment.

A version of this article originally appeared in The Bagpipe Highland Beef Cattle Quarterly in 2010.

Known as “The Grass Whisperer,” Troy Bishopp raises grass-grazed dairy and grass-finished beef cattle on his family’s fifth generation New York farm. Bishopp is also a grassland conservationist and free-lance agricultural writer. For more information, go to www.thegrass-whisperer.com.

Editor’s Note: Join Troy to learn more about livestock grazing during his pre-conference workshop on Friday, February 15. For more information, see pg. 4.
NOP Publishes Final Rule on Periodic Residue Testing
On November 9, the U.S. Department of Agriculture’s National Organic Program (USDA NOP) published the Final Rule on Periodic Residue Testing which requires organic certifiers, such as OEFFA, to test samples from at least 5 percent of the operations they certify on an annual basis, beginning January 2013. Certifying agents may test for any prohibited substances and methods, including prohibited pesticides, arsenic, genetic engineering, synthetic hormones, or antibiotics. This additional testing will help certifiers identify and take enforcement action against farms and businesses intentionally using prohibited substances or methods.

Organic Dairy Farmers are the “Cream of the Crop”
This fall, the Union of Concerned Scientists released a new study, Cream of the Crop: The Economic Benefits of Organic Dairy Farms. The report demonstrates how transitioning to organic is allowing many small pasture-based dairies to stay in business in a world of “get big or get out.” Financial data for organic and conventional dairies were compared, and the researchers found that organic farms contributed more to the state’s economy, resulted in higher wages and benefits for farmers, and added more jobs than their conventional counterparts.

Organic Growers Group Forms in Illinois
Farmers and consumers in Illinois have recently joined forces to form the Illinois Organic Growers Association, a nonprofit group that will support education and networking among farmers and citizens interested in expanding the use of organic and sustainable production methods. For more information, go to www.illinoisorganicgrowers.org.

Pediatricians Urge Parents to Choose Organic to Reduce Children's Pesticide Exposure
The American Academy of Pediatrics issued a new report confirming the health benefits of organic food, particularly for children, including: lower pesticide residues, reduced exposure to antibiotic resistant bacteria, higher nutritional levels, and lower environmental impact. The report provides guidance to pediatricians about organic foods in patient care and appeared in the November issue of the journal Pediatrics.

NOP Publishes Final Rule on Methionine
The NOP published a final rule that extends the allowance for synthetic methionine after October 1, 2012. Synthetic methionine must now be used at reduced levels: no more than two pounds per ton of feed for laying and broiler chickens and three pounds per ton of feed for turkeys and all other poultry. Methionine is classified as an essential amino acid and although natural substitutes exist, they are not currently available in sufficient quantities to meet poultry producers’ needs.

2011 Organic Production Survey Results Available
U.S. certified organic growers sold more than $3.5 billion in organically grown agricultural commodities in 2011, according to the results of 2011 Certified Organic Production Survey, released by the USDA’s National Agricultural Statistics Service this fall. The survey results include data on organic field crops, livestock, fruits and vegetables, value-added products, and marketing outlets. To read the report, go to http://bit.ly/S2moSN.

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Internship Opportunities with OEFFA
OEFFA is offering several intern opportunities for college students who want to gain professional experience, while supporting sustainable and organic agriculture in Ohio. For more information, go to www.oeffa.org, call (614) 421-2022, or email julia@oeffa.org or milo@oeffa.org.
Sometimes OEFFA staff receives calls and letters from producers and processors asking if we have any idea how challenging it can be to keep all of the records necessary for certification. Sometimes we’re asked if we’ve ever received a noncompliance. As it turns out, the certification process for producers and processors is not so different from the accreditation process for certifiers!

Just as organic farms and processing operations undergo yearly inspections, certifying agencies, like OEFFA, experience an on-site audit every 3 to 5 years. OEFFA’s most recent audit took place in June. Prior to the audit, OEFFA prepared several documents and submitted them to the NOP, just as producers and processors submit an Organic System Plan to OEFFA.

The audit consisted of a week of witness inspections and interviews, as well as a records review. During the witness inspections, U.S. Department of Agriculture auditors shadowed crop, livestock, handling, and wild crop inspections and evaluated the performance of OEFFA inspectors. While conducting the audit, the auditors use a checklist, much as our inspectors do, to make sure that all certifying agencies are held to the same standards.

During the in-office interview portion of the audit, auditors spoke with staff to make sure that OEFFA’s internal policies and procedures are carried out in accordance with the NOP standards. During this part of the review, OEFFA’s Policies and Procedures Handbook, our Quality Manual, and our materials review procedures were scrutinized.

Finally, the NOP auditors verified the qualifications of OEFFA’s certification staff and contract inspectors, and examined several client files to determine if the certification process was robust enough to ensure certified operations comply with NOP rules.

At the end of the week, the auditors met with OEFFA staff to identify their “findings,” or potential areas of noncompliance—much like an exit interview on a farm or at a handling facility to identify “issues of concern.” The auditors then submitted their findings to NOP staff, who granted OEFFA “continuing accreditation” and identified areas where improvement is needed.

In August, OEFFA received a letter from the NOP detailing our areas of noncompliance. The auditors verified that we were cleared of all previous noncompliances (issued during our 2009 audit) and found three new non-compliances:

1. One noncompliance resulted from the witness inspection of a certified wild crop operation. According to our auditors, the OEFFA-contracted inspector did not adequately verify that the wild crop harvesting was being done in a sustainable manner so as to ensure the continued sustainable growth of the wild crop.

2. A second noncompliance was related to materials review. The auditors noted that OEFFA was not re-reviewing previously approved materials every three years as is stated in our Quality Manual. The auditors also maintained that our policy regarding the use of quaternary ammonia sanitizers (a.k.a. “quats”) was too permissive.

3. A third noncompliance related to insufficient timeliness in processing applications. The NOP rules require certifiers to use a sufficient number of adequately trained personnel to complete the annual certification process in a timely manner. Because the auditors found that a number of files had required protracted amounts of time to complete, they concluded that OEFFA did not have enough personnel to update client certifications quickly enough.

