



OSU Growing Crops Year-Round

By Kurt Knebusch, OARDC

WOOSTER, Ohio — High tunnels — unheated, plastic-covered, relatively inexpensive structures — can grow lots of food on little land, can do it nearly 12 months out of the year even in the upper midwest, and need fewer inputs than larger-scale, open-field farming methods.

So says Matt Kleinhenz, an Ohio State University horticultural scientist, who operates four high tunnels as part of a wider study, one aimed at finding how “peri-urban” farms — farms, usually small ones, located near cities — can best make the switch to organic farming and stay in business while doing it. The project also involves six other Ohio State scientists.

High tunnels, one of four main strategies in the study, represent the most intensive approach. They take the most management but potentially make the most money.

Kleinhenz said the greenhouse-like structures, which non-organic farmers can use and benefit from as well, produce crops almost year-round, create a wider market “window” as a result,

continued on page 6

Is There an SUV in your Kitchen?

By Ed Perkins, Sasafrass Farm

You are concerned about global warming and do your part by recycling, using compact florescent bulbs, and reducing your fuel bill. But did you know there is an SUV parked in your kitchen?

The food production system in this country is very energy intensive. It takes seven to ten calories of fossil fuel energy to deliver one calorie of food energy to our tables. It takes the energy equivalent of 930 gallons of gas to supply a family of four with food for a year. The same family uses an average of 1070 gallons of gas a year for its vehicles. So the fuel bill for our food and our cars is about the same.

The energy to provide our food breaks down as follows: 20 percent on farm to grow the food; 40 percent for processing, packaging, and shipping; and 40 percent for refrigeration

continued on page 11

INSIDE

Letter from the President
Pg. 2

Breaking Ground: Marketing
Pg. 3

Director's Desktop: Growing, Growing, Everywhere
Pg. 4

Letters to the Editor
Pg. 5

Let Your Voice be Heard
Pg. 7

What's Your Interest?
Pg. 8

Savoring the Season: Getting Ready for Zucchini
Pg. 10

Farmers' Markets Help Revitalize Farms and Towns
Pg. 12

Book Reviews
Pg. 13

Events and Resources
Pg. 15



free and open to the public / rain or shine

~ Getting Started ~

Saturday, July 15, 2:00-4:00
6991 Renie Rd., Bellville, Ohio
(Richland Co.)

~ Organic Milk Production ~

Wednesday, August 2, 10:00-Noon
10148 Eby Rd., Sterling, Ohio
(Wayne Co.)

~ Small Scale Poultry and Eggs ~

Saturday, August 12, 10:00-12:00
4186 CR 24, Mt. Gilead, Ohio
(Morrow Co.)

~ Marketing and Adding Value ~

Saturday, August 19
11:00-12:30 and 1:00-3:30
University Mall Lot/ ACENet
Athens, Ohio

and more...

*For a full list and directions, visit
www.oeffa.org or call 614/421-2022.*

Letter

from the President

We just finished another OEFFA Board meeting, and although it was grueling at times, we were able to accomplish a lot. The biggest accomplishment (in my opinion) was the commitment by the board to put together a committee structure to assist the OEFFA Board and staff with programs, development, and operation. This will be a fantastic opportunity for the membership to be involved in OEFFA in a truly grassroots way. See page 8 of this issue for more details.

(Speaking of the newsletter, Anne deserves a great round of applause for the last edition. The new format is in place, color was added, and the content was wonderful. Thank you, Anne, and keep up the good work.)

In my last letter, I rambled on about the large mega-organic farms and offered my opinion about their impact on marketing for local growers. I hope that caused some members to ponder the issue and possibly send in a letter

to the editor with an opinion. I grow certified organic vegetables and meat; that is where my experience and thoughts come from. If there are any producers who raise grain or other commodities, I would be interested in hearing their thoughts, also. I also said that in this issue I would give my thoughts on pricing, so here goes.

There are many different ways of marketing; therefore there are many different ways of pricing. Grain prices tend to fall in the commodity area, and the market sets their prices. However, for vegetables, prices seem to be all over the board. I am sure most growers have had the experience of setting up at a farmers' market and the vendor in the next booth is selling his/her produce for a fraction of what it's worth. Or, how about the established CSA growers who compete with the new CSA operations that sell shares for half (or even lower) of what they should. Growers need to set prices at a level that provides a decent living wage. Just because we are farmers does not mean we should be poor or do without things like a decent vehicle, insurance, or vacation. Growers also need to realize that when prices are set too low, or if they cut their prices for a store or restaurant just to obtain the account, not only are they hurting themselves, but they also are hurting the other growers in the area. This is true for all sizes of operations--full-time, part-time, and hobby. Additionally, consumers need to realize that buying lettuce for a cut rate will not be beneficial to them in the long run because the grower selling at that price will eventually realize they are working very hard for the pleasure of giving the products away, thus losing money and eventually going out of business. This in turn will be disastrous for the grower who had originally set a living price because he/she is now out of business, having been unable to compete with the cut-rate grower.

The best way to set prices is to know the cost of producing an item, including labor and profit (remember, profit is *not* a dirty word). However, that is not always possible, and so I also rely on price lists. There are many available on-line, but my personal favorite is in the "Growing for Market" magazine. I could go on, but Anne would probably choke me. As always, this is my opinion. I would like to hear yours.

- Mike Laughlin, Northridge Organic Farm

OEFFA News ISSN 1087-6626 Vol. 26, No. 3

Published by the Ohio Ecological food & Farm Association
PO Box 82234, Columbus OH 43202 Ph. 614/421-2022 www.oeffa.org

EXECUTIVE DIRECTOR: Carol Goland
Phone: 740/398-9099; Email: cgoland@oeffa.org

MEMBERSHIP COORDINATOR: Laura Wies
Phone: 614/421-2022; Fax: 614/421-2011, Email: oeffa@oeffa.org

PROGRAM DIRECTOR/NEWSLETTER EDITOR: Anne Bulford
Phone: 740/787-2871; Email: newsletter@oeffa.org

CERTIFICATION ADMINISTRATOR: Steve Sears
Phone: 419/853-4060; Fax: 419/853-3022, Email organic@oeffa.org

• The Ohio Ecological Food and Farm Association news is published bimonthly as part of the educational mission of OEFFA, a nonprofit organization for farmers gardeners and citizens interested in ecological agriculture and creating a sustainable alternative food system.

• Members receive the newsletter as part of annual dues of \$10 (student), \$35 (individual), \$50 (family), \$50 (nonprofit), \$60 (small business), \$100 (business), \$500 (individual lifetime). Subscription only is \$20/yr.

• Editorial and advertising correspondence may be sent directly to Anne Bulford at 10600 Mt. Olive Rd., Hopewell, Ohio 43746 or newsletter@oeffa.org. Unsolicited manuscripts welcome. Membership information is available on the OEFFA website at www.oeffa.org or from the Columbus OEFFA office (see address above.)

• Opinions expressed in OEFFA news are those of the authors and do not reflect the opinions of the membership, officers, or directors.

• OEFFA does not endorse the products or services of any advertiser, and reserves the right to refuse placement of inappropriate advertising.

• OEFFA Ed Inc. is recognized as a nonprofit organization by the Internal Revenue Service, and donations to OEFFA Ed 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 a promote a healthful, ecological, accountable and sustainable system of agriculture in Ohio and elsewhere.

Contents copyright © 2006 by the Ohio Ecological Food and Farm Association. Reproduction permitted provided credit is given, with the exception of reprinted material.

