Questioning Local for Local’s Sake

By Danielle Deemer, Justin Schupp, and Leah Smith, Rural Sociology Graduate Program, OSU

“Local food” is often thrown about as a catchall phrase implying sustainable, environmentally friendly, socially and economically equitable, community oriented, and small scale food production. But is this always the case, and is there a better way of gauging the impact of local foods?

There are several potential and oft-touted advantages to local foods and participation in a local food system. The first advantage is environmental. Since local foods come from much shorter distances than food sourced globally, the fossil fuel energy needed to bring them to the consumer is considerably less. They also have the ability to ripen properly, and be fresher, better tasting, and more nutritious. In addition, because local foods tend to be marketed through venues such as CSAs and farmers’ markets, farmers are more directly accountable to consumers and therefore must be more likely to practice environmentally sustainable farming methods.

The second advantage of local foods can be seen in terms of social and economic justice. This outcome can take many forms including generating money within the local economy and building community food security. Local direct markets enable farmers to earn a bigger share of the food dollar than they would garner from conventional markets, and the money earned is more likely to circulate within the

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Dairy Labeling: An Update

Greetings OEFFA members. I hope everyone is enjoying the summer, having a good growing season, supporting local farmers, and getting out to a farm tour or two. While Mike is busy growing tomatoes and other delectables, I thought I’d sneak into this space to say hello and also to catch you up to date on the dairy labeling issue.

A number of people have asked me what finally happened with the “rbGH-free” dairy labeling issue with which we were so involved last fall and winter. After some minor revisions to the rule, it was made official in May, with milk processors given 120 days to comply with it. That rule, in a nutshell, says that the only label claims that will be acceptable are those that are substantially equivalent to “Milk from cows not treated with artificial growth hormones,” and that claim has to be accompanied by the statement that “The FDA has found no significant difference between milk from cows treated with artificial growth hormone and that from cows not treated with artificial growth hormone.” This so-called “disclaimer” has to appear adjacent to the main claim, has to be in the same color and font style, and cannot be less than the font size of the main claim (and a minimum of 7 point).

Not surprisingly, two trade associations, the International Dairy Foods Association (IDFA) and the Organic Trade Association (OTA) filed lawsuits on June 30th challenging the rule and asking for an immediate injunction. More recently, OEFFA joined with our national partners—the Center for Food Safety, Food & Water Watch, and Physicians for Social Responsibility (Oregon Chapter)—in submitting an Amici Curiae (“Friends of the Court”) brief in support of the plaintiffs in the lawsuit. In it, we repeat what we have said since the beginning of this debate: “If allowed to stand, the Ohio labeling regulation will be a significant infringement on consumer rights and serve only to force a food production technology upon a public that emphatically does not want it.” Hopefully this time someone will listen.

- Carol Goland, Executive Director

Attention OEFFA Growers:
Let them know it’s HOMEGROWN!

One of the most important things that consumers can be encouraged to do, is to find out where their food comes from and how it was produced. Only then can they make conscientious decisions about what businesses they want to support and what kinds of ingredients they put into the foods on their tables.

We have new buttons that say “ASK ME HOW I GREW IT” and we encourage all OEFFA growers to proudly wear one at the farmers’ market. That is really what selling locally is all about: letting your customers know that they can talk to you directly and find out how their food is raised.

OEFFA growers who are affiliated with a Chapter can get buttons or display materials from their chapter representative to the Board; all others please email (oeffa@oeffa.org) or call the office at 614/421-2022.
Bramble Creek Farm Tour
By Ed Perkins, Athens Area Chapter President

On June 9, over 30 people assembled for the tour of Bramble Creek Farm in Washington County. Jackie LeBerth and Mike Neeley established this farm in 2000 and now have planted blackberries, raspberries, and blueberries, have a garden of heirloom vegetables, and move a chicken tractor of heritage breed layers around the farm.

The farm is entirely off-the-grid, which has required a bit of innovation on Mike’s part. He built a mobile solar charging station from scratch which is used to water and spray the crops and to provide power for any other electrical needs that come up. Mike’s latest project is making a solar-powered tractor. He has taken a small conventional garden tractor, has removed the gasoline engine, and is going to install an electric motor and batteries, which will be solar charged. He has promised to report the outcome of this project.

Jackie sells their produce at a road-side stand just off of Rt. 50, east of Coolville. They also own a bed and breakfast - The River Inn. However they are trying to sell the Inn and hope someday to build a house at their farm and move there.

OEFFA Permaculture Workshop
Intro to Permaculture: Ecological Edible Landscapes
Saturday, Sept 20 - 9am-5pm
Cleveland Museum of Natural History

Join us as we explore the basics of permaculture, a system of design that uses principles and processes found in nature to create food, fuel, and fiber for people, while caring for the earth and its inhabitants. We’ll focus on gardens that look and function like forests and provide food for people in urban and rural homes alike. Expert designers Josh Beniston of Habitats Landscaping and Brett Joseph of Conneaut Creek Farm will teach us how to create such a garden anywhere. We’ll top it all off by getting our hands dirty and installing a garden within walking distance of the workshop. $45 OEFFA members/ $60 non-members. Class size is limited so sign up early! Please bring your own brown bag lunch. Register by sending a check to OEFFA, 41 Croswell Rd., Columbus, Ohio 43214.

Corrected Measurement:
In Ros Lint’s Turkey Meatloaf recipe (Vol. 28, No. 3, page 6) the last ingredient should read “1/4 cup of barbecue sauce, low-sodium juice, or chili sauce.”