OEFFA was required to reply to the noncompliance letter within 30 days, responding to the issues identified by the auditors, documenting the corrective steps already taken to address the issues, and outlining our plan to fully resolve all three noncompliances before our next audit. The information we submitted to the NOP is in many ways analogous to the information we request from our certified operations and applicants in response to noncompliance letters.

In late October, OEFFA received notice from the NOP that we had demonstrated through our response that we have the capacity to resolve the noncompliances before our next audit and we received our updated Certificate of Accreditation, which allows us to continue certifying organic crop, livestock, wild crop, and handling operations.

While not exactly the same, the process required of OEFFA to maintain accreditation is similar to the process required of organic farms and processing facilities to maintain organic certification. These checks and balances help to ensure that both certifying agencies and organic operations are meeting the high standards established by the NOP.

Editor’s Note: Got certification questions? Receive one-on-one assistance with your questions and paperwork from OEFFA’s Certification program staff in the Exhibit Hall throughout OEFFA’s annual conference. For more information, see pg. 4.

Who Inspects OEFFA?

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OEFFA News Winter 2013 13
Fracking Waste on our Winter Roadways: Local Government’s Role

Last year, Ohio lawmakers passed oil and gas legislation to regulate high volume horizontal hydraulic fracturing, commonly called “fracking.” The new law removes most local governmental authority to make decisions about fracking. One of the few issues that local cities and counties still have jurisdiction over is whether to allow the use of fracking wastewater on roadways.

Many Ohioans may be surprised to learn that last winter, more than 50 local governments in Ohio used oil and gas brine on roadways, rather than conventional de-icers or salts, to save money. The brine, or wastewater, is a salty byproduct from fracking.

Fracking is an intensive practice used to extract oil and natural gas from rock formations deep underground. Millions of gallons of fluid are used in the process—typically containing water, toxic chemicals, and sand. The wastewater is a combination of both the injected fluid which returns to the surface and brine from naturally occurring rock formations in the oil and gas reservoir.

The wastewater contains high concentrations of heavy metals, radioactive materials, and carcinogens, including strontium. Strontium, which causes skin rashes and dislocations in bone development, can end up in fish, vegetable crops, and livestock which are exposed.

Trace elements, such as cadmium, barium, and lead can be found in oil and gas brine at levels far above what is considered safe for drinking water. In addition to having dangerous effects on human health, both cadmium and lead can poison microorganisms in the soil. Cadmium is also known to build up in the kidneys of cattle that drink affected water or eat plants growing in contaminated soil. And while most trace elements are absorbed or diluted before reaching fresh groundwater, barium is a known bio-accumulator.

Perhaps most concerning is radioactive radium 226, a derivative of uranium, also reported to be found in fracking wastewater. Radium can cause a spectrum of problems ranging from anemia and cataracts to cancer and even death. It can accumulate in the food chain and eventually reach humans.

Currently, there are no state regulations requiring brine testing prior to application. However, Ohio cities, counties, and townships have the authority to restrict or regulate the use of brine on roadways. In fact, brine cannot be spread on roads without a local resolution authorizing its use. Such a resolution must undergo a public hearing, allowing residents to comment. If a resolution is passed, it can be rescinded under a similar process.

To learn if your city, town, or county has passed a resolution authorizing the use of oil and gas brine, contact Mackenzie Bailey at (614) 421-2022 Ext. 208 or mackenzie@oeffa.org. To learn more about fracking and what you can do, visit http://policy.oeffa.org/fracking.

Editor’s Note: To learn more about the legal options communities have in protecting themselves from the dangers of fracking, join Buckeye Forest Council staff attorney Nathan Johnson for his workshop at OEFFA’s annual conference on Sunday, February 17. For more information, see pg. 4.
**Book Review**

**Growing Local Food: Empowering You and Your Community to Grow More of Your Own Food**

By Mary Lou Shaw

Carlisle Press, July 2012

OEFFA member, homesteader, and Ohio writer Mary Lou Shaw released her first book, *Growing Local Food*, this summer. Shaw uses a warm writing style, gentle encouragement, and humor in this eye-catching 110 page book to explore homesteading topics, including seed starting, composting, food preservation, rainwater harvesting, and animal care.

Full page, colored photos from Shaw’s farm accompany each chapter, which gives readers enough information to get started along with recommendations for further reading. Finally, she shares some of her favorite family recipes with mouth-watering photos of farm-grown produce and ingredients transformed into delicious meals.

Throughout, Shaw’s knowledge and love for gardening and sustainable, local foods is evident. She and her husband, Tom, grow almost all the food they eat on their 13 acre homestead near Washington Courthouse, where they raise heritage breed animals and bees and tend a vegetable garden and orchard.

The book is available for $14.99 from Carlisle Press at (800) 852-4482.
Researchers at the Ohio State University’s Ohio Agriculture Research and Development Center (OSU OARDC) in Wooster are working on a comprehensive, multi-disciplinary project to investigate integrating sheep and goats into organic cropping systems. The goal is to evaluate the impact of integration on the value of crops, the health of the livestock, the diversity of revenue, and the farm’s ability to recycle nutrients, enhance weed control, and build soil structure and fertility.

The project also aims to provide more information on parasite control in sheep. Although organic lamb is a potentially high value niche product, a major limitation to organic sheep production is control of gastrointestinal parasites since the U.S. Department of Agriculture’s organic standards prohibit the use of parasiticides (anthelmintics). The ultimate objective in an organic system, then, is to develop an animal production system where parasites may be present in small numbers but do not affect the health or performance of the flock. Existing sheep research at OARDC under conventional conditions has shown that grazing sheep in annual crop fields provides excellent nutrition for the animals, and may break up the parasite life cycle and reduce the need for anthelmintics.

Although the project just started this year, initial data explores the stocking density needed for weed control following small grains, the weed preferences of ewes, and the overall effect on the animals. Dry ewes were grazed on weeds following crop removal this year at three separate times in five established organic crop fields. The fields are in a five year rotation of red clover, corn, soybeans, oats, and barley. The grazing events lasted from three to five days and the available ‘forage’ was mainly annual weeds. Ewes were stocked at a density of 30 head per acre for the high groups and 15 head per acre for the low groups.

