Granville is the place to be the weekend of February 13 and 14 for OEFFA’s 31st annual conference, titled, Growing with Integrity, Eating with Intention.

The conference will have a full offering of informative, hands-on, educational workshops, exhibitors, networking opportunities, and dynamic keynote speakers—Joel Salatin and Chef Ann Cooper.

and author, Joel Salatin is one of the best-known farmers of the sustainable food movement.

Joel says his farm, Polyface, Inc., arguably represents America’s premier non-industrial food production oasis.

The farm services more than 1,500 families, 10 retail outlets, and 30 restaurants through on-farm sales and metropolitan buying clubs with grass-fed beef, pastured poultry, eggs, pork, forage-based rabbits, and pastured turkey. His mother Lucille, wife Teresa, daughter Rachel, son Daniel, daughter-in-law Sheri, grandsons Travis and Andrew, and granddaughter Lauryn, work full-time together on the family farm.

“These days when people ask me what I do for a living, I reply: Mob-stocking herbivorous solar conversion lignified carbon sequestration fertilization.”

—Joel Salatin

Polyface Farm’s mission is to develop emotionally, economically, and environmentally enhancing agricultural enterprises and to encourage others to follow the model. He has spread his knowledge about sustainable farming as a speaker and a regular contributor to Stockman Grass Farmer, Acres USA and the American Agriculturalist.

He is the author of Pastured Poultry Profits, Salad Bar Beef: You Can Farm; Family Friendly Farming: A Multi-Generational Home-Based Business Testament;
null
By Danielle Deemer

Locust Run Farm is 15 acres of paradise located in Oxford, Ohio. Harv Roehling farms about 2 acres of the farm in his fields and in his 64 raised beds, a method he adopted from Rich Tomsu. He uses the four-foot by fourteen-foot beds to grow certified organic lettuce, onions, and some tomatoes and peppers. He grows squash, tomatoes and peppers in his fields. He and his wife, Pat, managed the farm together, but since her recent death, Harv’s farm has been in transition.

Harv and Pat were married in the 1960s and moved to a house with a large yard in the Cincinnati suburbs. Pat’s grandfather was an avid gardener and insisted that the couple use the lawn to grow food. Harv eventually became such an enthusiastic gardener that his passion outgrew his yard. The Roehlings purchased Locust Run Farm in 1977 and the farm house in 1986.

Harv sells at farmers’ markets in Oxford, the Cincinnati suburbs of Pleasant Ridge and Pleasant Run. He also sells produce to a service which buys from farmers to fill and deliver custom orders to consumers, which allows Harv to reach customers who are unable to attend farmers’ markets.

Harv has been involved with OEFFA for more than two decades, since attending his first conference in the early 1980s. He helped found the Miami-Oxford Organic Network (OEFFA’s MOON chapter), which has branched into a local food cooperative.

Harv sees a lot of hope for young organic farmers. He thinks farm profitability is bouncing back: “I see a realization by the public that food is important. And local food is important for not just the nutrition but for the economics of it, for the value to the community of having farms nearby.” He says the recent increases in farming publications, farmers’ markets, and best-selling books and movies are all signs of the new trend.

A tour of Locust Run Farm will make anyone believe in a bright future. The front fields are a maze of covered lettuce crops while the back fields are in larger, cultivated rows creeping with tomato vines and other vegetables. An adjacent field is just beginning to sprawl over the mulch in dark green winter squash vines.

To read Harv’s entire profile, go to www.oeffa.org. If you cannot access the website, call (616) 421-2022 to obtain a copy.

About the writer: Danielle Deemer is working on her master’s degree in Rural Sociology at the Ohio State University. Danielle, through her OEFFA internship, profiled some of the organization’s most accomplished members and their successes, creating OEFFA’s Profiles of Success series. This series is being unveiled throughout OEFFA’s 30th anniversary celebration year.

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**THANKS TO WHOLE FOODS FOR SUPPORTING LOCAL AND SUPPORTING OEFFA!**

Many thanks to the Columbus-area Whole Foods Market for including OEFFA in its “Week of Growing Home,” held in July.

Through its Community Giving Day and “Farmers Ball: A Field to Plate Celebration,” OEFFA received more than $6,400.

Benefit dinner attendees had a delicious five course meal. Blue Jacket Dairy and Snowville Creamery were some of the Ohio products featured in this locally-sourced meal.

And, through OEFFA’s partnership with Whole Foods, more than 150 farmers and consumers attended an excellent farm tour at Mike and Laura Laughlin’s Northridge Organic Farm in Johnstown.

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**REMEMBERING HARVEY LISLE**

With deep appreciation for a life well-lived, we note the passing of long-time OEFFA member Harvey Lisle of Norwalk, Ohio. Harvey was active in OEFFA since its inception and a pioneer organic farmer. Harvey learned to dows for water in 1984 while traveling with a group in Egypt, and eventually put his dowsing skills to work on many OEFFA member farms. Harvey was also extremely involved in Biodynamics and authored the book, *The Enlivened Rock Powders*.

Harvey took a fall and died shortly after, on August 2, 2009. According to daughter Marilyn Welker, he was “immersed in what he was doing, with a dowsing rod in his hands” at the time. He was 93 years old.

***********

**What do you think?**

Share your thoughts!
Send a Letter to the Editor to newsletter@oeffa.org
ANNUAL CONFERENCE (continued from page 1)

Holy Cows and Hog Heaven: The Food Buyer’s Guide to Farm Friendly Food; Everything I Want to Do is Illegal: War Stories from the Local Food Front; and You Can Farm: The Entrepreneur’s Guide to Start and Succeed in a Farming Business.

Joel’s speaking and writing reflect dirt-under-the-fingernails experience punctuated with mischievous humor. He passionately defends small farms, local food systems, and the right to opt out of the conventional food paradigm.

ANN COOPER

Renegade lunch lady, author, activist, and chef, Ann Cooper transforms cafeterias into culinary classrooms for students, one school lunch at a time.