Thanks to Ed Perkins and Gregory Howard for the write-up and the photographs.
**Job Opening: OEFFA Program Director**

OEFFA is seeking a highly capable and motivated individual to assume responsibility for its educational programs, which support and promote organic and local food systems. The successful applicant for the position of Program Director will coordinate the work of other education program staff (Organic Educator, Communications Coordinator, and Membership Services Coordinator) and direct the planning, development and implementation of programs such as the annual conference, summer farm tour series, additional educational workshops, and fundraising events.

Given the significant demands of this position, candidates should have, at minimum, a Bachelor’s degree (preferably in the natural sciences, environmental education, agriculture, or related area) as well as 3-5 years’ experience in program management or other closely related work experience in a nonprofit with a focus similar to that of OEFFA’s. Of course, we are looking for someone who has highly developed organizational skills and consistent attention to detail in all work, but who is also capable of keeping the broader picture of OEFFA’s mission in sight. Prior supervisory experience is a must, as is a genuine desire to assist farmers and others interested in developing a sustainable food system.

This 3/4 time exempt position will be based in OEFFA’s Columbus office. The compensation is $2,145/month, and benefits are included. Beginning April 1, 2009, the position may increase to full time, subject to funding. Travel within the state may occasionally be required.

For more detailed information about the position, please see the announcement on the OEFFA website.

How to Apply: In addition to your resumé, please include names of three references (indicate relationship) and a cover letter that explains how your life experience and talents will help you succeed in this position. Electronically submitted applications (preferred) should be addressed to Carol Goland, Executive Director, at cgoland@oeffa.org, or mail your application to Carol Goland, OEFFA, 41 Croswell Rd., Columbus, OH 43214. For questions, contact Carol Goland at 614/421-2022. Review of applications will begin on August 18th, and will continue until the position is filled. The starting date for this position is September 29, 2008.

**Preserving the Bounty**

By Lisa the Waitress at www.restaurantwidow.com

I grew up on a small family farm. My mother, the most neat and organized woman I have ever encountered in my lifetime, came from an Amish family; she believed in growing and making everything we ate... or as close to it as possible, anyway. We made our own ketchup, for the love of hot dogs. Now that I think of it, we also made our own relish and hot mustard. The summers were full of canning, preserving, jam-making and dehydrating. We made granola, trail mix, fruit leather, dried apple rings, apple sauce and apple butter, mayonnaise, butter, canned veggies and condiments, and frozen fruits.

I was something of a wild child, and spent all of my energy being as unhelpful in the kitchen as possible, so that I might be dismissed in a fit of motherly exasperation to wander the fields and woods that surrounded our house. The only task I could be relied upon to perform was egg-gathering.

It is for this reason that my mother was surprised when I requested a canner for my birthday a few years ago. “When did this happen?” My mother always wonders aloud when we are discussing food preservation.

I think it’s perhaps because I rarely stuck around to do the heavy lifting in the kitchen as a child that now, as an adult, I get such joy out of it. As a child, I had a hard time understanding that the reason everything we preserved tasted so good was that we grew, harvested, and preserved it ourselves. It isn’t until you try to find decent pickled beets at the grocery store that you realize there’s simply no substitute for the ones you make yourself.

Of course, preserving the harvest—whether your own or someone else’s—is hard work. It’s hot and time-consuming. It takes a long time and requires taking a day off work or even worse, a day off play. But it’s so satisfying. There’s something about stacking up neat little jars of sour cherry jelly, or packs of frozen sweet corn, making your own tomato sauce and stock—there’s a feeling of accomplishment.

Even if you start small—just freezing a few ears of corn for the winter time—you will be amazed by how much easier it is to eat locally in the wintertime if you just put a little of the summertime abundance away for the colder months.

My mother tried to teach me a lot of things—how to clean, how to organize, how to sew. I’m still learning all of those things, and find that some of them take longer than others, but I’m happy the first one I learned to do as an adult was to preserve the bounty of the summertime.
The Urban Organic Gardener:  
The Fall and Winter Garden  
By Ruth A. Evan

The harvest is coming in, and I am experiencing one of life’s great delights. I carry an empty bowl to the garden each day and what I find is what is served for dinner. Some is eaten raw; some is briefly cooked. Usually it is less than a half-hour from harvest to stomach. There’s no meal planning ahead of time, no trip to the grocery store, and the food is all organic.

Parsley, rosemary, kale, carrots, garlic, top onions and leeks will continue to live into the fall and winter for harvesting. Lettuce is also a wonderful fall crop that often lives into winter. Some gardeners cover carrots and leeks with 6-8 inches of leaves to protect them from deep freezes. Many of us protect plants at both ends of the summer extending the harvest 6 weeks at each end of the season. Some of us plant in raised beds, some use a cold frame, and others cover plants in other ways when temperatures dip. I’ve also learned that some folks paint milk jugs black and fill them with water to absorb daytime heat and is released at night to nearby plants.

Mache or corn salad is the most winter-sturdy crop in my garden. With only a little shelter from harsh winds, it lives on and on. I examined corn salad closely for resemblance to corn plants and could find no similarities. Then I learned it is a salad green that often grows under corn plants! The ants in my yard like the seeds and carry them off to far destinations. Corn salad is one of the few plants that go to seed that doesn’t reseed in the garden the next year because of the industrious ants. It came up near the roses this year.

In addition to corn salad, I’ll plant broccoli hoping some protection is enough to allow it to live all winter in my Northern Ohio garden. I also will plant mixed lettuces and perhaps some mustard greens or claytonia, often called miner’s lettuce. A good source for these plants is Territorial Seed Company in Oregon. It’s the only place I’ve found organic corn salad. Eliot Coleman’s Four-Season Harvest has many ideas for planting and protecting plants for a winter harvest including a chart of dates for planting seeds, which is based on six separate first-frost dates.