As expected, the higher density groups ate more weeds and ewe weight gain was affected by the amount of forage available. Plant preferences by grazing animals may be exhibited at lower stocking densities. Comparing consumption data from the two densities shows that there was some preference for different weeds as indicated by Figure 1.

Further information on the impact on the crops, sheep parasite levels, nutrient recycling, weed control, soil structure, and fertility will be measured over future cropping seasons.

Dr. Francis Fluharty is a professor of Animal Sciences at OARDC in Wooster and may be reached at fluharty.1@osu.edu. Jeff McCutcheon is an OSU Extension educator in Morrow County. He may be reached at mccutcheon.30@osu.edu.

Editor’s Note: Look for Jeff at OEFFA’s 2013 conference where he’ll be co-presenting a multipart grazing workshop track. For more information, see pg. 4.

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Chapter Spotlight

Heart of Ohio Chapter Update
The chapter once again organized a bulk Fedco seed order in 2012 and has scheduled meetings through April 2013.

Lake Effect Chapter Update
Steven Corso has been elected as the chapter’s new President and Board Representative.

MOON Chapter Update
The Miami Oxford Organic Network (MOON) Chapter began a very active 2012 with a potluck in February. In March, Craig Harkrider presented a gardening workshop, “An Introduction to the Soil Food Web.” In June, the chapter visited two local gardens, at the home of Frank House in Camden and Mary’s Plant Farm in McGonigle, a popular local source for landscaping plants. In August, the chapter visited Downing Fruit Farm in New Madison for a tour of the orchard and garden, a demonstration of cider making, and a potluck. In October, with lots of help from the Oxford community, the chapter had prepared to hold its 6th Annual Harvest MOON Festival, but it was cancelled due to weather. Help make 2013 another successful year by becoming part of the chapter.

OK River Valley Chapter Update
The Ohio-Kentucky (OK) River Valley Chapter has changed their meeting day to the third Saturday of the month. The chapter met in January 2013 at Black Sheep Fiber Farm to plan for the coming year and place a bulk seed order. They also participated in a Local Foods Seminar in January which featured presentations and discussion groups on a variety of topics.

Southwest Chapter Update
The Southwest Chapter finished out 2012 with a November meeting at Gorman Heritage Farm and a December meeting at Peterloon. The chapter is planning a mini-conference, “The State of the Plate,” in April, which will feature workshops, exhibits, and speaker Gary Cox. The chapter is forming committees to plan educational events and participate in grassroots policy advocacy. They are also working with a local Slow Money group to identify ways to help producers access land and financing. New members are welcomed to help organize programs and table at events. The chapter’s officers will continue for another year: Sally Godschalk as President, Mardee Sherman as Secretary, Mary Lu Lageman as Treasurer, and Steve Edwards as Board Representative.

For more information about chapter events, contact the Chapter President, see the events section of this newsletter on pg. 21, or go to www.oeffa.org/events.php. For more information about OEFFA’s other chapters, see pg. 2 or go to www.oeffa.org/chapters.
OEFFA members will have the opportunity to discuss and vote on a new OEFFA Board of Trustees and an historic set of changes to OEFFA’s bylaws at the 2013 business meeting in Granville on Saturday, February 16 from 5:15-6:15 p.m. The meeting will be held on-site at the OEFFA conference and will be open to all OEFFA members at no cost.

**Board of Trustees Candidates**

The current board has proposed the following slate of officers. Nominations will also be accepted from the floor at the time of the election.

**For President:** Mary Ida Compton

Mary Ida Compton moved to Cincinnati in 1999 and co-founded the Hyde Park Farmers’ Market. She has worked actively with her children’s school to incorporate local, healthy food into the lunch menu. Professionally, Mary Ida is an investment consultant and brings strong financial management skills to the board along with her passion for local and organic food.

**For Treasurer:** John Sowder

John Sowder is a long-time member of OEFFA who works in the food industry. As the current treasurer, John believes he has made significant improvements to OEFFA’s finances, and hopes to build on this success if re-elected.

**For Secretary:** Mardy Townsend

Mardy Townsend, of Marshy Meadows Farm in Ashtabula County, is a certified organic grass-fed beef farmer and active, long-time OEFFA member, previously serving as the board representative for the Lake Effect chapter.

**For Treasurer:** Mike Laughlin

Along with his wife, Laura, Mike Laughlin owns and operates Northridge Organic Farm in Johnstown, Ohio. His farm, which raises fresh market vegetables and lamb, has been certified organic for 20 years. Mike has been an OEFFA member for more than 25 years and has held many positions on the board including President.

**For Member-at-Large:** Perry Clutts

Perry Clutts is the fourth generation farming his family’s Pleasantview Farm, near Circleville, Ohio. He got his start in organic agriculture in the early 90’s through attending OEFFA conferences and transitioned the 545 acre Ohio Century Farm to a certified organic grass based dairy. Perry’s passions are the cows, the dogs, and compost. He also supports the organic and sustainable communities through serving on the board of directors of the Organic Trade Association and as the President of the Ohio Forage and Grasslands Council.

**For Member-at-Large:** Mike Malhame

Darren Malhame is a lawyer by training and a former litigator in Washington D.C. Several years ago, Darren joined his brother and sister-in-law as controlling partner in the Northstar Café restaurants. Darren brings a deep passion for local food system development and business experience to the board.

**Proposed Bylaw Changes**

After 34 years, OEFFA’s bylaws are in need of a tune-up. While the existing bylaws have been tweaked from time to time, a careful reading shows that they reflect the organization when it was founded and during the era when it was run exclusively by volunteers. The OEFFA Board has recommended a thorough overhaul to reflect the reality of today’s OEFFA and to provide an updated “operating manual” for our organization for the future.

