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### BACK COVER

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## OEFFA Announces 2013 Stewardship and Service Award Recipients

OEFFA has named the 2013 recipients for the Stewardship Award and Service Award. The announcements were made on Saturday, February 16 and Sunday, February 17 as part of OEFFA's 34th annual conference. The Stewardship Award recognizes outstanding contributions to the sustainable agriculture community and the Service Award was created in 2013 to recognize outstanding service to OEFFA.



photo credit: George Remington

### 2013 Stewardship Award Winner—Mardy Townsend

Mardy Townsend raises grass-fed beef cattle at Marshy Meadows Farm in Ashtabula County. Portions of the 226 acre farm have been in Mardy's family since 1972. Marshy Meadow Farm's land has been certified organic through OEFFA since 1996; the beef herd is in transition to organic. In 2000, 175 acres of the farm were put into a permanent conservation easement held by the Ashtabula County Soil and Water Conservation District and the Western Reserve Land Conservancy. The farm is also enrolled in the U.S. Department of Agriculture's Conservation Security Program.

Mardy graduated from Wilmington College in 1978 with a degree in animal science and biology and received a master's degree in agronomy from Ohio State University (OSU) in 1997. She was a horticulture agent at the Geauga County OSU Extension office from 1994 to 1996.

Mardy has served on the OEFFA Board and is currently secretary. She is a founding member of OEFFA's Lake Effect Chapter and has hosted several OEFFA farm tours.

"With almost 20 years of farming experience on her family's farm in northeast Ohio, Mardy has developed a successful, sustainable, and organic model for grass-fed beef production," said Molly Bartlett, a 2007 recipient of the Stewardship Award, who nominated Townsend. "A natural steward, Mardy's keen affection for her animals and the land and wise knowledge of her farm have guided her holistic management practices."

For a full list of past Stewardship Award winners, go to [www.oeffa.org/news](http://www.oeffa.org/news).

### 2013 Service Award Winner—Rev. Charles Frye

Rev. Charles Frye served on the OEFFA Board for more than 30 years and has held both the President and Vice President offices. Charlie is a retired United Methodist Church pastor who served local churches for 37 years. He began his involvement with OEFFA after spending seven years of his ministry life involved with the Rural-Urban Gardening Project, creating community gardens by encouraging collaborations between diverse communities.

He and his wife, Rev. Nancy Hull, live on 40 acres in Ashland County, which includes a garden and 40 heirloom fruit trees, blueberries, and asparagus plants.

Charlie and Nancy are the parents of a blended family with 9 living children and 14 grandchildren. He received his bachelor's degree in psychology and sociology from Kent State University in 1955 and a master's in theological studies from Perkins School of Theology in 1958.

"I cannot think of a person more deserving of this award than Charlie. His work in the areas of sustainable and organic agriculture, grower support, and farm worker advocacy, along with his efforts to get good, wholesome food to all people have been major contributors to the advancements we have made over the last 30 years," said Mike Laughlin, who presented the award to Frye at the Sunday afternoon ceremony.

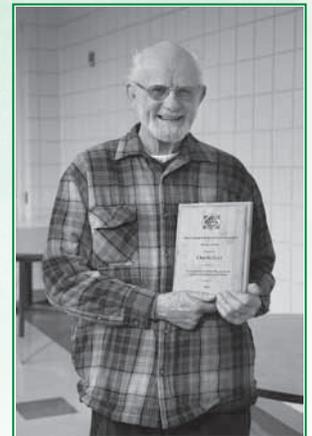


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 41 Croswell Rd., Columbus OH 43214 (614) 421-2022 [www.oeffa.org](http://www.oeffa.org)  
 Facebook: [www.oeffa.org/facebook](http://www.oeffa.org/facebook) Twitter: [www.twitter.com/oeffa](http://www.twitter.com/oeffa)

**Carol Goland**  
 Executive Director  
 (614) 421-2022 Ext. 202, [cgoland@oeffa.org](mailto:cgoland@oeffa.org)

**OEFFA Education Program**

**Renee Hunt**  
 Program Director  
 (614) 421-2022 Ext. 205, [renee@oeffa.org](mailto:renee@oeffa.org)

**MacKenzie Bailey**  
 Policy Program Coordinator  
 (614) 421-2022 Ext. 208, [mackenzie@oeffa.org](mailto:mackenzie@oeffa.org)

**Mary Ann Hopper**  
 Membership Services Associate  
 (614) 421-2022 Ext. 209, [maryann@oeffa.org](mailto:maryann@oeffa.org)

**Lauren Ketcham**  
 Communications Coordinator  
 (614) 421-2022 Ext. 203, [lauren@oeffa.org](mailto:lauren@oeffa.org) or  
[newsletter@oeffa.org](mailto:newsletter@oeffa.org)

**Milo Petruziello**  
 Program Associate  
 (614) 421-2022 Ext. 206, [milo@oeffa.org](mailto:milo@oeffa.org)

**Sean McGovern**  
 SARE Outreach Specialist  
 (614) 306-6422, [outreach@sare.org](mailto:outreach@sare.org)

**Business Office**

**Carol Cameron**  
 Accountant  
 (614) 421-2022 Ext. 207, [ccameron@oeffa.org](mailto:ccameron@oeffa.org)

**Julie Sharp**  
 Bookkeeper  
 (614) 421-2022 Ext. 201, [julie@oeffa.org](mailto:julie@oeffa.org)

Newsletter Editor: **Lauren Ketcham**  
 Graphic Design: **Philip Marr**

**OEFFA Certification Program**

**Julia Barton**  
 Program Manager  
 (614) 262-2028 Ext. 220, [julia@oeffa.org](mailto:julia@oeffa.org)

**Laura Anglim**  
 Crop Specialist  
 (614) 262-2022 Ext. 227, [langlim@oeffa.org](mailto:langlim@oeffa.org)

**Steve Cabral**  
 Crop Specialist  
 (614) 262-2022 Ext. 222, [steve@oeffa.org](mailto:steve@oeffa.org)

**Elise George**  
 Program Assistant  
 (614) 262-2022 Ext. 226, [elise@oeffa.org](mailto:elise@oeffa.org)

**Kelly Henderson**  
 Crop Specialist  
 (614) 262-2022 Ext. 229, [kelly@oeffa.org](mailto:kelly@oeffa.org)

**Andy Hupp**  
 Operations Coordinator  
 (614) 262-2022 Ext. 225, [andy@oeffa.org](mailto:andy@oeffa.org) or  
[materialsreview@oeffa.org](mailto:materialsreview@oeffa.org)

**Megan Ogle**  
 Program Assistant  
 (614) 262-2022 Ext. 228, [megan@oeffa.org](mailto:megan@oeffa.org)

**Kate Schmidt**  
 Compliance and Quality Assurance  
 Coordinator  
 (614) 262-2022 Ext. 223, [kate@oeffa.org](mailto:kate@oeffa.org)

**Rose Smith**  
 Livestock Specialist  
 (614) 262-2022 Ext. 224, [rose@oeffa.org](mailto:rose@oeffa.org)

**Lexie Stoia**  
 Processing Specialist  
 (614) 262-2022 Ext. 221, [lexie@oeffa.org](mailto:lexie@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 (family farm), \$50 (nonprofit), \$100 (business), or \$1,000 (individual lifetime). Subscription only is \$20/year.

Editorial and advertising correspondence may be sent directly to the OEFFA office or [newsletter@oeffa.org](mailto:newsletter@oeffa.org). Unsolicited manuscripts welcome. Membership information is available on the OEFFA website at [www.oeffa.org](http://www.oeffa.org) or from the OEFFA office.

Opinions expressed in this newsletter are those of the authors and do not reflect the opinions of the membership, officers, or directors.

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OEFFA is recognized as a nonprofit organization by the Internal Revenue Service, and donations to OEFFA are deductible as a charitable contribution to the fullest extent of the law.

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

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Next deadline: June 15, 2013



**OEFFA Chapter Contacts** [www.oeffa.org/chapters](http://www.oeffa.org/chapters)

**Athens Chapter**  
 Athens, Hocking, Perry, Morgan, Washington, Meigs, and Vinton counties  
 President TBA

**Capital Chapter**  
 Franklin County area  
 Lisa Large, President, (614) 878-7324, [lisalarge56@yahoo.com](mailto:lisalarge56@yahoo.com)

**Grain Growers Chapter**  
 Statewide  
 Dave Shively, President, (419) 278-2701, [dshively01@gmail.com](mailto:dshively01@gmail.com)

**Heart of Ohio Chapter**  
 Knox, Licking, and Delaware counties  
 Chuck Dilbone, President, (740) 587-8114, [cdilbone@granvilleschools.org](mailto:cdilbone@granvilleschools.org)

**Lake Effect Chapter**  
 Ashtabula, Cuyahoga, Geauga, and Lake counties  
 Steve Corso, President, (440) 635-0137, [lake.effect.oeffa@gmail.com](mailto:lake.effect.oeffa@gmail.com)

**Little Miami Chapter**  
 Champaign, Clark, Clinton, Greene, and Fayette counties  
 Jeff Harris, President, (937) 486-2403, [jeffreydharris.organic@yahoo.com](mailto:jeffreydharris.organic@yahoo.com)

**MOON (Miami/Oxford Organic Network) Chapter**  
 Butler, Preble, and Warren counties  
 Harv Roehling, President, (513) 756-9272, [locustrun@nuvox.net](mailto:locustrun@nuvox.net)

**OK River Valley Chapter**  
 Brown and Adams counties, OH / Mason and Robertson counties, KY  
 Julie Kline, President, (937) 392-1543, [jkparsnip@yahoo.com](mailto:jkparsnip@yahoo.com)

**Real FOOD (Farmers of Organic Delicacies) Chapter**  
 Ashland, Holmes, Lorain, Medina, Stark, Summit, and Wayne counties  
 Sheryl Billman, President, (440) 926-3114, [sheran8@msn.com](mailto:sheran8@msn.com)

**Southwest Ohio Chapter**  
 Hamilton and Clermont counties  
 Sally Godschalk, President, (513) 984-0174, [swoeffa@gmail.com](mailto:swoeffa@gmail.com)



**OEFFA Investment Fund 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.

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. 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](http://www.oeffa.org/invest) or contact Carol Goland at (614) 421-2022 Ext. 202 or [oifinfo@oeffa.org](mailto:oifinfo@oeffa.org).