In the summer and fall I carry an ever-larger bowl to the garden to collect dinner. In winter, a handful of greens is a special joy.

References:
Territorial Seed Company is at www.territorialseed.com or 800/626-0866 and carries a wide variety of organic seed for all-season gardening.
Four-Season Harvest by Eliot Coleman (1999), contains detailed information on winter gardening.
It’s Tomato Time in Ohio

August is the time to luxuriate in fresh tomatoes. Slice them on a platter; slather them on your sandwiches; halve or quarter them into salads; or just eat them whole in the garden.

To make the most of Ohio’s all-too-brief tomato season, here are three recipes you can only enjoy now, and two you can freeze to get a hint of August even in February. Tomato tart and Rainbow tomato bruschetta will both be a hit as an appetizer at a party or patio gathering. Or treat your family to them for a weekend brunch. Pasta with uncooked tomato sauce is a recipe I look forward to making every year this time. I guarantee that if you serve it to guests, they will beg for the recipe. Pasta Pedro and Oven Roasted Tomatoes are great fresh now, but can also be frozen. Frozen Pasta Pedro sauce makes a great vegetarian instant meal over the winter. Serve it on a snowy winter day as you pore over your seed catalogues, to remind you that tomato time will come again. Oven Roasted Tomatoes are great on pizza, tucked into pasta dishes, or used as a topping for Italian sub sandwiches. Put some away to enjoy this winter.

Great and Easy Tomato Tart
Set one 8 oz. package of cream cheese or Neufchatel out to soften. Make your favorite pie or tart shell, or use a frozen one, and bake it at 350° until lightly browned. Let cool. Work into the softened cream cheese a good half-cup each of fresh basil and parsley, finely minced, and some garlic powder. Spread this mixture into the shell. Top with sliced beefsteak tomatoes. Sprinkle with fresh thyme, a little salt and pepper. Bake at 350° for 15-20 minutes. Cool slightly before cutting and serving.

Rainbow Tomato Bruschetta
Toast thick slices of French or Italian bread till crunchy and brown. Slice crosswise in about 1/4 inch slices, an assortment of red, orange, yellow and green heirloom tomatoes. Or, use a pint or so of halved cherry tomatoes. Arrange in a single layer on a rimmed platter. Drizzle with extra-virgin olive oil, sprinkle with an assortment of fresh chopped herbs such as basil, chives, marjoram, parsley. Sprinkle with a clove or two of freshly chopped garlic, if desired, and a dash or two of balsamic vinegar. Season with salt and pepper. Mound tomatoes on toast to eat.

Pasta with Uncooked Tomato Sauce
5-6 cups chopped ripe tomatoes, preferably yellow and red beefsteak or plum tomatoes
1/4 cup olive oil
3-4 cloves minced garlic
1 to 1 1/2 cups chopped fresh basil leaves
1/2 cup chopped onion (sweet or red)
1/2 cup flat leaf parsley, chopped
1/2 cup sliced ripe olives (optional)
4 tab. tarragon or other wine vinegar
1/2 tsp. pepper
1 tsp. salt
1 lb. rotini or penne pasta
1 lb. pkg. Italian blend shredded cheese
Parmesan cheese

Place tomatoes in a colander and squeeze lightly to drain out excess juice before measuring. In a large bowl, combine them with the remaining ingredients (except pasta and cheeses) and let set at room temperature for 4-6 hours, stirring occasionally. When ready to serve, cook pasta and divide into microwave-safe serving dishes. On each pile of hot pasta, sprinkle a handful of Italian blend cheese. Microwave 30-60 seconds until cheese melts. Use a slotted spoon to put sauce on top of each plate, with a sprinkle of Parmesan cheese. Serve immediately with crisp garlic bread to sop up juices. Store leftover sauce in refrigerator and eat within two days.

Oven Roasted Tomatoes
Slice fresh, ripe plum tomatoes in 1/4 inch slices (make them very even) and place on an oven rack sprayed with cooking spray. Bake at 450 until they start to turn brown, slightly crispy and bubbly. Watch them carefully. Remove and cool. Pack them in small freezer containers by layers: 4-5 oven roasted tomato slices, dash of balsamic vinegar, 1/2 tsp. chopped garlic, 2 tab. chopped fresh basil, generous dash of Parmesan cheese. Repeat layers. Pack loosely to top and shake once, then freeze. Defrost and add to pizza, pastas and pasta salads, sandwiches and even salads.
**Pasta Pedro**

- 2 tab. olive oil
- 4 cloves garlic
- 1 med. onion
- 1 med. zucchini, chopped
- 1-2 hot peppers, seeded and diced
- 1 tsp. ground cumin
- 6 cups chopped tomatoes, mixed colors, or cherry tomatoes, halved
- 1 can red beans or light kidney beans, rinsed and drained
- Corn cut from 1-2 ears, opt.
- 1/3 cup chopped cilantro leaves
- Salt to taste
- 1 lb. package of thin spaghetti
- 4 oz. shredded cojack or Mexican blend cheese

Chop garlic and onion and sauté in olive oil for 3 minutes. Add zucchini, and sauté 2 more minutes. Add hot peppers and cumin and cook 2 more minutes. Add tomatoes and cook and stir over medium heat 5-10 minutes, till tomatoes are cooked and sauce starts to thicken. Meanwhile, cook pasta according to package directions. Add kidney beans, corn, and cilantro to tomato sauce, and salt to taste. Heat through. Serve sauce on a bed of spaghetti, topped generously with shredded cheese. You can make and freeze the sauce (minus the beans) in 1 qt containers for a quick meal in the winter. Defrost, add beans, heat and pour over cooked spaghetti with cheese for a taste of summer.