At The Ross School in East Hampton, NY, Chef Ann served as the executive chef and director of wellness and nutrition, developing an integrated school lunch curriculum centered on regional, organic, seasonal and sustainable meals. Since then, Chef Ann has transformed public school cafeterias in New York, California and Colorado.

Currently, Chef Ann is the director of nutrition services for the Berkeley Unified School District, improving meals for more than 9,000 students. She is also involved in revamping school lunches in the Boulder Valley School District in Colorado.

In her work with public schools, Chef Ann is at the forefront of the movement to transform the National School Lunch Program into one that places greater emphasis on the health of students than the financial health of a select few agribusiness corporations. Chef Ann’s lunch menus emphasize regional, organic, fresh foods, and nutritional education, helping students build a connection between their personal health and where their food comes from.

Chef Ann, the past president of The American Culinary Federation of Central Vermont, is a graduate of The Culinary Institute of America, and the former president and current board member for Women’s Chefs and Restaurateurs. She also sat on the U.S. Department of Agriculture National Organic Standards Board and Chefs Collaborative.

Chef Ann is the author of four books: Lunch Lessons: Changing the Way We Feed Our Children; In Mother’s Kitchen: Celebrated Women Chefs Share Beloved Family Recipes; Bitter Harvest: A Chef’s Perspective on the Hidden Dangers in the Foods We Eat and What You Can do About It; and A Woman’s Place is in the Kitchen: The Evolution of Women Chefs.

A fun and educational kids’ conference, great homemade meals featuring local and organic foods, a child care area, an interesting cast of exhibitors, creative informational sessions, and Saturday evening entertainment will round out this year’s annual OEFFA conference.

We’ll see you there!

For more information about the OEFFA conference, please visit the OEFFA website at www.oeffa.org or contact Renee Hunt at (614) 421-2022 Ext. 205 or at renee@oeffa.org.

For more information about Joel Salatin, go to http://www.polyfacefarms.com/.

For more information about Ann Cooper, go to http://www.chefann.com/.

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A BRIEF SYNOPSIS OF OHIO’S FOOD LAWS PART I
BY DAVID G. COX

The farmer who produces food for human consumption is subject to a variety of statutes and regulations, jurisdiction over which usually falls to the local health departments or the Ohio Department of Agriculture (ODA). Understanding who has jurisdiction over your operations and the laws you are supposed to be complying with can be very complex and confusing. Basically, Ohio’s food laws are contained in Ohio Revised Code Chapters 3715 and 3717 and the administrative regulations under those chapters adopted by the Ohio Department of Health and ODA.

If you produce a food item (such as vegetables, honey, vinegar, maple sugar, syrup and canned goods, even ice, water, and chewing gum) and you sell those items to a distributor or wholesaler, then you qualify as a “food processing establishment” and you need to get a license under Chapter 3715. Certain exceptions apply to maple sugar and sorghum producers. Depending on the type of food you produce and distribute, certain production and operating standards may apply, such as labeling requirements, pH requirements, cooling and heating requirements, shipping, and transportation requirements.

If you sell your food at retail, you are considered a “retail food establishment” and you need to be licensed under Chapter 3717. This includes “mobile establishments” (such as a hot dog stand or other movable vehicle), “temporary establishments” (such as a booth at a county fair for less than five days), and “seasonal establishments” (selling for no more than six months). However, roadside stands selling unprocessed fruits and vegetables as well as produce stands at farmers’ markets are exempt under certain conditions. “Cottage production” foods are also usually exempt from regulation under Chapter 3717 (although they are regulated under another Chapter).

Dairy operations regulated under Chapter 917 are not regulated under either Chapter 3715 or 3717. In addition, eggs can be sold directly to the consumer at the farm as long as you have less than 500 chickens annually, and you can slaughter up to 1,000 birds as long as you sell the whole bird directly to the consumer at the farm. Other exceptions to the requirements of Chapter 3717 also apply. More detail will come in future installments of this series.

Gary Cox is a former environmental prosecutor for the State of Ohio, a former organic vegetable farmer, and is now Of Counsel with the Columbus law firm of Lane, Alton & Horst LLC. This article is intended for educational and informational purposes only and is not intended to be nor should it be construed as either the opinion of Lane, Alton & Horst LLC or as legal advice. The opinions expressed in this article are those of the author and not the firm.
Congratulations, Blake!
The Ohio Future Farmers of America (FFA) Association has named the winners of its 2009 Proficiency Awards.

Blake Harris from the Spencerville FFA chapter was named the 2009 Organic Agricultural Production Proficiency Award Winner. OEFFA sponsored the award.

Blake is a junior at Spencerville High School. He began beekeeping in 2006, and now has 27 hives from which he harvests and sells honey, wax, and propolis.

Stop the Factory Farm Tax Giveaway

The United States Department of Agriculture’s (USDA) Farm Service Agency is currently encouraging an oversupply of pork and chicken in an already saturated market. The USDA has already committed to a $25 million bonus pork buy, and in May the industry asked for an additional $50 million. At the same time, the USDA is continuing to guarantee loans to new and expanding factory farm facilities, which are contributing to the very overproduction that taxpayer dollars are being used to remedy.

This incentivized overproduction is leading to a long-term depression of producer prices, pork plant closings, cancelled poultry contracts, squeezing small-scale, family farms out of business and further concentrating an already concentrated industry.

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We’d like your business, non profit, organization or institution to support OEFFA’s work to create and promote a sustainable food system by becoming a conference sponsor or exhibitor.

For more information about becoming a sponsor, contact Renee at renee@oeffa.org.

For more information about becoming an exhibitor, contact Mike at mike@oeffa.org.