# Director's Letter

*Carol Gpland* Executive Director

At the conference business meeting, members elected new board officers and at-large representatives. As happy as we are to see returning board members and welcome new ones, this transition is invariably tinged with sadness—and gratitude—as we recognize outgoing officers. Several board members deserve special acknowledgement for their work over the last few years.

**Amy Bodiker** joined the board in 2010, bringing with her a wealth of experience in nonprofit management, program coordination, and development. She spent many hours with me on the phone or over coffee, brainstorming projects and facilitating connections with like-minded organizations. She has been a fountain of good information and ideas about keynote speakers, many of whom she knew and was able to encourage to accept our invitations. Thank you, Amy, for all that you've done for OEFFA and for your willingness to keep contributing even after your time on the board has finished!

**Charlie Frye** is currently finishing five years of board service, but that wasn't his first time on the board. Indeed, his many years with OEFFA earned him recognition this year as our first ever Service Award recipient. With his depth of knowledge of OEFFA history, his strong moral and spiritual compass, and his commitment to sustainability, Charlie kept us moving forward while ensuring we remained true to our roots and values. Even as he steps off the board, we can take comfort knowing he will continue to play an important advisory role to the organization.

I would also like to recognize **Darren Malhame**, who has completed four years as board president, and who will remain on the board as an at-large representative. Darren may be one of the busiest people I know, but he always generously made time to help OEFFA, the board, and myself in whatever way was needed. I have benefited enormously from our partnership, and have learned a tremendous amount from Darren. He asks lots of tough questions, the answers to which sometimes have caused us to re-think what we're doing and at other times have propelled us forward with even greater confidence. He has been my biggest supporter and also my greatest critic, and I appreciate both. His multidimensional leadership has been critical in helping to grow OEFFA in the last few years. I wish I'd had the opportunity to say all this publicly at our February member meeting and ask you to join me in recognizing Darren, but he was out of the room when the moment came, being—as usual—helpful in whatever way he could. Thank you, Darren. It's been an honor and a true joy working with you.

## Conference Evaluation Prize Winners

Thanks to everyone who turned in their conference evaluation form! We value your feedback and will use the comments and ideas to help us plan for next year. Completed evaluations were entered into a prize drawing. This year's winners are Ted Suzelis and Paul Gaston. Congratulations!

## Conference Recordings Available

Dove Conference Services is selling conference workshop and keynote recordings on CD and MP3. To order, go to [www.dovecds.com/oeffa](http://www.dovecds.com/oeffa) or call (800) 233-DOVE.

*"In every deliberation we must consider  
the impact on the seventh generation"*

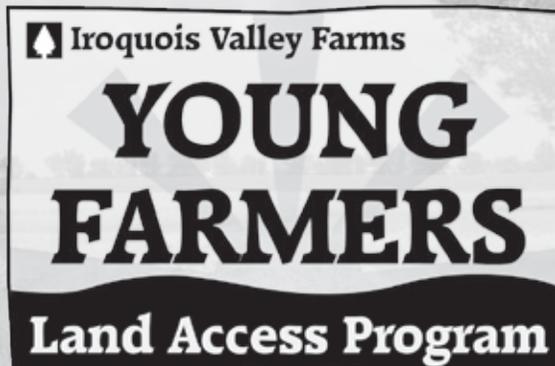
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## Taming Floating Row Cover

By John and Aimee Good

Few tools available to organic vegetable farmers are as useful as floating row cover, and nothing is a better pest control tool. Row covers form a protective barrier that can prevent pests from reaching crops. They are particularly useful in excluding flea beetles from brassicas and cucumber beetles from cucurbits. And since pests are major disease vectors on a vegetable farm, keeping them off vulnerable young crops is an effective method of disease prevention as well.

We use row covers for season extension on our farm too. They provide a few degrees of frost protection on cold nights, particularly when laid over a tunnel constructed of wire hoops. Row covers also preserve soil moisture by preventing evaporation loss from the sun and wind, which can be really helpful for germinating crops during midsummer heat waves.

While row covers are an indispensable aid in organic vegetable production, they can be notoriously difficult to handle. The long sheets act like sails in the wind, the wind will often tear row covers where they are fastened to the ground, and heavy rains can bury them in inches of mud. Efficiently laying, removing, and storing row covers can be challenging, but over the years, we've developed some effective techniques for taming our row covers, making the whole process less frustrating and more efficient.

### Choosing a Cover

There are many different types of row covers available. The quality of the material is generally reflected in the price. While lighter weight covers are much cheaper, they are also much more fragile and often last only a season or two. We have slowly transitioned to DuPont Tytar covers. They are more expensive but their durability is unrivaled, easily lasting four years or more. In high winds, these covers will pull the pegs out of the ground before ripping.

### Storage

We store our row covers on PVC pipes. A 10 foot pipe easily holds a 7 foot wide row cover, and we fold 15 foot wide covers in half before rolling them onto the pipe. We use a permanent marker to mark the length, width, and type of row cover on each end of the pipe so we can easily access what we need. This saves us the time of digging through a tangled pile of dusty white sheets to find the right cover.

### Laying Them Down

The best part about storing row covers on pipes is how easy it is to lay them down in the field for just two people. We fasten the cover to the ground at the end of the bed, each person grabs an end of the pipe, and we walk. The cover unrolls easily and neatly as we move down the row. In high wind we keep the pipe low to the ground and stop occasionally to tack the cover to the ground.

We use plastic three-pronged row cover pegs to fasten the covers to the ground. Other methods for fastening row covers include sand bags, re-bar, and shovelfuls of dirt. We prefer the pegs because they are quick, lightweight, portable, and work well. We fold the edges of the row cover over and hammer the pegs through the fold using rubber mallets. The key is to peg them in the tire tracks where the ground is tight enough to hold the pegs in high winds, but not so hard as to break the pegs as you hammer them in.

### Reeling Them In

The row cover reel is our favorite part of our system, and it is super low-tech. It is comprised of two portable saw horses with pipe straps attached and a PVC crank we made to fit on the end of the row cover pipe. We set up the saw horses at the end of the bed about eight feet apart. We then push the PVC pipe through the pipe straps on each saw horse and hammer our crank onto the end of the pipe with a rubber mallet.

While one person is setting this up, two others walk the length of the row cover with buckets and remove all the pegs. We then roll the cover on the pipe a few turns to get it started. One person then begins to turn the crank while the other two guide the cover onto the pipe as it rolls in. Using the row cover reel has turned a tedious and difficult job into one that is fast and, as we like to say, almost fun!

Our method of using pipes for storage, pegs for fastening, and a reel for rolling up covers is our attempt to efficiently deal with row covers on our farm. Hopefully aspects of our system will work on your farm, or inspire you to develop row cover innovations that suit your needs.

*John and Aimee Good run Quiet Creek Farm, a mixed vegetable operation at the Rodale Institute in Kutztown, PA. They can be found online at [www.quietcreekfarmcsa.com](http://www.quietcreekfarmcsa.com).*

*A full-length version of this article originally appeared at [www.rodaleinstitute.org](http://www.rodaleinstitute.org).*



### Specialty Crop Marketing Campaign Seeks to Grow Local Sales

OEFFA is working on a grant-funded retail marketing campaign with the Ohio Grocers Foundation, the Ohio Department of Agriculture, and the Ohio Produce Growers and Marketers Association. The goal of the campaign is to increase the amount of Ohio grown specialty crops purchased from grocers and sold to the public, utilizing in-store promotional materials, samples, media outreach, and advertising.

Contact your local grocer and let them know that Ohio grown produce is important to you. For more information, contact Milo Petruziello at (614) 421-2022 Ext. 206 or [milo@oeffa.org](mailto:milo@oeffa.org).

### INTERNSHIP OPPORTUNITIES WITH OEFFA

Do you know a college student interested in sustainable and organic agriculture? OEFFA is offering intern opportunities in organic certification, policy, and education. Internship duration and work hours are flexible. Internships are unpaid; however, those Ohio State University students qualifying for the Federal Work/Study Program may be eligible for compensation. If your university program offers credit for internships, we will make an effort to tailor the internship as appropriate.

For more information, contact Julia Barton at (614) 262-2022 Ext. 220 or [julia@oeffa.org](mailto:julia@oeffa.org) or Milo Petruziello at (614) 421-2022 Ext. 206 or [milo@oeffa.org](mailto:milo@oeffa.org).

### BROCHURE AND DISPLAY MATERIALS AVAILABLE

Are you going to be at a farmers' market, festival, booth, farm stand, or other event this summer? Help get the word out about OEFFA! Contact Lauren Ketcham at (614) 421-2022 Ext. 203 or [lauren@oeffa.org](mailto:lauren@oeffa.org) to request free OEFFA materials, including brochures, farm tour programs, newsletters, and factsheets on organic production, genetically engineered food, fracking, eating locally, and more.

# FOOD SAFETY MODERNIZATION ACT AT A GLANCE

As farms have grown larger and our food system more centralized, a single food safety outbreak has the potential to impact thousands of consumers. In reaction, state and national food safety regulations have cropped up which seek to address this growing concern. All too often, family farmers can get caught in the middle of these efforts designed to address the problems of an industrialized food system.