Next deadline July 15, 2006

Member of COSMO (Community Shares of Mid-Ohio)

Can you help us distribute?

If you are a grower who operates a CSA or direct markets at a farmers' market, farm market, or elsewhere, perhaps you can introduce us to some new people! Please contact the OEFFA office and we'll send you our membership brochure to distribute, or some of our newly printed

Good Earth Guides to sell.

Breaking Ground

A Column for New Farmers: Marketing Your Products

By Joan Richmond, Meadow Rise Farm

June is the season of green--green trees green grass (green weeds!), and lots of green going out of your wallet, still, before any has really started coming in. This is a good time of year for new farmers to start filling out the details of their sales plans.

Many farmers' markets begin at the end of May and early June. For new farmers, this is often your first and best source of income, before you're really ready to jump headlong into a CSA (Community Supported Agriculture), restaurant, or wholesale venture.

If you decide to sell at a farmers' market, you have some decisions to make about finding and choosing the right one. Proximity is good, yet the closest markets are not always the most profitable. There are also new and old markets. Older markets usually have great traffic, but they also don't want one more person selling tomatoes and summer squash, since they want to expand the variety of their offerings. If you have a great specialty, such as green garlic, berries, fingerling potatoes, heirloom anything, nuts, mushrooms, extra early varieties of the usual vegetables, etc., this may be for you.

Otherwise, you may be better off getting in on the ground of a new market, where you and the market can both grow. These markets don't have the volume of customers, at first, but if they're in a good location, they will grow. You have a chance to stake a good booth location and get to know your customers and their preferences. Check your local newspaper for these.

Another issue is market rules. Some are informal; some may require legal assistance to decipher the vendor contract you're asked to sign. Here are a few recommendations:

- Favor markets that require vendors to grow most or all of what they sell. That way you're not competing with those who buy at the area auction and then resell, forcing you to compete with 10-for-a-dollar prices on cucumbers.

- You will often benefit from distance limits, too. Some markets, such as Mount Vernon, require that growers come from a 15-mile radius of the city. The larger, city markets don't have such requirements, of course, but you have to decide what's best for where *you* are and



what you want to do. If you are going to locate in a small-town market, then you want a distance limit.

- Try to find a good market manager. You want someone who is fair and enforces the rules consistently. Also, a good manager will have an effective marketing and promotions program going, which means you save money on marketing. This alone makes the market fees worthwhile.

- If possible, find a market that assigns booths. You don't want to have to compete every week with someone trying to swipe your spot. This is stress you do not need, trust me. You want your customers to know where to find you. Normally, even if spots aren't assigned and continue on a first-come, first-served basis, vendors work out an understanding and don't encroach on each other. The problem people are those who only sell for a few weeks, such as strawberry or sweet corn vendors or the back-yard enthusiasts who don't know who is where. But even then, a nice nudge usually moves them from your spot. If you have a problem, your market manager should be able to help you.

Be sure to research markets in your area. There are several website you can try. Here are a few...

www.localharvest.org

www.ams.usda.gov/farmersmarkets/States/Ohio.htm

www.ohioproud.org/fmdirectory/fmdRev1228.asp

You can "google" any number of markets by name, or search for a town name plus "farmers' market."

Once you have a market to target, write or call the market manager, and he or she will send you all kinds of information, as well as a form to fill out. Usually, markets have a weekly fee of \$10 or so. Most want to know when you think you will be there, but not all require up-front payments. The variety on this is so wide you really will have to check out your target market. Managers are generally delighted to talk to potential vendors, so don't hesitate to seek the information you need.

Your final preparation needs to include assessing your customer base. We are in a rural, blue-collar area,

continued on page 14

Director's Desktop

Growing, Growing, Everywhere

By Carol Goland, Director

I've got growing on my mind these days. I can't help but think about growth as I drive about our State: the plants have emerged from the soil, the number of applications received by our certification office is up, the kids are done with the school year (yet another kind of growth). All these things remind me that our organization is growing too, but still, we could use your help.

Whenever I talk to people about OEFFA, when I describe what we stand for and the sorts of work we do, they tell me they want to support us. Some folks want to join and get involved with one of our chapters right away, are ready to offer presentations at the conference, and want to attend every other workshop and farm tour throughout the year. Others might not be interested--for now or even ever--in such active involvement, but feel strongly about supporting us through membership dues. And there are lots of folks that fall somewhere in between. My point is that there are many different ways to be part of OEFFA, and everyone is welcome to join us in whatever way feels most comfortable.

This leads me to make a special request of you. All of us--I mean ALL of us--know at least one other person (and probably lots of other people) who care about the food they eat, where it was grown, how it was grown, and who grew it. (Yup, there's that growth theme again.) All of these people would be interested in OEFFA's work, and *I want to ask each of our current members to commit to finding one new member during these summer months* when fresh, wholesome, delicious, local and organic food is on our minds (and in our stomachs!). Please show your thanks to the farmers who raise this food and to the consumers, researchers, activists, and legislators who support them by helping us grow our organization during the coming days. If you can introduce two or more new members to OEFFA, let us know, and we'll be thrilled to send you a special gift as thanks.

Growing our organization sends a clear message to decision-makers – whether it's a farmer trying to decide whether or not to adopt ecological production practices or a lawmaker voting on legislation that will determine the choices food consumers have – that there are people who care deeply about these issues and who show their support for an economically, ecologically, and socially sustainable food system.

Please share your passion for wholesome local foods with a friend this summer and, like the crops now in the fields, help OEFFA continue to grow strong and healthy!



"His name is Kokolau.

He's a buck that I used to take care of when I lived on an organic homestead in Hawaii. I lived there for a year, taking care of the goats, chickens, ducks, geese, dogs, and cats, and tending the fruit trees and gardens. Kokolau and I would go on long walks across the lava fields and sometimes hang out on the black sand beach, sharing a coconut. I love him dearly—he's one of my favorite goats. He's still living in Hawaii."

-- Kyra Kopestonsky (art and text)

Laboratory Testing Services for Organic & Sustainable Agriculture

Greenhouse, Produce, Gardens, Lawns, and
Field Crop Analysis.

- Water bacteria, suitability, etc.
- Soil and Plant Tissue
- Compost and Manure
- Sugar, Starch, Feedstuff Nutrients
- Comprehensive Fee Schedule Available

Holmes Laboratory, Inc.

3559 US 62, Millersburg, OH 44654
Ph. (800) 344-1101 Fax: (330) 893-3094

Web: www.holmeslab.com

e-mail: info@holmeslab.com

• Letters to the Editor •

NAIS Needs to be Clearly Defined

In the *Winter 2006 OEFFA News*, Tom Getts noted a rustling of the letters NAIS as he laid out the parameters—and the arguments, pro and con—related to the National Animal Identification System. He also called for dialogue about that system. I took Tom's editorial as a hopeful sign, since I am a concerned participant in the USDA's voluntary Scrapie Program (organized by APHIS, the Animal and Plant Health Inspection Service). The Scrapie Program seems reasonable and has a defined goal (scrapie eradication), but the NAIS has yet to clearly define itself—a failure that no doubt has fueled worries about unspoken agendas behind the system's pronouncements of concern for public health and food safety.