A special thanks to: Kevin Morgan at Kevin Morgan Studios in Athens, Ohio for creating this year’s beautiful conference art. For more information about Kevin Morgan Studios (and to see the beautiful pieces he’s created for the Pawpaw Festival and OEFFA members Snowville Creamery, Casa Nueva, and more), go to http://www.kevinmorganstudios.com.
Five Reasons Going Organic Improves Our Health

By Wes Duran

1. **HUMAN HEALTH** - Countless studies have linked conventional chemical pesticides and fertilizers to cancer, reproductive, and neurological damage. Organic fertilizers and pest control products are safe for both pets and humans, most of which are derived from plant remains, animal waste, and naturally derived minerals.

2. **SOIL HEALTH** - One application of a chemical fertilizer, herbicide, insecticide, or fungicide can kill organisms in the soil. Soil is alive and teeming with microorganisms that help to convert inactive minerals and water into the building blocks of life, reduce soil erosion and compaction, reduce soil-borne disease, break down soil pollution, and much more. Compost helps to regenerate soil life, and corrects many soil imbalances, eliminating the need for harmful chemical fertilizers and pesticides.

3. **WILDLIFE HEALTH** - Recent studies have identified a correlation between the use of garden chemicals and a decline in the health of birds, aquatic life, and land animals. In addition to their immediate impact, many of these garden chemicals stay for years in the food system, magnifying their concentration in the fat of animals as they move up the food chain. Scientific studies have shown that organic farms and gardens support a greater number and diversity of wildlife than conventionally-managed farmland.

4. **INSECT HEALTH** - An estimated 90 percent of all insects have a beneficial impact on our gardens. Beneficial insects help by pollinating plants and reducing pest insect numbers. One application of a chemical pesticide, however, can eliminate many of these helpful critters. With organic control methods, the goal is not to eliminate pest insects, but to reduce their populations enough to prevent serious injury to plants. By mixing flowering plants with vegetables and fruits, we can increase the diversity of beneficial predator insects in the garden.

5. **FUTURE HEALTH** - As the saying goes, we do not inherit the earth from our ancestors but borrow it from our children. Sadly, conventional gardening is wrought with “quick fix” products with long-term consequences. Fortunately, for every pest, disease, or weed problem, there is always a safe and natural solution. Organic gardening creates a healthy environment for you and your family and helps to ensure a healthy planet for future generations.

Wes Duren is the Landscape and Construction Vice President for Marvin’s Organic Gardens and can be reached at wes@marvinsorganicgardens.com.
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ST. PAUL, MINNESOTA
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Crowne Plaza Hotel Riverfront
St. Paul, Minnesota
Healthy Parasite Control: Part I
By Annie Warmke, Blue Rock Station

Even in farm country, veterinarians are not always there when you need them. When it comes to caring for larger farm animals, we have to be proactive if we want to keep our animals in good health.

Keeping animals healthy depends on a strong immune system. To create a strong immune system, we need sound stock, good feed, and a clean place to house the animal.

Probiotics, not Antibiotics
From the beginning days of life at Blue Rock Station, we introduced the probiotic acidophilus—the opposite of an antibiotic, which kills bacteria. The acidophilus gives the animal good bacteria to create a strong immune system that can handle small imbalances of bad bacteria or parasites. The good bacteria just gobble up the bad stuff. This not only works on the gut, but also on skin wounds too.

Food is Medicine
The industrial agricultural industry seems to have forgotten that “food is medicine,” and it can be nearly impossible to find healthy grains to feed livestock. Our answer for the moment is to add an herbal toner, along with flax seed and a light dusting of diatomaceous earth to the feed. This double push of minerals and herbs enables the gut and the immune system to be as strong as possible for combating normal parasite conditions. Once a week, we give our animals Herbal Wormer, a wormwood mix that is designed to kill off parasites.

Natural, not Chemical
In one study, 29 goats were divided into two groups, including milkers, wethers, dry does, and bucks. Each goat was given either the Herbal Wormer or Ivermectin. Threadworms and tapeworms were found in 0% of the herbal test group but in 29% of the chemical group. Lung worms were found in 33% of the herbal group and 50% of the chemical group.

In addition to better parasite control, Herbal Wormer has no damaging chemicals and never requires dumping milk.

This regime has served us well during the four years we have had llamas, chickens, and milk goats.

Stay tuned for Part II: What to do when parasites gain control

Annie’s advise is based on her own experience. For serious problems, please contact your veterinarian. For information about approved certified organic treatments for parasites, please contact OEFFA Education.

Organics 201 is a workshop for farmers who are seeking organic certification for the first time.

All participants in the Organics 201 workshop will leave with a virtually complete Organic Farm Plan, the primary requirement for certification. Staff from the OEFFA Certification office will explain the organic production standard and the certification process. Research scientists from the Ohio State University will present information to help participants develop a successful organic production system. All participants will receive a copy of the Organic Whole Farm Planning Workbook, by Margaret Frericks Huelsman.

Organics 201 is sponsored by OEFFA and the Organic Food and Farming Education and Research (OFFER) program at the Ohio State University. Financial support for this workshop comes from the USDA’s Sustainable Agriculture Research and Education (SARE) program.

When: December 3, 2009, 9 a.m.–4 p.m.
Where: Shisler Auditorium, Ohio Agriculture Research and Development Center (OARDC) 1680 Madison Ave. Wooster, Ohio

Registration is $35 for OEFFA members and $40 for non-members. For more information, contact Mike Anderson at mke@oeffa.org or at (614) 421-2022 Ext. 204.
Raised vegetable beds are a smart idea for gardeners because they reduce foot traffic which results in less soil compaction, better root growth, and healthier plants.

After picking a location, I prepare the soil. All of my gardens have been built on heavy clay soils, so I start preparing the land by adding Jersey Green Sand to loosen the clay. Sometimes I dig, more often I don’t, and I usually have not been able to double-dig a bed because the soil is too heavy.

I smother grass and weeds with cardboard and newsprint, being careful to avoid glossy paper. The more layers of paper the better! Once watered, the sheets of paper stick together. At this point, I usually add the frame of the bed.

Next, I decide whether to use untreated wood, concrete blocks, straw bales or pop bottles for the sides of the bed. I generally build beds 4 feet wide, a comfortable distance to work from either side without walking on the soil. I like to build my raised beds 8 to 12 inches tall, but some people build theirs as high as 24 inches tall.