In January, the Food and Drug Administration (FDA) released two proposed food safety rules aimed at reducing incidences of food borne illness. Once fully implemented, these rules will apply to about 80 percent of the nation's food supply, impacting growers, processors, and food businesses across Ohio and the nation.

The Food Safety Modernization Act (FSMA), the law that authorized the development of these rules, included a provision known as the Tester-Hagan amendment that ensures farms with sales less than \$500,000 per year that sell the majority of their product directly to consumers and restaurants within their state or a 275 mile radius, are only obligated to follow a modified set of requirements. The amendment is designed to address concerns that one-size-fits-all regulations would be impractical and burdensome for some operations.

Despite this, FSMA gives the FDA authority to revoke this partially regulated status if a potential health threat is identified. It is unclear how the agency would make such a determination and whether or not an affected farmer would be able to regain their modified status. Additionally, if retailers choose to require that all operations they do business with follow the full regulations, smaller farms could effectively be forced to follow the new rules or risk being pushed out of the market place.

Clearly, regardless of your operation's size, the pending rules could affect you.

The proposed rule for *Standards for Growing, Harvesting, Packing, and Holding of Produce for Human Consumption*, known as the **produce safety rule**, will apply to farms that grow, harvest, pack, and hold produce intended for raw consumption. In other words, produce that will undergo further processing or must be cooked before consuming (dry beans, potatoes, etc.) will not be covered under the produce safety rule. Instead those foods will be regulated under the proposed rule for the *Current Good Manufacturing Practice and Hazard Analysis and Risk-Based Preventative Controls for Human Food*, referred to as the **preventative controls rule**.

The proposed produce safety rule outlines specific practices to which farms must adhere. For instance, water testing will be required of any farm that is not treating their water or getting it from a public source. This includes water used for irrigating, washing, cooling, or storing produce. Testing will be required at the beginning of each season and every three months thereafter.

The produce safety rule also addresses manure and compost application. Raw, untreated manure can only be applied nine or more months before the date of harvest, and application and harvest records must be maintained. In contrast, the National Organic Program Standards require at most a 120 day waiting period. The use of compost tea will also be stringently regulated.

Buildings used for on-farm activities are also included in the proposed standards. Equipment and tools will need to be stored, maintained, and properly sanitized to prevent produce contamination. Employees in contact with harvested food and supervisors will need to complete food safety trainings and keep training records.

Under the preventative controls rule, facilities will be required to write and implement a food safety plan that will identify potential hazards and an action plan to reduce or eliminate them. That plan will need to include: (1) process controls, (2) food allergen controls, (3) sanitation controls, and (4) a recall procedure if contamination were to occur. Additionally, the operations will need to provide a monitoring and verification procedure to ensure the effectiveness of their preventative controls plan.

The preventative controls rule also revises the existing Current Good Manufacturing Practice (cGMP) requirements to protect food from contamination. As currently written, small operations will be required to comply with cGMP requirements. The FDA may also require that employees and supervisors be trained on food safety and recordkeeping.

Many farm advocates are concerned these regulations will impose an unfair burden on our nation's family farms. That's why **it's essential for OEFFA members to speak out to ensure new regulations address the needs of local and sustainable farmers**, while also protecting the safety of our food.

The FDA will hold an informal listening session on the proposed standards on April 30 from 1-4 p.m. at the Shister Conference Center in Wooster. The FDA will accept written comments on the proposed rules through May 16. To learn more about the rules, the listening session, or how to submit written comments, visit <http://policy.oeffa.org/foodsafety> or contact MacKenzie Bailey at (614) 421-2022 Ext. 208 or [mackenzie@oeffa.org](mailto:mackenzie@oeffa.org).



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# WORM COMPOSTING FROM THE GROUND UP

By Jeremy Gedert

Worm composting, or vermicomposting, can be a simple, low cost way to generate compost for your garden. With just a little planning, you can get started raising your own colony of garbage munching micro-livestock.

You can spend money on a pre-made bin, build one out of wood, or use easy to find plastic totes or buckets for your worms (there are tons of how-to instructions online). Once you have decided on a bin that is right for you, place it in a location where it will be sheltered from extreme temperatures.

Next comes the bedding. The bedding should be something carbon-based such as shredded paper or cardboard, coconut coir, or even wood chips (just not cedar or black walnut). The bedding serves as a substrate for the worms to live in, helps suppress odor, and as it begins to break down, the worms will eat it as well. Place the bedding into the bin and bury a small amount of fruit and vegetable scraps in the bedding.

Next come the worms. These little workhorses are available online or from local worm farmers, depending on where you live. Add the worms to the bin and put the lid on. I usually recommend leaving a light on in the room where you keep the bin for the first 24 hours to train them to the new environment (they'd rather stay in the dark than come out into the light to investigate). The worms should begin feeding almost immediately and will consume about half their weight each day.

If you run into problems, they will most likely be the same ones we all experience early on in our worm herding—the bin gets too wet or the bin stinks (because it's too wet). Try and keep the bedding as wet as a wrung out sponge. If necessary, add more dry bedding and mix it in to absorb the excess moisture. Another common problem is that the worms aren't eating enough. The cause is usually a bin that is either too dry or too cold. Worms do best between 60 and 80 degrees; colder temperatures slow them down and conditions below 32 degrees will kill them. An environment that is too dry will cause the worms to become dehydrated and they won't be able to do the work you want them to. Monitoring pH levels (worms prefer 6.5) can also help. If the bin is too acidic, you can add ground egg shell or agricultural lime. If it's too alkaline, just pile in some coffee grounds, tea bags, or a couple scoops of pine shavings or sawdust. As long as you're patient during the early problems, you'll be a professional worm wrangler in no time.

*Jeremy and his wife Kellie Gedert own and operate One20 Farm, a small, urban worm composting farm in Columbus. Jeremy may be reached at [one20farm@gmail.com](mailto:one20farm@gmail.com).*

## NEED ADVICE? ASK A FARMER!

OEFFA's Farmer Information Network connects individuals with specific questions about sustainable and organic food production and marketing with experienced farmers who have the answers. To ask a question of a fellow farmer, or to volunteer to be a part of the network, call (614) 421-2022 Ext. 205 or email [oeffa@oeffa.org](mailto:oeffa@oeffa.org).



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▲ DNO Produce joined more than 80 other businesses and organizations in the Exhibit Hall.

“Great job with the conference! We felt like everything went smoothly and was a huge success from the exhibitor and speaker point of view. Many thanks for all of your long days and hard work.” –Annie, Muskingum County

▼ Workshop participants learn about grafting tomato plants.



Children make crafts during the Kids' Conference. ▲

“Just wanted to say what a great conference it was. You all did a wonderful job. Thanks for all your hard work. I'm glad the conference stayed in Granville. Lovely town.” –Debbie, Clermont County



▲ OEFFA Executive Director Carol Goland helps serve delicious, locally-sourced meals.

# OEFFA CONFERENCE 2013

*Growing Opportunities, Cultivating Change*  
Photos by George Remington

More than 1,200 people joined together in February to attend more than 100 workshops, keynote presentations by George Siemon and Nicolette Hahn Niman, and other activities at OEFFA's annual conference. Thank you to everyone who came and made this year's conference a success, especially the many volunteers, workshop presenters, sponsors, and exhibitors who made it possible.

“My wife and I enjoyed the event and look forward to farming in Ohio in the future. We both took all four classes on Pasture Profits and have our grazing stick. Again, thanks for working to make this event successful.” –George, Virginia

▼ Rachel Tayse Bailleul leads a workshop on fermentation.



▲ Organic Valley CEO George Siemon delivers his keynote address Saturday evening.



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# NEWS BRIEFS

## USDA Animal ID Rule Goes Into Effect

The U.S. Department of Agriculture's (USDA) final rule on Animal Disease Traceability went into effect in March. In response to grassroots pressure, the rule includes important changes that make it less burdensome for family farmers and backyard poultry owners. For the most part, sheep, goat, pig, and horse owners will not be subject to new requirements. For cattle, the rule requires low-tech identification and documentation for beef cattle 18 months or older, dairy cattle, and show cattle when they cross state lines. There are also requirements for poultry that cross state lines, but birds shipped from a hatchery to a grower and poultry going to a custom slaughter facility are exempt. The final rule does not require premises registration, mandatory electronic identification, or additional requirements for in-state movements.

## Whole Foods Market to Require GE Labeling

Starting in 2018, Whole Foods will require labeling of all genetically engineered (GE) foods sold in its 339 U.S. and Canadian stores. More than 90 percent of respondents in a 2012 Mellman Group poll favored GE food labeling.

## Senator Brown Introduces Bill to Spur Growth in Ohio's Local Food Systems

On April 9, Senator Sherrod Brown re-introduced the Local Farms, Food, and Jobs Act (LFFJA) for inclusion in the Farm Bill this year. This bill promotes growth in local and regional food systems by expanding market access for farmers and ranchers and providing research and training in areas that support farm entrepreneur success. The bill makes investments and reforms to low-cost programs that have a proven record of supporting Ohio's organic farmers, farmers' markets, and small food businesses, including the Farmers' Market and Local Food Promotion Program, the National Organic Certification Cost-Share Program, Value-Added Producer Grants, and Specialty Crop Block Grants.