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**Welcome to OEFFA's Newest Members!**

**Business Level**
- Pat Bryan
- Environmental Care & Share

**Family Level**
- Jason & Melissa Burgett

**Family Farm Level**
- Nick & Denise Burdett
- Baumgardner Farm
- Maple Lane Farm
- Carpenter's Greenhouse

**Individual Level**
- Steve Baldwin
- Greg Brunot
- Pamela Call
- Susan Couser
- John Katko
- Gene Logsdon
- Loraine McCosker
- Greg Noble
- Steven Pope
- Connie Sheehan
- Kyle Vertrees
- Edward Whalen

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- Edward Whalen

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**OEFFA Chapters • Contact Information**

**Athens Chapter - Athens and the Surrounding Area**
- Ed Perkins, President, 740/664-3370

**Heart of Ohio Chapter - Knox, Licking & Delaware Counties**
- Joan Richmond, President, 419/886-4365

**MOON Chapter - Butler and Surrounding Counties**
- Harv Roehling, President, 513/756-9272

**Southwest Ohio Chapter - Southwest Ohio**
- Melinda O’Briant, President, 513/891-1757

**Real FOOD Chapter - Ashland, Wayne, and Surrounding Counties**
- David Benchoff, President, 419/282-0164

**OK River Valley Chapter - Brown & Adams Counties (Ohio) and Mason & Robinson Counties (Kentucky)**
- Julie Kline, President, 937/392-1543

**Capital Chapter - Franklin County**
- Suzie Watkins-Martinez, President, 614/267-5648

**The Lake Effect Chapter - Ashtabula, Cuyahoga, Geauga, and Lake Counties**
- Brett Joseph, President, 440/599-2109

**The Toledo Area and Little Miami Valley Area Chapters**
- The Toledo Area and Little Miami Valley Area Chapters are not currently meeting. If you are interested in reviving these chapters please contact the OEFFA office.

**Chapter membership is not restricted by county lines and is open to all OEFFA members.**
of the operation would likely contaminate the watershed. Support for local foods is growing as communities recognize the potential, but there are tensions between the goals and the capacity to achieve these goals.

There is no doubt among food activists that conventional global agriculture is problematic because it degrades the environment through the use of chemical fertilizers and pesticides, monoculture cropping, and the transportation of food over long distances. The solutions to these problems may or may not be at the local level. For example, the proposed mega-dairy along the Central Ohio Darby watershed would provide “local” milk for Columbus, but the industrial scale of the operation would likely contaminate the watershed.

Similarly, community food security is not an inevitable outcome of the local food system. Profits, economic opportunities, and food generated through local food systems are not guaranteed to be distributed equitably among community members. Many also advocate the development of the local food system as a way to generate and keep money within the local economy, which it can, but this can be “defensive localism,” which keeps prosperity within wealthy communities and intensifies inequalities among communities.

It is also important to consider that the global scale of the food system may not be the entire root of food system problems. The real issues, more likely, lie in the industrial scale of agriculture and the power of corporations. These issues manifest themselves more obviously at the global scale, but can also occur at the local level. (Stouffer’s is local in Wilkes-Barre, PA.) Activists would probably do well to consider localism to be a strategy toward local sustainable development, and not something to be achieved for its own sake.

Because of these tensions, a better way to judge the impact of local food systems lies in their social impact. Local foods markets allow people from the same community to create affinities with each other and build better, stronger community ties. In this light, farmers’ markets, CSAs, and cooperatives are more than just alternative ways to get food. The social exchanges between farmers and their customers may well be the most important feature of local food markets. These interactions are meaningful in and of themselves.

It is a complex idea to wrap one’s head around at first, but consider that every Saturday and Sunday consumers throughout Ohio are getting to know each other and the men and women who grow their food. A customer is asking his farmer how she grew the summer squash he holds in his hand, in what local county, in what soil, and what the best way is of sautéing it. And farmers are talking back to these customers, many of whom they may already know on a personal level, inviting them to next week’s farm tour and potluck. Customers at the farmers’ market may also catch up with their neighbors, with whom they may not get a chance to interact at any other time.

While food, money, and food-miles do matter, social exchanges are the substance that leads to a healthy and robust local community. Social linkages are the element that industrial agriculture obliterated from the shopping experience (since no price tag can be put on the value of human relationships). Re-establishing these linkages improves quality of life, spurs future community improvement projects, and can be drawn upon in times of need. These networks are capable of providing organization, knowledge, and responsiveness to the community and the people who live there.

It is rather awkward to think that the simple and even mundane act of socializing at the local farmers’ market could contribute so powerfully to community health – but this is only because one is used to thinking of local food as an end in itself, rather than as a vehicle for creating stronger communities. Communities are measured by the quality of their collective social bonds. It only makes sense that the real way local foods can challenge the dominant, destructive food system is by re-building the very element that the dominant system removed from the act of buying food: the social element.

New Website Highlights Science of Organic Agriculture

AMES, Iowa —The Leopold Center for Sustainable Agriculture at Iowa State University has developed a new resource designed to help answer some important questions about the quality and nutritional characteristics of organic foods and the production practices used in organic agriculture.