Given the lack of definition on the part of the NAIS, Tom's call for dialogue should have been answered. Unfortunately, that dialogue is not occurring. The implications of the NAIS are quite serious. However, with the exception of one frank conversation with our USDA vet, I have heard nothing but silence or else distraught commentaries about the possibility of what the NAIS will do on small farms. Silence I cannot understand. Distraught commentaries? Look at what I pull from NAIS Program Aid No. 1820 (May 2005):

- Repeated references to “an industry-government partnership”
- A variety of final determinations to be made on the basis of “market forces” and/or “industry”
- Voluntary participation in the NAIS during development but, as the system takes “*shape*” (emphasis added) the USDA “will reassess the need for making some or all aspects of the program mandatory”

Perhaps it is unfair to pull those few phrases from an 18-page pamphlet: I invite you to explore further. When you do, consider what happened to raw milk and “organic” when they entered an “industry-government partnership.” Consider also that the USDA vet for our farm covers nine (9) counties in Northeast Ohio. By himself. What better indication is there that neither the necessary personnel nor the necessary budget is available to put together (let alone manage) a fairly considered ID system? Our government—despite the efforts of the decent, capable people based at USDA Pickerington—is putting together an ID system on the cheap. We, all of us, may pay dearly for that.

- Fred Maier, www.saveafarm.org

You Speak for the Future of Farming

The legislature has been considering an expansion to tax incentives for farmland conservation as a part of the federal tax reconciliation bill. While, as of this writing, the future of these incentives is still uncertain, there has been strong support thanks largely to the efforts of the Land Trust Alliance, other conservation organizations and many calls to Congress. As the Clean Ohio Program that funds the state's farmland protection program is drawing to a close, people are starting to think about if and how this program will continue to protect Ohio farmland into the future. For every 100 farmers who try to protect their farms through the state program only about 4 are able to do so (there have been over 1,000 applications since the first round of funding was available in 2002). *It is important that those of us who have intimate knowledge of the value of farming to our society, environment, and economy share that knowledge and concern with our policy makers.*

I know what you may be thinking—I really don't need another thing to do. While that is understandable, the people in Washington and Columbus get tired of hearing from paid lobbyists and non-profits all the time. You have first-hand knowledge about the value of farming. Unless we take steps to make sure land is conserved, new farm entrepreneurs may not have the opportunity to farm. If you think there is value in conserving some of Ohio's best farmland into the future, please consider letting your representatives know. And if you are thinking that you may not be able to farm forever and you want to be sure that your land does not become yet another subdivision or big box store, consider protecting your farm—there are more people every day who are looking for the opportunity to farm.

- Amalie Lipstreu, The Farmland Center

Grass-Fed Meat: Make it Mean Something!

USDA (ag marketing service) is taking public comments until August 10, 2006 on the proposed standard on what constitutes “grass fed” meat. The definition is woefully inadequate because it doesn't require that the feed/forage be consumed on the pasture. Under the language of the proposal, the forage/feed can be stockpiled, which means all the animals have to do is eat it, whether they eat it in confined conditions or not. I think it's bad news. Let's try to present comments to make grass fed really mean something!

-Gray Cox, OEFFA Member

Growing Crops Year-Round...

Continued from front page

and, through high-value crops and local selling, bring great enough returns to make a farm profitable or keep it that way.

Already widely used in Europe, with growing pockets of interest in America, high tunnels “help farmers farm successfully on smaller pieces of land,” Kleinhenz explained.

That makes them handy on farms near cities, typically places with high land prices and little or no room to expand, he said.

In a field on the Ohio Agricultural Research and Development Center’s (OARDC) Wooster campus, Kleinhenz’s tunnels — now in their third year and run by project technician Sonia Walker — grow lettuce and spinach, green beans and Swiss chard, beets, radishes, zucchini and more.



High tunnel research at the University of Missouri

A typical year yields leafy vegetables — lettuce, spinach, Swiss chard and radishes — from April to June; green beans, potatoes and zucchini from June to September; and leafy vegetables again from October to January.

Planting, weeding, mulching and applying compost go on as needed throughout the year.

Each tunnel measures 21 feet by 48 feet, with four-foot straight sidewalls, which roll up to let out excess heat, and a roof that peaks at about 10 feet. Clear plastic sheeting covers a frame of two-inch-thick metal poles. Wood-framed doors, likewise covered in plastic, give access at each end; they serve as excess-heat vents too.

Plants grow directly in the ground, not in raised beds, though that could change in the study in the future, Kleinhenz said. Drip irrigation brings water since the tunnels, “like giant umbrellas,” block out the rain. The benefits of such sheltering include potentially fewer diseases due to drier foliage and no crops lost to wind, hail or snow.

Heat and light come solely from the sun, even in winter — no supplemental heat or light is provided.

Construction cost in 2003: About \$3,200 per tunnel, with each about 1,000 square feet.

“It’s probably more appropriate to look at high tunnels as creating a system, rather than being an individual technique, because of what they do,” Kleinhenz said. “They’re simple structures but they create a different farming system. Fertilizer use, chemical use, fuel use, equipment use — they all change.”

High tunnels come in many sizes, depending on the needs of the farmer or gardener, from 8- by 12-foot backyard models to commercial types as long as a football field. They come in kits, or handy growers can buy their own materials and build them fairly easily.

However, while high tunnels “are one of the more aggressive and comprehensive ways to extend the growing season, they’re not the only way,” Kleinhenz said.

Lower-cost, less-involved options include raised beds, plastic mulches, row covers and low tunnels, alone or in combination. Growers who want to extend their season could try those first without investing in high tunnels, Kleinhenz said.

Meantime, the peri-urban study, and the high-tunnel portion of it, will continue. Kleinhenz describes the goal as “the best yet assembly of research-based information” on the four main strategies in the study, “packaged in such a way

that farmers, if they want to transition to organic production in a peri-urban setting, can make the best-informed choice as to what’s best for them.”

He calls the project a learning experience for everyone who works on it, too.

And he points out a great deal of high tunnel research underway at other universities, including Penn State (<http://plasticulture.cas.psu.edu/H-tunnels.html>), Kansas State and Missouri (both at <http://www.hightunnels.org/>).

“What we continue to push on is high tunnel design, management options and the sharing of results and insights so farmers and researchers can make informed choices,” Kleinhenz said.

“As the situations around farmers change,” he said, “farmers need more options, and high tunnels give them valuable options.”

Kleinhenz works for OARDC and OSU Extension, both part of Ohio State’s College of Food, Agricultural, and Environmental Sciences and supported in part by line-item appropriations from the Ohio General Assembly.

Funding for the peri-urban project comes from a grant from the Organic Transitions Program of the U.S. Department of Agriculture’s Cooperative State Research, Education and Extension Service.

Kurt Knebusch can be reached at knebusch.1@osu.edu or 330/263-3776. Matt Kleinhenz, Department of Horticulture and Crop Science at OSU/OARDC, can be reached at kleinhenz.1@osu.edu or 330/263-3810. Further OSU research can be viewed at field days scheduled this summer. (Horticulture, Aug. 24) Visit www.oeffa.org for more info.

Let Your Voice Be Heard!

Government

By David G. Cox, OEFFA member

In part, a Democratic form of government means that government is open to the public, the public has a right to participate in government decisions, and the public has the right to review and challenge government decisions. These guarantees are codified in what are known as the Sunshine Act, the Public Records Act, and the Administrative Procedure Act.

The Sunshine Act generally mandates that all bodies of government that call meetings or proceedings, whether a court, a city council, or a legislative sub-committee, must allow those proceedings to be open to the public.