The steps for building a wood or concrete block bed are easy to figure out. Experience has taught me that sturdy frames last longer, create fewer footholds for weeds, and require fewer repairs.

Organic straw bales can also be used to frame a bed. They can moderate moisture by releasing it when the soil is too dry and by absorbing and storing extra moisture from a heavy rain. And, over time, the straw loosens and decomposes enough to mix with compost and dirt. Straw bales can be useful for filling in terrain irregularities and improving soil tilth.

Glass pop bottles inserted side-by-side neck down in the soil make a colorful border. These are probably more useful in a flower bed than a vegetable bed, but they are certainly a beautiful and creative option.

Now I compost in the bed throughout the fall and winter. Fall’s a great time to work on this project because there are lots of leaves, making it easy to alternate green and brown compost layers. I tuck in extra compost materials from the kitchen all fall and winter. If I find a worm or two as I rake, I move them to the new bed. In the winter, I may shovel snow onto it a few times.

Given time, cover crops, amendments, compost, dirt, and a few worms, I have an organic and productive vegetable garden bed by the spring that’s ready for planting.

For the first time Ohio's new and beginning farmers have an entire website dedicated to their unique information needs. Begin Farming Ohio works to build Ohio’s capacity to provide, expand, enhance, and sustain services to beginning farmers. The website offers links to agricultural resources, seminars, workshops, Ohio farming statistics, and profiles of new farmers, and facilitates searches for educational and funding resources to assist beginning farmers with challenges related to production, marketing, and business management.

The website represents the collaborative efforts of the Ohio Ecological Food and Farm Association (OEFFA), Cuyahoga Valley Countryside Conservancy, Ohio Department of Agriculture, the Organic Food and Farming Education and Research Program of the OSU Ohio Agriculture Research and Development Center, and the Ohio State University Extension office.

For more information, go to http://www.beginfarmingohio.org.

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to stay up-to-date on food and farming events, workshops, resources and news

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Herbrucks Poultry Ranch is located less than 2 hours from the Indiana and Ohio borders and is a major purchaser of **organic grains such as yellow feed corn and animal feed soybeans** for our organic layer operation and crushes large amounts of its own soy meal in Michigan.

Additionally, Herbrucks Poultry Ranch purchases **organic food-grade wheat, spelt, soybeans and some corn, barley, oats and rye**, assisting organic growers in finding markets for these rotational grains.

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Largest Organic Factory Farm Operator in Legal Trouble

Aurora Dairy, the nation’s largest organic dairy producer, is once again facing allegations of improprieties. The Cornucopia Institute filed a formal legal complaint with the USDA alleging that Aurora’s High Plains dairy near Kersey, Colorado, is failing to graze their dairy cattle as required by the federal organic standards. In response to a previous legal complaint filed by the Cornucopia Institute in 2006, career staff at the USDA found that Aurora was in violation of 14 tenets of the organic regulations including confining their cattle to feedlots instead of grazing, and bringing thousands of illegal conventional cows into their organic operation.

Family dairy farmers have recently appealed to USDA Secretary Tom Vilsack for swift enforcement action in response to giant corporations “gaming the system” and squeezing them out of business.

USDA Announces Increase in Dairy Payments to Support Prices

On July 31, USDA Secretary Tom Vilsack announced that the USDA will boost payments for dairy products through the Dairy Product Price Support Program. The USDA will pay increased prices for 150 million pounds of non-fat dry milk and an additional 75 million pounds of cheese to remove product from the market. They expect that the purchases will increase dairy farmers’ revenues by $243 million.

Unfortunately, unlike the Milk Income Loss Contract Program which provides a capped payment that helps small and mid-size farmers, this increase in the USDA purchase price will flow to all dairies, even large expanding dairies like MilkSource Holdings, Inc. in Wisconsin, which is planning to increase its 13,200 cow herd by another 4,000 cows.

Food Safety Bill Goes to the Senate

The House has passed its version of a food safety bill, which the Senate will take up this fall. The main vehicle in the Senate will likely be Senate Bill 510, introduced by Senators Dick Durbin (D-IL) and Judd Gregg (R-NH). The bill is referred to the Health, Education, Labor and Pensions (HELP) Committee, which also has its hands full with health care, putting food safety on the committee’s back burner.

A coalition of sustainable agricultural organizations will offer recommendations for amendments to the bill to take into account the interests of family farms, sustainable and organic farming systems, local and regional food systems, conservation, and the environment.

Agriculture Appropriations Bill Moves Through Conference

On September 30, the FY 2010 agriculture appropriations bill was approved by the House-Senate Conference Committee, allocating $23.3 billion to fund discretionary food and agriculture programs.

The bill significantly increases funding for the Agriculture and Food Research Initiative from $201.5 million in 2009 to $262.5 million in 2010. The Sustainable Agriculture Research and Education Program received a tiny increase, rising from 19.0 to $19.2 million, the Organic Transitions Research Program is increased from $1.8 million to $5 million, and the Organic Production and Market Data Initiatives is funded at $750,000. There were not cuts to mandatory funding for beginning farmer, minority farmer, organic, or specialty crop competitive grants programs. The bill funds the Value-Added Producer Grant Program at $20.4 million, up from $18.9 million. The bill also includes a $350 million in emergency funding for the dairy industry.

As of printing, the conference report is expected to be voted on by the full House and the Senate in mid-October.

USDA Seeks Independent Oversight of National Organic Program (NOP)

The USDA has announced that it will subject its NOP to a stringent audit and continued oversight by the National Institute of Standards and Technology (NIST). The NOP is USDA’s regulatory body that develops, implements, and administers the USDA organic seal and national standards for organic agricultural products sold in the U.S. NIST reviews accreditation programs such as the NOP to assess their ongoing conformity with international standards.
A series where OEFFA staff answers frequently asked questions about NOP regulations, and offers suggestions for working within the regulations. We hope this column will be helpful to our organic producers & consumers.