Here are the major changes you’ll find in the proposed new bylaws:

- Clarifies that the OEFFA membership consists both of chapter members and individuals who are not aligned with any chapter.
- Changes references to OEFFA as a “corporation” to an “association” throughout.
- Includes notification of meetings by electronic media in addition to the traditional exclusive use of the newsletter and special mailings.
- Changes the requirement that chapters must meet quarterly to that of meeting four times a year.
- Changes terms of office for board members (including chapter representatives) from one to three years.
- Increases the number of at-large representatives elected by the membership from three to six.
- Staggers the terms of at-large representatives (one-third elected each year).
- Has the board elect its own President, Secretary, and Treasurer (in addition to Vice-President, as is currently the case) for terms of one year.
- Updates officer job duty descriptions to reflect that the day-to-day operations of the organization are conducted by staff.
- Adds an Article identifying responsibilities of the executive director.

Note that because OEFFA Certification is a separate entity with its own set of bylaws, a parallel set of changes is proposed, where appropriate, for Certification bylaws. The changes are not as extensive because membership in OEFFA Certification is conferred by membership in OEFFA, there is no election of the OEFFA Certification board by the membership (this board is comprised of all members of the OEFFA Board who do not have holdings in a party certified by OEFFA), and the Certification board already elects its own officers.

Want to know more? You can read the current bylaws, the proposed bylaws, and find a red-line copy with changes at www.oeffa.org or request a copy by calling the office at (614) 421-2022.

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The Journey Toward Nothing
By Annie Warmke

At Blue Rock Station we try to live simply, but my husband Jay and I embarked on a new adventure in living sustainably when we decided to spend last January without money or energy. We dubbed our experiment, “Thanks for Nothing.”

Since we run a business that involves workshops, tours, writing books, and farming, this took a bit of planning. We decided to keep the auto-pay set up on the standard bills, but we also had to figure out how to deal with issues like transportation (Jay had to get to the class he teaches), cooking food, and heating water.

Our teenager—nicknamed “Miss America” because she didn’t want to participate—was sure she was not going to live without energy so we called her room “America” because that was the place consuming all of the resources. After the first couple of days, however, Miss America started eating long dinners with us and began using her head lamp instead of turning on the electric light at night. Even “America” can change.

We stopped using electricity each day at 5:15 p.m. The computers were shut down, supper was prepared on the wood stove, and when I returned from doing chores at the barn, Jay had candles burning to light my way into the house.

One thing I discovered that month was the peacefulness of living with the earth’s rhythms. We went to bed by 8:30 p.m. most evenings. The mornings changed too. We had more time for one another—I would surprise Jay with a tiny chocolate on his writing desk and he would prepare a wonderful gourmet breakfast for me.

Farm chores were no problem. The animal feed was all purchased ahead of time. Water came from our rain barrels. Chores were finished before dark. If there was a need to visit the barn after dark, I used a tiny LED light that clamped to my hat.

We scaled back our telephone to an old-fashioned land line. This novelty amazed many young visitors.

Transportation was limited to making trips to school or to teach. The gas tank was filled at the beginning of the experiment and that was the allowance. I was determined not to travel unless I shared a ride in another person’s car.

As we begin Thanks for Nothing month 2013, I remember how this experiment has helped to show me how living sustainably can completely fill my soul. Who could think that I would learn so much about life, my family, and myself (especially at my age) by just making a resolution to be on an adventure that kept me in my own home?

Annie Warmke is a farmer, writer, and nature lover. She lives in Muskingum County at Blue Rock Station, an earthship, education center, and farm, with her husband, Jay, and granddaughter, Caitlyn. Her career has spanned working in the domestic violence movement to becoming a goat herder and artisan cheese maker. She is the author of several books including, Naturally Healthy Goats and The Journey to Nothing. For more information, go to www.bluerockstation.com.

Conservation Opportunities for Organic Farmers:
Jorgensen Organic Farms’ Story
by Chris Coulon

Franklin County farmer Val Jorgensen of Jorgensen Organic Farms produces herbs, flowers, salads mixes, honey, pastured livestock, and many value-added products. In the past 10 years, she has transformed what was once a conventional corn and soybean farm into a highly diversified organic oasis in suburban Westerville.

In 2002, Val met Mary Ann Core, the Franklin County conservationist with the U.S. Department of Agriculture’s Natural Resources Conservation Service (USDA NRCS). Mary Ann encouraged Val’s goals and worked with her to develop an Environmental Quality Incentives Program (EQIP) conservation contract to help finance the conservation measures that would help Val transition the farm to organic production.

EQIP still exists and NRCS is looking for people like Val who would benefit from professional advice and financial assistance.

The program has expanded so that in addition to conservation practices, growers installing seasonal high tunnels are also eligible to receive financial assistance. Mary Ann helped Val obtain her first high tunnel through an EQIP contract last year.

Interested? Talk to your local conservationist; there’s a Mary Ann serving every county in Ohio. Find your local NRCS office at http://offices.sc.egov.usda.gov/locator/app or call (614) 255-2471.

In 2013, NRCS has more than $13 million in financial assistance available to help Ohio producers. Sign up deadlines are February 15 and March 15, pending availability of funds.

Chris Coulon is the Public Affairs Specialist with NRCS in Ohio. She may be reached at chris.coulon@oh.usda.gov.
Winter Root Soups

Back in the old days, farmers stored root vegetables and cabbage heads in a root cellar for use all winter. Farm cooks got creative in using these long-keeping veggies in hearty winter soups spiced with fresh or dried herbs. Even if your root cellar has been replaced by the refrigerator or supermarket produce section, winter soups featuring root vegetables are still a great meal idea for this time of year. Some homemade bread, a little cheese, and a salad will complete your meal.

Cream of Winter Vegetable Soup

3 cups potato, peeled and chopped
3-4 turnips, peeled and chopped
1 lg. or 2 med. rutabagas, peeled and chopped
1 sm. butternut squash, peeled, seeded, and chopped
1 med. onion, chopped
1 med. leek, sliced
1 med. carrot, scrubbed and chopped
1 1/2 tsp. dried sage or 4 leaves fresh sage
1/2 tsp. salt
1/2 tsp. black pepper
2 (14 oz.) cans chicken or vegetable broth

Place all ingredients, except milk, in a large soup pot. Bring to a boil then reduce heat and simmer 30 minutes. Remove from heat; let stand 10 minutes. Place one-third of vegetable mixture in a blender and process until smooth. Pour pureed soup into a large bowl. Repeat procedure with remaining vegetable mixture. Return soup to pan and stir in milk. Cook over medium heat until thoroughly heated. Adjust seasoning as necessary and serve.