Findings from more than 70 peer-reviewed, scientific articles about organic agriculture are summarized on a new website at www.organicag.org. The website is called Scientific Findings About Organic Agriculture. The site organizes the research findings by topic, from animal health and welfare to poultry, meat, grains, and fruit and vegetables.

“This is not an attempt to recommend organically grown food over conventionally grown food,” says Leopold Center Director Jerry DeWitt, who coordinated the special project. “We are providing the information so that people can make their own decisions.”
Moving in the Wrong Direction

By Ed Perkins, OEFFA Member

According to a recent AP-Ipsos poll 76 percent of Americans believe the country is headed in the wrong direction. Rising gas prices are undoubtedly a major factor for this opinion, but there is also undoubtedly a wide range of views as to what IS the right or wrong direction for the country.

I too believe the country is going in the wrong direction, and has been for a long time, but I hold the contrary view that the rise in gas prices is actually the right direction. This certainly sounds harsh. People are struggling to make ends meet with ever-rising prices of gas and food, but rising energy prices are the inevitable result of the country’s, indeed the whole world’s, dependence on non-renewable, polluting fossil fuels. We have known this for many years and have known the day of reckoning would come.

If we had had the foresight, we could have prepared ourselves for this inevitability and spared ourselves a lot of grief. Environmentalists have long proposed that major increases in the gas tax be imposed incrementally and over a period of years--say increasing it a dollar a gallon every 4-5 years. The money raised by this tax could have been earmarked to develop efficient and renewable energy. This would have sent a clear signal to businesses and individuals alike that they have to change their ways and prepare themselves for the necessary phase-down in the use of fossil fuels. The change would have been gradual giving people time to adapt.

If such a policy had been maintained over the previous decades--conservation, efficiency and renewable energy sources would have been addressed, we would have much more fuel-efficient cars by now getting 60, 70, even 100 miles per gallon. Alternative fuels would be available that were sustainably produced. Renewable energy such as wind and solar would be well on the way to replacing coal to generate electricity. Public transportation systems would have been built instead of expressways, high-speed rail systems instead of airports. Every town would have a system of bicycle paths.

We would have had a much more energy-efficient economy by now and would be using much less oil. We could have told the Saudis to take their oil and--well, you get the idea.

But alas, this glowing scenario is nothing but an environmentalist’s dream. The reality is, no Congress would have passed such a policy, no President would have signed it, and the American people would not have tolerated it. We love our SUV’s and F-250 pickup trucks too much. The oil and auto industries are too powerful, and control our politicians.

So now we are totally unprepared for the high price of gas. Americans are begging for lower gas prices and asking for increased production. Our gas money is going to enrich the oil companies and oil-producing states. With the gas tax increase proposal that money would have helped people by providing efficient energy and transportation alternatives. But now people will suffer.

But it is necessary. Only high prices will change people’s behavior. And it is starting to have an effect. We are starting to move in the right direction toward efficiency and renewable energy. Isn’t it ironic that rising gas prices, that most people see as the wrong direction, are finally driving the country in the right direction?

Ed Perkins farms in Athens County and writes on environmental issues. This article was first published in the “Our Home Column” of the Athens newspaper on July 8, 2008.
David Blume's Book Is Here!
(Adapted from his website at www.alcoholcanbeagas.com)

In 1983, David Blume wrote and hosted a 10-part how-to television series called "Alcohol as Fuel" for a PBS affiliate. He also wrote the definitive how-to book on ethanol, Alcohol Can Be A Gas!, which was going to be sold on the air. It was all well on its way to the public when Big Oil got wind of the project and convinced the station to halt the printing and cancel the release of the series to the rest of PBS.

There were lawsuits, and the series ended up locked in the station's vault, while the rights to the book went back to Blume. The book sat on the shelf for the past 20 years.

Beginning in 2003, (about the time he spoke as a keynote at the OEFFA conference), Dave Blume set about updating the book in a big way. Four years of full-time work with a team of researchers has resulted in a completely new and greatly expanded version of the book.

*Alcohol Can Be A Gas!* (subtitled *Fueling an Ethanol Revolution for the 21st Century*) is an information-dense, highly readable, profusely illustrated manual, covering every aspect of alcohol fuel from history through crops, hands-on fuel production, and vehicle conversion. It's the first comprehensive book on small- to farm-scale alcohol production and use written in over 90 years.

Internally divided into six books, the single volume contains 640 8.5" x 11" pages, with more than 500 illustrations, charts, and photos. It sports a 700-word glossary and a full index. It retains the original 1983 foreword by R. Buckminster Fuller. *Alcohol Can Be A Gas!* is a complete toolbox for farmers, green entrepreneurs, and activists to wrest control of our energy system from the Oilygarchy and put it back in the hands of the public. For more information: www.alcoholcanbeagas.com, or the International Institute for Ecological Agriculture, 309 Cedar Street #127; Santa Cruz, California 95060 Ph: 831/471-9164; fax: 831/471-9166; email: info@alcoholcanbeagas.com.
Ohio’s Sheep, Lamb, and Wool Check-off Program
By Roger A. High, Executive Director
Ohio Sheep and Wool Program

Are you in compliance with the Ohio Revised Code 924 that regulates Ohio’s Sheep and Wool Check-off program? If you are, that is great, if you are not, then this article will inform you about your obligation—as an Ohio sheep, lamb, and wool producer—to Ohio’s check-off program.

The Ohio Sheep and Wool Program (OSWP) was created by the Ohio sheep industry leadership in 1989 as a way to collect check-off funds from Ohio sheep producers for promotion, education, research, and producer services. OSWP funds cannot be used for legislative purposes. OSWP is funded by Ohio sheep producers, and the benefits of the program are for Ohio sheep producers.