## New Studies Link Pesticides to Food Allergies, Cancer, and Lowered Sperm Count

A growing body of research shows a connection between pesticide exposure and a list of serious human health concerns. In a literature review published this March by the American Cancer Society, researchers found substantial evidence that the pesticides used in agricultural, commercial, and home and garden applications are associated with increased cancer risk, including prostate cancer, non-Hodgkin lymphoma, leukemia, multiple myeloma, and breast cancer. A new study published in *Environmental Health Perspectives* found that a mother's exposure to pyrethroid pesticides before, during, and after pregnancy may double the risk of infant leukemia. Published in the journal *Annals of Allergy, Asthma, and Immunology*, researchers at Yeshiva University have found an association between dichlorophenol pesticides and food allergies in children, which have increased by 18 percent between 1997 and 2007, according to the Centers for Disease Control and Prevention. And, in a literature review published in the journal *Toxicology* in February, researchers found that environmental and occupational pesticide exposure was strongly associated with steep declines in male sperm count.



## Fracking Wastewater Recycling Not Regulated by the State

A new industry is emerging in Ohio to recycle fracking wastewater so it can be reused by oil and gas companies. The salty wastewater can contain toxic metals and radioactive elements. Recycling companies say this waste is safely disposed of in landfills. One Ohio recycler, Patriot Water Treatment, says after it removes chemicals and metals, the remaining salt water is dumped into the Mahoning River. According to the *Columbus Dispatch*, state officials do not track who is recycling waste, how much is produced, what chemicals it contains, or how it is disposed of.

## Rural Action Receives SARE Funding for Season Extension Education

Rural Action received \$75,000 from the North Central Region Sustainable Agriculture Research and Education (NCR-SARE) Program for a Professional Development Program grant to work with Green Edge Organic Gardens in Amesville to educate state and national agriculture professionals on season extension over the next two years.

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## Let Us Decide: Labeling Genetically Engineered Food

By Gerry Hendey



In 1992, the U.S. Food and Drug Administration (FDA) opened the market for genetically engineered (GE) foods by stating, "The agency is not aware of any information showing that foods derived by these new methods [genetic engineering] differ from other foods in any meaningful or uniform way."

Still, a lawsuit has revealed that the FDA's own scientists and engineers at the time were aware that genetic engineering presents significant risks compared to traditional breeding.

The result is a food system in crisis, controlled by corporate interests who have been allowed to test their new technology on us without regard to risk or consequences.

GE organisms do not occur in nature. The forceful insertion of genes from one species into an unrelated species is unpredictable, and long-term, independent, studies about the impacts on humans, animals, and the environment are needed to assure public safety.

According to the FDA's statement, GE products are simply assumed to be safe, when just the opposite is true: GE foods should be assumed unsafe until proven otherwise. Biotech companies, like Monsanto, have used their political power and patent rights to suppress scientific research on the safety of GE foods, and GE crops are not systematically monitored to assess environmental impacts, such as super weeds and genetic drift.

Today, the vast majority of corn, cotton, soybeans, and sugar beets in North America are grown with GE seeds. There have been more than 100 types of GE fruits, vegetables, and grains grown in field trials. Still, as their market share expands, Monsanto and other companies are fighting to thwart any legislation which would require that GE foods be labeled.

Some consumers have a choice—we can choose certified organic food and we can ask our farmer how our food was grown. As consumers our food choices are pivotal, but we also need information to make good decisions. We have a right to know the truth about GE food and whether our food contains GE ingredients. As producers we have a right to know that many of the promises about GE crops, such as higher yields and lower costs, are misleading or "patently" false.

Here in Ohio, as elsewhere in the nation, there are individuals and groups rising up to meet this challenge. We are at a tipping point. With your help, we can persuade producers and retailers to discontinue their uses of GE products. We have that potential.

Let us decide what to eat and not to eat. Label it. It is our lives, our planet.

*Gerry Hendey grows chemical-free produce for market at Gerry's Garden in Franklin County. He is a member of OEFFA's GE Working Group. Gerry may be reached at gerryvhendey@yahoo.com.*

*Please join us in our efforts to raise awareness about genetic engineering. Go to <http://policy.oeffa.org/gelabeling> or contact OEFFA's Policy Program Coordinator, MacKenzie Bailey, at (614) 421-2022 Ext. 208 or [mackenzie@oeffa.org](mailto:mackenzie@oeffa.org).*



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## 2013 Organic Cost-Share Funds Available Only in 16 States

The 2013 Agricultural Management Assistance (AMA) Cost-Share Program is currently being offered in only 16 states: CT, DE, HI, ME, MD, MA, NV, NH, NJ, NY, PA, RI, UT, VT, WV, and WY. The program reimburses organic producers and handlers for 75 percent (no more than \$750) of their certification fees, helping make organic certification affordable and enabling farmers and processors to meet the growing consumer demand for organic food.

The National Organic Certification Cost-Share Program (NOCCSP), AMA's sister cost-share program, covers the country's remaining 34 states and is not accepting applications. This is the result of the fiscal cliff deal passed by Congress in January, which left dozens of important programs stranded without funding. Currently, there is no clear path to restore NOCCSP funding until Congress takes up the Farm Bill reauthorization later this year. For more information about the Farm Bill or to learn how you can help restore cost-share funding, go to <http://policy.oeffa.org/farmbill2012>.

OEFFA certified farms and processors in eligible states are encouraged to apply for cost-share funds through their state departments of agriculture.

- In PA, contact Jared Grissinger, 2301 N. Cameron St., Harrisburg, PA 17110, (717) 705-9513, [jgrissinger@state.pa.us](mailto:jgrissinger@state.pa.us). Deadline: November 16.
- In NY, contact Anne St. Cyr, 10 B Airline Dr., Albany, NY 12235, (518) 485-0048, [anne.st.cyr@agriculture.ny.gov](mailto:anne.st.cyr@agriculture.ny.gov). Deadline: October 31.
- In WV, contact Jean Smith, 1900 Kanawha Blvd. E, Charleston, WV 25305, (304) 558-2210, [jsmith@wvda.us](mailto:jsmith@wvda.us). No deadline announced.

For more information about the NOCCSP, contact Rita Meade at (202) 260-8636 or [rita.meade@ams.usda.gov](mailto:rita.meade@ams.usda.gov), or go to <http://1.usa.gov/WXm8wS>.

## NOSB Considers Fate of Substances at Spring Meeting

The National Organic Standard Board (NOSB) is considering disallowing a list of substances from organic production at their April meeting, including: streptomycin and tetracycline (used to control fire blight in apples and pears), Polyoxin D zinc salt (a broad spectrum fungicide), Indole-3-butyric acid (a processing aid), and DBDMH (an antimicrobial meat wash). The NOSB is the governing board created by Congress that makes determinations on materials allowed for use in organic food and agriculture. Streptomycin and tetracycline are currently in use by organic producers and if the antibiotics are not approved by the NOSB, they will be prohibited after October 21, 2014.

## USDA Improves Organic Crop Insurance Program

The U.S. Department of Agriculture's Risk Management Agency (RMA) announced that, beginning in 2014, the five percent premium surcharge assessed against all organic farmers seeking federal crop insurance will be dropped. The RMA will also begin to use a more accurate transitional yield formula for organic crops in 2014 and establish a differentiated insurance offer for selected organic crops that reflects organic price premiums.

## "Sound and Sensible" Certification on the Horizon

A discussion between the Accredited Certifiers Association, of which OEFFA is a member, and the National Organic Program (NOP) could result in changes to the certification process that would reduce paperwork while maintaining organic integrity. Spearheaded by OEFFA certified farmer and NOSB chair, Mac Stone, the NOP offered initial support of the "sound and sensible" concept at the annual certifier training in January.

## Research in Focus: How do Farmers Think? A Study in Organic Weed Management By Sarah Zwickle

Three years ago, I was working as a farmhand at Shepherd's Corner Farm and Ecology Center near Reynoldsburg. It was my second year of working on an organic farm, and I was easy on the weeds. Velvet leaf was kind of pretty when it was small, so I left it. Canada thistle wasn't too bad in May, so I failed to lay down thick mulch. And the south field looked good after just two passes with the disc, so I left it at that. I imagine a lot of heads are shaking right now. Oh yes, these decisions came back to haunt me!

For the past three years, I have been part of a team of researchers working to help farmers avoid the mistakes I made. Scientists from the Ohio State University, Purdue University, the University of California, the University of Maine, and Wageningen University in the Netherlands are investigating how knowledge, risk perceptions, and values shape a farmer's weed management decisions. We interviewed almost 100 U.S. certified organic farmers, along with 16 weed science experts, as part of our investigation.

Not surprisingly, both experts and farmers were extremely knowledgeable about chemical-free weed management. However, experts drew their information from the sciences of biology and ecology while farmers' knowledge came from the experience they gained through hands-on management. These two types of knowledge can lead to different beliefs and perceptions about the best way to manage weeds, and this is where our research on how farmers make decisions plays a role.

When humans make decisions, especially in the complex environment of an organic farm system where there is limited time and resources (sound familiar?), they tend to use rules of thumb in order to make decisions more quickly and easily. Rules of thumb, or heuristics, help speed up decisions, but they can also blind the decision maker to possible negative outcomes. Here's an example:

Farmer Z plants rye as a cover crop. The rye overwintered, but it was not sown thick enough to shade out weeds in the spring, and it was not incorporated before it set seed. As a result, Farmer Z has the same weed pressure as the year before as well as self-seeded rye in her field crops. Cover crops are one of the most effective tools for weed management, but thinking of them as a kind of "organic herbicide" is a heuristic that might lead to negative outcomes.

Based on our interviews with farmers, we now know that researchers and extension professionals need to focus on three kinds of management knowledge: using cover crops, using weeds to "read" what nutrients are missing in the soil, and understanding the life span of weed seeds in the soil. Providing management-based (rather than biology-based) resources that show how certain management practices can increase soil health while also preventing weeds and increasing crop yield will be the most helpful to organic farmers. The next stage of the research is to develop these materials and make them available to farmers across the country.