By Lexie Stoia Pierce and Andy Hupp, OEFFA Certification, (614) 262-2022, and Mike Anderson, OEFFA Education, (614) 421-2022

RODENT CONTROL ON ORGANIC FARMS

Rodents can cause serious problems for organic producers. The damage resulting from rodent infestations is not limited to structural damage to buildings. Rodents can damage perennial fruit plantings; they can transmit animal diseases from farm to farm (e.g. foot and mouth disease) and can pose a serious food safety risk if their feces come in contact with produce or packaging materials.

Pest control for organic producers/handlers, as outlined in NOP §205.271, is a multi-tiered system. First, producers must use management practices to prevent problems before they happen. These include preventing access to facilities and organic products, removal of harborage, food sources and breeding areas by maintaining clean production, processing, and storage areas.

When prevention is not enough, mechanical or physical means may be employed, although rodent snap traps may not be used in the production area of a processing facility. If problems persist, non-synthetic materials and synthetic materials on the national list may be used. Placement and containment of these substances must be such that contact with certified products, land, or livestock is not possible. OEFFA Certification allows the use of bait boxes outside the facility, if there is no risk of contaminating the organic product. If the practices provided for above are not effective to prevent or control pests, a synthetic substance not in Subpart G—National List may be used, provided that the certified entity and OEFFA agree on the substance, method of application, and measures to be taken to prevent contamination of certified products.

It’s common for rodents to try to find their way into farm buildings as the weather cools. What measures can I employ to prevent this annual problem?

Rodent-proofing buildings and eliminating food sources around the site are the most important prevention strategies. Stacks of straw or hay around buildings can invite burrowing and provide nesting material and should be removed. Vegetation that abuts a building can provide cover to rodents as they travel in and out. To deter them, remove vegetation from around buildings to 6’ radius and replace it with gravel.

Bird boxes can be used attract predators (e.g. kestrels, barn owls).

In areas with dense rodent populations, barn owls will live in close proximity without becoming territorial. Birds of prey, cats, and some dog breeds will help control rodent populations, however there is not conclusive evidence that predators alone can effectively eliminate rodent populations and predators can pose a risk to poultry.

I’ve got an infestation and I need to eliminate it. What are my options?

Live traps, glue traps, snap traps, and some poisonous bait products are all approved rodent control measures. Traps are moderately effective at eliminating rodents. They are expensive to maintain due to time spent monitoring and resetting. Trapping may be preferential to poisonous bait for livestock producers to minimize risk of contaminating feed or of a dying rodent being consumed by a pig, poultry, pets, or a wild predator.

The Organic Material Review Institute (OMRI) identifies Vitamin D3, cholecalciferol, as a synthetic substance that is allowed for use as a rodenticide as long as the pest prevention and mechanical control options from Section 205.206(e) are employed. Producers interested in using rodenticide bait with Vitamin D3 as the active ingredient should contact Andy Hupp, the material review specialist in the OEFFA Certification Office to be sure the particular product is approved.

When you begin a baiting or trapping program, do not disturb the rodent habitat initially, otherwise they will be encouraged to move to a different area before they have a chance to feed on the bait or activate the traps. Rodents will only feed on bait if they don’t have access to their preferred food. There are different shapes of bait pellets that are available, including blocks, pellets and seeds, each designed to mimic a particular rodent’s preferred food. Different populations have different feeding preferences, so begin by using all available bait shapes. Baits cannot be placed inside facilities or where there is a risk of contaminating organic products.

Can I use the new ultrasound rodent repellents?

Ultrasound devices are permitted for organic producers; however, their effectiveness is not proven and the high frequency sound waves can disturb livestock.
In recent years, government officials have proudly touted the fact that a mere two percent of the American population now grows the food that feeds the rest of the country. Unfortunately, that farming population has steadily aged, leaving us on the cusp of a crisis in American agriculture.

Sharon Astyk and Aaron Newton believe we need 100 million new farmers and lay out how the country can reach that goal. With much of our food supply controlled by a small handful of agribusinesses and corporations, the authors see the need for more people to return to local food systems, whether through their own backyard plots, neighborhood community gardens, or small farms.

Beyond the call for more farmers, Astyk and Newton see the need for 200 million home cooks—people who can take those fresh foods and make healthy, nutritious, economical, and delicious meals for themselves, their families, and their friends. To achieve that culinary renaissance, the authors emphasize the importance of reviving food storage and food preservation skills.

A Nation of Farmers includes interviews with prominent environmental and agricultural writers, community leaders and other figures, and each chapter ends with recipes to pique the reader’s interest.

While putting a spotlight on the problems of industrial agriculture, the book remains optimistic, providing plenty of inspiration and hope for changing our food system to something that truly nourishes us and our planet.

Taste of Home: Market Fresh Cookbook
Published by Readers Digest
Edited by Jennifer Olski
February 2007

Reviewed by Ruth Evans

The more than 300 mouth-watering, tasty, and practical recipes are inviting, with colorful photographs on every page. The book is arranged by the type of food, so the apple recipes are in an apple section, as are those featuring berries, greens, tomatoes, and so on. Recipes also include meat and grains, but since the recipes do not call for much salt, fat, or a large amount of grain, they are easily adapted for special diets.

There is a helpful produce reference section which includes information on vegetables and fruits including varieties, season, buying tips, storage, and measurements. For example, 1 medium cabbage yields 8 cups chopped.

This book brings to mind the pleasures of heading into the garden to harvest on a sunny day, and will help you put to use the goodies you bring home from the farmers market.

Thanks Brad and Tracy and Congratulations!

When Brad and Tracy Bethel recently got married, they had a creative and selfless idea. They asked their guests not to give them presents, but to make donations to OEFFA instead.

"From the beginning of the wedding planning, we felt that the best way to start our life together was to focus on giving rather than getting," said groom, Brad Bethel. "We’re confident any engaged couple would be glad if they adopted a similar approach because, not only were we excited, so many of our friends and family were just as enthusiastic about the chance to give."