The Public Records Act requires that all public records documenting governmental action must be made available to the public upon request, while the Administrative Procedure Act stipulates that before any final decision of governmental agencies (such as ODA, USDA, EPA) can become effective, the agency must first provide notice of the action, and it must allow the public to

submit written comments on the action. The APA also provides that administrative actions of agencies can be challenged and appealed.

For example, if the Ohio Department of Agriculture (ODA) wishes to issue a new regulation that requires only certified organic dairy farmers (not conventional dairy farmers) to maintain records demonstrating how they clean their milking stations (who does it, when it was done, how long it took, and what materials were used in the cleaning process), that regulation cannot become effective until the ODA first notifies the public that it is thinking of issuing this new rule and the public has an opportunity to comment. In other words, ODA must publish a notice (usually in newspapers or on its website) of the proposed rule, the public then submits comments to ODA on the proposed rule, and the ODA is required to take the public comments into account before finalizing the rule. ODA must explain how it took the public's comments into account. However, if the substance of the final rule is different from

Participating in our government can often have profound implications, especially in this day and age.... We in the organic Community have an opportunity to shape policy.

the proposed rule, it means that the public was not afforded the opportunity to comment on the substance of the rule that was issued, and that would be illegal.

Public participation in how our government acts is an important function of our form of government. It means that the people are the watchdog of government. In other words, we the people have a duty to watch what our government is doing and make sure that it does not overstep its bounds. Otherwise, we would be faced with a runaway government that serves the interests of the few rather than the many.

It also means that the people have a voice in dictating policy in this country, especially in the area of agriculture. USDA has recently issued several notices (either on its website or in the Federal Register) that it is taking public comment on agricultural policy, even in the arena of organic and sustainable agriculture. For example, USDA is asking whether federal money should be spent on green energy projects, biomass projects, rural housing for farm workers, broadband internet access in rural areas, or on grain subsidies. Also, USDA is asking whether the organic pasture rule for dairy should be changed to require 12 months of access. Or, should the National List of approved and prohibited substances be modified? When such notices are issued by USDA, we in the organic community have an opportunity to shape policy by submitting our comments.

Participating in our government can have profound implications, especially in this day and age of computers and the Internet. And such participation can be to our benefit. Make your voice heard and comment on your government's actions.

David G. Cox is an associate with the Columbus law firm of Lane, Alton, and Horst LLC. This article is not intended to be nor should it be construed as legal advice, and the opinions expressed in the article are those of the author and not Lane, Alton and Horst LLC or OEFFA.

FREE SAMPLE ISSUE!

THE NON-GMO REPORT
GENETICALLY MODIFIED CROPS
ARE THE BIGGEST THREAT
TO ORGANIC PRODUCTION TODAY!

800/854-0586

www.non-gmoreport.com

The Non-GMO Report is now taking entries for free listings in The 2007 Non-GMO Source Book. Get listed today.

What's your Interest?

There is so much to be done, but together we can do it! The OEFFA board is starting to create a committee structure that reflects the truly grassroots nature of OEFFA as well as the organization's recently adopted priorities for the future. If you are passionate about revitalizing and supporting sustainable agriculture in Ohio, please consider joining one of the following committees, and working with us toward this common goal.

Rules Committee

I would appreciate help from people who like attention to detail and/or who like connecting all the dots. A standing committee is being formed to review or draft proposals to amend the bylaws and suggest policy/procedure changes to the Board. While not particularly glamorous work, it is essential to having a smoothly running organization that is advancing the cause of healthy food and farms. Much of our work will be done by e-mail so access to a computer is important. Harv Roehling asked me to help on a bylaw change years ago, and I connected with lots of good people in the process. Call me, Steve Edwards, at 513/681-7933 or e-mail kimthompson3@juno.com if you can be a rules committee resource person. - Thanks!

Nominations Committee

The Nominations Committee will oversee the process of nominating and electing members to OEFFA's Board of Directors. □ The first tasks of this committee will be to establish procedures for this process and to draft a statement for prospective Board members regarding Board expectations and responsibilities. □ After these initial tasks, the on-going work of this committee will be to carry out the nominations and election procedures of the organization. □ If you're interested in helping out, please contact the OEFFA office or contact Ed Snavelly at 740/694-8622 or curlytail_organic@msn.com ASAP so that the committee can begin its work. Ed, currently Vice-President of the Board, will chair this committee. □

Development Committee

The newly forming OEFFA Development Committee is putting out a call to all interested OEFFA Members. The focus will be on ways to increase overall OEFFA membership and on fundraising. Fundraising will include--but will not be limited to--grants, workplace fundraising (COSMO), and gifts. We will be working closely with the other committees to assist with any funding needs they might have. Committee work will be done on an internet listserv, by occasional phone calls, and possibly a face to face meeting scheduled around other major OEFFA meetings. If you have any expertise in grant writing and fundraising or would like to gain those skills contact Mike Laughlin (northridgeorganicfarm@hotmail.com), Renee Hunt (sandrhunt@netzzero.net) or the OEFFA office.

Agriculture Committee

Mission: To provide direction and program development for OEFFA in the areas of field crops, veggatables, fruits, livestock, and forages; and to provide assistance to new organic farmers through the establishment and management of an OEFFA Farmer to Farmer Education Network. In addition, the committee will function as the primary resource for OEFFA Board Members in making decisions relative to the areas above.

Methods:

1. Establish a functioning Agriculture Committee with an elected Chairperson.
2. Recruit committee members who will serve for a minimum of two years.
3. Establish goals and direction of the committee during first meetings.
4. Establish subcommittees that will focus on particular specialties.
5. Recruit education network members whose function will be to assist new organic farmers with education and certification issues and provide general counsel and guidance as needed.
6. Assist OEFFA Certification by administering the Farmer to Farmer Education Network.
7. Provide feedback to the OEFFA Board of Trustees through quarterly briefing of activities and indentifies subjects as directed by the President and Board of Trustees.
8. Participate in the promotion of OEFFA at events such as Farm Science Review, etc.
9. Work to solicit financial support to OEFFA within the agriculture industry.

□ Actions:

- The first organizational meeting will be held on **Tuesday, July 25** at 6:00pm in Thorne hall, OARDC, Wooster, Ohio.
- The committee already has several commitments from both farmers and businesses for financial support. If you would like to discuss participation or submit questions, please contact: John W. Easterly, 9685 Nonpariel Rd., Fredericksburg, OH 44627; 330/695-9904.

What's your Interest?...

Continued from page 8

OEFFA On-Farm Energy Education Committee

The Problem. As organic farmers, we are committed to sustainability, which means keeping inputs from off the farm to a minimum. Unless we are doing horse farming, the biggest challenge we face to meeting this goal is in the area of energy. We cannot grow food on a large scale basis for the consumer without fuel for our machinery. Developing energy shortages are making it more and more expensive to continue farming because of the increased cost of energy from petroleum.

The Opportunity. On the other hand, as farmers with some land and other natural resources, we have opportunities to develop alternative forms of energy that could potentially allow us to achieve sustainability at a higher level than ever. Depending on the specific farm, we can harness energy from the wind, from the sun, from flowing streams, and from the crops grown on our farms. With proper processing, this energy can be converted into fuel for our machinery. As the nation has become aware of the shortages and the need to secure safe food sources for its people, funding opportunities are being developed to assist farmers in becoming more sustainable through alternative energy sources. Some of these sources are through federal and state government agencies, and some are from corporations and foundations interested in assisting farmers and in developing alternative sources of energy.