*Sarah Zwickle is a Research Associate with OSU's School of Environment and Natural Resources. She may be reached at [zwickle.2@osu.edu](mailto:zwickle.2@osu.edu).*



# MAKING SENSE OF THE NATIONAL ORGANIC PROGRAM REGULATIONS

A series where OEFFA staff answers frequently asked questions and offers suggestions for working within the National Organic Program (NOP) regulations.



## Periodic Residue Testing

### What has changed?

Under the Organic Food Production Act of 1990, residue testing has always been part of organic certification. Until recently, however, certifiers conducted testing at their own discretion, usually only when there was reason to suspect that prohibited substances had been applied or had otherwise come into contact with organic products. There was no minimum or maximum amount of testing required by the NOP until this year. As of January 1, all accredited certifying agencies must test samples from at least five percent of the operations they certify annually, including both farms and processing facilities. The goal of this requirement is to uphold organic integrity, discourage mislabeling, and tighten the oversight of organic products.

### How do certifiers choose when, where, and what to sample?

Certifiers have several options regarding how to determine which sites and products to test. Certifiers may collect samples if there is reason to believe a prohibited substance has been applied, or if they think drift may have occurred. Samples can also be collected randomly as part of a general surveillance program. Certifiers may test for a number of different prohibited substances and methods, including prohibited pesticide residues on crops, genetically modified organisms, synthetic hormones and antibiotics in milk and meat, and heavy metals in the soil.

### What does the sampling process look like?

An inspector or representative of the certifier will go to the operation selected for testing and take a sample of a product from the field, production line, or storage, as applicable. S/he will be responsible for ensuring the sample is put in a sealed container and that a chain of custody is maintained until it arrives at a laboratory approved by the NOP. The laboratory tests the samples per guidelines published by the NOP and reports the results to the certifier.

### What happens if pesticide residues are detected?

If pesticide residues are determined to be present above 0.01 parts per million (ppm), the first step is to determine *why*. In other words, was this an intentional application, or was it caused by unintentional contamination, such as drift from a neighboring farm?

- If the contamination is unintentional on the part of the producer, the certifier is almost always required to issue a noncompliance, soliciting a response to ensure management practices are as robust as possible to ensure the unintentional contamination does not occur in the future.
- If the residues are due to intentional application, the certifier must consider suspending or revoking the operation's organic status.
- In both cases, the certifier must consult residue levels established by the Environmental Protection Agency (EPA) and the Food and Drug Administration (FDA) for specific crops and prohibited substances to determine the severity of the contamination and consequent regulatory action according to these federal tolerance levels.
  - Residues on products allowable for organics must be at or below five percent of the established EPA tolerance levels.
  - Residues on products allowable for organics must be below the FDA action level.

### Where can I find out more information regarding periodic residue testing under the NOP?

Visit [www.ams.usda.gov](http://www.ams.usda.gov). Under "General Information," click on "2013 Organic Integrity Quarterly Newsletter." This publication lists resources for further information on specific residue testing issues. Or subscribe to the *NOP Organic Insider*. This e-newsletter will keep you informed of NOP changes as they happen.

Please stay tuned for additional information from OEFFA regarding this new policy. We will do our best to share information as we receive it from the NOP. If you have specific questions, please call (614) 262-2022.



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# 2013-2014 OEFFA BOARD AND BY-LAW CHANGES VOTE RESULTS

OEFFA board members were elected for the 2013-2014 term at the member meeting, held during OEFFA's 34th annual conference. In addition to state-wide members, the board also includes regionally-elected chapter representatives. The OEFFA Certification board is comprised of those board members who do not have holdings in any entity certified by OEFFA.

The membership also voted to approve changes to OEFFA's by-laws. To read the current OEFFA by-laws, go to [www.oeffa.org/bylaws](http://www.oeffa.org/bylaws). To read the current OEFFA Certification by-laws, go to [www.oeffa.org/bylawscert](http://www.oeffa.org/bylawscert). Request a print copy by calling (614) 421-2022.

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Judy Sauer, Cincinnati

## Growing the Next Generation of Farmers: Hosting an Apprentice on Your Farm



Tom Shaw and apprentice Matt Weimerskirch on the farm. Photo Credit: Mary Lou Shaw

By Mary Lou Shaw

Having OEFFA apprentices on our small farm has proven to be a win-win situation for everyone. Young people provide extra hands to assist us, while they get a variety of learning experiences on our homestead. This is only the second season we've been participating in OEFFA's Apprenticeship Program, and I regret it took me so long to get started!

If you feel hesitant about hosting an apprentice, it may be helpful to begin with a part-time arrangement, like we did our first year. The apprentices had to be located close enough to our farm to commute, but it allowed everyone to grow in confidence.

Regardless, it's important to have the prospective apprentice visit before any commitment is made. Touring the farm together lets us talk and compare interests while they see our orchard, garden, and farm animals. They have the opportunity to see if our farm feels like a good fit to them and what learning experiences are possible. But after walking, it's time to sit down for a frank talk.

For this discussion, it's important that everyone speaks their minds so that each person understands what the other's expectations are. If you're a young person wanting to be an apprentice, speak up about what you want to learn. Ask how often the farmer will be actually working with you and what your responsibilities will be. If you have bills to pay, this is the time to talk about a stipend, and clarify what will be provided for housing and meals. If you have a question, ask it!

Farmers are bringing a new person into their family for a season, so they need to be just as honest about their priorities and concerns. At our place, some household tasks will be shared—but all of us will also have private time to relax. Because no apprentice has yet

put "weeding the garden" on top of their wish list, I bargain for help with that in exchange for what they most want to learn! While we're talking, I mainly want to see if their personalities, values, and goals fit our farm.

Once the commitment is made and the season begins, synergy happens. Young people bring new ideas and lots of energy. As a lifelong learner, I delight in both teaching and learning new things along with the apprentices. Sometimes work goes in a direction that I hadn't anticipated. Last year's apprentices had little experience creating meals from garden produce, so we incorporated cooking into what we did as a group. Canning, cheesemaking, and playing with the baby pigs were also high on the list of enjoyable shared activities!

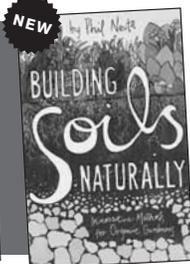
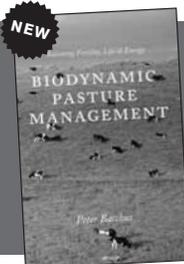
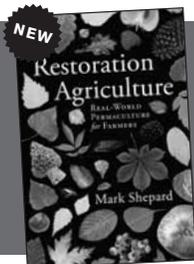
The future is going to require many more farmers knowledgeable in sustainable agriculture. It's rewarding to be able to contribute to this vision, while working with young people and benefiting from their help.

*Mary Lou Shaw and her husband, Tom, have a small farm near Washington Courthouse where they grow most of the food they eat. Mary Lou teaches others how to grow food through apprenticeship programs and writing. Her book, Growing Local Food, can be purchased from Carlisle Press at (800) 852-4482. She may be reached at [tomandmarylou933@gmail.com](mailto:tomandmarylou933@gmail.com).*

### OEFFA Apprenticeship Program: Linking Green Thumbs with Green Hands

OEFFA's Apprenticeship Program connects host farms and with apprentice farmers. To create an apprentice or host farm profile, go to [www.oeffa.org](http://www.oeffa.org). Host farms simply create a listing through the *Good Earth Guide*, then create a profile in the Apprenticeship Program. Apprentice applicants can create a profile through the Apprenticeship Program link, and approved profiles will be posted for viewing only by registered host farms. Call (614) 421-2022 Ext. 205 for assistance or to find out more.

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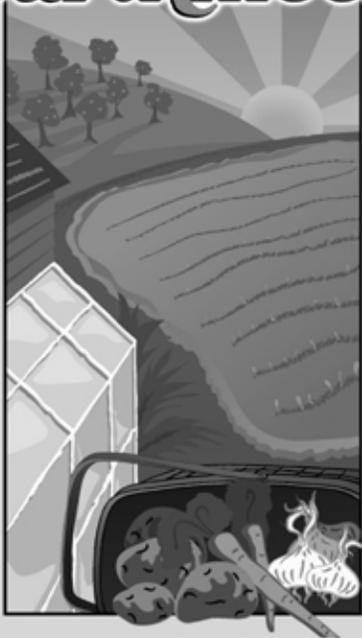
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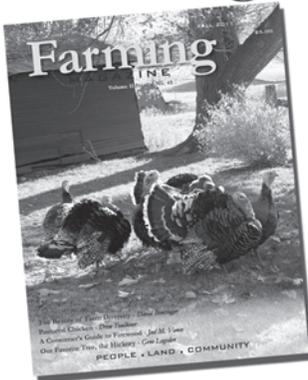
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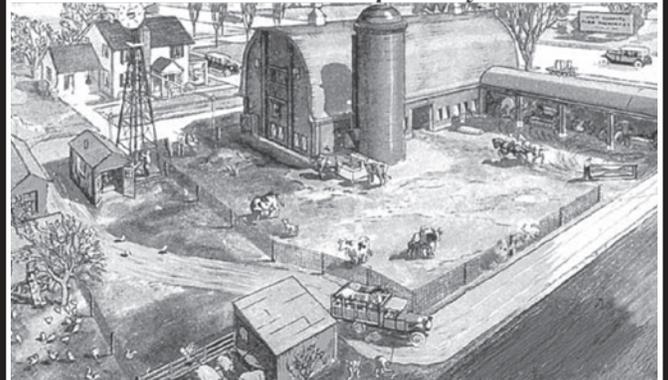
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# Farm to Table

## Savoring the Seasons

by Trish Mumme

### Salad Dressing

The salad days of spring and early summer are upon us. Be prepared this year with an arsenal of salad dressing recipes! Avoid overwhelming the delicate flavor of spring lettuce and mesclun mixes by using light, vinaigrette-type dressings. Here are several to try.