A 15-member board made up of Ohio sheep producers is responsible for determining the use of these funds and how to best direct them for the intended goals. This 15-member board meets four times per year to discuss the program and how program funds will be used.

How is the Ohio Sheep and Wool program funded by Ohio Sheep producers?

If you are a sheep and lamb producer that markets to many of the “mainstream” sheep and lamb markets in Ohio, then those check-off funds are taken out at a rate of 1/2 of 1% of the value of each animal (value of animal X $0.005).

If you are a sheep and lamb producer who markets any sheep and lambs privately—purebred, club lamb or commercial breeding stock, freezer lambs, etc.—then you are responsible to pay the program at a rate of 1/2 of 1% of the value of each animal (value of the animal X $0.005).

Likewise for wool producers, if you market to the primary “mainstream” wool marketing agencies, check-off funds are taken out at a rate of per pound (pound X $0.01). If you market wool privately, then you are responsible to pay the program at a rate of $0.01 per pound (pound X $0.01).

If you have questions about the Ohio Sheep and Wool Program, please contact Executive Director, Roger A. High at 614/246-8299. If you need check-off forms, you can get them from our website at www.ohiosheep.org.

We would also welcome members of the Ohio Sheep Improvement Association, the membership organization that represents the interests of the Ohio sheep industry. Membership information can also be found at www.ohiosheep.org.

The Ohio Sheep and Wool Program board thanks OEFFA members for their continued support of this program. Everyone’s contribution to the program makes it possible to continue to build and develop a strong infrastructure for the Ohio sheep and wool industry.

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Helpful Hints

- To kill thistle in the yard, cut it off and spray it with full strength white vinegar—tenaciously!
- Red clover flowers make a great antioxidant tea. Just pull off the flowers and seep a handful in hot water (makes one cup) or dry the flower heads in a cool dark place for making tea later.

- Brenda Wyantt, OEFFA Direct
COMPOST & MANURE

The foundation for an organic operation is healthy soil. Manure is often free, is very nutritious for the soil, and is one of those things on Earth available in great abundance! Many of us may feel comfortable throwing a heap of manure and plant scraps in a pile and calling it “compost.” However, under the NOP, there are very specific requirements for manure that protect the consumer and farmer from contamination and illness.

1) How does the NOP define “compost” vs. “manure”? Compost is defined as:
“The product of a managed process through which microorganisms break down plant and animal materials into more available forms suitable for application to the soil. Compost must be produced through a process that combines plant and animal materials with an initial C:N ratio of between 25:1 and 40:1. Producers using an in-vessel or static aerated pile system must maintain the composting materials at a temperature between 131°F and 170°F for 3 days. Producers using a windrow system must maintain the composting materials at a temperature between 131°F and 170°F for 15 days, during which time the materials must be turned a minimum of five times.”

Manure is defined as:
“Feces, urine, other excrement, and bedding, produced by livestock, that has not been composted.”

In other words, any manure/plant material combination that doesn’t fall under the NOP’s definition of “compost” should be treated as manure (see question two). The exception is heat processed manure products which are discussed below.

As a certified organic grower, it is important to keep compost records (ingredients and inoculants, temperature monitoring, dates turned, etc.) Your organic inspector will want to see these. You’ll want to keep track of dates of applications of manure and compost as well. Please contact the OEFFA Certification office if you would like a sample compost record form.

2) How is the timing of raw manure applications regulated by the organic standards?

• Crops for human consumption If the crop’s edible portion is above ground, the raw manure must be applied 90 days before harvest. If the crop’s edible portion is below ground (or has direct contact with the soil), the raw manure must be applied 120 days before harvest.

• Crops for animal consumption You may apply the manure at any time of the year where there is biological activity in the soil (when the ground isn’t frozen).

• Applications on frozen ground While there is no explicit rule that says you may not apply manure to frozen ground, it is not good practice, especially for organic farmers. Under §205.203(a), “The producer must select and implement tillage and cultivation practices that maintain or improve the physical, chemical, and biological condition of soil and minimize soil erosion.” Since there is limited biological activity, there is a higher chance of manure contaminating the groundwater and surface waters. The nutrients supplied by the manure would be lost as well.

3) If I let manure sit in a pile for two years and then apply it, is it considered raw manure or compost? It would be considered raw manure and would have to follow the guidelines discussed in question two.

4) What about heat processed animal manure products? Effective July 16, 2007, heat processed animal manure products that do not meet the compost definition may be used as soil supplements without regarding the raw manure guidelines in question two, if they meet the guidelines of temperature, drying, etc.

5) Do compost/raw manure have to be incorporated into the soil immediately after application? No, as long there is biological activity in the soil (when the ground isn’t frozen or covered with inches of snow). Compost that is incorporated into the soil immediately after spreading may still lose up to 5% of total nitrogen content to the atmosphere. However, if left unincorporated on the soil surface, the compost can lose as much as 20% of total nitrogen to the atmosphere in four days.

6) Why is the Carbon:Nitrogen (C:N) ratio so important? The C:N ratio is the primary factor that influences how quickly and thoroughly raw materials are broken down into compost. Microorganisms are the driving force of the composting process. They use carbon as an energy source and nitrogen as a building block for their cells. Too much carbon in a compost pile results in slower decomposition as the microorganisms die due to lack

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of nitrogen. Too much nitrogen in a compost pile leads to the release of nitrogen into the air in the form of ammonia. This results in a compost pile with a foul odor.

7) How can I determine the C:N ratio in my compost?