Vegetable Potage

4 cups water
3 cubes chicken or vegetable bouillon
3 sprigs fresh thyme
2 lg. garlic cloves
2 bay leaves
1/2 tsp. black pepper
2 lg. celery roots (celeriac), peeled and diced
2 lg. carrots, scraped and diced
2 med. onions, diced
1 lg. leek, sliced
2 med. potatoes, scrubbed and diced
1 turnip or rutabaga, peeled and diced
1 cup cauliflower, diced
1 cup milk or half and half

Bring water, bouillon, and herbs to a boil. Add all vegetables, except cauliflower, and bring to a boil again. Cover and simmer 15 minutes. Add cauliflower, stir, and simmer 10 more minutes. Remove thyme and bay leaves. Add milk and heat gently 3 more minutes. Mash with a masher or hand-held emersion blender, until slightly chunky or smooth, depending on your preference. Adjust seasoning as necessary and serve.

Trish Mumme operates Garden Patch Produce, a community supported agriculture (CSA) farm in Licking County offering vegetables, herbs, cut flowers, honey, and fruit to subscribers. She may be reached at gardenpatchproduce@earthlink.net.

Beyond Toast: Creative Ways to Enjoy Jam

When most people think of jams, jellies, and marmalades, breakfast and bread comes to mind. However, the only limit is your creativity! Use these spreads in snacks, salads, desserts, and dips, or add a little jazz to tuna salad or glazed meats.

One popular appetizer is pepper jam over cream cheese. This chunky combination of peppers and sugar makes an easy potluck pleaser. Simply spoon your favorite pepper jam over a room temperature block of good cream cheese, preferably a brand without all the stabilizers. You want it to be able to soften with warmth and be easily spread without utensils. Accompany this dip with crackers, tortilla chips, or toast points. This also works very well with homemade yogurt cheese or labne, which is simply yogurt dripped through very fine mesh or cheesecloth for 8 to 12 hours or until it is the consistency of a soft cream cheese. This does not work well with soy yogurt.

But why stop at appetizers? The same technique can be used to make a sinfully easy and delicious dessert reminiscent of cheesecake but without all the fuss. Again starting with a good cream cheese, choose your favorite jam, spoon it over room temperature cream cheese on a serving plate, and surround it with Graham Crackers, Nilla Wafers, or another mild cookie.

If you prefer to offer the combination as a dip or spread instead, use the pulse setting on your food processor or mix by hand to keep the fruit bits in the jam intact. Start with about 4 ounces of jam to 8 ounces of cream cheese, check for thickness and flavor, and add more jam as needed. If you want to be extra festive, add a tablespoon or two of your favorite liqueur. Grand Marnier pairs well with blueberry, and a touch of Amaretto added to sour cherry gives a nice lift to both flavors.

Jam is also a palliative for the winter morning blues. For a bit of morning indulgence that brings summer flavors to mind, try mixing your favorite jam into a creamy plain yogurt.

Put a twist on tuna salad by adding pepper jam, orange marmalade, crabberry jam, or even chutney. Mix 1/4 cup mayonnaise with 2 tablespoons jam, or to taste. Add 2 cans of tuna or salmon, drained and flaked. Add salt and pepper, and brighten with any other ingredients you like, such as green onions or celery.

Or, make a tangy citrus cilantro salad dressing featuring marmalade. Blend 1/2 cup fresh cilantro, 2 to 3 chopped green onions, 1/2 cup of mayonnaise, 1 cup olive oil, 1/2 cup cider or wine vinegar, 2 tablespoons marmalade, and salt and pepper until smooth. Serve over mixed salad greens with whatever add-ins strike your fancy—walnuts, cranberries, feta, goat cheese, mandarin oranges, or grilled chicken. Be creative and take your salad to haute cuisine levels.

Have fun experimenting and creating your own signature dishes!

NA Olson co-owns and operates The Little Red Truck Farm in Huron County, Ohio. The farm sells a wide array of hand-crafted jams, jellies, and marmalades, as well as unique varieties of tomatoes and vegetable seedlings, and heirloom garlic. For more information, go to www.thelittleredtruckfarm.com.
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Rich Finzer. Learn from a Blue Ribbon-winning maple syrup producer with 20 years of experience. Includes step-by-step instructions and beautiful color photographs clearly demonstrating the process — further lifting the veil of mystery on this unique North American pursuit. Softcover, 136 pages. #7169 — $15.95

BIODYNAMIC PASTURE MANAGEMENT
Peter Bacchus. A New Zealand grazing consultant shares a lifetime of experience on applying biodynamics to pastures. His multi-pronged approach considers balance of fertility elements, organic matter levels, soil life, and particularly soil life forces. Softcover, 160 pages. #7172 — $20.00

BUILDING SOILS NATURALLY
Phil Nauta. Building Soils Naturally is where gardeners will find a hands-on plan of how to create productive, living soil by using a practical holistic approach — crafted right in the garden. Softcover, 303 pages. #7138 — $19.95

RESTORATION
AGRICULTURE

"Facebook for farmers, but way more useful."
— Backwoods Home magazine
www.earthineer.com

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Upcoming Events

Season Extension Workshop
Thursday, February 21
Green Edge Gardens • 16232 Henry Rd., Amesville, OH
Join Rural Action to learn about Green Edge Gardens’ successful season extension model.
Cost: $25. For more information, email tomr@ruralaction.org or call (740) 767-4938.

6th Annual Winter Permaculture Design Certification Course
Friday, March 1 — Sunday, March 24
Cincinnati, OH
This four weekend Permaculture design course will be taught by Doug Crouch of TreeYo Permaculture, Braden Krauth of OM Valley Permaculture, and others. Cost: $500-$550. For more information, email omvalleypermaculture@gmail.com or call (513) 569-2579.