The Mission. Our mission is to develop an educational program that will teach farmers how to take advantage of opportunities to develop and use alternative energy that could make farming more sustainable, to seek funding sources that would provide financial help in harnessing and converting these renewable energies into fuel for equipment needed to produce food, and to share these ideas with non-farmers so that our country can gain energy independence. To do this, OEFFA will be cooperating with government agencies, universities, organizations, corporations, and farmers who share these goals.

The Need. As an OEFFA member, if you have specific knowledge of alternative energy development, conversion, and/or processing, have skills, knowledge, and/or experience that could contribute to this effort, or know of funding sources for such programs, please contact Richard Jensen at the Flying J Farm, 5329 Van Fossen Rd, Johnstown, OH 43031, 740/967-4030, or rjensen@core.com.

We will work together to develop a farmer education program for sustainability through the use of alternative energy.

Organic Labeling

100 % Organic - Produced using only organic methods, verified by a third party, and containing only organic ingredients (excluding water and salt)

Organic - At least 95 % of the ingredients (by weight, excluding water and salt) have been organically produced. The remaining contents are natural or synthetic ingredients that are not available in an organic form and have been recommended by the National Organic Standards Board (based on the National List).

Made with Organic [with up to three specific organic ingredients or food groups listed] - Made with 70% to 95% organic ingredients.

All three categories prohibit the inclusion of any ingredients produced using genetic engineering, irradiation, or sewage sludge.

Products with less than 70 % organic ingredients can list the organic items only in the ingredient panel. There can be no mention of organic on the main panel.

The USDA or certifying agency's organic seal may be used only by producers whose practices have been verified by a third party and whose products are labeled as "100 % Organic" or "Organic." Use of either seal is voluntary.

NATURAL ORGANIC FERTILIZERS



Insect & Disease Controls
Feed Additives, Soil Testing

**SERVING SUSTAINABLE AGRICULTURE
SINCE 1972**

- Re-Vita 3-3-3
- Re-Vita 5-4-5
- Re-Vita 2-3-16
- Rock Phosphate
- Soluble Seaweed
- Jump Start
- Humates
- Fish Products
- Sea-Min Kelp Meal
- Diatomaceous Earth
- Greensand
- Potassium Sulfate
- Gypsum
- Sul-Po Mag
- Soil Testing
- And more
- **Free Catalog**

OHIO EARTH FOOD, INC.

5488 Swamp St., N. E., Hartville, OH 44632
Phone 330-877-9356 Fax 330-877-4237
www.ohioearthfood.com

**SOIL AND FEED PROGRAMS FOR THE
ORGANIC GROWER**

Farm to Table: Savoring the Season

By Trish Mumme, Garden Patch Produce



Get Ready for Summer Zucchini

Your summer squash plants may only be showing blossoms, but you know it won't be long before you're swimming in zucchini.

Every year I find I plant my squash patch with a greater percentage of the Costata Romanesco variety of zucchini. "It's the only zucchini that actually has flavor" said one of my CSA customers. She's right. These big striped and ribbed squash are the tastiest of all. Everything is big about these plants. They are huge, long-lived plants that take over the squash patch, muscling out weaker varieties. The fruits seem to be "born big;" they're often 8-10 inches long when the blossom falls off indicating they've been pollinated. But they're even bigger on flavor, even if they get a little oversized before you pick them.

Here are a few recipes to get you through the zucchini glut: a side-dish or appetizer, two vegetarian main dishes, and a dessert. I'm partial to zucchini recipes that work well with the somewhat overgrown squashes that you overlooked one day, until they got a little too big to sell at the farmers' market. All of the following recipes qualify here.

Broiled Lemon Basil Zucchini can be made with ordinary zucchini, picked young and sliced lengthwise. But when you make them with Costatas, slice them in rounds; the slices will look like gears or lugged tires. It's my favorite way to serve the first zucchini with the first basil leaves. These succulent rounds make a great side dish for meats or an appetizer course at a barbecue.

Vegan Zucchini Pilaf is one of my favorite quick summer meals. Fresh or home-dried marjoram is the secret ingredient here.

I haven't tried Rhubarb Zucchini Pie but it seems like a great way to use a late cutting of Rhubarb with an early "stealth" zucchini that got too big before you noticed it.

(See the Editor's Corner or the OEFFA website for a zucchini chocolate cake recipe that never fails to please.)

Broiled Lemon-Basil Zucchini

One 10-12 inch Costata Romanesco or
3-4 medium zucchini
3 Tbsp. olive oil
2 cloves crushed garlic, or garlic powder
Salt to taste
hot pepper flakes to taste
3 Tbsp. minced fresh basil leaves
2 Tbsp. lemon juice

Mix oil and garlic and spread on a cookie sheet. Slice zucchini into 1/4 inch slices (rounds or lengthwise) and spread on the cookie sheet. Flip each slice over to coat both sides with oil. Sprinkle with salt. Place pan of zukes in oven, and broil 3 inches from heat source about 3-5 minutes or until brown bubbles start to appear on the slices. Watch closely or they'll burn! Remove from heat and flip each slice over with a fork. Broil on the other side the same way. Remove from heat and sprinkle each slice with a dash of dried hot pepper flakes (if desired) a few drops of lemon juice, and a pinch of fresh minced basil. Add another sprinkle of salt if desired. Serve warm or at room temperature.

For grilled zucchini slices: Slice up to 1/2 inch thick and coat or brush with a garlicky oil. Sprinkle with salt. Place in a grilling basket and cook on both sides till bubbly. Arrange slices on a plate or tray. Proceed as above with hot pepper flakes, basil leaves, and lemon juice.

Zucchini-Rhubarb Pie

2 eggs, lightly beaten
1 1/2 cups sugar, plus extra for topping
1/4 cup flour
1 tsp. grated orange peel
1/4 tsp. cinnamon
1/4 tsp. salt
3 cups shredded zucchini, packed
3 cups sliced rhubarb
One 2-crust 9-inch pie shell

Preheat oven to 400 degrees. Combine eggs and sugar, beating well. Stir in flour and seasonings. Add zucchini and rhubarb, mix well. Pour into pie shell, cover with top crust. Sprinkle with sugar. Bake 15 minutes, then reduce oven to 350 degrees and bake 30 to 40 minutes or until done. Cool before serving.

WWW.OEFFA.ORG

Membership Services • Conference Registration
Good Earth Guide • Growing Tips • OEFFA Store
Events • Certification Forms • Apprentice Program
On-line Resources • Extension Tool Box • And More!

Savoring the Season...

Continued from page 10

Vegan Zucchini Pilaf

2 Tbsp. olive oil	dash hot pepper flakes
2-3 med. or 1 lg. zucchini (but still tender), diced	1/4 cup chopped fresh parsley
3 cloves garlic	1 Tbsp. fresh marjoram or 1 tsp. dried
2 med. onions, diced	1/2 tsp. dried savory
1/2 green pepper, diced, opt.	2 Tbsp. chopped fresh basil or 1 tsp. dried
1/4 cup hulled raw sunflower or pumpkin seeds	1 can red beans, rinsed and drained
2 cups bulgar wheat	soy sauce
4 cups water	
1 tsp. salt	

Heat olive oil in a large frying pan. Saute zucchini, garlic, onion, pepper, and seeds over medium heat. Meanwhile, boil water and salt in a medium saucepan. Add bulgar wheat, stir, return to a boil, and then cover and simmer 5 minutes. Add herbs and red beans to zucchini. When bulgar is tender, toss into zucchini mixture. Dash generously with soy sauce to taste. Serve immediately. Serves 6-8.