In general, brown materials such as corn stalks, wood chips, straw, pine needles, saw dust, and leaves are high carbon materials. Green materials, such as grass clippings, vegetable scraps, hay, fresh manure, legumes and coffee grounds are high nitrogen materials.

To determine the C:N ratio of your compost pile you must first know the carbon and nitrogen content of the raw materials and the approximate weight of those raw materials. Once you determine the carbon and nitrogen content of your raw materials, use the following formula to find the C:N ratio.

**Formula to calculate C:N ratio of compost pile**

\[
\text{Total Carbon Value} = (\text{Weight of raw material 1}) \times (\% \text{ carbon of raw material 1}) + (\text{Weight of raw material 2}) \times (\% \text{ carbon of raw material 2}) + (\text{Weight of raw material 3}) \times (\% \text{ carbon of raw material 3})
\]

\[
\text{Total Nitrogen Value} = (\text{Weight of raw material 1}) \times (\% \text{ nitrogen of raw material 1}) + (\text{Weight of raw material 2}) \times (\% \text{ nitrogen of raw material 2}) + (\text{Weight of raw material 3}) \times (\% \text{ nitrogen of raw material 3})
\]

\[
\frac{\text{Total Carbon Value}}{\text{Total Nitrogen Value}} = \text{C:N ratio}
\]

Here is a real life example:

Fresh cow manure is around 16% carbon by weight and 1% nitrogen by weight.

Straw is 48% carbon by weight and 0.5% nitrogen by weight.

Let’s calculate the C:N ratio for a compost pile with 2,000 # fresh cow manure and 600 # straw.

\[
\text{Total Carbon Value} = (2,000 \times 16\%) + (600 \times 48\%) = 320 + 288 = 608
\]

\[
\text{Total Nitrogen Value} = (2,000 \times 1\%) + (600 \times 0.5\%) = 20 + 3 = 23
\]

\[
\frac{608}{23} = 26 : 1 \text{ C:N ratio}
\]

8) How can I monitor the temperature of my compost?

Specially designed compost thermometers are commercially available at garden supply stores and on-line. They range in price from $20 - $30. For accurate temperature measurements the thermometer should have a stem 20” in length or longer.

9) How can I monitor moisture in the compost pile?

If a compost pile is too wet or too dry, the decomposition process will take longer to complete. Too much water in a compost pile can reduce air spaces in the pile and consequently reduce the populations of microorganisms. Too little water can also reduce their populations. Grab a handful of your compost and try to squeeze some water out of it. If you can easily squeeze a few drops of water out of it, the moisture level is fine.

Questions about organic regulations and suggestions for future topics may be sent to:

OEFFA Certification
Attn: Making Sense
41 Croswell Rd.
Columbus, OH 43214
or email organic@oeffa.org

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Helpful Hints:

- Lately I have found the benefits of pure coconut oil (unheated, organic, extra virgin, food grade) for a variety of things. It helped me heal faster from poison ivy, and it makes my hair and skin softer. I have a friend who puts it on her kid’s cuts instead of Neosporin or antibiotic cream.

- I found an aromatherapy mosquito deterrent that works good on [livestock] flies. It is called AMRITA Bugs BeGone. It contains eucalyptus, lemongrass, citriodora, and lavandin. It is a kid’s bug repellent, but it works on my cow. I got it at a local organic grocer. I have seen a similar product at Whole Foods.

- Kim Plaga, OEFFA Direct
What a phenomenal growing season! At our place, we have had just the right amount of rain, right when we needed it, plenty of sun—but not too hot, and surprisingly few insect pests. If you are a grower, I hope you have been similarly blessed. We’re also currently blessed with a few nice books to review, so let’s get goin’.

**Small Farm Business**
With entrepreneurial drive, a practical business plan, and some marketing savvy, you can run a successful small farm business that brings your products to your target audience. The demand for fresh, local, organic, naturally raised, lovingly crafted, or sustainably produced small-farm products is on the rise. With Sarah Beth Aubrey as your guide, discover how you can make the most of these opportunities. To help farmers take advantage of the opportunities afforded by today’s market, Aubrey, a successful farm-based business owner, shares her years of firsthand experience in *Starting & Running Your Own Small Farm Business*. Here is everything you need to know about launching a small agricultural enterprise, from start-up to marketing. Begin by fine tuning that bright idea into a viable business plan, and then learn how to go out and sell it. Secure financing. Follow the proper USDA guidelines, and a farming business is born. Aubrey explains every step of the process and even includes samples of the required forms. 8.5” x 11”, 175-page paperback, Retail price: $19.95; Back40Books Price: $15.00

**Home Brewing**
*Sacred and Herbal Healing Beers* is by Stephen Harrod Buhner. The author’s beautiful and provocative exploration of the sacredness and folklore of ancient fermentation is revealed through 200 plants and hive products. Includes 120 recipes for ancient and indigenous beers and meads from 31 countries and 6 continents, and the most complete evaluation of honey ever published. Surveying the sacred roles of beer from many cultures and past centuries, herbalist Buhner proposes that fermentation and plant use are part of the exploration of what it means to be human. The 120 recipes use ingredients from 80 plants, and include nutritive and curative information for specific conditions. Lightly illustrated. 534-page, 6 x 9, paperback, $19.95

**Chicken Humor**
From the studio of author/artist Lowell Davis comes enchanting stories about the residents of a real farm in southern Missouri. Sprinkled with bits of farm lore and humor *The Book on Chickens* is more than a farm tale. The art, calligraphy, characters, and setting all create a magical world of a 1930’s era farm that is a work of art. This is NOT a book for little children but is suitable for teenagers and adults. (This is due to the detailed story of Big Jack & Goldie’s (chickens, of course) romance, courtship and marriage.) Even though the story is told in a way that preserves the values of a simpler time, the little ones just won’t get it. Hardcover, 8.5” x 11”, full color; $11.00.