Hoop House Building Workshop
Sunday, March 3 — 10 a.m. – 2 p.m.
Columbus, OH
Participants will construct a hoop house with Joseph Swan of Swainway Urban Farm and Rachel Tayse Baillieul of Hounds in the Kitchen. Cost: $25, includes lunch. For more information, go to www.houndsinthekitchen.com.

2013 Small Farm Conference: Opening Doors to Success
Friday, March 8 — Saturday, March 9
Wilmington College • Wilmington, OH
Saturday, March 23
Muskingum County Convention and Welcome Center • 205 N. Fifth St., Zanesville, OH
Sponsored by OSU’s Small Farm Program, these conferences will include more than 30 seminars on aquaculture, farm management, livestock, natural resources, horticulture, organic production, and marketing. For more information, go to www.clinton.osu.edu/events.

Maple Madness Driving Tour
Saturday, March 9 – Sunday, March 10, Saturday March 16 — Sunday, March 17 — 10 a.m. – 5 p.m.
Multiple locations

Ohio Farm to School Conference: Let’s Grow Farm to School
Wednesday, March 13
OSU Nationwide and Ohio Farm Bureau 4-H Center • 2201 Fred Taylor Dr., Columbus, OH
The conference will feature keynote presentations, breakout sessions, and displays designed to showcase Farm to School opportunities. For more information, go to www.go.osu.edu/farmtoschool.

OEFFA Heart of Ohio Chapter Meeting: Growing Vegetables
Monday, March 11 — 7 – 9 p.m.
Granville Schools District Office • 130 N. Granger St., Granville, OH
Join OEFFA’s Heart of Ohio Chapter for a meeting about growing vegetables. Following a short business meeting, one group will focus on tomatoes, eggplant, and peppers. A second group will focus on garlic, potatoes, and onions. A third group will focus on lettuce and greens. Cost: Free. For more information, email cdilbone@granvilleschools.org or call (740) 587-8114.

Ohio's largest sustainable agriculture conference will feature keynote speakers George Siemon and Nicolette Hahn Niman, more than 90 educational workshops, local and organic meals, a kids’ conference and childcare, a trade show, and Saturday evening entertainment. Cost: $45-$55, includes lunch. For more information, see pg. 4, go to www.oeffa.org/2013, or call (614) 421-2022.

Farm to Table Cooking Series: Eggs
Wednesday, February 20 — 6:30 — 9 p.m.
Meshewa Kitchen at Turner farm • 7550 Given Rd., Cincinnati, OH
Turner Farms’ Gail Lenning will teach participants how to cook soufflés and frittatas. Cost: $45, includes dinner, food, supplies, and recipes. For more information, email glennig@ cincitr.com or call (513) 561-7400.

Making and Using Local and Natural Fats in Home Cooking
Thursday, February 21 — 6 p.m.
City Folks Farm Shop • 4760 N. High St., Columbus, OH
Learn about how to make and use natural and local fats like butter, lard, and oils with urban homesteader Rachel Tayse Baillieul of Hounds in the Kitchen. Cost: $20. For more information, go to www.cityfolksfarmshop.com or call (614) 946-5553.

Upcoming Events

Ohio Sheep and Goat Educational Series
Mondays, February 4, 11, 18, 25 — 7 – 9 p.m.
Free. For more information, go to www.ohiosheep.org/webex.html or call (614) 246-8298.

Meshewa Kitchen at Turner Farm • 7550 Given Rd., Cincinnati, OH
Wednesday, February 4, 11, 18, 25 — 7 – 9 p.m.
Multiple locations
WebEx courses on vaccination programs, artificial insemination, drought pasture management, and breeding will be held at 17 locations across Ohio during this series sponsored by OSU Extension, the OSU Sheep Team, and the Ohio Sheep Improvement Association. Cost: Free. For more information, go to www.ohiosheep.org/webex.html or call (614) 246-8298.

Organic Lawn Care Workshop
Wednesday, February 13 — 9 a.m. – 12 p.m.
Free. For more information, go to www.oeffa.org/2013, or call (614) 421-2022.

Ohio Sheep and Goat Educational Series
Mondays, February 4, 11, 18, 25 — 7 – 9 p.m.
Free. For more information, go to www.ohiosheep.org/webex.html or call (614) 246-8298.

Ohio Sheep and Goat Educational Series
Mondays, February 4, 11, 18, 25 — 7 – 9 p.m.
Free. For more information, go to www.ohiosheep.org/webex.html or call (614) 246-8298.
**Books, Guides and Reports**

**Organic Operation Guides**—The National Organic Program and the National Center for Appropriate Technology have released four comprehensive guides on organic crop and livestock production, processing, and certification designed for transitioning and current organic operations.


**Fracking Economic Impacts Report**—Environment America has released a new report, *The True Price Tag of Dirty Energy*, which documents the economic costs of fracking, including those associated with health care, road maintenance, contaminated water, livestock loss, and property values.

[www.environmentamerica.org/reports/ame/costs-fracking](http://www.environmentamerica.org/reports/ame/costs-fracking)

**Websites and Online Media**

**Congressional Agriculture Scorecard**—Food Policy Action has released a National Food Policy Scorecard, which provides voters with information on how U.S. Senators and Representatives voted on key agricultural bills and amendments.

[www.foodpolicyaction.org](http://www.foodpolicyaction.org)

**Organic Fertilizer and Cover Crop Calculator**—Oregon State University Extension specialists have developed a calculator for estimating the cost and nitrogen contribution of cover crops, compost, and organic and synthetic fertilizers. The tool is designed to help farmers develop well balanced and cost-effective nutrient management programs.

[http://smallfarms.oregonstate.edu/calculator](http://smallfarms.oregonstate.edu/calculator)

**Woodland Owner Toolkit**—Rural Action has developed a toolkit to help landowners manage their woodlands for profit, recreation, and wildlife habitat. The toolkit includes information on preparing a forest management plan, taxes, non-timber botanical forest products, invasive species, carbon sequestration, and programs and resources.

[www.ruralaction.org/programs/forestry/woodland-owner-toolkit](http://www.ruralaction.org/programs/forestry/woodland-owner-toolkit)

**Organic Resource Guide**—The U.S. Department of Agriculture (USDA) published a new *Organic Resource Guide*, which provides an overview of programs and services that support organic agriculture. It includes agencies that provide technical information, education, business development, marketing information, and other services to organic farmers and handlers.