#### Burt's Salad Dressing

- |   |                                       |
|---|---------------------------------------|
| 1/4 cup vinegar of your choice                  | 1 tsp. horseradish                    |
| 2 Tbs. water                                    | 2 fresh garlic cloves, sliced         |
| 2/3 cup oil (part olive, part vegetable)        | 1 heaping Tbs. ground Parmesan cheese |
| Salt, pepper, dried basil, and oregano to taste | 1 tsp. honey or sugar                 |
| A generous squirt of Dijon mustard              | A splash of sherry                    |

Combine ingredients in blender until smooth. Shake before pouring on salad. Store in refrigerator, but bring to room temperature before serving. This is a good all-purpose salad dressing.

#### Honey-Dijon Mustard Dressing

- |                          |   |
|--------------------------|---|
| 2 tsp. Dijon mustard     | Salt and pepper to taste                      |
| 2 tsp. honey             | 1 Tbs. walnut oil (or extra-virgin olive oil) |
| 1 Tbs. champagne vinegar |   |

In a small bowl, whisk together mustard, honey, and vinegar until well combined. Gradually whisk in the oil until dressing is well amalgamated. Season with salt and pepper. This is great on a main dish salad of cold sliced chicken, goat cheese, grape tomatoes, and green onions over spring greens or spinach.

#### Raspberry Vinaigrette

- |  |   |
|--|---|
| 1/4 cup raspberry vinegar  | 1/2 tsp. pepper                                   |
| 1 tsp. poppy seeds   | 1/3 cup sugar, or to taste                        |
| 1 minced shallot   | 2/3 cup oil (part olive oil, part canola oil, and |
| 1/2 tsp. dry mustard   | 1 Tbs. walnut oil is very good)                   |
| 1/2 tsp. celery salt (or 1/4 tsp. celery seed and 1/2 tsp. salt) |   |

Shake in a jar to combine all ingredients. This is great over salad greens mixed with any combination of cucumbers, red onion, sliced oranges, berries, dried cranberries, blue or smoked cheese crumbles, toasted nuts, or sunflower seeds.

#### Maple Vinaigrette

- |                          |                                  |
|--------------------------|----------------------------------|
| 1/4 cup maple syrup      | 1 minced garlic clove (optional) |
| 1/4 cup balsamic vinegar | Salt and pepper to taste         |
| 3/4 cup olive oil        |                                  |

Shake all ingredients in a jar. This is a versatile salad dressing everyone loves on fresh mesclun mix. If you add a handful of shredded fresh basil leaves, it is also very good on sliced, summer beefsteak tomatoes.

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](mailto:gardenpatchproduce@earthlink.net).

# Book Review

By Jake and Dawn Trethewey



### Turn Here Sweet Corn

By Atina Diffley  
University of Minnesota Press, 2012

*Turn Here Sweet Corn* is the engaging autobiography of Atina Diffley, an organic farmer and a woman in search of herself. Diffley's story is well-balanced; she shares both her romantic dreams and the often harsh struggles she and her family encounter in their farming endeavors.

The opening chapter, "Cold Hard Water," describes being awoken in the middle of the night by a hail storm and the impact it has on their farm and their livelihood. If you are not familiar with the dread and helplessness a farmer feels as hail starts with a small "ping" and grows to a roar, Diffley's simple prose will open up those emotions to you. This same chapter also describes the enviable bond between Diffley and her husband, even in the face of catastrophe.

Another chapter, "Kale vs Koch," recounts how the Diffleys were served an eminent domain notice for a crude oil pipeline to be routed across their farm and their decision to fight Koch Industries, one of the world's largest companies. This part of the story should interest anyone concerned with the current shale gas boom, its impacts, and how changes to laws in Minnesota now specifically address the value and protection of organic farm land.

As an organic farmer, I found this book very engaging and easily identified with the ups and downs of the story. Diffley talks about problems many of us have faced, like the effects of urban sprawl and dealing with neighbors who farm conventionally. She recounts a conflict with a neighboring farm that uses chemicals and how the neighbor tells her, "Who do you think you are? The tank is mixed and I'm going to spray it!"—even after Diffley points out the winds are too high to spray legally.

*Turn Here Sweet Corn* describes the Diffleys' unbreakable commitment to the land, the importance of friends and family, and the struggles and triumphs that farmers face every day, every season. And she does so with an intimate knowledge of the organic community. She serves on the board of directors for the Midwest Organic and Sustainable Education Services (MOSES) and she and her husband, Martin, are organic vegetable farmers and own a consulting company that provides education about organic farming.

This is a book that will appeal to anyone who is interested in local, sustainable food and is a must-read for anyone contemplating organic farming for a living.

Jake and Dawn Trethewey of Maplestar Farm grow certified organic garlic, sweet corn, and other vegetables in Geauga County. They may be reached at [maplestar@windstream.net](http://maplestar@windstream.net).



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# UPCOMING EVENTS

For a complete calendar of events go to [www.oeffa.org/events](http://www.oeffa.org/events)

## OEFFA Luncheon and GE Movie Screening

Saturday, April 27—12-4 p.m.

Raisin Rack • 2545 Schrock Rd., Westerville, OH

Join OEFFA's Genetically Engineered (GE) Foods Working Group for nutritious, GE-free snacks and a screening of *The Future of Food*. For more information, email [wisestaci@yahoo.com](mailto:wisestaci@yahoo.com) or [policy@oeffa.org](mailto:policy@oeffa.org).



## Cheesemaking: From Milking to Eating

Saturday, April 27—1-4 p.m.

Blue Rock Station • 1190 Virginia Ridge Rd., Philo, OH

Learn the basics of goat keeping, including natural herd health, milking, and making farmstead cheese. Cost: \$45, includes tour and samples. For more information, go to [www.bluerockstation.com](http://www.bluerockstation.com) or call (740) 674-4300.

## Integrative Livestock Management

Saturday, April 27 - Sunday, April 28

Solid Ground Farm • 13262 Liars Corner Rd., Millfield, OH

Learn about designing a livestock system that suits your needs, including livestock housing options, fencing, rotational grazing, and holistic management. Led by Sasha Sigetic from Integration Acres and includes site visits to King Family Farm, Arcadian Acres, and Blackhaven Farm. Cost: \$100, includes meals and camping. For more information, go to [www.solidgroundfarm.com](http://www.solidgroundfarm.com) or call (740) 856-6299.

## Sustainable Beekeeping Workshops

Saturday, April 27 - Sunday, April 28—3:30 p.m.

Mockingbird Meadows Herbal Health Farm • 16671 Burns Rd., Marysville, OH

On Saturday, learn about the philosophy and science behind sustainable beekeeping methods and on Sunday, learn hands-on beekeeping techniques. Cost: \$40/day. For more information, go to [www.mockingbirdmeadows.com](http://www.mockingbirdmeadows.com) or call (614) 354-5162.

## Athens Chapter Meeting and Tour

Sunday, April 28—1 p.m.

The Compost Exchange • 5991 Industrial Park Rd., Athens, OH

Join OEFFA's Athens Chapter for a tour of The Compost Exchange, an Ohio EPA licensed Class II compost facility. Chapter meeting and elections will conclude the tour. For more information, go to [www.thecompostexchange.com](http://www.thecompostexchange.com) or call (740) 517-1032.



## Home Resource Management Basics

Sundays, April 28 and May 19—1:30-3:30 p.m.

The Going Green Store • 909 River Rd., Granville, OH

Learn about composting your kitchen waste and building and using a rain barrel to collect water. Cost: Free. For more information, go to [www.thegoinggreenstore.com](http://www.thegoinggreenstore.com) or call (740) 963-9644.

## Herbs 101

Sundays, April 28 and July 7—2 p.m.

Mockingbird Meadows Herbal Health Farm • 16671 Burns Rd., Marysville, OH

Learn the basics about herbs and their medicinal uses. Cost: \$40. For more information, go to [www.mockingbirdmeadows.com](http://www.mockingbirdmeadows.com) or call (614) 354-5162.

## Federal Food Safety Rules Listening Session

Tuesday, April 30—1-4 p.m.

Shisler Conference Center • 1680 Madison Ave., Wooster, OH

The Food and Drug Administration will accept oral and written comments about proposed federal food safety rules (see p. 5) at this informal listening session. To register, go to <http://bit.ly/FDAmtg>. If you plan to attend, contact Mackenzie Bailey at [mackenzie@oeffa.org](mailto:mackenzie@oeffa.org) or call (614) 421-2022 Ext. 208.

## DIY Herbal Remedies: Making Your Own Herbal Salves

Saturday, May 11—3:30-5 p.m.

The Going Green Store • 909 River Rd., Granville, OH

Led by Lauren Genter of Ancient Roots Botanicals. Cost: \$30. For more information, go to [www.thegoinggreenstore.com](http://www.thegoinggreenstore.com) or call (740) 963-9644.

## Heart of Ohio Chapter Dinner and Movie Night

Wednesday, May 15—6-8:30 p.m.

Granville High School • 248 New Burg St., Granville, OH

Join OEFFA's Heart of Ohio Chapter for dinner, a viewing of the documentary, *The Economics of Happiness*, and a discussion following the movie. Cost: \$5, includes dinner and movie. For more information, email [sunbeamfamilyfarm@gmail.com](mailto:sunbeamfamilyfarm@gmail.com) or call (740) 507-5615.



## Farm Table Cooking

Wednesday, May 15—6:30-9 p.m.