To Brad and Tracy and to all the guests that made donations to OEFFA, thank you for generous contribution to our work to ensure a sustainable agricultural future here in Ohio!

If you would like to set up a similar donation request for an upcoming birthday, anniversary, wedding or for Christmas, please contact us at oeffa@oeffa.org or at (614) 421-2022.
Autumn Salads

Fall is the second salad season. Autumn salads should feature sweet fruits such as apples, pears, or grapes, mixed with spicy greens, slices of the last sweet red peppers, and perhaps a hearty root vegetable. These salads are best lightly dressed with a sweet vinaigrette and garnished with sharp cheese or toasted nuts to complement the fruity flavors. Any of these salads would be an excellent accompaniment to an entrée of hearty soup or stew on a chilly day.

Fruit, Nut and Cheddar Salad

- 1 cup apple juice or cider
- 2 Tbs. cider vinegar
- 1 tsp. extra virgin olive oil
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 10 oz. mesclun mix or salad greens
- 1 cup seedless grapes, halved
- 1 medium apple, cored and cut into 18 wedges
- 1 medium pear, cored and cut into 18 wedges
- 1/3 cup shredded sharp cheddar cheese
- 3 Tbs. chopped pecans, lightly toasted

Place apple juice in a small saucepan, and bring to a boil over medium-high heat. Cook until reduced to about 3 tablespoons (about 10 minutes). Combine reduced apple juice, vinegar, oil, salt, and pepper, stirring with a whisk. Combine greens, grapes, apple, and pear in a large bowl. Drizzle with apple juice mixture; toss gently to coat. Sprinkle with cheese and nuts.

Sweet Potato Salad

- 4 cups sweet potato cubes, peeled
- 1 apple with skin, chopped
- 2 stalks celery, sliced
- 1 small red onion, chopped
- 1 tsp. fresh ginger, grated
- Seasoned rice vinegar and salt to taste

Steam potatoes until soft, but not mushy. Toss all ingredients lightly, and dress with vinegar and salt to taste.

Raw Beet Salad with Pear and Feta

- 3 1/2 Tbs. fresh lemon juice
- 7 Tbs. olive oil
- 4 beets, peeled and cut into matchsticks
- 3 pears, peeled, cored, and cut into matchsticks
- Salt and pepper
- 7 oz. feta cheese
- Handful of fresh mint leaves
- Handful of toasted sunflower seeds
- 1 bunch arugula

Pour the lemon juice into a small bowl and slowly whisk in the oil. Toss together the beets and pears in a large bowl. Pour the lemon dressing on top and mix until thoroughly coated. Season with salt and pepper to taste. Add the mint, sunflower seeds, and crumble on the feta. Serve on a bed of arugula.

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Sign up to receive the OEFFA News online: newsletter@oeffa.org.
The Natural Home: Recycling Pantyhose

*Inspired by www.greenlivingtips.com*

Nylon is created through a water and energy-intensive process, and although the end product may snag and be quickly discarded, nylon is not biodegradable and takes decades to decompose. Although fashion trends are changing, the stocking market in the U.S. is still around $1 billion per year. Here are some handy tips for putting those old stockings to a new use:

- Using a coat hanger frame, a stocking makes a great pond skimmer.
- Place a stocking over your indoor broom. You’ll be amazed at what it picks up.
- Use nylons to tie up trees and plants. Stockings are strong, yet soft and stretchy, so they won’t damage your plants.
- Store onions or flower bulbs in a stocking leg.
- Put a bar of soap (or small pieces) into a pantyhose leg and hang on your outside taps as a soap holder.
- Use old nylon stockings to clean sinks, baths, and countertops without scratching them.
- Cut the tops off the elastic part of the pantyhose and use it as a large rubber band.
- Place seed you’ve collected in a stocking leg and hang it outside to dry.

Do you have natural home tips? We want to hear them! Email: newsletter@oeffa.org.
Value-Added Producer Grant—USDA is offering $18 million in grants to help producers move into value-added agricultural enterprises. Grant applications are due by November 30.

Farmer Rancher Grant—NCR-SARE is offering $400,000 in grants to carry out sustainable agriculture research, demonstration, and education projects on their farms. Proposals are due December 3.

Strategic Planning Course—SARE is providing a free self-directed online course, “Strategic Farm/Ranch Planning and Marketing,” focused on keeping agricultural operations sustainable and profitable.

On-Farm Processing Report—The Kerr Center and ATTRA have released, Farm Made: A Guide to On-Farm Processing for Organic Producers that has information on processing organic ingredients into value-added products.

Dairy Producer Report—In a new report, Dairy Production on Pasture: An Introduction to Grass-Based and Seasonal Dairying, ATTRA addresses aspects of pasture production including animal selection and forage resource assessment, grazing, facilities, reproduction and health, organic production, and seasonal economics.

Farm Succession Strategies Report—The Social Responsibility Initiative in Ohio State University’s College of Food, Agricultural, and Environmental Sciences interviewed farm families located near Columbus, Ohio, and Grand Rapids, Michigan to identify four types of strategies being used to keep farms viable.

Post-Harvest Handling Information—The Value Chains Partnership Program has released an online tool that contains information on how to handle different crops after harvest, equipment and packing shed considerations, and food safety.

Farm Sustainability Calculator—Researchers at the University of Illinois at Urbana-Champaign have just completed a user-friendly Farm Sustainability Calculator, designed to calculate fuel consumption and production, greenhouse gas emissions and sequestration, and more.
Sustainable Worthington Open Meeting
Thursday, October 15, 7-8:30 p.m.
Old Worthington Library Meeting Room
820 High St., Worthington, OH
The group will talk about community gardens, education, outreach, local foods, and helping to make Worthington more walkable/bikeable.