**Fracking Chemical Disclosure Database**—SkyTruth has released a database created from more than 27,000 industry disclosure reports on the chemicals used in fracking.

[http://frack.skytruth.org/fracking-chemical-database](http://frack.skytruth.org/fracking-chemical-database)

**Local Food Compass**—The USDA has expanded its *Know Your Farmer, Know Your Food Compass*, a searchable database of projects that have received support from the USDA and other federal agencies for local food work.

[www.usda.gov/kyfcompass](http://www.usda.gov/kyfcompass)

**Local Food Systems Webinars**—The National Good Food Network has a large archive of webinars designed for farmers on a wide variety of subjects.

[www.ngfn.org/resources/ngfn-cluster-calls/ngfn-cluster-calls](http://www.ngfn.org/resources/ngfn-cluster-calls/ngfn-cluster-calls)

**Organic Seed Finder Database**—The Association of Official Seed Certifying Agencies has launched the Organic Seed Finder, a free online tool for farmers, certifiers, and others looking to source certified organic seed.

[www.organicseedfinder.org](http://www.organicseedfinder.org)

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**Funding and Land**

**Farm Leases**—Iroquois Valley Farms is a private equity company that purchases land which they lease to organic farmers.

[www.iroquoisvalleyfarms.com](http://www.iroquoisvalleyfarms.com)

**Countryside Conservancy Farms for Lease**—Two farms in the Cuyahoga Valley Countryside Conservancy’s Countryside Initiative will be available for lease in March 2013.


**Organic EQIP Funding**—The Natural Resources Conservation Service’s Environmental Quality Incentives Program (EQIP) can provide professional advice and financial assistance to organic and transitioning farmers implementing conservation practices and building high tunnels. Sign up deadlines are January 18, February 15, and March 15, pending availability of funds.

[http://offices.sc.egov.usda.gov/locator/app](http://offices.sc.egov.usda.gov/locator/app)

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**Sample CSA Forms**—Illinois Direct Farm Business has developed a model community-supported agriculture (CSA) member agreement, work-share agreement, and volunteer waiver.

[www.directfarmbusiness.org/csa-introduction](http://www.directfarmbusiness.org/csa-introduction)

**Organic Fruit Broadcasts**—Organic has released 55 recordings from the International Organic Fruit Research Symposium from June 2012. The presentations cover a wide range of organic fruit production and research topics.

[www.extension.org/pages/64359](http://www.extension.org/pages/64359)

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**City Folk’s Farm Shop**

Tools, materials, and inspiration for the urban homesteader.

**WORKSHOPS:**

**CLASSROOM FOR THE URBAN COOP**

Tuesdays, Jan. 15 - March 5, 6:30pm - 8:00pm, Fee: $10 per session - $65 for all 8 sessions

This 8 week program starts with the basics of raising backyard chickens and works through housing options, regulations, meat birds, common chicken ailments and butchering.

Instructor: Denise Beno Anderson

**SEED STARTING FOR THE URBAN HOME GARDNER**

Sunday, Feb. 3, 2:00pm, Fee: $20

Learn step by step how to start seeds like a pro and provide yourself with transplants for your garden. Best practices and planting schedules will be shared.

Instructor: Joseph Swain (Swainway Urban Farm)

**HOOPHOUSE AND SEASON EXTENSION**

Sunday, Mar. 3, 10:00am-2:00pm, Fee: $25 (includes a locally sourced lunch)

Participants will construct a hoophouse while learning the best practices for growing food year round.

Instructors: Joseph Swain (Swainway Urban Farm) & Rachel Tayse Balliurel (Hounds In The Kitchen)

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**Beginner Classes:**

- **BEEKEEPING 101**—Sunday, Jan. 27, 2:00pm - FREE!
- **HERBAL BEAD MAKING**—Thursday, Feb. 7, 6:30pm
- **MAKING AND USING LOCAL AND NATURAL FATS IN HOME COOKING**—Thursday, Feb. 21, 6:00pm
- **COLD PRESS SOAP MAKING**—Sun., Feb. 24, 1pm

4760 North High St., Columbus, Ohio

614-946-5553

For more information, call or visit us at: cityfolksfarmshop.com
Forty-Six New Farmers Join OEFFA

Welcome New OEFFA Members

Business
Susan Andrew & Stephen Brown, Payne & Brown Insurance Agency
Eli Chandler, Thorvin
Robert S. Hendrix, Attorney at Law
Corinne Kolm, Organic Materials Review Institute
Albert Lea Seed House
Natalie Markle, Cisco Seeds
Kimberly Lowery, National Agriculture Statistics Service
Norm Conrad, NCAT/ATTRA
Casey Brooks, Zane State College

Family Farm
Jeremy & Arlene Blosser
Nathan Blosser
Ferman & Rachel Bontrager, Clay Acres
Lamar Bontrager, Winding Creek Poultry
Toby Bontrager
Kevin & Barb Bradbury, Hurricane Run Farm
Tammy Brockman, Brockman Ranch
Michele Burns & Mike DeVine, Flying Mouse Farms
Charles Chips, Chips Farm
Raymond & Miriam Golentz
Timothy Compart, Team Farm
Patricia Cook, Sidney Vail Organic Farm
Richard & Pamela Divers, Fontanel Farm
Daniel Stoltzfus
Lester Sensenig
Rolling Acres Farm
Daniel Schrock,
Ken Reidel & Nathan Reidel,
Village General
Roman Raber,
Samuel & Ida Sue Petersheim
Larry Palmer,
Palmer Farms
Rachel Nonis,
Bee All Natural
Doug Mitchell,
Marcus Miller
Adam & Mary Miller,
Scenic View Farm
Leon & Linda Mast
Lloyd Martin
Frank & Helen Lutz,
Terra Farm
Lloyd Martin
Leon & Linda Mast
Adam & Mary Miller, Scenic View Farm
Ervin Miller
Marcus Miller
Stephen & Eva Miller
Doug Mitchell, Quality Feeds
Rachel Nonis, Bee All Natural
Larry Palmer, Palmer Farms
Samuel & Ida Sue Petersheim
Roman Raber, Raber’s Produce
Ken Reidel & Nathan Reidel, Village General
Daniel Schrock, Rolling Acres Farm
Lester Sensenig
Daniel Stoltzfus
Jill & Jeff Suchy, Darby Meadow Farm
T & A Farms
Harley & Linda Thomas, Thomas Organic Creamery
Tilian Farm Development Center
Gerald Todd, Jr., G & B Todd Farms