Meshewa Farm Kitchen • 7550 Given Rd., Cincinnati, OH

Learn how to make grilled pork paillards, pasta verde, mixed lettuce salad, and paper thin apple tarts. Limited space available. Cost: \$45, includes all supplies. For more information, go to [www.turnerfarm.com](http://www.turnerfarm.com).

## Medicinal Qualities of Culinary Herbs in Everyday Food, Part I and II

Thursdays, May 16 and May 23—4:30-6 p.m.

The Going Green Store • 909 River Rd., Granville, OH

Led by Val Jorgensen of Jorgensen Organic Farm. Cost: \$15. For more information, go to [www.thegoinggreenstore.com](http://www.thegoinggreenstore.com) or call (740) 963-9644.

## Square Foot Gardening

Saturday, May 18—12-2 p.m.

The Going Green Store • 909 River Rd., Granville, OH

Led by Bryn Bird of Bird's Haven Farm. Cost: \$30. For more information, go to [www.thegoinggreenstore.com](http://www.thegoinggreenstore.com) or call (740) 963-9644.

## Why Local Plant Starts Make a Difference in Your Garden

Saturday, May 18—2-3 p.m.

The Going Green Store • 909 River Rd., Granville, OH

Led by Lee Bird of Bird's Haven Farm. Cost: Free. For more information, go to [www.thegoinggreenstore.com](http://www.thegoinggreenstore.com) or call (740) 963-9644.

## Farm Dinners

Sundays, May 19, June 23, and July 21—5 p.m.

Mockingbird Meadows Herbal Health Farm • 16671 Burns Rd., Marysville, OH

Learn about homesteading through dinner and conversation. Cost: \$60. For more information, go to [www.mockingbirdmeadows.com](http://www.mockingbirdmeadows.com) or call (614) 354-5162.

## OEFFA GE Foods Working Group Meeting

Mondays, May 20, June 17, and July 15—6-8 p.m.

OEFFA Office • 41 Croswell Rd., Columbus, OH

Join OEFFA's GE Foods Working Group meeting to talk about grassroots strategies to educate consumers about the risks of GE food and efforts to get GE foods labeled. A potluck meal will follow the meeting; bring a dish to share. For more information, email [daris5150@yahoo.com](mailto:daris5150@yahoo.com) or [policy@oeffa.org](mailto:policy@oeffa.org).



## Employees on Your Farm Webinar

Wednesday, May 22—7-8:30 p.m.

Tom Green of Kastner, Westman, and Wilkins will discuss what steps farmers should take before bringing on employees, contractors, or apprentices during this Countryside Conservancy webinar. Cost: Free. To register, go to <http://bit.ly/15ME0dS>.

## Benefits of Collecting Rain Water

Thursday, May 23—7 p.m.

City Folk's Farm Shop • 4760 N. High St. Columbus, OH

Jonathan Meier of Rain Brothers will discuss the benefits of capturing rain water and the basics of installing rain barrels, diverters, and other rain catching tools. Cost: \$10. For more information, go to [www.cityfolksfarmshop.com/calendar](http://www.cityfolksfarmshop.com/calendar).

## Farm Table Cooking

Wednesday, June 19—6:30-9 p.m.

Meshewa Farm Kitchen • 7550 Given Rd., Cincinnati, OH

Learn how to make vegetable salad, chicken in tomato sauce, braised bok choy, and rhubarb dessert. Limited space available. Cost: \$45, includes all supplies. For more information, go to [www.turnerfarm.com](http://www.turnerfarm.com).

## Farm to Table Dinner

Saturday, June 22

Thaxton's Organic Garlic Farm • 2710 Ravenna St., Hudson, OH

Enjoy a farm to table garlic scape dinner prepared by Hudson's Restaurant Chefs J.J. and Kevin Altomare. For more information, go to [www.thaxtonsorganicgarlic.com](http://www.thaxtonsorganicgarlic.com) or call (330) 283-6137.



# RESOURCES

## Books, Guides and Reports

**Midwest Vegetable Production Guide**—An updated, comprehensive guide to vegetable production, *Midwest Vegetable Production Guide for Commercial Growers 2013*, developed by Extension educators in seven states, is now available.

 [www.btny.purdue.edu/pubs/id/id-56/](http://www.btny.purdue.edu/pubs/id/id-56/)

**Outdoor Hog Production Publication**—The Center for Environmental Farming Systems has released a new report, *Conservation Practices in Outdoor Hog Production Systems: Findings and Recommendations*. The report identifies recommended practices that conserve natural resources while optimizing animal performance.

 <http://ow.ly/fMZt8>

**Herb Food Safety Guide**—A new publication, *Commodity Specific Food Safety Guidelines for the Production, Harvest, Post-Harvest, and Processing Unit Operations of Fresh Culinary Herbs*, outlines food safety best practices for fresh herbs.

 [www.wga.com/sites/default/files/herb-document.pdf](http://www.wga.com/sites/default/files/herb-document.pdf)

**Pastured Poultry Guide**—The Sustainable Agriculture Research and Education (SARE) program has updated and released a comprehensive primer on pastured poultry systems, *Profitable Poultry: Raising Birds on Pasture*.

 [www.sare.org/Learning-Center/Bulletins/Profitable-Poultry](http://www.sare.org/Learning-Center/Bulletins/Profitable-Poultry)

**Sampling at Farmers' Markets Guide**—The University of Kentucky has released *Best Practices for Sampling at Farmers' Markets: A Practical Guide for Farmers' Market Vendors*, a free online manual for farmers who want to provide samples to patrons.

 [www.ca.uky.edu/cmspubsclass/files/extensionpubs/2012-19.pdf](http://www.ca.uky.edu/cmspubsclass/files/extensionpubs/2012-19.pdf)

**Dairy and Livestock Intern Guide**—The University of Wisconsin-Madison has released *Passing Along Farm Knowledge: A Mentor-Intern Handbook for Dairy and Livestock Farmers*. The guide helps farmers identify good interns, develop effective internship structures, and learn the skills needed to be effective mentors.

 [www.cias.wisc.edu/wp-content/uploads/2013/01/mentorinternfinal.pdf](http://www.cias.wisc.edu/wp-content/uploads/2013/01/mentorinternfinal.pdf)

**Brix Fact Sheets**—Ohio State University Extension has released four fact sheets on obtaining and using Brix measurements in vegetable production.

 [www.hcs.osu.edu/vpslab/extension-and-outreach-articles-publications-and-slidesets](http://www.hcs.osu.edu/vpslab/extension-and-outreach-articles-publications-and-slidesets)

## Websites and Online Media

**Cover Crop Decision Tool**—The Midwest Cover Crop Council has developed a web-based tool to assist farmers in selecting cover crops to include in rotations. The tool provides county specific data for farmers in IL, IN, IA, MI, MN, OH, and WI.

 [www.mccc.msu.edu/selector/INTRO.html](http://www.mccc.msu.edu/selector/INTRO.html)

**Farm Resources Directory**—*Farm and Dairy* maintains an online *Agri-Book*, which lists regional, state, and local contacts for agricultural agencies, associations, and organizations.

 [www.farmanddairy.com/agribook](http://www.farmanddairy.com/agribook)

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## Funding and Land

**OFRF Grants**—The Organic Farming Research Foundation (OFRF) is offering grants of up to \$15,000 per year to farmers and researchers for organic seed quality or crop breeding projects in certified organic settings. Deadline: May 15.

 [www.ofrf.org/proposal-information-research-projects](http://www.ofrf.org/proposal-information-research-projects)

**NCR-SARE Professional Development Grants**—North Central Region SARE is now accepting preproposals for its Professional Development Program. Funds provide sustainable agriculture training to agricultural professionals and educators. Deadline: May 16.

 [www.northcentralsare.org/Grants/Our-Grant-Programs/Professional-Development-Grant-Program](http://www.northcentralsare.org/Grants/Our-Grant-Programs/Professional-Development-Grant-Program)

**Conservation Reserve Program Open Enrollment**—The U.S. Department of Agriculture will conduct a general sign-up for the Conservation Reserve Program May 20 through June 14. Farmers can enroll highly erodible and environmentally sensitive land in the program and receive cost-share assistance and annual rental payments.

 <http://1.usa.gov/WLZPGt>

### PLANNING UNDERWAY FOR 2014 OEFFA CONFERENCE: WORKSHOP APPLICATIONS AVAILABLE

Planning has already started for the 2014 conference. We're taking suggestions and ideas for workshop topics and workshop and keynote presenters. If you'd like to be part of workshop, food, book table, raffle, or Kids' Conference planning, please let us know. Workshop applications are also available. Don't wait to apply if you want to be considered. Contact Milo Petruziello at (614) 421-2022 Ext. 206 or [milo@oeffa.org](mailto:milo@oeffa.org).

### OEFFA and Countryside Conservancy Partner to Help Farmers Scale Up and Expand Availability of Local Produce

The Cuyahoga Valley Countryside Conservancy and OEFFA are partnering to offer both business and production skills workshops and webinars to help specialty crop growers meet the challenge of diversifying their markets beyond direct-to-consumer sales.

The two year project focuses on utilizing conventional distribution outlets, such as grocery stores and restaurants, to increase the amount of local fruits and vegetables available to consumers, and create new market opportunities for specialty crop growers.

The project is funded by a grant from the Ohio Department of Agriculture, the State of Ohio, and the U.S. Department of Agriculture, under the provisions of the Specialty Crop Block Grant.

To learn more about upcoming webinars, go to [www.cvcountryside.org](http://www.cvcountryside.org). Recorded and archived webinars are available at [www.oeffa.org/news](http://www.oeffa.org/news). For more information or to participate in a grower-distributor network, contact Milo Petruziello at (614) 421-2022 Ext. 206 or [milo@oeffa.org](mailto:milo@oeffa.org).