**Carla Emery**
Even though Carla passed away in 2005 she left enough material behind for her publisher to update her classic *Encyclopedia of Country Living* for a 10th issue. This book holds many records, including being the one with the largest number of mimeographed copies produced. This is the best-selling, classic book about self-sufficient living ever published. At 8” x 11” and 922 pages this monster is well worth the $29.95 price tag. For a more complete description visit www.Back40Books.com.

Back40Books has become more popular. We are now able to purchase many books at lower prices. As a result there have been price rollbacks on many titles on the website. In many cases prices are lower than those at Amazon.com. The site also features excellent prices on all Leanin’ Tree cards.

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Resources

“Do Not Spray” signs - Heavy duty aluminum signs that say “Do Not Spray,” “OEFFA Member,” or “Certified Organic” are available from OEFFA for $22 ($25 - nonmembers) plus shipping. To order, visit the OEFFA Store at www.oeffa.org; or send your order with payment to OEFFA Signs, 41 Croswell Rd., Columbus, Ohio 43214; or call 614/421-2022.

Free On-line Organic Transition Course - The Rodale Institute’s Organic Transition Course is a 15-hour on-line program designed to help you understand the National Organic Standards and use them as your framework for making the transition to organic production. No set hours, fees, or tests. www.trittrainingcenter.org/course/

SARE 20/20 - This booklet highlights cream-of-the-crop projects from more than 3,700 SARE-funded grants, illustrating how producers, researchers, and educators are collaborating to advance sustainable innovations to the whole of American agriculture. Visit www.sare.org for a free download or to order print copies. Sustainable Agriculture Publications, PO Box 753, Waldorf, MD. 20604; PH: 301/374-9696. (Please specify SARE 20/20 when ordering by mail.) Available in quantity at no cost.

Events

Innovations to Build Soils to Feed a Sustainable Community - August 20-21, 9:00-4:30. Sears, Michigan. This two day event will feature Bob Schindelbeck from Cornell and will focus on increasing soil quality and production and on building markets. 517/282-3557; www.michiganorganic.msu.edu.

OEFFA’s Local Harvest Dinner - September 14, Worthington, Ohio. This star-studded fundraiser dinner will be held at The Worthington Inn and will shower guests with delicious local foods prepared by some of Ohio’s top chefs. These will include Alana Shock of Alana’s Fine Food and Wine, Jon O’Carroll from Lindey’s, Kevin Malhame from The Northstar Café, Tom Smith from The Worthington Inn, and Kevin Guffey from The Athletic Club of Columbus. The meal will be accompanied by a offering of fine wines. Participants can also enjoy a silent auction. $100/person. For more information please visit www.oeffa.org or call 614/421-2022.


OEFFA tours and workshop are listed on pages 1 and 3. More events are listed at www.oeffa.org/events.

Biodynamics

The Agriculture Course: An Intensive Study of the Origins and Future of Biodynamics January 15-19, Chestnut Ridge, NY (Must have a working knowledge of Biodynamics.)

In his Agriculture lectures of 1924, Rudolf Steiner outlined the “Spiritual Foundations for the Renewal of Agriculture” – the basis for reversing the decline of agriculture by understanding and working with all the elements of the farm organism. In January 2009, some of Biodynamic’s leading exponents and practitioners will gather at the historic Threefold Educational Center to study and share their knowledge about the origins and future of Biodynamics. Like the original course, this four-day seminar will include time for artistic activities, discussion, and hearty meals, and participants are expected to leave with much new knowledge – and many new questions as well.

Time to Renew Your Membership?
Student $10 • Single $35 • Family $50 • Farm Family $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

Un-Classified Ads are FREE to OEFFA members in good standing, unless a commercial product or service is being advertised. Ads for commercial goods or services, and ads from non-members should be mailed with payment of $5 for each insertion, to OEFFA News, 41 Croswell Rd., Columbus, Ohio 43214 or newsletter@oeffa.org. Newsletters arrive in mailboxes approximately one month after the newsletter deadline. 40 word limit please.

NewHopeOrganics@wmconnect.com

Wanted to Buy: One-or-two row transplanter for a three point. Call Mike Brewster at 419/832-4407, or email barnswallow98@yahoo.com.

Homestead Farm For Sale: 5+ acres, house (needs major work), large barn, milk house, plus three other sheds. Farm has been in pasture for about the last 10 years. $79,500. Owner may help with financing. Let’s talk. Jim 740/502-6844.


Farm to Share: 10 rolling acres, 6 RM, 3 BR 150-yr-old brick house to share, plus 2 barns for (long-term) renovation into multi-purpose, strawbale/adobe residential/utility buildings. Vegetarian, N/S, drug-free household. Intention is to create sustainable small village. Contact Mike & Birdie, 4187 Slack Pike, Maysville, KY 41056; 606/759-8612; sharingcirclecommunityfarm@windstream.net


For Sale: White purebred muscovy baby ducks (born June 5). They are great for eating bugs, ticks and slugs. They are also fantastic egg layers. Will not sell for consumption. I live in / around Willard. Email me at AConnors@ncool.net.

For Sale: Rare breed Navajo-Churro sheep for sale. Registered adult ewes and spring lambs. Larry Wright: 740/967-8383, or wrightacres@netzero.net