Harvest Day at Blue Rock Station
Sunday, October 18, 1 p.m.
Virginia Ridge Rd., Philo, OH
Come enjoy a two hour tour of Blue Rock Station. Tour the Earthship, explore the vaulted Straw Bale “Chicken Chalet,” learn about rare breed chickens and homestead goat dairy production, take a walk with llamas, learn about natural gardening, and rediscover (or see for the first time) composting, cooking in a solar oven, and weaving fences from brush. Cost: $5. To register, call (740) 674-4300 or email annie@bluerockstation.com.

"Taste of Autumn 2009"
Monday, October 19, 6 p.m.
Beachland Ballroom
15711 Waterloo Rd., Cleveland, OH
The Coit Road Farmers Market proudly presents Taste of Autumn 2009, which will feature local food prepared by 10 area chefs and Fred Griffith as MC. Cost: $50. To purchase tickets, go to www.coitmarket.org.

Green Cleaning Workshop
Thursday, October 22, 7-9 p.m.
Little Square Farm, Columbus, OH
Learn about the benefits of green cleaning, how easy it is to make your own cleaners, and about how much money you can save. Every participant will leave with a bottle of dusting spray, all purpose cleaner, and a booklet with instructions on how to make your own cleaners. Cost: $25. To register, call Diane (614) 937-7617 or email diane@littlesquarefarm.com.

Vandana Shiva Lecture:
“Soil Not Oil: Food Security in times of Climate Change”
Wednesday, October 28, 7 p.m.
Xavier University
Vandana Shiva is a physicist, author, and environmental activist from India who has worked for changes in agricultural and food production systems, calling for greater protection of indigenous rights to biodiversity, particularly for seeds. She also has played an important role in the ecofeminist movement. Cost: free. For more information, go to http://www.xavier.edu/ers/Lecture-Series.cfm.

The 10th Annual Ohio Farmland Preservation Summit:
“Planting the Seeds of Future Prosperity”
Thursday, November 5, 9 a.m.-4:30 p.m.
Nationwide and Ohio Farm Bureau 4-H Center
2201 Fred Taylor Dr., Columbus, OH
Come find out how to protect Ohio’s farming heritage and build for the future. Register no later than October 22. Cost: $40. For more information, go to http://cffpi.osu.edu/summit09.htm.

Fall Members Meeting
Saturday, November 7, 11 a.m. - 3 p.m.
Camp Mary Orten
7925 N. High St., Columbus, OH
Join us for an OEFFA History Harvest Potluck - open to all members. For more information see back cover.

OEC's Green Gala 2009:
"Celebrating 40 Years of Unleashing the Power of Green"
Saturday, November 14, 6 p.m.
Columbus Athenaeum
32 North Fourth St., Columbus, OH
Enjoy dinner, cocktails, and a silent auction to celebrate the Ohio Environmental Council’s 40th anniversary and honor recipients of the 2009 Environmental Achievement Awards. Cost: $40. For more information, go to www.theOEC.org/GreenGala09.htm.

How to Start a CSA and Make it Successful
Tuesday, November 17, 7 p.m.
Turner Farm, Cincinnati, OH
Attend a panel discussion and Q & A with farmers and gardeners about Community Supported Agriculture. For more information or to register, call (513) 561-7400 or email turnerfarm@zoomtown.com.

Dream Ohio Green
Friday, November 27, 1 p.m.
Virginia Ridge Rd., Philo, OH
Join Annie and Jay Warmke at Blue Rock Station for a potluck. Come prepared to laugh, eat good food, and have a conversation about how our personal and professional lives can come together to create a greener Ohio. Cost: Free. For more information, go to www.bluerockstation.com.

Organics 201
Tuesday, December 3, 9 a.m. - 4 p.m.
Shisler Auditorium, OARDC
1680 Madison Ave. Wooster, OH
Organics 201 is a workshop for farmers who are seeking organic certification for the first time. For more information, see page 9 or contact Mike at mike@oeffa.org or at (614) 421-2022 ext. 204.

Many more local and national events are listed at www.oeffa.org/events
For Sale: 2 greenhouses, 22’ x 60’ hoop house-style for $500 OBO; 21’ x 64’ Garden Mart-style for $2000 OBO. Call Adele in Grafton at (440) 926-3316.

For Sale: 30 to 40 large bales of certified organic hay. Smaller bales also available. Call Gerald in Indiana at (317) 501-5871.

For Sale: Hardneck Porcelain Garlic, Music and Organic certifiable farm being sold at $5500. Call Kevin in Galloway at (614) 805-5776.

For Sale: Earthworm castings, excellent soil builder, $8/30lbs. 6’-8’ night crawlers, $33 /500. Excellent for bait or composting. Call Rusty in Liberty Center at (567) 454-0723.

For Sale: Grass-raised Dexter cows, 4-8 years old. Dexter/Low Line Angus cross cows and heifers. Good for starting or expanding a grass-fed beef program. Call Steve in Cincinnati at (513) 706-4792.

For Sale: Steel posts, good condition. 120 six foot posts for $360, $3 each. Call Kevin near Columbus at (614) 805-5776.

For Sale: Columbia Station farm, 15.75 acres, 12 acres could be certified organic. Ranch house built in 1952, 3 bedrooms, 1.5 baths with connected efficiency suite with kitchen, bath and private entrance. Three car garage and 30x30 barn. $295,000. Call Ross at (440) 236-8408.

For Sale: Ohio River bed and breakfast with 3 acres. View of the river from every room. 30 minutes from Athens and Marietta. $249,000. Email owners at riverinn@frognet.net or contact realtor, Sally Linder at (740) 592-3015.

For Sale: Organic certifiable farm being sold at public auction. For more information, go to http://www.usamlc.net/milegreathy/default.asp?content=custom&menu_id=197465.

For Sale: 106 acre family farm in southwest Knox County, 45 miles north of Columbus. Farm is part of the Farmland Preservation program. Call Jane at (330) 695-2693.

For Sale: Certified organic alfalfa and orchard/alfalfa mix in 4’ by 5’ rounds, net wrapped. Call David in Nebraska at (605) 661-3060.