Greek Zucchini-Cheese Patties

2-3 zucchini, grated
Salt
1 medium onion, finely chopped
6 oz feta cheese, grated
1/2 cup all-purpose flour
2 large eggs, beaten
1/2 tsp. black pepper
2-3 Tbsp. fresh dill leaf, chives or parsley, chopped
Light vegetable oil for frying

In a colander, toss the zucchini with 1 tsp salt. Let stand for 30 minutes. Rinse thoroughly with cold water. Drain and squeeze the zucchini to remove water and pat dry. Put zucchini in a bowl. Add the onion, cheese, and herbs to the zucchini. Stir well. Beat flour together with the eggs and add to the zucchini mixture. Mix well and season with salt and pepper. Batter consistency should not be too liquid. Add more flour if needed to thicken. Pour about 1/2 inch of oil into a large skillet. Heat the oil until very hot. Drop about 2 Tbsp. of batter for each patty. Use a spatula to flatten as needed. Fry until golden on both sides. Serve with yogurt herb sauce.

Yogurt Herb Sauce

1 cup yogurt	1 clove garlic, minced
or light sour cream	2 Tbsp.. minced dill, opt.
2 Tbsp.. minced chives	Squeeze of lemon juice
or green onion	Salt and pepper to taste

Combine all and serve with zucchini-cheese patties.

SUV in your Kitchen...

Continued from front page

and cooking. According to the Intergovernmental Panel on Climate Change, agriculture contributes over 20 percent of human-caused greenhouse gas emissions. This includes 20 percent of carbon dioxide, 55 percent of methane, and 65 percent of nitrous oxide.

Methane is an overlooked but particularly serious problem. Pound for pound, methane is 21 times more potent as a greenhouse gas than carbon dioxide. And the primary source of human-caused methane is animal agriculture. Eighty-five percent comes from farm animal digestion and fifteen percent from their manure. Since methane cycles out of the atmosphere in eight years and carbon dioxide stays for centuries, reducing methane is a much easier job.

Now you may be thinking you are in the clear if you buy organic food from the supermarket. Not really. Organically raised livestock make just as much methane as conventionally raised. Conventional farms have an added 30 percent energy expenditure in chemical fertilizers, and some of this may be saved on organic farms; however, organic fertilizers are used and it takes energy to produce them as well. Manures are also used to fertilize organic farms, but hauling and spreading takes energy. Beyond the farm the shipping, processing and packaging for organic foods can be the same as conventional foods depending on what you buy.

There are three steps to take to reduce the environmental impact of the food you eat.

First, eat lower on the food chain. Since animal agriculture has a large impact due to methane, eating less meat is the most effective way to reduce that impact. The meat you do eat should be free-range and grass-fed. Unlike grass-fed livestock, conventional livestock are grain fed in feed lots or cages, and 80 percent of U.S. grain production is fed to animals. This results in huge energy losses since only one calorie of meat is produced from ten calories of grain. Grass and forage-fed animals have about a third of the embedded energy of grain-fed animals.

Second, eat whole grain foods, beans, fresh fruits, and vegetables. The less processed and the less packaged the food, the less the embedded energy. Conventional supermarket foods are highly processed and packaged and therefore highly energy intensive to produce.

Third, buy local. The average food item on the supermarket shelf travels 1000-1500 miles consuming almost \$3 per gallon of fuel. Shop a local farmers' market, buy direct from a local farmer, and ask your supermarket to stock more locally produced foods.

Not only will these steps get that SUV out of your kitchen, they will improve your health.

Farmers' Markets Help Revitalize Farms and Towns

As in many towns, the newly named Guernsey County Farmers' Market is expanding beyond the Farmers' Market currently held at the Courtside U.S. Bank on Fridays. The primary function is to provide small family farms with an outlet to sell fresh local high-quality produce to the community in an enjoyable location.

A secondary purpose of these markets is to assist in revitalizing the community. Cooperative marketing with local merchants creates positive development and an upbeat atmosphere. The marketing progress results in substantial growth in sales, employment, and property values for the whole community.

Numerous towns are finding that farmers' markets are bringing vitality back to their communities by providing nutrition, arts, and community activities. Events often include free entertainment, cooking classes, and demonstrations, along with other entertainment and education opportunities. These markets are keeping local incomes in the local economy while drawing in significant out-of-the-area dollars. These dollars benefit the local economy and tax base by staying in the community... and not simply being wired out to corporate offices.

According to the Cambridge Main Street Organization, home of the Guernsey County Farmers' Market, studies have identified that nearly any community can sustain a farmers' market with three main items: a landmark, visibility, and parking.

Customers who shop at the market go home to enjoy or prepare a complete meal, including fresh fruits and vegetables, meats, cheeses, eggs, natural sweeteners, jams and jellies, homemade desserts, and much more! Fresh flowers and plants are also often available.

While the demand for fresh market items continues to increase across Ohio and the country, more farmers are needed. Many are already committed to several markets and cannot support new markets or can only attend on days other than Saturday. Understanding the needs of both farmers and consumers is key to these crucial community building events

For those in Guernsey County, the Guernsey County Farmers' Market will be held on Fridays from 10 a.m. to 2 p.m. Market managers hope to be open a second day during the week as community support builds. For more information about the Guernsey County Farmers' Market call Jennifer Toth 740.679.3566.

To find a farmers' market near you, visit OurOhio.org.



Hastings Mutual Insurance Company

www.hastingsmutual.com

Rated A+ Superior by A.M. Best Co.

presents

Ohio Ecological Food and Farm Association (OEFFA) Group Program

*We offer a comprehensive Farmowners Package covering your Residence, Personal Property
Barns & Outbuildings, Farm Personal Property and Personal & Farm Liability.*

Benefits of the OEFFA/Hastings Mutual Group Program:

- Special Group Discount
- Special Group Experience Credits
- Individual Account Credits and Discounts

*New for 2006 -
Equipment Breakdown Coverage
No Additional Premium Charge!*

Want to know more?

Please contact Terry Miller at (800) 442-8277 ext. 1444 for a Farm Insurance Specialist in your area.

"We will work hard to provide the service and stability that your members and our insured farmers depend on and deserve."-William H. Wallace, CPCU, President and CEO

Books

From Back40 Books

By Herman Beck-Chenoweth, OEFFA member

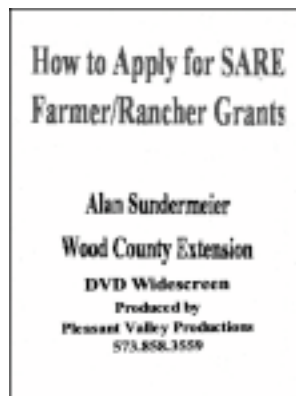
I am not sure how many of you will have time to read my review this time of year, but I have chosen three fine books this time. The first two are for the producers and the last is an all around good book useful to anyone who has to buy food.