Corneal Troyer, Troyer Family Farm
Eddie Troyer, Troy Acres
Mark Yoder
Edward Zimba, Zimba Dairy
Nelson & Martha Zimmerman, Casy Ridge Farm
Rodney Zimmerman, Triple Z Farm
Titus Zimmerman

Family
Martin & Karen Bezdol
Melissa Brundage & Connie Trein
Mike & Denise Eck
Tom Fitton & Eileen Udry
Lisa Gilgenbach & Craig Leonard
Mark Jensen & Julie Crossen
Rod McDaniel & Family
Carol Milicic & Mary Marty
Maggie & JD Panyko
Robert Wight

Nonprofit Organization
David Bancroft, Just Label It
Tom Bullock, Pew Environment Group
The Humane Society of the United States
Dave McCann, National Capital Investment Fund
Timothy Smith, Community Greenhouse Partners
Susan Wong, Asia Inc.

Individual
Beth Bartlett
Betty Bollas
Linda Dole
Emily Fine
Win Fox
Kristin Gangwer
Gerri Holzer
Kathryn Kiefer
Stevan Lewan
Beth McCleery
Jodi Miller
Carol Miracle
Marietta Pickett
Ronald Preston
Celeste Welty

Help Wanted:
Urban garden intern wanted for city lot cut flower business needing help with weeding, planting, managing compost, cleaning buckets and vases, delivering arrangements, and more. Must have driver’s license and provide references. $8/hour, 4 hours/week. Contact Nancy in Franklin County at nancykangas@gmail.com.

Women Farmers Wanted:
Women Farm is sponsoring one aspiring or practicing Ohio woman farmer to attend the 2013 OEFFA Conference. Go to www.womenfarm.com/attend.php.

Help Wanted:
For Sale: OEFFA certified organic beef and pork. Specials available on website. Expanding delivery/pickup locations. Contact Jackie in Sandusky County at (419) 603-8066, timberlaneorganicfarms@yahoo.com, or go to www.timberlaneorganicfarms.com.

Elise George
OEFFA Certification extends a warm welcome to Elise George, Certification Program Assistant, who joined the OEFFA team on October 23. Elise received her Bachelor’s degree in Environmental Studies with a minor in Environmental and Plant Biology from Ohio University. She has worked with Malabar Farm, the Cuyahoga Valley Countryside Conservancy, and Rural Action. Welcome, Elise!

Un-Classified Ads

Farmland for Rent: 8 acres of fertile farm land on the border of Carroll and Columbiana County available for rent. Open to any type of crop, looking towards sustainable practices. Contact Mark at (860) 778-9924 or countryboymark@gmail.com.

For Sale: OEFFA certified organic beef and pork. Specials available online. Contact Jackie in Sandusky County at (419) 603-8066, timberlaneorganicfarms@yahoo.com, or go to www.timberlaneorganicfarms.com.

Women Farmers Wanted: Women Farm is sponsoring one aspiring or practicing Ohio woman farmer to attend the 2013 OEFFA Conference. Go to www.womenfarm.com/attend.php.

Fence Posts Wanted: 100 or more black locust fence posts 7-8’ long. Contact Holly in Harrison County at (740) 942-8042 or herboldfarm@yahoo.com.

Classified ads are free for members and $5 for non-members. Submissions no longer than 30 words are due by March 15 for the spring issue. Email oeffa@oeffa.org or call (614) 421-2022 Ext. 203.
New OEFFA Investment Fund Makes $500,000 Available to Grow Opportunities in Sustainable Agriculture

OEFFA has partnered with a group of socially-motivated local investors who have made $500,000 available to provide flexible and affordable capital to OEFFA members.

Despite the increasing demand for local, healthy food and the economic opportunities it creates, many business ideas are not pursued because of a lack of financing. By helping to mobilize additional sources of capital, OEFFA hopes to build the supply and availability of local, sustainably grown fresh food in Ohio, enhance farm and farm-related business viability, and encourage expansion of ecological agricultural practices.

The fund is only open to Ohio-based OEFFA members in good standing, who will be required to submit an application package and commit to support sustainable agricultural practices throughout the life of the investment. The OEFFA Investment Fund started accepting applications on November 1, 2012. Applications will be reviewed by the Fund’s investment committee on a continuing basis.

For more information, or to apply, go to www.oeffa.org/invest.php or contact Carol Goland at (614) 421-2022 Ext. 202 or oifinfo@oeffa.org.

Create or Update Your Good Earth Guide Listing Today!

The Good Earth Guide is an online directory of OEFFA member farms and businesses, making it a great place for farmers, gardeners, businesses, and local food consumers to find each other.

In 2012, the guide listed more than 350 farms and businesses that sell directly to the public, including 166 certified organic farms and businesses and more than 90 community supported agriculture (CSA) programs.

The directory identifies sources for locally grown vegetables; fruits; herbs; honey; maple syrup; dairy products; grass-fed beef, pork, and lamb; free-range chicken and eggs; fiber; flour and grains; cut flowers; plants; hay and straw; seed and feed, and other local farm products.

Each farm listing includes name and contact information, products sold, a farm description, and whether the farm is certified organic.

The searchable database includes tools that make it easy to search the listings for a specific product, farm or farmer, by county, or by sales method. Many profiles have location listings and maps for where the farm’s products are sold.

Find local foods, update your listing, or create a new listing at www.oeffa.org/geg/. Contact Renee Hunt at (614) 421-2022 Ext. 205 or renee@oeffa.org with any questions or to request a form to create or update your listing by mail.