Farm for Rent: 15+ acre farm in southern Lorain County and barn with horse stalls available for rent. Ranch-style house built in 2003 with 3 bedrooms, 2.5 baths, attached garage, kitchen appliances, hookups for washer and dryer on main floor utility room, full dry basement. Includes pasture, ample space for gardens, and pond. Smoke free. No inside pets. Call Sharon at (440) 926-3702.

Hiring: General Manger wanted for a co-op grocery in Oxford, Ohio. Desired skills include financing, project management, staffing, operations, marketing, and knowledge of local food systems. Strong leadership and communication skills are a must. For more information, go to www.mooncoop.com. To apply, send a resume and 3 references to Gini Maddocks at gxm@mooncoop.com.

Wanted: 6 bags of organic corn in SE or central Ohio. Contact Ellen in Junction City at AuntEllens@aol.com.

Wanted: Red worms for vermiculute project in Lorain County or north central Ohio. Contact Bob at Beekeeperbob17@hotmail.com.

Producers Wanted: Looking for local farmers and producers that would like to have their products sold at a new gym/food mart in downtown Columbus. Call Ashley at (614) 515-9356.

Producers Wanted: The Athletic Club of Columbus wants locally-sourced products for their food service operation. Contact Dennis Parke, Purchasing Manager, at (614) 545-1362.

Producers Wanted: The Local Roots Market & Café in Wooster is looking for Ohio-grown or raised fruits, vegetables, meats, poultry, dairy, eggs, grains, and specialty food items. Local Roots is a cooperative, returning profits to members, and will promote Ohio food through our online order system, in-market sales, and consumer education. Email Jennifer at baklavaqueen@yahoo.com or go to http://www.localrootswooster.com.

Land Wanted: Seeking 5 or more acres of farmland in Athens area to build a small home and start an organic farm. Have farm experience and work in Athens for Habitat for Humanity. Can make payments to purchase. Call Amanda at (740) 251-7533.

Volunteers Wanted: Community Food Initiatives is seeking Athens-area volunteers for 4-10 hours/week to help accept and move donated food from the CFI Donation Station to area food pantries and social service agencies. Call Ronda at (740) 593-5971.

Welcome New OEFFA Members

FAMILY
Neil & Barbara Caldwell
Carmen Crowley
Jamie Harris
Kristi Hutchinson
Patty Kalbfleisch
Jane Montz
Rachel Schipull

FAMILY FARM
James, Joyce & Steve Croghan
Jay Fry
Hugh Kuhn
Dan & Kathy Philips
Rook Family Farm
Ted & Vonda Tipple

INDIVIDUAL
Mark Beaver
Jane Campanuzzi-Mook
Sheila Gross
Bonita Hall
Stacy Haught
Anne Klaphake
Marjorie Loyacano
Julia McCann
Keith Orr
Nancy Pierce
Zachary & Dave Pinski
Anantha Prasad
Mark Rainey
Jay Reinfield
Rebecca Sparks
Ted Turner
Anthony Williamitis

STUDENT
Wendy Ake
Alex Duncan
Tracy Henderson
Mary Lauro
Dru Montri
Jim Wagner

BUSINESS
7Cs Enterprises
Maysville Elevators
North Market
Wooster Local Foods Cooperative

NON-PROFIT
Akon Green Renewal Agency
Hershey Montessori School
Slow Food Columbus

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Time to Renew Your Membership?
Student $10 • Single $35 • Family $50 • Family Farm $50 • Nonprofit $50 • Business $100 • Individual Lifetime $1000
Mail payment to OEFFA, 41 Croswell Rd., Columbus, Ohio 43214, call (614) 421-2022, or renew at www.oeffa.org

JOIN US AT THE FALL MEMBERS MEETING!

Going a whole year without connecting with far-flung OEFFA friends is just too long. So join us for OEFFA’s annual member meeting, which we’re calling a History Harvest Potluck. Reconnect with old friends, meet new folks, and learn more (or reminisce!) about the history of OEFFA and its activities, personalities, and accomplishments over the years. Feel free to bring the family, enjoy the hiking trails, and explore the camp’s 280 beautiful acres.

Who: All OEFFA members and their families are invited!
What: An OEFFA History Harvest Potluck
When: Saturday, November 7, 11 a.m.-3 p.m. Lunch around 12 p.m.
Where: Camp Mary Orton, 7925 N. High St., Columbus, Ohio. The camp entrance is about 1.5 miles north of I-270, which you should exit at US-23. (Please note the NEW LOCATION)

Please bring a dish to share and your plate, utensils, and beverage container.

For more information, call us at (614) 421-2022.

OEFFA AND OEFFA CHAPTERS HELPING TO MAKE THIS A LOCAL THANKSGIVING

Heart of Ohio Chapter
The Heart of Ohio chapter is working with the Granville Area Chamber of Commerce to present a new, special Thanksgiving Farmers Market on Sunday, November 22 from 12-3 p.m. at Ross’ Granville Market at 484 S. Main St.

The farmers market will offer seasonal produce, herbs, baked goods, organic meats including turkeys, chickens, hams, and certified organic beef to grace a delicious Thanksgiving table.

There is room for 35 vendors. Vending spaces can be reserved on a first-come, first-served basis for $15. For more information, go to www.granvilleareachamberofcommerce.com or call Doug Barno at (740) 322-3456.

Athens Chapter
The Athens Chapter will be selling their “Have a Local Thanksgiving” box again this year. The box will include a free-range turkey and Athens-area grown vegetables. Boxes will be distributed on Monday, November 23, at the Village Bakery in Athens. To reserve a box contact Ed Perkins at perkaber@juno.com or call (740) 664-3370.

OEFFA
OEFFA is putting together a Thanksgiving box again in central Ohio. Conscientious eaters will have the opportunity to purchase a box of sustainably grown produce and free-range, chemical-free turkeys. Pick up is Sunday, November 22 in Westerville. Go to www.oeffa.org for more information.