If you produce vegetables for sale to retail consumers (or if you are about to start!) and you are serious about being successful, then you need this manual/CD combination. *Market Farm Forms*, by Marcie Rosenzweig, contains computer spreadsheet templates for planning and organizing information on diversified market farms. This software

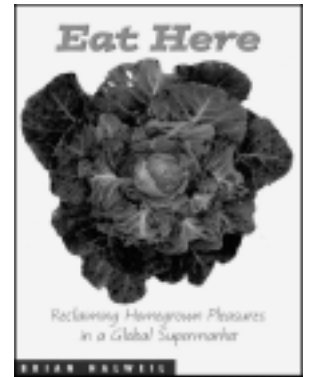
program will help you in planning crops and budgets, ordering seed and soil amendments, growing transplants, and projecting yields and income. Then it will help you track what really happens against your projections, and will take your record keeping to new heights. If you don't use a computer you can copy the forms in the spiral bound manual and do the calculations by hand. If you have a computer and a spreadsheet program you can use the electronic forms and the program will do the work for you. As a former market gardener myself, I can vouch for the need for a program such as this. If you are even considering a CSA, this program will save you untold hours of guessing and agonizing. Considering the work that went into this application it is a steal. Spreadsheet software set contains: 8.5" x 11" 100 page manual and CD. Windows or Mac. \$55.00

Do you have a good idea you would like to try out but don't have the funds? Then you need the DVD titled *How to Apply for SARE Farmer/Rancher Grants*, presented by Alan Sundermeier, Ohio State University Extension, Wood County, at the Small Farm Center during the 2005 Ohio Farm Science Review. All power point slides have been edited in for clarity. Sundermeier outlines the process and procedure to apply for a Sustainable Producer



Grant. These grants range from \$6,000 for individuals to \$15,000 for cooperative projects. This DVD is presented in wide screen format for viewing on the TV or computer. Running time is 50 minutes and the cost is \$24.95.

Our final book this issue is *Eat Here: Reclaiming Homegrown Pleasures in a Global Supermarket*. Best selling author Michael Pollen sums it up best when he writes: "Part journalism and part manifesto, *Eat Here* is the most definitive work on the most interesting and encouraging change in the way Americans eat now." A lively, convincing case for taking food seriously and thinking "slow" instead of "fast." If you want to know where your food comes from, and what the alternatives are, you should read this book. This is a 6" x 9" soft cover with 239 pages. It is priced at \$13.95.



If you are an author or publisher, or if you just know of a good book that should be featured, please send a note or review copy to OEFFA Book Reviews, Nature's Pace Farm, Box 8, Hartshorn MO 65479. Or, if you prefer, e-mail me at Herm.Naturespace@earthlink.net.

These books are available from Back40Books.com. Readers can order through the Back40Books link at the bottom of OEFFA's home page to have a portion of their purchase donated to OEFFA, or go directly to Back40Books.com and enter "OEFFA" in the promo code box at check out. Back40 can also be reached at 866/596-9982.

Tips for Organic Lawn Care

- Taller grass has deeper roots, causing the plants to need less watering. Set mower height to 3 inches and cut grass when it reaches 4.5 inches.
- Sharpen mower blades. Dull blades harm grass blades, inviting disease.
- Return grass clippings to the lawn. Grass mulching decreases weeds up to 60% and is a natural fertilizer.
- Avoid cheap grass seed, as it typically has weed seeds too. Get good quality perennial rye and fescue seeds.
- Each time you mow, try alternating your pattern and path. This prevents the soil from compacting.
- Soil biota helps provide a stable healthy lawn. If your lawn has been treated chemically, it will take a couple of years for the soil microorganisms to rebuild.
- There's no need to water more than an inch per week. Over-watering is unhealthy for lawns and invites lawn disease. Placing a tuna can under the sprinkler will help gauge water depth. Water early in the morning to avoid excessive evaporation from midday sun.

From Organic Bytes, June 11, 2006

Breaking Ground...

Continued from page 3

primarily. They aren't all sold on the idea of the value of organically-grown produce and some balk at my prices. So, I am an all-out saleswoman to my customers, explaining why my eggs, for example, are higher in omega-3 and -6 fatty acids, vitamins A and D, lutein, and other good things. And I also price accordingly. I get \$3.00 for a five-ounce bag of mixed baby lettuces. Some people roll their eyes and move to the Amish booth down the way where they can get a head of lettuce for 50 cents. I say, if price is what they want, go for it. But I'll tell you, at the end of the day all my lettuce is gone, too. If it takes me four hours, instead of two, who cares? On the other hand, although my prices are higher than usual for my area, I also know that I will never see the \$10-16.00 a pound for my lettuce that my Columbus-area market colleagues get. It's a trade off, since I really want to serve my home area. I am learning what my customers like and don't like, and I'm working on opening their awareness and developing their palates. Over time, that really does happen.

Next, once you've chosen a market, consider your booth.

- **Signage.** You want people to be able to recognize you. At the basic level, make a poster, staple it to a tomato stake, and place it prominently. At the next level, have a printing-company print a banner you can stretch across your tables, your awning (if you have one), or behind and above you. Consider creating one-page brochures that you can have on your table. Business cards are a good investment too.

- **Labeling.** Most markets require that prices be marked. Some sellers do that by a large sign, and some label each type of item. A poster or dry-erase board works well. I also like to use white plant markers with each basket of stuff.

- **Pricing.** Check out what others are doing, especially those like you. Don't undercut them. That hurts everyone. But don't hesitate to price higher. Sounds counterintuitive, I know, but buyers aren't always logical. They will often assume that a higher-priced item is worth more. I am the highest-priced vendor in my market, but I'm the only one Certified Naturally Grown. People know me and want my stuff. And it's fair, since it costs me a lot more to grow organically than if I just went to the feed store and bought 50-pound bags of 10-10-10 and 25 gallons of glyphosphate.

- **Scales.** Some markets require a county-auditor approved scale if you are selling by the pound. I have gotten around that by selling by numbers—for example, two tomatoes for a dollar (depending on the tomato!). If you find a place to buy good used scales, let me know. A further note—you may need electricity / car battery, depending on the scale.

- **Appearance.** Make things clean and neat. The creativity available to you is just vast. If you don't have any idea, visit a market or two before you start. Notice what attracts your attention. I put all our stuff in baskets of various sizes. We use red print tablecloths and green fabric place mats too. Check out sales at crafts stores and you will find lots of good stuff. Experts say green, red, and yellow are good colors for food displays. One other strange note – people like a pile. That is, they will buy zucchini from a big pile, but as soon as you get down to four or five, they don't even look. Same quality, same squash, same price, but they don't like what appears to be "leftovers," I guess. I started bringing smaller baskets for that, so the basket looks more "full." Weird, but it works. Also, get a tall stool or stand up. Don't hide by sitting in a lawn chair. People will pass you by. Engage them when they pass. Say "hi," ask them what they're looking for today. Being polite, they'll stop and talk, and then often they buy.

- **Be knowledgeable.** Sell your stuff. Sell it! Tell them about the new heirloom variety of lettuce ready this week. Explain why this is your favorite tomato. Give them a new recipe for the acorn squash. Tell them what to do with the collards. In a way, you are also selling yourself. Many farmers' market customers come as much for the "experience" as the food. Try to remember the names of your regulars. They love that. (Who wouldn't?) Try to be "their" farmer.

- **The money.** Do not, DO NOT collect money in a cigar box, money box, tackle box, whatever. Buy an apron with two or three pockets. Mine has two. I put change and ones in one side, and bigger bills in the other. Twenties go in my pocket since I don't need them to make change. Someday someone will walk off with your money box, but it's harder to get your apron. Also, for change, I take \$20 in fives, \$20 in ones, and a \$10 bill. Sometimes a roll of quarters. That will pretty much get you through the day.