**BUSINESS**

Todd Alexander, *Tunnel Vision Hoops*  
 Steve Barrish, *Eat Well Distribution*  
 Rita Billon, *Iroquois Valley Farms*  
 Eric Braddock and Adrienne Novak, *Eban Bakery*  
 Rae Kruthaup, *Kruthaup Family Farm*  
 Jeff McCabe, *Nifty Hoops*  
 Jessica Morgan, *Terra Biotics*  
 Josh Papworth, *Ecologic Farms*  
 Matt Smith, *Landmark Distribution Group*

**FAMILY FARM**

David Brandt, *Sunny View Farm*  
 Cynthia Casell and David Uible, *Vista Grand Ranch*  
 Trisha and Aaron Clark, *Tera Stockdale, T&A Farms*  
 Linde and Rich Collingwood, *Collingwood Farm*  
 Alfonso and Jennifer Contrisciani, *Oliver Farms*  
 BethAnn and Jeffrey Scott Earl, *Noni's Farm*  
 Beth Haddle, *Serendipity*  
 Bing and Karen Henderson  
 Judy Jenkinson, *Jenkinson Farm and Garden*  
 Riley Hall and Peggy Kirk Hall, *Hall Family Farm*  
 Budd and Judith Leisenring, *BJ Gourmet Garlic Farm*  
 Thea Mozingo, *Crooked Chimney Farm*  
 Shari and Jeff Reusser, *Oak Valley Farm*  
 William Stacy  
 Sarah Vecci, *The Veccitable Farm*  
 David and Sarah Volkman, *Hen Run Farm*

**FAMILY**

Jane, Mike, and Lewis Broecker  
 Yvonne Bruce and Denise Kadilak  
 Bill Bush and Cheryl Preyer  
 Jessica Collins and James Anderson  
 Suzan Cox  
 Carol Eichert  
 Michelle Goodman  
 Teresa Gottier and Mike Ayres  
 Jeff Henderson  
 Carl and Dodie Hess  
 Alfredo Huerta and Nancy Smith-Huerta  
 Arika and Karen Lycan  
 Michele Manglone and Susan Moseley  
 Jon-Michael, Inggrie, Hannah, Matthew, and Xander Merriman  
 Karen and Jay Nader  
 Steve Wisler and Carolyn Guercio-Wisler  
 Jeanette Woodruff and Greg Bonnough  
 Julie, Marcus, Brandon, and Emma Wuebker

**NONPROFIT ORGANIZATION**

Michael Bartunek, *Rising Harvest Farms*  
 Greg Bowman, *Goodness Grows*  
 Kevin and Barbara Bruce, *Wakeman Educational Foundation*  
 Chastity Butterfield, *Lima-Allen County Neighborhoods in Partnership*  
 Tim Green, *Sheldon Calvary Camp*

**INDIVIDUAL**

Regina Anderson  
 James Ashcraft  
 Paula Ashcraft  
 Sue Balaschak  
 Leora Baldwin  
 Jennifer Banker  
 Janice Beckett  
 Emily Biller  
 Wendy Bittel  
 Chris Blanchard  
 Zachary Burchfield  
 Benjamin Burfield  
 Tom Butch  
 Alex Chamberlain  
 David Christman  
 Sophia Cifuentes  
 Charles Cloak  
 Wayne Cooper  
 John Dinon  
 Kate Djupe  
 Cynthia Drumm  
 Jess Ennis  
 Esambi Epie  
 Ellen Falk  
 Ron Gillette  
 Josh Handley  
 Stanton Huggar

Courtney Johnson  
 Corie Kaminski  
 Michelle Kozak  
 Danielle Kusner  
 Nancy Lilburn  
 Vicki Lipski  
 Joe Mantoan  
 Kristina Martin  
 Stacey Maurer  
 Matthew McCoy  
 Lisa McGurk  
 Susan Meder  
 Chris Meyers  
 David Miller  
 Todd Miller  
 Julie Mulroy  
 Lauren Niemes  
 Robert O'Donnell  
 Bill Papworth  
 Tricia Parento  
 Howard Peller  
 Andria Perkins  
 Ryan Pilewski  
 Stephanie Pyle  
 Jeff Rassie  
 Megan Rock  
 Amanda Ross  
 Mike and Karen Salvagno

Bill Sievert  
 Ryan Sittler  
 Jody Slemmer  
 Janis Steed  
 Kenneth Stern  
 Rande Stroud  
 James Swansboro  
 Jackie Swihart  
 Michele Thomas  
 Heather Tiefenthaler  
 Kara Vaneck  
 Staci Wise  
 Portia Yiamouyiannis

**STUDENT**

Sara Albrecht  
 Abed Alshahal  
 Leah Baker  
 Andrea Boudreau  
 Dustin Brafford  
 Page Breimaier  
 Sarah Brown-Anson  
 Sarah Corcoran  
 Elise Economy  
 Libby Fackler  
 Mason George  
 Paula Gerdeman

Ryan Griffith  
 Andrea Horner  
 Jocelyn Kirkwood  
 Kirsten Leloudis  
 Caitlin Marquis  
 Kelly Meinhart  
 Sarah Minkin  
 Jack Monsted  
 Patrick O'Connell  
 Umi Oji-Njideka  
 Zachary Rapose  
 Gary Reisenberg  
 Jordan Rhyne  
 Andrew Rocker  
 Dale Sievert  
 Casey Slive  
 Kayla Smith  
 Michell Spoden  
 Lyndsey Tu  
 Nellie Wilbers



**KELLY HENDERSON**

Kelly Henderson joins us as OEFFA's newest Crop Certification Specialist. She studied horticulture and natural resources at Ohio State University, spent a year of AmeriCorps service in youth agricultural education in New Mexico, and just finished her master's degree in agricultural and extension education at New Mexico State University. Welcome, Kelly!

**UN-CLASSIFIED ADS**

**For Lease:** Approximately 70 acres of certifiable land (currently in alfalfa hay) in Shreve, OH. Contact Robert in Wayne County at (330) 496-2527.

**For Sale:** 3.93 acre mini-farm in Plain City. Early 1900s house, large hay barn, small barn, two wells, walk-in cooler, excellent condition. Contact Jennifer in Union County at (614) 306-1481.

**For Sale:** John Deere 1 row potato planter. Pull-type with side dress fertilizer attachment. Nice machine! Contact Adam in Union County at (614) 226-8548 or [adam@waywardseed.com](mailto:adam@waywardseed.com).

**For Sale:** 15 ft M&W rotary hoe, very good condition. Call Ed in Knox County at (740) 263-0743.

**For Sale:** Certified organic hay consisting of timothy, orchard grass, alfalfa, and red clover. 2012 first cutting hay, stored inside since harvest. Large round bales 800-1,000 lbs. Hay analysis and certification papers available upon request. Contact David in Licking County at (740) 587-2379 or [wrensong@hotmail.com](mailto:wrensong@hotmail.com).

**For Sale:** Certified organic buckwheat. Call Ed in Knox County at (740) 263-0743.

**For Sale:** 30 lbs Krug open-pollinated field corn. \$2/lb plus shipping, or pick up at our farm. Call John and Ann in Licking County at (740) 927-8268.

*Classified ads are free for members and \$5 for non-members. Submissions no longer than 30 words are due by June 15 for the summer issue. Email [oeffa@oeffa.org](mailto:oeffa@oeffa.org) or call (614) 421-2022 Ext. 203.*



Ohio Ecological Food and Farm Association  
41 Croswell Rd., Columbus, OH 43214

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### Find Local Food This Season Using OEFFA's *Good Earth Guide*

The *Good Earth Guide* is an online directory of OEFFA member farms and businesses, making it a great place for consumers to find sources for local, organic food and farm products.

The guide includes more than 350 farms and businesses and identifies sources for locally grown vegetables; fruit; 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.

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. Each listing includes name and contact information, products sold, a farm description, and whether the farm is certified organic. Many profiles also have location listings and maps for where the farm's products are sold.

Find local foods at [www.oeffa.org/geg](http://www.oeffa.org/geg).

OEFFA farmers and business members, you can create or update an existing listing at [www.oeffa.org/geg](http://www.oeffa.org/geg). Call (614) 421-2022 or email [oeffa@oeffa.org](mailto:oeffa@oeffa.org) with any questions or to request a form by mail.

# Good Earth Guide

### Farmers Open Barn Doors to the Public This Summer



In May, OEFFA and our partners will announce the *2013 Sustainable Farm Tour and Workshop Series*, which features free public tours of some of Ohio's finest sustainable and organic farms. OEFFA has offered this series for the past 30 years, providing unique opportunities for Ohioans to see, taste, feel, and learn what sustainable food and fiber production is all about.

Consumers interested in local foods, farmers and market gardeners wanting to learn more and network with other farmers, and aspiring and beginning farmers are encouraged to attend.

The tours run from June to November and will feature a diverse sampling of farms across Ohio, including:

- » Turner Farms in Hamilton County will share fall and winter vegetable production techniques.
- » Ohio City Farm in Cuyahoga County will guide visitors through one of the country's largest contiguous urban farms and the historic West Side Market.
- » Sunny Meadows Flower Farm in Franklin County will demonstrate how they grow cut flowers sustainably on their seven acre urban farm.

Members will receive a farm tour brochure and notification by email this May with the complete list of tours, including dates, times, farm descriptions, and directions. The tour schedule will also be available at [www.oeffa.org](http://www.oeffa.org).

The 2013 OEFFA tour series is supported in part by the **Jim Rosselot Memorial Fund**. A long-time OEFFA member, Jim Rosselot of Gravel Knolls Farm in Butler County passed away in June 2012.