- **Arrival and Clean up.** First, find out what time you are allowed to get there, and be on the early side. It's better to have time than to rush. Pack everything you can the night before. Picking, washing, and then packing the truck is the most work-intensive part of the whole process, so plan well. Afterwards, don't leave junk around. It's usually against the market rules, and it's just bad form. When you get home, fight the yearning to go in for a nap. Get the truck unloaded and put stuff away. You'll be glad later.

- **Records.** Finally, write down what you made and take care of the money. You need good records for taxes, for planning, for peace of mind.

With planning, preparation, and persistence, the green in your garden will turn into green in your pocket.

Events

Many more local and national sustainable ag events are posted on the OEFFA website at www.oeffa.org/events.php.

Northeast Organic Farming Association (NOFA) Conference- August 10-13, 2006; Amherst, MA. Featuring a dynamic keynote speaker, a pre-conference focusing on organic food and farming education, a debate on personal security issues, and close to 200 workshops to appeal to farmers, gardeners, land care professionals, homesteaders, activists, and consumers. Contact 413/624-3242 or visit www.nofamass.org for more information.

Resources

Free Packaging: Reduce, Reuse, Recycle

By Martha Balint

Andrew Ladd, environment specialist at Whole Foods Market is a man on a mission – zero waste, zero garbage. At the Whole Foods Market store in Columbus he helped create composting programs, recycling programs, and now is looking to further reduce the store's waste by offering OEFFA members the opportunity to reuse some of the packaging that passes through the store. Many of these containers are designed to protect products during shipping, and can easily be used again and again. Ladd invites anyone, especially producers, to contact him about getting shipping baskets, crates, etc., to use. "The less we throw out, the better," Andrew said. "I hope we can find a way to reuse all of this stuff--some of it is pretty cool."

With Whole Foods Market's goal of near zero waste, tossing is an anathema. Finding a new use for these materials, which range from small basket-like containers to wooden crates, has become Ladd's obsession. Most of these containers can be lined (to prevent cross-contamination with whatever had been in them before), or washed out (I suggest after a good washing, sanitizing with a mix of vinegar and water). I recently met with Andrew and picked up about 25 small basket-like containers to use for sample baskets. He stashes everything from cheese boxes to baskets used for mushrooms, to half and whole bushel crates. Although the flow of potentially reusable packaging is continuous, the supply may vary from week to week. Certain items may be in limited quantities.

Interested in these containers for your farmers' market, CSA, or other use? Andrew can be reached at Andrew.Ladd@wholefoods.com. (Andrew answers email but often misses phone calls.)

Sustainable Farm Bill Workshop and Rally- August 14, 2006; Oconomowoc, WI. The Sustainable Agriculture Coalition and the Midwest Sustainable Agriculture Working Group are holding a 2007 Farm Bill Kick-Off event featuring workshops and a rally. Learn about the many important conservation, research, beginning farmer, competition, and marketing initiatives along with effective communication strategies for non-profits. \$50 / farmers \$35. **SARE Conference held August 15-17, same location.** Visit www.msawg.org or contact Margaret Huelsman at 317/536-2315 or mhuelsman@msawg.org.

Big Darby Garlic Festival - August 20, 2006, Noon-6:00; Prairie Oaks Metro Park, Columbus, Ohio. This festival will feature local farmers and chefs, music, and educational displays about garlic and local food production. Hosted by the Capital Chapter of OEFFA. Free and open to the public. Rain or shine. 614/805-5776.

28th Annual OEFFA Conference - Save the date! March 3-4, 2007; Granville, Ohio. Speakers, workshops, kids' conference, child care, pre-conference workshop, trade show, field trips, good food, entertainment, and more. www.oeffa.org

More... Un-Classifieds

Income for Appalachian Growers - Lifestyle Nutraceuticals, a well established company with growing accounts, seeks Appalachian farmers with 16 acres or more to grow black cohosh, wild yam, chastetree berry, bilberry, and others. Licensed farmers can earn a quality income with a long term future. For further information contact Colin J. Literski, Lifestyle Nutraceuticals Ltd, 513/233-2970 or visit the website at www.lifestyleherbal.com

Organic Farm for Sale - A quiet, scenic spot in the country, less than 15 min. to Athens and Ohio University. 11.1 acres, 3 bed / 2 bath ranch-style house with fireplace, large oak-sided barn, excellent fishing ponds, some fruit trees, and established productive organic gardens. Call Keith at 740/698-3827.

House/Land For Sale - A 10-acre hideaway on Deer Creek, 1/2 wooded, 1/2 open chemical free land. Private ranch-style house in the woods overlooking the wide creek. 2 bed, 2 bath, den, deck. 1/2 hour from Columbus. Please call Sally at 740/248-9081 for more information.

Congratulations!

The Franklin Park Conservatory, in Columbus, Ohio, is the new home of the American Community Gardening Association, a 27-year-old international organization. Both organizations plan to grow with the new partnership.



Ohio Ecological Food & Farm Association
 PO Box 82234
 Columbus, Ohio 43202
 614/421-2022; fax 614/421-2011

Non-Profit Org
 U.S. Postage
PAID
 Columbus, OH
 Permit No. 6349

Return Service Requested

Time to Renew Your Membership (check label)? Want to become a member?
 Student \$10 • Single \$35 • Family \$50 • Small Business \$60 • Nonprofit \$50 • Business \$100 • Individual Lifetime \$500
 Mail payment to OEFFA, PO Box 82234, Columbus, Ohio 43202; call 614/421-2022; or renew on-line.

UN-CLASSIFIED ADS

Farmers' Market Manager - Wegerzyn Gardens Foundation in Dayton is seeking a Farmers' Market Manager for markets on Mondays and Wednesdays. A \$500 stipend is offered to cover expenses. Ideal candidate is well organized, reliable, accessible via email and/or cell phone, and able to drive, and has good people skills as well as contacts with the local agricultural community. The position requires about eight hours per week from early July through October. Call Ed Lehman at 937/276-7055 for details.

Barn Raising - The Museum of Western Reserve Farms and Equipment, located in Richfield (between Cleve. & Akron), has recently been given a 36x36 barn. We have marked, mapped, disassembled, and moved the barn, reputed to be the oldest in Granger Twp. (Medina Co.), to the farm museum. We plan to have a barn raising this summer and would like anyone interested to come have some fun with us. Please give me a call for more information or plan a visit anytime. □Jim Fry330/659-3507.

See page 15 for more Un-Classifieds.

Farm Family Wanted - We are looking for a family interested in our 160-acre certified organic farm. Angus cows and calves (72 head) are raised to help increase fertility through composting and will be sold locally as organic beef. Approximately 120 tillable acres, many pastures, and woods. About 3.5 acres set aside for a commercial organic garden. A four-bedroom modern farm house is available. Located eight miles north of Oxford, Ohio—home of Miami Univ. Owner will consider selling 1/2 the cattle to someone taking over the whole operation. Robert Harris, 513/523-0079 or Rkharr@aol.com.

Farmstead Wanted in Northeast Ohio - Small family looking for land (home desirable). If you are considering retirement, don't want to sell but want to keep your farm active, we are looking for land to grow organic veggies, fruits and nuts, and natural livestock for cheese making, but don't have funds to buy. Let's help each other. Please contact Jerome at rigot.3@osu.edu, 330/263-3866 (w), 330/925-1423 (h).

For Sale - Three chicken tractors, metal frame, lightweight, 5 ft. x 10 ft. \$50.00 ea. or all three for \$100.00. Call Mike Laughlin at 740/967-4462.